

# FAQS ON FREE MOVEMENT

**THE NEW RULES IMPLEMENTED IN 2020 ALLOW FOR FREE MOVEMENT BY PLAYERS ON A WHISTLE OR STOPPAGE OF PLAY. PLAYERS ARE NOT REQUIRED TO STAND WHEN THE OFFICIAL BLOWS THE WHISTLE EXCEPT IN CERTAIN INSTANCES FOR PLAYERS WHO ARE FOULED, CAUSED THE FOUL, OR ARE ASSOCIATED WITH THE FOUL.**

**Q. Where may players move on the field after a whistle is blown?**

A. Players not part of the penalty administration may move anywhere on the field as long as they:

1. Move 4 meters away from the player taking a free position;
2. Move 2 meters away from the ball carrier bringing a ball onto the field from out of bounds;
3. And continue to comply with rules on the draw positioning, free positions, penalty zone, penalty lane, and the goal circle.

**Q. Where do players move in the CSA for an 8-meter free position?**

A. Players must clear the penalty zone but they do not need to take the shortest route out. Additionally, the defending team is allowed to place one defender on each of the adjacent hashes to the ball carrier.

**Q. In what instances must a player stand?**

1. A player who is fouled, when self-start is not allowed, must stand for the free position.
2. A player who caused a foul and is moved 4 meters behind or away must stand until the ball carrier commences play.
3. In an offsidess violation, the player directed to stand behind the player with the ball in administration of the offsidess penalty must stand.

**Q. Are players required to stand when a free position is awarded and self-start is not an option?**

A. The player awarded the ball and the offending player must stand for a free position penalty administration on a whistle start. All other players are free to move as long as they remain 4m from the spot of the free position.

**Q. Is the player who commits a foul required to stand when a free position is awarded and self-start is an option?**

A. Yes, the offending player must move 4 meters away or 4 meters behind and stand until play commences. The offending player may engage in play as soon as the ball



carrier commences play. If the ball carrier self-starts while the offending player is moving 4 meters away, the offending player may engage in play as soon as the ball carrier commences play.

**Q. May players substitute on a whistle or during stoppage of play?**

A. Yes, except the player fouled and her offender. The rules for illegal substitutes still apply.

**Q. Can players freely sub during a team time out?**

A. Subbing is allowed during team time outs with the exception of the player being awarded the ball and the offending player.

**Q. May players substitute during the draw?**

A. Players may substitute before the draw. Players may not substitute or enter the field once the official's hand is on the sticks for the draw. Players may substitute after the draw when a player has gained possession, the ball goes out of bounds or crosses the restraining line, or a whistle stops play.