



2023 GIRLS HIGH SCHOOL LACROSSE RULES EXAM

1. With two seconds left in the game, White #3 has an 8 meter free position. On the whistle, White #3 runs in and releases the ball prior to the horn. The ball enters the goal after the horn. The official should disallow the goal.

- a. True
- b. False

Rule 4, Section 8, Art. 3c

2. On the draw, all players below the restraining line are released when:

- a. A whistle stops play for a foul.
- b. The ball goes out of bounds off a player or the player's crosse.
- c. The ball crosses the restraining line.
- d. All of the above

Rule 5, Section 2, Art. 6a 1-4

3. Which of the following is NOT true regarding goalkeeper equipment?

- a. The Goalkeeper may wear eyeglasses, either tinted or clear.
- b. Chinstraps must be properly secured to helmets.
- c. It is recommended that the Goalkeeper wear shin guards.
- d. She may affix a device to reduce concussions to the outside of her helmet.

Rule 2, Section 6, Art. 1

4. Following a blown whistle for a foul in the mid-field, the ball carrier stops and self-starts within 4 meters of the spot of the foul. This is legal.

- a. True
- b. False

Rule 5, Section 4, Art. 2

5. To resume play when the ball has gone out of bounds in the midfield a player throws the ball into her teammate up field. What should the official do?

- a. Bring the ball back and have her run the ball in
- b. Allow play to continue, but give the team a warning
- c. Call time-out and green card her team
- d. Turn the ball over, award the ball to the opposing team 4 meters in from the boundary. All other players must be 4 meters away

Rule 9, Section 1 o.2.; Penalties for 9-1 e-r

6. On a flag for three seconds, Red shoots and then runs into the goal circle. Offsetting fouls are called, and the Red team has the Alternate Possession. The Red team will be awarded the ball:

- a. At the 8 meter hash on the GLE with all players 4 meters away.

- b. On the closest 8 meter hash to where the foul for the flag occurred; Blue goes behind; clear the penalty zone.
 - c. At the dot closest to where the foul occurred when the whistle was blown to stop play. Closest blue player will move 4 meters away and nearer to the goal she is defending. All others at least 4 meters away.
 - d. On the 12 meter fan, closest to where the foul occurred; Blue is 4 meters away.
- Rule 5, Section 5, Art. 1f

7. White #9 pushes Blue #22 in the midfield. The official blows the whistle to stop play for a major foul. Blue #22 has the ball within 4 meters of the foul. Which of the following options are legal?

- a. Blue #22 retains the ball, stops and self-starts.
- b. Blue #22 self-starts when White #9 is only 2 meters behind.
- c. Blue #22 retains the ball, stops and waits for the offender to move 4 meters behind and self-starts.
- d. All of the above

Rule 5, Section 4, Art. 1-4

8. When clearing the penalty zone, which of the following procedures are CORRECT?

- a. The defender, just outside the 8 meter arc, is entitled to move to the hash adjacent to the player taking the free position.
- b. An attack player may move to the adjacent hash if no defender has elected to claim that hash.
- c. Players outside the CSA may choose to enter the CSA and position themselves on the 8 meter arc, or elsewhere inside the CSA, if no delay occurs.
- d. All of the above

Rule 10, Penalties 4, 5a-f

9. As White #2 scores a goal, Blue #8 roughly checks White #2. The official signals the goal, calls timeout, and cards Blue #8, either yellow or red depending on the severity of the foul. How shall play be restarted?

- a. Blue #8 leaves the field to serve the appropriate penalty time. No substitute may take her place. Play is restarted with White possession at center, draw positioning is not required and all players at least 4m away from the FP. Whistle start.
- b. Blue #8 leaves the field to serve the appropriate penalty time. No substitute may take her place on the field. White is awarded the ball at the center, with a Blue player placed 4 meters away at 45-degree angle. Self start.
- c. Blue #8 leaves the field to serve the appropriate penalty time. No substitute may take her place on the field. White is awarded the ball at the center, with a Blue player placed 4 meter behind. Whistle start.
- d. Blue #8 leaves the field to serve the appropriate penalty time. No substitute may take her place on the field. Play is restarted with a draw.

