



# Lacrosse Scotland Rules Night

SEPTEMBER 2019 - WEBEX



# Rules for 2019-20 season – Domestic / Non-National

- ▶ Lacrosse Scotland will adopt the World Lacrosse rules for 2018/19
  - ▶ They will be used in:
    - ▶ Lacrosse Scotland League Games
    - ▶ BUCS fixtures
    - ▶ School fixtures (recommended as these rules will be used at National Schools)
    - ▶ Umpire Level 2 course & testing umpires

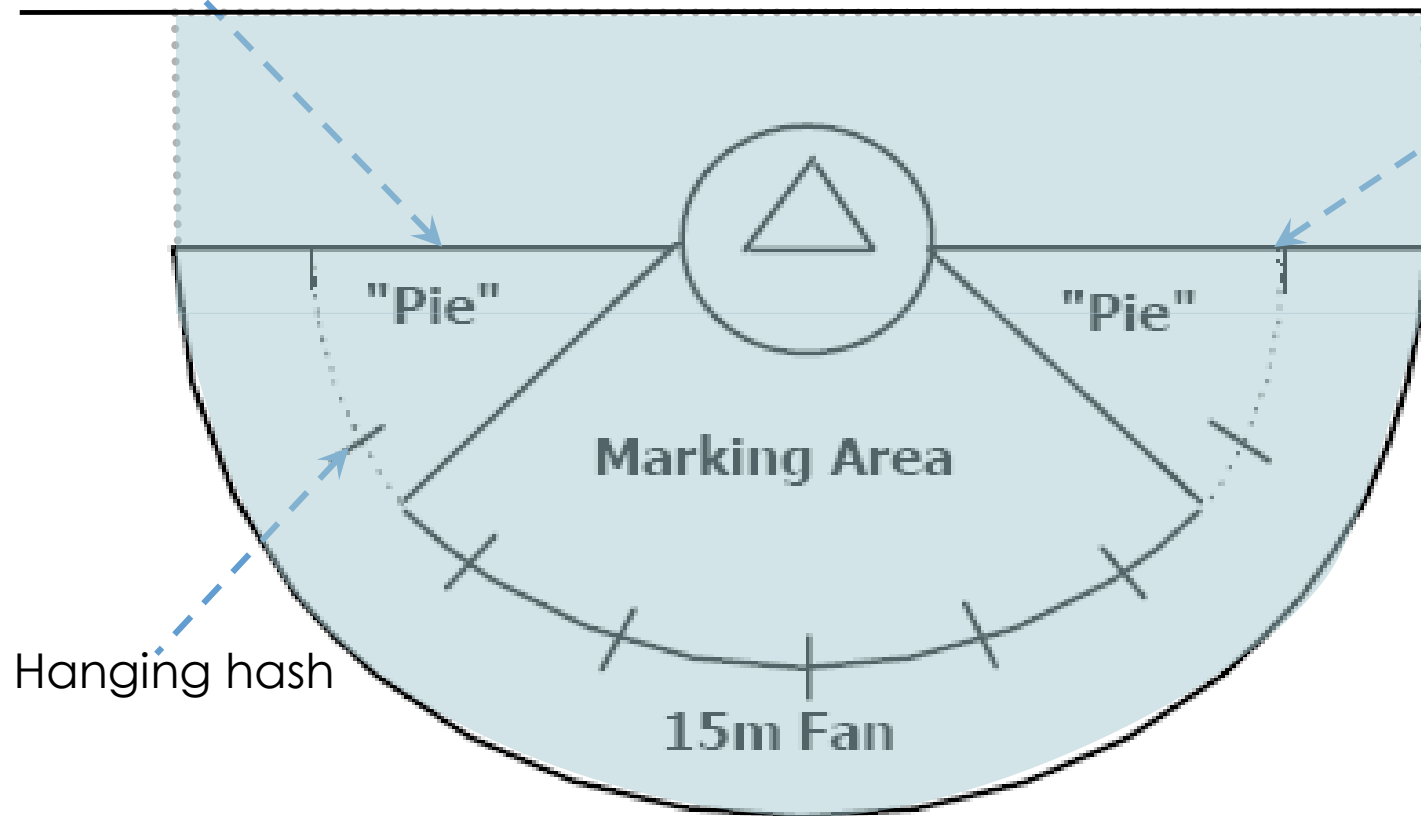
# Rules for 2019-20 season - National

- ▶ Home Internationals 2020 will adopt the 2020 World Lacrosse rules
  - ▶ This gives us the challenge of 2 sets of rules for a season
- ▶ Senior women are beginning two year build up to their next World Event in 2021 which will use 2020 World Lacrosse rules
  - ▶ We need to be adaptable in order to give National players at junior and senior level the opportunity to practise using the new rules
  - ▶ All Performance Development weekends will be coached in relation to 2020 rules
  - ▶ A club or group of people could host a tournament playing to 2020 rules (there are not many, but they are quite different, and would be a lot of fun for everyone to try)

# Rule Changes – Terminology

Advantage Flag Area

Goal line extended



11m mark on goal line extended

**Advantage flag Area** (within 15m of goal)

- ▶ When the ball is in this area:
  - ▶ Time-out cannot be called
  - ▶ Self-start is not allowed



# Rule Changes – “Admin”

## Rule 6: Uniforms And Equipment

### ▶ RULE 6: UNIFORMS AND EQUIPMENT

- ▶ 6E: All players, including the goalkeeper, must properly wear a professionally manufactured intra-oral mouth guard that fully covers the upper teeth. **The mouth guard shall be of any readily visible color other than colorless or white and must not have graphics of teeth.** Mouth guards must not be altered to decrease protection and field players must remove protruding tabs.



### ▶ IMPLEMENTATION

- ▶ If you see someone with a mouthguard that breaks the new rule in terms of visibility, you must advise them that they need to get a new one.
- ▶ Do not exclude the player from the game if the mouthguard meets all other criteria e.g. fully covers upper teeth, fits properly. We want to make it easy to play lacrosse, but not at the expense of safety.
