



**US LACROSSE
WOMEN'S GAME OFFICIALS SUB-COMMITTEE
2013 RULES TEST**

Based on the 2013 US Lacrosse Official Rules for Girls and Women's Lacrosse and 2013 Official Rules for Girl's Youth Lacrosse

TRUE or FALSE

1. The defender who is marking an otherwise unmarked opponent who is "directly behind the goal circle", is exempt from 3 seconds as well as obstruction of the "free space to goal."
(Rule 6 Section 1j and k)
2. Timeout may be requested by the head coach or any player on the field after a goal is scored or any time the requestor's team is in clear possession of the ball. **(Rule 4 Section 4)**
3. If a team is leading by ten or more goals, the clock will continue to run after goals and within the last two minutes of play in each half (no stop clock). The clock shall be stopped during timeouts even if the game is being played with a running clock due to the ten goal differential.
(Rule 4 Section 3 - Note)
4. A coach who is ejected (red card) from a game may not participate in her team's next game. She may attend her team's next game but may not be in the bench area.
(Rule 7 Section 35) [Note]
5. The penalty area shall be directly in front of the scorer's/timer's table at the rear of the substitution area. A player serving a penalty in this area must kneel or sit. **(Rule 1 Section 10)**
6. Timeout must be called to administer a green card for delay and the card will be recorded in the scorebook against the offending team. **(Rule 7 Section 27)**
7. Any player or coach receiving two yellow cards will be suspended from the rest of the game and may participate in the team's next game. A player or coach receiving a red card will be ejected from the rest of the game and will be prohibited from participating in the team's next game.
(Rule 7 Sections 28, 33, 34 & 35, Rule 4 Section 5, Note 1, 2, 3 & 4)
8. When a ball has gone out of bounds play will be restarted with possession to the opponent of the team that caused the ball to go out of bounds, 2m inside the boundary near where it went out.
[This is not on a shot or deflected shot] (Rule 5 Section 11)
9. The coaching area consists of the area on the bench/table side extending from a team's side of the substitution area to their end line, and even with the scorer's table extended (at least 4m from the sideline), and does not include the area directly behind the scorer's table. **(Rule 1 Section 13)**

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10. A player who is ejected (red card) from a game may not participate in her team's next game. She will serve the suspension by not being allowed to be in attendance at the playing venue, either in the bench area or in the stands. **(Rule 7 Section 33)**
 11. Before the game begins, it is discovered that the visiting team is wearing illegal uniforms. There is no time for this to be corrected. Instead of a draw the officials will administer a free position to the home team at the start of the game, with positioning for the draw to apply. **(Rule 2 Section 13 AR Rule 2-14)**
 12. If a suspended game (one in which less than 80 % of playing time has elapsed) is replayed on another day, it must be played from the **point of interruption**. **(Rule 4 Section 5)**
 13. An unprotected field player may not remain in the goal circle as a deputy when her team is not in possession of the ball. **(Rule 6 Section 1)**
 14. When a ten-goal differential exists and a legal draw goes directly out of bounds the official will call time out and administer a redraw. **(Rule 5 Section 14)**
 15. When substituting after a goal, the substitute does not have to wait until the player on the field exits, but both must go in and out through the substitution area. Substitution may not take place once the official's hand is in contact with both centers' sticks at the draw. **(Rule 5 Section 22)**
 16. Should a team receive its third card of the game they will play short the remainder of the game. **(Rule 7 Section 31)**
 17. The penalty administration for a defense goal circle violation is a free position to the attack player at the 8m mark on the goal line extended with the offending player (except the goalkeeper) 4m directly behind (further from the goal circle). **(Rule 7 Section 11)**
 18. Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional. **(Rule 5 Section 25 - Note)**
 19. The Head Coach will be responsible for the behavior of personnel affiliated with his/her team, including all assistant coaches and will receive any cards related to bench decorum. If the Head Coach is red carded and an Assistant Coach or other authorized person is not available, the team shall forfeit the game. **(Rule 7 Sections 34 & 35)**
 20. The ball must be solid yellow or bright orange in color. **(Rule 2 Section 5)**
 21. If a ten-goal differential exists and time out is called the clock will continue to run.
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(Rule 3 Section 16 Note; Rule 4 Section 3 Note)

