



VOLUME 3

CALLS FROM THE REFEREE – PERSONAL & MAJOR FOULS

This edition of Lax IQ will focus on some of the most common calls you will hear from a referee that are personal or major fouls. Next edition will focus on calls you will hear from a referee that are technical or minor fouls. The fouls and resulting penalties vary greatly between boys and girls lacrosse.

TYPES OF BOYS FOULS:

Personal Fouls are those of a more serious nature resulting in 1-3 minute trips to the penalty box. Flags will always be thrown for a Personal Foul.

Technical Fouls are less serious infractions. A technical foul can result in a change of possession if the ball is loose when the foul occurs, your team has possession, or your team is entitled to possession. If the opposing team has the ball it will result in a 30 second penalty.

PERSONAL FOULS - BOYS

Penalty:

The referee will throw a flag and the offending player will serve 1-3 minutes in the penalty box, and their team will play a man down.

Slashing – Violently or recklessly swinging your stick and making contact, or not, with the opposing player's body outside of the gloved hands in contact with the stick. The most common slash call is when a player makes contact with the opposing players head/helmet.

Cross Check – Check with that part of the handle of the crosse that is between the player's hands, either by thrusting away from the body or by holding it extended from the body. This commonly occurs when a player attempts to make a body check and his hands are spread apart on his stick.

Illegal Body Check - Occurs when any of the following actions takes place:

- a. body checking an opponent who is not in possession of the ball or within five yards of a loose ball;
- b. body checking an opponent from the rear, below the waist, or above the shoulders; or
- c. body checking an opponent who has any part of his body other than his feet on the ground.

A "LEGAL" body check must be below the shoulders and above the waist, from the front or the side.

Unsportsmanlike Conduct: Occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, arguing, or obscene language or gestures.

Unnecessary Roughness – Occurs when a player delivers an excessively violent or avoidable check to an opposing player. The most common version of this would be a late hit, often after a player shoots.

Tripping - Occurs when a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs. Many times tripping penalties are accidental, but significantly disadvantage the opposing player.

Check to Head/Neck or Defenseless Player: A player cannot initiate forceful contact to the head or neck of an opponent, with either a body check, cross check or slash. Checks that start as legal checks, but follow through into the head or neck can still be considered violations. Players may also not initiate a body check against a defenseless player defined as, checking from the 'blind side', a player who has his head down playing a ground ball, or a player whose head is turned away to receive a pass.

TYPES OF GIRLS FOULS:

Major Fouls are those of a more serious nature. Penalty administration is 4 meters behind and the ball is no closer than 8 meters to the goal circle. If a major foul happens inside the 8 meter arc, then a free shot is rewarded to the attacking team.

Minor Fouls are less serious infractions. Penalty administration is 4 meters away from the ball and the ball is no closer than 12 meters to the goal circle. A minor foul can result in a change of possession if the ball is loose when the foul occurs, your team has possession, or your team is entitled to possession.

MAJOR FOULS - GIRLS

Penalty:

For severe rules violations, such as dangerous play or unsportsmanlike conduct, a player receives a yellow or red card. A yellow card is a warning, a red card results in the ejection of the player from the game. Referees usually do not give either cards to U9 & U11 players unless it is an extremely dangerous foul. If a yellow card is given in U9 & U11 then the player will serve 2 minutes in the penalty box, but the team will NOT play a man down. In middle school if a yellow card is given to a player, then the player must serve 2 minutes in the penalty box (non-releasable), and the team WILL play a man down. Two yellow cards = a red card and the player may not return to the game.

Fouls have special circumstances when they are committed close to the goal or in the Critical Scoring Area ('CSA' – within 12m arc). For major fouls committed within the CSA, the player is granted free position and a penalty lane is cleared between the player and the goal. If the offensive player was on a scoring play when this type of foul occurs, a slow whistle is issued and play continues, in order to allow the offense to maintain its advantage. If the team loses possession of the ball, the penalty is enforced at the spot of the foul; if the team shoots the ball or takes it beyond the plane of the goal during the scoring play, the foul is void and play continues. For major fouls committed within the 8-meter arc, all defenders are cleared from the arc and the player gets a free shot from the closest hash mark on the 8-meter arc.

Shooting Space: When a defensive player is more than a stick's length away, they cannot run into the path of a shooter. The defender must advance from an angle until they are within a stick's length.

These videos do an excellent job of explaining this complicated, but commonly called foul:

Short explanation - https://www.youtube.com/watch?v=JZAqt1oGZOs&feature=emb_imp_woyt

Longer but great visual (think ice cream cone, and you only need to watch the first 2-3 mins) - <https://www.creaseroll.com/what-is-shooting-space-in-lacrosse/>

This foul results in an immediate whistle since the defensive player has created an unsafe condition (for herself). The immediate whistle is designed to stop unsafe play before a shot, however, often times the play happens too fast. Should a goal be scored, it does not count. The shooter has to have a realistic opportunity for a safe shot. The shooter is given an 8-meter free shot when shooting space foul is called.

Crosse in Sphere: A player may not reach into or through the area around an opponent's head from shoulder to shoulder (think Buzz Lightyear dome helmet) called "the sphere" or hold her crosse around the throat of an opponent. She may not directly poke or wave the crosse near an opponent's face.

Aggressive or Dangerous Shot: If a shooter is closely guarded, within a stick's length, and trying to shoot over or through players that are in the shooting space, the dangerous shot rule may apply and a foul may be called on

the shooter. This occurs when a player shoots the ball dangerously and without control and is most often called when the ball forcefully contacts the goalkeepers helmet or facemask.

Charging: A player with the ball cannot push into a defensive player who has established position. This major foul often occurs when a player is going toward the goal. Possession of the ball will be given to the defender.

Slashing: Occurs when a defender swings her crosse at an opponent's crosse or body with deliberate viciousness or recklessness, whether or not the opponent's crosse or body is struck.

3 Seconds in the 8-meter Arc (Defense)

Defenders cannot remain inside the 8-meter arc unless marking an opponent within a stick's length. More than one defender can mark the ball carrier in the 8 meter. However, more than one defender can mark the ball carrier in the 8 meter as long as they are within a stick's length.

Tripping: Typically occurs when a player uses his stick to trip an opponent who is in possession of the ball.

Unsportsmanlike Conduct: Occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, arguing, or obscene language or gestures.