



2019 New Rules

Summary: 2019 Girls Lacrosse Rules Changes

- Headgear Clarification
- Goalkeeper Uniform
- Horn for Time-Outs
- Timing of Ball Release for Legal Score
- AP Penalty Administration in CSA
- Goal Circle Foul Administration
- Red Card Penalty Administration
- 8m FP Defensive Positioning
- Self-Start
- Penalty Zone

Headgear

MUST BE WORN PROPERLY

Official's Actions if needed:

During Stick Check: Ask them to fix it

On a player on the field: Send her off to fix it

Repeatedly on the field: Warn and/or Card the coach for
Misconduct



Goalkeeper Uniform

White is now allowed along with team's predominant color, black or gray

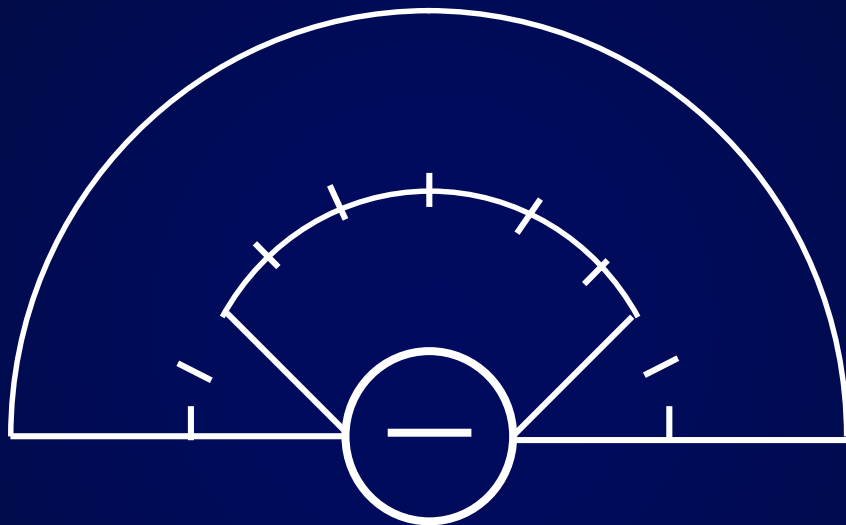


Legal Shot

The shot counts if it was released before the horn indicating time has expired.



Alternate Possession when the ball is in the CSA

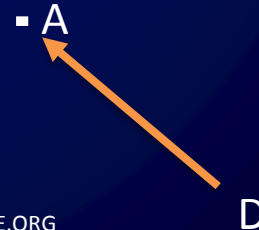
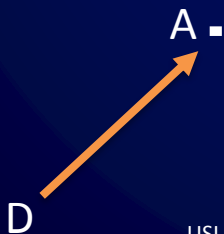
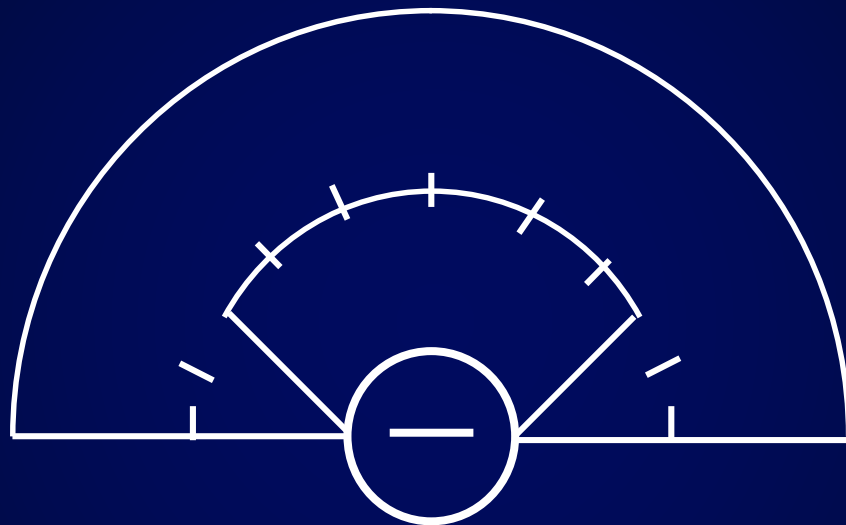


Play is
restarted
at the
DOT



Defensive Goal Circle Violation: Administered at the DOT

Play is
restarted
at the
DOT



8m FP Defensive Positioning

On any foul called in the 8 meter arc, or in the “pie” area, that is being awarded at a hash mark, the entire Penalty Zone will be cleared.