22. The Assistant Coach may communicate with the officials during the game and ask questions at half time or during timeouts. **(Rule 3 Section 5)**
23. The goalkeeper may use her hand to throw the ball from the goal circle. **(Rule 6 Section 5 f.)**
24. The Blue goalkeeper is in possession of the ball in her goal circle. The official is counting the 10 second count for the clear and is at 4 when the Blue team calls for a timeout. When play resumes the Blue goalkeeper will have 10 seconds to clear the ball. **(Rule 5 Section 16 AR 5-13)**
25. Soft headgear is defined as any head covering without hard or unyielding parts that have the potential to injure another player. Soft headgear must allow for the wearing of required eye protection. **(Rule 2 Section 10 AR 2-9)**

MULTIPLE CHOICE - There is one correct response.

26. The team bench area includes which of the following areas? **(Rule 1 Section 11)**
 - A. Area from the end of the team's substitution area to the end line level with the scorer's table.
 - B. Area from the end of the team's substitution area to the end of the player bench level with the scorer's table.
 - C. Area on the bench/table side of the field extending from their side of the substitution area to their end line, and behind the level of the scorer's table.
 - D. Area on the bench/table side of field extending from their side of the substitution area to the team's restraining line and even with the level of the scorer's table extended, at least 4m from the sideline, and does not include the area behind the scorer's table.
27. White attack #30 has intercepted a Blue team pass at the midfield. Blue #10 recklessly swings her crosse at White #30. Blue #10 does not make contact with White #30's crosse or body. What actions if any should the official(s) take? **(Rule 6 Section 1d; Rule 7 Sections 1, 2, 4 & 28)**
 - A. No action is required as the swing did not make contact with White #30.
 - B. Signal for advantage as this happened at midfield, and has not impacted the White team's ability to move forward with the ball.
 - C. Whistle. Award a free position to White #30 at the spot of the foul. Blue #10 will go 4m behind and all others will move 4m away.
 - D. Whistle. Signal time out. Yellow card Blue #10 for a slash. Blue #10 is removed from the field and enters the penalty area for 2 minutes of elapsed playing time and no sub may replace her. Blue team will play short one player below the restraining line (offense and defense) for 2 minutes. Award a free position to White #30 at the spot of the ball/foul with no Blue player 4m behind. Move all others 4m away.
28. The Blue goalkeeper, **who is the only dressed goalkeeper for her team**, is given her team's

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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?

(Rule 5 Section 22d; Rule 7 Sections 28 - 31)

- A. The Blue goalkeeper must leave the field for remainder of the game and award a free position at center hash mark to the attack.
- B. 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.
- C. 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.
- D. 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.

29. The restart for an out of bounds ball will take place at which of the following locations?

(Rule 5 Section 11)

- A. At a spot 2m inside the boundary where the ball went out of bounds.
- B. At a spot on the field to be determined by the nearest official.
- C. At a spot 4m inside the boundary where the ball went out of bounds.
- D. At a spot 1m inside the boundary where the ball went out of bounds.

30. Which of the following is a correct statement about where a player ejected in a team's previous game is allowed to be during her team's subsequent game(s)? **(Rule 7 Section 33)**

- A. The ejected player must not be in attendance at the game site.
- B. The ejected player must remain in her team's bench area for the entire game including on-field pre-game, game and post-game activities and must not be in her game uniform.
- C. The ejected player may attend the game but may not be on the sideline in the bench area.
- D. The ejected player may dress in her uniform for the game and participate in pregame activities, but may not participate in the game.

31. White #16 has been given a yellow card for a check to the head with 6:21 left in the first half.

This is her first card but her team's third card. At 5:21 the officials notice that White #16 is back in the game. After whistling and calling time out, what if any actions should the officials take?

(Rule 7 Section 32)

- A. Issue a green card to White #16. Require her to sit out the remaining time on her card. Change of possession if applicable.

