



US Lacrosse Women's Game High School Rules Exam

True or False

1. A camera may be placed in the goal. However, if the ball rebounds off of it and goes out of the circle due to a defensive play of the ball into the circle, play shall be stopped, timeout called and the ball returned to the circle to restart play.
2. When leagues elect to play with "running clock", the clock will run after goals and stop on every whistle in the last two minutes of each half unless there is a 10-goal differential.
3. During the draw, opponents each stand with one foot toeing the line and both centers' feet must be on the same side of the center line behind her crosse.
4. An attack player false starts when she has a free position at an 8m hash mark. She is warned and given a second chance.
5. The Obstruction of the Free Space to Goal rule is in effect when the ball is within the critical scoring area and above the goal line extended.
6. The Goalkeeper (or her deputy) gains possession of the ball in the goal circle and passes or carries it out of the goal circle with her crosse. It has been "cleared". To be "played", the ball must leave her crosse and be touched by another player or be checked by an opponent.
7. If a situation occurs after the game ends and before the officials leave the playing venue where conduct occurs that would warrant a red card during play, the official(s) can issue a post-game ejection to the offending player or coach to be served in the team's next game.
8. Each team will be allowed **two** stick check requests per game. A request for a third time, for any crosse meeting specification, will be assessed a minor foul.
9. If the player receiving the yellow card is the goalkeeper and this is her 2nd yellow card of the game and there is no other "dressed" goalkeeper for her team, the goalkeeper may remain in the game and the team's coach must designate another player who must leave the field and enter the penalty area for two minutes of elapsed playing time.



10. In the event that a goal was scored with a crosse that does not meet specifications, the goal shall not count, the crosse shall be removed, and play shall be resumed with a free position at the center line. Player positioning for the draw shall apply.
11. A maximum of three players from each team may be between the restraining lines. All other players must be below either restraining line and must not be in violation of the restraining line rule.
12. The goalkeeper may return to her goal circle if she has moved outside the goal circle during a slow whistle (flag raised) and has not fouled
13. Forcing Through should only be called when the player with the ball has forced her crosse through an opponent's crosse **and has caused her own crosse to contact her body**
14. If the attack is offside but the defense gains possession of the ball before the foul can be called, the official may hold whistle and not penalize the offside if the defense is able to maintain the advantage and clear over the restraining line to go on attack.
15. A slow whistle is a held whistle for a major foul by the defense, in the critical scoring area when an attack player is on a scoring play. The official will indicate this slow whistle by raising a yellow flag vertically above her head.
16. The penalty for goal circle fouls by the defense other than for an illegal deputy shall be a free position taken 8m out to either side level with the goal line. The penalty lane above the goal line shall be cleared.
17. All defensive fouls, and attack fouls that occur during or after a goal but are not in the act of shooting will be penalized at center to restart play.
18. If a major foul occurs within the "pie shape area" between 8m arc and goal line extended, the penalty will be administered on the goal line extended, 8 meters from the goal circle.
19. Should a team receive its fourth card (yellow or red) of the game they will play short below the restraining lines for the remainder of that game, including overtime, and an additional player will be removed from the game and enter the penalty area for **each** subsequent card received



20. Officials arrive at a game and find that neither the home team nor the visiting team has balls that "Meets NOCSAE Standard" at time of manufacture. Because this is a safety issue, the game cannot be played and the matter shall be referred to the sponsoring authority.
21. Beginning with the 2017-18 school year, legal numbers are 0-99. This would prohibit double-digit numbers from zero through 9 (00, 01, 02, etc.).
22. An **EJECTED PLAYER** is a player who has received a Red card and is disqualified from the game and shall be ineligible to play in her team's next game. A **SUSPENDED PLAYER** is a player who has received two yellow cards in a game and is ineligible for the remainder of the game.
23. Multiple defenders marking a non-ball attacker within a stick's length are exempt from a "free space to goal" call as well as "3 seconds".
24. Beginning January 1, 2017, the game **must** be officiated by at least two US Lacrosse rated officials
25. If during a slow whistle situation (a raised flag), the attack player or one of her teammates commits a foul, it will be treated as an offsetting foul and a throw will be taken out to the side of the field and nearest to the spot of the foul that caused play to stop, but no closer than 8m from the goal

