

## Goalie rules that apply to all grades:

Goalies at all levels must wear:

- NOCSAE certified helmet (with stamp) designed for lacrosse with facemask and secured with chinstrap
- Separate throat protector
- **\*\*\*New for 2021\*\* NOCSAE ND200** chest protector
- abdominal & pelvic protection
- goalkeeper gloves
- leg pads must protect shins and thighs
- mouth guard that is not clear, white, or a colored one with teeth on the front.

Goalie must have a team jersey on OVER her equipment. It must have a number on the front and back of the jersey.

Goalies may not: shoot, draw, score, or be between restraining lines during the draw.

Please remember that the goalies must wear leg protection on their shins and that this protection must be larger than 6 inches and must be lacrosse pads. If they are in the game with improper equipment it is an foul for illegal equipment and a change of possession, goalie must leave the field to get proper equipment on, ball goes to the 8m hash on the goal line extended and goalie stays in the crease.

## 2020/21 Rule Explanations

### Free Movement

Only player who committed foul and player who got fouled stop and set-up according to major and minor foul.

Anywhere on field except 12m: player who fouled must start moving 4m away and girl who was fouled can self-start

Self-start- applies everywhere except inside 12m critical scoring area

**Inside 12m:** critical scoring area: player who fouled must stop and be set up by ref 4m away and girl who was fouled must stop and get set up on 12m by ref, but everyone else can move freely

**Inside 8m:** player who fouled must stop and be set up 4m behind by referee and girl who was fouled must stop and get set up on 8m hashmark by ref

The defensive players are entitled to the hashmarks adjacent to the 8m free position. Everyone else can move freely outside of the Penalty Zone

### **Ball out of bounds after shot**

When reach stick out forward to “appear” in front of opponent, if player’s stick is reaching over the boundary line out of bounds at same time that ball goes out of bounds, then player reaching stick forward is considered out of bounds and next closest player will get the ball

### **Points of Emphasis 2020/2021**

Inclusion of the neck area in the penalty for check to the head

### **STARTS AND RESTARTS**

As the second year of allowing self-starts begins, the rules committee would like to clarify how they are administered. Officials need to be cognizant of not disadvantaging the ball carrier when unnecessarily resetting play, and players must show evidence of recognizing the call made by stopping within playing distance of the foul prior to the self- start. When a whistle is required to start play and a player self-starts on her own, a false start penalty will be administrated for the U12 and U14 levels. Consistent and proper officiating will provide smooth transition for starting and restarting play.

### **DELAY OF GAME - SELF-START**

As the pace of play has increased, the rules committee has identified both offensive and defensive delays of game outside the critical scoring area and with boundary restarts as a point of emphasis. Teams and players that attempt a self-start beyond a playing distance, fail to move when directed, make no attempt to move, or encroach on the ball carrier prior to her commencing play shall be penalized. Officials are encouraged to manage the delays with warning, upgrade to a major foul and use the green, green-yellow and yellow cards.

### **REPEATED FOULS**

This point of emphasis is to focus game management on limiting repetitive fouls and manage illegal play. These fouls disrupt the flow of play and present a risk of injury and unsafe play. Any foul on the field is a warning to all participants. When a team or an individual player is recognized by the officials and continues to commit a foul or a series of fouls, a warning shall be given and any consecutive foul may be carded. Officials must be aware of teams and players that continually foul in particular situations; for example, during transitions and stalls when players foul in order to breakdown or slow a team’s movement. Consistent officiating of repetitive fouling will decrease the risk of injury, improve game management, maintain the pace of play and uphold the integrity of the game.

### **Free Movement 2020/2021**

Allowing players to freely move around the playing field after a whistle is one of 12 changes to high school girls lacrosse rules and youth lacrosse approved for the 2020 season.

The change to free movement impacts several areas of the NFHS/USL Rules Book. Rules 5-1-2 and 5-1-3 have been adjusted to eliminate the requirement for players to stand in place after an official's whistle.

Free movement allows players to freely move around the playing field, instead of being required to hold their positions on stoppages including possession time-outs (Rule 4-3-3), injury time-outs (Rule 4-2-3), major and minor fouls (Rule 5-3-1), when the ball goes out of bounds (Rule 6-3-1) and free position or alternating-possession restarts (Rule 10-1).

