



THE
CANADIAN
LACROSSE ASSOCIATION

THE RULES OF
MEN'S FIELD LACROSSE
2011



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CANADIAN
LACROSSE ASSOCIATION

These Official Rules of Men's Field Lacrosse were approved for the 2011 playing season. The text herein was provided by The International Lacrosse Federation and is printed with their permission.

The interpretations contained in the appendix of this book combined with the rules as written shall be used for all Canadian Men's Field lacrosse games

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THE GAME


Lacrosse is played by two teams of ten players each.

The purpose of each team is to score by causing the ball to enter the goal of its opponents, and to prevent the other team from securing the ball and scoring.

The ball is kept in play by being carried, thrown or batted with the crosse, rolled or kicked in any direction, subject to the restrictions laid down in the following Rules and the Additional Rulings (ARs), which accompany them.

The ARs have the same authority as the rules.

The hand may not touch the ball, except by a goalkeeper who is within his goal crease.



SECTION 1 THE PLAYING FIELD**RULE 1 DIMENSIONS**

- 1.1 The lacrosse playing field shall be a rectangular field 110 yards (100.58 metres) long and 60 yards (54.86 metres) wide.
- 1.2 The boundaries of the field shall be marked with white lines. An extra heavy white line shall be marked through the centre of the field perpendicular to the side lines; this line shall be designated the centre line. The boundary lines on the long sides of the field shall be designated side lines; those at each end shall be designated end lines.
- 1.3 Soft, flexible cones or pylons of red or orange plastic or rubber shall be placed at the four corners of the field, at each end of the gate within the special substitution area, and at that end of the half-way line which is opposite the bench area.
The cones or pylons shall be at the outside edge of the boundary lines.

RULE 2 THE GOALS

- 2.1 Each goal shall consist of two vertical posts joined by a rigid cross-bar. These posts shall be 6 feet (1.83 metres) apart and the top cross-bar shall be 6 feet (1.83 metres) from the ground; all inside measurements. The goal posts and cross-bar shall be collectively designated the pipes.
- 2.2 The goal posts shall be centred and shall be placed 80 yards (73.15 metres) apart and 15 yards (13.72 metres) from each end line.
- 2.3 The pipes shall be made of one and one-half inch (3.81 centimetres) nominal pipe. They shall be painted orange and secured to the ground. A line shall be drawn between the goal posts to indicate the plane of the goal, and it shall be designated the goal line.
- 2.4 The goal posts shall be:
- either sunk into the ground so that no ground pipes are used;
- or supported *by flat metal bars, no more than 0.5 inches (1.27 centimetres) thick.*
Goals should be constructed in a manner such that when a ball enters the goal mouth and it is a goal, the ball shall not re-enter the field of play.

RULE 3 THE GOAL CREASE

- 3.1 Around each goal there shall be plainly marked a circle known as the goal crease. This circle shall be marked by using the mid-point of the goal line as the centre and drawing a circle around that point with a radius of 9 feet (2.74 metres).

- 3.2 The goal crease area is the circular ground territory about each goal within and including the goal crease.

RULE 4 THE GOAL NETS

- 4.1 Each goal must be fitted with a pyramidal shaped cord netting which shall be fastened to the goal posts, the cross-bar and the ground so as to prevent the passage of the ball.
The mesh of the net shall not exceed 1.4 inches (3.81 centimetres).
The centre of the goal net shall be fastened to the ground at a point 7 feet (2.13 metres) behind the centre of the goal line.
The pipes and the goal net shall be collectively designated the cage.
- 4.2 The goal nets must be adjusted so that the ball may pass completely through the imaginary plane of the goal at any point.
- 4.3 Goal nets may be any solid colour.

RULE 5 THE GOAL AREAS

- 5.1 At each end of the field a line shall be marked from side-line to side-line 20 yards (18.29 metres) from the centre line. These lines shall be designated goal area lines.
- 5.2 The areas between the goal area lines and the end lines (but excluding the lines themselves) at each end of the field shall be designated the goal areas.

RULE 6 THE WING AREAS

- 6.1 Lines parallel to the side lines shall be marked on each side of the field 20 yards (18.29 metres) from an imaginary line joining the centres of the goal lines; the lines shall extend 10 yards (9.14 metres) on each side of the centre line. These lines shall be designated the wing area lines.
- 6.2 The areas between the wing area lines and the side lines, and confined within the extremities of the wing area lines, but excluding those lines, shall be designated the wing areas.

RULE 7 THE CENTRE OF THE FIELD

- 7.1 A point on the centre line equidistant from each side line shall be marked with an "X" and shall be designated the centre.

RULE 8 THE SPECIAL SUBSTITUTION AREA

- 8.1 The special substitution area shall be indicated by two lines marked on the side of the field next to the timer's table.
These lines shall be 20 feet (6.1 metres) in length and shall extend away from the field of play at right angles to the side line from points on the side line 5 yards (4.57 metres) from the centre line.

- 8.2 That part of the side line between the special substitution area lines shall thus be 10 yards (9.14 metres) in length, and shall be designated the gate.

RULE 9 THE TIMER'S TABLE AND THE BENCHES

- 9.1 The timer's table shall be placed at least 5 yards (4.57 metres) from the side line at the centre line.
- 9.2 Benches for the competing teams shall be placed on either side of the timer's table at least 10 yards (9.14 metres) from the table and at least 6 yards (5.47 metres) from the side line, parallel to the side line.

RULE 10 THE BENCH AREAS

- 10.1 The bench areas are located off the playing field and are between the special substitution area lines and the imaginary extensions of the goal area lines.
- 10.2 It is the home (first-listed) team's prerogative to choose the bench area which they will occupy during the game.
At a World Championship or similar event, or at any event where the organisers deem it necessary, the home team will be allocated the left-hand bench area when facing the field from the timer's table.

RULE 11 THE COACHES' AREAS

- 11.1 A dotted restraining line shall be placed nine feet (2.74 metres) from the side line. It shall be parallel to the side line and extend the length of the bench area.
The area bounded by the side line, the dotted restraining line, the special substitution area line and the imaginary extension of the goal area line shall be designated the coaches' area.

RULE 12 LINES

- 12.1 All lines referred to in this section (except the centre line and the goal lines) shall be 2 inches (5.08 centimetres) in width.
The centre line shall be 4 inches (10.16 centimetres) in width.
The goal lines shall be the same width as the pipes.
- 12.2 Where other lines appear on the field of play, the lines referred to in this section shall be all of one colour, and that colour shall contrast with the colour of the other lines.

RULE 13 THE PENALTY BOX

- 13.1 The penalty box shall consist of two seats for each team next to the timer's table.

SECTION 2 EQUIPMENT**RULE 14 THE BALL**

- 14.1 *The ball used in all matches sanctioned under the CLA and its Member Associations shall conform to CLA standards for size, weight, roundness and bounce; and must be approved by the CLA.*
The ball shall be of white or orange rubber and between 7.75 inches (19.69 centimetres) and 8 inches (20.32 centimetres) in circumference.
It shall be between 5 and 5.25 ounces in weight, and, when dropped onto a hard wooden floor from a height of 72 inches (1.83 metres), shall bounce to a height of between 45 inches (114.3 centimetres) and 49 inches (124.46 centimetres).
- 14.2 Balls shall be supplied by the home team and the ball in use at the end of the game shall become the property of the winning team.
- 14.3 The home team shall supply ball persons with extra balls at each side and each corner of the field.
The ball persons shall wear helmets, gloves and, where appropriate, boxes/cups.
The ball persons shall be a minimum of 10 years of age.

RULE 15 THE CROSSE

- 15.1 The crosse shall be of an overall length of EITHER 40 inches (101.6 centimetres) to 42 inches (106.68 centimetres) (short crosse) OR 52 inches (132.08 centimetres) to 72 inches (182.88 centimetres) (long crosse).
A team may have no more than four long crosses, excluding the crosse of the designated goalkeeper, on the field of play, excluding the penalty box and excluding the bench area, at any one time when the ball is live.
- 15.2 The head of the crosse shall measure between **6 inches (15.24 centimetres)** and 10 inches (25.4 centimetres) inside measurement at its widest point.
- 15.3 The stick of the designated goalkeeper shall be an exception to Rules 15.1 and 15.2, above. There may be one stick up to 15 inches (38.1 centimetres) inside measurement in use by each team at any one time, and it must be used by the designated goalkeeper.
The goalkeeper's stick shall be an overall length of between 40 inches and 72 inches.
- 15.4 The head of the crosse shall be made of wood, laminated wood, plastic, or any other material approved by the ILF, and the shaft shall be made of wood, aluminium or any other material approved by the ILF.
The butt-end of the crosse's handle must either be solid with no sharp edges or, if hollow, it must have its open end adequately covered with plastic, rubber or tape to prevent injury.

The use of metal caps is prohibited.

The head of the crosse shall be approximately perpendicular to the handle.

- 15.5 The head of the crosse shall be constructed as follows:
- EITHER both walls shall be of wood, laminated wood, plastic or other material approved by the ILF;
- OR one wall shall be made of wood, laminated wood, plastic or other material approved by the ILF, and the other wall shall be made by weaving gut lacing from the tip of the head to the handle in such a manner that it prevents the tip from catching on an opponent's crosse.
- 15.6 The wooden or plastic walls of the crosse shall not be above 2 inches (5.08 centimetres) in height: where a wall is made of gut, it may be any height.
- 15.7 There may be a guard stop at the throat of the crosse.
The stop must be perpendicular to the handle of the crosse and wide enough to let the ball rest loosely on the stop.
The stop shall be constructed so that no part of the ball can be under the stop.
The guard stop or, if no guard stop is fitted, the throat of the crosse, shall be a minimum of 10 inches (25.4 centimetres) from the outside edge of the head of the crosse.
- 15.8 The head and side(s) of the crosse shall have holes bored in them to facilitate the weaving of the stringing.
- 15.9 The net of the crosse shall be constructed of gut, rawhide, clock cord, linen or synthetic material and shall be roughly triangular in shape.

