

USL Rule Summary 2011

**** Knowledge of complete USL Rules is strongly recommended.****

Start and Stop of Play

Officials' whistle starts & stops play. Players must stop & stand on whistle & restart on next whistle. Official can call time out (TO) for injury or unusual situations. Coaches can request TO after a goal or during dead ball situations when his/her team has possession of ball.

Scoring

Goal is scored when ball passes completely over goal line & into goal cage. Score can only be made by attacker's crosse and not off attacker's body. A goal may be scored off defender's crosse or body.

Draw

Player positioning - 5 players/team between restraining lines, 1 player/team inside center circle.

Player's taking draw - one foot touching centerline, two hands on crosse shaft (cannot touch pocket)

Crosse positioning - directly in line and above centerline, back to back, right sidewall facing down, pocket open to each other's goal, positioned above hip level and at a height suitable to both players

Legal Draw Requirements -

- On official's "Ready", players taking draw must remain motionless except head movement
- On whistle, drawers must immediately draw their crosses up and away from one another
- Ball must attain height higher than heads of players taking the draw

Free Position (FP)

The penalty for fouls is free position (FP) to player with ball and all players moving 4m away in direction relative to their position at time of foul. No FP can be taken closer than 8m from goal circle.

Major fouls - offender placed 4m behind FP, all other players 4m away - In CSA (not in 8m), clear lane

Major fouls in 8m - player w/ball on nearest 8m hash, offender 4m behind, all players clear 8m arc*

Minor fouls - offender and all players 4m away in relative direction from player with ball

Minor fouls in 12m - player w/ball on 12m in line from foul, offender & all players 4m away, "Indirect"

Goal Circle (GC) fouls: Goalie/Defense - closest attack player placed 12m-goal line extended, "Indirect"

: Offense - ball to goalie in GC, all players 4m away from GC

*Youth Exceptions: Level C - all FP are indirect unless using goalkeeper or modified goal opening

- 3-second violation (defense in position to check): Minor foul - closest defender awarded ball

Restraining Line (RL)

Offense - no more than 7 players on or over RL in their offensive end

Defense - no more than 8 players (including goalie) on or over RL in their defensive end

Offense Fouls: Nearest offense player from below RL placed at center above RL, nearest defense player placed 4m above RL (toward their offensive end) & in front of opponent

Defense Fouls: Nearest below defense placed above RL, offense FP w/nearest defender 4m behind

-Ball in CSA, FP nearest offense player at top/center 12m, nearest defender behind, clear penalty lane

Out of Bounds (OB)

- OB when ball touches ground on or outside boundary line. Redraw if ball goes directly OB on draw

- Last player to touch ball (pass, carry, or loose) before OB, ball awarded to opponent

- Opponent illegally causing a player to go OB (push, hold, etc) is penalized for major foul

- Shot/deflected shot* - ball awarded to player closest to the spot when & where ball went OB

* Shot/deflected shot remains shot until another player has possession or ball comes to rest in-bounds

Resuming Play

- Nearest opponent awarded ball & positioned 4m inside boundary from spot where ball went OB. If Goalie while within GC is nearest to ball when it goes OB, goalie will be awarded ball in GC.

- Players(s) in immediate vicinity may also be moved, maintaining same relative position to ball carrier at time of whistle. Must give ball carrier 1m of space.

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Goal Circle (GC) Fouls

- No part of field players' body or crosse may enter goal circle (except deputy)
- Ball cannot:
 - Remain in GC for more than 10 seconds
 - Be drawn or carried into GC if any part of goalie's body is grounded out of GC
 - Re-enter GC after being cleared without being "played" by another player
- Deputy must:
 - Follow the above GC requirements
 - Not enter GC until goalie is fully out
 - Leave GC immediately upon her team losing possession

Major Fouls by Defense (*Mandatory Card)

Illegal Checks – Include Rough Check, *Slash**, *Check to Head**, Hooking, Reaching across Body, Holding. No checking at Youth Levels B & C, Modified check only at Youth Level A.

Free Space to Goal (FSG "Shooting Space") – Non-marking defender in an attacker's FSG. Immediate whistle. Attack FP on the nearest hash mark on the 8m-arc. Defender behind. Clear 8m-arc.

- Player with ball must be looking to shoot and have opportunity to shoot
- Legal Defense if marking opponent within a stick's length

Three Seconds - Defend in 8m-arc more than 3-sec without marking opponent within stick's length

- Exempt if marking unmarked opponent who is directly behind GC (not exempt from FSG)
- Not exempt when double or multiple teaming a non-ball attack player

Crosse in Sphere – hold her crosse within the 7" sphere around the face or throat of opponent

Major Fouls by Offense (*Mandatory Card)

Charging – charge, shoulder, or back into an opponent

Illegal Pick – set a moving or stationary pick out of the opponents' visual field without allowing time/space to stop or change direction

Forcing Through – while in possession of ball try to force her crosse through opponents' crosse(s)

Dangerous Propelling * - propel the ball with her crosse in a dangerous or uncontrolled manner

Dangerous Follow Through * - follow through with her crosse in a dangerous or uncontrolled manner

Dangerous Shot – shoot dangerously or without control – judged on combination of distance, force & placement. Shot directed at body, head, or neck unless goalie moves into path

Illegal Shot – shoot from an indirect FP. Shot legal if crosse is checked or another player touches ball

Major Fouls by Offense or Defense

Blocking – block opponent by moving into path without providing time to stop or change direction

Pushing – push the opponent with hand or body

Illegal Contact – initiate crosse to body or body to crosse contact

Detaining – holding or push against body, clothing, or crosse with an arm, leg, body or crosse.

Tripping – (intentional or unintentional)

False Start

Play ball off an opponent - (intentional or unintentional)

Minor Fouls

3-Second Position to Check – Ball carrier holding crosse in checkable position for longer than 3-seconds when defense maintains position where a legal check can be made.

Covering ball w/crosse/body	Illegal Draw	Illegal Re-entry (from OB)
Warding	Illegal Crosse	Illegal Time-out
Hand Ball (except goalie)	Jewelry	Adjust strings after
Squeezing head of crosse	Illegal Uniform	inspection request
Body Ball (intentional)	Illegal Substitution	
Throwing crosse	Delay of Game	
Play without holding crosse	Play from OB	