- ▶ Anyone intending to trial or play in BUCS or National Schools must have a legal mouthguard, as umpires, club captains etc, we need to make sure all such players are aware of the rules change

# Rule Changes – “Admin”

## RULE 11: DURATION OF PLAY & RULE 13.A START AND RESTART OF THE GAME

### ▶ RULE 11: DURATION OF PLAY

- ▶ 4 quarters of 15 mins, with stop clock at the end of each quarter

### ▶ RULE 13.A: START AND RESTART OF THE GAME

- ▶ Players must be ready to start the game thirty (30) second after a goal has been scored.

### ▶ IMPLEMENTATION

- ▶ We will play 4 x 15 minute quarters, with the quarter times as described. The usual common-sense is applied re half-time – a maximum of 10 minutes – if the captains of both teams agree, half-time can be shorter
- ▶ We will **not** use stop clock for game that does not have an official score table, scorers etc.
- ▶ All domestic games will be running clock and ties / draws are allowed.
- ▶ When a goal is scored – look at your stop watch so that you can see when 30 secs expires re the next draw
  - ▶ If one team is late, this is a delay of game foul. We need to discourage teams trying to run the clock down either after a goal or towards the end of quarters
- ▶ Schools may continue to play 2 x 20 minutes halves

# Rule Changes – “Admin”

## RULE 11: DURATION OF PLAY – SUMMARY

Q	Playing time	Stop clock	Quarter time	Change ends	Time outs	Overtime
1	15 mins	Last 30 secs		At the end of every quarter	2 x 90 second time-outs allowed in regulation (i.e. not overtime) play	<p>Draw are allowed for domestic games – no overtime played</p> <p>2 min break then sudden victory in blocks of 8 mins stop clock (2 x 4 mins straight switch, no half time), then 2 mins rest between blocks. Team that scores 1<sup>st</sup> goal wins the game.</p>
2	15 mins	Last 30 secs	Q1-Q2: up to 2 mins			
3	15 mins	Last 30 secs	Half-time: up to 10 mins			
4	15 mins	Last 2 mins	Q3-Q4: up to 2 mins		1 x 90 second time-out in overtime	

**Black:** Differences – not big differences as we often play quarters to allow umpire changes

**Grey:** We are not playing this for domestic games- League, BUCS, tournaments, unless specifically included in tournament rules

