



PENALTY ADMINISTRATION REFERENCE SHEET

CSA = Critical Scoring Area

OUTSIDE THE CSA

MAJOR FOULS	MINOR FOULS
Free position within 4m of the spot of the foul	Free position is within 4m of the spot of the foul
The person who is fouled gets the ball	The person who is fouled gets the ball
The player committing the foul moves 4m BEHIND	The player committing the foul moves 4m AWAY
All other players move 4 meters away	All other players move 4 meters away
Players may self-start unless the game clock is stopped	Player may self-start
<u>For Three Second violation</u> Foul administered at the 12m fan at a spot closest to the ball at the time of the foul.	

INSIDE THE CSA, BETWEEN THE 8M ARC AND 12M FAN

MAJOR FOULS	MINOR FOULS
Free position at a spot on the 12m arc nearest the spot of the foul	Free position at a spot on the 12m arc nearest the spot of the foul
The person who is fouled gets the ball	The person who is fouled gets the ball
The player committing the foul moves 4m BEHIND	The player committing the foul moves 4m AWAY
All other players move 4m away The penalty lane is cleared If the goalie did not foul, she may go back to the goal circle Play is restarted with a whistle	All other players move 4m away The penalty lane is cleared Play is restarted with a whistle
<u>For Three Second violation</u> Foul administered at the 12m fan at a spot closest to the ball at the time of the foul Play is restarted with a whistle	
<u>Offensive foul</u> Defense may self-start unless game clock is stopped *A card is being issued *Less than 1 minute in each quarter and the score is within 10 goals	<u>Offensive foul</u> Defense may self-start unless game clock is stopped *A card is being issued *Less than 1 minute in each quarter and the score is within 10 goals

INSIDE THE CSA, INSIDE THE 8M ARC

MAJOR FOULS	MINOR FOULS
Free position at the closest hash mark to the spot of the foul	Free position on the 12m fan at the spot closest to the foul
The person who is fouled gets the ball	The person who is fouled gets the ball
The player committing the foul goes 4m BEHIND	The player committing the foul goes 4m AWAY
All other players move 4m away	All other players move 4 meters away
The Penalty Zone is cleared	The Penalty lane is cleared
If the goalie did not foul, she may go back to the goal circle Play is restarted with a whistle	Play is restarted with a whistle
<u>Offensive foul</u> Defense may self-start unless game clock is stopped *A card is being issued *Less than 1 minute in each quarter and the score is within 10 goals	<u>Offensive foul</u> Defense may self-start unless game clock is stopped *A card is being issued *Less than 1 minute in each quarter and the score is within 10 goals

INSIDE THE CSA, BELOW THE GOAL LINE EXTENDED (GLE)

MAJOR FOULS	MINOR FOULS
Free position at the dot closest to the foul	Free position at the dot closest to the foul
The person who is fouled gets the ball	The person who is fouled gets the ball
The player committing the foul goes 4m BEHIND	The player committing the foul goes 4m AWAY
All other players move 4m away Play is restarted with a whistle	All other players move 4m away Play is restarted with a whistle
<u>Offensive foul</u> Defense may self-start unless game clock is stopped *A card is being issued *Less than 1 minute in each quarter and the score is within 10 goals	<u>Offensive foul</u> Defense may self-start unless game clock is stopped *A card is being issued *Less than 1 minute in each quarter and the score is within 10 goals

OFFSIDE FOULS

OFFENSIVE Restraining Line (RL) Violation	DEFENSIVE Restraining Line (RL) Violation
Call Time-out Correct the offside by putting closest player to RL back onside	Call Time-out Correct the offside by putting closest player to RL back onside
Free position at the spot of the ball (no closer than 8m from GC)	If ball is outside the CSA, setup free position at the spot of the ball
Put closest player to the ball 4m BEHIND	If ball is inside CSA and above the goal line extended, setup free position at the top of the 12m fan; clear the lane
Play is restarted with a whistle	Put closest player to the ball 4m BEHIND
	Play is restarted with a whistle