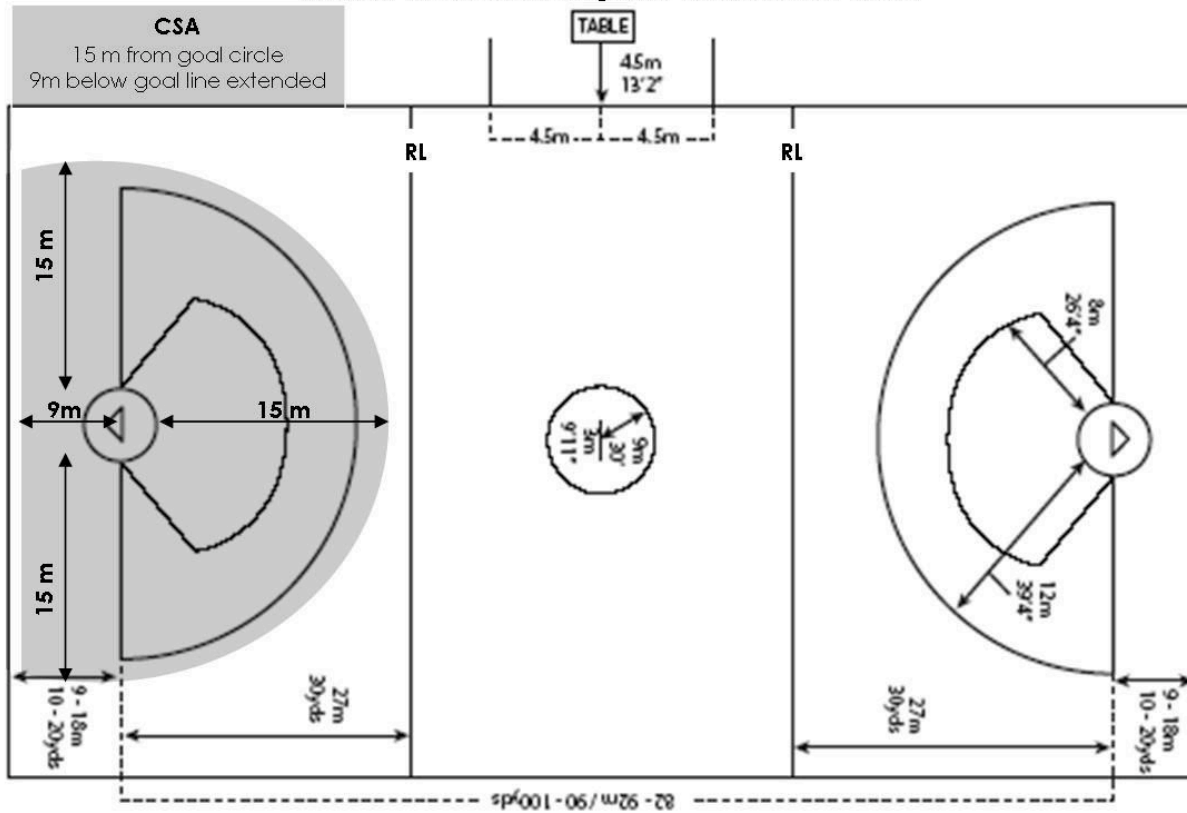


Women's Lacrosse Pregame Conference Card



New Rules/Mechanics/Signals

Pregame responsibilities

- Check field conditions, goal, net
- Meet with scorers, timer
- Discuss captains/coaches meeting, coin toss

Draw

- Mechanics, responsibilities (start of game, after goals, start of 2nd half, overtime)
- Trail off ball, restraining line and circle violations

Coverage Responsibilities

- PCAs, communication in overlapping responsibilities (midfield, corners, CSA)
- LEAD - ahead of play in transition, end line and closer boundary, goal, goal circle, dangerous shot, primary in CSA and 8m
- TRAIL - follow play in transition, closer sideline, restraining line, CSA and 8m, illegal picks, 3 sec., shooting space, dangerous follow through
- BENCH SIDE - communicating with table, bench, coaches

