

US Lacrosse Rule Changes – 2009 Season

The following rule changes and updates for the 2009 season were passed at the WDBOG's September 2008 meeting, along with editorial and wording changes to the Rule Book outlined below. It is anticipated that the complete Official Rules for 2009 will be available in printed form and on the US Lacrosse website beginning in December, 2008.

Rule Changes

Rule 1 – Playing Area and Goals

We will be adding a Note announcing that for the foreseeable future no changes to the field dimensions or field markings will be made.

Rule 2 – Equipment and Uniforms

Section 5 – A slightly textured ball will be legal. A bright orange color ball will be legal. Home team will have the choice of ball, and the same color ball must be used throughout the game unless both coaches agree to change.

New uniform requirements, to take effect beginning in the **2013** season will be noted in every rule book between now and the 2013 season:

All shirts shall be of a single, solid color with the following trim specifications permitted:

- a. Trim around the collar and waistband and at the cuff of the sleeve or around the arm opening if sleeveless shall not exceed 1 inch in width.
- b. Side inserts (armpit to waistband) may be of contrasting color(s) but shall not exceed 3 inches in width. The inserts must be centered vertically below the armpit.
- c. Numbers shall be centered vertically and horizontally and must be a minimum of eight inches tall on the back and a minimum of six inches tall on the front of the shirt.
- d. Numbers must be of a solid color contrasting with the color of the shirt. The numbers may be trimmed in a contrasting color that shall not exceed 1 inch in width.

Rule 7 – Penalty Administration

Section 28-31 – A team will play short from the first card issued rather than waiting until the fourth card.

When referring to the penalty for a red card we will use the term “ejected” or “ejection” to differentiate the penalty for a yellow card (warning) or a second yellow card (suspension).

Any player or coach receiving a red card will be prohibited from participating in their team's next game.

Youth Rules – Full Checking Program

A new rule level, Level FC (Full Checking) has been adopted for teams that meet **ALL** of the following guidelines:

1. All players on the team must be in 7th or 8th grade, or on U15/U13 teams. No U12 players allowed. Players must average at least 3 years of playing experience.
2. All coaches of participating teams must have US Lacrosse Level 1 coaching certification.

3. The league/program must be in existence for at least 5 years, and must progress players through from Level B or C to Level A before playing Level FC.
4. Games must be officiated by two US Lacrosse rated officials, both of whom must have held a Local rating for a minimum of 2 years.
5. The league must receive approval from the local umpiring board chair that there are sufficient numbers of qualified umpires to adequately cover the games.
6. Any check to the head in a Level FC game will be penalized with a mandatory red card.

Editorial/Wording Changes

Rule 2 – Equipment and Uniforms

Section 8 – Mouthpiece shall be of any readily visible color other than clear or white. The 2009 season has been announced in past rule books as the start of this requirement.

Rule 5 – Play of the Game

Section 22 – Wording was changed to clarify that substitutes entering the game must only be in the team substitution area when a substitution is imminent. No change to the rule on substitutions was made.

Umpire Procedural Change

A number of years ago the procedures on how to deal with off-setting versus subsequent fouls were changed in hopes of providing greater clarity for officials when handling these situations. The change in procedures has not had the intended outcome, and there has been inconsistency with how penalties are administered. While this will not be a rule change per se, there will be revisions to the Umpires Manual on how to administer penalties in these two situations. For Example:

- a. Blue team player with the ball is fouled. Red player is moved behind. Before play restarts the umpire notices the Blue player is wearing jewelry. Old procedure – red player would get the ball. New procedure – throw.
- b. Blue team moves downfield and crosses the restraining line on attack. Red player is called for a foul, and then the umpires discovers Blue is offsides. Old procedure – penalty would depend on if the umpire discovered the offsides before or after the other foul was called. New procedure – throw.
- c. Blue player with the ball is fouled by the red player. Blue is awarded the free position, but the Blue player verbally taunts the red player before play begins. This is considered a subsequent foul and would be a red free position.
- d. Red player is on her way to goal when Blue defender fouls her. Umpire raises her flag allowing the Red player to continue to goal however before a shot is taken the Red player charges. No change in procedure. This will continue to be a throw.
- e. Red player is going to goal, Blue defender fouls her, and a flag is raised. Red player shoots and the flag is lowered but then Red steps into the goal circle. Subsequent foul and the goalie is awarded the ball on the goal circle violation.

Please direct questions to Pat Dillon, Rules Committee Chair, at pdillon656@aol.com