Multiple Choice

26. The 2015 Points of Emphasis are:
 - a. Sportsmanship, Defensive Fouls, and Penalty Administration
 - b. Sportsmanship, Dangerous Play and Offensive Fouls
 - c. Goal Circle Fouls, Dangerous Play, and Shooting Space
 - d. Sportsmanship, Goal Circle Fouls, and Offensive Fouls

27. Which of the following scenarios about the obstruction of free space to goal violation are true?
- Scenario 1: An attack player is being double or triple teamed. She does not have the opportunity to shoot. Obstruction of free space to goal should not be called. If she shoots, strong consideration should be given to calling dangerous propelling.
 - Scenario 2: An attack player has not controlled the ball and established herself in a viable shooting position when the defense is in the free space to goal. When she establishes control, the defense has moved out of the free space to goal. Obstruction of free space to goal should not be called.
 - Scenario 3: An attack player at the 12m has received and controlled the ball and turns towards goal with the opportunity to shoot. A defender is playing zone defense outside the 8m (not within a stick's length of any attackers and within the free space to goal). Obstruction of free space to goal should be called.
 - All of the above
28. Which of the following uses of electronic equipment is legal?
- The use of artificial, voice amplifiers
 - An assistant coach in the press box communicating with the head coach in the coaching area by phone or head set
 - A camera inside the goal
 - All of the above
29. A scoring play is a continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. The scoring play is over when:
- A shot is taken.
 - The attacking team loses possession of the ball, passes the ball or carries the ball behind the level of the goal line and stops the continuous attempt to score.
 - The attacking team stops the continuous attempt to score, or the player with the ball is forced by the defense to lose her forward momentum.
 - All of the above
30. If the attacking team chooses to shoot, the advantage indicated by the flag is complete, the official lowers the flag and play continues. If the shot on goal is successful, the goal counts. A free position will be awarded to the player fouled or to the attack player nearest the spot of the foul if:
- The attacking team does not shoot and the scoring play ends.
 - The shot is affected by the foul so that no advantage is gained.
 - A cardable foul is committed by the defense.
 - All of the above

31. The Blue team goalkeeper has made a save and is now in possession of the ball in the goal circle. The official begins the 10 second count when the ball enters the goal circle. As the official's count has gone from 1 to 6 the Blue team calls a possession time out. Which of the following is the correct amount of time that she will have to clear the ball from the goal circle when play resumes after the time out?
- Play will be restarted with a free position to the Blue team 8m from the goal circle.
 - Count resumes from 6. She has 4 seconds to clear the ball from the goal circle.
 - The count restarts at 1 due to the timeout. She will have 10 seconds to clear the ball from the goal circle.
 - Count will resume at 4. She will have 6 seconds to clear the ball from the goal circle.
32. Which of the following situations is a violation of the **three-seconds in the 8m arc** rule?
- A defender is double-teaming the player with the ball within a stick's length for more than 3 seconds.
 - A defender remains in the 8m arc for more than 3 seconds, and is not marking an attack player within a stick's length, or marking the player positioned directly behind the goal, while the attack is in possession of the ball below the restraining line in their attacking end.
 - A defender is standing in the 8m arc for more than 3 seconds and is not marking an attack player within a stick's length, and the attack has the ball between the restraining lines.
 - A defender marking a non-ball opponent within a stick's length for more than 3 seconds.
33. Which of the following constitutes misconduct?
- Non-playing team member leaving their team bench area during the game
 - Failure to move 4 meters away on a free position
 - Coach leaving her coaching area
 - A and C



34. When the goalkeeper gains possession of the ball while in her goal circle, which of the following actions by the goalkeeper is a goal circle violation?
- She clears the ball within 10 seconds
 - She carries the ball out of the goal circle in her crosse and dumps it back into the goal circle as she is being pressured by an opponent.
 - She passes the ball to a teammate who passes it back to her while she remains inside the goal circle.
 - As she carries the ball out of the goal circle in her crosse, she passes it to a teammate who then dumps the ball into the back of the goal circle.
35. The White team has received a card for a slash and is playing short a player for 2 minutes. Blue attack has the ball in the critical scoring area above the goal line extended in their offensive end of the field. Trail official discovers the White team has 8 players below their defensive restraining line. The trail umpire raises her hand (held whistle) to indicate White is offside. Blue shoots and the White goalkeeper saves the shot and now has possession of the ball in the goal circle. What procedures should the officials follow?
- Whistle. Signal offside White. Correct the offside. Set up free position for Blue at the top of the 12m fan. Place nearest White player to the ball 4m behind free position. All other players move 4m away. Clear the penalty lane.
 - Continue to hold giving the White team a chance to correct the offside positioning while the goalkeeper is in possession of the ball.
 - Whistle. Signal offside White. Correct the offside. Set up free position for Blue at least 8m from the goal circle. Place nearest White player 4m behind free position. All others players move 4m away.
 - Whistle. Signal offside White. Correct the offside. Set up free position for Blue at the top of the 8m arc. Place nearest White player to the ball 4m behind free position. All other players move 4m away and clear the 8m arc.