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- B. Issue a red card to White #16 for misconduct. Remove White #16 from the field for the remainder of the game. White team will now play short one player for the remainder of the game below both their offensive and defensive restraining lines. Change of possession if applicable.
- C. Issue a red card to the White Head Coach for misconduct and require her to leave the venue. If no other coach is available the game will be declared a forfeit.
- D. Remove White #16 for the remainder of her penalty time and then she shall serve an additional two-minute penalty. Change of possession if applicable will take place at the spot of the ball with a player from the offending team placed 4m behind the player with the ball. This is an extension of the penalty time and not an additional card.
32. The White goalkeeper is injured and is not able to continue playing. Which of the following best describes the procedures the officials should follow? (**Rule 5 Section 22c; AR 5-19**)
- A. Allow coach to decide who will replace the goalkeeper. If it is a player currently on the field, allow her time to put on goalkeeper equipment and allow a sub from the bench to replace the field player.
- B. Require team to play without a goalkeeper until a player on the bench can get the goalkeeper equipment on and enter through the substitution area.
- C. Require team to replace goalkeeper with a field player and continue game. When another player has dressed in the goalkeeper equipment, she may run onto the field to play goalkeeper position.
- D. Allow coach to decide who will replace the goalkeeper. If a field player is chosen to play goalkeeper, require the coach to substitute a field player through the substitution area after play has resumed.
33. On a slow whistle, the scoring play has ended and the White attack has been awarded a free position when the official notices that the attack player is not wearing a mouth guard. Which of the following best describes the actions the official(s) should follow?
(**Rule 6 Section 2 k; AR 6-5; Rule 7 Section 26**)
- A. Ignore this and discreetly tell her to put her mouth guard in her mouth.
- B. Give the offsetting foul signal, repeat the defensive foul signal and direction, then point at mouth guard and give direction signal, and then award a throw 8m from the goal circle.
- C. Call time out and issue a yellow card for misconduct to the White player. Remove her from the field for 2 minutes and her team will play short below both restraining lines. Award a major foul free position to the Blue team at the spot of the foul.
- D. Call time out, issue the White player a yellow card for delay of game foul. White player without mouth guard must leave the game for 2 minutes but the team may sub for her.
34. With an opponent within playing distance and attempting to play the loose ball, a deflected shot is covered by the goalkeeper standing outside the goal circle in the 8m arc. After whistling for the **minor foul** by the goalkeeper what is the proper placement of the goalkeeper for the free

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position? **(Rule 6 Section 2 a; Rule 7 Section 16)**

- A. The goalkeeper remains outside the goal circle at the spot of the foul.
- B. The goalkeeper is placed on the 12m fan next to and 4m away from the free position.
- C. The goalkeeper is placed 4m from the 12m fan free position relative to her position from the opponent at the time of the foul.
- D. The goalkeeper is allowed to clear back into the goal circle and her teammate, who is closest to the spot of the foul, is placed 4m from the 12m fan free position relative to the goalkeeper's position at the time of the foul.

35. Which of the following best describes when the official can consider making a free space to goal violation call? **(Rule 6 Section 1k)**

- A. Attack player with the ball must be in the critical scoring area and looking to shoot and have an opportunity to shoot, and the defensive player must have their body in the free space to goal between the ball carrier and the goal, and is not marking the attacker with the ball or any attack player within a stick's length.
- B. Attack player with the ball must be looking to shoot and have an opportunity to shoot.
- C. Attacking team is in possession of the ball inside their offensive restraining line and looking to shoot.
- D. Attack player with the ball is in the critical scoring area, and the defensive player must have her body in the free space to goal between the ball carrier and the goal, not marking the attacker with the ball or any attack player within a stick's length.

36. Which of the following best describes the progression of the delay of game cards? **(Rule 7 section 27)**

- A. First violation verbal warning. Second offense Green card to player. Third offense Green/Yellow to offender. Fourth offense Green/Red to offender.
- B. First violation Green card to coach. Second offense Green/Yellow card to player. Third offense Green/Red to player. Award appropriate minor foul free position.
- C. First violation Green card to team. Change possession for minor foul if applicable. Second offense Green/Yellow to player. Award major foul free position. Third offense Green/Red to player. Major foul free position and carded player will leave field for 2 minutes of elapsed playing time, and her team must sub for her.
- D. First violation Green card to offender. Second offense Green/Yellow to offender with minor foul free position if applicable. Third offense Green/Red to offender with major foul free position if applicable.

