



LAKEVILLE GIRLS LACROSSE

RULES “CHEAT SHEET”



Length of Game: 50 minutes Varsity (two 25 minute halves); 40 minutes Junior Varsity (two 20 minute halves). The clock will be stopped on every whistle during the last 2 minutes of each half unless there is a 10-goal differential.

Halftime: 10 minutes maximum. Can be less if team captains agree before start of game

Team time outs: 2 per game including overtime after any goal, called by coach or player on the field. 2 minutes in length.

Out-of-bounds: When the ball or player steps on or over the boundary line. Player who gains position stands 4m inside boundary. Other players move as needed to retain the same relative position.

Goal circle (crease): Goalie has 10 seconds to clear the ball.

Throws: Players stand 1 meter (about 4 feet) apart with defender closest to her goal.

Substitutions: Can be done “on-the-fly”, after every goal, and at halftime.

Substitution “Procedure”:

During Play – report to scorer’s table. Wait until field player enters the substitution area before entering field.

After Goals – report to scorer’s table, then enter game. The horn should be sounded to notify the officials.

Player Suspension (yellow card) – substitution must be made within 30 seconds.

Injuries – enter game immediately, but not to exceed 30 seconds (unless goalkeeper is injured).

Major Fouls:

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| Rough/Dangerous Check | Check to the Head |
| Slashing | Holding |
| Crosse in the sphere | Illegal contact |
| Illegal use of the Crosse | Hooking |
| Reach across the body | Illegal cradle |
| Blocking | Charging |
| Pushing | Tripping |
| Illegal pick | Detaining your opponent |
| Dangerous shot | Illegal shot |
| Playing the ball off your opponent | 3-second rule (defending in the 8m arc) |
| Forcing through your opponents Crosse | False start (moving before the whistle) |
| Obstruction of the Free Space to Goal (shooting space) | |
| Dangerous propelling (mandatory yellow card) | |
| Dangerous follow-through (mandatory yellow card) | |

Minor Fouls:

Covering a ground ball	Empty stick check
Warding off	Hand ball
Squeeze the head of the Crosse	Body ball
Throw Crosse for any reason	Playing without your Crosse in your hands
Illegal draw	Illegal Crosse specifications
Jewelry	Illegal uniform
Illegal substitutions	Delay of game
Play from out of bounds	Illegal timeout
Stepping into center circle before whistle (on a draw)	
Fail to be ready to start play after a 2-minute time out	
Illegal re-entry after stepping out-of-bounds	

Goal Circle Fouls:

A player may not enter the goal circle with body or Crosse unless “deputized”.
Goalie doesn’t clear ball within 10 seconds

Team Fouls/Offside:

A team may not have more than 7 players on or over the restraining line (the “30”) in their offensive end OR more than 8 players in their defensive end.

Misconduct:

Excessive rough, dangerous, or unsportsmanlike play
Persistent or flagrant violation of the rules
Deliberately endangering the safety of an opposing player
Baiting or taunting
Excessive dissent or abusive language
Non-playing team member leaving the bench area during the game
Coach leaving coach area
Re-entering the game before yellow card penalty has elapsed
Any type of behavior the umpire doesn’t like

Penalty Administration:

The penalty for fouls is a “free position”.

For major fouls anywhere on the field, the offending player stands 4 meters (about 12 feet) behind the person awarded the free position.

For minor fouls anywhere on the field, the offending player stands 4 meters away in the direction she came from before the foul was committed.

For Team Fouls/Offside – it depends!

- If the attack has the ball, the umpire should stop the play immediately.
- If the attack is offside but the defense gains possession and clears past the restraining line, the play should continue.

- If the defense fouls and the ball is outside the critical scoring area or below the goal line extended (GLE), the attack gets the ball at that spot (no closer than 8M to the goal).

In the critical scoring area, outside the 8 meter arc – for a Major foul by a defense player, the free position will be taken on the spot of the most recent foul. All other players are cleared sideways from the penalty lane.

In the 8 meter arc – for a major foul by a defense player in the 8 meter arc, all players are cleared from the 8 meter arc and penalty lane. The player who was fouled will move to a hash mark nearest the spot of the foul, on the 8 meter arc. The player who fouled moves to the 12 meter fan directly behind the player taking the free position.

Slow Whistle:

A slow whistle is a held whistle for a Major Foul by the defense in the critical scoring area when an attack player is on a scoring play. The umpire raises a yellow flag. The slow whistle is in effect as long as the attacker retains possession of the ball in the critical scoring area OR a Major Foul is committed against an attacker without the ball while the ball carrier is in the critical scoring area.

Issuance of Cards:

Delay of Game – 1st offense green card; 2nd offense Green and Yellow cards; 3rd offense Green and Red card (offending player leaves game for 3 minutes and a substitute takes her place).

Misconduct and Suspension – 1st offense Yellow card (player leaves game for 3 minutes and a substitute takes her place unless this is the 4th Team Card!). The issuance of a second Yellow card to the same player = suspension for the balance of the current game AND the entire next game!

A player will be suspended for the balance of the current game AND the entire next game if she is issued a Red card.

If a Team receives three cards (yellow or red), on the 4th and every subsequent yellow or red card, the carded player must leave the field for 3 minutes and NO substitutions are allowed.

