

OFFICAL EDUCATION

2026

Misconduct and Carding

USA[®]
LACROSSE



RECOGNIZED SPORT
ORGANIZATION

Misconduct

Participants are expected to uphold the spirit of the game and the intent of the girl's game and in compliance with the USAL/NFHS Girls Lacrosse Rules.



Behavior and play that is not in compliance with the spirit and rules of the game can be defined as *Misconduct*.

Misconduct/Suspension Fouls

Check to the Head

Slash

Dangerous Propel

**Dangerous Follow
Through**

**Dangerous
Contact to a
Defenseless Player**

**Unsportsmanlike
Conduct - Verbal
or Physical**

Misconduct

A player must not:

- Act in a rough, dangerous, or unsportsmanlike manner.
- Deliberately endanger the safety of an opposing player.
- Be involved in baiting or taunting that is intended or designed to embarrass, ridicule, or demean others.



Misconduct

A player must not persistently or flagrantly violate the rules.

Repetitive fouls by the same player or team can be misconduct.



Misconduct

Officials may issue either a yellow (warning) or red (ejection) card for misconduct.

Issuance of a card should be considered a warning to ALL players.



Penalty Time

Yellow Card

- ✓ Time = 2 minutes
- ✓ Player must sit or kneel in the penalty area

End of Penalty

- ✓ Player may return to the field
- ✓ Player may be replaced by a substitute



ALL cards are non-releasable

Suspended Player

- A suspended player has received a **second** yellow card in the same game.
- She has “fouled out” and may NOT return to the game.
- A substitute may take her place at the end of the 2-minute penalty time.
- She MAY play in her team’s next game.



Penalty Time

Red Card

Time = 4 minutes

Player must sit or kneel in the penalty area

End of Penalty

Player **MUST** return to team's bench

Player may **NOT** return to the game

Player may be replaced by a substitute

Ejected Player

Prohibited from playing in next game

Must serve her next game suspension as determined by her state association

All officials should be familiar with their own State associations' "red card" rules.



Ejection

An official has the power to eject without any previous warning any player guilty of flagrant or repeated violation of the rules, dissent, misconduct or abusive language.

Ejection will be noted by issuing a red card. Any player receiving a red card is prohibited from further participation in that game.



Goalie Misconduct

If a goalie commits a
cardable/misconduct foul –
whether in or out of the
goal circle –
she must be carded



Handling Goalkeeper Penalties

When there is a SECOND dressed goalie:

The 2nd dressed goalie must enter the game

Carded goalie serves two minutes (yellow) or four minutes (red) in penalty area

Coach selects a field player who serves penalty with the goalie

Team plays short ONE player during the penalty



Handling Goalkeeper Penalties

When there is only ONE dressed goalie:

Goalie may stay in the game (for the first yellow card)

Coach selects a field player who serves the goalie's penalty in the penalty area

Team plays short for two minutes (yellow) or four minutes (red)



Note: A field player may leave the field to become the substitute goalie

Administering a Card to the Goalkeeper

Play restarts at the spot of the foul or as indicated by foul location

The **GOALIE** (or substitute goalie) goes behind – goal circle is empty

REMINDER – Playing “Short”

On defense

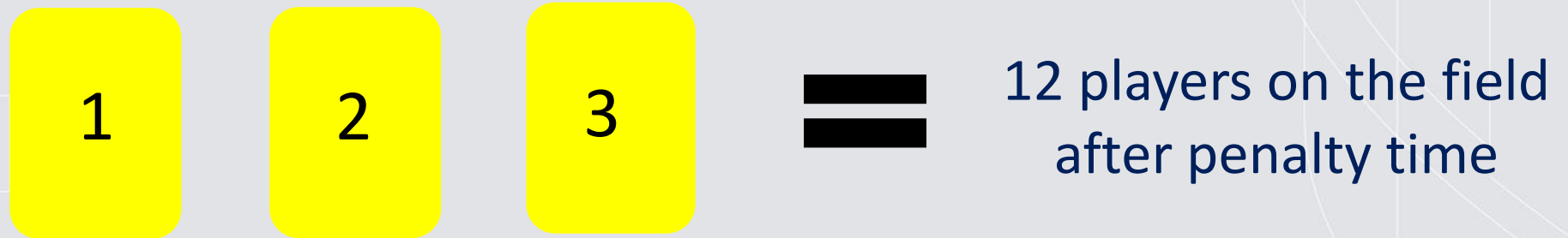
- ✓ 6 players and the goalie may be below the restraining line
- ✓ 4 players must be above the restraining line

On attack

- ✓ 6 players may be below the restraining line
- ✓ 4 players plus the goalie must be above the restraining line

Team Cards

Each player, coach, and bench misconduct card shall be recorded and tallied.



