Welcome PA Interps!

Purpose for this evening:
• Share important dates & reminders
• Preview of 2020 rule updates, and application of the rules
• Opportunity for clarification
• Establish common understanding
• Goal: Consistent Execution
Dates to Remember
2020 Season

• First Practice Date: Monday, March 2
• First Inter-school Scrimmage Date: Saturday, March 7
• First Regular Season Play Date: Friday, March 20
• Last Regular Season Contest Date: Saturday, May 23
  – And District Championship Deadline
• PIAA Girls’ Lax Championships
  – 1st round Tuesday, May 26
  – Quarter finals Saturday, May 30
  – Semi finals Tuesday, June 2
• PIAA Girls’ Lax Finals
  – West Chester East High School Saturday, June 6
    • AA Championship Game 10 a.m.
    • AAA Championship Game Noon
Reminders

• Fitness – Ready or not, you’ll be running....
• Meetings – Plan to make your 6
  – All chapters “count”
  – Pre-season three...
  – On-line test
  – 2020 Convention! (NEW!!)
• Pre-game with partners
• “Good Standing” Requirements
• PIAA Convention Challenge....
“Player Safety and the Integrity of the Game, Pace of Play and Growth”

Priority considerations as all rule proposals are presented and reviewed by NFHS and PIAA
Reminder:
Our job as officials is not to debate, ridicule or otherwise contradict the rules.

You’ve accepted a job to **manage** and **support** the game **consistently and within the rules**, using your own good, educated judgment.

*All submitted rule proposals were reviewed and the following were approved for the 2020 Season...*
“And the new rules are!!....”

Rules shared are per NFHS
2020 rule book is Final authority regarding edits and updates
Rule 2-2-5d, 2-4-3b, c
NEW
Crosse Requirements

Amends crosse and stick requirements. A crosse meets specifications if the ball moves freely in the FRONT of the pocket. On the back official will place ball in upper 3rd of head and roll out – period.

(We still “tap” both! Let’s take a look)

Separates performance requirement for front and back of sticks. Removes requirement for ball to “roll freely on all parts of pocket, front and back.”
Rule 2-7-2
Eyewear Update

January 1, 2025
Compliance date wear by all eyewear worn on the girls’ lacrosse playing field must bear the SEI mark (Safety Equipment Institute) for certification.

Eyewear must be SEI compliant NOW. This update gives schools plenty of budgetary “heads up” time for equip to bear SEI mark.
Rule 2-7-4
Equipment Standards

Specifies that equipment cannot be modified from its original manufactured state and it must be worn in the manner the manufacturer intended.

Updates current language from “complies with” to: “cannot be modified”
Rule 2-8-4
NEW
Video Review

The use of video replay to review an official’s decision is prohibited.

Now consistent with other sports / NFHS rules
Rule 4-3-3
Substitution

All players may now be substituted for during a possession time-out.
(No dropping of sticks! – just be sure ball is in the right spot)

Exception:
If T.O. request is made during admin of FP, the player being awarded the ball and her offender may not substitute. Have them drop their sticks!

Officials will concentrate more on managing the rules of play, and less on managing bodies.
Rule 5-1-2, 5-1-3
Free Movement
(will include other rules impacted by FM)

Free Movement allows players to freely move around the playing field, instead of being required to hold their positions on stoppages – including possession T.O., injury T.O., major/minor foul, free positions and alternating possession.

Free Movement is always allowed. Free Movement is NOT connected to the Self-Start.

Many rule locations affected that note “stand” or “place”.

NFHS shares “The impact of free movement on the rules is complex – each rule impacted is being addressed to ensure comprehensive implementation.”
Rule 5-1-2, 5-1-3

Free Movement
Continued...

Only the player awarded possession and the offender will be required to restart play from a specific place.

No change from last year:
Ball carrier – within playing distance of foul.
Offender – movement to 4m away or behind, depending on major or minor foul.

(All others may move freely!)

Let’s Talk about the importance of understanding and correctly applying the advantage rule
Brain Teaser

Situation:
A major foul is called on Blue #10 for a hard mid-field push on White #4. White #4 picks up the ball and positions herself within playing distance of the foul, Blue #10 has been directed by the official to go 4m behind, and has started to move in that direction.
Blue #4 is able to move freely and positions herself about 5m from ball carrier.

Are all players positioned legally? Can ball carrier commence play with a self-start?
What’s the Call?
Rule 5-2-2
Starting Play – The Draw

Rule has been amended to allow any number, up to 12 players from each team, on the field prior to the start of each draw. Prior to the change, each team was required to have 12 players on the field unless a team could not do so legally.

