

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

#### DURATION OF PLAY

FIL RULE	LSA VARIATION
10.B. The timer will: I. c. Time the 10 minutes break between the second and third quarters.	10.B. The timer will: I. c. Time the 5 minutes break between the second and third quarters.
11.B. The horn indicates the end of time in each quarter and overtime period. Teams will change ends after quarters 1, 2 & 3. Quarter breaks may not exceed 2 minutes and half time may not exceed 10 minutes.	11.B – Quarter break must not exceed 2 minutes and half time must not exceed 5 minutes

#### SCORING

FIL RULE	LSA VARIATION
<p><b>RULE 14: SCORING</b></p> <p>B. A goal is scored when the whole ball passes completely over the whole goal line, between the goal posts and under the crossbar from in front. the ball having been shot or propelled from an attack player's legal crosse, or from a defender's crosse or body.</p> <p>A player who scores a goal must immediately drop her crosse, or hand her crosse to the nearest umpire to allow the umpire to confirm it is legal. A player must not adjust the thongs of her crosse after an umpire requests to inspect her crosse.</p>	<p>A player who scores a goal is not required to drop their crosse or hand her crosse to the nearest umpire following a goal.</p>

#### 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.

## STICKS AND STRINGING

FIL RULE	LSA VARIATION
<p><b>RULE 3: THE CROSSE</b> Full crosse specifications are in Appendix G Manufacturer’s Specifications. Only those aspects of the crosse specifications that are necessary and useful for umpires, coaches and players during a game are included below. All Field Crosses: The primary intent of the field crosse specifications is to ensure that the ball moves freely within all parts of the head and pocket so that the ball may be dislodged from a crosse without an excessively forceful check. A crosse that has been altered in such a way as to give an unfair advantage to a player is illegal.</p> <ol style="list-style-type: none"> <li>1. The head of the field crosse will be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material.</li> <li>2. The head of a field crosse will be triangular in concept. (Appendix G, Diagrams 12 &amp; 13) <ol style="list-style-type: none"> <li>a. The inside width between the sidewalls of the head must continually increase from the center of the bridge or ball stop to the widest point at the top of the head. At the widest point at the top of the head, the inside width between the walls of a plastic/molded head crosse will be 16cm minimum and 15cm to 16cm for a wooden crosse.</li> <li>b. There may be no protrusions or outcroppings on the inside surface of the sidewalls. The sidewalls may not be lined with any additional material.</li> </ol> </li> <li>3. The shaft of the field crosse will be ‘nominally’ straight and may be constructed of wood, metal alloy or other composite material. The crosse will not have sharp or protruding parts or edges and will not be dangerous to players in any way. Guidance: A *bent* shaft may only be used with the heads that are specifically designed to accommodate them. *Bent* shafts are head and manufacture specific. <ol style="list-style-type: none"> <li>a. Recessed metal screws with rounded heads will be used to attach the head of a plastic molded head crosse to the shaft. The butt ends of all shafts will have an end cap, be taped or sanded smooth, if wood.</li> </ol> </li> <li>4. The overall length of the field crosse will be 0.9m / 90cm minimum to 1.1m / 110cm maximum. End caps are included when measuring the overall length of a crosse. Guidance: Junior players who are under the age of 15 may use a</li> </ol>	<p>All Field Crosses:</p> <p>The primary intent of the field crosse specifications is to ensure that the ball moves freely within all parts of the head and pocket so that the ball may be dislodged from a crosse without an excessively forceful check. A crosse that has been altered in such a way as to give an unfair advantage to a player is illegal.</p> <ol style="list-style-type: none"> <li>1. The head of the field crosse will be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material.</li> <li>2. The head of a field crosse will be triangular in concept. <ol style="list-style-type: none"> <li>a. The inside width between the sidewalls of the head must continually increase from the center of the bridge or ball stop to the widest point at the top of the head. At the widest point at the top of the head, the inside width between the walls of a plastic/molded head crosse will be 16cm minimum and 15cm to 16cm for a wooden crosse.</li> <li>b. There may be no protrusions or outcroppings on the inside surface of the sidewalls. The sidewalls may not be lined with any additional material.</li> </ol> </li> <li>3. The shaft of the field crosse will be ‘nominally’ straight and may be constructed of wood, metal alloy or other composite material. The crosse will not have sharp or protruding parts or edges and will not be dangerous to players in any way.</li> </ol> <p>Guidance: A *bent* shaft may only be used with the heads that are specifically designed to accommodate them. *Bent* shafts are head and manufacture specific.</p> <ol style="list-style-type: none"> <li>a. Recessed metal screws with rounded heads will be used to attach the head of a plastic molded head crosse to the shaft. The butt ends of all shafts will have an end cap, be taped or sanded smooth, if wood.</li> </ol> <p>4. The overall length of the field crosse will be 0.9m / 90cm minimum to 1.1m / 110cm</p>

