



# RETURN TO PLAY

## US LACROSSE RETURN TO PLAY POTENTIAL COVID-19 RISK MITIGATION MODIFICATIONS FOR WOMENS' GAME

March 12, 2021

These suggestions are intended to serve as COVID-19 mitigation-based modifications for play as part of the US Lacrosse Return to Play Recommendations <https://www.uslacrosse.org/return-to-play> and aim to assist the lacrosse community in limiting closeness and contact on the field within a lacrosse game or practice.

**These modifications ARE NOT rule changes or mandates from US Lacrosse.**

### Women's Game Potential Modifications

- I. Pre-Game Meeting
  - a. Limit attendees to one coach from each team and lead official.
  - b. Ensure pre-game meeting is away from sideline and all individuals maintain a distance of 6 feet.
  - c. Suspend the use of the coin toss to determine Alternate Possession/field end. The visiting team will have the first AP and the home team gets the choice of goals to defend.
- II. The Draw
  - a. Alternate possession at the center with draw positioning after goals.
  - b. If the draw is being administered, require cloth or fabric masks on the centers and officials during the draw.
- III. Ground Balls
  - a. No more than two (2) players contest a ground ball (a current 10 and under rule).
- IV. 8 Meter Positioning
  - a. Only one player per hash on 8-meter setup, existing rule that allows the defense to adjacent hashes remains in force.
- V. Substitution and Sideline Protocol
  - a. Ensure that substitution areas and table personnel are maintaining social distancing, if necessary, shift sub boxes to maintain space.
- VI. Covid Mitigation Products
  - a. Players and officials may wear cloth, medical, or fabric face masks and gloves if desired.
  - b. Plastic shields or masks and/or anything that is affixed to eyewear or headgear are still illegal for play. Rule 2-7 Article 3
  - c. Please see USL statement on masks, <https://www.uslacrosse.org/blog/us-lacrosse-update-protective-mask-and-shield-use-for-athletes-in-lacrosse>
  - d. For goalies, face shields are not endorsed or recommended by US Lacrosse – but they may be worn, if the manufacturer of the shield has received approval by the helmet manufacturer that the shield is being worn in. This is to ensure proper fit and stability. Manufacturers of helmets may design, develop and test face shields within the parameters of all applicable rulebooks and standards for use in their brand of helmets.

