

2024 Points of Emphasis

Stick to Body Contact

Dangerous Play in the 8-Meter Arc

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STICK TO BODY CONTACT

- Legal and safe use of the crosse is essential to minimize risk and to preserve girls' lacrosse as a game which allows players to play with limited protective equipment.
- Coaches must teach proper and legal stick skills.
- Players must not initiate illegal stick-to-body contact by using the stick to hit, push or displace an opponent.
- Officials must recognize, call and penalize illegal stick-to-body contact as required by the rules.
- Legal defensive stick positioning is a stick held vertically with the head of the stick above the 10 o'clock and 2 o'clock positions.
- Illegal stick-to-body contact occurs when a defender contacts an opponent's body with a stick held in a horizontal position, regardless of who initiated contact. This is a major foul and should be called by officials.
- Proper coaching, appropriate play, and diligent officiating regarding legal use of the stick will minimize risk and maintain the integrity of girls' lacrosse.



Rule 10-1r. Illegal Stick to Body Contact

1. A stick held in a horizontal position that makes contact with an opponent's body.
2. Cross-Check: Use the shaft of the crosse to hit, push or displace opponent whether or not the stick is horizontal. This includes, but is not limited to, thrusting, jabbing, pushing or displacing any part of an opponent's body.

Note: Horizontal position is defined as the head of the stick dropping below the 10 o'clock or 2 o'clock position.

2 Areas to Focus On

1. Horizontal Crosse
2. Crosse Contact to the back

Horizontal Crosse – Meet and Greet

Attacker tests the defense and defender has their crosse in a **horizontal** position and contact is made.

If attacker does not charge, it is a foul on the defender (illegal stick to body contact – horizontal crosse) even if they did not initiate the contact.

If the attacker charges into the defender it is offsetting fouls (charge and illegal stick to body contact) alternate possession.

Horizontal Cross - Picks

Attack sets a pick holding their crosse in a horizontal position

If no contact is made there is no foul.

If contact is made with a defender it is a foul on the attack even if the pick was legal – set in the visual field of the defender and allowed time and space to avoid the pick.

Defenders Riding an Attacker

A defender riding an attacker is not in itself a foul, however

If the defender has their crosse in a horizontal position it is illegal stick to body contact.

If the defender is pushing, displacing, driving the attacker with their crosse held in any position it is a foul.

These fouls often happen in or near the CSA. If attack is on a scoring play pull your flag.

Pushing, Displacing, Thrusting, Jabbing

- Defender just steps out and contacts an attack with her crosse
- Defenders go after an attacker – are they pushing her out or is she retreating on her own?
- Putting the butt of the stick into an opponent.

Crosse Contact to the Back

Deliberately making contact with the crosse in an opponents back is not valid defense and is illegal. Several different fouls could be called depending on the nature and severity of the contact.

Illegal Stick to Body Contact

Dangerous Contact – mandatory card

Check to the Head – mandatory card

Dangerous Play

Crosse Contact to the Back

Where and when does it happen. Some common situations are:

- Picking up ground balls – an player comes from behind an opponent and pushed them in the back with their crosse.
- A defender gets a last shot to the back of an opponent as they cross the restraining line.
- A defender is beaten in the CSA and the defender hits the attacker in the back.
- As an attack is taking a shot or just after a shot.
- A defender is riding an attacker and the crosse goes to the back, neck and head as the attack goes to goal. See Situations and Rulings 10.1c.
- An attacker pushes a defender in the back to free their teammate for a shot.

Illegal Stick to Body Contact

USA Lacrosse and NFHS wants it called. They specifically want horizontal crosse contact out of the game.

Coaches have be told this in the coaches rules meetings. They have been asked to coach their player to have their stick up, not horizontal. It should not be a surprise to them when it is called.

We need to call it. We need to be consistent in calling it.

2024 Points of Emphasis

DANGEROUS PLAY IN THE 8-METER ARC

- - **Players' proximity**
 - **Speed of players moving into and through the 8 meter arc**
 - **Aggressive actions by attack players and defenders, and**
 - **Shots being taken**
- - maintaining control of their stick and body,
 - avoiding illegal stick-to-body contact,
 - shooting safely, and
 - not pushing opponents.
- Officials must be in the proper position to effectively officiate play in the 8-meter arc. They must know and concentrate on their area of responsibility.
- Officials must always be watchful for dangerous follow-through, dangerous propelling, and dangerous shots that heighten the risk of injury to defenders and goalkeepers.
- Controlled and safe play in the 8-meter arc coupled with effective officiating can significantly decrease injuries while maintaining the pace of play and the integrity of the game.



2024 Points of Emphasis

DANGEROUS PLAY IN THE 8-METER ARC

- There is high potential for dangerous play and injuries within the 8-meter arc because of:
 - players' proximity,
 - the speed of players moving into and through the 8-meter arc,
 - aggressive actions by attack players and defenders, and
 - shots being taken.
- Players can play safely in this area by:
 - **Maintaining control of their stick and body**
 - **Shooting safely, and**
 - **Not pushing opponents**
- Officials must always be watchful for dangerous follow-through, dangerous propelling, and dangerous shots that heighten the risk of injury to defenders and goalkeepers.
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 - aggressive actions by attack players and defenders, and
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- Players can play safely in this area by:
 - maintaining control of their stick and body,
 - avoiding illegal stick-to-body contact,
 - shooting safely, and
 - not pushing opponents.

- **Proper positioning**
- **Focus on your area of responsibility**

- Controlled and safe play in the 8-meter arc coupled with effective officiating can significantly decrease injuries while maintaining the pace of play and the integrity of the game.



