



2017 US Lacrosse Girls Rules Exam

True or False

1. Two small circles (dots) 5-6 inches in diameter must be added to the field behind each goal. The circles should mirror each other, 5 yards from the marks on the goal line extended for the purpose of penalty administration.
2. The game ball may only be yellow.
3. While the official is setting the draw the center from the Blue team realizes she has no mouthpiece and runs to the bench to grab one, upon her return the official assesses a minor foul and awards the opponent a free position to resume play.
4. A player's mouthpiece may have graphics of white teeth.
5. A goalkeeper may have more than two shooting strings and they may be shoestrings.
6. A player with a broken nose may wear a facemask with her goggles for further protection.
7. On the draw, all players below the restraining line may not cross the line until the official signals by winding her arm that a player of either team has gained possession of the ball.
8. During the draw, the Red center draws early and a White player steps into the center circle before the whistle, alternate possession is awarded to the appropriate team.
9. Obstruction of Free space to goal should be called if the ball carrier is inside the Critical Scoring Area and has the opportunity to shoot. Looking to shoot is not a criteria for the call to be made.
10. The officials may choose to have the Alternate Possession indicator point in the direction the team is attacking or be on the side of the table closest to the bench area of the team.
11. While the Blue team is moving the ball in a stall, the Red team coach may ask for a stick check and the officials must stop play to allow for the stick check.
12. Both three seconds and Obstruction of the Free Space to Goal rules are in effect once the ball crosses over the restraining line.
13. Eye black worn on the face, must be one solid stroke with no logos, numbers, or letters and shall not extend further than the width of the eye socket or below the cheekbone.
14. Upon a goal being scored that ends the game in overtime, the coach of the team that was scored upon may call for a stick check on the player that scored.
15. During the draw the goalkeeper may not be between the restraining lines. She may not take the draw, shoot or score for her team.
16. If both teams commit a draw foul and a redraw is to be taken the coach is allowed to substitute for her center.
17. In order to get the ball out of a scrum, a player may safely kick the ball to open space on the field to gain possession of the ball.
18. When an opponent pushes, shoves or thrusts a player that is in a defenseless position the official will call the foul and card the offender; this card may be yellow or red depending on the severity of the action.



19. The Blue team is on a scoring play and red is committing a three seconds foul. The official shall pull her flag. If the scoring play ends without a shot being taken, and no other foul committed. The penalty shall be set up at the spot of the ball when the official pulled her flag.
 20. If during a slow whistle situation, the attacking player with the ball steps into the goal circle while releasing her shot, alternate possession will be awarded to the appropriate team.
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Multiple Choice

21. The 2017 Points of Emphasis are:
 - a. Game Management, Attack Fouls, Dangerous Contact
 - b. Sportsmanship, Dangerous Play, Offensive Fouls
 - c. Game Management, Illegal Defensive Positioning, Dangerous Propelling and Dangerous Follow Through
 - d. Sportsmanship, Goal Circle Fouls, Offensive Fouls
22. During the course of the game it is determined that the ball in play does not include “meets NOCSAE standard”. What shall the official do?
 - a. The ball shall be removed, the home team will be assessed a penalty and lose possession if applicable.
 - b. The ball shall be removed from the game and no penalty shall be assessed.
 - c. The ball shall be removed, if a goal has been scored with the ball, the goal is allowed.
 - d. Both B and C
23. After a draw, and before possession is established the ball touches a red player and goes out of bounds between the restraining lines. How will play be restarted?
 - a. A redraw will be taken because no possession was gained.
 - b. The blue center will be given possession at the spot of the center draw.
 - c. The blue player closest to the ball will be awarded the ball 2 meters inside the boundary.
 - d. The blue player closest to the ball will be awarded the ball 4 meters inside the boundary.
24. Which of the following is considered an illegal draw?
 - a. Drawing before the whistle
 - b. Any player stepping over the restraining line before a team gains possession if the ball is between the restraining lines
 - c. Not drawing
 - d. All of the above



