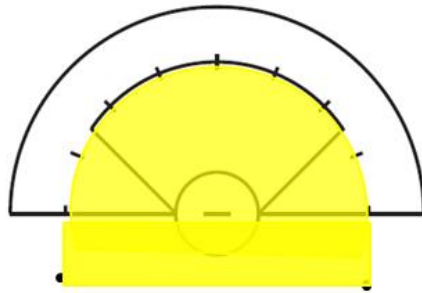


# 2019 HIGH SCHOOL RULE CHANGE SUPPLEMENT

## PENALTY ZONE

The Penalty Zone has been developed to simplify penalty administration and address safety concerns around 8m free positions in the girl's game. This area shall be cleared for all 8m free positions awarded above the goal line extended.

The penalty zone is the area under the 8 meter arc extending back to the dots.



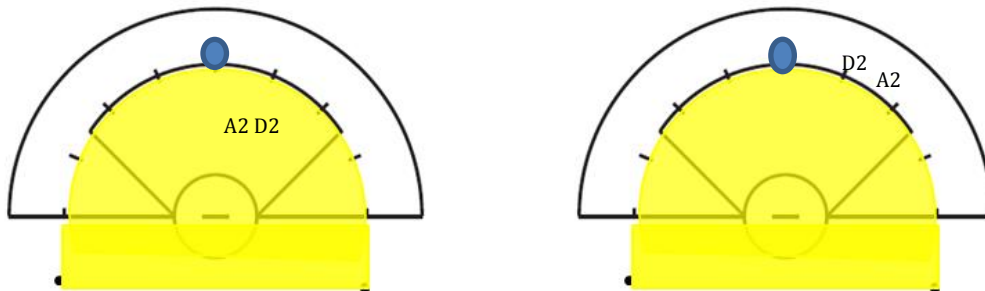
**Yellow shaded area is the Penalty Zone.**

If a major foul by the defense takes place within 8m of the goal circle, including the "pie" area and above the goal line extended, the free position is placed on a hash mark and therefore the entire penalty area is cleared. All players within the penalty zone must take the shortest route out.

For any major foul by the defensive player occurring in the Critical Scoring Area and below the goal line extended the foul is administered at the nearest dot. The penalty zone is **not** cleared when a foul is administered at a dot.

## CLEARING THE PENALTY ZONE

The procedures for clearing the penalty zone remain the same as was previously used to clear the 8m arc with the following exception: if a pair of opposing players is to be moved to a hash adjacent to the ball carrier, the defensive player will be entitled to the inside position closest to the ball carrier.





## SELF-START

The adoption of the new self-start rule in girls' lacrosse increases the pace of play by decreasing the amount of involvement by officials in restarting play. In the NFHS rules book Rule 5-4, "Restarting Play — Self-Start" establishes the specific allowances for restarting play with a self-start.

***"For a whistle blown for a foul outside the critical scoring 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."***

A settled stance is defined as: both feet stationary, on the ground, with the ball positioned in the head of the crosse, and the player with possession making, at minimum, a momentary pause before restarting play (without waiting for an additional whistle.)

The offending player must immediately move 4m behind or to the side of 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, 4m away from the ball carrier. All players farther than 4m from the foul must "stand".

The self-start shall be administered at the spot of the foul. However, if the ball is within playing distance of the spot of the foul (a stick and-a-half length away) from the player who is awarded the free position, she may pick up the ball and, from a settled stance, self-start from that location. Exception: a player's momentum may not carry her into the CSA.

If the ball ends up 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 (following a settled stance.) If the spot of the foul cannot be determined, the official shall indicate the location for the free position.

If the self-start is initiated beyond "playing distance," the official will reset the free position at the correct location, administer the penalty, and allow a self-start from the correct position.

When a player awarded a free position chooses to self-start, defensive players may engage immediately following the self-start. The ball carrier does not have to wait for all other players to be in position before she self-starts. The ball carrier may also elect to wait for her full 4 meters of free space and restart play on the official's whistle.

Players moving prior to the self-start is not allowed. This is considered a false start and shall be penalized at the spot of the ball. Repeated false starts or delays in moving 4m by the defense may result in a delay-of-game card.



## BOUNDARY RESTARTS: SELF-START

To resume play when the ball has gone out of bounds, the closest player of the team awarded possession of the ball may commence play with a self-start. The restart shall take place relative to the spot where the ball went out of bounds (this includes boundaries within the CSA.) Upon returning to the field with the ball the player must start from a settled stance and may self-start within 2m of the boundary line. All other players retain relative position and must be at least 1m from the ball carrier. A player may not commence play with a pass from out of bounds.

If the ball goes out of bounds and is awarded to the goalie within her goal circle and play shall be restarted with a whistle. Self-starting is NOT allowed in this situation.

## OFFICIALS' WHISTLE RESTARTS

The official shall restart play with a whistle in the following situations when self-starts are not allowed

A self-start is not an option in the following circumstances:

- A. The game clock is stopped for any reason
- B. Restraining line violations (offsides)
- C. The ball is in the CSA, excluding boundary restarts
- D. Alternate Possession
- E. Inadvertent whistle
- F. Overtime
- G. Goal is scored

Note: Self-starts are permitted on an illegal draw.

