



Summary of 2018 Approved Women's Lacrosse Rule Changes

The following rules were approved by vote of the membership at the General Assembly held in Netanya Israel, July 2018. The rules will take effect for all FIL international play from 1st October, 2018 and will be used at the 2019 Under 19 Women's World Lacrosse Championship. Member nations are free to implement the rules at a timeline that best suits their individual needs.

Rule #	Rule Wording
5	Any number of players up to ten (10) are permitted on the field at the same time. One of the 10 players on each team may be a goalkeeper.
11.A	The duration of the game will be four 15 minutes quarters.
11.C	The umpire's whistle starts and stops play. When the whistle sounds to stop play, all players, except for the goalkeeper when she is inside the goal circle, must stand and may not move until the whistle sounds to resume play unless the player is able to self-start (Rule 13.D). The game begins at the sound of the umpire's whistle at the opening draw. The game is restarted with a draw after a goal is scored and following every quarter intermission. In some instances, the game begins with a throw or a free position, or at the spot of the ball on a 'dead ball' time out.
11.D	The clock is stopped on the umpire's whistle within the last 30 seconds in the 1 st , 2 nd and 3 rd quarters and in the last 2 minutes in the 4 th quarter. When play is stopped prior the last 30 seconds (1 st , 2 nd and 3 rd quarters), the timer will stop the clock when it reaches 30 seconds if play has not resumed. The timer will stop the clock when it reaches 2 minutes in the 4 th quarter if play has not resumed.
11.J	<p>1. When the score is tied at the end regulation playing time, play shall be continued after 2 minutes intermission, with sudden victory overtime. In sudden victory overtime teams shall play periods of 4 minutes each until a goal is scored, deciding a winner. The game ends upon the scoring of the first goal. There will be a 2 minutes intermission between sudden victory periods.</p> <p>Sudden Victory Procedure</p> <ul style="list-style-type: none"> i) The umpires will call together the captains of each team at the center of the field at the end of regulation play and during the 2 minutes intermission. The charge umpire will toss a coin to determine choice of goal to defend; the visiting captain will call the coin toss. ii) All periods of sudden victory overtime will start with a center draw. iii) The teams will change ends at the end of each period. iv) Each team may request one 90 seconds time out during sudden victory overtime.
13.A	<p>A. The game is started with a Draw at the start of each quarter and overtime period and after each goal, except when a free position or throw is awarded at the center line. Players must be ready to start the game thirty (30) seconds after a goal has been scored.</p> <p>During the draw, a maximum of three players from each team may be between the restraining lines draw until the umpire's whistle is blown. All other players, including each team's goalkeeper, must be below <u>either</u> restraining line.</p> <p>During the draw, players positioned below/goal side of the restraining lines must not cross the restraining line until possession has been determined and indicated by the umpire's direction signal and verbal 'possession'.</p> <p>Players below/goal side of the restraining line may reach over the line with their crosses to play the ball as long as no part of the player's foot is on or over the line. (Rule 19.A.4)</p>



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	<p><i>Guidance: When the game starts or restarts with a free position or a throw at the center line instead of a draw, any players within 4m of the free position / throw must move 4m away. All other players must stand until the whistle sounds.</i></p> <p>B. If both players draw illegally, or it cannot be determined why the draw was illegal, or an umpire determines that the draw was unsuccessful because it was not set correctly, the umpire will reset the draw.</p> <p>Players outside the center circle and below the restraining lines are not required to stand during the draw. Players may hang their crosses into the center circle and over the restraining lines, but their crosses must not touch the ground and their feet must not touch the center circle line or the restraining lines. (Rules 19.A.4, 20.A.9)</p>
13.B.1	<p>1. When a player crosses either restraining line illegally prior to the umpire indicating that possession has been gained, a minor foul free position will be awarded at the spot of the ball</p>
13.D	<p>Following a whistle for a major or minor foul outside the 15m Advantage Flag area, the player who is awarded the free position may continue to play when both her feet are stationary on the ground and the ball is in her crosse, without waiting for an additional whistle.</p> <p>The offending player must immediately move 4m behind for the major foul or 4m away to the side for the minor foul to the player taking the free position indicated by the umpire. Any other player/s within 4m must move 4m away from the foul indicated by the umpire. All other players must stand.</p> <p>The player who has been awarded the free position may self-start following the umpire's signal of the foul and the umpire awarding the free position.</p> <p>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 approx. 2.5m) from the player who is awarded the free position she may pick up the ball and self-start.</p> <p>If the ball is 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 umpire shall indicate the location for the free position. If the umpire has to reset the free position, the umpire's whistle will restart play.</p> <p>If the player who has been awarded the free position chooses to self-start, then defensive players may play her immediately following the self-start. If any player moves prior to the player who has been awarded the free position self-start, this is a false start and shall be penalized at the spot of the ball. Repeated false starts, delays in moving 4m by the defense, or self-starts by the attack beyond the playing distance of the foul will result in a delay of game penalty.</p> <p>Self-start is not an option when:</p> <ol style="list-style-type: none"> the game clock is stopped; the ball is out of bounds including the side line and end line; there is a restraining line violation; there is an illegal draw; major or minor fouls occurring in the 15m Advantage Flag area including offensive and goal circle fouls. <p><u>Guidance:</u> <i>Self-start is permitted when the ball goes out of bounds because of a foul that occurs within the field. If the player who is awarded the free position attempts to self-start from a position further than a playing distance from the spot of the foul, the umpire will blow the whistle, set the free position at the spot of the foul, and</i></p>



