

New Rules – 2019

The following document will outline the new F.I.L. rules and clarifications implemented October 1st, 2018. All associations will adopt and play by these rules as they are the playing regulations at Provincial Cup, O.W.F.L league and championship play, and F.I.L. events. Part (A) will provide a summary for coaches and Part (B) will provide the link to the rules as written in the new F.I.L. rulebook.

PART A: SUMMARY OF THE NEW RULES

1. NUMBER OF PLAYERS ON THE FIELD: 10 (3 attackers, 3 midfielders, 3 defenders, 1 goalie)

GUIDANCE: The play will be 6 v 6 below the restraining lines (3 attack/3mid vs. 3 mid/3def & 1 goalie). There will be 3 pairs of attack/defense above the restraining lines.

2. TIME OF THE GAME: In U15,U19 and Senior there will be 4 x 12.5 minute quarters. In U11 and U13 there will be 4 x 10 minute quarters. In quarters 1, 2, & 3, the clock stops in the last **30 seconds** on the umpire's whistle. In the 4th quarter, the clock stops on the umpire's whistle in last **2 minutes**.

3. READY TO DRAW 30 SECONDS AFTER THE GOAL IS SCORED: The clock is not stopped after goals. The draw girls must be at the centre line, ready for the umpire to place the ball in her stick, 25 seconds after the goal signal. The draw will occur 30 seconds after the goal is scored.

GUIDANCE: If a team is not ready to draw, a delay of game penalty may be applied. The official will use their voice to hurry them along. If deemed intentional, or a team is dawdling, possession will be awarded to the team that is ready to draw.

4. POSSESSION OFF THE DRAW – IN U19 AND SENIOR ONLY: Teams must stay below the restraining line until the official signals and verbally indicates 'possession' after the draw. Players below the restraining line may reach over with their stick, but may not touch any part of the line with their foot or body.

GUIDANCE: When a player commits a draw violation (ie. not waiting for possession on the restraining line), the free position is at the spot of the ball and the player will move 4 m to the side. This is **not** an opportunity for self-start.

5. CONSISTENT MINOR FOUL PLACEMENT: All minor foul infractions will be penalized the same. The offending player will move 4m to the side of the ball carrier.

GUIDANCE: The old rule states "the offender moves 4m in the direction she came from". Now, placement will be consistent (4m to the side).

6. SELF-START (IN U19 AND SENIOR ONLY): Following a whistle for a major or minor foul outside the 15m Advantage Flag area, the player awarded the free position may continue to play when both her feet are stationary on the ground and the ball is in her crosse, without waiting for an additional whistle to restart play. Self-start is not an option when:

1. the game clock is stopped
2. the ball is out of bounds including the side line and end line
3. there is a restraining line violation
4. there is an illegal draw
5. major or minor fouls occurring in the 15m Advantage Flag area including offensive and goal circle fouls

GUIDANCE: This is not the same as 'free movement'. All other players on the field must stand on the whistle. The player who fouled, adjusts her position to 4m behind or beside the ball. The ball carrier has the decision to restart after her feet become stationary. If the ball rolls more than 2.5m away, the ball carrier must bring the ball back to the spot of the foul to self-start. If the umpire has to set the free position, it will not be a self-start.

PART B: F.I.L. RULE BOOK LINK

<https://filacrosse.com/wp-content/uploads/2018/11/2018-2019-WomensRuleBook-OnlineA4final-v1.02.pdf>