RULE 16 PROHIBITIONS RELATING TO THE CROSSE

- 16.1 No player shall use a crosse in which the pocket has been permitted to sag to such a depth that the top surface of a lacrosse ball placed therein is below the bottom edge of the sidewalls when the crosse is held horizontal to the ground with the net to the bottom of the crosse.
This prohibition shall not apply to the crosse of the designated goalkeeper.
- 16.2 No player shall use a crosse which is constructed or strung so as to be designed to with-hold the ball from play.
- 16.3 No player shall use a crosse of trick construction or stringing which tends to retard the normal and free dislodgement of the ball by an opponent.
- 16.4 No stick may be tampered with in any way so as to give a player an advantage over his opponent.
- 16.5 *Any strings shall be limited to a hanging length of 2 inches (5.08 centimetres).***
- 16.6 The mesh of the net must be substantially all of one colour.
- 16.7 Adjustable length handles are illegal.

- 16.8 No player shall use a crosse which is constructed or strung or tampered with so as to be designed to confuse an opponent into believing that the ball is in the stick when it is not, or that the ball is not in the stick when it is.

RULE 17 PERSONAL EQUIPMENT

- 17.1 All players are required to wear protective gloves, suitable boots or shoes, shoulder pads, mouth guard, cup, and a protective helmet equipped with a face-mask and a chinstrap which must be properly fastened on both sides. In addition, the designated goalkeeper shall wear a throat guard, a chest protector and a box/cup. These shall be standard items of field lacrosse equipment.

The fingers may not be cut out of a player's gloves, and the entire finger must be encased within, and must be part of the glove. A player may not play with his fingers outside the glove.
A player may cut the palms out of his gloves.

Play must be suspended immediately if a player loses any of the required equipment in a scrimmage area. Otherwise, the official shall delay the sounding of his whistle in the same manner as set forth in Rule 82, which deals with the slow whistle technique, except that the signal flag is not thrown under these circumstances.

- 17.2 Each player is required to wear a jersey with a contrasting block or Gothic number centred on the front and the back. The number on the front of the jersey shall be at least 8 inches (20.32 centimetres) high, and the number on the back shall be at least 10 inches (25.4 centimetres) high. The numbers on the front and back of a player's jersey shall be the same, and no duplicate numbers shall be permitted on the same team.
- 17.3 The visiting team shall notify the home team of the colour of the jerseys which they are going to wear in the game, and the home team must wear jerseys of a contrasting colour.

AR 17.1 A Blue attacker in possession of the ball is running towards the Red goal, with no opponent near him.
He loses a required item of equipment, shoots, and scores.

RULING: A legal goal in the above circumstances, but the referees should stop the game immediately if there is any danger of injury to the attacking player.

RULING: The same considerations apply if his chinstrap becomes undone.

RULE 18 PROHIBITIONS RELATING TO PERSONAL EQUIPMENT

- 18.1 No player shall wear or carry equipment which, in the opinion of the officials, endangers himself or other players.
- 18.2 The numbers on a player's jersey must be clearly visible at all times.

- 18.3 The special equipment worn by the goalkeeper shall not exceed standard equipment so far as shin guards, throat guards and chest protectors are concerned.
- 18.4 No player shall wear hockey goalkeeper gloves.
- 18.5 Track suit trousers may be worn by any player but, for a particular team, they must be of the same colour, and it is recommended that they be of a different colour from those worn by the opponents.
- 18.6 Where members of a team wear leg-warmers or thigh-warmers, their colour(s) shall be uniform throughout the team.
- 18.7 *A player or substitute must not wear jewelry or ornamentation: this prohibition shall include body-piercings. Exceptions to this shall be a Medical Alert item and/or religious item. If worn, such an item must be securely taped to the relevant part of the body, to prevent its becoming entangled with the crosse or equipment of the wearer or another player.***

SECTION 3 THE TEAMS**RULE 19 NUMBER OF PLAYERS**

19.1 Ten players shall constitute a full team.

There shall be 1 goalkeeper, 3 defenders, 3 midfielders and 3 attackers.

19.2 If, because of injuries or men out of the game due to fouling out or expulsion fouls or other reasons, a team cannot keep 10 players in the game, then it may continue the game with fewer than 10 players, but no exceptions will be made to the regular rules for this situation.

19.3 The home team shall be the first team listed on the published playing schedule.
The visiting team shall be the second team listed on the published playing schedule.

The visiting team shall notify the home team of the colour of the jerseys which they are going to wear in the game, and the home team must wear jerseys of a contrasting colour.

It is the home team's prerogative to choose the bench area which they will occupy during the game.

At a world Championship or similar event, or at any event where the organisers deem it necessary, the home team will be allocated the left-hand bench area when facing the field from the timer's table.

In the case of a dispute, the visiting team is the first out of the changing rooms.

It shall be the responsibility of the home head coach to see:
that the playing field is in proper condition for play;
that the time-keepers and scorers are on hand with all the equipment necessary for them to carry out their respective functions;
that balls and ball persons are provided.

In a World Championship or similar event, the organisers of the event will be responsible for the above.

The visiting captain shall call the toss prior to the start of the game and prior to sudden-death overtime.

RULE 20 SUBSTITUTES

20.1 A team may have up to 13 substitutes.

- 20.2 Only 23 players in a squad may dress in team uniform for a game. Any others in the squad who are in the bench area must wear alternate strip or track suits.

RULE 21 CAPTAINS

- 21.1 Each team shall designate a captain or co-captains, and they shall act as the representatives of their team on the field of play during the game. Where a team designates co-captains, one of them shall be designated the official representative of that team on the field.
- 21.2 The privilege of the captains to act as the representatives of the team on the field does not grant them the right to enter into argument with an official or to criticise any decision of an official.
- 21.3 Should the captain leave the field of play, either he or his coach should designate to the nearest referee the name and number of the replacing captain. If a team is without a designated captain at any time during the play of the game, then one of the referees may designate an acting captain.

RULE 22 COACHES

- 22.1 A team may have any number of coaches but each team shall designate one coach as its head coach. The head coach shall be responsible for making all decisions for his team which are not specifically delegated to his captain. Before the commencement of the game, the head coach shall nominate his captain(s), and an In-home to the officials. The In-home may be any member of the squad.
- 22.2 The head coach shall at all times conduct himself like a gentleman, and he shall endeavour in every way to have his players and substitutes also conduct themselves like gentlemen. He shall also be in control of and responsible for the actions and conduct of all non-playing members of his squad and any and all persons officially connected with his team. He shall assist the officials to keep the game under control at all times. It shall be his duty, upon the request of an official, effectively to control any actions of spectators which are not in conformity with good sportsmanship.
- 22.3 It shall be the responsibility of the home head coach to see:
- i) that the playing field is in proper condition for play;
 - ii) that the time-keepers and scorers are on hand with all the equipment necessary for them to carry out their respective functions;
 - iii) that balls and ball persons are provided.
- In a World Championship or similar event, the organisers of the event will be responsible for the above.
- 22.4 It shall be the responsibility of each head coach to see that their players and substitutes are properly equipped to play.

- 22.5 One or more of a team's coaches may be a player/coach.
The officials and the opposing head coach must be informed of the shirt number of any such player/coach before the start of the game.
When a player/coach is in the coaches' area, he may not be wearing his helmet.

SECTION 4 CONTROL OF THE GAME**RULE 23 THE OFFICIALS**

- 23.1 The game of lacrosse shall be controlled by 3 referees, one of whom shall be designated the head referee.
Their duties shall be equal in all respects, except that, in the settlement of any dispute, the decision of the head referee shall be final.
The referees shall have authority over the play of the game, with control and jurisdiction over the chief bench official, the bench manager, the time-keeper, penalty time-keepers, scorers, players, substitutes, coaches, anyone officially connected with the teams, and spectators.
- 23.2 The authority of the referees shall begin with their appearance on the field of play and terminate upon the completion of the game.
- 23.3 By the sounding of his whistle, any of the referees or the chief bench official may suspend the play of the game for any reason which he deems necessary for the proper enforcement of the rules of the game or the safe conduct of the game.
- 23.4 The referees shall keep a record of the goals scored by each team, and the number of the player scoring the goal.
They shall check the score with the official scorer at the end of each period, but the referees' score shall be the official score of the game.
- 23.5 The referees and the chief bench official shall wear similar uniforms. This shall be vertical black and white striped shirt, white shorts, black and white socks and a black cap.

RULE 24 THE CHIEF BENCH OFFICIAL AND THE BENCH MANAGER

24.1 A chief bench official (CBO) shall be appointed and he shall be equipped with a signal flag and a whistle. He shall supervise over and hold complete jurisdiction over the bench manager, time-keeper, penalty time-keepers, scorers, coaches, substitutes and any other officials within the bench areas, the special substitution area and the penalty box.

He shall wear the same uniform as the referees, except that he shall also wear a suitably inscribed armband.

The CBO shall be assisted by a bench manager, who shall act as the reserve referee.

The bench manager shall have no jurisdictional power.

He does not carry a whistle and he does not carry a flag.

The bench manager shall wear the same uniform as the referees except that he wears a black shirt or jacket.

If an on-field referee is unable to continue, then the bench manager shall replace him on the field of play.

If the referee who is unable to continue is the head referee, then the referee named second on the official assignment shall become the head referee.

24.2 The CBO shall:

- i) check the substitution of players going onto and off the field of play;
- ii) check that each team has the correct number of players and no more than four long sticks on the field of play;
- iii) assist the referees in checking that each team obeys the off-side rule;
- iv) check that no illegal stick exchange occurs;
- v) check that no illegal actions are carried out by a coach or official member of either squad;
- vi) check that no foul is committed by a player or substitute who is in the act of leaving the field of play or in the act of entering the field of play, or who is in the bench area, the special substitution area or the penalty box.

24.3 Where the CBO becomes aware of any of the above six infringements, he shall, depending on the circumstances, either throw a signal flag or blow his whistle, and apply the appropriate penalty.

Exceptionally, where the CBO becomes aware of a player committing an act of flagrant misconduct, then, if the act is away from the current area of play and is unlikely to have been seen by the on-field referees, the CBO shall either throw a signal flag or blow his whistle, as appropriate, and, when a whistle has stopped the play, the CBO shall inform the head referee of what has happened and the CBO shall make the appropriate call.