**Blue:** No change – included to complete the picture

# Rule Changes – “Start the game”

RULE 5: TEAMS, RULE 13.A: START & RESTART OF THE GAME RULE & RULE 20.A.8.d.ii: MINOR FOUL RULES & PENALTIES

## ▶ RULE 5: TEAMS

- ▶ Any number of players up to **ten** are permitted on the field at the same time. One of the 10 players on each team may be a goalkeeper

## ▶ RULE 13.A: START AND RESTART OF THE GAME

- ▶ A maximum of **three** players from each team may be between the restraining lines during the draw until the whistle blows

## ▶ RULE 20.A.8.d.ii: MINOR FOUL RULES & PENALTIES

- ▶ If both players draw illegally, or it cannot be determined why the draw was illegal, or the umpire determines the draw was unsuccessful because it was not set correctly, **the umpire will reset the draw**

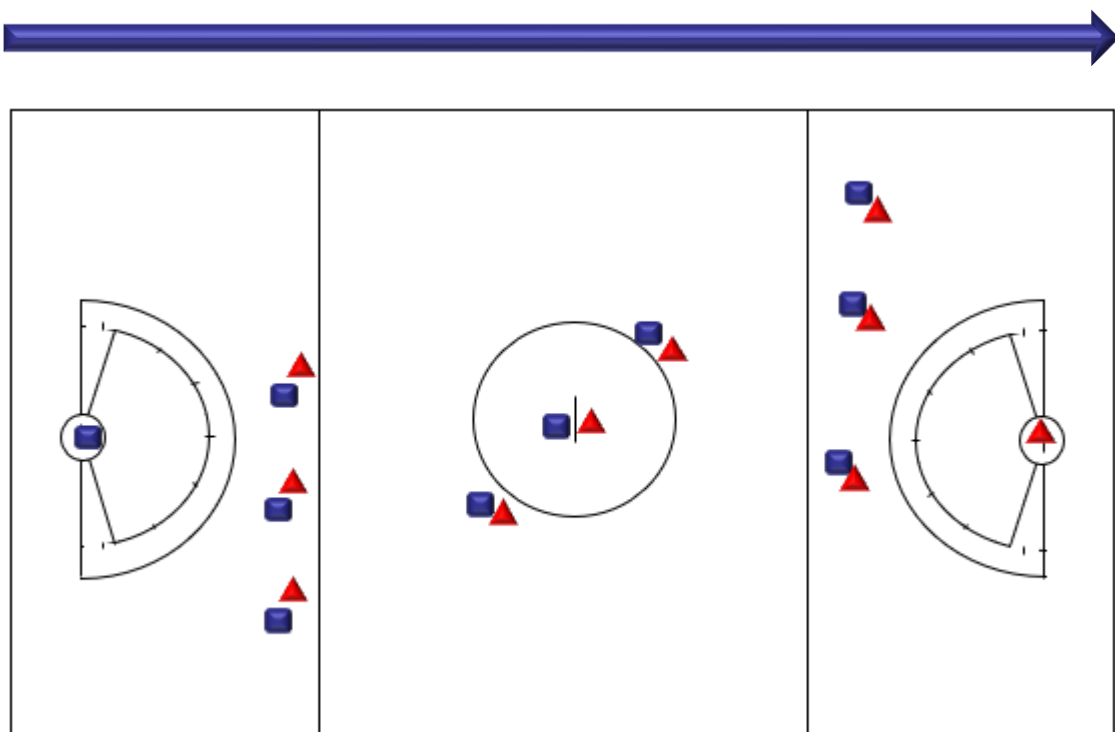
## ▶ IMPLEMENTATION

- ▶ Squad size remains at max 18
- ▶ As we will be playing with 2 less players than usual i.e. 10 not 12, the set up around the centre circle will have 2 less “pairs” too.
- ▶ Rather than take a throw if we cannot determine which centre drew illegally, we now reset the draw
- ▶ Everything else remains the same
- ▶ People must stay behind the restraining line, they can reach over with their sticks but their feet must not touch the line.
- ▶ Umpires need to clearly call “possession” while giving the signal (rotate arm / “windmill” action)