36. Blue attack has the ball below the restraining line in their attacking end of the field. The official realizes that Blue is offside and blows her whistle to stop play. The officials then discover that Blue has too many players on the field, thus committing an illegal substitution foul. What procedures should the officials follow?
- Call time out. Correct the offside. Remove the Blue illegal substitution who is closest to the team bench. Award the ball to the goalkeeper inside the goal circle, all other players 4m away from the goal circle.
 - Call time out. Correct the offsides. Remove the Blue player in possession of the ball. Award the ball to the nearest defender at the spot of the ball. All other players move 4m away.
 - Call time out. Correct the offside. Remove the Blue illegal substitution who is closest to and below the restraining line from the field. Award the ball to the closest defender at the spot of the ball and move the attack player, who had possession, 4m directly behind
 - None of the above
37. In the event that a goal was scored with a crosse that does not meet specifications, the goal shall not count and the crosse shall be removed, how shall play be resumed?
- Free position at the center line for non-offending team, opposing center 4m away on a 45 degree angle. Player positioning for the draw shall apply
 - Free position at center line for non-offending team, opposing center 4m directly behind the free position
 - Free position for the opposing goalkeeper, shooter 4m behind the goal circle, all other players 4m away
 - Free position to the nearest defender on the center 8m hash mark going out, shooter 4m behind the free position



38. A player on the Blue team is injured away from the ball and falls to the ground during play. At the first opportunity or when necessary to keep the injured player safe, the official will whistle and signal time out. The official beckons the trainer on to the field. The White team player in possession of the ball is only 3m from the goal circle when time out was called by the official. How will play be restarted?
- Injured Blue player must leave the field and Blue team does not have to replace her. White player who had possession when time out was called will have possession of the ball.
 - After assessment by the trainer, Blue player is allowed to stay in the game. Play is restarted with a throw.
 - Injured Blue player must leave the field and a sub must replace her. Official will administer a throw to restart play.
 - Injured Blue player must leave the field and a substitute must replace her. White player who had possession when time out was called will maintain possession and all other players around her will remain where they are and play will be restarted at the spot of the ball.
39. Prior to the game the Head Coach will verbally certify to the officials which of the following?
- That all uniforms and equipment are legal
 - That all field marking and goal cages are legal
 - That all equipment is legal under the rules including eye protection that meets the most recent ASTM Specification Standards for Women's Lacrosse at the appropriate level of play (youth or adult), and that the balls and the goalkeeper helmets meet the NOCSAE standard for lacrosse.
 - No need to verify legality of equipment with the coaches.
40. If the goalkeeper was outside the goal circle when defense commits a foul and the flag was raised, she will remain outside when the free position is set up except in the following circumstances:
- She has not fouled and was in the 8m arc when the scoring play ended and the arc is to be cleared
 - She has not fouled and was in the penalty lane when the scoring play ended and the penalty lane is to be cleared.
 - The goalkeeper will always be allowed to return to her goal circle if she did not commit the foul
 - A and B