- 25.** A redraw should be taken when which of the following occur?
- The Blue center draws early and a red player on the circle pushes an opponent.
 - A player on the circle pushes her opponent causing that opponent to cross into the circle before the whistle is blown to start the draw
 - The red center's first movement on the draw is to drop her cross head flat to better control the ball and a blue player on the circle steps into the circle before the whistle.
 - None of the above
- 26.** An inadvertent whistle for restraining line is blown when no one is offside. The person in possession of the ball is only 3m from the goal circle. How is play restarted?
- The player with the ball and all those around her will remain where they are and play will be restarted at the spot of the ball.
 - Alternate possession will be awarded at the closest hash mark on the 8m arc.
 - The player with the ball and all those around her will move 8m away from the goal circle and play will be restarted at the spot of the ball.
 - Alternate possession will be awarded 8m out to either side level with the goal line.
- 27.** When the score is tied at the end of regular playing time and overtime is to be played, which of the following procedures should be followed by the officials?
- Teams will have a 3-minute rest and Captains will toss a coin for choice of ends and initial alternate possession.
 - Teams will have a 5-minute rest and Captains will toss a coin for choice of ends only. Alternate possession shall continue from regulation.
 - Teams will have a 3-minute rest and Captains will toss a coin for initial alternate possession. Goalkeepers will switch ends based on where they were when regulation ended.
 - None of the above.
- 28.** In which of the following scenarios is a player NOT allowed to safely kick the ball?
- The ball is on the ground between opposing players and one player is trying to gain possession.
 - A shot is taken and in order to be closest to the ball a blue player kicks the ball out of bounds.
 - The ball is on the ground in front of the goal and the red player kicks the ball into the goal circle in attempt to score a goal.
 - Both B and C
- 29.** When is boundary NOT awarded to the closest player on a shot?
- When the closest player is out of bounds before the ball is out of bounds
 - The ball is touched by any player and continues out of bounds
 - When the closest player redirects the ball to her advantage and it goes out of bounds
 - Both a and c



- 30.** In which of the following scenarios should the official NOT blow an immediate whistle?
- The goalkeeper comes out of the goal circle and her team loses possession. Her teammate runs into the goal circle to attempt to deter the opponent with the ball from going toward goal.
 - There is an Obstruction of Free Space to goal violation
 - The ball carrier is heading to goal and on her way she is checked in the head, although she is somewhat off balance, she continues to goal.
 - The goalkeeper carries the ball out of her goal circle and is immediately pressured by the opponent but maintains possession. Her teammate goes into the goal circle to receive a pass from the goalkeeper.
- 31.** Which criteria below needs to be met before an official should raise her flag?
- The attacking team is on a scoring play
 - The defense commits a foul
 - The ball is in the Critical Scoring Area
 - All of the above
- 32.** Blue #1 is at about the 10 meter area inside the Critical Scoring Area and Red#1 cross checks her, because she is on a scoring play the official pulls her flag. Blue #1 carries the ball below the goal line and is about to pass the ball to a wide open teammate in front of the goal circle but as she does so she is pushed, dislodging the ball. Where should the penalty be set up?
- Since the foul ending the scoring play was below the goal line extended it must be set up on the nearest dot
 - Since the only foul above the goal line extended was at about the 10 meter area, the penalty should be set up at the spot of the first foul
 - On the closest outside (hanging) hash mark, above the goal line extended, closest to the second foul.
 - Directly behind the goal circle because that was the spot of the last foul.
- 33.** What is the proper procedure for administering delay of game cards?
- First violation is a green card to the offending team, minor foul, and change of possession. Second violation is a green/yellow card to the offending player, minor foul and change of possession, this card will be included in the team card count. Any subsequent violation is a green/red card to the offending player, major foul, change of possession, offending player must leave the field and a substitute must take her place, this card will be included in the team card count.
 - First violation is a green card to the offending player, minor foul and change of possession. Second violation is a green/yellow card to the offending player, minor foul and change of possession, this card will not be included in the team card count. Any subsequent violation is a green/red card to the offending player, major foul, change of possession, offending player must leave the field and a substitute must take her place, this card will not be included in the team card count.



