



**Lacrosse Canada Women's Field Lacrosse Rules Summary 2023**  
Refer to the World Lacrosse Rules Book for complete and up-to-date rules information

**Minor Fouls** – Not dangerous; there are more Minor Fouls than those listed here. See rule book for complete list.

Free Position:	Offending player 4 metres to the <b>side</b> of the player awarded the ball
<b>Body Ball</b>	Gaining a distinct advantage by controlling/redirecting the ball with the body.
<b>Empty</b>	Checking the Crosse when it is not in contact with the ball.
<b>Cover</b>	When in <i>contention</i> , a player may not cover the ball with their stick or body.
<b>Held</b>	Not releasing the Crosse after a check.

**Major Fouls** – Dangerous; some may be carded

Free Position:	Offending player 4m directly <b>behind</b> the player awarded the ball
<b>Check to the Head</b> <i>Automatic Yellow Card</i>	Contact to the player's head or neck on a check.
<b>Dangerous Follow Through</b> <i>Automatic Yellow Card</i>	Contact on the follow-through when passing or shooting.
<b>Dangerous Propel</b> <i>Automatic Yellow Card</i>	Passing or shooting into the space around any field player. The ball does not need to make contact to be considered dangerous.
<b>Swipe</b> <i>Automatic Yellow Card</i>	An uncontrolled attempt to check an opponent's Crosse. The stick does not need to make contact to be dangerous.
<b>Dangerous Play</b> <i>May be carded</i>	A crosschecking motion, particularly on the back, or other actions considered dangerous/without concern for safety.
<b>Misconduct</b> <i>May be carded</i>	Player or any team/bench staff must not act in an unsporting manner or display any other inappropriate behavior.
<b>Across/Rough Check</b>	Check towards/into the body or across a player's body.
<b>Block/Illegal Pick</b>	Moving into the path of a player without giving them time and space to stop or change direction. Defender's nose / 180°.
<b>Charge</b>	Gaining an advantage by making contact with an opponent who has established a legal defensive position.
<b>Detain/Held Crosse</b>	Not releasing the Crosse after a check causing the player to fall off balance. Using your stick outside of your shoulders to slow down an opponent
<b>Illegal Contact/Push</b>	Displacing the opponent with hand, body or stick.
<b>Illegal Cradle</b>	Holding the Crosse near the face or body making a legal check from a good and legal defensive position, impossible.
<b>Trip</b>	Illegal whether it is a deliberate trip or otherwise.
<b>Ward</b>	Using the arm to prevent a check or push off an opponent.
<b>Shooting Space</b>	A defender preventing a shot on goal by standing in the MA above the GLE and not marking an attacker within a stick length, denying the shooter the opportunity to shoot safely.
<b>Three Seconds</b>	While inside the MA, a defender fails to be within stick length of their opponent or double teams a non-ball carrier for more than 3 seconds. They can legally mark the player directly behind goal
<b>Other Major Fouls</b>	Dangerous Shot, Hooking, Illegal Defending.

LEGEND: See page 2

**Self-Start**

Players that are awarded possession of a ball outside of the AFA may choose to start without waiting for the free position to be set-up by the official. No Self-Start when: 1. Fouls is inside of AFA, 2. Offside, 3. Illegal draw 4. Stopped clock.
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**Boundary Ball / Out of Bounds**

" <b>SHOT!</b> " = the player closest to the ball when it goes OOB will be awarded possession. On all other boundary balls, when a player in possession of the ball carries, propels or is the last to touch the ball before it goes OOB, the opponent will be awarded the ball 2m from the boundary. Self-start on all boundary balls. If the ball goes OOB between dots = restart at closest dot with a self-start. If GK in GC and closest, restart in GC. Players may not take an active part in the game when OOB. OOB is change of possession, not a foul.
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**Advantage** – Foul seen by official but play allowed to continue to give advantage to team that was fouled

" <b>FLAG!</b> " – foul within AFA on a scoring play Umpire raises yellow flag and says " <b>FLAG!</b> ". Play continues until the scoring play is over 1. Shot is taken; 2. Attack team fails to continue continuous effort towards goal; 3. Defence commits a foul that requires play to be stopped; 4. Attack team fouls; 5. Attack teams loses possession.
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**"ADVANTAGE!"** – foul in midfield

Umpires holds arm straight out in direction of the goal and says "Advantage!". The player with ball must break clear of the defender or pass the ball cleanly. If not, whistle and call foul.
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**Warning Cards** – Dangerous Personal Fouls

<b>Automatic Yellows:</b> Check to the Head, Dangerous Follow Through, Dangerous Propel, Swipe		
<b>Discretionary:</b> Dangerous Play, Misconduct, Repeated Major Foul		
<b>Yellow</b> 2 min suspension	Automatic Cards, Dangerous Play, Misconduct, Repeated Major Foul	No substitution allowed; serve full 2 min. Suspended player may return after card.
<b>Yellow / Red</b> 5 min suspension	2 <sup>nd</sup> Automatic Card, Dangerous Play or Misconduct by same player	No substitution allowed; serve full 5 min. Suspended player may not return.
<b>Red</b> 10 min suspension	Flagrant Foul Gross Misconduct	No substitution allowed; serve full 10 min. Suspended player may not return.