- 24.4 The CBO and/or the bench manager shall acknowledge receipt and understanding of the referees' signals relating to penalties, penalty periods or any other matters relating to the play of the game, by repeating the signal. He shall then relay the decisions of the referees to the time-keeper, penalty time-keepers and scorers, as appropriate.
- 24.5 The CBO and/or the bench manager shall advise the coaches, if so requested, as to the decisions of the referees.
- 24.6 The CBO shall notify each team 30 seconds before the restart of play during a team time-out, and one minute before the start of each period.
- 24.7 The CBO shall notify the nearest referee if any player has incurred 5 personal fouls.
- 24.8 When a team requests a time-out:
If the request is legal, the CBO shall blow his whistle.
If the request is not legal, the CBO shall apply the provisions of Rule 50, the Penalty for Technical Fouls, and, if appropriate, Rule 82, The Slow Whistle Technique.
- AR 24.1 The CBO sees Blue push a Red player from behind, causing the Red player to go offside.
- RULING: Because there is an off-side involved, the CBO shall throw a flag or blow play down, as appropriate and apply the appropriate penalty.
- NOTE: Where the CBO sees an on-field situation which could affect safety, and none of the on-field Referees takes any action, then the CBO shall take the appropriate action.

RULE 25 THE TIME-KEEPER

- 25.1 A time-keeper shall be appointed, and he must be equipped with a time-piece which is able to record time in seconds.
- 25.2 The timekeeper shall keep an accurate record of the time played in each period, and he shall go out onto the field of play for the last 30 seconds of play in each period to count down the remaining time to the closest referee as follows; "30 seconds, 25 seconds, 20 seconds, 15 seconds, 14, 13...3, 2, 1, Time".

- 25.3 The timekeeper shall keep an accurate record of the time intermissions between playing periods, and he shall notify the chief bench official one minute prior to the start of each period of play.
- 25.4 The timekeeper shall keep an accurate record of the time taken during team time-outs, and he shall notify the chief bench official 30 seconds before the re-start of play.

RULE 26 THE PENALTY TIMEKEEPERS

- 26.1 Two penalty timekeepers shall be appointed for each squad, and they shall be equipped with time-pieces which can record time in seconds. The penalty timekeepers shall be positioned at either side of the timer's table, behind the penalty box.
- 26.2 The penalty timekeepers shall time the period of any penalty imposed by the referees, and shall audibly count down the penalty time to the player concerned and to any substitute who may be about to go on to the field in place of the penalised player, as follows: "30 seconds, 15 seconds, 10, 9, 8...3, 2, 1, Release".

RULE 27 THE SCORERS

- 27.1 Each team shall provide a scorer and, unless otherwise designated by the head referee, the visiting scorer shall be the official scorer.
Where it deems it appropriate, the organizing committee for a tournament shall appoint the scorers and nominate the official scorer.
- 27.2 The scorers shall keep a record of the goals scored by each team, the name and number of the player scoring the goal, and the name and number of the player making an assist.
- 27.3 The scorers shall check with the referees at the end of each period to ensure that they have the same score.
- 27.4 The scorers shall keep an accurate record of the number of time-outs taken by each team, and they shall notify the chief bench official immediately if a team exceeds the number allowed in a half or in an overtime period.
- 27.5 The scorers shall keep a record of the name and number of each player upon whom a penalty is inflicted, the type of foul, the duration of the penalty, and the game time of the penalty.
- 27.6 The scorers shall notify the chief bench official if any player should incur 5 personal fouls.

RULE 28 MISTAKES BY THE OFFICIALS

28.1 Where a *referee*, chief bench official, timekeeper, penalty timekeeper, or scorer becomes aware that a mistake is being made which would result in a player or a team being penalised, then he shall promptly correct the mistake. If a goal is scored during the mistake and it is brought to the attention of the referees before the next live ball, after the player in question has participated in the game, then the referees shall allow or disallow the goal depending on the circumstances.

AR 28.1 A Blue player has been given a 1-minute penalty. After 30 seconds, he is released by a penalty timekeeper. A Blue player then scores. Before the ball is faced, the referees become aware of the mistake.

RULING: No goal, the penalised Blue player returns to the penalty box for 30 seconds, and the ball is faced.

AR 28.2 A Blue player has been given a 1-minute penalty. After 30 seconds, he is released by a penalty timekeeper. A Blue player then scores. After the face-off, the Red team protest to the referees.

RULING: Goal. The Blue player stays in the game.

AR 28.3 *A Blue player has been sent to the penalty box. After the whistle has blown to re-start play, whilst the Blue player is still in the penalty box, the Head Referee realises that the Blue player should not have been sent off.*

RULING: *As he has now become aware that a mistake is being made which penalises the Blue team, the Head Referee should stop the play at the appropriate time, and correct the mistake.*

AR 28.4 *A Blue player has been sent to the penalty box. Red score whilst the Blue player is in the penalty box. After the goal, and before the play has re-started, the Head Referee realizes that the Blue player should not have been sent off.*

RULING: *As he has now become aware before the next live ball, that a goal has been scored during the mistake, the Head Referee disallows the goal.*

AR 28.5 *A Blue player has been sent to the penalty box. Red score whilst the Blue player is in the penalty box. The Blue player's penalty expires. The play re-starts. After the re-start, the Head Referee realises that the Blue player should not have been sent off.*

- RULING:** *As the play has re-started, it is now too late to correct the earlier mistake.*
- AR 28.6** *A number of simultaneous fouls lead to several time-served penalties. As part of the same incident, the referees decide not to inflict a penalty on Blue #7. After the whistle has blown to re-start play, the Head Referee realises that Blue #7 should have been sent off.*
- RULING:** *As he has now become aware that a mistake is being made which penalises the Red team, the Head Referee should stop the play at the appropriate time, and correct the mistake.*
- AR 28.7** *A number of simultaneous fouls lead to several time-served penalties. As part of the same incident, the referees decide not to inflict a penalty on Blue #7. Blue score whilst at least one Red player is still in the penalty box. After the goal, and before the play has re-started, the Head Referee realises that Blue #7 should have been sent off.*
- RULING:** *As he has now become aware before the next live ball, that a goal has been scored during the mistake, the Head Referee disallows the goal.*
- AR 28.8** *A number of simultaneous fouls lead to several time-served penalties. As part of the same incident, the referees decide not to inflict a penalty on Blue #7. Blue score whilst at least one Red player is still in the penalty box. The last of the simultaneous penalties expires. The play re-starts. After the re-start, the Head Referee realises that Blue #7 should have been sent off.*
- RULING:** *As the play has re-started, it is now too late to correct the earlier mistake.*

SECTION 5 THE LENGTH OF THE GAME**RULE 29 TIME OF THE MATCH**

- 29.1 The match shall be divided into 4 periods of 20 minutes' duration each.
Any of the referees or the chief bench official may suspend the play of the game and stop the clock and any penalty clock(s) for any reason which he deems necessary for the proper enforcement of the rules of the game or the safe conduct of the game.
- 29.2 During the last 3 minutes of the fourth quarter, and during any overtime period, the game-clock and, if applicable, the penalty clock(s) shall stop whenever the ball becomes dead, and they shall restart whenever play is restarted.
This shall apply for all stoppages, including the scoring of a goal.
Such a stoppage of play shall not be considered to be an official time-out for the purpose of illegal substitution, the gate or the coaches' area, unless an official time-out is specifically requested by a referee or by the CBO.
- 29.3 At the end of each quarter, the teams shall change ends.
The interval between the first and second quarters shall be of 2 minutes' duration.
At half-time, the interval shall be 10 minutes long.
At three-quarter time, the interval shall be 3 minutes.
- 29.4 Between the first and second periods, and between the third and fourth periods, the players shall, on leaving the playing field, assemble in the bench area only; to go beyond this area, they must have the permission of the referees.
At half-time, the teams may leave the playing field.

RULE 30 INTERRUPTED OR UNCOMPLETED MATCH

- 30.1 Where the Head Referee and/or the tournament's Referee-in-Chief feels that electrical storms and/or lightning make it inadvisable for a match to continue, then the game shall be halted.
- 30.2 All participants, including players, referees, bench officials, ball persons and others, shall be required to go indoors at the earliest opportunity.
- 30.3 If it is subsequently possible to resume the match, then the teams shall be allowed to warm-up on the field of play prior to the re-start, as follows:
- If the delay from leaving the field to re-entering the field is not more than 30 minutes, then a 10 minute warm-up will be allowed.
 - If the delay is more than 30 minutes, but not more than 60 minutes, then a 15 minute warm-up will be allowed.

- If the delay is more than 60 minutes, then a 20 minute warm-up will be allowed.

By mutual consent of both coaches, the above warm-up times may be shortened.

- 30.4 In the event of a match not being completed because of darkness, bad weather, or any circumstances whereby the head referee thinks it inadvisable to continue playing, such uncompleted match shall be referred to the controlling body for adjudication of a result.

RULE 31 TIED GAME

- 31.1 In the event of the scores being tied at the end of regulation playing time, then two periods of overtime shall be played. The following procedure shall apply:

- i) There shall be an interval of 5 minutes, during which the teams shall change ends.
- ii) Both periods of overtime shall start with a face-off as at the start of each quarter, subject to the provisions of Rule 34.1 being followed.
- iii) The overtime periods shall be of 4 minutes' duration, and there shall be a two-minute interval between them.
- iv) The teams shall change ends between the 2 overtime periods.

- 31.2 If the scores are still tied at the end of the 2 overtime periods, then the following "sudden death" procedure will take place:

- i) The referees shall call together the captains of each team at the centre of the field during a 1-minute intermission. The head referee shall toss a coin to determine choice of goals: the visiting captain shall call the toss.
- ii) Play will then resume with a face-off at the centre of the field, subject to the provisions of Rule 34.1 being followed, for 4-minute periods until a goal is scored.
- iii) At the end of each 4-minute period, the teams shall change ends, but the team in possession of the ball at the end of a period shall retain possession of the ball in the same relative position of the field as when the period ended, except that the ball shall not be put into play closer than 20 yards (18.29 metres) from the cage, or with an opponent or a team-mate nearer to the player who has possession of the ball than 5 yards (4.57 metres); play will then continue immediately. If a sudden-death overtime period ends when the ball is loose, then the next period will start with a face-off in the same relative position as when play ended.
- iv) This procedure will continue until a goal is scored, thus deciding the winner.