What is official’s responsibility at restart if fewer than 12 players on field prior to draw?
Rule 5-4a,b and PENALTIES

Examples:
- Inadvertent Whistle
- Team Time Out
- Injury Time Out

When a stoppage in play not related to a foul causes the ball to become dead that was in the CSA, play will now resume on the (closest) dot.

*Rule no longer has play restarting at the same spot as the ball on a stoppage of play.*
Brain Teasers

Situation:
A carded player’s time expires after the whistle for the draw, and only two teammates are between the Restraining Lines. The player runs onto the field while the ball is still between the RLs and before possession has been gained by either team.

What’s the Call?
- Does it matter if it’s a non-carded player entering the field, and the team has less than 3 players between the restraining line?
- What if the whistle hasn’t blown to start play, the center official’s hand are on sticks, and coach wants to add her 11th player to the field?
Rule 6-3-1a, 6-3-2a
Clarifies which player gains possession on boundary balls.

The player whose body or crosse that is inbounds and nearest to the ball determines possession of the ball when play resumes.

Let’s review the goalie...
Keep it simple!

Clarifies which player on opponents’ team, or which team’s player (on a shot) will be given possession.
Rule 6-3-1a, 6-3-2a

Boundary Restarts

The player awarded a boundary ball may commence play with a self-start relative to where the ball went out. It is NOT required that the player come to a stop prior to commencing play.

(Restated: Players *may* start play after a boundary ball by running in from out of bounds!)

*Note:* Play begins when the player steps inbounds. *The player may not begin play with a pass from out of bounds.*

*If* the Step inbounds is the beginning of their “start”. *Officials... use your judgement!*
Rule 10-1c
Major Foul:
Check to the Head Addendum

“Check to the Neck” is now included under “Check to the Head” with a mandatory card issued.

Really? We needed to specify that?
Sadly – we did...
It’s all in the sphere, and it’s a card.

Official’s are encouraged to use good judgment.
Contact around the head with disregard for safety is a card.
Rule 10-1j (1) NEW
Major Foul: False Start Addendum

Self-starting when self-start is **not an option** is now considered a major foul under “False Starts”.

Let’s be sure we have a common understanding of *when self-start is not an option*... it is defined, and we all want to get it right.

Never a “gotcha”! No official should be eager to make this call. Preventive “Whistle Start!” , or in the CSA... “We’re Settled!” etc, management is encouraged.
Brain Teaser

Is “Self-Start” not an option if a player starts:

• When restarting further away than playing distance?

• When restarting beyond the boundary line?

• When restarting after an offsides call?
Rule 10-1
PENALTIES 4
CSA Major Fouls

For a major foul by a defensive player that takes place between the 8m arc and the 12m fan, the free position will be taken on the 12 meter fan closest to the spot of the foul.

And YES....
we will clear the lane.
(offender goes behind)

Improves pace of play while keeping up with trends of the game and athleticism of student athletes.
Now...Two of Our NFHS 2020 P.O.E.’s
Starting and Restarting Play
Self-Starts & Delay of Game

(Teaser: What’s the 3\textsuperscript{rd} One?)
P.O.E. : Starts & Restarts

Our 2\textsuperscript{nd} Year of “Self-Starts”

The official’s management of starts and restarts is now updated to reflect \textit{FREE MOVEMENT}:

During Free Positions -
- In the midfield
- In the critical scoring area

All boundary balls
Administration of the Game

With Consideration to Free Movement

Officials will need to:

- Keep up with the increased pace of play
- Work as a team managing starts and restarts
- Understand what is, and what is not, allowed with player positioning
- Work to keep the game safe, fair, **fluid**, and fun!

With the adoption of the self-start and free movement, officials will most often manage the restart, instead of initiating it.
Official’s guidelines in managing starts and restarts

- Officials must not disadvantage the ball carrier when resetting play.

- Players must stop within playing distance of the foul prior to self-starting outside the critical scoring area.

- A False Start penalty will be administered when a self-start is taken when it is not an option.
Rule 5
Starting & Restarting play

Section 1: Stopping and Starting Play

• A whistle is used to stop and restart play, except on self-starts.

• Officials will allow offense to restart immediately with a self-start after coming to a (momentary) stop, when self-starts are allowed. Player choosing to self-start does not need to wait for offender or others to be “directed” by the official.

• If a player’s safety equipment comes off during play, the game is immediately stopped with a whistle.
Rule 5
Starting & Restarting play

Section 1: Stopping and Starting Play

- Whistle starts
- Self-Starts
- Boundary Balls

Note: If a player’s safety equipment comes off during play, the game is immediately stopped with a whistle.
Live Demo

- Whistle Starts
  - On plays “**when self-starts are NOT an option**”
- Self-Starts
  - Mid-Field: Away and Behind
    - Managing vs Administering
  - In the CSA:
    - No Self-Starts for FOULS, only for boundary balls
- Boundary Balls
  - Same rules for restarts, all four sides, no-exceptions
When a shot or deflected shot goes out of bounds, the player whose body or crosse is in bounds and nearest to the BALL when it crosses the boundary will gain possession of the ball.