# Rule Changes – “Start the game”

RULE 5: TEAMS, RULE 13.A: START & RESTART OF THE GAME RULE & RULE 20.A.8.d.ii: MINOR FOUL RULES & PENALTIES



- ▶ The umpire setting the draw is responsible for the activity to start play with a legal draw
- ▶ The other umpire is responsible for checking that no-one crosses a line early
  - ▶ If the offending team does not gain an advantage from early entry, the umpire can signal advantage and allow play to continue
  - ▶ No actual change

# Rules change - Consistency

Positioning after illegal player / crosse found after a goal but before next draw

Goal is scored with an **illegal Crosse**, and the illegal Crosse is **discovered before the game is restarted with a draw**

- ▶ The goal will not count.
- ▶ The game will resume with a (minor) free position for the opponents at the center line.
- ▶ Player positioning for the draw will apply, players must stand.

**Illegal player is discovered** on the attacking team after a goal is scored, but **before the next draw**

- ▶ The goal will not count.
- ▶ The game will resume with a (minor) free position for the opponents at the center line.
- ▶ Player positioning for the draw will apply, players must stand

# Rule Changes – “Foul positioning”

RULE 20.B MINOR FOUL FREE POSITIONS & RULE 18.C.2 PENALTIES FOR GOAL CIRCLE FOULS

## ▶ RULE 20.B: MINOR FOUL FREE POSITIONS

- ▶ The offending player is placed 4m to the side

## ▶ RULE 18.C.2: PENALTIES FOR GOAL CIRCLE FOULS

- ▶ Before play resumes, all players must move 1m away from the goal circle

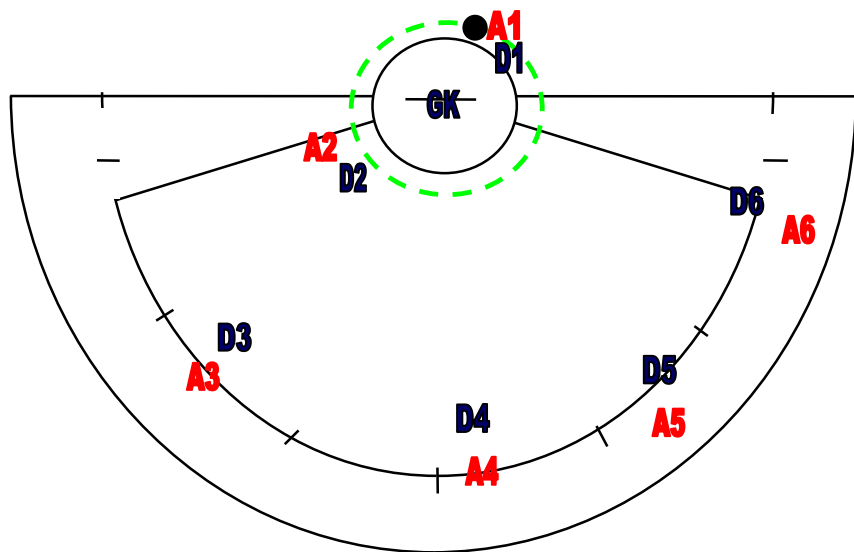
## ▶ IMPLEMENTATION

- ▶ For minor fouls we no longer have to determine where the offending player approached from, we simply put the player 4m to the side, same as we do for restraining line fouls.
  - ▶ While it may feel that this may disadvantage the offending team in terms of goal side positioning, it will even out in the course of a full game
- ▶ For goal circle fouls we will now clear ALL players 1m from the goal circle, we still deal with the offender as usual
  - ▶ The rationale is to get the ball in play without delay
  - ▶ The feeling was that the goal circle is 3m radius so, by adding 1m, we are still setting the play up 4m away

