



## 2018 RULES OF PLAY

**\*\*2019 US Lacrosse Women's Rules** will be used for all High School Divisions (2019s-2022s). We will be implementing the new rules on Self Starts and implementing the Penalty Zone. Further descriptions defined by USL are at the end of this document.

**\*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 4 games!

**DURATION OF GAME:** All games are 2 x 20 minute halves with a running clock. There is a 2 minute half time and 3 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 can not 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 can not 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: [www.thewatchlax.com](http://www.thewatchlax.com). Announcements will be posted at the top of the screen. 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.

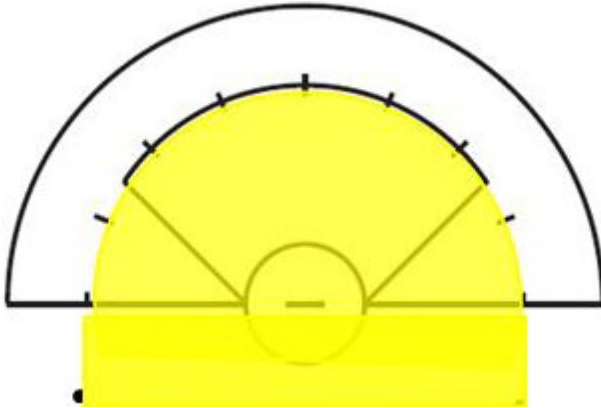
**OVERTIME:** There is NO overtime in a showcase/round robin format!

**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.

**As Given by US Lacrosse:**

**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.

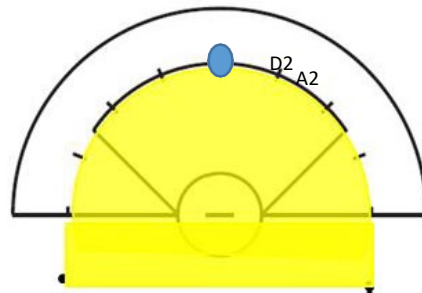
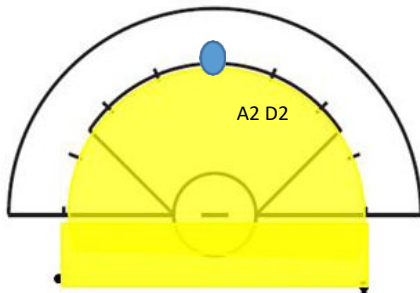


The penalty zone is the area from inside the 8-meter arc and extending back to the dots from the 8-meter arc.

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.



## Frequently Asked Questions about the 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.

## **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 must “stand” until ball carrier resumes play.

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.

If any player 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.

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.

## **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?**

The team awarded possession may self-start. The closest player from that team may self-start within 2m of where the ball went out of play and within the playing field. 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.