37. The goalkeeper is outside the goal circle when offside is called. In which of the following

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situations may the goalkeeper return to the goal circle? **(Rule 7 Section 8 AR 7-5)**

- A. Offside is called on the defense when the ball is in the critical scoring area and above the goal line extended.
- B. Offside is called on the defense when the ball is below the goal line extended.
- C. Offside is called on the defense when the ball is near the restraining line.
- D. Offside is called on the offense when the ball is below the goal line extended.

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 was in possession of the ball when time out was called by the official. How will play be restarted?

(Rule 5 Section 24-25)

- A. 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. All players will give her 1m of clear space and play will be restarted.
- B. After assessment by trainer, Blue player is allowed to stay in the game. Play is restarted with a throw.
- C. Injured Blue player must leave the field and a sub must replace her. Official will administer a throw to restart play.
- D. Injured Blue player must leave the field and a sub, if available, must replace her. White player who had possession when time out was called will have possession of the ball. All players will give her 1m of clear space and play will be restarted.

39. Which of the following best describes detaining? **(Rule 6 Section 1s)**

- A. Any action by a defender that keeps an attacker from moving to a position on the field.
- B. Any player using her crosse in such a manner as to restrain or hold back a player.
- C. Any action by an attacker that keeps a defender from being able to move into a position to mark her attack player.
- D. A player using her crosse to hold an opponent's crosse so she is unable to pick up a ground ball.

40. Prior to the game the Head Coach will verbally certify to the officials which of the following?

(Rule 3 Section 2)

- A. That all uniforms and equipment meets specifications.
- B. That all players uniforms are legal and all equipment meets specifications.
- C. That all equipment is legal under the rules including eye protection that meets the most recent ASTM Specification Standard F803 for Women's Lacrosse at the appropriate level of play (youth or adult), and the goalkeeper helmets that meet the NOCSAE standard for lacrosse.

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- D. No need to verify legality of equipment with the coaches.

MULTIPLE CHOICE - PENALTY ADMINISTRATION

41. White #20 received a yellow card in the first half of the game for a check to the head. In the second half she receives a second yellow card for a slash at the midfield. **White #20's second yellow card** is the **White team's fourth card** of the game. What procedures should the officials follow after carding White #20? (**Rule 7 Sections 28, 29 & 31**)
- A. White #20 must leave the field and enter the penalty area for 2 minutes of elapsed playing time and then she may return to the game. Free position Blue at spot of the foul, no White player 4m behind.
 - B. White #20 must leave the field and enter the penalty area for 2 minutes of elapsed playing time and not reenter for the remainder of the game. The White team will play with one fewer player and will play short below the restraining lines, (offense and defense), for the remainder of the game. Free position Blue at spot of the foul, no White player is placed 4m behind. White #20 will be eligible to play in her team's next game.
 - C. White #20 must leave the field and the **playing venue** for the remainder of the game and the White team will play with one fewer player, and play short below their offensive restraining line, for the remainder of the game. Free position Blue at spot of the foul and no White player is placed 4m behind.
 - D. White #20 must leave the field and enter the penalty area for 2 minutes of elapsed playing time and the White team may not sub for her. White team will play with one fewer player and play short below the restraining lines, (offense and defense), for 2 minutes. Free position Blue at spot of the foul, no White player is placed 4m behind.
42. 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? (**Rule 7 Sections 28 & 33**)
- A. 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 lines, (offense and defense), for 2 minutes of playing time. Administer a throw between the White and Blue nearest players to the spot of the ball.
 - B. 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 lines, (offense and defense), for 2 minutes of playing time. Free position to the White player who is nearest to the spot of the check to the head foul. No White player is removed from the field for a card to the coach for bench decorum.
 - C. Blue #30 leaves field and enters the penalty area for 2 minutes of elapsed playing time.

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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 lines, (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.