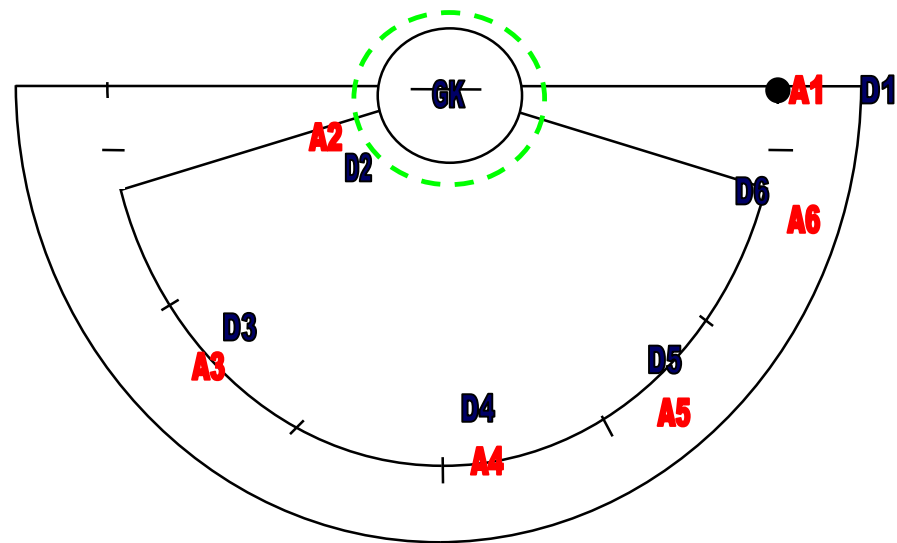
# Goal circle – Clarification

Defence commits Goal Circle foul

- ▶ Defence steps on Goal Circle



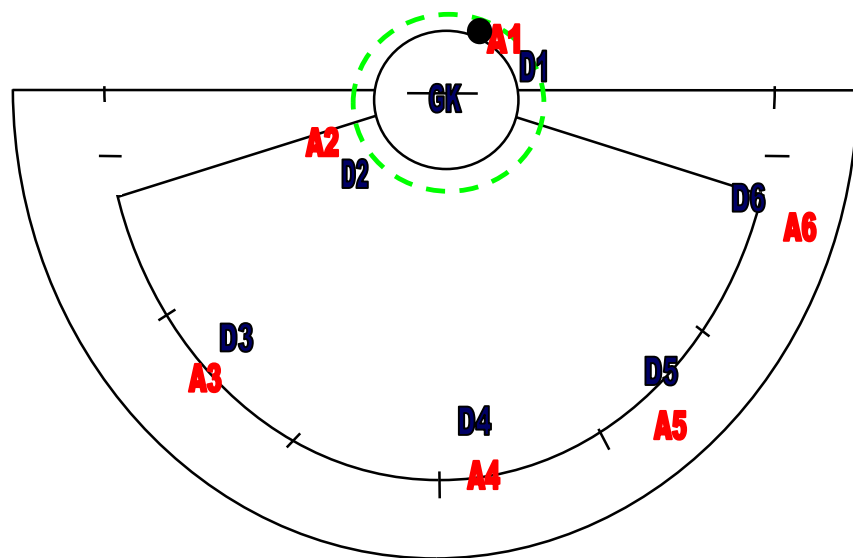
- ▶ Ball: given to attack on 11m mark on the goal line extended that is nearest to the foul
- ▶ Offending player: place 4m behind on the 15m fan
- ▶ Others: 4m away



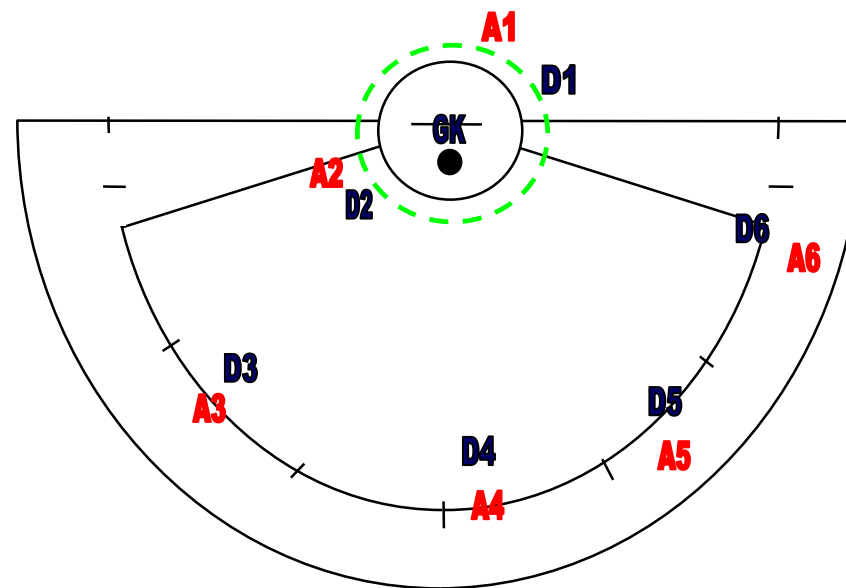
# Goal circle – Clarification

Attack commits Goal Circle foul

- ▶ Attack steps on Goal Circle



- ▶ Ball: given to GK in the circle
- ▶ Offending player: moved 1m from goal circle
- ▶ Other players: moved 1m from goal circle