Rule 12, Section 8, Penalties 3b

10. After the draw and before possession is gained, players from both teams step over the restraining line. How shall play be restarted?

- a. Play should continue since both teams have equal opportunity to gain possession.
 - b. The team who has the Alternate Possession shall be awarded a free position at the spot of the ball, no closer than 4 meters from the boundary. An opponent shall be placed 4 meters away and nearer to the goal she is defending. All other players must be at least 4 meters away. Whistle start.
 - c. A redraw shall be administered.
 - d. The team who has the Alternate Possession shall be awarded the ball at the center, with the opposing player placed at an angle towards her defensive goal. Whistle start.
- Rule 5, Section 5, Art. 1f

11. The Blue team goalkeeper has left the goal circle to pick up a loose ball that was checked out of an opponent's stick. How may she legally continue?

- a. The goalkeeper may carry the ball into the goal circle
 - b. The goalkeeper may pass to a teammate who ran into the goal circle when her team gained possession
 - c. The goalkeeper may toss the ball into the goal circle.
 - d. All of the above
- Rule 7, Section 1, Art. 1, 2a-e

12. During a draw, which of the following is considered a Draw foul?

- a. A player behind the restraining line steps on or over the restraining line before possession is established.
 - b. Players on the circle step on or over the line before the whistle is blown.
 - c. Players taking the draw move their stick before the whistle is blown.
 - d. After the official's hands are on the sticks a blue team player runs below the restraining line to allow her teammate to move above the restraining line.
- Rule 5, Section 2, Art. 4a-e

13. Red #1 is on a fast break and shoots on goal, misses, and the ball goes out of bounds. When the ball crosses the end line, the White goalkeeper (while in her goal circle) is closest to the ball. How is play restarted?

- b. Allow the goalkeeper to go pick up the ball and pass it to a teammate from out of bounds.
 - c. Allow the goalkeeper to go pick up the ball, step in up to 2 meters inside the boundary line and wait for the official's whistle to restart play.
 - d. Allow the goalkeeper or any teammate to retrieve the ball and legally initiate a self-start from the boundary.
- Rule 6, Section 3, Art. 2a-d

14. When the ball crosses over the Restraining Line and is outside the 12 meter fan, the official realizes Blue attack is offside and blows her whistle to stop play. What is the free position set up?



- a. Correct offside. Closest White player to the spot of the ball awarded the free position at that spot; Blue player with the ball will go 4 meters behind. Whistle start.
 - b. Set up the free position with White going out and Blue 4 meters behind. Self-start.
 - c. Correct offside. Set up the free position at the top of the 12 meter fan with White going out and Blue 4 meters behind. Self-start.
 - d. Correct offside. Set up the free position for White at the closest dot and Blue 4m behind. Self-start.
- Rule 8, Section 1, Art. 2, Penalties 1

15. Blue #2 has the ball outside the 12 meter fan when White #17 is called for three seconds with 5 minutes left in the game. What is the penalty administration?

- a. Stop the clock and set up the free position at the 8 meter hash mark closest to the spot of the ball when the whistle was blown, White player is placed 4 meters behind. Whistle start.
 - b. Do not stop the clock and set up the free position on the 12 meter fan closest to ball at the time of the whistle; White #17 is placed 4 meters behind. Whistle start.
 - c. Do not stop the clock and set up the free position at the spot of the ball when the whistle was blown, White #17 goes 4 meters behind. Self-start.
 - d. Stop the clock and set up the free position at the spot of the ball when the whistle was blown. White #17 is placed 4 meters behind. Whistle start.
- Rule 10, Section 1, y 1-2, Penalties

16. On a boundary restart below the goal line extended inside the CSA, Red #3 throws the ball to her teammate from out of bounds. The official should

- a. Whistle. Give the opponent the ball at the closest dot. Red #3 shall move 4 meters away.
 - b. Whistle. Administer a false start penalty at the dot and place Red #3 4 meters behind.
 - c. Whistle. Give the ball back to Red #3 to restart. Repeated violations shall be a delay of game.
 - d. Whistle. Give the opponent the ball out of bounds.
- Rule 9, Section 1 o.2.; Penalties for 9-1 e-r

17. While in the CSA with 3:28 left in first half, White attack charges into a Blue defender causing a foul that ends the play. The Blue defender picks up the ball and self-starts. This is legal.

