



Lacrosse Canada Women's Field Lacrosse Rules Summary 2024

Refer to the World Lacrosse Rules Book and Officiating Manual for complete and up-to-date rules information

Last Updated: April 9, 2024
World Lacrosse 2022-2024 WOMEN'S FIELD LACROSSE PLAYING RULES
Version 1.1 // December 2022

Minor Fouls – Not dangerous; see Rule Book for complete list of Minor Fouls. FP: Offending player 4m to the side of the player awarded the ball	
Body Ball	Gaining a distinct advantage by controlling/redirecting the ball with the body.
Empty	Checking the Crosse when it is not in contact with the ball.
Cover	When in <i>contention</i> , a player may not cover the ball with their Crosse or body.
Held	Not releasing the Crosse after a check.

Major Fouls – Potentially dangerous; mandatory cards FP: Offending player 4m behind the player awarded the ball, unless there is a card.	
Check to the Head	Contact by a Crosse to an opponent's head or neck on a check.
Dangerous Follow Through	Recklessly following-through when passing or shooting, endangering an opponent.
Dangerous Propel	Passing or shooting into the space around any field player. The ball does not need to make contact to be considered dangerous.
Swipe	An uncontrolled attempt to check an opponent's Crosse. The Crosse does not need to make contact to be dangerous.
Across/Rough Check	Checking towards, into, or across a player's body.
Block/Illegal Pick	Moving into the path of a player without giving them time and space to stop or change direction. Defender's nose / 180°.
Charge	The ball carrier displaces an opponent who has established a legal defensive position.
Dangerous Play	A player must not use their Crosse and/or body in a forceful, dangerous, or intimidating manner and/or show disregard for their own or an opponent's safety
Detain/Held Crosse	An opponent must not hold the player's Crosse or body, which impedes the player's movement or balance.
Illegal Contact/Push	Displacing the opponent with hand, body, or Crosse.
Illegal Cradle	Ball carrier holds their Crosse near their face or body making a legal check from a good and legal defensive position impossible.
Misconduct	Player or any team/bench staff must not act in an unsporting manner or display any other inappropriate behavior.
Shooting Space	A defender prevents a safe a shot on goal by standing in the MA above the GLE, obstructing the space between the shooter and the edges of the GC, not marking an opponent within a Crosse length.
Three Seconds	While inside the MA, a defender fails to be within Crosse length of their opponent or double teams a non-ball carrier for more than three seconds. They can legally mark the player directly behind goal from inside the MA.
Trip	A player must not trip an opponent, deliberately or otherwise.
Ward	Using the arm to prevent a check or push off an opponent.
Other Major Fouls	Dangerous Shot, Hooking, Illegal Defending. See Rule Book for details.

Self-Start Players that are awarded possession of a ball outside of the AFA may choose to start without waiting for the FP to be set-up by the official. No self-start when: 1. Fouls is inside of AFA, 2. Offside, 3. Illegal Draw 4. Stopped clock. MODIFICATION: For Lacrosse Canada events, the clock stops on all whistles in the last 30 sec Q1, Q2, Q3 / 2 min Q4.		
Boundary Ball / Out of Bounds "SHOT!" = the player closest to the ball when it goes OOB will be awarded possession. On all other boundary balls, when a player in possession of the ball carries, propels or is the last to touch the ball before it goes OOB, the opponent will be awarded the ball 2m from the boundary. Self-start on all boundary balls. If the ball goes OOB between dots = restart at closest dot with a self-start. If GK in GC and closest, restart in GC. Players may not take an active part in the game when OOB. OOB is change of possession, not a foul.		
Advantage – Foul seen by official but play continues to give an advantage to team that was fouled "FLAG!" - foul within AFA on a scoring play. Official raises yellow flag and says "FLAG!" Play continues until the scoring play is over 1. Shot is taken; 2. Attack team fails to continue continuous effort towards goal; 3. Defense commits a foul that requires play to be stopped; 4. Attack team fouls; 5. Attack teams loses possession. "ADVANTAGE!" – foul in midfield Umpires holds arm straight out in direction of the goal and says "Advantage!" The player with ball must break clear of the defender or pass the ball cleanly. If not, whistle and signal/penalize foul.		
Warning Cards – Dangerous personal fouls Automatic Yellow Card: Check to the Head, Dangerous Follow Through, Dangerous Propel, Swipe Discretionary: Misconduct, Repeated Major Foul, any Major Foul may be upgraded to a cardable offense.		
Yellow 2 min suspension	Automatic Cards, Dangerous Play, Misconduct, Repeated Major Foul	No substitution allowed; serve full 2 min. Suspended player may return after card.
Yellow / Red 5 min suspension	2 nd Automatic Card, Dangerous Play, or Misconduct by same player	No substitution allowed; serve full 5 min. Suspended player may not return.
Red 10 min suspension	Flagrant Foul Gross Misconduct	No substitution allowed; serve full 10 min. Suspended player may not return.
Restraining Line Fouls – Offside FP: Ball outside of MA = spot of ball. Ball inside MA = center hash. Closest defender = 4m to the side. Teams do not need to clear the fan. Below / Goal Side of RL = 7 defense, 6 attack. / Above / Behind of RL = 3 attack, 4 defense. In both instances, one defender may be the goalkeeper.		
Goal-Circle Fouls FP: Defense fouls = ball goes to where MA line/GLE meet. FP: Attack fouls = ball goes to goalkeeper and person who fouled 1m to the side on GLE. Whistle starts. MODIFICATION: At Lacrosse Canada events, D may <i>move through</i> GC at any time. They may not remain in the GC. Loose balls may be played by attackers unless the GK or D have "possession." 5 seconds to clear the ball from GC. GK one foot in, 1 foot out = IN the GC.		
Draw Violations – Max 3 people from each team between RL on the Draw, including Draw-takers.		
Illegal Draw	Draw-takers Crosses are horizontal, parallel to ground, above hip, no movement after "READY!" Ball must go above heads. Players must go up and away with their Crosses at the whistle. If violation, FP set-up = ball at center, offender 4m to the side. Whistle start.	
Early Entry	On the center circle or over RL, players must wait for "POSSESSION!" or "FREE BALL!"	

