

Free Movement Primer-

With the allowance of free movement at the high school level the game pace will pick up quickly. Below is a primer to help explain the free movement rule and how to officiate it. Players will now be allowed to move during dead-ball. During these times we will need to be extra vigilant with substitutions, and ensuring that the

Encroachment area:

A player cannot be within 2 meters of the ball carrier AND engage the ball carrier once play has started. If there are repeated calls for this penalty a delay of game foul can be called (give the players the benefit of the doubt)

Example 1:

#5 Red fouls #12 Green in the midfield, #23 Red gets closer (within 2 meters), and when #12 self starts #23 makes a check.

-RULING: Foul – Encroachment penalty – bring back the ball to the spot of the foul, give it to #12, place #23 4m behind and restart play with a whistle.

Example 2:

#5 Red fouls #12 Green in the midfield, #23 Red gets closer (within 2 meters) but is continuing past the player and does not make a play to the player or the ball when #12 self starts.

-RULING: No foul – the defense did not gain an advantage by being in the Encroachment area.

Example 3:

#5 Red fouls #12 Green in the midfield, as #5 is moving away from #12 (but still within 2 meters), #12 self starts.

-RULING: No foul – #12 decided to start before her encroachment area was clear and the defense was moving out of the area

At the draw:

Once the official's hands are on the sticks at the center, no more substitutions are allowed until the restraining lines are released (possession, foul, or crossing the RL)

If a foul occurs at the draw the restraining lines are released, and players may move about the field freely (except for the encroachment area).

Example 4:

#5 Red fouls #12 Green at the draw, after the whistle is blown #9 Green crosses the Restraining line and #12 performs a legal self start and passes the ball to #9.

-RULING: Legal – the restraining lines are released once a foul occurs

In the CSA (reminder ALL starts in the CSA are whistle starts):

Setup on the 8m fan foul by defense: Defensive players are entitled to the next closest hash marks, everyone else must be 4 m away and outside of the penalty zone before play can be restarted (remember the area below goal line and the dots must be cleared too!). The player that committed the foul must be 4m behind

Foul by the defense between the 8 and the 12m arc: the player with the ball will be placed at the 12m arc and the player that fouled will be placed 4m away (behind for a major foul). Lane must be kept clear for play to start (WATCH SHOOTING SPACE!).

Foul by the offense in the CSA:

Place the player that was fouled in their appropriate position (at least 8m away from goal above the Goal line, on the closest dot if below), the player that committed the foul MUST go 4m behind; whistle start.

Example #5:

#5 Red fouls #12 Green inside the 8m Arc, Red #23 tried to move to the hash next to the ball carrier, but #9 Green has taken up a position there, and play is now ready to resume.

-Ruling: No foul- but instruct #9 to give that position to the defensive player. Note: if there isn't a defender close by/ trying to get to the spot she is free to occupy that space. Double note: if #9 does not give up her spot, then it is a delay of game foul (only should be used as a last resort as this is a very new rule)