

## **Rule Clarification for Three-Second Rule in Girls Lacrosse**

If a player carries the ball in her crosse while a defender is on her ball side (and the defender has two hands on her stick and is within a stick's length of the player with the ball), the player cannot keep the ball within her crosse on that side of her body for longer than three seconds.

- It does not matter whether the player with the ball is running or standing still.
- It does not matter whether the player with the ball has her crosse above her shoulders and within the 7-inch bubble around her head.
- It also does not matter whether the player with the ball is cradling the ball or merely holding the ball within a stationary crosse.

By running along the ball side of the player carrying the ball and keeping within a stick's length of the player, the defender has established a position where she would be legally allowed to check if full checking were allowed. Therefore, the three-second rule rewards the defender for establishing and maintaining a good defensive position.

If the defender removes a hand from her stick, the three-second count stops.

Also, the player carrying the ball can stop the three-second count by performing one of the following actions:

- Out running the defender so that she is more than a stick's length away from the defender
- Cradling to the other side of her body
- Rolling away from the defender
- Passing the ball
- Moving her stick or body in some other fashion to protect the ball

Umpires can use their discretion when making this three-second call.