

## GOALIES RULE UPDATES

**Rule Update 2023:** The Goalie or Deputy may roll, toss, or CARRY the ball back into the goal circle if ball was outside of the circle when it was picked up. If, at any time, THE BALL was inside the circle and the goalie exits the circle in possession of the ball, she may only return if she has been played. Non-contact "defending" actions do not constitute "played". (SEE DEFINITION OF PLAYED)

PLAYED refers to an action whereby the ball leaves the player's crosse and is touched by another player, or crosse is checked crosse to crosse by an opposing player, or play is stopped due to a foul by an opponent. The ball does not have to be successfully dislodged from the crosse.

### Examples

1. Goalie has feet in circle and reaches out to pick up a ball on the ground outside the circle. She may walk out and return to her circle without being played.
2. Goalie has feet in circle and reaches out to pick up a ball on the ground outside the circle. She carries the ball into the circle, then walks out. She MAY NOT return to her circle without being played.

**Rule Update:** The goalkeeper, while within the goal circle: d. may reach out her crosse and bring the ball back into the goal circle provided one foot is inside the goal circle. Note: "Inside" includes foot touching the goal line. **Rule**

**Reference:** 7.2.1. Situation A



Goalie has both feet in the circle



Goalie has one foot in the circle and one foot outside the circle



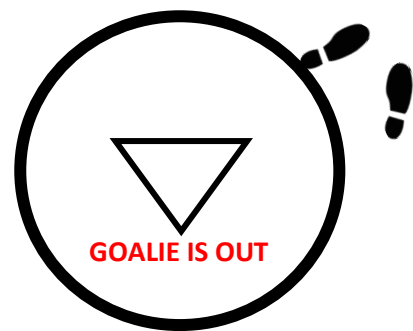
Goalie has one foot in the circle and one foot (anywhere) on the GC line



Goalie has both feet (anywhere) on the GC line



Goalie has one foot on the GC line and one foot completely outside the circle



Goalie has BOTH feet outside the plane of the circle (on the ground or in the air)

**Shooting Space: When is the goalie "out"?** Goalie positioning for shooting space calls has not been updated. Goalie must be "out" of the goal circle to obstruct the free space to goal.

### Major Fouls – When the goalie commits the foul

If goalie commits a major foul, IN or OUT of the goal circle, she will go 4m behind player fouled (open net). EXCEPTION: if the goalkeeper commits a false start while within the GC, they will be allowed to remain in the GC. Attack would be awarded an 8m free position. No one goes behind.

**Minor Fouls – When the goalie commits the foul Shooting Space: When is the goalie "out"?** If goalie commits a goal circle or minor foul, IN or PARTIALLY IN the goal circle, she may remain in the goal circle during penalty administration (no one goes behind)

## 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
- NOCSAE ND200 (stamped) chest protector (was new in 2021)
- 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 a 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.

## 2022 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 hash mark 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 a shot or deflected shot on goal goes out of bounds. The team of the player whose body or stick is inbounds and nearest to the ball when it crosses the boundary is awarded possession of the ball.

## **2023 POINTS OF EMPHASIS**

### **Sportsmanship:**

Good sporting behavior is one of the fundamental ingredients to the continued success and enjoyment of education-based high school sports and activities. In fact, in the 103-year history of organized high school sports in the United States, good sportsmanship has been one of the most important outcomes of high school activity programs.

NFHS playing rules are written to encourage sportsmanship. Participation in these programs should promote respect, integrity, and sportsmanship. However, for these ideals to occur, everyone involved in these programs must be doing their part.

The NFHS is concerned that unsporting behavior in education-based athletics has increased across all sports. As a result, the NFHS has made sportsmanship the No. 1 Point of Emphasis for the 2022-23 school year.

Sportsmanship, or good sporting behavior, is about treating one another with respect and exhibiting appropriate behavior. It is about being fair, honest, and caring. When these types of appropriate behavior occur, competitive play is more enjoyable for everyone. Coaches set the tone at athletic contests with their display of sportsmanship. If these individuals act in a sportsmanlike manner, their behavior sets the tone for players, spectators, and others. If coaches, however, are complaining constantly about the decision of contest officials, spectators are more likely to do the same.

There must be a collaborative, working relationship between contest officials and game administration to promote good sportsmanship and safely conduct the contest. Everyone has their roles to play in creating a positive, sportsmanlike atmosphere at contests.

Officials should focus on the actions of players, coaches, and other bench/sideline personnel. A positive, open line of communication between officials and coaches ultimately results in a better contest for everyone involved.

Contest officials, however, should never engage with spectators who are exhibiting unsporting behavior. Once the contest begins, school administration is responsible for dealing with unruly spectators. A proactive approach by school administration includes monitoring the behavior of spectators and intervening as needed.

If spectators are using demeaning or profane language at officials - or at others in the stands - those individuals should be removed from the contest by school administration. In recent years, a heightened level of unsportsmanlike behavior has been occurring by spectators at high school sporting events, and it must be stopped.

