

2019 RULES OF PLAY

****2020 US Lacrosse Girls Rules** will be used for ALL age groups. Note: this includes FREE MOVEMENT. Further rule changes per NFHS and USL and their descriptions are copied at the bottom.



2020 Girls Lacrosse Free Movement Clarification (Note: more detailed rules are at the bottom of this document)

Free Movement: Following any whistle for a foul all players may continue to move freely on the fields.

Self-start: For all fouls outside of the CSA (12m fan and below the goal line extended), players may self-start. Offending players will still move 4m behind (major foul) or 4m away (minor foul). All other players must move 4m away from the ball carrier. As soon as the ball carrier self-starts, all players may engage in playing the ball carrier. If players encroach on a ball carrier before she self-starts or fail to move 4m away from the free position, a warning will be given. If this action is repeated by the same team delay of Game penalty will be assessed. On all 8m free positions, defenders are entitled to the adjacent hash marks, all other players must exit the penalty zone, and may continue to move. Any foul occurring between the 8m and 12m administered on the 12m fan nearest the foul.

Boundaries: Officials will continue to determine which player is awarded the ball into the field and continue to determine which player is awarded a boundary. That player must restart play. Players may run the ball into the field and continue lay without a hesitation. Any player self-starting when a self-start is not allowed will be called for false start.

Special note for ONLY the **2024 DIVISIONS:** This age group may do full checking if both teams agree prior to playing; If both teams are playing with full-checking then all **2020 USL High School Girls** rules apply; If one team wants to check and one does not, then the modified checking to transitional checking rule will stand.

What is transitional checking? It allows players to check above the shoulder, but it extends the sphere area around the head where checks are not allowed from 7 inches to 12 inches. Checks from across the body are still prohibited.

***Red Cards:** any player receiving a red card for misconduct or poor sportsmanship, and is ejected from the game, will be out the remainder of the game in which it occurred, as well as the whole next game.

***Two Yellow Cards:** any player receiving 2 yellow cards in any given game, will be out the remainder of the game in which it occurred, she will be allowed to return to play in the following game.

Please note: on an **8 meter shot**, if the game horn sounds before an 8 meter can be taken the player will be allowed to take her shot; she may not pass. Once the shot is made the game is finished.

FORMAT: This is a showcase/round robin format. All teams receive only 3 games!

DURATION OF GAME: All games are 2 x 25 minute halves with a running clock. There is a 5 minute half time and 5 minutes in between each game. There will be NO TEAM TIMEOUTS DURING ANY GAME. A central horn will be used to start and stop games. Teams are urged to be ready to play at the start of the horn. Referees have the authority to start or end a half early to keep the games on schedule.

ALTERNATE POSSESSION: HOME team will have initial alternate possession that occurs in the game. After the initial possession is awarded, the possession will then alternate. Home team is the first team listed on the team schedules.

HOME TEAM: The Home Team will be the team that appears first on the game schedule. In the event that both teams have the same color jerseys, **The Home Team will be required to switch to alternate jerseys/or wear pinnies.** If the Home Team cannot supply alternate jerseys, the Visitor Team will change. The Home Team should be on the Left Bench when facing the field. Teams are on the SAME SIDE. Spectators are opposite the bench areas. NO SPECTATORS will be allowed on the TEAM BENCH SIDE or BEHIND THE GOALS.

RULE PROTESTS: There will be no protests. The Referees decision on the field is final.

SCORE KEEPING: The score will be kept by the field marshal as well as ONE official on the field. Prior to start of game the officials will agree to which one of the pairs or trio will be responsible for keeping score. At half the field marshal and score keeping official will confirm each other's score. The field marshal will report final game score to tournament headquarters.

GAME SCORE DISCREPENCIES: If a coach has a score discrepancy, they must alert the field marshal and an official on that game immediately. If the discrepancy cannot be resolved, then the field marshal can call the Tournament Director or his/her designee to the field to make the final decision. Once a score is reported it cannot be disputed or challenged. All disputes will be settled by the Tournament Director or his/her designee. The decision will be final.

CODE OF CONDUCT in HONORING THE GAME – IMPORTANT for ALL PARTICIPANTS:

Please note, this was accepted by all players and coaches during player registration.

1. Players, coaches, officials, parents and spectators are to conduct themselves in a manner that "Honors the Game"
2. Poor sportsmanship, taunting, trash talking, fighting or other unbecoming behavior on the part of players, coaches, parents or spectators will **NOT** be tolerated. It is also grounds for removal from game and/or dismissal from the tournament. If a spectator or coach is called for exhibiting such behavior, the official has the right to card the team of the spectator or coach. If the spectator's respective team cannot clearly be determined; then play will stop until appropriate team is determined. If team can still not be determined, the spectator or coach can be removed from that game. ALL play will stop until that spectator or coach leaves the field. The Tournament Director can be called to the field to assist via the Field Marshall sitting at the table.
3. Unsportsmanlike conduct will minimally result in a 2 minute penalty (yellow card), but officials are authorized to handle such conduct in their reasonable judgment based on the circumstances. Poor sportsmanship may also result in ejection from the game or the facility.
4. Only head coaches are permitted to address rule questions with the officials at half time or end of game; coaches are expected to do so in a courteous manner. Derogatory comments are unacceptable and subject to discipline, including ejection.
5. Alcohol is **NOT** permitted at any of the Tournament venues.
6. Officials are expected to conduct themselves as professionals and in a manner that demonstrates courtesy and fairness to all parties while exercising their authority on the field.
7. Eligibility requirements, such as age and double rostering, must be followed. Players may play up an age group, but they may NOT play down! Unless previously approved, a player may not double roster; meaning playing for 2 teams. If a team is found with illegal players, then they are subject to having all of their games count as "forfeits"
8. The Tournament expects all coaches to understand the rules of the Tournament and communicate them to all team participants and families.
9. ONLY Head coaches or Club Directors may report any issues regarding officials and/or other teams to Tournament Directors or their representatives at Tournament headquarters. The Tournament will use its reasonable efforts to address any concerns with such officials, the field managers, the Assigning Official(s) and/or such coaches, as appropriate in their discretion.