- D. 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 lines, (offense and defense), for 2 minutes. Card the White team Head Coach for bench decorum. Administer a throw between the nearest White and Blue players to the White team bench.

43. When setting up a free position for a major foul the official should place the offending player 4m behind the free position in relationship to which of the following?

- A. The sideline and the spot of the foul.
- B. The restraining line and the spot of the foul.
- C. The centerline and the spot of the foul.
- D. The center of the goal line and the spot of the foul.

44. White team is in their offensive end of the field and has the ball in the middle of the 8m arc when the trail official whistles for a defensive offside violation. After whistling the trail official realizes Blue team is not offside. How would play be **restarted** by the lead official in this situation? (**Rule 5 Section 24b; AR 5-21**)

- A. White attack player with the ball will restart play from where she was when the whistle was blown. All players in vicinity will remain where they were when the whistle blew and give player with the ball 1m of clear space.
- B. White attack player with the ball will move to the 12m fan and other players will maintain relative positioning to ball carrier. Play will restart with an indirect free position.
- C. White attack player with the ball in the 8m arc must move 8m away from the goal circle for the restart. Players near the ball carrier will maintain relative positioning to the ball carrier and give her at least 1m of clear space.
- D. The official will administer a throw 8m from the goal circle, players near the ball carrier will maintain relative position to the ball carrier for the throw.

45. A White attack player in the 12m fan is looking to shoot and has the opportunity to shoot when the Blue goalkeeper steps outside the goal circle directly in the path of the shooter. The goalkeeper is not marking a White attack player and is not within a stick's length of the ball carrier. What procedures does the official follow? [**Note: This is the first time this has occurred in this game**] (**Rule 6 Section 1k, Rule 7 Sections 4 & 14**)

- A. The official raises a flag to give the Blue goalkeeper an opportunity to return to the goal circle.
- B. The official blows the whistle immediately and cards the Blue goalkeeper for misconduct.

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- Set up an 8m free position for White at the 8m hash mark nearest the spot of the foul. Goalkeeper is placed 4m behind.
- C. The official blows the whistle immediately and penalizes the Blue goalkeeper for "obstruction of the free space to goal". Set up an 8m free position for White at the 8m hash mark nearest the spot of the foul. Goalkeeper is placed 4m behind.
- D. The official raises a flag to give the White attack player an opportunity to shoot.
46. If after a goal by Blue, but 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? (**Rule 4 Section 9 Note**)
- A. Remove extra Blue player. Free position at center to White team. Draw positioning applies. Blue center 4m away on a 45 degree angle.
- B. Remove extra Blue player from the field. Free position to White goalkeeper in her goal circle.
- C. Remove extra Blue player. Free position to White at the top of their defensive 8M arc.
- D. Remove extra Blue player. Free position to White at the center of the field. Blue center 4 m behind.
47. Blue #5 is attempting to make a pass from her defensive end to Blue #10 in the midfield. White #8 pushes Blue #5. Blue #10 does not make the catch and the ball hits the ground 5 yards away from Blue #10. The official blows a whistle and calls the push by White #8. What is the correct free position set up in this situation? (**Rule 7 Sections 2 & 4**)
- A. Free position to Blue #5 at the spot of the foul. White #8 placed 4m behind.
- B. Free position to Blue #10 at the spot where the passed ball hit the ground. Nearest White player placed 4m behind.
- C. Free position Blue #5 at the spot of the foul. White #8 placed 4m away.
- D. Free position Blue #10. Nearest White player placed 4m away.
48. When a blue defense player commits a goal circle violation, other than an illegal deputy, which of the following best describes the penalty administration? (**Rule 7 Section 11**)
- A. White indirect free position on the 12m on the goal line extended with the fouling Blue player at the 8m mark on the goal line extended.
- B. White free position on the 8m mark on the goal line extended with the fouling Blue player 4m to her side below the goal line extended.
- C. White free position on the 8m mark on the goal line extended with the fouling Blue player 4m behind (further from the goal).
- D. White indirect free position on the 8m mark on the goal line extended with the fouling Blue player behind 4m further from the goal.
49. A White attack player who is outside the 8m arc and **on a scoring play** is dangerously checked by
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a Blue defender. The official raises a flag. The White attack player maintains possession and then charges into Blue defender in the 8m arc. What is the proper penalty administration?

