

US Lacrosse Rule Change Synopsis for Girls and Women

The following are some of the US Lacrosse rules changes for the upcoming 2007 season.

Rule 1 – The Playing Area and Goals

Soft/flexible cones, pylons, or flags must be used to mark the corners of the field. Previous rule said "may be used" and did not include flags as an option.

The Substitution Area has changed from 2 areas on either side of the scorer's table to one area in front of the table. "The substitution area shall be in front of the scorer's table and centered at the midfield line. The area will be sectioned off by two hash marks, 2m-4m in length. The hash marks will be placed perpendicular to and touching the sideline with each one placed 4.5m (5 yards) from the centerline of the field."

A recommendation is being added to the rules that all lines be painted white or a single contrasting color.

Rule 2 – Equipment and Uniforms

The ball must be smooth – no dimpled balls may be used as game balls.

At the high school level (already in place at the youth level), the goalkeeper will be required to wear padding on the shins and thighs.

The mouth piece must fully cover the upper jaw teeth. For NFHS affiliated schools, the mouth piece must be of any visible color other than clear or white.

Close-fitting cloth sweatbands may be worn.

Colors allowed for visible undergarments (top and/or bottom) have been changed. Either team may wear white, gray, or black or the team may wear a color matching their uniform color. They must still be a solid color and each player choosing to wear them must be wearing the same color. Previous rule said uniform color or white for the home team and uniform color or black for the visiting team.

Rule 3 – Game Personnel

The home team must ensure that direct two-way communication is available at all times between the press box and the scorer's table if official scoring and/or timing functions are not handled at field level.

Rule 4 – Time Factors and Scoring

Time out must be taken anytime the draw must be re-taken.

Rule 5 – Play of the Game

There must be 12 players on the field before the start or restart of the game unless a team does not have 12 eligible players in uniform or they have accumulated more than 3 cards. (For U11 teams playing 8 vs. 8, there must be 8 players on the field.)

Rule 6 – The Draw

On the draw a player's top hand may not contact any part of the sidewall or pocket of her stick.

If it cannot be determined why the draw was illegal or if both players draw illegally the umpire will call time out and a re-draw will occur. Previous rule required that a throw be administered.

Rule 7 – Penalty Administration

If a team receives three cards (yellow or red) for offenses occurring on the field of play, on the fourth and every subsequent yellow or red card the carded player must leave the field and no substitute may take her place for 3 minutes of elapsed playing time