Penalty Administration

41. During the second half and before a goal is scored, the Blue team is discovered to have an illegal player on the field. The illegal substitute is a player who has been suspended (second yellow) in the first half and is ineligible for further play in the game. How do you proceed?
- Coach misconduct, card Blue head coach for allowing the illegal substitute, coach will designate a player to come off and serve the 2 minute penalty, free position to the White team where play was to resume.
 - Major foul for an illegal substitute. Remove the illegal substitute, free position for the White team at the spot of ball
 - Player misconduct, card the suspended player who substituted illegally. Free position to the White team where play was to resume.
 - Minor foul for an illegal substitute, free position for the White team at the spot of the ball
42. Green attacker has just scored a goal. As she moves up the field towards the center circle she pushes the White team defensive player who had been marking her. What is the correct penalty administration?
- Because the pushing foul was committed by the shooter, the goal will not count. The foul is called and the White goalkeeper will be awarded a free position inside her goal circle.
 - Because the pushing foul occurred well after the goal had scored the goal will count. The foul is called and the White team will be awarded a free position at center to restart play
 - Signal the goal, call timeout and indicate the pushing foul on Green and administer a free position at the spot of the foul to the White team to restart play
 - None of the above

43. White #10 is in the act of shooting when Blue defender #8 runs into White #10 knocking her down. The shot goes into the goal. After signaling goal, what if any actions should the official(s) take?
- No action as the white team maintained an advantage and was able to score.
 - Call timeout and indicate the pushing foul on Blue #8 and administer a free position at center to the White team center to restart play
 - Call time out. Indicate a pushing foul on Blue #8 and administer a Yellow card and remove her from the field to the penalty area for 2 minutes of elapsed playing time. The Blue team will play short below restraining lines (offense and defense). Restart play with a free position to White at the center with the Blue center 4m away to either side at a 45 degree angle to the center line toward the goal she is defending. No Blue player will be placed behind.
 - Call the pushing foul on Blue #8 and administer a free position to the White team on the nearest 8m hash mark to the spot of the foul with Blue #8 placed 4m behind. Clear the 8m arc and move all others 4m away.
44. The Blue goalkeeper, **who is the only dressed goalkeeper for her team**, is given her team's fourth Yellow card of the game (only the first yellow card to the goalkeeper) for a foul committed inside the 8M arc. What procedures must the officials follow?
- The Blue goalkeeper must leave the field for remainder of the game and award a free position at center hash mark to the attack.
 - The Blue goalkeeper must leave the field and enter the penalty area for 2 minutes and the Blue team must play without a goalkeeper for 2 minutes.
 - The Blue goalkeeper may remain in the game and the Blue team Head Coach will select a field player to leave the field and enter the penalty area for 2 minutes, and the Blue team will play short one player below the restraining line (offense and defense) for the remainder of the game. The Blue goalkeeper will be placed 4m behind the free position set up on the 8m hash mark closest to the spot of the foul.
 - The Blue goalkeeper must leave the game for 2 minutes of elapsed playing time, and the Blue team will play short one player below the restraining line (offense and defense) for the remainder of the game. Allow sufficient time for a Blue teammate to put on required goalkeeper protective equipment and serve as the goalkeeper for the remainder of the game.



45. Blue attack #18 is in possession of the ball and has entered the critical scoring area. White defense #6 is between the 8m arc and the 12m fan near the center 8m hash mark holding her crosse horizontally. As Blue #18 approaches, White #6 initiates contact with Blue #18 with the shaft of her crosse. The Lead official raises a flag to allow Blue to continue the scoring play. Blue #18 then pushes into the horizontally held crosse of White #6 and displaces her, allowing Blue #18 a clear path to goal. Blue #18 shoots and misses. What if any action should officials take?
- Whistle. Give signal to indicate offsetting fouls. Signal the defensive foul for illegal contact, then signal the offensive foul for the push and then show the signal for a throw. Administer the throw near the spot of the foul that stopped play, at least 8m from the goal circle. Move all players 4m away.
 - No further action is needed as flag was pulled for illegal contact and shot by Blue completed the hold for advantage indicated by the flag.
 - Whistle. Award free position to White #6 at spot of the subsequent pushing foul by Blue #18. Place Blue #18 4m behind free position and all others 4m away.
 - Whistle and award a free position to Blue #18 at the center 8m hash mark for the illegal contact by White #6. Place White #6 4m behind free position. Clear the 8m arc and move all others 4m away.