- a. True
- b. False

Rule 10, Section 1, Penalties 1-3

18. The score is 15-2 in the second half of the game with 1:52 left on the clock. White #16 is pushed by Blue #2 in the midfield. The official blows the whistle and then White #16 immediately self-starts. The official should blow the whistle and signal a change of possession for self-starting in under 2 minutes of the game.

- a. True
- b. False

Rule 4, Section 1, Art. 1,2

19. After a draw and before possession is determined, the whistle is blown for an early entry violation at the restraining line by Blue #7. How is play restarted?

- a. The ball goes back to the center and the White team may self-start or wait until the Blue center moves 4 meters away and then self-starts.
- b. A redraw is taken.
- c. Play is restarted within 4 meters of the spot of the ball at the time of the foul. The offender goes 4 meters towards the goal she is defending. All other players are at least 4 meters away and the player may self-start.
- d. Play is restarted at the spot of the ball, with all players 4 meters away and the official must restart play with a whistle.

Rule 5, Section 2, Penalties 3

20. When is it NOT legal for a coach to ask for a stick check?

- a. At any stoppage of the game clock, except during an injury time-out
- b. Following the winning goal in overtime
- c. After a goal and during a team time-out
- d. After a goal and the score is 15-2

Rule 2, Section 4, Art. 5

21. Which of the following is NOT a mandatory card?

- a. Dangerous Follow Through
- b. Dangerous Contact
- c. Dangerous Shot
- d. Dangerous Propel

Rule 10, Section 1, e, f, h, i

22. The score is 11-0 with 5 minutes left in the game. The clock shall be stopped for which of the following:

- a. All fouls in the Critical Scoring Area
- b. Illegal draw
- c. Offsides
- d. Early entry on a draw

Rule 4, Section 1, Art. 3

23. The Blue goalkeeper reaches out of the goal circle to pick up a loose ball while straddling the goal circle. Red #4 approaches to play defense on the goalkeeper. In order to protect the ball, the goalkeeper steps back into the goal circle with the ball. What should the official do?

- a. Change of possession, Red #4 is awarded the ball at the 8 meter center hash. The goalkeeper stays in the goal circle.
- b. Change of possession, Red #4 is awarded the ball 8 meters away from the goal circle on the goal line extended. The goalkeeper remains in the goal circle.
- c. Change of possession, Red #4 is awarded the ball at the nearest dot. All other players are moved 4 meters away. The goalkeeper remains in the goal circle.
- d. Allow play to continue.

Rule 7, Section 1, Art. 2c

24. An off-ball hold is called against White defense just as Blue attack is being called for offside. The ball is in the center of the 8 meter arc at the time, and White has the Alternate Possession arrow. How is this administered for the restart?



- A. White is given the ball at the 8 meter arc, the Blue player is put 4 meters behind and play begins with a whistle start.
- B. White is given possession at the 8 meter arc, all Blue players must be 4 meters away and play begins with a whistle start.
- C. White is given possession at the nearest dot, the Blue player is put 4 meters behind, and White may self-start.
- D. White is given possession at the nearest dot, all Blue players must be 4 meters away and play begins with a whistle start.

Rule 5, Section 5, Art. 1f, Art. 3b

25. A defender from the Blue team steps into shooting space as a player from the Red team is preparing to shoot on goal. The Red player shoots and hits the Blue defender. The official blows the whistle, signals time-out, calls a shooting space foul for Blue defender, and issues a card to the Red player for dangerous propelling. The official awards a free position to the Blue defender at the closest spot on the 8 meter arc. Play resumes with a whistle start. This is the correct penalty administration.

- a. True
- b. False

Rule 5, Section 5, Art. 1f, Exception

26. When a major foul is called on the defense in the critical scoring area between the 8 meter arc and the 12 meter fan, the free position is set up on the 12 meter fan closest to the spot of the foul, the offender goes 4 meters behind, and the penalty lane is cleared, and all other players are at least 4 meters away.

