











Appendix B

OFFICIALS SIGNALS

SIGNAL	FOUL DESCRIPTION
	ALTERNATE POSSESSION Alternate possession occurs for offsetting fouls or for other incidents as determined by official's when possession cannot be determined. Possession will then alternate and will be continuous through any overtime period(s).
	BLOCKING Block opponent by moving into her path and giving no chance to stop or change direction and contact occurs. MAJOR FOUL
	CHECK TO THE HEAD No player's stick may hit or cause her opponent's stick to hit her own head. MANDATORY CARD - MAJOR FOUL
	COVER Guard a ground ball with her foot or crosse when an opponent could play the ball. This call is only made at 10U, 12U and 14U. MINOR FOUL
	CROSSE INTO/THROUGH SPHERE It is illegal (and dangerous) for a player to hold her stick within the sphere around the face or throat of an opponent. The sphere is a 7-inch space around the head. MAJOR FOUL

SIGNAL	FOUL DESCRIPTION
	DANGEROUS CONTACT It is illegal to thrust or shove any player who is in a defenseless position including head down,outside of visual field, in the air, This also includes contact to the kidneys, back, neck or head. MANDATORY CARD - MAJOR FOUL
	DANGEROUS FOLLOW-THROUGH & DANGEROUS PROPELLING Following through with her stick in a dangerous or uncontrolled manner at any time. Propelling the ball in a dangerous or uncontrolled manner at any time. MANDATORY CARDS - MAJOR FOUL
	DANGEROUS PLAY Player actions that are rough, threatening, and/or are without regard to player safety. MAJOR FOUL
	DANGEROUS SHOT shooting dangerously or without control at the goalkeeper: <ul style="list-style-type: none"> • A dangerous shot is based on the combination of distance, force and placement. • A shot should not be directed at the goalkeeper's body, especially her head or neck. • A dangerous shot does not apply if goalkeeper has time to react or moves into the ball. MAJOR FOUL

SIGNAL	FOUL DESCRIPTION
	DIRECTION OF POSSESSION/ HELD WHISTLE The official will indicate a change in direction when a violation dictates or that an offense should play on during a held whistle after an attacking player has been fouled.
	EARLY ENTRY ON DRAW No player may cross over the restraining line prior to the official signaling possession off the draw. MINOR FOUL
	EMPTY CROSSE CHECK Check or hold an opponent's stick when it's not in contact with the ball. Applies only if the opponent could have received or gained possession of the ball. Incidental contact while making a play for the ball is not an empty check. MINOR FOUL
	FORCING THROUGH While in possession of the ball, try to force her stick through an opponent's stick. MAJOR FOUL
	GOAL The official calls all goals and then points to center of field.
	GOAL CIRCLE FOUL A field player must not have any part of her body or stick on-or-in the goal circle at any time. Ball can't be returned to goal circle after a clear until it's been played by another player. MINOR FOUL

SIGNAL	FOUL DESCRIPTION
	HOLDING Hold an opponent at anytime by holding, detaining, restraining or pushing against her body, clothing, or crosse with an arm, leg, body or crosse. MAJOR FOUL
	ILLEGAL BALL OFF THE BODY Allow any part of her body to deliberately impede, accelerate or change the direction of the ball, other than the foot kicking the ball. However, if the goalkeeper blatantly attempts to stop a shot on goal by playing the ball off her body while outside the goal circle, a Major Foul will be called. MINOR FOUL
	ILLEGAL CRADLE INTO SPHERE Holding, with or without cradling, the head of her crosse in front of her face or her teammate's face, within the sphere or close to her body, or her teammate's body, making a legal or safe check impossible. MAJOR FOUL
	ILLEGAL CONTACT Initiate illegal crosse to body or body to crosse contact. For example, a stick held in a horizontal position that makes contact with an opponent's body. A player pushing into an opponent's body. MAJOR FOUL
	MISCONDUCT Rough dangerous, unsportsmanlike play; persistent or flagrant violation of rules; baiting of other players; abusive language; illegal reentry. MAJOR FOUL

SIGNAL	FOUL DESCRIPTION
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NO GOAL

Goals that are scored illegally are quickly reversed by the official. Possession is awarded to the defending team.



OBSTRUCTION OF FREE SPACE TO GOAL:

Obstructing free space outside the goal circle with any part of her body which denies the attack the opportunity to shoot safely and encourages shooting at a player.

In effect when ball is within the critical scoring area and above the goal line extended. Positioning applies only if initiated by the defender and not if she is drawn into the free space to goal by an attacking player, or when a defender's not marking a player within a stick's length.

