

NFHS Lacrosse Rules 5-7

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Rule 5 – Personal Fouls

- Crosse check
- Illegal body check
- Slashing
- Tripping
- Unnecessary Roughness
- Illegal equipment
- Illegal crosse
- Unsportsmanlike Conduct
- Fouling out
- Ejection




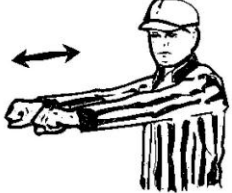




Safety

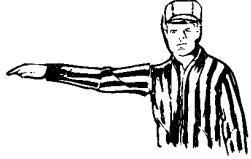


Cheating

Behavior

Safety Fouls

<p>Slash (Rule 5-9)</p> 	<p>Always Head, neck, shoulder, back <i>Judgment</i> Unnecessary force, uncontrolled stick Blow not on stick (attack can protect)</p>
<p>Illegal Body Check (Rule 5-3)</p> 	<p>Always High, low, back Hand off stick Player on ground Spearing (non-releasable) <i>Judgment</i> Over 5 yards from loose ball or late</p>
<p>Crosse Check (Rule 5-2)</p> 	<p>Blow, not push Using stick between hands</p> 
<p>Tripping (Rule 5-7)</p> 	<p>Positive action with crosse or body Not by scooping ball Often highly visible!</p>
<p>Unnecessary Roughness (Rule 5-8)</p> 	<p><i>Judgment</i> Headhunting Fouled player is vulnerable Out of play = OK; out of game = UR</p>
<p>Penalties are 1, 2 or 3 minutes</p>	

Sportsmanship Fouls

<p>Conduct (Rule 6-6)</p> 	<p>Head coach impolitely questions official's judgment Coach enters field of play Any assistant coach comments on officiating</p>
<p>Unsportsmanlike Conduct (Rule 5-9)</p>	<p>Player questions call, maligns official, baits opponent, curses Excessive celebration by players Coach maligns or baits official Coach curses or loses temper Extreme fan behavior interferes with game</p> 
<p>Ejection (Rule 5-11)</p> 	<p>Any taunting (race, religion, ethnicity, gender, etc.) Fighting or leaving the bench area during a fight Second non-releasable Unsportsmanlike Conduct</p>

Always a point of emphasis by NFHS and NILOA

Zero tolerance for players; use ramp for coaches

Rule 6 – Technical Fouls

- Holding, Pushing
- Illegal screening
- Interference
- Warding off
- Withholding
- Crease violations
- Stalling
- Offside
- Illegal procedure
- Conduct foul

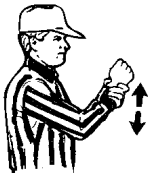





Player control

Special
enforcement

Catch-all
Behavior

Player Control Fouls

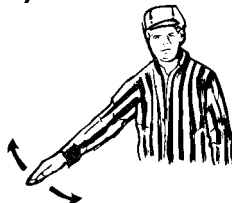




<p>Holding (Rule 6-3)</p> <p>Exception = legal hold</p>		<p>Uses 'body on crosse' or 'crosse on body' Hand off stick Over 5 yards from loose ball Steps on opponent's crosse</p>
<p>Pushing (Rule 6-9)</p> <p>Exception = legal push</p>		<p>Uses 'body on crosse' or 'crosse on body' Hand off stick Over 5 yards from loose ball From behind</p>
<p>Warding (Rule 6-11)</p>		<p>Controls Defense body or crosse Positive action required</p>
<p>Interference (Rule 6-7)</p>		<p>Blocking when teammate has ball Defense prevents a cut Contact is required</p>
<p>Offensive Screening (Rule 6-4)</p> <p>Stationary screen is legal</p>		<p>Turnover if moving or crosse is used Contact is required</p>
<p>Withholding (Rule 6-12)</p>		<p>Trap / clamp ball w/o immediate scoop Hold ball in crosse with thumb or body</p>



Principle of Advantage / Disadvantage





- Governs player control fouls
- If **no advantage** is gained by the fouling team or lost by the offended team, there is **no foul**
 - Possession gained or lost
 - Good position / momentum gained or lost
 - Movement toward goal impeded
 - Pass or shot lost
 - Line violated

Special Enforcement Fouls

<p>Crease violation (Rule 6-2)</p> 	<p>D takes ball into crease Ball outside crease GK possession or loose ball in crease</p>	<p>Turnover D ball > FDSW A ball or loose > D ball Loose > D ball GK ball > free play/clear</p> 
<p>Offside (Rule 6-8)</p> 	<p>Rule = too few in one side Enforce >> too many on side where ball is</p>	<p>Loose, D offside > turnover Loose, A offside > free clear Possession > FDSW</p>
<p>Stalling (Rule 6-10)</p> 	<p><i>Judgment</i> Team with possession in attack area must attempt to score “What do you think?” Last 2 minutes of game</p>	<p><i>Referee</i> will issue warning, then team must stay in box</p> 