AR 31.1 A sudden death period ends with the Blue goalkeeper in possession in his crease.

RULING: The next period commences with Blue in possession 20 yards (18.29 metres) laterally from the cage.

RULE 32 DEFAULTED GAME

32.1 A team shall be declared the winner of a game by default if its opponent fails to appear at the appointed time and place for the contest, or for any reason a team fails to finish a contest. The score of such a defaulted game shall be 1-0 against the defaulting team.

32.2 The visiting team shall be declared the winner of the game by default, if the field does not meet the specifications as set forth in these rules. Any unavoidable local conditions must be agreed to in writing prior to the day of the game.

SECTION 6 THE PLAY OF THE GAME**RULE 33 ACTIONS PRIOR TO THE GAME**

- 33.1 The referees, the CBO and the bench manager shall call together the captains of each team at the centre of the field approximately 5 minutes before the start of the game.
The head referee shall toss a coin to determine choice of goals: the visiting captain shall call the toss.
At this time, any special ground rules shall be explained.
- 33.2 The referees, the CBO and the bench manager shall then draw up the starting line-ups in lines facing each other at the centre of the field, with their left sides towards the goal they are defending.
There shall be no pre-game stick-checks or equipment-checks.
Any special ground rules shall be explained.
- 33.3 *When a team is “warming-up” on the field of play, it shall do so in the half of the playing field which is nearer to its own bench area.*

RULE 34 FACING AT THE CENTRE

- 34.1 Play shall normally be started at the beginning of each period, and after each goal has been scored, by facing the ball at the centre of the field, subject to the following exceptions:
- i) In the event of an extra man situation at the conclusion of ANY period, then the next period shall be commenced by awarding the ball to the team which had possession at the conclusion of the prior period in the same relative position on the field.
However, if the period ends with no team in possession, the ball shall be faced at the centre with all the usual restrictions.
 - ii) Once the players facing have taken up their positions for the face-off, then the players are “set”, and any movement of a player’s stick or gloves prior to the whistle will result in possession being awarded to the offended team.
The player is allowed to move his feet or his body, provided that this movement is not transmitted to the gloves or stick.
 - iii) If a face-off is about to take place, and a team is guilty of delaying the game, then possession shall be awarded to the offended team.
At the discretion of the referees, repeated commission of this foul may be construed as unsportsmanlike conduct.

- iv) If a player, substitute, coach or non-playing member of a squad commits a foul before any face-off, the ball will be awarded to the offended team at the centre of the field.
All confined players are released from their goal areas and wing areas immediately.

- 34.2 The referee shall place the ball on the ground at the centre of the field. The players facing shall stand on the same side of the centre line as the goal each is defending.
The referee shall indicate to both players to assume their respective positions at the same time.
The crosses and ball should be within the 4" wide centre line, or as close as the equipment (ball and crosses) will permit.
The crosses shall rest on the ground along the centre line and be placed parallel to each other, up to, but not touching, the ball.
Players may not back out and re-set their positions once the referee has initiated the face-off position.
The referee shall make certain that the reverse surfaces of the crosses match evenly, and each player must have both hands on the handle of his own crosse, not touching any strings, and both gloved hands must be on the ground. The feet shall not touch the crosse. Both hands and feet must be to the left of the throat of his crosse.
The feet must not touch the centre line or the opponents' defensive half of the field.
Both feet must be grounded up to the sounding of the referee's whistle to start play. The handle of the crosse must not touch the opponents' defensive half of the field.
No part of either crosse may touch.
Neither player may be in contact with his opponent's body by encroaching on his opponent's territory.

- 34.3 Once the players facing have assumed their positions, the referee shall say "Set".
Once this signal is given, the hands and gloves of both players must remain motionless until the whistle sounds to start play.

- 34.4 When the referee sounds his whistle to start play, each player may attempt to direct the course of the ball by movement of his crosse in any manner he desires.
Kicking or stepping on an opponent's crosse is illegal.
A player may not "kick through" his own crosse in order to move the crosse of his opponent.

- 34.5 Whilst the two players who are participating in the face-off are still down in the face-off position, and the ball is still between and in contact with their sticks, it shall be illegal for any other player to make contact with the body or crosse of either of those two players.
Checking either the stick or the gloved hand of either player participating in the face-off is a Technical Foul.
Body checking either player participating in the face-off is a Personal Foul.
- 34.6 No player who is using a left-handed crosse shall take part in a face-off. A stick in which the net is woven to the head in such a manner that a lip or hook is formed which might ensnare the ball shall be illegal for use in face-offs.
- 34.7 At the time of a centre face-off, a team which has 10 players on the field of play (excluding the penalty box) shall confine the goalkeeper and 3 other players in its defence goal area, 3 players in its attack goal area, and 1 player in each of its wing areas.
When the whistle sounds to start play, the players in the wing areas shall be released.
All other players are confined to the specified goal areas until possession of the ball is gained by any player, the ball touches or crosses a goal area line, or the ball goes out-of-bounds.
For the purpose of player release at a centre face-off, either from the goal areas or the wing areas, the gloved hand is not considered part of the crosse, whether or not it is holding the crosse.
- 34.8 In the above circumstances, when possession is gained by a player, the referee shall rotate his right arm in full circular cranking motion and shout "Possession".
When the ball touches or crosses a goal area line before possession has been called, the referee shall rotate his right arm in full circular cranking motion and shout "Free ball".
- 34.9 Where a team has 1 or more players out of the game on penalty, then that team shall be exempt from confining its players to the goal and wing areas to the extent of its players in the penalty box. Such a team shall have the right to choose the confining area(s) in which it shall exercise its exemption, but it must obey the off-side rule.
- 34.10 At a centre face-off, before "Possession" or "Free ball" have been called, if a referee mistakenly blows his whistle, then the ball shall be re-faced at the centre of the field with the same restrictions as the original face-off.
- 34.11 If a foul is committed during or after a centre face-off before "Possession" or "Free ball" have been called, then confined players will not be released from the goal areas until the whistle blows to resume play.
- 34.12 If the ball goes directly out-of-bounds from a face-off, and the Referee does not know who touched it last, then it shall be re-faced at the same place as the previous face, and subject to the same restrictions as the previous face.

34.13 *At a centre face-off, before “Possession” or “Free ball” has been called, if simultaneous fouls occur and a re-face is needed, per Rule 81.2, then the ball shall be re-faced at the centre of the field with the same restriction as the original face-off.*

AR 34.1 A Blue player is in the penalty box, and Red have possession.
A Red player passes the ball to a team-mate but, whilst the ball is in flight between them, the whistle blows to end the period.

RULING: The next period starts with Red in possession.

AR 34.2 A Blue player is in the penalty box.
Red take a shot (or make a bad pass) and the ball is rolling towards a boundary line when the whistle blows to end the period.

RULING: As there is no possession at the end of the period, the next period starts with a centre face-off.

AR 34.3 A Blue player is in the penalty box.
Red shoot, the ball passes over a boundary line with a Red player nearest to the ball but, before the Red player can pick the ball up, the whistle blows to end the period.

RULING: As the Red player WOULD have had possession of the ball had the period not ended, he is deemed to be in possession of the ball. The next period thus starts with Red in possession.

AR 34.4 A Blue player is in the penalty box.
A bad pass from Red passes over a boundary line.
Before a Blue player can pick the ball up, the whistle blows to end the period.

RULING: As the Blue player WOULD have had possession of the ball had the period not ended, he is deemed to be in possession of the ball. The next period thus starts with Blue in possession.

AR 34.5 A Red player is in the penalty box.
A Blue attacker, in possession of the ball, wards off a Red defender. As the whistle blows to denote the foul, the period ends.

RULING: As Red WOULD have had possession of the ball had the period not ended, they are deemed to be in possession of the ball. As there is an extra man situation, Red thus start the next period in possession.

AR 34.6 A Red player is in the penalty box.
Blue score, and the whistle immediately blows to end the period.

RULING: As there is no possession, the next period starts with a face-off.

- AR 34.7 A Red player is in the penalty box.
Red then gain possession of the ball. Blue commit a foul, and a flag is thrown. The period ends.
- RULING: As a Red player is already in the penalty box, and a Blue player is about to go into the penalty box, there is NOT a man-up situation. The next period starts with a face-off.
- AR 34.8 Blue attacking and a flag is down. The whistle ends the period with Blue in possession.
- RULING: Blue retain the ball at the start of the next period, with the Red player in the penalty box.
- AR 34.9 Blue attacking and a flag is down. The ball becomes loose as the period ends.
- RULING: Blue retain the ball at the start of the next period, with the Red player in the penalty box.
- AR 34.10 Blue attacking and a flag is down for a technical offence.
As the period ends, a Blue player commits a technical foul.
- RULING: Simultaneous technicals cancel: no send-off: the next period starts with a centre face-off.
- AR 34.11 Blue attacking and a flag is down for a personal foul.
As the period ends, a Blue player commits a personal foul.
- RULING: Simultaneous fouls. Both players serve penalty time: as there is not an extra man situation, the next period starts with a centre face-off.
- AR 34.12 Blue attacking and a flag is down for a personal foul.
Blue score, and the whistle immediately blows to end the period.
- RULING: As there is no possession, the next period starts with a face-off.
- AR 34.13 A period ends with a Blue player in the penalty box, and Red in possession.
Red are awarded the ball.
During the break, a Red player commits a foul, and the extra-man situation is thus nullified.
- RULING: The next period starts with a Blue ball.
- AR 34.14 A period ends with a Blue player in the penalty box, and Red in possession.
Red are awarded the ball. During the break, a Red player and a Blue player commit fouls.
- RULING: The ball is awarded to the team having less total penalty time of the two simultaneous fouls which happened during the interval.
If the two penalty times are equal, then Red are awarded the ball.