MAJOR FOUL



OFFENSIVE FOUL

Call used when an attack player fouls the defender, such as backing into, charging, illegal pick or pushing off.

MAJOR FOUL



OFFSIDE:

For full field play, a team must not have more than seven (7) players on-or-over the restraining line in their offensive end or have more than eight (8) players on-or-over the restraining line in.

MAJOR FOUL



POSSESSION

The official will indicate that one of the teams has gained possession of the ball and that the players are now released.

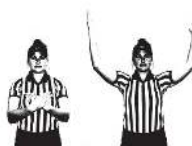
SIGNAL	FOUL DESCRIPTION
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PUSHING OR BODY CONTACT

To push an opponent with the hand or body. This motion could also apply to other fouls that entail pushing.

MAJOR FOUL



REDRAW

Due to any number of illegal procedure violations, draws must be done again. A minor foul may be called if either player draws too soon, movement of the crosse is not up, player taking the draw moves before official's whistle, a player step into center circle or crosses the restraining line before the whistle.



ROUGH CHECK/ILLEGAL CHECK ON BODY:

Roughly or recklessly check another player's stick. It is illegal to use the stick in a dangerous or intimidating manner, such as directly poking or waving a stick near opponent's face, a sweeping check from behind, lowering stick's head to make stick-to-body contact, or any other action with the stick that the official deems dangerous or intimidating.

MAJOR FOUL



SLASH

A reckless and/or dangerous swing of the crosse at an opponent's crosse or body, whether or not the opponent's crosse or body is struck.

MANDATORY CARD - MAJOR FOUL



THREE-SECOND RULE

Defenders within the 8-meter arc, remain in that area more than three (3) seconds unless one is marking an opponent within a stick's length. The 3-second rule is in effect when the team with the ball crosses over the restraining line into their attacking end of the field.

MAJOR FOUL

SIGNAL	FOUL DESCRIPTION
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TIME IN
After legal team and injury timeouts or the start of play, the official will indicate when play resumes and the clock should start again.



TIMEOUT
The official will alert the timekeeper when to stop the clock. Although games use running time, certain conditions like legal timeouts, injury timeouts, carding, and equipment checks will require the clock to be stopped.



TRIP
A player may not at any time trip an opponent, deliberately or otherwise

MAJOR FOUL



WARDING
If one hand is removed from the crosse, the free hand may not be used to ward off an opponent with or without contact. Elbows can't be used to protect stick.

MINOR FOUL



10-SECOND GOAL CIRCLE COUNT
The goalkeeper must not allow the ball to remain in the goal circle longer than 10 seconds, reach beyond the goal circle to play the ball with her hand, draw the ball into goal circle if any part of her is outside, step back into the goal circle with ball, throw any part of her equipment to another player.

MINOR FOUL

Appendix C

EQUIPMENT SPECIFICATIONS

Note: The crosse for the 6U and 8U divisions are not required to meet the equipment specifications of Appendix C.

All Field Crosse

SECTION 1. The primary intent of the field crosse specifications is to ensure that the ball moves freely within all parts of the head and pocket so that the ball may be dislodged from the front and back of the pocket of a crosse without an excessively forceful check. A crosse may be deemed illegal even though it meets all technical specifications if its design is a clear attempt to circumvent the intent of the rules.

SECTION 2. The head of the crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material. The handle of the crosse shall be constructed of wood, metal alloy or other composite material and must be nominally straight. An exception is that a handle may deviate up to, but not more than, 10 degrees from straight for the last part of the shaft that is within 6.5 cm from the ball stop when the handle is mounted in the head. Recessed screws must be used to attach the head of a plastic/molded crosse to the handle. The end of all handles shall have an end cap, be taped or be sanded smooth if wood or solid composite material. The crosse shall not have sharp or protruding parts or edges and shall not be dangerous to players in any way. US Lacrosse approved heads may not be altered. Prohibited alterations to heads include but are not limited to: baking, drilling additional holes, breaking and/or reconstructing with adhesive material, stretching, pinching and shaving.

SECTION 3. The overall length of the crosse shall be 90 cm minimum to 110 cm maximum. End caps are included when measuring the overall length of a crosse.

SECTION 4. Strung pockets must be attached to the bottom rail of the head through stringing holes. Mesh pockets are also allowed.

Wooden Field Crosse

SECTION 5. The head of a wooden field crosse is defined to consist of four parts: the bridge, the wooden sidewall, the guard and the scoop. (Diagram #) The bridge is the woven ball stop of a wooden crosse.