- 36.** While play is going on a player goes to the ground with what appears to be an injury, the player is not getting up so the official blows the whistle and stops play to check on her. What is the correct next step?
- If the player gets up on her own, no one has come onto the field to attend to her so she may say and the official shall resume play.
 - If the player gets up on her own, no one has come onto the field to attend to her she must leave the field before play is resumed.
 - If a trainer comes onto the field to attend to her she must leave the field before play is resumed.
 - Both B and C
- 37.** As Blue #1 on attack is heading to goal she shoots the ball and hits a teammate, Blue #2, who is all alone in front of the goal circle. The official shall.
- Nothing, a player cannot cause danger to her own teammate
 - Call a body ball on Blue #2 and give the closest defender the ball 8 meters away from the goal, no one is place 4 meters behind.
 - Call dangerous propel, card Blue #1 , give the ball to the goalkeeper and Blue #1 will be placed 4 meters behind the goal circle.
 - Call dangerous propel, card Blue #1, give the ball to the closest opponent 8 meters away from the goal, no one is placed 4 meters behind.
- 38.** Which of the following is a minor foul
- False start
 - Three seconds
 - Offsides
 - Illegal Crosse
- 39.** Which situation should the official call Obstruction of Free Space to Goal (Shooting Space) when a non-marking opponent is standing between the ball carrier and the goal and not within a stick's length of the ball carrier?
- The attack player is being double or triple teamed, and has no opportunity to shoot
 - The ball carrier is outside the 12 meter fan
 - The ball carrier catches a pass from a teammate to her left side and passes the ball to another teammate on her right side, both teammates are positioned on the outside of the ball carrier.
 - The ball carrier is one step inside the 12 meter arc and the opponent is standing on the 8 meter arc.



- 40.** What procedure should the officials follow if a head coach is assessed her first yellow card of the game for misconduct?
- The coach must designate a player who must leave the bench area and enter the penalty area to serve the entire two minutes of elapsed playing time. The card will not count toward the team's cumulative card count.
 - The coach must designate a player who must leave the field and enter the penalty area to serve the entire two minutes of elapsed playing time. The card will count toward the team's cumulative card count.
 - The coach must designate a player who must leave the bench area and enter the penalty area to serve the entire four minutes of elapsed playing time. The card will count toward the team's cumulative card count.
 - The coach must designate a player who must leave the field and enter the penalty area to serve the entire four minutes of elapsed playing time. The card will not count toward the team's cumulative card count.
- 41.** A White player has her head down attempting to pick up a ground ball and is in a defenseless position when a Blue opponent approaches from behind and thrusts her crosse into White's lower back. What is the foul and how shall it be administered?
- Dangerous Follow Through, major foul, a mandatory yellow card should be administered to the Blue player, free position for White, no player behind.
 - Dangerous Contact, major foul, a mandatory yellow card should be administered to the Blue player, free position for White, no player behind.
 - Crosse-Check, major foul, free position for White. Blue player 4m behind the free position.
 - Improper Use of the Crosse, minor foul, free position for White, Blue player 4m to the side of the free position.
- 42.** White has the ball just outside the 12 meter fan when the Blue defender inside the 8 meter arc is called for three seconds. What is the penalty administration?
- Major foul. The Free position will be awarded at the nearest 8 meter hash mark to the spot of the foul to restart play. The offender shall go 4m behind the player with the ball.
 - Minor Foul. The Free position will be awarded at a spot on the 12 meter fan nearest to the spot of the foul to restart play. The offender shall go 4m to the side of the player with the ball.
 - Minor Foul. The Free position will be awarded at a spot on the 12 meter fan nearest to the spot of the foul to restart play. The offender shall go 4m away from the player with the ball relative to her position at the time of the foul.
 - Major foul. The free position will be awarded at the spot of the ball to restart play. The offender shall go 4m behind the player with the ball.



- 43.** Following a minor foul in the 12 meter fan, the blue team is awarded an Indirect free position on the fan, all other players are 4 m away. The ball carrier runs behind the goal circle untouched, and comes to the front of the goal and shoots. How is this penalty administered?
- a.** The ball is given to the goalie, the shooter is placed 4 meters behind the goal circle.
 - b.** Because the ball carrier went below the goal line extended the ball will be awarded to the defender closest to the dot, the shooter will be 4 meters behind the ball.
 - c.** The ball is given to the closest defender to the shooter 8 meters away from the goal circle, the offender is placed 4 meters behind the ball.
 - d.** Alternate possession will be awarded to the appropriate team on the goal line extended, the shooter will be placed 4 meters away from the ball.
- 44.** Following a goal scored by Blue #1, the red team coach asks for blue #1's stick to be checked. The stick is illegal. How is play restarted?
- a.** Free position at the center line for red, blue center 4m away on a 45 degree angle. Player positioning for the draw shall apply.
 - b.** Free position at center line for red, blue center 4m directly behind the free position. Player positioning for the draw shall apply.
 - c.** Free position for the red goalkeeper, Blue #1 is 4m behind the goal circle, all other players 4m away.
 - d.** Free position to the nearest red defender on the center 8m hash mark going out, Blue #1 is 4m behind the free position.
- 45.** The official blows whistle for the defense offsides when the ball is directly behind the goal circle, where will the attack be awarded a free position?
- a.** At the closest circle (dot). Closest defense player will go 4m behind, defense player closest to the restraining line will move back onsidess.
 - b.** At the spot of the ball. Closest defense player will go 4m behind, defense player closest to the restraining line will move back onside.
 - c.** 8m out to either side level with the goal line. Closest defense player will go 4m behind, defense player closest to the restraining line will move back onside.
 - d.** At the restraining line. Closest defense player will go 4m behind, defense player closest to the restraining line will move back onside.