(Rule 7 Section 26)

- A. Free position to White on the spot of the first foul, and no closer than 8m to the goal. Blue defender 4m behind.
- B. A throw is taken between the attack player and the defender who fouled, nearest to the spot of the foul that caused play to stop, and no closer than 8m to the goal.
- C. A throw is taken between the attack player and the defender who fouled, midway between the two fouls, and no closer than 8m to the goal.
- D. Free position Blue on the spot of the second foul and no closer than 8m to the goal.

50. Blue attack #10 is fouled by White defense #6 in the center of the field just inside the 12m fan **when she is on a scoring play**. The **goalkeeper is out of the goal circle in the center of the 8m arc marking another attacker** when the Blue team ends the scoring play by turning away from goal. The goalkeeper has not committed a foul and no other fouls have been committed by the defense. After having raised a yellow flag and then blowing the whistle when the scoring play ends, which of the following procedures is proper for the official to follow?

(Rule 7 Sections 13, 21, 22, and 25d)

- A. Free position Blue on the spot of the foul; White #6 or nearest defender 4m behind; all others moved 4m away; penalty lane cleared; goalkeeper stands.
- B. Free position Blue on the nearest 8m hash; White #6 or nearest defender 4m behind; all others moved 4m away; 8m arc cleared; goalkeeper clears into the goal circle.
- C. Free position Blue on the 12m fan; White #6 4m behind; all players including the goalkeeper 4m away.
- D. Free position Blue on the spot of the foul; White #6 or nearest defender 4m behind; all players moved 4m away; Penalty lane cleared; goalkeeper clears into the goal circle.

YOUTH TEST QUESTIONS

Based on 2013 US Lacrosse Official Rules of Girl's and Women's Lacrosse Rules and 2013 Officials Rules for Girl's Youth Lacrosse

TRUE or FALSE

1. **For All Youth Levels** it is illegal for a player to break the plane of the goal circle with her stick on the follow through of a shot.
2. **At the U-11 and U-9 level** a player given a yellow or red card will be required to leave the field and enter the penalty area for 2 minutes and the team will substitute for the carded player.
3. Use of a **deputy** will only be allowed at the **U-15** level.

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4. Any initiated check to the head is a mandatory yellow card (U-15 FC - red card). Any incidental crosse to head contact or contact initiated by the attacker should not be carded.
5. For youth levels playing without a goalkeeper, the official will designate a defensive player who will enter the goal circle to retrieve the ball that has come to rest. This player **must pass or carry** the ball out of the goal circle within 10 seconds. Opposing team may not deliberately block her exit from the goal circle.

MULTIPLE CHOICE

6. For **Level U-15 (FC)** play, what will the officials do when a player initiates a check to the head?
 - A. Whistle. Call time out and issue a yellow card. Player will leave field and enter penalty area for 2 minutes of elapsed playing time and her team will sub for her.
 - B. Whistle. Call time out and issue a red card. Player will leave the field for the remainder of the game. Team will play short below both restraining lines (offense and defense) for 2 minutes of elapsed playing time.
 - C. Whistle. Call time out and issue a yellow card. Player will leave field and enter penalty area for 2 minutes of elapsed playing time and her team will play short below both restraining lines (offense and defense).
 - D. Whistle. Call time out and issue a red card. Player will leave field and enter penalty area for 2 minutes of elapsed playing time and her team will play short for 2 minutes below both restraining lines (offense and defense).
7. **For Level U-13 and below:** If score is kept and a 4 or more goal differential exists which of the following procedures may be utilized to restart play?
 - A. Positioning for the draw will apply. When teams are set, whistle to make all players stand, and award possession at the centerline to a member of the team with fewer goals. This player with the ball **may run or pass, but may not shoot** until another player has played the ball. Place opposing center 4m away on 45 degree angle.
 - B. Award possession at the centerline to a member of the team with fewer goals. This player **may run, pass, or shoot**. Place opposing center 4m away on 45 degree angle.
 - C. Award possession at the centerline to a member of the team with fewer goals. This player **may run, pass, but may not shoot** until another player has played the ball. Place opposing center 4m away on 45 degree angle.
 - D. Award possession at the centerline to a member of the team with fewer goals. This player **may run or pass, but may not shoot until another player has played the ball**. Place opposing center 4m behind.
8. Which of the following statements best defines **modified checking**?