- a. True
- b. False

Rule 10, Section 1, Penalties 7

27. Which of the following is a NOT a minor foul?

- a. Empty stick check.
- b. Hooking
- c. Playing a loose ball while stepping on the boundary line.
- d. Warding

Rule 9, Section 1 e, o.1, r

28. When is a goal scored:

- a. The ball comes off the body of an attack player
- b. A player kicks the ball into the goal
- c. The ball is released before the horn goes off and enters the goal after the horn
- d. The goalie stops the ball when the ball is on the goal line.

Rule 4, Section 8, Art. 3c

29. A Blue player is whistled for an empty stick check at midfield on Red #5. The Red team calls a time-out. Following the team time-out, Red #9 replaces Red #5 on the field. This is legal.

- a. True
- b. False



Rule 4, Section 7, Art. 4d

30. A Blue player has possession of the ball between the 8 meter arc and the 12 meter fan and a possession time-out is called. At the end of the time-out, the Blue team resumes play at:

- a. The spot of the ball when the time out was called.
- b. The 12 meter fan directly above the spot of the ball when time out was called.
- c. An 8 meter hash mark closest to the spot of the ball when time out was called.
- d. The closest dot.

Rule 4, Section 3, Art. 3d

31. White attack is awarded a free position on the center hash mark, 2 blue teammates stand next to each other on the adjacent hash. A white teammate requests the space between the 2 blue defenders. The official must grant white that space.

- a. True
- b. False

Rule 10, Section 1, Penalties 4, 5e

32. A Blue #1 enters the 8 meter arc to shoot with five minutes left in the first half. When doing so, the Blue #1 charges into a Red #2. The official blows the whistle and awards a free position to Red #2. Red #2 may self-start from the spot of the foul.

- a. True
- b. False

Rule 10, Section 1, Penalties 3

33. Blue intercepts a pass at mid-field and begins a fast break towards goal. As the Blue ball carrier crosses the restraining line, a Red team non-marking defender clearly positions herself in the 8 meter arc in the direct path to goal. The official shall:

- a. Blow her whistle for shooting space violation as the ball has crossed the restraining line.
- b. Blow her whistle for shooting space violation and card the White defender for intentionally putting herself in harm's way.
- c. Tell the White defender to get out of shooting space or mark up.
- d. Allow play to progress as Shooting Space calls can only be determined and called when the ball has entered the CSA.

Rule 10, Section 1, w

34. The Blue goalkeeper has the ball within the goal circle and the official count has begun. At the count of "7", Blue calls a possession time out. Play resumes with:

- a. A new 10 second count for the Blue goalie. Whistle start.
- b. Ball goes to the dot, Blue team has possession, all players 4 meters away, Whistle start.
- c. Goalie possession within the circle. The official will whistle to restart play and continue the count from where she left off, "8".

d. The team with the next alternative possession is awarded the ball at the dot. All players 4 meters away. Whistle start.

Rule 4, Section 3, Art. 3e

35. Which of the following is NOT true when a ball goes out of bounds during the draw?

- a. After the draw, if the ball goes out-of-bounds off a player's body or stick, the ball goes to any player from the opposing team.
- b. A time out and redraw will take place when the draw goes directly out of bounds
- c. Alternate possession will take place if, after the draw, other players contact the ball and the officials are unable to determine which team caused the ball to go out of bounds.
- d. Alternate possession will take place at the spot where the ball went directly out of bounds.

Rule 4, Section 3, Art. 3e

36. It is always illegal to set a moving pick outside of the visual field of the opposing player EVEN if enough time and space has been given.

- a. True
- b. False

Rule 10, Section 1, p

37. When is the three-second rule in effect?

- a. When the ball leaves the clearing goalie's stick
- b. When the ball crosses midfield
- c. When the team in possession of the ball crosses the ball over the restraining line in its attacking end of the field.
- d. When a team gains possession between the restraining line at draw

Rule 10, Section 1, y1,2

38. If a player receives a red card in the first 5 minutes of the game, they are disqualified for that game and may play in the next game.

- a. True
- b. False

Rule 12, Section 6, Art. 2

39. An attack player false starts when taking a free position on an 8 meter hash mark in the first minute of the game. The official blows the whistle to stop play. What is the correct procedure?