- AR 34.15 A period ends with both teams at full strength or with the same number of players in the penalty box.
A face-off is called.
A player commits a foul in the interval.
- RULING: His opponents are awarded the ball at the centre.
- AR 34.16 A player is injured at a centre face-off with the ball still loose.
- RULING: The ball is re-faced at the centre with the original restrictions in force.
- AR 34.17 A player loses an item of equipment at a centre face-off with the ball still loose.
- RULING: The ball is re-faced at the centre with the original restrictions in force.
- AR 34.18 The ball goes out-of-bounds at a centre face-off after being touched by a player, but the referees do not know who last touched it.
- RULING: The ball is faced 20 feet (6.1 metres) from the out-of-bounds spot, and all players are released from their confined areas immediately.
- AR 34.19 A team, which has no players in the penalty box, has only nine players on the field at the time of a centre face-off.
- RULING: Legal play. The team shall be exempt from confining its players to the goal and wing areas to the extent of the number of players, which it is playing short. The team shall have the right to choose the confining area(s) in which it shall exercise its exemption, but it must obey the off-side rule.
- AR 34.20 A player shoots at his opponent's goal and scores.
When the ball is further than three yards from him, but before it has crossed the goal line, he is body-checked by a defender.
- RULING Illegal body-check: the defender serves a personal penalty.
As the ball is still in play at the time of the offence, the goal stands and the ball is faced at the centre.
- AR 34.21 A player shoots at his opponent's goal and scores.
After the ball has crossed the goal line, he is body-checked by a defender.
- RULING Illegal body-check: the defender serves a personal penalty.
As the ball had crossed the line before the foul was committed, the foul is treated as happening before the next face-off, and the attacker's team is awarded the ball at the centre.

RULE 35 FACING OTHER THAN AT THE CENTRE

- 35.1 When a face-off occurs other than at the centre of the field, then the following rules shall apply:
- i) The crosses of the two players shall be placed at right angles to an imaginary line running from the ball to the centre of the nearer goal line.
 - ii) The defending player shall stand between his crosse and his own goal, so as to have his back to his own goal.
 - iii) The attacking player shall face towards the goal he is attacking.
 - iv) The conditions laid down in Rule 34 apply as to the method of facing.
 - v) The ball shall not be faced closer to the cage than 20 yards (18.29 metres) in any direction, and it shall be moved laterally to a point 20 yards (18.29 metres) from the cage, if required.
 - vi) The ball shall not be faced closer to a boundary line than 20 feet (6.1 metres).
 - vii) At the time the whistle sounds to start the face-off, no player shall be within 10 yards (9.14 metres) of the players facing the ball.
 - viii) ***The game clock and the penalty clock(s) shall be stopped immediately.***

RULE 36 THE STATUS OF THE BALL

- 36.1 A ball is either a live ball or a dead ball.
- 36.2 Once the whistle has blown to (re)start play, for example at a face-off, or when the ball is being put back into play after going out-of-bounds, or when the ball is being put back into play after a foul has been committed, then the ball is a live ball.
- 36.3 When the whistle blows to stop play, for example because a goal has been scored, or because the ball has gone out-of-bounds, or because a whistle has blown denoting a foul, then the ball is a dead ball.
- 36.4 If a flag is thrown, and play continues, then the ball is still a live ball.
- AR 36.1 Blue attacking and a flag is down. Blue drop the ball. The whistle blows.
Red, who still have a time-out left, call one.
- RULING: The time-out is granted, because the ball is dead. The position of the ball on the field of play is of no consequence.

RULE 37 FREE PLAY

- 37.1 When a player has been awarded the ball for any reason, no opposing player or team-mate may take a position closer to him than 5 yards (4.57 metres). The Referee shall clearly indicate the player who is going to re-start the play to the opposing goalkeeper.
- 37.2 A free play shall not take place closer to the cage than 20 yards (18.29 metres) in any direction, and the ball shall be moved laterally to a point 20 yards (18.29 metres) from the cage, if required.
- 37.3 A free play shall not take place within 5 yards (4.57 metres) of the gate, and the ball shall be moved laterally into the field of play until it is 5 yards (4.57 metres) from the nearest part of the gate, if required.

RULE 38 SCORING

- 38.1 A goal counts one point, and is scored when the ball, *whether loose or not*, passes from the front completely through the imaginary plane formed by the rear edges of the goal line as a base, the cross-bar as the top, and the goal posts as the two sides.
Should the ball be caused to pass through the plane of the goal by one of the defending players, it counts as a goal for the attacking team.
The team scoring the greater number of goals shall be declared the winner of the game.
- 38.2 When the ball passes through the plane of the goal in the following circumstances, however, a goal does not count:
- i) after the period has ended, regardless of whether or not a referee's whistle has sounded;
 - ii) after a referee's whistle has sounded for any reason, even though the sounding of the whistle was inadvertent;
 - iii) when any part of the body of an attacking player is touching the goal crease area;
 - iv) when the attacking team has more men than it should have on the actual field of play (excluding the penalty box) at the time;
 - v) when the attacking team or both teams are off-side at the time;
 - vi) when the head of the shooter's crosse comes off during the shot or the follow-through.
 - vii) ***If a goal has been scored by an attacking player and, before the next live ball, that player's stick is declared illegal for any reason.***
 - viii) ***Refer to Rule 45.5 regarding an illegal crosse.***

RULE 39 POSSESSION OF THE BALL

- 39.1 A player shall be considered in possession of the ball when he has control of it and could perform any of the normal functions of play such as carrying, cradling, passing or shooting.
In addition, the designated goalkeeper shall be considered to be in possession of the ball when he has one or both of his feet within the crease and he is raking back a ball which is within his crease.
- 39.2 A team shall be considered in possession of the ball when a player on that team has possession of the ball, or when the ball is in flight from a player to a team-mate.
- 39.3 A ball not in a player's possession or a team's possession is a loose ball.

RULE 40 BALL OUT-OF-BOUNDS

- 40.1 Play shall be suspended at any time when the ball is out-of-bounds.
- 40.2 When a player with the ball in his possession steps on or beyond a boundary line, or any part of his crosse or body touches the ground on or beyond the boundary line, then the ball is out-of-bounds, and the player shall lose possession of it.
The ball shall be awarded to any player of the opposing team who is ready immediately to make the free play, at the point where the ball was declared out-of-bounds.
- 40.3 When a loose ball touches a boundary line or the ground outside of a boundary line, or when it touches anything on or outside of a boundary line, or when it has irretrievably left the field of play, then it is out-of-bounds, and the following rules shall apply:
- i) Except on a shot or a deflected shot at the goal, the ball shall be awarded at the point where it was declared out-of-bounds to any player on the opposing team to that player who last touched it who is ready immediately to make the free play.
 - ii) When a loose ball goes out-of-bounds as a result of a shot or a deflected shot at goal, it shall be awarded to the team of the nearest legal inbound player where and when the ball became out-of-bounds.
The player's stick shall not count.
If two legal inbound players of opposite teams are equidistant from the ball when it goes out-of-bounds, then it shall be faced.
 - iii) A shot or deflected shot remains a shot until:
 - the ball comes to rest on the field of play;
 - or a player gains possession of the ball;
 - or the ball goes out-of-bounds;
 - or a player deliberately causes the ball to go out-of-bounds.

- 40.4 If the ball goes directly out-of-bounds from a face-off, and the Referees do not know who touched it last, then it shall be faced again at the same place as the previous face-off, and subject to the same restrictions as the previous face-off.
- 40.5 If the ball is out-of-bounds within the confines of the gate, or within 5 yards (4.57 metres) of any part of the gate, then it shall be moved laterally into the field of play until it is 5 yards (4.57 metres) from the nearest part of the gate before play is resumed.
- 40.6 If the ball is out-of-bounds on the end line, then it shall be put into play at the point at which it went out-of-bounds, notwithstanding the fact that this point may be less than twenty yards from the cage.
- AR 40.1 A Blue player shoots at goal and the ball, after hitting a pipe, goes out-of-bounds near the centre line in Blue's offensive half of the field.
The nearest player is a Blue defender who is tied to his own half by the offside rule.
- RULING: The ball is awarded to Blue.
- AR 40.2 A shot misses the goal and comes to rest on the field of play. A Blue player tries to pick it up, but it goes out-of-bounds.
- RULING: The ball is awarded to Red.
- AR 40.3 A shot misses the goal and is rolling towards a boundary line. A Blue player tries to pick it up, but it goes out-of-bounds.
- RULING: The ball is awarded to the nearest in-bounds player.
- AR 40.4 A shot goes over the goal and a player tries to catch it in flight. The ball hits his crosse or body and goes out-of-bounds.
- RULING: The ball is awarded to the nearest in-bounds player.
- AR 40.5 A Blue player, in possession of the ball, is forced out-of-bounds illegally by a Red player.
- RULING: Blue retain the ball and the Red player serves penalty time.

RULE 41 BODYCHECKING

- 41.1 Body-checking an opponent is permitted in the game of lacrosse, provided:
- i) the opponent is in possession of the ball or is within 9 feet (2.74 metres) of a loose ball or is within 9 feet (2.74 metres) of a ball in flight;
 - ii) the contact is made from the front or side, not below the hip, and below the neck.

See Rule 70 concerning illegal body-checking.

RULE 42 CHECKING WITH THE CROSSE

- 42.1 A player may check an opponent's crosse with his own crosse, provided that the opponent has possession of the ball, the opponent is within 9 feet (2.74 metres) of a loose ball, or the ball is in flight within 9 feet (2.74 metres) of the opponent. For the purpose of this Rule, the gloved hand holding the crosse is considered as part of the crosse.

See Rules 71 and 72 concerning illegal checking.

RULE 43 THE PICK

- 43.1 The use of the pick by an offensive player is permitted, provided that the offensive player is stationary and motionless at the time the contact is made.

See Rule 54 concerning an illegal pick.

RULE 44 TIME-OUTS

- 44.1 There are 2 types of time-outs, those called by the officials, and those called by the teams.

- 44.2 A referee or the chief bench official may call an official time-out for any reason which he deems necessary for the proper enforcement of the rules of the game or the safe conduct of the game.

- 44.3 When a player is injured and, in the opinion of an official, the injury is serious, or there is bleeding or blood evident, then play shall be suspended immediately.