## FREQUENTLY ASKED QUESTIONS:

**Q1: *When clearing the Penalty Zone, are defensive players always entitled to the hash adjacent to the ball carrier?***

- A. A: No – not always. Only the defensive player who has been cleared to the hash adjacent to the ball carrier is entitled to the adjacent hash. If no defensive player would be moved to the hash, the hash will remain empty. If an attack player would be moved to the hash adjacent to the ball carrier and there is no defensive player that would be moved with her, the attack player is entitled to this hash.



**Q2: Are there any situations where a lane is cleared instead of the Penalty Zone?**

- A. A: Yes. For any major foul that occurs between the 8m arc and the 12m fan you will still clear a lane which is as wide as the goal circle and all players are well outside of the lane.

**Q3: If the goalkeeper is outside her goal circle when a foul is committed can she clear back into her goal circle?**

- A. A: Yes. As long as she did not commit the foul, she can clear back into her goal circle when the Penalty Zone is cleared.

**Q1. What does "within playing distance" mean?**

- A. "Playing distance" can be defined as within 1½ stick's length of where the foul occurred. A player's momentum may carry them forward this distance (after a whistle has been blown for a foul). Self-starts are permitted within this distance, unless the restart will occur within the CSA.

**Q2. Is it a foul if the player self-starts beyond "playing distance" or self-starts when a self-start is not allowed?**

- A. NO, it is a reset. The official should whistle to stop play and indicate the correct location for the restart, or resets the self-starter to the correct position. The original ball carrier returns to spot of foul, takes a settled stance and self-starts (no whistle needed.) If the player waits for a whistle, the official should state "you may self-start."  
Repeated self-starts beyond playing distance may be considered a Delay of Game, and penalized accordingly.

**Q3. Does a player wishing to self-start have to wait for other players to move 4m behind/away?**

- A. No.

**Q4. What if the offending player or other players do not make an effort to move 4m away/behind the ball carrier?**

- A. It depends. If the ball carrier chooses to commence play with a self-start while players are within 4m of the ball, there is no foul. If, however, the ball carrier chooses to wait to commence play until all players are 4m away and the opposing players do not make an attempt to move, a delay of game foul may be considered.



**Q5. How do we determine when play has commenced?**

- A. Play will commence once the ball carrier steps or passes. A step is defined as the act of lifting and setting down one's foot. Pivoting and/or rocking motions do not commence play.  
Additionally, movement of the ball carrier's stick (cradle or pumping action) is not considered a self-start. A player may NOT engage the ball carrier upon those movements.

**Q6. Is it a foul if a defender engages the ball carrier prior to her self-start?**

- A. YES. The official blows an immediate whistle, signals false start, and instructs the offender to move 4m behind. All other players remain 4m away. The ball carrier may self-start. All players are required to move 4m away, as instructed by the official.

**Q7. What are the requirements for play to be restarted when the ball goes out of bounds?**

- A. The team awarded possession may self-start. The closest non-offending player may step onto the field, within 2m of where the ball went out of play, and self-start. The player must initiate play from a settled stance.  
A player may not commence play with a pass from out of bounds.

**Q7a. If a player commences play with a pass from out of bounds or begins her self-start from out of bounds, is this considered a turnover (foul)?**

- A. No. The official shall reset the boundary within 2 meters of the sideline and play may commence on a self-start.  
Repeated incorrect boundary restarts may be considered a Delay of Game, and penalized accordingly.

**Q8. Can a player self-start when ball goes out of bounds as the result of a foul?**

- A. Yes. The fouled player is positioned, with the ball, at the spot of the foul (at least 4m from the boundary) and may choose to self-start.

**Q9. Are self-starts permitted within last two minutes of each half (when stopped clock is in effect)?**

- A. It depends. Self-starts are not permitted when the game clock is stopped. However, if there is a running clock due to a 10-goal differential, self-starts are permitted.



**Q11. *How do we help discourage self-starts when they are not allowed? Can we give the players a second chance?***

- A. Officials are encouraged to use proactive officiating techniques to prevent self-starts when they are not allowed. Clearly stating "whistle start" when a foul occurs in the CSA may prevent an anxious player from starting when it is not permitted. Officials may also encourage table personnel to announce "two minutes remaining" at the end of each half. Stating "whistle start" to the ball carrier at any time the clock is stopped is also beneficial.

Incorporating self-starts into the game of girls' lacrosse is a major change for officials as well as players and coaches. Utilizing these "best practices" early in the season will help to educate all involved. As there may be a significant learning curve, officials should offer more latitude in administration of penalties related to the self-start in the first few weeks of the season.

**Q12. *Is there ever a time when a whistle start should be used when a self-start is allowed?***

- A. YES. If the ball carrier does not attempt to self-start in a reasonable period of time, the official may choose to restart play with a whistle. For example, if the ball carrier has waited to ensure all players are 4m away and still does not self-start, the official may start play with the whistle. Or if, in the judgement of the official, a team is deliberately delaying the restart to gain an advantage (e.g., a one-goal game), a whistle start may be used.

Keep in mind that self-starts were introduced to improve the pace of play.