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Nationwide<sup>®</sup>

Confertel | Hertz | U.S. Bank Warrior | deBeer | Champion

Cardiac Science | ImPACT Med Star Health

## Major and Minor Fouls for Girls

### **Major Fouls**

#### Blocking:

Occurs when contact is initiated by a defender who has moved into the path of an opponent with the ball without giving that player a chance to stop or change direction.

#### Charging:

Occurs when a player charges, barges, shoulders or backs into an opponent, or pushes with the hand or body.

#### **Dangerous Propelling:**

Occurs when a player propels the ball without control in the direction of another player.

#### **Dangerous Shot:**

Occurs when a player shoots the ball dangerously and without control and is most often called when the ball forcefully contacts the goalkeepers helmet or facemask.

#### Misconduct:

Occurs when a player conducts herself in a rough, dangerous or unsportsmanlike manner, persistently causes infringement of the rules, or deliberately endangers the safety of opposing

#### Slashing:

Occurs when a defender swings her crosse at an opponent's crosse or body with deliberate viciousness or recklessness, whether or not the opponent's crosse or body is struck.

#### Three Seconds:

A defender may not stand within the eight-meter arc for more than three seconds unless she is closely marking an opponent within a stick1s length.

#### **Obstruction of Free Space:**

Occurs when a defender is not closely marking her opponent, within a stick's length of an opponent and is in the free space to goal of the attack player with the ball. The attack player must have the opportunity and be looking to shoot.

### **Minor Fouls**

#### **Goal Circle Fouls:**

Occurs when any part of an offensive or defensive player¹s body or crosse, except that of the goalkeeper or deputy, enters the goal circle.

Occurs when a player guards a ground ball with her crosse or foot, removes one hand from the crosse and uses her free arm to ward off an opponent.

#### **Empty Crosse Check:**

A player may not check or hold an opponent's cross unless the ball is in contact with the opponent's

#### **Body Ball:**

A ball that rebounds off of a field player's body to her or her team's distinct advantage.

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