Players must still take the CLOSEST route out.

If an attack and defender is correctly clearing to an adjacent hash mark of the player taking the free position...

the defender is entitled to the hash mark







Self-Start: NEW in High School for 2019!!



The player fouled must take the free position within playing distance of the spot of the foul.



The offending player shall move 4 m from the player taking the free position, as directed by the official. All players must move 4m away from the free position, as directed by the official.

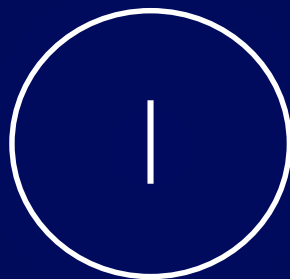


No requirement for fouled player to wait for official to place defender! ...

Self-Start



How do official's position themselves and support each other?



Settled Stance:
Both feet stationary, on the ground, with the ball in the head of the crosse

Self-Start MAY Occur...

- Foul occurs outside of the CSA
- Game clock is running
- Ball is within playing distance (1 ½ stick's length) from the spot of the foul

Ball more than playing distance away?

- Offensive player initiating self-start may pick up the ball, bring it back to the spot of foul and self-start.
- Teammate may also pick up ball and return it to the ball carrier so that she may self-start from a legal position.

Self-Start – Fouled Player

Fouled Player options:

1. Restart play immediately
2. Wait for other players to move 4m away
3. Wait for whistle

Play will commence once the ball carrier steps



or passes



Repeatedly self-starting beyond playing distance (1 ½ stick's length away) may result in a warning and/or Delay of Game penalty.

Note: Proactive officiating may prevent need for whistle!

Self-Start – Defensive Team

After foul is called, player who fouled must initiate movement 4 m behind or away, as directed by official.

Defenders may not engage ball carrier until play has commenced.

These actions do NOT commence play:

Rocking motions

Cradling the ball

Pumping the crosse

Repeated failure to move away from the free position or move behind the ball carrier may result in a warning and/or Delay of Game penalty.

When is Self-Start NOT an Option?

- When the game clock is stopped
- Restraining Line violation (offsides)
- Fouls in the Critical Scoring Area (defensive or offensive)
- Alternate Possession
- Inadvertent Whistle
- A goal is scored

Tip:
Stopped
clock OR
play is
held up
due to P.A.

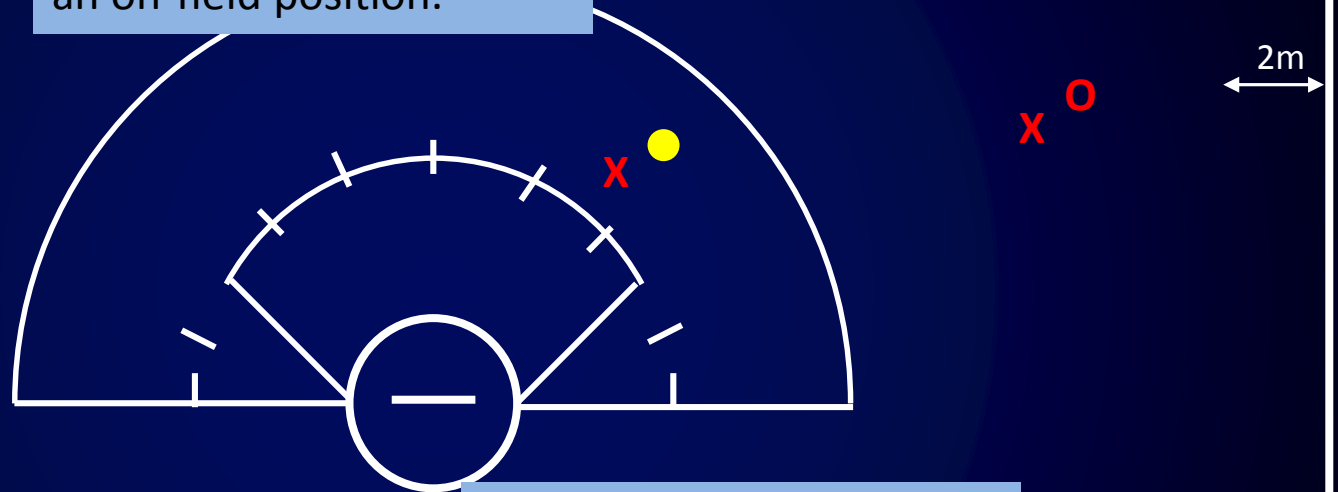
Repeatedly self-starting when not allowed may result in a warning and/or Delay of Game penalty.