**Restraining Line Fouls** – Offsides

FP: Ball outside of MA = spot of ball. Ball inside MA = centre hash. Closest defender = 4m to the side. Teams do not need to clear the fan.	Below / Goal Side of RL = 7 defense, 6 attack. Above / Behind of RL = 3 attack, 4 defense. <i>In both instances, one defender may be the goalie.</i>
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**Goal Circle Fouls**

FP: <b>Defence fouls</b> = ball goes to where MA line/GLE meet. FP: <b>Attack fouls</b> = ball goes to goalie and person who fouled 1m to the side on GLE. Whistle starts.	Any defender permitted to move through the GC, so long as they do not remain in the crease. (LC playing with modification to Rule 17.A.17).	New rules in 2023 include but not limited to: Loose balls may be played by attackers unless the goalie or defense have possession. Defensive team has 5 seconds to clear the ball from GC. GK one foot in, 1 foot out = in the GC.
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**Draw Violations** – Max 3 people from each team between RL on the draw, including draw-takers

<b>Illegal Draw</b>	Draw-takers sticks horizontal, parallel to ground, above hip, no movement after " <b>READY!</b> ". Ball must go above heads. Players must go up & away with sticks. Free Position: Ball at centre, offender 4m to the side. Whistle start.
<b>Early Entry</b>	On the centre circle or over RL, players must wait for " <b>POSSESSION!</b> ".





FOUL OCCURS:	BOO	MINOR FOUL	MAJOR FOUL (NO FLAG); IMMEDIATE WHISTLE	MAJOR FOUL (FLAG); SCORING PLAY ENDS WITHOUT FURTHER FOUL(S)	MAJOR FOUL (FLAG) SCORING PLAY ENDS WITH FURTHER FOUL(S)
BELOW GLE IN THE AFA	BALL	Free Position set on the nearest dot (Whistle Start)	Free Position set on the nearest dot (Whistle Start)		Free Position set on hash mark nearest most recent foul (Whistle Start)
	OFFENDER	4m to the side of the ball carrier	4m directly behind ball carrier		4m directly behind ball carrier
	OTHERS	Players at least 4m away from Free Position (sticks and bodies)	Players at least 4m away from Free Position (sticks and bodies)		Clear MA of sticks and bodies. Defenders entitled to adjacent hashmarks. MA must be cleared.
INSIDE MA	BALL	Free Position set at closest spot on MA in line with foul (Whistle Start)	Free Position set on the nearest hash mark to where foul occurred (Whistle Start)		Free Position set on hash mark nearest most recent foul (Whistle Start)
	OFFENDER	4m to the side of the ball carrier	4m directly behind ball carrier		4m directly behind ball carrier
	OTHERS	Players at least 4m away from Free Position (sticks and bodies). MA does not have to be cleared.	Clear MA of sticks and bodies. Defenders entitled to adjacent hash marks. MA must be cleared.		Clear MA of sticks and bodies. Defenders entitled to adjacent hashmarks. MA must be cleared.
OUTSIDE AFA	BALL	Free Position set at spot of foul (Self-Start)	Free Position set at the spot of the foul (Self-Start)	NA – flag only within the AFA	
	OFFENDER	4m to the side of the ball carrier	4m directly behind ball carrier		
	OTHERS	Players at least 4m away from Free Position (sticks and bodies)	Players at least 4m away from Free Position (sticks and bodies)		

#### OTHER FOUL SET-UPS:

##### Three Seconds (Major Foul):

- Ball is in the AFA: **Rule 20.B.4.a & 20.B.10:** FP set on the hash mark nearest to the spot of the **BALL**. Offender 4m behind. Clear MA. (Whistle Start)
- Ball is outside the AFA: **Rule 20.B.4.a Exception:** the **nearest player** from the offending team will move 4m behind the player taking the Free Position [at spot of the ball]. (Whistle Start)

##### Restraining Line Violations (see page 1) (Whistle Start)

##### GC Violations (see page 1) (Whistle Start)

#### LEGEND:

**MA** – Marking Area – Semi-circle lined area (“Fan”). This area is cleared on all Major Foul Free Positions at the first, second or centre hash marks. Third hash used for defensive placement only.

**AFA** – Advantage Flag Area – **Rule 22:** includes the Marking Area and the space below the Marking Area that runs 12 m deep to the end line of the field, between the dots.

**GLE** – Goal Line Extended

**GC** – Goal-Circle

**RL** – Restraining Line

**FP** - Free Position - Commonly used to refer to foul set-ups on hashmarks along the Marking Area (MA) line, but refers to all foul set-ups/penalty administrations.

**OOB** - Out of Bounds