- a. Call time-out and green card the player that false started
- b. Warn the player and give her a second chance
- c. Call the false start, change possession and allow any player from the defensive team take the free position by self-starting
- d. Call the false start, direct a player on an adjacent hash mark to take the free position going out and whistle start play

Rule 10, Section 1, Penalties 3

40. During an injury time out which of the following is legal?

- a. Player may remain on the field if coach certifies she is ok to continue play
- b. Unlimited number of players may substitute
- c. A Coach may ask for a stick check



d. All of the Above

Rule 4, Section 1, Art. 3; Rule 4, Section 7, Art. 1, Rule 2, Section 4, Art. 5

41. When is it NOT legal to substitute a player on the field during the game.

- a. During the administration of a card.
- b. During an official's time out for an inadvertent whistle.
- c. During an Injury time-out
- d. Once the officials' hand is in contact with both centers' sticks for the draw

Rule 4, Section 7, Art. 5a

42. Which of the following is legal for the goalkeeper to wear?

- a. Tinted eye wear under the helmet
- b. A go-pro camera on the top of the helmet
- c. Paint, decals, or tape on their helmet
- d. A and C only

Rule 2, Section 6, Art 1

43. During the administration of a draw, when should a minor foul be called?

- a. A player is wearing earrings
- b. A player has a hair tie or soft bracelets on the arm
- c. A player has hair adornments such as beads that do not cause danger to other players
- d. All of the above

Rule 2, Section, 7, Art.; Rule 9, Section 1.m.1

44. What criteria must be met in order for a pick to be considered legal?

- a. The pick must ALWAYS be stationary without movement.
- b. The player setting the pick must allow time and space for the opponent to be able to stop or change direction.
- c. When a pick is set in the visual field of the opponent, there is no need for time and space to be given for the player to stop or change direction.
- d. All of the above

Rule 10, Section 1 p

45. The timekeeper lets the official know that there are two minutes left in the half. The official and timekeeper will now stop the clock (unless there is a 10-goal differential):

- a. On foul in the midfield
- b. For all fouls in the Critical Scoring Area
- c. On all boundary balls
- d. On an illegal draw

Rule 3, Section 7, Art. 2a

46. The goalkeeper false starts while in the goal circle, the official should:

- a. Award the ball to the opposing team on the 8 meter arc and place the goalie 4 meters behind. Whistle start.
- b. Award the ball to the opposing team on the dot and place the goalie 4 meters behind. Whistle start.
- c. Allow play to continue, the goalie is exempt from false starts



d. Award the ball to the opposing team on the nearest dot, no defender behind and allow the goalie to remain in the goal circle. Whistle start.

Rule 10, Section 1, Penalties 6

47. As blue attempts to pick up a loose ball, white checks the blue player's stick when the ball is in contact with the stick but not fully in the pocket of the stick. An empty stick check should be called.

- a. True
- b. False

Rule 9, Section 1, e

48. A blue defender is standing still defensively holding the stick in a horizontal position in the center of the 8 meter arc. The white ball carrier charges into the blue defender. How is play restarted?

- a. Penalize the charge only, the blue defender was standing still.
- b. Penalize the defender only for making contact with a horizontal stick.
- c. Call both fouls and award an alternate possession to the appropriate team.
- d. Allow play to continue.

Rule R, Section 5, Art. 1f; Rule 10, Section 1 b, r1

49. After the draw, the player from the red team runs to towards the team bench area on the sideline and throws their stick to a player on the sideline, she then grabs one from another teammate on the bench. What should the official do?

- a. Allow play to continue, swapping sticks is legal during play
- b. Whistle and administer the penalty for a minor foul on the red team. Sticks must be exchanged through the sub box area.
- c. Whistle and administer for a redraw sticks must be exchanged through the sub box area.
- d. Whistle and administer for a major foul, sticks must be exchanged through the sub box area.

Rule 9, Section 1, h, n2

50. During crosse inspection, the official drops the ball into the pocket of a horizontally held crosse then applies pressure to ensure the ball remains visible above the top wall of the crosse. This is the correct procedure.

- a. True
- b. False

Rule 2, Section 2, Art. 5c