The ball is out of bounds when the player possessing the ball steps on or over the line, or when the ball touches the ground on or outside the line.

A ball may be played in the air outside the plane of the line.

A player may NOT play from out of bounds, including playing without the ball.

Let’s Look At Boundary Balls
Restarting Play

Boundary Balls

All boundary restarts may self-start.
Exception: GK closest in her GC

On a pass, the opponent nearest the ball resumes play. On a shot, the closest player to the ball’s point of exit will resume play.

The player restarting with the ball shall have 2-meters of free space around them.

The player restarting with the ball may now run in from out of bounds without coming to a settled stance; or step onto the field within 2m and 1) settle and self-start or 2) wait for a whistle start.
Starting Play

Section 2: Starting Play – Draw

• Officials must count the number of players on the field before each draw. Legal count is no more than 12 players per team.

• ONLY the official administering the draw shall call draw fouls on the centers.

• The officials not administering the draw shall watch players for:
  ➢ Numbers of players between RL before possession.
  ➢ Players entering field when official’s hand on stick.
  ➢ Early entry on the circle.
  ➢ Early entry at the RL.
  ➢ Pushing and holding.
Let’s Go To The Mat!

- Official’s Positioning at The Draw
  - Who does what?
  - What does trail NEVER do?
- Number of players on the field
- “Hands on Sticks”
  - Review on intent, and consequences
Restarting Play

Section 3: Restarting Play – Free Position

- The penalty for a foul is a FP
- No FP closer than 4m to boundary and 8m to goal circle
- FP are at the spot of the foul, unless that would disadvantage the non-offending team
- FP in CSA below GLE are at the dot
- Offenders will be placed 4m behind or away – in most cases
- No player may be within 4m of the player taking the FP… unless the start is a “self-start” and ball carrier chooses to start before others have moved 4m away
Restarting Play: Mid-Field/Outside the CSA

- Self-start must be within playing distance of foul
- May run or pass to self-start
- Other players may move freely
- Player that is fouled may start without a whistle
- Self-start from a settled stance
- Player may wait until others are 4 meters away
Let’s Review

- Free Position vs boundary reset at sideline
- Free position vs boundary reset in CSA below GLE
- Free Position for foul outside CSA
- Free Position for foul in 8m
- Free Position for foul between 8 and 12m
Review: Free Positions and Free Movement in the CSA

1. Whistle for foul
2. Position Ball
3. Position Offender
4. Confirm PZ clear
5. Confirm all players 4m from FP
6. Look to partner
7. Whistle start

Suggested Mechanic for Lead in CSA…
Restarting Play

Section 4: Restarting Play

REVIEW OF THE SELF-START

Following a whistle blown for a foul outside of the CSA, the player who is awarded the free position, after coming to a stop, may continue the course of play without waiting for an additional whistle from a settled stance.
Lets Discuss

- Self – Starts
  - How closely should official “manage”
  - How to manage in transition
  - Holding for Advantage
    - Understanding the impact of free movement on a restart....
Alternating Possession

Section 5 – Restarting Play – Alt Possession

- Coin toss winner at beginning of game has option of direction or 1st A.P.
- After 1st A.P., it alternates
- A.P.s continue through overtime
- Taken by two opponents closest to the foul/incident
- Only the team awarded the A.P. may call a T.O.
- All A.P.s are whistle starts
Alternate Possession in the CSA

**ALL alternate possessions called within the Critical Scoring Area are restarted on the nearest dot.**

The ball can be anywhere in the CSA when the offsetting foul is called... (above OR below GLE)

Ball awarded at closest dot. Opponent moves 4m away and nearer to the goal she is defending. All other players a minimum of 4m from the ball.
Live Demo

- Alternating Possession
  - Outside the CSA
  - Inside the CSA
    - Ball above the GLE
    - Ball below the GLE
  No Difference!!!

“On the Spot!”
“On the Dot!”
FALSE STARTS
Change of Possession

• False starts occur when any player self-starts when self-starts are NOT an option.

• This includes players awarded a free position outside the CSA, and any player within the CSA initiating play before the whistle, going in or coming out.

• Specially, self-starts are not an option when: (pg 40 RB)
  • The game clock is stopped
  • There is an offside foul
  • The foul is in the critical scoring area
  • There is an alternating possession
  • There is an inadvertent whistle

• A goal is scored.

Officials:
Help avoid False Starts!
FALSE STARTS
Change of Possession

How to remember “Resets” vs “False Starts”…

Here’s the Trick!
If IT WAS a Self-Start, it will be a SELF-START - re-set
If IT REQUIRED A WHISTLE, it is a FALSE START – turn over!