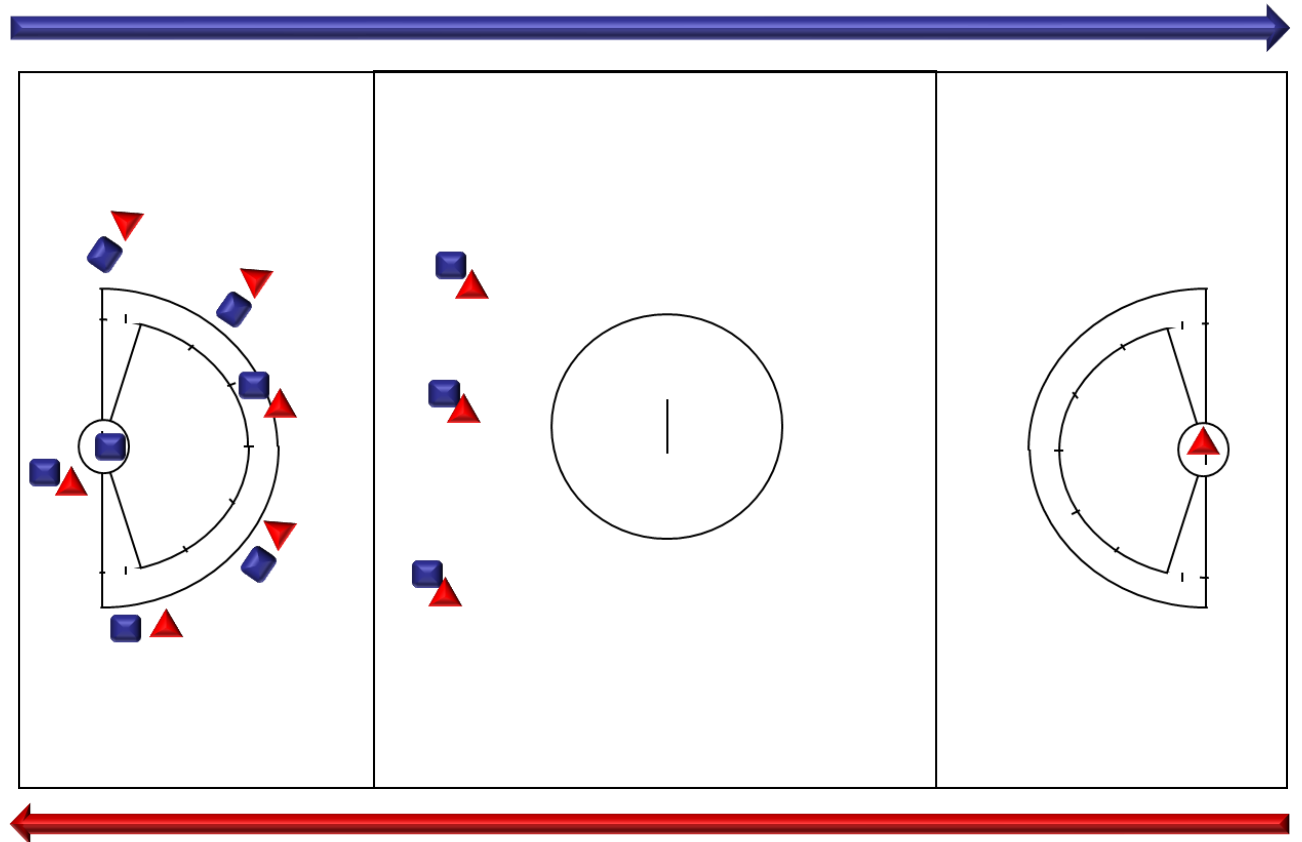
# Rules Changes – Offside

Rule 19.A.1 & 2: Restraining Line Rules & Penalties

- ▶ A team must not:
  - ▶ Have more than **six attack players** below/goal side of the restraining line in their offensive/attacking end of the field.
  - ▶ 2. Have more than **seven defense players** below/goal side of the restraining line in the defensive end of the field. One of these 7 players is usually, but not necessarily the goalkeeper