Note: Proactive officiating may prevent a self-start when a whistle start is required!

Boundary Self-Starts

Team awarded possession may self-start only from an on-field position.

Official's Positioning?



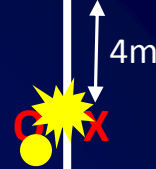
Play may not start with a pass from out of bounds!

Boundary Self-Starts with Foul

Official's
Positioning?



If the ball goes out of bounds as the result of a foul, fouled player is positioned, with the ball, at the spot of the foul, 4m from the boundary.

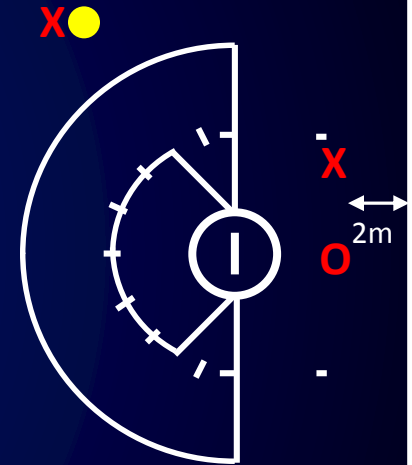


Boundary Self-Starts - CSA

Official's
Positioning?



Self-starts are allowed when the ball crosses the end line in the CSA.



Play may not start with a pass from out of bounds!

Boundary Restarts - GOALIE

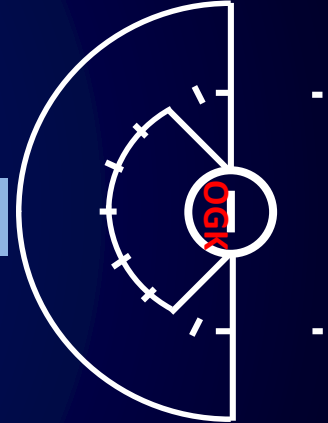
Official's
Positioning?



Goalie awarded ball in her circle.

