

**PENALTY ADMINISTRATION REFERENCE SHEET**

CSA = Critical Scoring Area

**OUTSIDE THE CSA**

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| **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 |
| For Three Second violation 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**

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| **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 awayThe penalty lane is clearedIf the goalie did not foul, she may go back to the goal circlePlay is restarted with a whistle | All other players move 4m awayThe penalty lane is cleared Play is restarted with a whistle |
| For Three Second violation Foul administered at the 12m fan at a spot closest to the ball at the time of the foulPlay is restarted with a whistle |  |
| Offensive foul 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 | Offensive foul 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**

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| **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 circlePlay is restarted with a whistle | Play is restarted with a whistle |
| Offensive foul 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 | Offensive foul 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)**

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| **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 awayPlay is restarted with a whistle | All other players move 4m awayPlay is restarted with a whistle |
| Offensive foul 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 | Offensive foul 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**

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| **OFFENSIVE Restraining Line (RL) Violation** | **DEFENSIVE Restraining Line (RL) Violation** |
| Call Time-outCorrect the offside by putting closest player to RL back onside | Call Time-outCorrect the offside by putting closest player to RL backonside |
| 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 |