Think through a variety of situations:
Player throws ball in from OOB
Defender starts play from inside the CSA without a whistle
Offended player starts play with self-start 15 yds from spot of foul
Offender encroaches on ball carrier before play has commenced.
Team awarded ball after offsides call starts play without a whistle.
Offended player started play without a momentary pause/stop.

Officials: Help avoid False Starts!
Live Demo

- Examples of Preventive Management on Restarts...
  - Avoiding “False Starts”
    - In the Mid-field
    - In the Last Two Minutes of Play

- Guideline (suggestion) towards consistent mechanic for Lead on 8m restarts
  - In the CSA
Delay of Game: POE #2

Point of Emphasis

• Both offensive and defensive delay of game outside the critical scoring area and with boundary restarts has been identified as a point of emphasis as the pace of play has increased.

• Teams and players that repeatedly attempt a self-start beyond a playing distance, fail to move when directed, make no attempt to move or engage and/or encroach on the ball carrier prior to her commencing play shall be penalized.

• Officials are encouraged to manage delays with:
  – a warning
  – upgrade to a cardable foul and the use of the green, green-yellow and yellow cards.
Delay of Game: Penalty Administration

Time-out must be called to administer a delay of game card.

- **1st violation** – a green card shall be issued
  - A change of possession if applicable

- **2nd violation** – a green/yellow card shall be issued
  - Player and award the appropriate penalty for a major foul.
  - Offending player must enter the penalty area for two minutes.
  - Team will play short below the restraining line in both its offensive and defensive ends
  - This card is not included in the team or player’s card count.

- **Any subsequent delay of game offenses**
  - Result in a yellow card for misconduct
  - Will be included in the team and player’s card count.
Repeated Fouls:
POE #3

- **Goal:**
  - Limiting players from repeating behaviors that are not within the spirit of our game
  - Managing Illegal play
- **Our Understanding:**
  - Any foul on the field is a warning to all players
  - Any individual OR team can be recognized as continually committing a foul or series of fouls
- **How Do We Handle?:**
  - Official warns the player/team
  - Consecutive fouls may be carded
  - Note: If the first foul warrants a card, nothing prohibits the official from carding that behavior
Restarts in Review

Let’s confirm the following:

In the Critical Scoring Area:
- Restarts and the Penalty Zone
- The Penalty Zone and Free Movement
- Free Movement and Free Positions in the CSA
- Major Fouls Between the 8 and 12
- Minor Foul Restarts in the CSA
- Goal Circle Fouls

Under 2 Minutes..... What changes ?? What if we have a running clock?
Review: The Penalty Zone and Free Movement

1. Only the player fouled and her offender are directed to their position.

2. With free movement, players can take any route out of the PZ.

3. Any defender may take hashes adjacent to the 8m FP — on both sides.

4. After FP is set, the Lead backs out of the 8m arc, raises an arm, and whistles to start play. Any player entering the PZ or coming within 4m of the FP after the Lead backs out will be assessed a foul for a False Start.

5. CSA fouls below the GLE are FP set up on the dot. Offender 4m behind or away. All others: Min of 4m away Free Movement.
Major Fouls Between the 8-m & 12-m

**ALL major fouls between the 8-m arc and the 12-m fan are restarted on the 12-m fan**

- Whistle
  - Fouled player is directed to the 12-m fan
  - Offender is directed 4-m behind the fouled player
  - Clear a penalty lane
  - All other players may move anywhere outside of the penalty lane
  - Whistle start
Minor Foul Restarts in the CSA Above GLE

Whistle
- Direct fouled player to the 12-m fan
- Move the offender to the 4m away in direction from which she fouled (8-m arc in front of the player with the ball)
- All other players may move freely to any position 4-m from the player with the ball
- Official announces – “Indirect”
- Whistle

All players except those involved in foul may “move freely”! No other change to P.A.
Last Review...
Likely Screw-Ups...

HINT:..... It’s DIFFERENT IN HIGH SCHOOL!!

- Major foul set up on 12m fan. Do we clear the lane?
- Player throws ball in from OOB on boundary ball. False start?
- Goalie in circle closest to ball on shot. Can her teammate get the ball and start play?
- When opponent encroaches before player self-starts, what non-engagement signal do we show?
- How many reminders before Delay of Game cards initiated?
- Reset vs False Start. Do we get it? Can we explain it to coaches?? Nicely???
- Do we understand illegal sub penalty admin vs early entry at RL and circle??
- Goalie and her circle.... What is ‘played”?
- Anything else??
With New Rules....
Some things change, some remain the same

It’s Up To You...
Get familiar with the new rules
Get on the same page as your partner
Get Game Ready!

Questions??