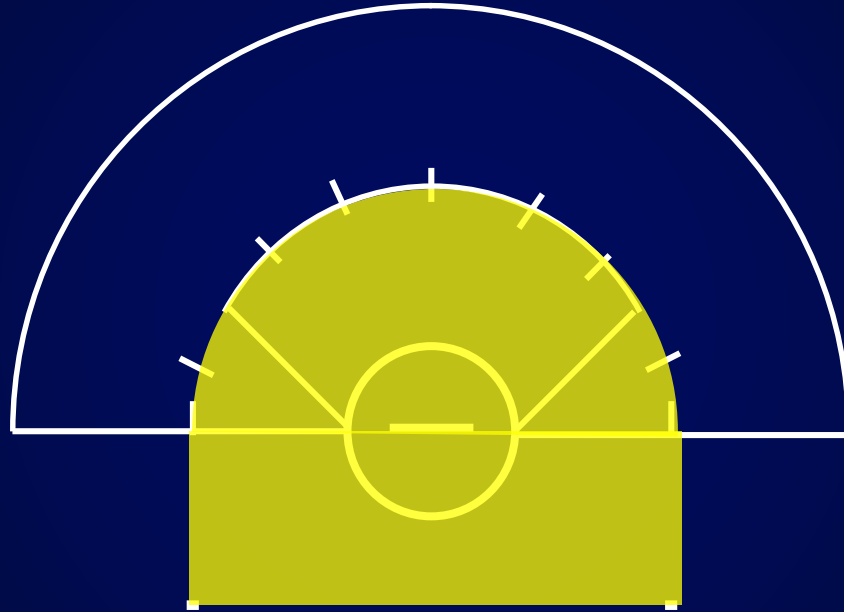


Whistle start! No self-start.