Illegal Procedure



Failure to advance	Time	20 seconds to clear 10 seconds to enter box		
Delay of game		5 seconds on quick restart 20 seconds on FO, TO, OB		
Faceoff positioning	Space	Faceoff players Wing or restraining lines		
Free play violation		5 yards – enforce strictly		
Playing without crosse	Player	OK to leave field w/o crosse		
Touching ball		Only GK can bat ball		
Wrong number of players	Team	Live ball – too many Restart – too few / many		
Substitution violation		On, then off		

Rule 7 – Penalty Enforcement

- Procedure
- Slow whistle
- Play-on
- Team penalties
- Dead ball fouls
- Simultaneous fouls
- Penalty time
- Resuming play
- Ejection
- Correction of errors



Adjudication

Enforcement

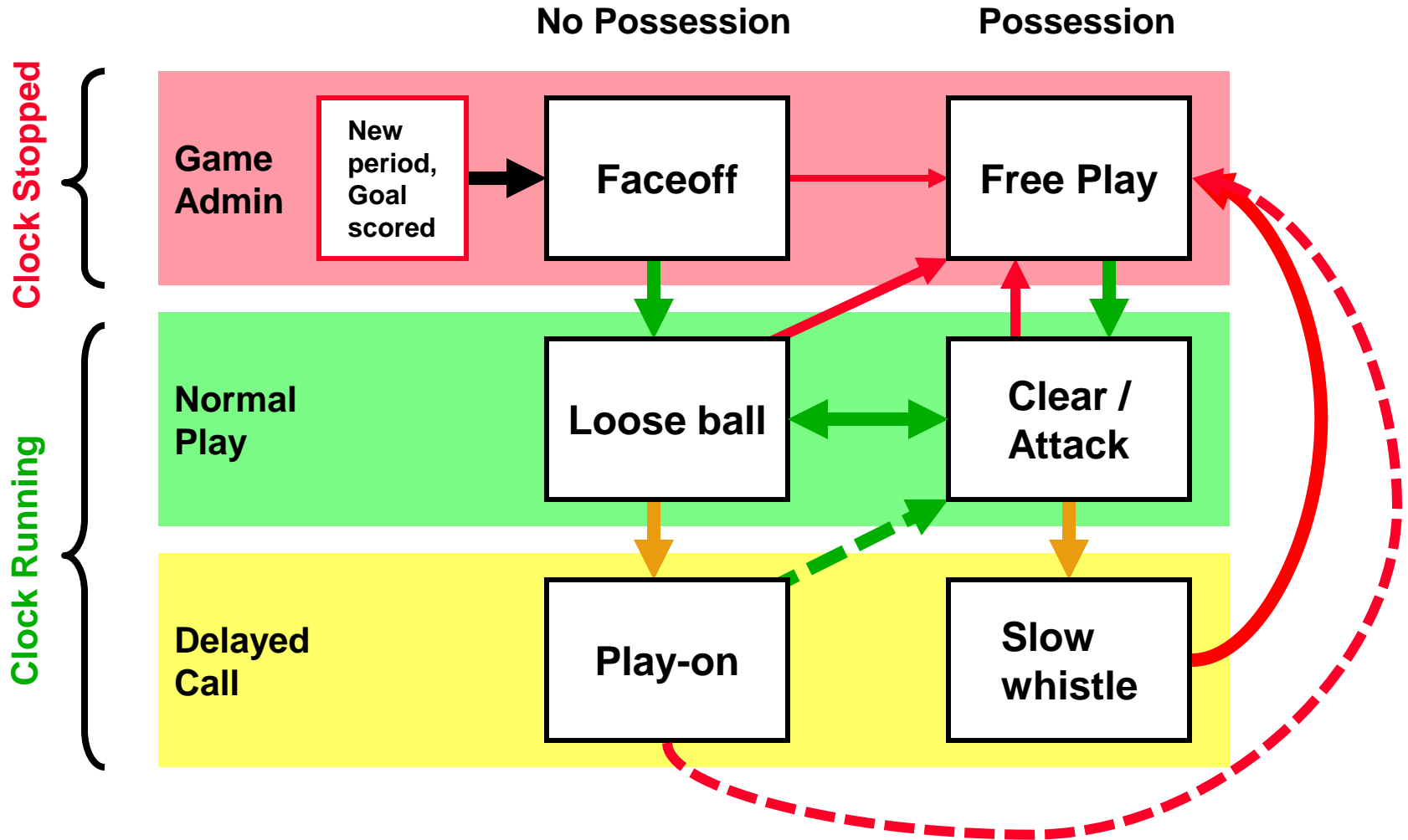
Possession, restart

Administration

Adjudication

- Every officiating decision is based on the **situation**
 - Considering **possession**, **status**, **location**, **advantage** and player **actions**
 - Only the official can decide whether a **violation** occurred (which may reset the situation)
- A **violation** always results in –
 - **Possession** for offended team
 - & may result in –
 - **Delayed call** (to preserve **attack** & **flow**)
 - **Dead ball** (to enforce penalty)
 - **Location** change = better (free clear) / different (outside attack area)
 - **Advantage** = man-up for offended team (penalty time)