Dangerous Play in the 8 - Attack

- Dangerous Propelling Trail
- Dangerous Follow Through Trail
- Forcing Through Lead
- Charge Lead
- Dangerous Shot Both
- Charge after shot Trail

Dangerous Play in the 8 - Defense

- Shooting Space Trail
- Rough/Dangerous Check Lead
- Dangerous Contact Lead
- Push Lead

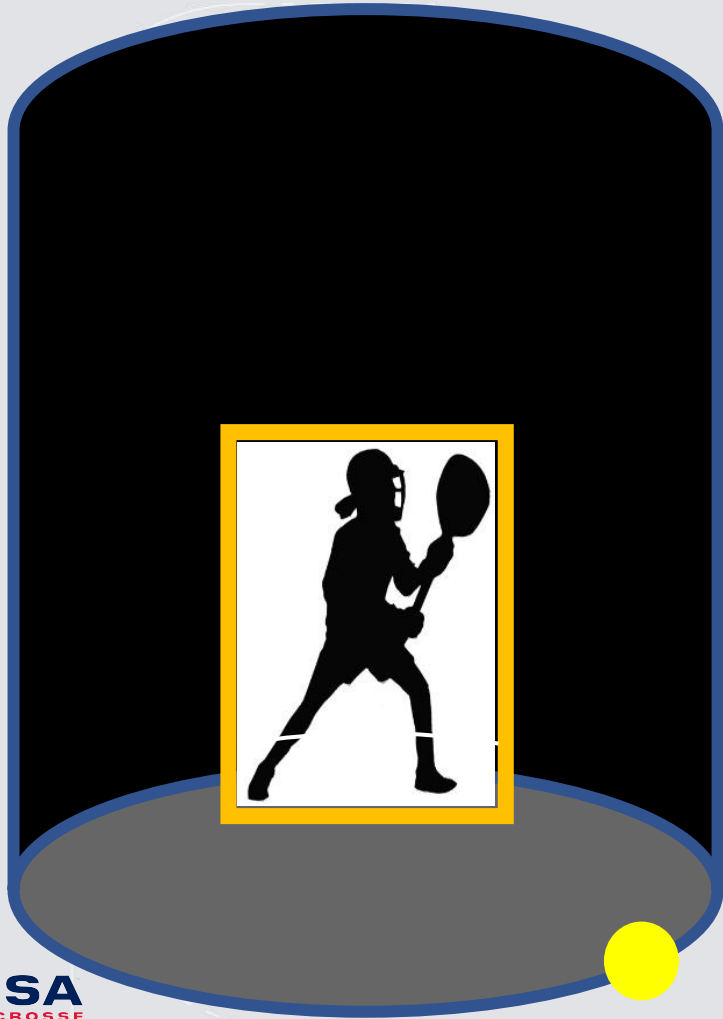
- Dangerous contact after shot Trail

- <https://youtu.be/dy7rXwdLWNw>

Goalie Play

A review

Goal Circle



The goal circle is a “cylinder.”

An attack player cannot step into the GC at any time.

Only one player, either goalkeeper or deputy, is allowed on the GC at any time

Any ball resting on the goal circle line belongs solely to the goalkeeper or the deputy.

Any other player touching this ball would be committing a goal circle foul.

Goalie Play



If the Goalie/Deputy gains possession outside of the Goal Circle the ball may be carried or propelled into the Goal Circle.

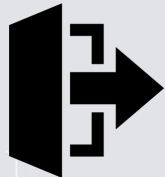
If the Goalie/Deputy gains possession inside the Goal Circle the ball may reenter the Goal Circle after it has been cleared* and played**

Cleared and Played

CLEARED

The ball was possessed inside the Goal Circle and exits the Goal.

The ball may be carried out or passed out

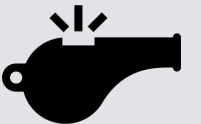
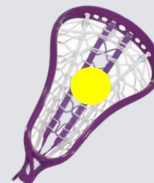


PLAYED

The ball is touched by another player's stick (attack or defense), such as catching a pass or knocking down a pass

The Goalkeeper's stick is checked: a stick to stick check

A foul is committed



Goalie Play

Goalkeeper can reach out the crosse and bring a ball back into the goal circle provided one foot is inside the goal circle***



*** The foot is considered inside the goal circle if any portion remains inside the plane of the goal circle.

If any part of the goalie's foot is in the goal circle cylinder, they are considered IN the circle



Goal Circle Play

Once goalie is out of goal circle, goalie or deputy must have at least one foot inside the goal circle to play a ball that is inside the circle.



Goal Circle Foul: 10 Second Count

Goalie (or deputy) has 10 seconds to clear the ball from the goal circle.

Goalie can throw OR carry the ball out of the goal circle.



Penalties for Fouls on the Defense

For other than Illegal Deputy

1. Restart at the closest dot
2. For other than the goalie or deputy the offender goes 4 meters behind.
3. If the goalie committed the foul she does not go behind. She may stay or move to her goal circle.
4. If the deputy within the GC committed the foul she does not go behind but must leave the GC. The goalie can move into the GC – free movement.

For Illegal Deputy

5. This is a major foul and could be carded
6. Free Position at the center hash mark on the 8 meter with the deputy 4 meters behind
7. The goalie may NOT move into the GC. She like all other players must clear the Penalty Zone.

Penalties for Fouls on the Attack

Free Position awarded to the goalie or the deputy within the GC.

1. The offending player goes 4 meters behind the GC.
2. The goalie or deputy may self-start

Start your 10 second clear count when you see the goalie or deputy are ready to play – she has the ball in her crosse and is looking to clear (pass or carry) the ball out of the GC.