

NZWLA RULES UPDATE

Change in Women's International Rules

Following the recent [World Lacrosse announcement](#) of a change to World Lacrosse Rules, this update will provide key high level information of the rule changes for NZ Women's Lacrosse.

The NZWLA intends to adopt these rules in the same timeframe as World Lacrosse, and will be in effect from 1 January 2020. The Senior Nationals in March 2020 will be the first NZWLA tournament where the rules will be in effect.

However, the regions across New Zealand are encouraged to adopt these new rules in the upcoming Club league prior to January to assist in the transition to the new rules.

We are still waiting for more detailed information on the new rules from World Lacrosse, so in the interim some assumptions have been made as to the interpretation of the rules. Further information and clarity will be provided as soon as NZWLA receives this.

1) Removal of 15m fan

The 15m fan will be removed, but the 11m fan will remain in its current shape. The hanging hashes will be removed, and 5 hash marks will be placed along the fan, each 4m apart.

This will mean that the 3 seconds rule will apply within the 11m fan only (previously the 15m), and the advantage flag area becomes the playing area behind the goal and within the 11m fan.

2) Free Movement

The umpire's whistle continues to start and stop play, however players may now move freely at all times.

All players must still move 4m away from the ball carrier, and the player who fouled must stand 4m behind or to the side of the player awarded the free position. Once they are the required distance away, unless they fouled, players may continue to move freely.

Free movement includes a free position on a hash mark on the 11m. All players must clear the fan, and then may move freely so long as they are 4m away from the player awarded the ball.



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3) Self-Start

The self-start rule will remain, however some adjustments have been made.

A player may self-start following a whistle for a major or minor foul outside of the 11m advantage flag area when both her feet are stationary on the ground, and the ball is in her stick. Players must wait to self-start until the umpire has blown the whistle and signalled the direction of possession and the signal of the foul.

The player who fouled must move 4m behind or to the side, and all other players must move 4m away.

If the ball is within playing distance (around 2m) of the spot of the foul, the player may move to the ball, pick it up, plant both feet and then self-start from there.

Players may now also self-start following an out of bounds ball from the side line and the end line (outside of the 11m advantage area). The player who is awarded the ball may pick up the ball, move in 2m from the spot the ball went out and self-start from there. All players must move 1m away (including bodies and sticks) from the ball carrier.

Self-start is not an option when:

- the game clock is stopped (last 30 seconds of the first 3 quarters and last 2 mins of the last quarter)
- there is a restraining line violation
- there is an illegal draw
- any foul within the 11m advantage area

4) Stick Specifications

The specifications have been expanded to include mesh and fused mesh pockets. Mesh pockets may or may not have shooting strings. If shooting strings, these must have 1 coil per diamond of mesh.

If a player opts to use a traditionally strung stick, the current stringing rules still apply.

There are some slight adjustments to the minimum and maximum measurements of a stick.

The approved Crosse and Pockets list will expand and World Lacrosse will release this in time. In the meantime, we have been recommended to use the US Lacrosse approved list as a guide.



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5) Goal Circle Rules

Defensive players are now permitted to move through the goal circle. We are waiting on clarification on the specific details of this, however we have assumed that the current NCAA rules apply for this. This will be confirmed as soon as NZWLA receives this.

We assume that this means that 3 seconds will also apply to defensive players in the goal circle, and this will mean an adjustment to other goal circle rules, including when sticks are permitted over the plane of the goal circle and the deputy. Please also be aware of free space to goal - we can assume that this also applies to defensive players in the goal circle.

The assumed relevant NCAA ruling is:

Players on the defending team in their defensive end of the field may run through any portion of the goal circle while defending. Only the defensive player who is directly marking the ball carrier within a stick's length may remain in the goal circle while defending.

Players on the defending team in their defensive end of the field may run through or remain in the goal circle when their team is in possession of the ball. Defenders within the goal circle may only play the ball if both of their feet are within the goal circle. Defenders must immediately leave the goal circle when their team loses possession of the ball.

Players on the defending team in their defensive end of the field may go into the goal circle to prevent a rolling ball from crossing the goal line.

Any Questions?

Please speak to your regional Umpiring Officer in the first instance to clarify or ask questions.

If you are an umpire, you can submit a question for discussion on our Facebook Group - NZ Women's Lacrosse Umpires.

The NZWLA is actively seeking more information in the interpretation of these rules and these will be provided to our NZ Women's Lacrosse community as soon as they have been received.

This update has been put together to provide some initial clarity and interpretation of the new rules in the interests of enabling our regions to adopt these new rules. Further information and training is currently being planned.



NZWL RULES UPDATE

NEW ZEALAND LACROSSE

CHANGES TO WOMEN'S PLAYING RULES

FREE MOVEMENT

When whistle sounds to stop play, players may move freely.

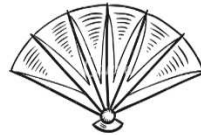


SELF-STARTS

Self-start is an option when a ball goes out of bounds.

15M FAN REMOVED

11m fan remains and becomes the advantage flag area.

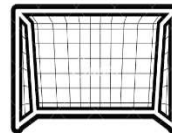


STICK SPECIFICATIONS

Mesh pockets are allowed. Some adjustments to measurements.

GOAL CIRCLE RULES

Defensive players may move through the goal circle.



NEW ZEALAND LACROSSE

