

## LACROSSE SA SENIOR WOMEN'S RULES 2013

### Notes:

1. Any rule that is not covered here is as per the current FIL Official Rules Book (2011-2014) Women's Official Rules.
2. *Rules in italics are trial rules for 2013.*
3. These rules are for trial use in Divisions 1 & 2 in 2013.

### 1. Teams:

10 players on the field, with a roster of 14 (with the club's lowest playing team allowed a roster of 23).

Approved helmets may be worn.

*Mouthguards must be worn; exceptions being players wearing approved helmets & goalkeepers where their use is highly recommended but optional.*

### 2. Duration of Play:

4 x 15 minute quarters, with 2 minutes quarter times and 5 minutes half time breaks.

Stop clock at every whistle during the last minute of every quarter.

### 3. Time Outs:

Two time outs per team are permitted each game, when team has possession or after a goal.

### 4. Free Movement:

All players may continue to move after a whistle has been blown for any stoppage of play. Players must remain 4m away from players taking frees, or incur a technical foul.

### 5. Offside:

Only 6 attack players are allowed in the attacking third.

Only 7 defence players are allowed in the defensive third.

*Offside is a hard and fast rule.*

When a defender goes over the restraining line there will be a held whistle until there is loss of possession or the attacking team is no longer attacking the goal.

The attacking team will retain possession of the ball. This is a technical foul and will therefore incur a 30 sec timed penalty.

When the attack goes over there is an immediate loss of possession and the free will be taken from where the ball is at the time of the penalty.

### 6. Centre Draws:

3 players from each team can contest the centre draw within the centre third.

The other field players must remain behind the restraining line until the whistle is blown to start play.

*If a player breaks on the whistle to start play, the foul will be called and the free will be taken by the non-offending team from the centre.*

## Minor Fouls:

Do not draw a timed penalty and are only called if the advantage is lost. There is no advantage flag for minor fouls unless the foul is repetitive and consequently becomes a major foul. The offending player must stand 4m to the side of the player fouled.

**Examples:** pre-check, cover, hold, illegal centre and deliberate playing the ball off the body.

## 7. Technical Fouls:

Defensive team draws a 30 sec timed penalty.

Offensive team loses possession.

Play is restarted where the foul occurs **or** where the ball is - whichever is the **most advantageous** to the non-offending team.

Tech fouls are cancelled by a goal scored by the non-offending team.

**Examples:** goal circle infringement, offside and players not standing 4m away when play is restarted following a penalty.

## 8. Major Fouls:

Draw a 1 minute timed penalty.

When a penalty is called after a goal is scored or on a dead ball the penalty clock does not start until the play resumes or is restarted and the player is sitting on the bench.

All other field penalties the penalty clock starts only when the player sits on the penalty bench and the umpire has communicated the foul to the bench.

**Note: once a penalty starts there is no stop clock unless there is a time out called, umpires' time out or it is in the last 1 minute of each quarter.**

Play only restarts after the umpire has communicated the foul to the bench.

**Guidance: Umpires need to be aware of the delay of game.**

Another field player can take the goalkeeper's 1 minute penalty.

Checking the goalkeeper while in her circle is a major foul.

All timed penalties (major) will be taken from the centre of the field or if the ball is already in the offensive half where the ball is.

**If a player receives 5 minutes of major fouls then she is disqualified from playing the remainder of the game. (i.e. 1 yellow card and 3 one minute major fouls = 5 minutes)**

### 9.1 Advantage Flag:

Advantage flag is a held whistle for a major or a technical foul.

If a goal is scored during a held whistle for a **major foul**, the offending player must serve their 1 minute penalty after the goal has been signalled to the bench and play has resumed (see above).

When **advantage is paid** on a **major or technical** foul and the ball is lost or an unsuccessful shot is taken, play must be stopped to allow the penalties to be awarded.

The penalty will be taken as follows depending on where the current play is:

**Goal side of the 15m line** – the penalty is taken to the most advantageous side of the goal.

**Between the 15m and the restraining line** – the penalty is taken on the restraining line.

**9. Cards:**

A yellow card constitutes a 2 minute player down penalty.

A red card constitutes a 5 minute player down penalty.

A goalkeeper must leave the field if she receives a card.

All the remainder of the carding system follows the FIL rules and regulations.

A straight red card is an automatic Report to Lacrosse SA – FIL regulations to be followed regarding substitution of player.

There is a **zero** tolerance to Unsporting Behaviour.

Lacrosse SA ruling 2008 –Spectators/Officials/Players penalties apply i.e. if abuse happens then the player closest to the bench is removed from play, if abuse continues another player is taken from the offending team. FIL rules regarding Red cards to be implemented re – Coach to leave the playing area and/or venue if Unsporting Behaviour continues. The game can be abandoned.

**11. Sticks:**

Non-FIL approved women's sticks may be used in games subject to them meeting other rules required for legal play.