- 46.** Defensive player B1 is called for an illegal check against A1. Play is stopped and A1 is awarded a free position. Before play is restarted, the official notices that A1 is wearing jewelry. What action should the official take?
- Green card A1's team captain and award the ball to B1 with all other players 4 meters away.
 - The jewelry violation is a subsequent foul. B1 should be awarded a free position at the spot of the foul. A1 must remove the jewelry without delay before play is resumed or a substitute takes her place.
 - The jewelry violation is a simultaneous foul. Alternate possession is awarded for offsetting fouls. A1 must remove the jewelry without delay before play is resumed or a substitute takes her place.
 - Player B1 violated a major foul and player A1 violated a minor foul, therefore, B1 will be penalized and a free position is awarded to A1. A1 must remove the jewelry without delay before play is resumed or a substitute takes her place.
- 47.** A blue attacker positioned directly in front the goalkeeper in her goal circle, fires a hard, fast shot at the goalkeepers head from close range not allowing any time for the goalkeeper to react. The official calls a Dangerous shot, how will the official administer this penalty.
- The goalkeeper will be given the ball at the 8 meter arc heading out with the blue shooter 4 meters behind.
 - The official should not make call, the goalkeeper is wearing a helmet.
 - The defender closest to the blue shooter will be given the ball on the 8 meter arc heading out with the shooter behind and all other players 4 meters away
 - The ball will go to the goalkeeper in the goal circle with the shooter 4 meters behind the goal circle.
- 48.** The White defense has received a yellow card and is playing short a player for 2 minutes; Blue attack is on a scoring play. Trail official discovers the White team has only 3 players behind the restraining line. The trail umpire raises her arm to indicate White defense is offside. Blue shoots and the White goalkeeper saves the shot and now has possession of the ball in the goal circle. What procedures should the officials follow?
- The official will continue to hold her whistle because the defense is not impacting play.
 - The official will call the offsides and then Blue attack will be awarded a free position at the center of the 8m arc. Closest defense player will go 4m behind. Defense player closest to the restraining line will move back outside. The arc will be cleared.
 - The official will call the offsides and then award an alternate possession to the appropriate team.
 - The official will call the offsides and then Blue attack will be awarded a free position at the center of the 12m fan. Closest defense player will go 4m behind. Defense player closest to the restraining line will move back outside. Penalty lane will be cleared.



- 49.** Green attacker has just scored a goal. As she moves up field towards the center circle she pushes the White team defender who had been marking her. What action should the officials take?
- a.** No goal. Blow whistle to ensure all players stand. The White player who was pushed will be awarded the ball at the spot of the foul. The goal scorer will serve the penalty 4m directly behind.
 - b.** Goal counts since the pushing foul occurred well after the goal was scored. The foul is called and the White team will be awarded a free position at center to restart play.
 - c.** No goal. The player that scored the goal then committed a foul. The White team will be awarded a free position at center to restart play.
 - d.** Goal counts since the pushing foul occurred well after the goal was scored. Blow whistle to ensure all players stand. The White player who was pushed will be awarded the ball at the spot of the foul. The goal scorer will serve the penalty 4m directly behind.
- 50.** After blue attack #1 takes a side arm shot on goal, the follow through of stick hits a stationary defender, Red#1, in the side of her body. What steps should the official take?
- a.** Award the goal, no foul because the stick did not hit the defender in the head area.
 - b.** Award the goal, call the foul, "dangerous play", and award possession to red at the center.
 - c.** No goal, card Blue #1 for Dangerous Follow Through, award possession to the red defender that was hit with the stick at the 8 meter heading away from her goal, no opponent will go behind.
 - d.** No goal, card Blue #1 for Dangerous Follow Through, award possession to the red center at the midfield.