

Defense Allowed in the Goal Circle

The new rules for 2020 allow for the defense allowed in the goal circle under certain conditions. This is being adopted in U13 and the divisions above, thus giving more freedom for the defensive team.

FAQs on Defense Allowed in the Goal Circle

When can a defensive player go into their own crease? For how long?

Defensive player(s) within a stick length actively marking an opponent without the ball may move through the goal circle for a maximum of 3 seconds when their team is not in possession of the ball. If their team gains possession of the ball, the defenders in the goal circle must exit the crease as quickly as possible.

When can a defensive player NOT go into their own crease?

Defensive player(s) within a stick's length actively marking an opponent WITH the ball are NOT permitted in the crease.

It is a foul when the attack shooter and the defender(s) immediately marking the shooter step on or over the goal circle line on a shot.

What happens if an offensive player/attacker goes in the crease?

On a shot, the attack shooter and her immediate defenders may follow through with their Crosse(s) over the goal circle line, but their feet must not touch or cross over the goal circle line.

The attack's shooting motion must be initiated from outside the goal circle; therefore, the shooter's Crosse must be outside the goal circle when she receives a pass from a teammate before attempting or completing a shot.

If the offensive team commits a goal circle foul, the free position will be set with the goaltender in the crease.

If the defensive team commits a goal circle foul, the free position will be set at the 11m mark on the goal line extended. The ball will be given to the nearest attacker. If the goalkeeper committed the goal circle foul, she remains in her crease for the free position. If another defensive player committed the goal circle foul, she will be directed 4m behind the attacker receiving the free position.

In both instances, play is restarted with a whistle as the foul occurred within the 11m advantage flag area. Self-start is not an option.

How long can a goalkeeper have the ball inside her crease?

A goalkeeper is allowed 10 seconds with the ball inside her crease (no change from 2019 Rules).

After a goalkeeper or the deputy moves the ball out of the goal circle within 10 seconds, the ball must not return to her team's goal circle until the ball has been played. Played refers to an action whereby the ball leaves a player's Crosse and is touched by another player, or her Crosse is checked Crosse to Crosse by an opponent.

Scenario: The goalkeeper makes a save while one of her defensive teammates who is defending an attacker other than the ball carrier/shooter is legally within the crease. How long does that defensive teammate have to exit the crease after the save is made?

Note: Although the rule book does not give a specific ruling here, we can infer that once a save is made or the ball comes to rest within the crease, defensive teammates should make a move to exit the crease as quickly as possible, the quickest way possible. Defensive teammates remaining in the crease to an unfair advantage can be penalized for a crease violation, but if it is clear that there has been a turnover and the defensive player makes a move to exit the crease as quickly as possible, no foul should be awarded.