Game Situations



Enforcement – Single Live Ball Foul

FOUL		PERSONAL BY 'B'			TECHNICAL BY 'B'		
Possession		Team A	Team B	Loose	Team A	Team B	Loose
Signal		"Flag down"			none	"Play on"	
Whistle		After scoring play	Quick		After scoring play	Quick	None, if 'A' not disadvantaged
					Max 1-2 sec		
Penalty		1-3 minutes*, even if 'A' scores a goal			30 sec*, unless 'A' goal	No time served	
Possession		'A', except face off after goal			'A'		
Location		Zone 3, except face off at X			Spot*, but outside box		
Restart		< 20 seconds after penalty relay			< 5 seconds		
Release		Penalty time ends* or 'A' scores					
		* Additional considerations exist for non-releasable or locked-in time, and for expulsion fouls			* Exceptions include crease violations w/ ball in crease, interference w/ goalie in crease and offside w/ possession		

Enforcement – Other Situations

Live – multiple fouls

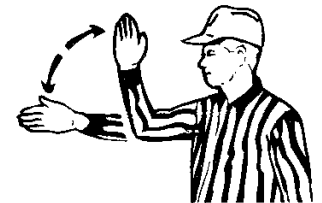
- Foul by 'B' – flag down
 - Foul by 'B'
 - Throw another flag
 - Foul by 'A'
 - Immediate whistle (simultaneous)
- Play on – subsequent foul
 - Immediate whistle
- Loose – both teams foul
 - Immediate whistle (simultaneous)

Dead – 'A' possession

- Foul by 'B'
 - Throw flag, no whistle
 - Penalty time for 'B'
 - Possible free clear for 'A'
- Foul by 'A'
 - Personal
 - Throw flag, no whistle
 - Penalty time for 'A'
 - Possession to 'B'
 - Possible free clear for 'B'
 - Technical
 - Award possession to 'B'

Awarding Possession

- Following any **delayed call** –
 - 'A' remains entitled to possession unless –
 - 'A' scores a **goal**
 - The **period ends** with both teams at **even** strength
 - 'A' earns **more penalty time** than 'B' (simultaneous)
 - 'A' surrenders possession by committing a dead ball **foul**
- In all other **free plays** (dead ball) –
 - 'A' (entitled to possession) retains possession, unless they commit a dead ball **foul**



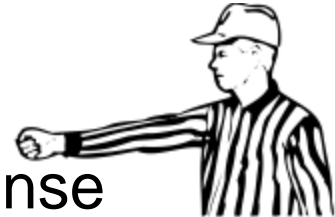
Free Play / Restart

1. No player from either team may be within **5 yards** of the player with possession;
2. After an **out of bounds**, restart **where the ball went OB** (but 5 yards onto field within the bench wing area);
3. Other than OB, restart **laterally outside** the attack area;
4. After any **time-serving** penalty, restart in the attack half;
5. A few non-time serving penalties also result in a **free clear**
 - 'B' goalkeeper has possession in crease and 'A' enters crease or interferes with 'B' goalkeeper and the outlet pass is not completed; **OR**,
 - When 'A' is offside or violates a face-off line.
6. **Time outs** never change the restart position.
7. Simultaneously sound whistle and wind arm



Administration

- Any ejected player or coach must leave field
 - Ejected player must have adult supervision
- Coach's **challenge**
 - Must occur on next dead ball, via double horn
 - **Referee** will meet with both coaches
 - Only consider application of rule (*not judgment*)
 - Invalid challenge costs time out or technical foul
- **Inadvertent** whistle or inadvertent flag
 - Team with possession retains possession
 - Loose ball outside crease – use AP
 - Loose ball inside crease – possession to defense



Communication

- “Inside Out” to (in priority sequence) -
 - Fellow Official
 - Players
 - Coaches and Table Personnel
 - Fans
- Components
 - Color, Number, Foul, Time
 - Possession, Free Play location
 - Clear visual signals
 - If asked, give **limited** explanation



Signals Related to Flow

1. **Live ball** - Faceoff ⇒ standing still (arms at sides) & loud whistle
2. **Live ball** - Free play ⇒ one hand up & loud whistle & wind arm once
3. **Dead ball** - goal scored ⇒ loud whistle & two hands up
4. **Dead ball** - all other ⇒ loud whistle & one hand up (then process!)
5. **Possession** after faceoff ⇒ wind arm once & verbal "Possession"
6. **Possession** after dead ball ⇒ point in direction of attack & verbal "Color"
7. **Slow whistle** started ⇒ flag straight up & verbal "Flag down"
8. **Slow whistle** over ⇒ dead ball (#4)
9. **Play on** started ⇒ one hand up & verbal "Play on"
10. **Play on** - advantage kept ⇒ point in direction of play & verbal "Color"
11. **Play on** - advantage lost ⇒ dead ball (#4)



PRACTICE IN FRONT OF A MIRROR

Signals

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Sequences of Signals

