

# GIRLS LACROSSE FOULS, 2025: An Overview

## Mandatory Card Fouls



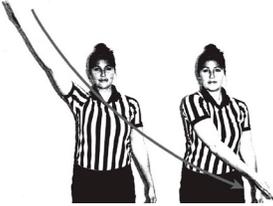
**CHECK TO THE HEAD:** no player's crosse may hit or cause an opponent's crosse to hit the opponent's head or neck



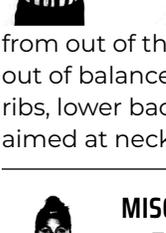
**DANGEROUS PROPEL:** propel the ball with the crosse in a dangerous or uncontrolled manner at any time

**DANGEROUS FOLLOW THROUGH:** follow through with the crosse in a dangerous or uncontrolled manner at any time

**SLASH:** reckless and/or dangerous swing of the crosse at opponent's crosse or body; called regardless of whether or not contact is made with opponent's crosse/body



**DANGEROUS CONTACT:** any action that thrusts or shoves the player with or without ball who is in a defenseless position. Includes: head down, from out of the visual field, in the air, out of balance, especially in the kidneys, ribs, lower back, shoulder blades or aimed at neck or head



**MISCONDUCT:** Includes:

- Excessively rough, dangerous, unsportsmanlike play
- Baiting or taunting so as to embarrass, ridicule or demean others

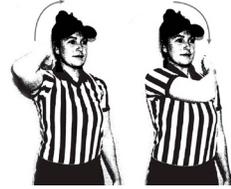
- Excessive dissent/abusive language
- Persistent or flagrant rule violation
- Deliberately endangering safety

**FLAGRANT SHOOTING SPACE VIOLATION (RED):**

if a field player runs into the goal circle or in to the path to goal in an attempt to stop a shot with their body



**BLOCK:** moving into the opponent's path without giving the opponent a chance to stop or change direction and contact occurs; a "blind side" defense player must give the player enough time and/or space to change directions



**CROSSE IN THE SPHERE:** may not reach into or through the sphere (imaginary bubble of 7 inches surrounding player's head) or hold the crosse around the throat of an opponent; may not directly poke or wave the crosse near an opponent's face

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**HOLD:** hold an opponent at anytime by holding, detaining, restraining, tagging or pushing against opponent's body, clothing or crosse with an arm, leg, body or crosse



**PUSH:** push the opponent with the hand or body



**DANGEROUS PLAY:** Player actions that are rough, threatening and/or are without regard to player safety. May be carded



**ILLEGAL STICK CONTACT:** stick held in horizontal position that makes contact with opponent's body or crosse

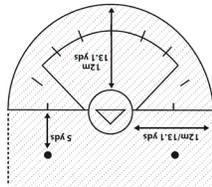
**CROSS-CHECK:** Use shaft of crosse to hit, push or displace opponent whether or not stick is horizontal



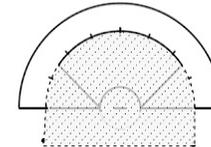
**REACH ACROSS THE BODY:** reach across an opponent to check the crosse when level with or behind the opponent

**HOOKING:** use the webbed area of the crosse to hook the bottom end of an opponent's crosse

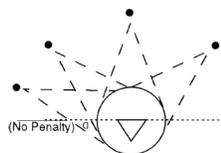
**ROUGH/DANGEROUS CHECK:** roughly or recklessly check another player's crosse or use the crosse in a dangerous, intimidating manner; check toward the body; sweeping check from behind that makes contact; hit an opponent's body, including hand(s), or cause opponent's crosse to hit opponent's body



**Critical Scoring Area (CSA):** from the 12-meter fan extending down to the end line



**Penalty Zone:** from the 8-meter arc, including pie areas, extending down to the Dots



**Free Space to Goal path** to goal within the CSA defined as two lines extending from the ball to outside the goal circle



**SHOOTING SPACE:** a defensive player may not stand between the ball and the goal circle and obstruct the Free Space to Goal, denying attack an opportunity to shoot safely. Criteria: ball is in the CSA above the GLE, attack player with the ball has an opportunity to shoot and is looking to shoot, and defensive player is not marking an attack player within a stick's length