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- A. Checking a crosse that is **partially below shoulder level** in a downward motion that is away from the player's body.
 - B. Checking a crosse **only if the entire crosse is below shoulder level**. The check must be in a downward direction and away from the body.
 - C. Checking a crosse that is **entirely above shoulder level** in a downward motion that is away from the player's body.
 - D. Checking a crosse that is **partially above shoulder level** in a downward motion that is towards the player's body.
9. When **U-9 and U-11** are playing a smaller field with 7 players, which of the following best describes the field dimensions and markings required?
- A. Field 80-90 yards long by 40-50 yards wide, with a goal circle, goal line, 8 m arc, 12 m fan and center line.
 - B. Field 90-100 yards long by 50-60 yards wide, with a goal circle, goal line, 8 m arc and center line.
 - C. Field 70-80 yards long by 30-40 yards wide, with a goal circle, goal line and centerline.
 - D. Field 60-70 yards long by 30-40 yards wide, with a goal circle, goal line, 8 m arc and center line.
10. **For Level U-13 and below:** Which of the following must be present for the umpire to make a call for player holding the ball for more than 3 seconds?
- A. Player with the ball is closely guarded/ marked by a defender, but defender is not in a position where a legal check could be made if checking were allowed.
 - B. Player with the ball may hold the ball as long as she wants, if the defender marking her does not have two hands on her stick.
 - C. Player with the ball is closely guarded/ marked by a defender, the defense has both hands on her stick, and defender is in a position to legally check if checking were allowed. Umpire must give a visual and verbal count.
 - D. Player with the ball is not moving and a defender is closely guarding/ marking her.

NCAA TEST QUESTIONS

Based on 2012-2013 NCAA Women's Lacrosse Rules

TRUE or FALSE

1. When the White attack is found to be offside in their attacking end, the free position will be taken at the spot of the ball by closest Blue defender. White player that had the ball will be 4m behind the free position and closest White player to restraining line will move back on side. (NCAA Rule 7 Section 6)

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2. Failure to properly wear eye guards and/or mouth guard is a delay of game violation. **(NCAA Rule 6 Section 2r)**
3. When the Head Coach is yellow carded for bench decorum, she will select a player from the field to serve the two minute releasable penalty in the penalty area. Team will play short below both their offensive and defensive restraining lines. **(NCAA Rule 7 Section 32 & 33)**
4. Time out must be taken when a free position will be awarded to the attack on the 8m arc (including the "hanging" hash marks). (Rule 4 Section 1)
5. Head coaches and officials will meet with the captains at the center of the field prior to the start of the game. **(NCAA Rule 3 Section 2)**
6. When a yellow card has been issued to the Blue team, the carded player will be removed from the field to the penalty area for a two minute releasable penalty and the Blue team will play short below both their offensive and defensive restraining lines for the penalty time. **(NCAA Rule 7 Section 28)**
7. The game clock will stop on every whistle in the last two minutes of each half regardless of the score. **(NCAA Rule 4 Sections 2 & 3)**
8. The Blue team coach approaches the officials at half time to discuss a question on a call in the first half. The officials do not need to include the White team coach in the discussion. **(NCAA Rule 3 Section 9c)**
9. When a White player receives a red card she will be removed from the field to the penalty area for two minute non-releasable penalty. She will not be eligible to return to the game and her team will play short below both their offensive and defensive restraining lines for the entire 2 minute non-releasable penalty time. The red carded player will not be eligible to play in her team's next game. **(NCAA Rule 7 Section 30)**
10. **In 2012-2013 the points of emphasis** for the umpires will include dangerous propelling, fouls after the shot, and diligence in clearing the 8m arc correctly. **(NCAA Points of emphasis)**

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