46. Blue #30 commits a check to the head. The official stops play and calls time out to issue a Yellow card to Blue #30 (this is her first Yellow card and her team's second card). As Blue #30 is leaving the field an unidentified person on the White team bench makes a derogatory comment. The official gives a Yellow card to the White team Head Coach for bench decorum. This is the White team's second card of the game. Which of the following is the proper procedure for the officials to follow?
- Blue #30 leaves field and enters the penalty area for 2 minutes of elapsed playing time and Blue team will play short below the restraining line (offense and defense) for 2 minutes of playing time. Administer a throw between the White and Blue players nearest to the spot of the ball.
 - Blue #30 leaves the field and enters the penalty area for 2 minutes of elapsed playing time and the Blue team will play short below the restraining line (offense and defense) for 2 minutes of playing time. Free position to the White player who is nearest to the spot of the foul for the check to the head. No White player is removed from the field for a card to the coach for bench decorum.
 - Blue #30 leaves the field and enters the penalty area for 2 minutes of elapsed playing time. White team Head Coach will select a White team player to remove from the field to serve the 2 minute penalty time in the penalty area for the card issued for bench decorum. Both teams will play short below the restraining line (offense and defense) for 2 minutes. Due to the **subsequent** foul by the White team bench, free position to the Blue player closest to the spot of the foul.
 - Blue #30 leaves field and enters the penalty area for 2 minutes of elapsed playing time. White team Head Coach will select a White player to remove from the field to serve 2 minute penalty in the penalty area for the card issued for bench decorum. Both teams will play short below restraining line (offense and defense) for 2 minutes. Administer a throw between the nearest White and Blue players to the White team bench.



47. After a goal by Blue and prior to the draw, Blue is discovered to have an extra player on the field, the goal will not count. How will play be restarted?
- Remove extra Blue player. Award a free position at center to White team. Player positioning for the draw will apply. Blue center 4m to either side on a 45 degree angle to the center line toward the goal she is defending.
 - The goal shall not count, the illegal player shall be removed, and a free position shall be awarded to the white goalkeeper. Correct any offside.
 - Remove extra Blue player. Award a free position to White at the top of their defensive 8m arc.
 - Remove extra Blue player. Award a free position to White at the center of the field. Place Blue center 4m behind.
48. The goalkeeper is out of the goal circle when a foul is called against the defense. The resulting free position calls for the arc to be cleared with the goalkeeper remaining outside the goal circle. As the whistle blows to start play the attack player prepares to take a shot at the undefended goal. A defender flagrantly obstructs the free space to goal. The official blows her whistle immediately thus stopping the shot. How shall play resume?
- Obstruction of the free space to goal requires an immediate whistle from the Official. Because the foul prevented an almost certain goal, the official must remove the goalkeeper from the goal circle. The official must issue a **Red** card to the player who committed the flagrant foul
 - Obstruction of the free space to goal requires an immediate whistle from the Official. Because the foul prevented an almost certain goal, the official must remove the goalkeeper from the goal circle. The official must issue a **Yellow** card to the player who committed the flagrant foul
 - Obstruction of the free space to goal requires an immediate whistle from the Official. Allow the goalkeeper to return to the goal circle, reset the free position on the center hash mark, the offender is placed 4M behind, clear the arc
 - Hold for advantage by raising the flag and give the attacker the opportunity to shoot safely around the defender



49. As the draw is being administered, the trail official observes Blue #7 on the circle using her hip to push White #11 as the whistle blows to start play. What if any actions should the officials take?
- Hold for advantage to see if Blue #7 gains an advantage.
 - Whistle and reset the draw after verbally warning Blue #7.
 - Whistle and give the pushing foul signal and then the direction signal toward the goal the White team is attacking. Set up a free position for White at the center. Place Blue center 4m behind. All others 4m away.
 - Whistle and give the pushing foul signal and then the direction signal toward the goal the White team is attacking. Set up a free position for White #11 at the spot of the foul. Blue #7 is placed 4m behind. All others 4m away.
50. Blue Attack #10 has entered the top center of the critical scoring area in possession of the ball looking to set up a play. White Defense #6 meets Blue #10 with her crosse in a horizontal position and uses the shaft to direct her toward the side of the critical scoring area. What if any actions should the officials take?
- No call as Blue is not on a scoring play.
 - Hold for advantage to see if Blue is able to develop a scoring play and complete a shot on goal.
 - Immediate whistle for illegal contact by White #6. Set up free position for Blue #10 at spot of the foul. Place White #6 4m behind the free position. All others 4m away and clear the penalty lane.
 - Raise a flag for illegal contact by White #6 and allow Blue to develop a scoring play.