### **Self-Start rule addition 2020/2021**

Rule has been amended to allow self-starts on boundary restarts. 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.

On boundary restarts, opponents must give the player in possession of the ball at least two meters — an additional meter from the previous requirement

### **SELF START FAQ**

The adoption of the new self-start rule in girls' lacrosse decreases the amount of involvement by officials in restarting play, thus increasing the pace of the game.

**“For a whistle blown for a foul outside the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue the course of play without waiting for an additional whistle.”**

The offending player must immediately move 4 meters behind or to the side of the player taking the free position, as indicated by the official. Any other player(s) within 4m must move to a position indicated by the official. All players farther than 4m from the foul are allowed free movement.

The option of self-starting is administered at the spot of the foul. However, if the ball is within playing distance (a stick and-a-half length away) from the player who is awarded the free position, the player who is awarded the free position may pick up the ball and, from a settled stance, self-start from that location.

If the ball ends up outside the playing distance of the foul, the player who has been awarded the free position and the ball must return to the spot of the foul for the self-start. If the spot of the foul cannot be determined, the official shall indicate the location of the free position.

If the player who has been awarded the free position chooses to self-start, the defensive players may engage immediately following the self-start. The ball carrier does not have to wait for all other players to be in position before she self-starts. The ball carrier may also elect to wait for the official's whistle to restart play.

To resume play when the ball has gone out of bounds, the closest player of the team awarded possession of the ball may commence play with a self-start, relative to the spot from where the ball went out of bounds. The player may commence play, from a settled stance, with a self-start within 2m of the boundary line. All other players must be at least 1m from the ball carrier.

If any player (with 4M) moves prior to the player who has been awarded the free position, this results in a false start and shall be penalized at the spot of the ball. Repeated false starts or delays in moving 4m by the defense may result in a delay-of-game card.

## **FAQs - Frequently Asked Questions about Self-Start**

### **Q1. How do we define a settled stance?**

A settled stance is defined as: both feet are stationary, on the ground, with the ball positioned in the head of the stick, and the player with possession making, at minimum, a momentary pause before restarting play

### **Q2. When is a self-start NOT an option?**

- a) The game clock is stopped for any reason.
- b) Restraining line violation (offsides)
- c) Ball is in Critical Scoring Area (excluding boundary restarts)
- d) Alternate Possession
- e) Inadvertent Whistle
- f) Overtime
- g) After a goal is scored

### **Q3. Can a player self-start on an illegal draw?**

Yes

### **Q4. What does “within playing distance” mean?**

Playing distance can be defined as within 1½ stick's length of where the foul occurred. A player's momentum may carry them forward this distance (after a whistle has been blown for a foul). Self-starts are permitted within this distance, unless the restart would occur within the critical scoring area

### **Q5. Is it a foul if the player self-starts beyond “playing distance?”**

NO, it is a reset. The official should whistle to stop play and indicate the correct location for the restart. The original ball carrier returns to spot of foul, takes a settled stance and self-starts (no whistle needed.)

**Q5. What if a player self-starts when it is not allowed?**

They can be given a delay of game penalty or a verbal warning based on the situation.

**Q6. What if the offending player or other players do not try to move 4m away/behind the ball carrier? Does a player wishing to self-start have to wait for other players to move 4m behind/away?**

The player with the ball does not have to wait to self-start. If the ball carrier chooses to commence play with a self-start while players are within 4m of the ball, there is no foul. If, however, the ball carrier chooses to wait to commence play until all players are 4m away and the opposing players do not try to move, a delay of game foul may be considered.

**Q7. How do we determine when play has commenced?**

Play will commence once the ball carrier steps or passes. A step is defined as the act of lifting and setting down one's foot. Rocking motions do not commence play. Additionally, movement of the ball carrier's stick does not commence play.

**Q8. Is it a foul if a defender engages the ball carrier prior to her self-start?**

YES. The official blows an immediate whistle, signals false start, and instructs the offending player to move 4m behind. All other players remain 4m away.