Otherwise, the referee shall delay the sounding of his whistle as follows:

- i) If the attacking team is in possession of the ball and, in the opinion of the referee, a scoring play is imminent, then the referee shall delay the sounding of his whistle in the same manner as laid down under the "slow whistle procedure", Rule 82, except that a signal flag is not dropped under these circumstances.
 - ii) If the ball is loose, then the referee shall delay the sounding of his whistle until possession is secured and, if a scoring play is imminent, the play is completed, in the same manner as laid down under the "slow whistle procedure", Rule 82, except that the signal flag is not thrown under these circumstances.
- 44.4
- i) If the clock has to be stopped to allow an injured player to be treated then, unless a team uses one of its time-outs, the injured player must leave the field before the start of the next play and he may not return before the next dead ball.

- ii) If the clock has to be stopped for a player who is bleeding, or has blood evident on his person or equipment then, unless the team uses one of its time-outs, the player must leave the field before the start of the next play.
The player shall not re-enter the game until the wound has been covered and/or all evident blood disinfected from person, uniform or equipment.
The player need not wait for the next dead ball before returning.
- 44.5 A team may request a time-out provided:
- the ball is dead;
 - or the team requesting the time-out has possession of the ball in its attacking half of the field.
- 44.6 A time-out may be called by a coach, a captain, or the player who has possession of the ball.
The request may be made to a referee or to the chief bench official.
- 44.7 A team time-out shall be 90 seconds long.
A team time-out may be foreshortened only if both teams are ready to restart before the full 90 seconds have elapsed.
- 44.8 A team shall be limited to 2 time-outs per half, and 1 time-out per 4-minute overtime period.
No time-outs shall be allowed in a sudden death overtime period.
- 44.9 A time-out taken between periods is charged to the preceding period.
- 44.10 A team may not take consecutive time-outs without resumption of play.
- 44.11 A team may call a time-out prior to the start of the game.
- AR 44.1 A Red player, in possession of the ball in his own half of the field, passes the ball to a team-mate who is in his opponents' half of the field.
The pass is such that the referees consider that the ball is in the possession of the Red team.
As the ball is in flight, a Red coach calls a time-out.
- RULING: If, at the instant that the coach begins to make his time-out call, the ball has not passed the centre line, and is thus in flight over the Red defensive half of the field, then the time-out call is illegal.
- RULING: If, at the instant that the coach begins to make his time-out call, the ball has passed the centre line, and is thus in flight over the Red attacking half of the field, then the time-out call is legal.
- RULING: Similar considerations would apply if the Red player were passing the ball back into his defensive half of the field.

**RULE 45 HEAD COACH'S REQUEST FOR
STICK-CHECK OR STICK-COUNT****STICK-CHECK**

- 45.1 A team's head coach may request the inspection of any crosse of the opposing team which is on the field of play. All aspects of the construction and dimensions of the crosse shall be considered. Such a request may only be made when the ball is dead.
- 45.2 The game-time clock shall be stopped when a stick-check is requested, and it shall be re-started when the stick-check is complete.
- 45.3 Where applicable, the penalty clock(s) shall be stopped when a stick-check is requested, and they shall be re-started when the stick-check is complete.
- 45.4 If a stick is found to be legal after a stick-check has been requested by a given head coach then:
- i) On the first occasion that a stick is found to be legal after a stick-check has been requested by that coach, there shall be no penalty inflicted on the coach who asked for the stick-check.
 - ii) For every subsequent occasion on which a stick is found to be legal after that coach has requested a stick-check, a technical penalty shall be inflicted on the coach.
- 45.5 ***If a goal has been scored by an attacking player, and before the next live ball that player's crosse is declared illegal for any reason, then the goal will not count.***
Thus, if an attacking player kicks the ball into the goal, and his crosse is declared illegal for any reason before the next live ball, the goal will not count.
Similarly, if the ball deflects off an attacker's body into the goal, and his crosse is declared illegal for any reason before the next live ball, the goal will not count.
If a goal has been scored ***by an attacking player*** and a stick-check has been legally called on that player's stick then, if the player or a team-mate or any member of his squad, coach or anyone officially connected with the team touches the head or the stringing of the stick or carries out any action which is an attempt to circumvent the stick-check or an attempt to alter the result of the stick-check, prior to the carrying out of the stick-check, the goal will not count.

STICK-COUNT

- 45.6 A team's head coach may request the Chief Bench Official to carry out a count of the number of long crosses being used by the opposition at any time.
The stick-count will take place immediately.

45.7 If the number of long sticks is found to be legal after a stick-count has been requested by a given head coach then:

- i) on the first occasion that the number of long sticks is found to be legal after a stick-count has been requested by that coach, there shall be no penalty inflicted on the coach who has asked for the stick-count.
- ii) for every subsequent occasion on which the number of long sticks is found to be legal after a stick-count has been requested by that coach, a technical penalty shall be inflicted on the coach.

45.8 If a goal has been scored by a team and, before the next live ball, a stick-count shows that the scoring team had more than four long sticks on the field at the time the goal was scored, then the goal will not count.

AR 45.1 Red score the game-winning goal in “sudden-death” overtime. The Blue coach calls for a stick-check.

RULING: The game is over, and the stick-check is not allowed.

AR 45.2 Red score the game-winning goal in “sudden-death” overtime. The Blue coach calls for a stick-count.

RULING: The game is over, and the stick count is not allowed.

SECTION 7 SUBSTITUTION**RULE 46 SUBSTITUTION**

- 46.1 Maximum substitution may take place at any time, subject to the following paragraphs.
- 46.2 *A substitute may only enter the Special Substitution Area when he is about to substitute for a team-mate and the substitution is imminent.*
The substituting player must wait in the substitution area for the player whom he is replacing to leave the field of play, and only then may he enter the field of play. Both players must go through the gate.
Players may substitute on the fly, and they may do so on either side of the centre line, provided that the offside rule is observed.
A substitute who is about to enter the field must give way in the special substitution area to a player who is leaving the field.
- 46.3 If the player leaving the field of play is bound to the half of the field which he is in by the offside rule, then the provisions of the offside rule will be deemed to have been observed if the substitute steps out of the substitution area onto the field of play at the same time as the player leaving the field steps into the substitution area.
- 46.4 The following exceptions shall apply:
- i) On the scoring of a goal, at the end of a period, and during a time-out of any kind, substitution may be effected from any point on the side line, and not necessarily through the gate. In such cases, it will not be necessary for the substituting player to remain on the side line until his counterpart leaves the field of play, but his team must have the correct number of players on the field when play is restarted.
 - ii) If an official time-out has been called because an injured player is unable to continue, then that player shall be removed from the field as soon as possible to the nearest boundary, and the substitute must report immediately.
- AR 46.1 The whistle has blown to stop play for an out-of-bounds ball, but the referees have not called a time-out.
A substitute either steps onto the field of play before the player whom he is replacing has left the field, or he does not go through the gate.
- RULING:** Technical foul, as the substitution rules apply even though the ball is dead.

- AR 46.2 The whistle has blown to stop play for an out-of-bounds ball, and the referees have called a time-out.
A substitute either steps onto the field of play before the player whom he is replacing has left the field, or he does not go through the gate.
- RULING: No foul, as the substitution rules do not apply during a time-out of any kind.
- AR 46.3 A player has left the field so that he can be substituted. The replacing player attempts to gain a tactical advantage by not going onto the field immediately.
- RULING: Legal play, as nothing in the rules requires a team to have ten men in the game at any time.
- RULING: It is also legal for a player whose penalty has expired to delay his re-entry into the game for tactical reasons.
- AR 46.4 The whistle has blown to stop play for an out-of-bounds ball. As there are fewer than three minutes left in the game, the clock has stopped.
The referees have not called a time-out.
A substitute steps onto the field of play before his team-mate has left the field.
- RULING: A technical foul, as the automatic stopping of the clock during the last three minutes is not considered to be a referees' time-out.
- AR 46.5 A player is coming off the field of play so that he can be substituted.
The heel of his rear foot is touching the side-line. No part of the player is touching the playing field inside the side-line.
His substitute goes on.
- RULING: Legal play, as the side-line is not part of the field of play.
- AR 46.6 A player is about to come off the field of play so that he can be substituted, but he is still on the field of play.
His substitute's front foot touches the side-line. No part of the substitute is touching the playing field inside the side-line.
- RULING: Legal play, as the side-line is not part of the field of play.

SECTION 8 THE GOAL CREASE AND THE GOALKEEPER**RULE 47 THE DESIGNATED GOALKEEPER**

- 47.1 Where a player on a team begins the game using a goalkeeper's stick, then that player shall be deemed to be the designated goalkeeper.
- 47.2 Where the designated goalkeeper is replaced by another player using a goalkeeper's stick, then that substitute shall be deemed to be the designated goalkeeper.
- 47.3 If the designated goalkeeper leaves the field of play and is not replaced by another player using a goalkeeper's stick, then the following rules shall apply:
If the designated goalkeeper exchanges crosses with a team-mate prior to leaving the field, then that player shall be deemed to be the designated goalkeeper until such time as the crosses are re-exchanged.
If there is no goalkeeper's crosse in use by a team at any time, then the captain or coach of that team must nominate a player to act as the designated goalkeeper.
- 47.4 *The organizers of a tournament or a competition may, if they feel it appropriate for some or all of the games in that tournament or competition play the Nominated Defender Rule:*
- i) *Before the commencement of the game, the Head Coach shall nominate a starting longstick of his squad to be the Nominated Defender.*
 - ii) *Where a goalkeeper commits a time-serving penalty, the suspension shall be served by the Nominated Defender. The penalty shall be charged against the goalkeeper's name.*
 - iii) *Rule 47.4 ii) shall not apply if the goalkeeper has committed an expulsion foul or if the penalty causes the goalkeeper to "foul out."*
 - iv) *If the Nominated Defender is not on the field of play to serve the suspension, the suspension shall be inflicted upon another longstick defender, who was on the field of play when the goalkeeper committed his foul(s).*
 - v) *If both teams have two goalkeepers dressed, the Nominated Defender rule will not be used. If one team has two goalkeepers and the other has not, both teams shall have the option of using the Nominated Defender rule.*
- AR 47.1 Blue goalie is out of game on penalty, and has given his stick to a team-mate. He returns to the game and, before re-exchanging sticks, he saves a shot with his hand.