**THREE SECONDS:** a defensive player may not remain in the 8-meter arc more than 3 seconds unless they are marking an opponent within a stick's length or marking an attack player directly behind the goal circle; double teaming non-ball attack player does not exempt

## Attack Fouls



**CHARGE:** charge, barge, shoulder or back into an opponent, including a player pushing into an opponent's stick

**FORCING THROUGH:** try to force the crosse through opposing crosse(s) while in possession of the ball,



### ILLEGAL CRADLE/ CRADLE IN THE SPHERE:

hold, with or without cradling, the head of the crosse in front of own/teammate's face, within sphere, or close to body, making a legal/safe check impossible



**DANGEROUS SHOT:** shoot dangerously or without control at the goalkeeper; judged on combination of **distance, force and placement.** Shot should not be directed at the goalkeeper's body, head or neck; would not apply if goalkeeper has time to react and/or moves into a shot

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**ILLEGAL PICK:** set a moving or stationary pick out of the visual field of opposing player which **does not allow enough time or space** to stop or change direction and **contact occurs.** To be legal, **crosse must be in a vertical position** (between 10 and 2) and the **player's body shall be in a vertical plane** with a stance not wider than shoulder width



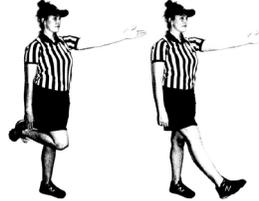
**Ward:** guard the crosse with an arm. May not remove a hand from the crosse to ward off an opponent, nor use an elbow to protect the crosse

**Illegal Procedure:** Fouls that are procedural in nature:



- **Illegal Crosse or Improper Equipment** (including mouthguard not in)
- **Illegal Exchange of Crosse:** failure to exchange field crosse with a crosse from bench w/o sending crosse through substitution area
- **Illegal Stick Check Request:** two permitted per team
- **Play from Out of Bounds:** includes pass in from out of bounds
- **Illegal Substitution:** not through the substitution box or too many players on field
- **Illegal Re-entry:** run out of bounds and re-enter to a more advantageous position
- **Improper Use of Crosse:** throw a crosse; take part in game if not holding a crosse
- **Squeeze the Head of the Crosse:** using hand or body to keep ball in crosse
- **Illegal Draw:** cannot move after "Ready"; first movement of stick must be **up**
- **FALSE START:** when in the CSA and a free position is being set up on the 8-meter arc, 12-meter fan or dot, step or make any movement simulating the beginning of play before the whistle. (NOTE: Self-starting when a whistle start is required outside of the CSA is NOT a false start; player will be called back to start on the whistle; no penalty. Delay of game foul may be called for continued violations)
- **ILLEGAL DEPUTY:** An unprotected field player may not remain in the goal circle when the player's team is not in possession of the ball
- **GOALKEEPER FOUL:** Goalkeeper may not line up between the restraining line during the draw, take the draw, shoot and/or score for the goalkeeper's team

**TRIP:** trip an opponent, deliberately or otherwise



### OFFSIDE FOULS:

Offense may not have more than 7 players and defense may not have more than 8 players (including goalie) below the restraining line. Team playing short due to a card shall play short below the restraining line



**Cover:** cover a ground ball with the foot, body or crosse **preventing an opponent from playing the ball**



**Empty Stick Check:** check /impede an opponent's crosse when the player's crosse is **not in contact with the ball;** applies only if opponent **could have received or gained the ball.** Incidental contact is not a check



**Body Ball:** allow any part of a player's body to deliberately impede, accelerate or change the direction of the ball; Players may kick ball

**Hand Ball:** touch the ball with the hand, except the goalkeeper or deputy within the goal circle



**Early Entry on the Draw:** only 3 players from each team may be between the restraining lines during the draw; After the official has placed their hands on the draw takers'

sticks for the draw, players on the center circle may not step on or into the circle before the whistle, and players below the restraining lines may not step on or cross the restraining lines before possession is established, a foul occurs or the ball goes below the restraining lines



### GOAL CIRCLE VIOLATION:

No player other than the goalie or deputy may step on or into the goal circle

**MAJOR vs Minor Foul:** MAJOR FOULS are named here with ALL CAPS and relate to safety. During penalty administration of MAJOR FOULS, the player that committed the foul must go 4 meters **behind** the ball carrier, vs 4 meters **away** for Minor Fouls.