The use of demeaning language, or hate speech, by students, parents and other fans must cease.

High school sports and other activities exist to lift people up, not demean or tear people down. The goal is to treat everyone fairly and treat each other with respect. Any speech or harassment that is insulting, demeaning or hurtful will not be tolerated.

High schools must establish a culture that values the worth of every single person - both players on the school's team and players on the opposing team. There must be a no-tolerance policy regarding behavior that shows disrespect for another individual.

Good sports win with humility, lose with grace and do both with dignity. It takes the efforts of everyone every day to ensure that sportsmanship remains one of the top priorities in education-based activity programs.

### **Knowledge of the Rules**

Officials, coaches, and players must know and understand the rules of the game. Parents and spectators also benefit by knowing the rules. The NFHS Girls Lacrosse Rules Book defines the rules and requirements for girls' lacrosse while promoting fair play and striving to minimize risk of injury for student-athletes. Knowledge of the rules by officials helps

ensure proper rule enforcement and fair play, minimizes conflicts, and reduces risk of injuries.

Knowing the rules allows coaches to teach their players how to properly play lacrosse and model good behavior. Knowing the rules as an athlete provides athletes with the ability to maximize performance on the field and compete in a safe manner. Knowing the rules as a parent or spectator allows parents and spectators to better understand the game, support the athletes, and encourage good sportsmanship. Learning the rules requires studying the rules book, discussing rule situations, reviewing rule changes, asking questions, and listening to others who are well informed about the rules. Knowledge of the rules is essential for the success of girl's lacrosse. It also allows officials, coaches, and players to be more successful; helps parents and spectators to enjoy the game; creates a positive atmosphere; and fosters safe play, sportsmanship, and respect.

### **Dangerous Use of the Stick**

The 2020-21 National High School Sports-Related Injury Surveillance Study confirmed the need for all lacrosse participants to take action to reduce risk of injury to student-athletes. Dangerous use of the lacrosse stick, including but not limited to actions such as the Follow-through, slash, check to the head, and other risky activities warrants our utmost attention. Using the stick in this type of disruptive manner jeopardizes the safety of players on the field. Officials must immediately stop play and issue a card when this occurs. Coaches should consistently teach and reinforce safe play and legal stick use. Players can avoid this type of activity by always playing in a controlled manner, making safe checks, having their body and stick in a legal position when checking or defending an opponent and playing with discipline and in accordance with the rules. Understanding, teaching, and playing lacrosse with the stick in a safe and legal manner will decrease injuries, improve game management, maintain the pace of play and uphold the integrity of the game of girls lacrosse.

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

### **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**

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).

### **STARTS AND RESTARTS**

As the third 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 administered 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.

### **SELF-START RULE ADDITION**

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

On boundary restarts, player in possession of the ball may re-start play from out of bounds — play commences when ball carrier steps in-bounds — no pass to a teammate may be made from out of bounds. If defense is fouled by offense in their defensive end. They may self-start even if in CSA.

### **SELF START**

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. All other players must be at least 2m from the ball carrier. Player may commence play with a self-start without coming to a full stop in bounds.

If any player (within 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 for Offense (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 4 meters?**

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.)

#### **Q6. 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.

#### **Q7. 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.

**Q8. 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.

**Q9. 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.

**Q10. 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 the goalie is the closest player in her crease when the ball goes out of bounds goalie has two options:**

**Goalie may have any of her teammates go to get the out of bounds ball and play will commence as soon as player with the ball steps inbounds**

**If goalie chooses to play the out of bounds ball, then play will commence as soon as she steps in bounds with the ball and she is no longer able to return to her crease to start play**

**Goalie can carry ball into goal circle this year if goalie receives ball outside the circle. If carries ball out of goal circle, she must be played.**

**Q11. 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.

**Q12. 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.

**Q13. 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?**

Yes, the defensive players are entitled to the adjacent hash since free movement. If no defensive player chooses the adjacent hash, then an attack may have 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.

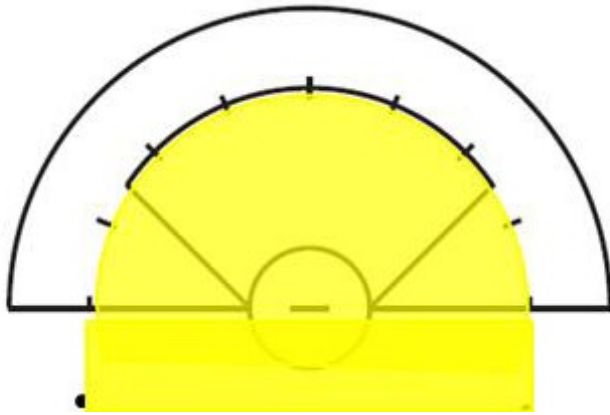
**Q3: If the goalkeeper is outside of her goal circle when a foul is committed can she clear back into her goal circle?**

Yes. If 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 implemented 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.