crosse shorter than 0.9 m to allow it to fit comfortably along the length of the player's arm.

5. The pockets of all field crosses will be strung with 4 or 5 longitudinal leather and/or synthetic thongs and 8 to 12 knots/stitches of cross lacing. Mesh pockets are not allowed.

a. Longitudinal leather or synthetic thongs shall be 0.3 to 1.0 cm wide. Each thong must be made of one material (leather, synthetic leather or nylon cord) and run the full length of the head. A second material may be used in close proximity to the scoop and the ball stop to allow attachment of each thong to the head. Thongs must be attached to the head through holes in the scoop and at the ball stop. The thongs at the ball stop must extend 5.1 cm beyond the ball stop. Thongs must be evenly spaced along the length and across the width of the head. Loose ends of thongs may not be woven back up through the pocket of the crosse.

(Appendix G, Diagram 12).

b. Cross-lacing in a traditionally strung pocket is defined as 8 to 12 knots/stitches, where two strings intertwine at a common place on a thong and evenly spaced diamonds. (A 'diamond' is the shape formed between longitudinal knots on a thong and horizontal knots.)

c. Cross-lacing in a pre-manufactured detachable pocket is defined as 8 to 12 evenly spaced pocket nylon laces that are sewn or traditionally woven between evenly spaced longitudinal thongs. Extra lengths of sidewall nylon ties must be cut to 4 cm maximum.

d. Pockets must be attached to the head of the crosse through pocket stringing holes and must be attached in one of the following ways. The pocket must be anchored along the bottom of the bottom rail of the sidewall of the head, or the pocket nylon cord must run through the stringing holes parallel to the top and bottom of the bottom rail of the sidewall, i.e. similar to sewing stitches. The distance from the bottom of the side wall to the bottom of the stringing hole must not be more than 1.0 cm. Guidance: A pocket may not be attached to the head of a crosse along the top of the bottom rail of the sidewall. Decorative holes/spaces, between the top and bottom sidewalls that give structure to the sidewalls and the head, may not be used as stringing holes.

6. Field crosses will have no more than two separate shooting/throw strings. Shooting/throw strings will not be rolled or coiled more than twice between each thong. Flat hockey or boot laces may not be used as shooting/throw strings.

a. Both shooting/throw strings must be attached to the side wall in the upper third of the head, or the top

maximum. End caps are included when measuring the overall length of a crosse.

Guidance: Junior players who are under the age of 15 may use a crosse shorter than 0.9 m to allow it to fit comfortably along the length of the player's arm.

5.

d. Pockets must be attached to the head of the crosse through pocket stringing holes and must be attached in one of the following ways. The pocket must be anchored along the bottom of the bottom rail of the sidewall of the head, or the pocket nylon cord must run through the stringing holes parallel to the top and bottom of the bottom rail of the sidewall, i.e. similar to sewing stitches. The distance from the bottom of the side wall to the bottom of the stringing hole must not be more than 1.0 cm.

