

## **Free Movement**

### **FAQs on Free Movement**

The new rules for 2020 allow for free movement by players on a whistle or stoppage of play. This is being adopted in all divisions.

Players are not required to stand when the official blows the whistle except in certain instances for players who are fouled, caused the foul, or are associated with the foul.

The umpire's whistle stops play (note that an umpire's whistle may also restart play, but not always since the adoption of Self-Start in all divisions). When the whistle sounds to stop play, all players not involved in the foul may move freely.

**Note: Free movement and self-start are not the same thing.**

#### **Where may players move on the field after a whistle is blown?**

Players not part of the penalty administration may move anywhere on the field as long as they move 4 meters to the side or behind from the player taking a free position.

#### **Where do players move in the fan for an 11-metre free position?**

When a free position is set within the fan on a hash mark, players must clear the fan; however, they no longer are required to take the shortest route out of the fan. Additionally, the defending team is entitled to place one defender on each of the adjacent hashes to the ball carrier. Everyone else must be at least 4m away from the ball carrier for play to resume.

When a major foul by the defense occurs within 11 m outside the marking area (in the pie shaped area), the free position is set on the nearest hash mark in line with the foul and the penalty lane only will be cleared. All players must move their bodies and crosses sideways from the penalty lane relative to their positions when play stopped.

In these instances, the play will be restarted with a whistle (no self-start is permitted as the foul occurred within the 11m advantage flag area). Once an attacker is set, players on either team should no longer cut through the fan to get to a more advantageous position as this may cause undue delays in restarting the play.

#### **In what instances must a player stand?**

- a. A player who is fouled, when self-start is not allowed, must stand for the free position.
- b. A player who caused a foul and is moved 4 meters behind or away must stand until the ball carrier or the official commences play (by self-start or by whistle respectively).
- c. If there is a restraining line violation, the player directed to stand to the side the player with the ball in administration of the offside penalty must stand.

**Are players required to stand when a free position is awarded and self-start is not an option?**

The player awarded the ball and the offending player **must stand** for a free position penalty administration on a whistle start. All other players are free to move as long as they remain 4m from the ball carrier.

**Can players freely substitute during a team time out?**

When a team calls a timeout after a goal, there is no limit of the number of players that can substitute.

When a possession time out is called (on a dead ball anywhere outside the 11m advantage flag area), players must leave their crosses in their place on the field and return to that same place to restart play. Once a player has returned to their stick they may move freely. No substitutions will be allowed during this 90-seconds stoppage of play. Once play has resumed, substitutions may continue as per usual.