Fouls

- Communication - eye contact, signals, voice
- Double whistle
- Penalty administration (POO)
- Card administration, recording
- Restart responsibilities

Fouls in CSA

- Committed by defense or offense
- 8m or 12m (clear arc, lane, or both)
- Help from trail, watch players repositioning

Goals

- Lead's primary responsibility
- Check partner (Trail check dangerous follow through, dangerous propelling, or player on the ground)

Time Out Procedures

- Players drop crosses on possession T.O.

Injured Players

Shot Near End of Half; End of Game Procedures

Overtime Procedures (see reverse)

Other Concerns

- Fouls in special situations (multiple fouls)
- Offsides situations (defense, attack, double)
- Incorrect penalty administration
- False starts on 8m
- Ball goes OOB after travelling long distance
- Bench and player decorum
- Carding /ejections procedures
- Weather/field conditions changes
- Clock working improperly
- Timing under 2 minutes

CWLOA LIGHTNING POLICY

Following a stoppage for lightning, a game will not restart until 30 minutes after the last visible strike. A game is considered legal and complete, if 80% of playing time has elapsed. A game interrupted before 80% completion and not restarted on the same day, must be replayed in its entirety.

[50 minute games – 80% = 40 minutes]

WARM UP TIME

After the Visiting Team arrives at the host site, the players are allowed at least 15 minutes of warm up. JV teams play a regulation game unless if agreed upon by both coaches to shorten time.

OVERTIME (regular season)

All varsity games ending regulation time with a tie will play ONE - 6 minute overtime divided into (2) - three minute, stop-clock periods. Teams change directions after first OT period immediately without time out, The Overtime must be played in its entirety.

RED CARD

All red cards shall be reported to CIAC. When an athlete or coaches action warrants a **Red Card** for unsportsmanlike behavior or fighting they are immediately suspended from the game. Contact the Jen Whelan at jlwhlean2@cox.net who will report red cards to the CIAC office.

| <i>MAJOR Fouls – Rule 6 – Section 1</i> | <i>MINOR Fouls – Rule 6 – Section 2</i> |
|--|---|
| <p>A. Rough/Dangerous Check B. Check to the Head C. Slash D. Holding when opponent has possession of the ball E. Crosse in the Sphere F. Illegal Contact (crosse to body) G. Illegal Use of the Crosse H. Hooking the crosse I. Reach Across the Body J. Illegal Cradle</p> <p>K. Blocking L. Charging M. Pushing N. Obstruction of Free Space to Goal</p> <p>O. Three seconds (defense) P. Illegal Pick Q. Tripping R. Detaining S. Forcing Through</p> <p>T. False Start U. Playing the Ball off an Opponent (to make it go OB) V. Dangerous Propelling</p> <p>W. Dangerous Follow-through X. Dangerous Shot (only applies to shots on goalie) Y. Illegal Shot (from an indirect free position) Z. Check the Crosse of an Opponent when the stick is above the shoulders (Youth only) a. Offside b. Illegal Deputy</p> | <p>A. Covering B. Empty Stick Check C. Warding D. Hand Ball</p> <p>E. Squeeze the Head of Crosse F. Body Ball (deliberate action) G. Throw her crosse H. Take part in the game without a crosse I. Draw Illegally J. Step on or into the center circle to early on a draw K. Illegal Crosse L. Score a goal without a field crosse M. Adjust the stick after a request for stick check N. Request a second check for any stick meeting specifications O. Fail to be ready to start play P. Jewlery Q. Illegal Uniform R. Illegal Substitution S. Delay of Game (mouthpiece, moving on a whistle) T. Play from OB U. Illegal entry From OB</p> <p>V. Illegal Timeout (a request for TO after two have been used)</p> |