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	<p><i>commence play with the whistle. Repeated attempts to self-start from a position further than a playing distance from the spot of the foul may result in a delay of game card.</i></p> <p><i>If the player who is awarded the free position self-starts when this is not permitted, the umpire will blow the whistle set the free position at the spot of the foul and commence play with a whistle. Repeated attempts to self-start when self-starts are not permitted will be a delay of game card.</i></p> <p>Note: Mere instruction by the umpire as to the location of the free position does not preclude a self-start. Stand.</p>
18.A.1&2	<p>Restraining Line Rules & Penalties</p> <p>A team must not:</p> <ol style="list-style-type: none"> 1. Have more than six (6) attack players below/goal side of the restraining line in their offensive/attacking end of the field. 2. Have more than seven (7) defense players below/goal side of the restraining line in the defensive end of the field. One of these 7 players is usually, but not necessarily the goalkeeper.
20.A.8.d.2	<p>If both players draw illegally, or it cannot be determined why the draw was illegal, or the umpire determines the draw was unsuccessful because it was not set correctly, the umpire will reset the draw.</p>
20.B	<p>Minor Foul Free Positions</p> <p>B.1 ... The player who fouled will stand 4m away to the side from the opponent awarded the ball.</p> <p>B.2 ... The defender who fouled will stand 4m away to the side from the opponent awarded the ball.</p> <p>B.2.b ...she will be penalized as a field player and must move 4m away to the side of the player taking the free position.</p> <p>B.3 ... The attack player who fouled will stand 4m away to the side from the opponent awarded the ball.</p>
20.A.13	<ol style="list-style-type: none"> 1. Illegal Equipment: play with illegal equipment. An umpire may take time out at any time during the game to re-inspect the pocket of a crosse or other equipment. Any player on the field may request an umpire to check the pocket of an opponent's crosse. <p>The player requesting the crosse check must provide the umpire with the shirt number of the opponent whose crosse will be checked. (Rule 20.A.15)</p> <p><i>Guidance: Umpires must be alert to sagging pockets and crosses that hold the ball after successive hard checks.</i></p> <ol style="list-style-type: none"> a. If the equipment is legal, the game will be restarted by awarding the ball to the player who was in possession of it when time out was called. If neither team had possession of the ball, a throw will be awarded to the two opponents who are nearest the spot of the ball. b. If the equipment is illegal, it will be placed at the scorer's table for the remainder of the period. The opponent nearest the spot of the ball will be awarded a free position. The player may continue to play with equipment that is legal. c. If a goal is scored with an illegal crosse, and the illegal crosse is discovered before the game is restarted with a draw, the goal will not count. The game will restart with a free position for the opponents at the center line. Player positioning for the draw will apply, players must stand. d. If any player other than the shooter is found to have an illegal crosse after a goal is



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	scored and before the game is restarted with a draw, the goal will count. The game will resume with a free position for the opponents at the center line. Player positioning for the draw will apply, players must stand.
23	Penalties for Delay of Game & Other Persistent Minor Fouls D.2 For the second delay of game or persistent foul penalty, the umpire shall award the appropriate major foul .