

For Playing Rules please refer to FIL Women's Official Rule Book for Women's Lacrosse.

<https://filacrosse.com/wp-content/uploads/2018/11/2018-2019-WomensRuleBook-OnlineA4final-v1.02.pdf>

## VARIATION TO FIL WOMEN'S OFFICIAL RULE BOOK

### DURATION OF PLAY - FIL RULE BOOK - RULE 11.C

#### FREE MOVEMENT

After a whistle has been blown for a stoppage of play (foul or otherwise) all players not involved in infringement may continue to move. Following an infringement, the offending player must make an attempt to move 4m behind (major foul) or 4m to the side (minor foul) of the player in possession of the ball. All other players, although able to move, must not be closer than 4m. Play may resume prior to the offending player being in position if the self-start rule is initiated by the ball carrier (FIL rule 13c). If self-start option is not taken, and the offending player takes too long to reposition or encroaches 4m before umpire's whistle, a delay of game penalty will be given. 1st delay of game - minor foul 4m side, 2nd delay of game - major foul 4m behind. Persistent delay of game fouls may result in a yellow card.

For infringements inside the 11m fan 'and set on a hash', players can continue to move outside the 11m fan space, but may not be closer than 4m to the side or behind the non-infringing player. If the free position is set on the hanging hash, only the penalty lane will be cleared.

#### LACROSSE STICKS & MOUTHGUARDS

LSA Board decision currently pending.