Tournament directors reserve the right to adopt and implement such other rules or regulations as it determines are necessary or appropriate to further the goals and objectives of the Tournament

INCLEMENT WEATHER: Teams should check our website for announcements before leaving for their games in case of any field changes due to weather conditions. Announcements will be posted at the top of the screen. In addition we will be using the text message system through Tourney Machine. Please note the tournament reserves the right to modify any game time to keep on time or for safety reasons. If any game is canceled due

to weather, we will pick back up on schedule if possible. All efforts will be made to reschedule that missed game. This will be worked out with the club director and tournament director. If full games are canceled, please see our Policy and Procedures found on our official website. In case of LIGHTNING, 3 long blasts of an Air horn will sound. Clear all playing fields IMMEDIATELY. Players and fans must go into their cars. We must have **30 min.** of NO Lightning, before returning to fields.

INJURY: Delays of the game due to injury may result in shortened game times. All games must end 5 min prior to the next scheduled game on that field. There will be a Field Marshall on each field that can summon a trainer in case of an emergency.

OVERTIME: There is NO overtime in a showcase/round robin format!

FORFEITS: Teams failing to report to assigned games will not be invited back next year.

DISPUTES: All disputes will be settled by the Tournament Director or his/her designee. The decision will be final.

Girls Lacrosse Rules Changes - 2020

By NFHS on July 24, 2019

[lacrosse-girls](#)

2-2-5d, 2-4-3b, c (NEW) – Separates and distinguishes the crosse inspection requirements for the front and back face of the stick. Limits the inspection requirements of the back of the pocket to ensuring the ball rolls out of the back of the pocket when placed in the upper third of the head at its widest point when tilted at 90 degrees.

Rationale: Clarifies the requirements for crosse inspection on the back face of the pocket.

2-7-2 – All eyewear on the playing field must be SEI certified and listed on the SEI website starting January 1, 2020 and clarifies that all eyewear must bear the SEI mark for certification by January 1, 2025.

Rationale: Reduces burden on consumer to purchase new eyewear before 2025 while maintaining the requirement to have SEI certified eyewear by Jan. 1, 2020.

2-7-4 – Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.

Rationale: Clarifies the responsibility to maintain the integrity of protective equipment for risk minimization purposes.

2-8-4 NEW – Electronic devices, video replay, or television monitoring equipment shall not be used for any review of an official's decision.

Rationale: Establishes that video replay is not allowed for reviewing official's decisions.

4-2-3a thru g; 4-3-3 a thru d NEW; 4-7-7c; 5-1-2; 5-1-3b; 5-1-3 PENALTIES 1 & 2; 5-2-5a; 5-3-1c; 5-3-1e(1), (2) & (3)iv; 5-4-4c; 5-5-3a & b; 6-3-1b thru d; 7-3 PENALTIES 1; 9-1 PENALTIES for Violation of 9-1-1a, b and e-q: 1, 3a, 3d & 4; 9-1 PENALTIES for Violation of 9-1-1d; 10-1z PENALTIES 1, 3, 4d, 4e, NOTE, 5, 5b, 6, 8d, 9; 11-2-1 PENALTIES 2, 4, 5, 5a, 5b – Provides for free movement.

Rationale: Improves pace of play while keeping up with the current trends of the game and athleticism of the student-athlete.

5-2-2 – Allows for any number up to twelve players of each team to be on the field before the start of each draw.

Rationale: Creates consistency in the rules related to number of players allowed on the field during play.

6-3-1a, 6-3-2a – When the ball has gone out of bounds, it is established that the opponent nearest the ball may commence play with a self-start without coming to a full stop inbounds.

Rationale: Creates consistency of penalty administration and maintains pace of play.

6-3-2 – When a shot or deflected shot on goal goes out of bounds, the player whose body or crosse is inbounds and nearest to the ball when it crosses the boundary will gain possession of the ball.

Rationale: Clarifies that the position of a player's body or stick shall be considered when determining who is closer to the ball when a shot crosses the boundary line.

9-1b – Adds language in covering a ground ball to include foot, body or crosse.

Rationale: Clarifies the minor foul for covering.

10-1c – Adds language to expand a check to the head to include the neck as a major foul.

Rationale: Emphasizes the inclusion of the neck as a check to the head.

10-1j(1) NEW – Self-starting before the whistle or any movement simulating the beginning of play designed to gain an advantage over one's opponent is a false start.

Rationale: Establishes that self-starting when self-start is not an option is a major foul.

10-1 PENALTIES 4 – For a major foul by a defense player between the arc and the fan, the free position will be taken on the 12-meter fan closest to the spot of the foul.

Rationale: Allows for consistent administration of the free position and limits potentially dangerous play in the critical scoring area.

2020 Girls Lacrosse Editorial Changes

2-5-2, 2-6-1, 2-7-2, 2-7-3, 3-5-1, 7-3 PENALTIES 1, 7-3-1 SITUATION C, 8-1 PENALTIES 1 thru 5, 8-1 SITUATIONS AND RULINGS, 8-1 PENALTIES 6, 9-1I(5) NEW, 10-1S, 10-1 PENALTIES 4, 10-1-1 PENALTIES

2020 Girls Lacrosse Points of Emphasis

1. Starts and Restarts
2. Delay of Game – Self-start
3. Repeated Fouls