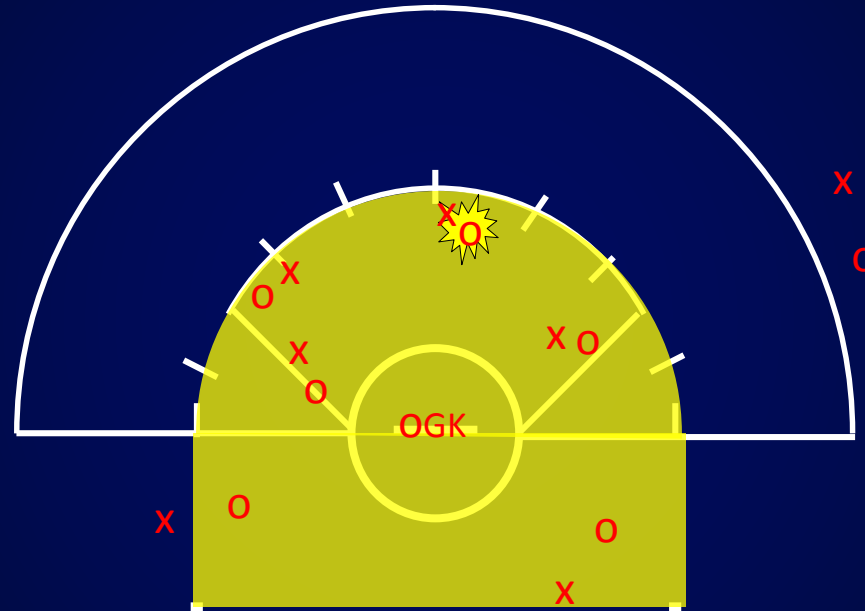


The Penalty Zone vs the CSA

Cleared for
all 8 meter
FP



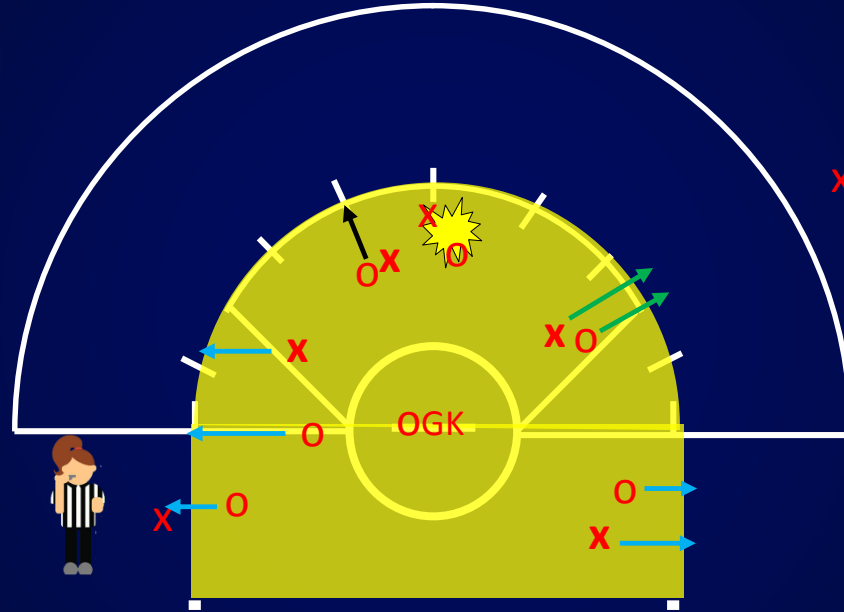
Penalty Zone



Clearing the Penalty Zone

1. All players stand on the whistle

2. Players take shortest route out

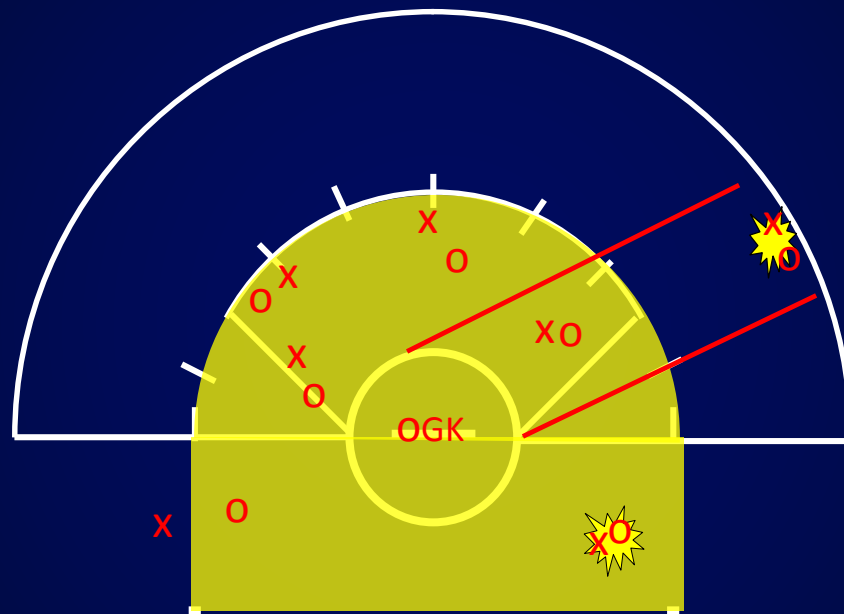


3. Players are cleared in "pairs"

4. If opposing players are moved to adjacent hash, defensive player gets the hash

New
for
2019!

Beyond the Penalty Zone – Fouls in the CSA



2019 NFHS/High School Rules Exam

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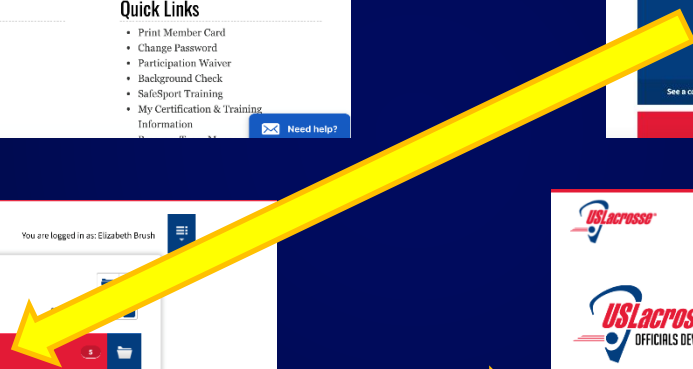
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EVOLUTION

FREE WEBINARS TO LEARN MORE ARE HERE.

LACROSSE ATHLETE DEVELOPMENT MODEL: ATHLETES LEARNING THE SPORT BETTER, LOVING IT MORE, PLAYING IT LONGER.

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US Lacrosse OFFICIALS DEVELOPMENT

LESSON PROGRESS 0/1

STATUS: NOT STARTED

Resources

2019 - NFHS Girls' Exam

Exam Instructions:

- Open-book, no time limit, and you must answer every question to receive a score.
- You may take as many times as necessary to earn a passing score of 85% or higher...

More

2019 NFHS Girls Rules Exam

2019RulesExamLiz Launch

