

## Rule 18 Goal Circle Rules and Penalties

### A. Goal Circle Rules

2.c. Defensive player/s within a stick's length actively marking an opponent without the ball may move through the goal circle for 3 seconds when their team is not in possession of the ball.

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**Guidance:** Players on the defending team in their defensive end of the field may run through any portion of the goal circle while defending. This applies only to the defensive players who are directly marking the ball carrier or a non-ball carrier. The defender(s) has 3 seconds to move through the goal circle and must abide by rule 18.A.1.

On a shot the defender(s) directly marking the shooter must move out of the goal circle but, may reach into the goal circle with their stick(s) to block the shot or check the shooter's stick.

### **Situation:**

A defender is legally moving through the goal circle actively marking within 1m an attacker who has the ball. The attacker suddenly turns and shoots (no dangerous follow through) and as she is shooting, the defender, who is quickly trying to step out of the goal circle, still has one foot in the goal circle as the goalie makes the save. The defender continues to leave the goal circle immediately following the shot.

LEGAL. The defender was immediately exiting the goal circle as the attacker began to shoot. She simply could not move her feet as fast as the attacker propelled the ball. **Note:** The attacker must be aware of where the defender is and NOT propel or follow through dangerously into the defender.

## Rule 21: MAJOR FOUL RULE AND PENALTIES

### B. Major Foul Free Positions

2. When a major foul by the defense occurs within 11m of the goal outside the marking area (in the pie shaped area), the free position is set on the nearest hash mark in line with the foul and the penalty lane will be cleared. All players must move their bodies and crosses sideways from the penalty lane relative to their positions when play stopped. (Rule 24 Definitions: Penalty Lane, Diagram 9)

**Guidance:** When a major foul occurs within 11m of the goal outside the marking area in the pie shaped area, for example at X, (diagram below) the attacker who was fouled is placed on the first hash mark inside the 11m marking area (at O) and the player who fouled must move 4m behind the attacker. **Only** a penalty lane (example marked in red below) shall be cleared. Players to the sides of the attacker taking the free position at O must be 4m away. For any other major foul by the defense that occurs within the 11m marking area the entire 11m area shall be cleared.

Rule 24: Definitions. Diagram 9. Penalty Lane Rule 21.B.2