## Apply “O.B.O.E”

- O**ffside rectified
- B**all put in correct place to start play
- O**ffender / opponent placed 4m to side
- E**veryone else 4m away



# Rule Changes – Self Start



- ▶ Self-start will speed up the game and give the fouled team the choice of
  - ▶ waiting for the umpire to set up play “as normal” or
  - ▶ having the element of surprise and starting play without waiting for the whistle to re-start play (self-start)
- ▶ Umpires will need to anticipate and adjust their positioning much quicker as there is no longer the opportunity to get into the right position before they blow the whistle to re-start play. This is particularly true for lead, and it may be that trail does more to assist so that lead can head up the field. All part of good umpire communications and reading the game – business as usual.

# Rule Changes – Self Start

## Self start allowed when

- ▶ Major or minor **foul outside the 15m** (Advantage Flag) **area**

AND

- ▶ Ball is within playing distance of foul (~2m)
- ▶ Player has
  - ▶ Both feet stationary & on the ground
  - ▶ Ball in her crosse

## Self start **not allowed** when

- ▶ Game clock is stopped
- ▶ Ball is out of bounds [boundary ball – no foul]
- ▶ Restraining line (offside) violation
- ▶ Illegal draw
- ▶ Foul in the 15m (Advantage Flag) area

Memory aid / help note: Self-start is possible when there is no need for an additional whistle to start play (logical as it would defeat the purpose of a self-start)



# Rule Changes – Self Start

- ▶ Players are still on “stand” until the whistle blows (as normal) or a player chooses to self-start
  - ▶ If any player moves prior to the whistle or the self-start, this is considered to be a false start and is penalised.
  - ▶ Repeated false starts = delay of game
  
- ▶ When a player chooses to self-start, the defensive players may play her immediately following the self-start

# Rule Changes – Self Start

## ▶ **Ball put in correct place to start play**

- ▶ Ball must be a spot of foul / within playing distance (2m or a stick & a half length) of foul
- ▶ If further away, the player needs to bring the ball back to the correct place
- ▶ If spot of foul is unclear, the umpire will indicate the spot – we are NOT looking for “gotcha” calls, we facilitate, so help the flow by clearly indicating the spot .... if necessary. Many times it will be obvious, and play can self-start without any input from the umpire.

○ffside rectified

**B**all put in correct place to start play

○ffender placed 4m to side

**E**veryone else 4m away

## ▶ **Offender placed 4m to side / behind**

- ▶ Offender must immediately move 4m behind (major) / to the side (minor)

## ▶ **Everyone else 4m away**

- ▶ Everyone else must move 4m away from spot of foul
- ▶ Everyone else must stand

○ffside rectified

**B**all put in correct place to start play

**O**ffender placed 4m to side

**E**veryone else 4m away

# Rule Changes – Self Start – What If ..

The player with the ball starts more than 2m away from spot of foul?

- ▶ Umpire blows whistle to stop play
- ▶ Set up free position at correct spot
- ▶ Play is started with the umpire's whistle (no self-start option now)
- ▶ Repeated offences = delay of game

Player self-starts when this is not allowed?

- ▶ Umpire blows whistle to stop play
- ▶ Set up free position at correct spot
- ▶ Play is started with the umpire's whistle (no self-start option now)
- ▶ Repeated offences = delay of game



# Rule Changes – Self Start



Thank you to US Lacrosse  
for the use of this video  
clip

# Rules for 2019-20 season - National

- ▶ 11m area in front of goal – no hanging hash all hashes inside 11m remain
- ▶ 15m Fan markings removed – so all rules relating to 15m are impacted
- ▶ **Free movement**
- ▶ Self-start 2m inside the boundary
- ▶ Defence can run through goal circle
- ▶ Creating a unified Crosse rule to support the growth of the game



Any questions?