

Self-Start

The adoption of the new self-start rule in Ontario Women's Field Lacrosse decreases the amount of involvement by officials in restarting play, thus increasing the pace of the game in all divisions.

For a whistle blown for a foul outside the 11m area, the player who is awarded the free position, after coming to a stop/settled stance, may continue the course of play without waiting for an additional whistle from the official.

The offending player must immediately move 4 meters behind or beside from the player taking the free position, as indicated by the official. Any other player(s) within 4m must move to a position indicated by the official.

The option to self-start is administered at the spot of the foul. However, if the ball is within playing distance (a stick and a half-length away approx. 2m) from the player who is awarded the free position she may pick up the ball and self-start.

If the ball is outside the playing distance of the foul, the player who has been awarded the free position and the ball must return to the spot of the foul for the self-start. If the spot of the foul cannot be determined, the umpire shall indicate the location for the free position. If the umpire has to reset the free position, the umpire's whistle will restart play.

FAQs – Frequently Asked Questions about Self-Start

How do we define a settled stance?

A settled stance is defined as both feet are stationary, on the ground, with the ball positioned in the head of the stick, and the player with possession making, at minimum, a momentary pause before restarting play.

When is a self-start NOT an option?

- a. The game clock is stopped (timeouts, injury timeouts, cards and game clock)
- b. There is a restraining line violation
- c. There is an illegal draw
- d. Major or minor fouls occurring in the 11m area including goal circle fouls

What are the requirements for play to be restarted when the ball goes out of bounds?

The team awarded possession may self-start. The closest player from that team may self-start within playing distance of where the ball went out of play and within the playing field. Exception: If the ball goes out of bounds and is awarded to the goalie who is within her goal circle **the goalie may NOT self-start. Play is restarted with a whistle.**

What if a player self-starts when it is not allowed?

If the player who is awarded the free position attempts to self-start from a position further than a playing distance from the spot of the foul, the umpire will blow the whistle, set the free position at the spot of the foul, and commence play with the whistle.

Repeated attempts to self-start from a position further than a playing distance from the spot of the foul will result in a delay of game foul.

If the player who is awarded the free position self-starts when this is not permitted, the umpire will blow the whistle set the free position at the spot of the foul and commence play with the whistle. Repeated attempts to self-start when it is not permitted will be a delay of game foul.

Note: Self-starts on an offensive 11m free position shall be treated as a false-start and will result in a change of possession.

How do we determine when play has commenced?

Play will commence once the ball carrier steps or passes the ball. A step is defined as the act of lifting and setting down one's foot. Rocking motions do not commence play. Additionally, movement of the ball carrier's stick does not commence play.