1 2 3 = 12 players on the field after penalty time

If a team receives a fourth card, it will play short for the remainder of the game.



4 + = One player down (per card) after serving the penalty

A Team with Multiple Cards

1

BLUE #10 is carded at 10:25 in Q3. The card is released at 8:25 in Q3

2

RED #12 is carded at 10:03 in Q3. The card is released at 8:03 in Q3

3

BLUE #11 is carded at 9:50 in Q3. The card is released at 7:50 in Q3

Cards will carry into the next quarter

1

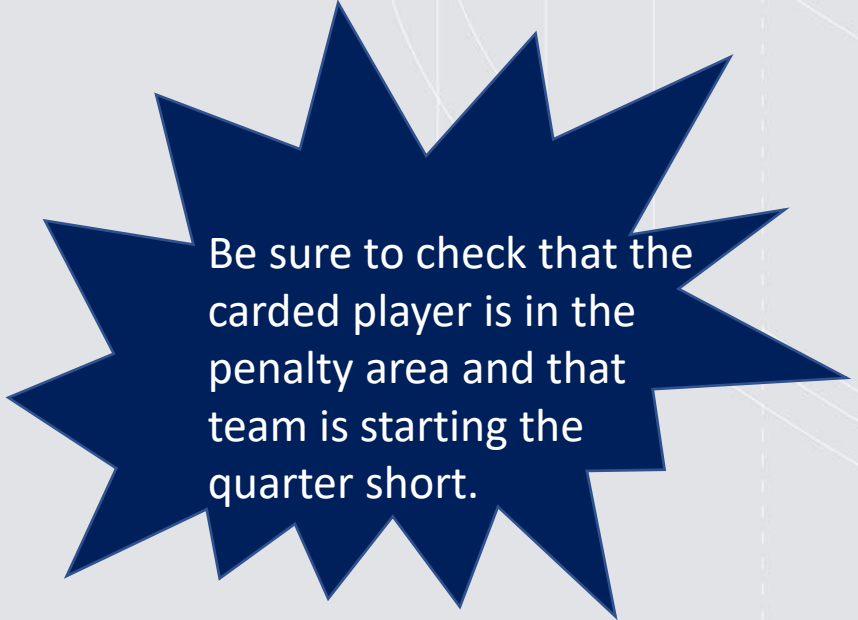
BLUE #2 is carded at 1:25 in Q2.

The card is released at 11:25 in Q3

2

RED #12 is carded at 00:03 in Q3.

The card is released at 10:03 in Q4



Be sure to check that the carded player is in the penalty area and that team is starting the quarter short.

Early Re-Entry

If a carded player – or any replacing player – enters the game before the penalty time has elapsed, the player originally receiving the card will serve an additional penalty.

If the player who received original card:

1. Serve the remainder of the penalty time
2. Then serve an additional two or four minutes (depending on the original card)



Early Re-Entry

If a carded player – or any replacing player – enters the game before the penalty time has elapsed, the player originally receiving the card will serve an additional penalty.

If NOT the player who received original card:

1. Officials send player closest to the bench off the field
2. Original carded player serves the remainder of the penalty time
3. Then serve an additional two or four minutes (depending on the original card)



Coach Misconduct

Non-playing team member(s) leaving her team bench area during the game.

Coach leaving her/his coaching area.

Coach(es) coaching from outside the coaching area.

Improper use of electronic equipment.

Any type of behavior which in the official's opinion amounts to misconduct.



Coach Misconduct Penalties

The head coach is responsible for all persons connected with the team, including assistant coaches, and shall receive any card assessed related to bench decorum. Any card given to a head coach will count towards the team's cumulative total.

1st Yellow Card

Coach selects a field player to serve the 2-minute penalty

Team plays short for two minutes

2nd Yellow Card

Same as **red card**

Red Card

Coach **MUST** leave the game and spectator area

An interim coach must be designated and selects a field player to serve the 4-minute penalty

Team plays short for 4 minutes

Administering a Card

1. Call timeout.
2. Beckon the offender to you.
3. Face the scorer's table and display the card.
4. Signal the cardable foul.
5. Make sure your partner(s) are aware of the card.
6. Record the card: Player number, type of card/foul, and time of card.
7. Official closest to the table reports the card to the official scorer.



Misconduct

- Misconduct rulings are never easy.
- The more games you work, the more confident you will be.
- Don't be afraid to ask your partner for help.



Questions?



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