**Q9. What are the requirements for play to be restarted when the ball goes out of bounds?**

Rule has been amended to allow self-starts on boundary restarts. 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 in bounds. On boundary restarts, opponents must give the player in possession of the ball at least two meters — an additional meter from the previous requirement

Exception: If the ball goes out of bounds and is awarded to the goalie (who is within her goal circle,) the goalie may NOT self-start. Play is restarted with a whistle.

**Q10. Can a player self-start when the ball goes out of bounds as the result of a foul?**

Yes. The fouled player is positioned, with the ball, at the spot of the foul (at least 4m from the boundary) and may choose to self-start.

**Q11. Are self-starts permitted within the last two minutes of each half (when stopped clock is in effect)?**

Self-starts are not permitted when the game clock is stopped. However, if there is a running clock due to a 10-goal differential, self-starts are permitted.

**Q12. Is there ever a time when a whistle start should be used when a self-start is allowed?**

YES. If the ball carrier does not attempt to self-start in a reasonable period of time, the official may choose to restart play with a whistle. For example, if the ball carrier has waited to ensure all players are 4m away and still does not self-start, the official may start play with the whistle. Or if, in the judgement of the official, a team is deliberately delaying the restart to gain an advantage (e.g., a one-goal game), a whistle start may be used.

**FAQs - Frequently Asked Questions about Penalty Zone**

**Q1: When clearing the penalty zone, are defensive players always entitled to the hash adjacent to the ball carrier?**

No, not always; only the defensive player who has been cleared to the hash adjacent to the ball carrier is entitled to the adjacent hash. If no defensive player would be moved to the adjacent hash, the adjacent hash will remain empty. If an attack player would be moved to the hash adjacent to the ball carrier and there is no defensive player that would be moved with her, the attack player is entitled to the adjacent hash.

**Q2: Are there any situations where a lane is cleared instead of the penalty zone?**

Yes. For any major foul that occurs between the 8m arc and the 12m fan you will still clear a lane which is as wide as the goal circle and all players are well outside of the lane.

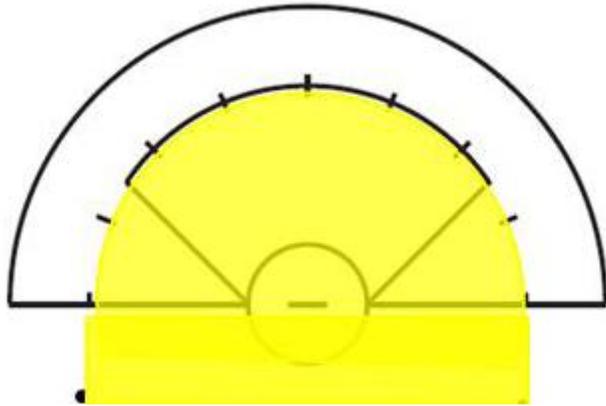
**Q3: If the goalkeeper is outside of her goal circle when a foul is committed can she clear back into her goal circle?**

Yes. As long as she did not commit the foul and was within the penalty zone, she can clear back into her goal circle when the penalty zone is cleared.

**Q4: If a free position is being set on an outside hash mark (the hanging hash), does the pie area on the opposite side of the 8m arc need to be cleared?**

Yes. Any time a free position is taken on a hash mark, the entire penalty zone must be cleared.

**Understanding the Girls' Penalty Zone** In 2019 high school and youth girls' lacrosse will implement several significant rule changes. One change focused directly on increasing player safety is the creation of a penalty zone. The penalty zone is intended to simplify penalty administration and address safety concerns around 8-meter free positions. This area will be cleared for all 8m free positions awarded above the goal line extended.



The penalty zone is the area from inside the 8-meter arc and extending back to the dots from the 8-meter arc.

If a major foul by a defensive player occurs within 8-meters of the goal circle above the goal line extended, the entire penalty zone must be cleared. All players in the penalty zone must take the shortest route out.

If a major foul by a defensive player occurs below the goal line extended, the player with the ball will go to the nearest dot. The penalty zone is not cleared when a foul is administered at a dot.

The procedures for clearing the penalty zone will remain the same as was previously used to clear the 8m arc with the following exception: if a pair of opposing players is to be moved to a hash adjacent to the ball carrier, the defensive player will be entitled to the inside position closest to the ball carrier.