RULING: Technical foul, as the original goalie is not the designated goalie until he receives back the goalkeeper's crosse.

AR 47.2 The goalkeeper is serving a penalty and has left the field without exchanging his goalkeeper's crosse with a team-mate. The captain has nominated a designated goalkeeper. The penalty time expires and the original goalkeeper, carrying his goalkeeper's stick, returns to the game. As he does so, the "temporary" goalkeeper saves a shot with his hand.

RULING: Technical foul, because the goalkeeper's stick is now back in the game, and the player holding it thus becomes the designated goalkeeper as soon as he steps onto the field.

RULE 48 PRIVILEGES OF THE DESIGNATED GOALKEEPER

48.1 While in his own goal crease, the designated goalkeeper shall have the following privileges and protections:

- i) He may stop or block the ball in any manner with his crosse or body, and he may block the ball or bat it away with his hand, but he may not catch the ball with his hand: nor may he pick the ball up with his hand.
He or any member of the defending team may receive a pass while in the crease area.
- ii) No opposing player may initiate contact with the goalkeeper or his crosse while the goalkeeper is within the goal crease area whether the goalkeeper has the ball in his possession or not.
An attacking player may reach into the goal crease area to play a loose ball, so long as he does not initiate contact with the goalkeeper.
- iii) An exception to Rule 48.1 ii), above, is that any portion of the crosse of the goalkeeper, when extended outside the cylinder above the goal crease area, except when the ball is in the crosse, is subject to being checked under the same circumstances as the crosse of any other player.

AR 48.1 The ball is loose outside the Blue crease. The Blue goalkeeper, his feet within the crease, begins to rake the ball back. Before the ball touches the goal crease, a Red attacker checks the goalkeeper's stick.

RULING: Legal play, as the goalkeeper's crosse extended outside the cylinder can be checked provided the ball is not in the crosse.

AR 48.2 The ball is loose outside the Blue crease. The Blue goalkeeper, his feet within the crease, begins to rake the ball back. As the ball touches the crease, a Red attacker checks the goalkeeper's crosse.

RULING: Technical foul, as the goalkeeper is considered to be in possession when the ball is being raked back within the crease. The Red attacker serves 30 seconds.

AR 48.3 The Blue goalkeeper, with his feet in the crease, is clearing the ball. A Red attacker is holding his crosse motionless outside the cylinder in a covering position. Before the Blue goalkeeper releases the ball, the crosses collide.

RULING: Technical foul, as the goalkeeper has the protection of the crease when clearing, whether the attacker moves his crosse or not.

AR 48.4 As for the previous ruling, but the crosses collide after the ball has been released.

RULING: Legal play, as the ball is not in the goalkeeper's possession, and his crosse is outside the cylinder.

AR 48.5 The Blue goalie makes a save, but the ball bounces into the air in front of his goal. A Red attacker bats at the ball, and the crosses collide inside the cylinder above the goal crease.

RULING: Interference by Red; no time-served penalty.

AR 48.6 As above, but the crosses collide outside the cylinder.

RULING: No foul.

RULE 49 PROHIBITIONS RELATING TO THE GOAL CREASE

49.1 An attacking player shall not be in his opponents' goal crease area, nor shall he touch any part of the cage with his body, at any time while the ball is live in his opponents' half of the field.

49.2 A goalkeeper or defending player who is outside the goal crease area and who has the ball in his possession may not enter the goal crease area.

49.3 A player who is in his goal crease area may not remain in the goal crease area with the ball in his possession for longer than 4 seconds. This shall be audibly and visually counted by the nearest referee as "1001, 1002, 1003, 1004".
If a player tries to circumvent the 4-second rule by deliberately dropping the ball and then picking it up, then he will be assessed a technical foul.

49.4 For the purpose of this section, a player is considered to be within the goal crease area when any part of his body is touching the goal crease area, and he is considered to be outside the goal crease area when no part of his body is touching the goal crease area, and part of his body is touching the ground outside the goal crease area. The gloved hand is not considered part of the crosse, whether or not it is holding the crosse.

If a goalkeeper, who is outside his crease and who has the ball in his possession, throws or directs the ball into his crease, steps into the crease and picks the ball up, then this shall be a legal play and the count shall begin.

If the goalkeeper, having carried out the procedure outlined above, repeats the procedure before his opponents have had possession of the ball, then a technical foul has been committed by the goalkeeper.

AR 49.1 The Blue goalkeeper has the ball in his possession and only his rear foot is in the crease. He lifts his rear foot momentarily, and then places it down within the crease.

RULING: Technical offence, as the goalkeeper is deemed to have left the crease when he raises his foot, and he has then re-entered it.

AR 49.2 The Blue goalkeeper jumps to intercept a pass. He catches the ball, and lands within the crease.

RULING: Legal play, as he is not considered to be out of the crease when in mid-air, as no part of his body is touching the ground outside the crease.

AR 49.3 The Blue goalkeeper makes a save and steps out of the crease. He is then legally body checked back into the crease by a Red attacker.

RULING: Technical foul by the goalkeeper.

AR 49.4 A Blue attacker, attempting to pick up a loose ball, which is in the Red crease, touches the goal net and/or a pipe and/or the crease area with his crosse.

RULING: Legal play.

AR 49.5 A Blue attacker runs towards the Red goal from behind that goal. As he nears the crease, he launches himself horizontally to the side of the goal.

As his stick reaches a position in front of the goal line, he hits it against the pipe, thus causing the ball to enter the goal.

He does not touch the goalkeeper.

He does not touch the crease until the ball has passed through the plane of the goal.

RULING: Legal play. The goal stands.

- AR 49.6 A Blue attacker, with the ball in his possession, is illegally pushed into the Red crease by a Red defender.
- RULING: Immediate whistle, the Red defender serves penalty time, and Blue are awarded the ball.
- AR 49.7 Blue attacking. A Blue attacker, not in possession of the ball, is illegally pushed into the Red crease by a Red defender, and his position is such that he could interfere with the goalkeeper's play of the ball.
- RULING: Immediate whistle, the Red defender serves penalty time, and Blue are awarded the ball.
- AR 49.8 Blue attacking. A Blue attacker, not in possession of the ball, is illegally pushed into the Red crease by a Red defender, but his position is such that he is not interfering with the goalkeeper's play of the ball.
- RULING: The referee throws a flag, and warns the Blue attacker to "Get out of the crease".
If the attacker leaves the crease immediately, then play is allowed to carry on.
Otherwise, the whistle is blown, the Red player serves penalty time, and Blue are awarded the ball.
- AR 49.9 Blue attacking. A Blue attacker, not in possession of the ball, is illegally pushed into the Red crease by a Red defender, but his position is such that he is not interfering with the goalkeeper's play of the ball.
The referee throws a flag, and warns the Blue attacker to "Get out of the crease".
Before he is able to leave the crease, another Blue attacker scores.
- RULING: No goal, as the attacker is touching the crease. The Red player serves penalty time, and Blue are awarded the ball.
- AR 49.10 A goalkeeper has the ball in his possession behind his own crease. He throws the ball onto the back of the goal net, steps into the crease and picks the ball up.
- RULING: Legal play. The count begins.
- RULING: If the goalkeeper, having carried out the procedure outlined above, repeats the procedure before his opponents have had possession of the ball, then a technical foul has been committed.

SECTION 9 TECHNICAL FOULS**RULE 50 THE PENALTY FOR TECHNICAL FOULS**

- 50.1 The penalty for a technical foul shall be as follows:
- i) If the offending team has possession of the ball, or if the ball is loose at the time a technical foul is committed, then possession shall be awarded to the opposing team at the point where the ball was when the foul occurred.
 - ii) If the opponents of the offending team have possession of the ball at the time a technical foul is committed, then the penalty shall be suspension from the field of play for 30 seconds for the player committing the foul.
- 50.2 If a technical foul occurs prior to the start of the game, or after the scoring of a goal or the end of a period, then his opponents are awarded the ball, as specified in Rule 34.1 (iv).
If the technical foul occurs at some other time during the course of the game, but while the play is suspended, then the general rule rather than this exception shall apply.

RULE 51 THE NATURE OF A TECHNICAL FOUL

- 51.1 Technical fouls are those of a less serious kind.
Any breach of the rules of play as set forth in this section shall be a technical foul unless that breach is specifically listed as a personal or expulsion foul in Sections 10 or 11.
Some of the technical fouls which require definition are listed below, but this section is not intended to be comprehensive and all-inclusive.

RULE 52 INTERFERENCE

- 52.1 A player may not interfere in any manner with an opponent in an attempt to keep him from a loose ball except when both are within 9 feet (2.74 metres) of such loose ball.
- 52.2 A player may not, by the use of his body or his crosse, interfere with a player who is in pursuit of an opponent who has possession of the ball.
- 52.3 A player may not guard an opponent so closely as to prevent the opponent's free movement when the opponent is not in possession of the ball.
- 52.4 Nothing in this rule is intended to prohibit a legal offensive pick.

RULE 53 PUSHING

- 53.1 A player may not push an opponent with his crosse. For the purpose of this rule, the gloved hand holding the crosse shall not be considered part of the crosse.
- 53.2 A player may push an opponent with either closed gloved hand on the handle of his crosse or with either forearm, provided that the opponent has possession of the ball, or the opponent is within 9 feet (2.74 metres) of a loose ball, or the ball is in flight within 9 feet (2.74 metres) of the opponent. Both hands of the player who is doing the pushing must be on his crosse. The pushing must not be from the rear, it must not be below the hip and it must not be at or above the neck unless the pushed player turns his back or jumps or moves in such a manner as to make what started as a legal push appear illegal.
Pushing an opponent who is lying on the ground, or who is down on one or both knees, is illegal.
Unnecessary roughness must not be used during a push.
- 53.3 Pushing from the rear is defined as exerting enough pressure to force an opponent to go move in a direction other than that in which he intends to go or, if in the direction he intends to go, then at a greater speed than he intends.

RULE 54 ILLEGAL PICK

- 54.1 No offensive player shall move into and make contact with a defensive player with the purpose of blocking that defensive player from the man he is marking.
Before any contact is made by the defensive player, the offensive player must be stationary and motionless, and he must be standing in his normal stance.
- 54.2 No offensive player shall hold his crosse rigid or extend his crosse rigid to impede the normal movement of a defender.