Guidance: A pocket may not be attached to the head of a crosse along the top of the bottom rail of the sidewall. Decorative holes/spaces, between the top and bottom sidewalls that give structure to the sidewalls and the head, may not be used as stringing holes.

6. Field crosses will have no more than two separate shooting/throw strings. Shooting/throw strings will not be rolled or coiled more than twice between each thong. Flat hockey or boot laces may not be used as shooting/throw strings.

a. Both shooting/throw strings must be attached to the side wall in the upper third of the head, or the top shooting/throw string must be attached to the sidewall in the upper third of the head, and the bottom shooting/throw string may be an "inverted U" in shape and must be attached to the sidewall in the upper one-half of the head, as measured from the top, outside edge of the scoop.

7.

b. The top of the ball, when dropped into the pocket of a horizontally held crosse, must be visible and remain above the top of the entire wooden or plastic sidewall wall after reasonable force with one hand has been applied to and released from a ball.

c. The ball must move freely within all parts of the head and pocket, both laterally and along its full length. The ball must not become wedged between the walls under the guard or the bridge of a wooden crosse, or in the ball stop, or under

<p>shooting/throw string must be attached to the sidewall in the upper third of the head, and the bottom shooting/throw string may be an “inverted U” in shape and must be attached to the sidewall in the upper one-half of the head, as measured from the top, outside edge of the scoop. (Appendix G, Diagram I6)</p> <p>11</p> <p>7. The field crosse meets specifications if:</p> <p>a. It complies with the criteria in this rule and the Manufacturer’s Specifications for field crosses as approved by the FIL (Appendix G).</p> <p>b. The top of the ball, when dropped into the pocket of a horizontally held crosse, must be visible and remain above the top of the entire wooden or plastic sidewall wall after reasonable force with one hand has been applied to and released from a ball.</p> <p>c. The ball must move freely within all parts of the head and pocket, both laterally and along its full length. The ball must not become wedged between the walls under the guard or the bridge of a wooden crosse, or in the ball stop, or under the walls of a plastic/molded head crosse. The ball must easily fall out of the pocket of the crosse when the crosse is turned upside down.</p> <p>8. At any time during play, an umpire may take time out to inspect the pocket of a field crosse, or any player on the field may request an umpire to inspect the pocket of an opponent’s crosse. If, at any time during play, the ball becomes lodged in a field player’s crosse, the crosse no longer meets specifications. The umpire will take time out to remove the illegal crosse to the scorer’s table. To resume play, the opponent nearest to the ball will be awarded a free position for a minor foul. (Rule 20.A.13,14,15).</p>	<p>the walls of a plastic/molded head crosse. The ball must easily fall out of the pocket of the crosse when the crosse is turned upside down.</p> <p>8. At any time during play, an umpire may take time out to inspect the pocket of a field crosse, or any player on the field may request an umpire to inspect the pocket of an opponent’s crosse. If, at any time during play, the ball becomes lodged in a field player’s crosse, the crosse no longer meets specifications.</p> <p>The umpire will take time out to remove the illegal crosse to the scorer’s table. To resume play, the opponent nearest to the ball will be awarded a free position for a minor foul. (Rule 20.A.13,14,15).</p>
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## GOGGLES, HELMETS AND MOUTHGUARDS

FIL RULE	LSA VARIATION
<p><b>RULE 6: UNIFORM AND EQUIPMENT</b></p> <p>E. All players, including the goalkeeper, must properly wear a professionally manufactured intra-oral mouth guard that fully covers the upper teeth. The mouth guard shall be of any readily visible color other than colorless or white and must not have graphics of teeth. Mouth guards must not be altered to decrease protection and field players must remove protruding tabs.</p>	<p>Mouthguards can be any colour.</p> <p>Field players are permitted to wear headgear or face masks.</p> <p>For aged teams: all players must wear eye protection (goggles).</p>

Close-fitting gloves, nose guards, and eye guards may be worn. Field players are not permitted to wear headgear or face masks.

1. Players choosing to wear eye guards may only wear eye guards that comply with all safety aspects in FIL Rule 6.G.