

## Women's/ Girls Lacrosse Restart Tips 2004

<b>MAJOR FOULS</b>	<b>Inside Critical Scoring Area, Inside 8m Arc</b>	<b>Inside Critical Scoring Area, Outside 8m Arc</b>	<b>Outside Critical Scoring Area</b>
<b>Against Defense</b>	<p>All players stand                      Direct Free Position at nearest hash mark on 8m arc                      Offender directly behind on 12m fan</p> <p>Clear 8m arc and penalty lane (shortest route out)                      Goalie may reenter crease if she did not commit foul</p>	<p>All players stand                      Direct Free Position at spot of foul</p> <p>Offender 4m directly behind</p> <p>Clear penalty lane</p> <p>Goalie may reenter crease if she did not commit foul</p>	<p>All players stand                      Direct Free Position at spot of foul</p> <p>Offender 4m directly behind</p> <p>Penalty lane not cleared; all other players hold position                      Goalie may reenter crease if she did not commit foul</p>
<b>Against Offense</b>	<p>All players stand                      Direct Free Position at nearest hash mark on 8m arc                      Offender 4m directly behind                      Penalty lane not cleared; all other players hold position                      Goalie may reenter crease if she did not commit foul</p>	<p>All players stand                      Direct Free Position at spot of foul</p> <p>Offender 4m directly behind                      Penalty lane not cleared; all other players hold position                      Goalie may reenter crease if she did not commit foul</p>	<p>All players stand                      Direct Free Position at spot of foul</p> <p>Offender 4m directly behind                      Penalty lane not cleared; all other players hold position                      Goalie may reenter crease if she did not commit foul</p>
<b>Simultaneous/Offsetting</b>	<p>All players stand                      Throw at least 8m from goal circle                      Position opposing players perpendicular to field, defender nearer her goal                      Position other players at least 4m away.</p>	<p>All players stand                      Throw at point of fouls                      Position opposing players perpendicular to field, defender nearer her goal                      Position other players at least 4m away.</p>	<p>All players stand                      Throw at point of fouls                      Position opposing players perpendicular to field, defender nearer her goal                      Position other players at least 4m away.</p>

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<b>MISCONDUCT</b> (treat generally like Major)	Inside Critical Scoring Area, Inside 8m Arc	Inside Critical Scoring Area, Outside 8m Arc	Outside Critical Scoring Area
<b>Against Defense</b>	All players stand	All players stand	All players stand
	Show card to offender (who must leave field for 3 minutes, may be subbed)	Show card to offender (who must leave field for 3 minutes, may be subbed)	Show card to offender (who must leave field for 3 minutes, may be subbed)
	Direct Free Position at nearest hash mark on 8m arc	Direct Free Position at spot of foul	Direct Free Position at spot of foul
	Replacement directly behind on 12m fan	Replacement 4m directly behind	Replacement 4m directly behind
	Clear 8m arc and penalty lane (shortest route out)	Clear penalty lane	Penalty lane not cleared; all other players hold position
	Goalie may reenter crease if she did not commit foul	Goalie may reenter crease if she did not commit foul	Goalie may reenter crease if she did not commit foul

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<b>MISCONDUCT</b> <b>(treat generally like Major)</b>	Inside Critical Scoring Area, Inside 8m Arc	Inside Critical Scoring Area, Outside 8m Arc	Outside Critical Scoring Area
<b>Against Offense</b>	All players stand	All players stand	All players stand
	Show card to offender (who must leave field for 3 minutes, may be subbed)	Show card to offender (who must leave field for 3 minutes, may be subbed)	Show card to offender (who must leave field for 3 minutes, may be subbed)
	Direct Free Position at nearest hash mark on 8m arc	Direct Free Position at spot of foul	Direct Free Position at spot of foul
	Offender 4m directly behind	Offender 4m directly behind	Offender 4m directly behind
	Penalty lane not cleared; all other players hold position	Penalty lane not cleared; all other players hold position	Penalty lane not cleared; all other players hold position
	Goalie may reenter crease if she did not commit foul	Goalie may reenter crease if she did not commit foul	Goalie may reenter crease if she did not commit foul

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<b>MISCONDUCT</b> <b>(treat generally like Major)</b>	<b>Inside Critical Scoring Area, Inside 8m Arc</b>	<b>Inside Critical Scoring Area, Outside 8m Arc</b>	<b>Outside Critical Scoring Area</b>
<b>Simultaneous/Offsetting</b>	All players stand	All players stand	All players stand
	Show card to offenders (who must leave field for 3 minutes, may be subbed)	Show card to offenders (who must leave field for 3 minutes, may be subbed)	Show card to offenders (who must leave field for 3 minutes, may be subbed)
	Throw at least 8m from goal circle	Throw at point of fouls	Throw at point of fouls
	Position opposing players perpendicular to field, defender nearer her goal	Position opposing players perpendicular to field, defender nearer her goal	Position opposing players perpendicular to field, defender nearer her goal
	Position other players at least 4m away.	Position other players at least 4m away.	Position other players at least 4m away.

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<b>MINOR FOULS</b>	<b>Inside Critical Scoring Area, Inside 12m Fan</b>	<b>Outside Critical Scoring Area</b>
<b>Against Defense</b>	All players stand	All players stand
	Indirect Free Position at nearest spot on 12m fan	Indirect Free Position at spot of foul
	Offender 4m away in direction of movement prior to foul	Offender 4m to side.
	Penalty lane not cleared; all other players hold position	Penalty lane not cleared; all other players hold position
	Goalie may reenter crease if she did not commit foul	Goalie may reenter crease if she did not commit foul
<b>Against Offense</b>		
	Same as Against Defense	Same as Against Defense
<b>Simultaneous/Offsetting</b>		
	Same as Major foul	Same as Major foul

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<b>GOAL CIRCLE FOULS</b>	
<b>Illegal Deputy (treat as Major Foul)</b>	All players stand Direct Free Position at center hash mark on 8m arc Deputy directly behind on 12m fan Penalty lane not cleared; all other players hold position Goalie stands, may NOT reenter crease
<b>Against Defense</b>	All players stand Indirect Free Position 12m to side of goal (at corner of 12m fan) Offender 4m to side Penalty lane not cleared; all other players hold position Goalie stands, may NOT reenter crease
<b>Against Offense</b>	All players stand Indirect Free Position by Goalie or Deputy inside goal circle Offender 4m to side Penalty lane not cleared; all other players hold position Goalie stands, may NOT reenter crease