

# 2014 National Conference



## Non-Contact Sports – Women's Lacrosse?

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AUSTRALIAN LACROSSE ASSOCIATION

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# Presentation Title

## The Who, What and How of Body Contact in Women's Lacrosse

Women's lacrosse is a non-contact body sport so why are there so many rules about body contact?

Lacrosse is a fast moving game and some players can, or can't move as fast as others which may cause body contact . Sometimes it's incidental contact, sometimes it's accidental contact, sometimes it's intentional contact. It's up to the umpire to make this decision.



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## Body Contact Philosophy

Decisions relating to body contact are judgement calls and must be made with regard to the following principles:

1. It is the duty of each player not to initiate illegal contact.
2. A player is entitled to a legal field position that is not already occupied by an opponent, and in taking that field position, she must allow her opponent a chance to stop and/or change direction to avoid contact.  
A player may not use her stick or body to initiate personal contact with an opponent that is forceful, dangerous or intimidating ,that interferes with an opponent's legal play.

Not all body contact is illegal contact.

## Who has legal position?

Body contact will probably occur when players are moving to make a play on a ground ball, when a defender is closely marking her opponent, or when a player moves to get around a legally set pick or screen.

It's not always the defender's fault if contact occurs. She is entitled to a legal defensive body position being the width of her shoulders and her arms extended in front of her body holding her stick.

The attack player can 'meet and greet' the defender but must not continue her forward momentum by moving into the defender's legally held space. Major foul – Charge (attack).

If the defender bends her arms she cannot take back her previously legal space if this causes contact to the attack. Major foul – Push (defender).

When a Push is flagged on a scoring play, play continues until the scoring play is no longer viable, or a goal is scored.

When Charge/Push fouls occur simultaneously they are offsetting and the umpire takes a Throw no closer than 15m of goal or at the spot of the foul if this occurs mid-field.

- It is vital for the umpire to be in the right position to look for the space between the players to see who initiated the contact that caused the foul. By being in the correct position, this enforces to the players and coaches that the foul has been seen and the appropriate penalty has been administered.

- When a Charge foul occurs, the umpire stops play and awards a Major foul position to the defender.

- When Push or Charge fouls occur midfield, on or off the ball, the umpire stops play and awards a Major foul to the player who initiated contact.

- Blocking,
- barging,
- shouldering,
- pushing with the hand,
- backing into an opponent,
- forcing through a legal double team,
- detaining,
- holding,
- tagging,
- pushing against an opponent's body/clothing/stick with her arm/leg/body,

also needs the umpire to be in a good position to see who initiated the contact.

Communication between the umpiring team is essential so that the umpires are on the same page when awarding penalties and warning cards.

Repeated fouls by players must be noted by the umpires as these are usually body contact fouls and the player should be penalised by receiving a personal warning card (Yellow card). The next Major foul by that player must be penalised with awarding Yellow/Red cards.

Time out must be called to issue any Warning Card which must be clearly shown as they are a warning to ALL players. The earlier in a game fouls are penalised with a Warning Card the better the game should be in controlling unacceptable play.

This essential procedure establishes and maintains player safety, also noting that an immediate whistle can prevent repetitive fouls occurring.

Always use your whistle, flag, signals, and warning cards to communicate decisions.

Vary the tone of the whistle so that players become aware that a loud whistle is indicative that the type of play is not acceptable and will not be tolerated.

Project good body language reflecting confidence by standing tall. Move your feet to see the play rather than bending to look through and around players.

## Immediate Yellow Cards - Body Contact Fouls

- A check that makes contact with a player's head.
- Dangerous propelling.
- Dangerous or uncontrolled follow through.
- Swipe, with or without contact with an opponent's body.

## Non-body contact Major Fouls

- 3 seconds – a defender cannot stay in the marking area in **front** of the goal circle unless she is marking an opponent within a stick's length, or is marking an opponent **directly behind the goal circle**.

- Obstruction of the Free Space to Goal denying the attacking team the opportunity to shoot safely within 15m. The attack player with the ball must be looking to shoot **and** have the opportunity to do so.

OFS does not apply if defenders are legally marking players **within a stick's length**.

- Obstruction of the Free Space to Goal denying the attacking team the opportunity to shoot safely within 15m of the goal. The attack player with the ball must be looking to shoot **and** have the opportunity to do so.

This is a safety issue that requires an immediate whistle to prevent injury.

- A goalkeeper wholly outside the goal circle must not play the ball with any part of her body.

- An unprotected field player/deputy may not illegally remain in the goal circle.



- Recognise that the game is for the players and an official shouldn't determine the outcome or change the pace of the play.
- Recognise that you aren't perfect, but you will make every endeavour to call a 'perfect' game every time you step onto the field.
- Strive to gain the satisfaction in completing a quality performance at any level of the game.
- An official can benefit the sport with knowledge to the players, coaches and officials with appropriate and correct use of the rules, especially the rules that encourage safe play.
- Good luck and enjoy your game.