LEGEND – see page 2.



Lacrosse Canada Women's Field Lacrosse Penalty Administration Summary 2024

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FOUL OCCURS:	BALL, OFFENDER, OTHERS (BOO)	MINOR FOUL	MAJOR FOUL (NO FLAG); IMMEDIATE WHISTLE	MAJOR FOUL (FLAG) SCORING PLAY ENDS WITHOUT FURTHER FOUL(S)	MAJOR FOUL (FLAG) SCORING PLAY ENDS WITH FURTHER FOUL(S)
BELOW GLE IN THE AFA	BALL	Free Position set on the nearest dot (Whistle Start)	Free Position set on the nearest dot (Whistle Start)		Free Position set on hash mark nearest most recent foul (Whistle Start)
	OFFENDER	4m to the side of the ball carrier	4m directly behind ball carrier		4m directly behind ball carrier
	OTHERS	Players at least 4m away from Free Position (Crosses and bodies)	Players at least 4m away from Free Position (Crosses and bodies)		Clear MA of Crosses and bodies. Defenders entitled to adjacent hashmarks. MA must be cleared.
INSIDE MA	BALL	Free Position set at closest spot on the MA in line with foul (Whistle Start)	Free Position set on the nearest hash mark to where foul occurred (Whistle Start)		Free Position set on hash mark nearest most recent foul (Whistle Start)
	OFFENDER	4m to the side of the ball carrier	4m directly behind ball carrier		4m directly behind ball carrier
	OTHERS	Players at least 4m away from Free Position (Crosses and bodies). MA does not have to be cleared.	Clear MA of Crosses and bodies. Defenders entitled to adjacent hash marks. MA must be cleared.		Clear MA of Crosses and bodies. Defenders entitled to adjacent hashmarks. MA must be cleared.
OUTSIDE AFA	BALL	Free Position set at spot of foul (Self-Start)	Free Position set at the spot of the foul (Self-Start)	NA – flag only within the AFA	
	OFFENDER	4m to the side of the ball carrier	4m directly behind ball carrier		
	OTHERS	Players at least 4m away from Free Position (Crosses and bodies)	Players at least 4m away from Free Position (Crosses and bodies)		

OTHER FOUL SET-UPS:

Three Seconds (Major Foul):

- Ball is in the AFA: **Rule 20.B.4.a** and **20.B.10**: FP set on the hash mark nearest to the spot of the **BALL**. Offender 4m behind. Clear MA. (Whistle Start)
- Ball is outside the AFA: **Rule 20.B.4.a Exception**: the **nearest player** from the offending team will move 4m behind the player taking the Free Position [at spot of the ball]. (Whistle Start)

Restraining Line Violations (see previous page) (Whistle Start), **GC Violations** (see previous page) (Whistle Start)

LEGEND:

- MA** Marking Area – Semi-circle lined area (“Fan”). This area is cleared on all Major Foul Free Positions at the first, second or center hash marks. Third hash used for defensive placement only.
- AFA** Advantage Flag Area – **Rule 22**: Includes the Marking Area and the space below the Marking Area that runs 12m deep to the end line of the field, between the dots.
- GLE** Goal Line Extended
- GC** Goal-Circle
- RL** Restraining-Line
- FP** Free Position – Commonly used to refer to foul set-ups on hashmarks along the Marking Area (MA) line but refers to all foul set-ups/penalty administrations.
- OOB** Out of Bounds