RULE 55 HOLDING

- 55.1 A player shall not hold an opponent or an opponent's crosse except as hereinafter permitted:
- i) A player may hold off an opponent who is in possession of the ball or who is within 3 yards (2.74 metres) of a loose ball or who is within 3 yards (2.74 metres) of a ball in flight with either closed gloved hand on the handle of his crosse, or with either forearm. Both hands of the player who is doing the holding must be on his crosse.

- ii) A player in possession of the ball may protect his crosse with his hand, arm, or other part of his body when an opponent makes a play to check his crosse.
The hand, arm, or other part of his body may only be used to stop the stick check, and it must not be used to hold, push, or control the direction of the movement of the checker's crosse or body.
- 55.2 A player may not hold an opponent's body, other than the gloved hand holding the crosse, with his own crosse. If a player holds an opponent with that portion of the handle of his crosse which is between his hands, then a cross-check hold has been committed.
- 55.3 A player may hold an opponent's crosse or an opponent's gloved hand holding his crosse with his own crosse or his own gloved hand holding his crosse, provided that the opponent has possession of the ball, or the opponent is within 9 feet (2.74 metres) of a loose ball, or the ball is in flight within 9 feet (2.74 metres) of the opponent.
- AR 55.1 A Red player checks the stick, or the gloved hand holding the stick, of an opponent who is in possession of the ball.
The Red player does not release his check but forces down his opponent's stick so that the ball becomes loose.
- RULING: Legal play.
- AR 55.2 A Red player is about to pick up a loose ball.
An opponent traps the Red player's stick or his gloved hand holding the stick, with his own stick or his own gloved hand holding the stick.
The ball is fewer than 9 feet (2.74 metres) from the Red stick.
- RULING: Legal play.
- AR 55.3 A Red player is about to pick up a loose ball.
An opponent lifts the Red player's stick or his gloved hand holding the stick, with his own stick or his own gloved hand holding the stick.
The ball is fewer than 9 feet (2.74 metres) from the Red stick.
- RULING: Legal play.
- AR 55.4 Red, at a face-off or a loose ball situation, covers the ball to draw it back.
Blue clamps on top of Red's stick and, therefore, on top of the ball "via" Red's stick.
- RULING: With-holding by Blue. Red ball. No send-off.

AR 55.5 Red, at a face-off or a loose ball situation, gets his stick under the ball, so that Red's stick, still on or near the ground, has the ball in it.

Before Red can do anything else, Blue clamps on top of Red's stick and thus stops Red going anywhere.

RULING: With-holding by Blue, whether the ball is covered or not.
Red ball.

Blue serves 30 seconds for the technical foul.

RULE 56 KICKING AN OPPONENT'S CROSSE

56.1 A player may not deliberately step on or kick the crosse of an opponent.

RULE 57 HANDLING THE BALL

57.1 A player shall not touch the ball with his hand(s) while it is in play, except the goalkeeper in his crease as defined in Rule 48.1 i).

RULE 58 WITH-HOLDING THE BALL FROM PLAY

58.1 A player shall not with-hold the ball from play in any manner.

A player shall not lie on a loose ball on the ground.

A player shall not trap a loose ball on the ground with his stick longer than is necessary for him to control the ball and pick it up in one continuous motion.

58.2 A player with the ball in his possession shall not hold his crosse in close proximity to his body with the purpose of preventing an opponent from dislodging the ball.

58.3 A player with the ball in his possession may not grasp any portion of the head of the stick with his hand so that it becomes more difficult for the opponent to dislodge the ball from the ball-carrier's stick.

58.4 If the ball becomes caught in any part of a player's stick, then the player is with-holding the ball from play.

In such circumstances, a referee shall immediately blow his whistle and award the ball to the player's opponents.

This Rule shall not apply to the designated goalkeeper when he is within his goal crease.

If the ball becomes caught in the stick of the designated goalkeeper when he is within his goal crease, then the defensive team shall be awarded the ball 20 yards (18.29 metres) laterally from the cage.

RULE 59 ILLEGAL ACTIONS WITH THE CROSSE

59.1 A player shall not throw his crosse under any circumstances.

- 59.2 No player, other than the designated goalkeeper when he is in his crease, shall take part in the play of the game in any manner unless he is grasping his crosse with at least one hand.
A goalkeeper who loses his stick when he is outside his crease must retrieve his stick before he can take any further part in the game.
No player may play with a broken crosse.
- 59.3 Players who are legally on the field of play may exchange crosses with each other.
If a player who is on the field of play wishes to exchange his crosse for another crosse which is not on the field of play, then the player must come off the field of play before doing so.
The stick-exchange is thus legal if it is made when the player is in his Bench Area or in the Special Substitution Area.
- 59.4 Should a player lose his crosse in any legal way so that repossession of his crosse would cause him to violate a rule, then the "slow whistle technique" (Rule 82) shall be employed by the referees, except that the signal flag is not thrown under these circumstances.
Should the crosse be in the crease so as to possibly interfere with the goalkeeper's play of an attempted shot at goal, then play shall be suspended immediately.
- AR 59.1 Red shoot. The shot goes wide and goes out-of-bounds.
The Blue goalie, without his stick, is inside his crease and is the nearest player to the ball as it goes out-of-bounds.
- RULING: The ball is awarded to Blue, as the goalie, inside his crease, is allowed to play without his stick.
- AR 59.2 Red shoot. The shot goes wide and goes out-of-bounds.
The Blue goalie, without his stick, is outside his crease and is the nearest player to the ball as it goes out-of-bounds.
- RULING: The ball is awarded to the team of the next-nearest player, as the goalie, without his stick, does not count as a player for the purposes of the out-of-bounds call.

RULE 60 ILLEGAL ACTIONS BY TEAM OFFICIALS

- 60.1 A coach, trainer or other person officially connected with a team shall not:
- i) Enter the field of play without the permission of an official, except during a team time-out or between periods;
 - ii) Use artificial aids to communicate with players on the field of play;
 - iii) Leave the area on his bench's side of the field between the special substitution area line and the imaginary extension of the goal area line.

60.2 This rule does not prohibit a coach from communicating, from his bench area, with a player who is on the field of play or in the penalty box.

RULE 61 ILLEGAL PROCEDURE

61.1 Any action by a player or a substitute of a technical nature which is not in conformity with the rules and regulations governing the play of the game shall be termed illegal procedure.
The following paragraphs give examples of illegal procedure.

61.2 Leaving the penalty box before being authorised to do so by the penalty timekeeper is a foul.
The offending player shall be returned to the penalty box to serve out his unexpired time plus, if appropriate, any additional penalty as specified in Rule 50, The Penalty for Technical Fouls.
During an authorised time-out or between periods, a player may leave the penalty box, but he must return at the commencement of play to complete his suspension.

61.3 Delaying the game is a foul.
An individual player is guilty of delaying the game if, during a stoppage in play, he bats, kicks or throws the ball away. In such a case, if a time penalty is to be served, then the individual concerned must serve it himself.
At the discretion of the referees, such conduct may be construed as unsportsmanlike conduct.
A team is guilty of delaying the game when:

- i) It is not ready to start the game at the beginning of a period, or after a time-out.
- ii) It is not ready to start the game 30 seconds after a goal has been scored.
- iii) It is not ready to start the game when the referees are ready to restart the game after a stoppage has occurred because of a foul or an out-of-bounds ball.
- iv) It is not ready to restart the game when the referees are ready to restart the game after equipment has been adjusted.
It is not ready to restart the game after an injured player has been attended to.

When a team is guilty of delaying the game, and a time penalty is to be served, then it shall be served by the In-home.

61.4 Participation in the play of the game by an out-of-bounds player is a technical foul.

61.5 A team which does not have the required number of men in each designated area at the time the whistle is blown to start a centre face-off has committed a technical foul.
See Rules 34.7 and 34.9.

- 61.6 Failure to be at least 10 yards (9.14 metres) from a face-off at the time the whistle is blown is a technical foul.
- 61.7 Failure to be at least 5 yards (4.57 metres) from an opponent or a team-mate having a free play is a technical foul.
- 61.8 Any breach of the rules relating to substitution as laid down in Rule 46 is a technical foul.
- 61.9 Any breach of the rules relating to the goal crease as laid down in Rule 49 is a technical foul.
- 61.10 Any breach of the rules relating to time-outs as laid down in Rule 44 is a technical foul.
- 61.11 It is a technical foul for a team to have more than 10 men (including men in the penalty box) in the game at any time, except after the scoring of a goal, at the end of a period, and during a time-out of any kind.
- 61.12 It is a technical foul for a team to have more men than it should have on the actual field of play (excluding the penalty box) at any time, except after the scoring of a goal, at the end of a period, and during a time-out of any kind.
- 61.13 Only coaches, up to a maximum number of four, are allowed in the coaches' area, and it is thus a technical offence for more than four coaches to be in the coaches' area, except after the scoring of a goal, at the end of a period, and during a time-out of any kind.
It is a technical offence for a player or substitute (other than a player/coach as specified in Rule 22.4) to enter the coaches' area, except after the scoring of a goal, at the end of a period, and during a time-out of any kind.
- 61.14 It is a technical foul for a team to have more than four long crosses, excluding the crosse of the designated goalkeeper, on the field of play, excluding the penalty box and excluding the bench area, at any one time when the ball is live.
- 61.15 A player entering or leaving the field of play must do so through the gate, except after the scoring of a goal, at the start or the end of a period and during a time-out of any kind.
An exception to this Rule shall be an injured player, as specified in Rule 46.4 ii).
- 61.16 Unless he has been given permission to be elsewhere by a referee or the chief bench official, a player, substitute, non-playing member of a squad, coach or anyone officially connected with a competing team shall remain in his team's bench area, except when he is legally on the field of play or legally in the special substitution area or legally in the penalty box.
This rule shall apply at all times, except during the half-time interval.

61.17 A player may not deliberately enter his opponents' bench area at any time. If, in the normal course of play, a player inadvertently enters his opponents' bench area from the field of play, then no offence is committed, provided that the player leaves his opponents' bench area immediately.

AR 61.1 Red are in possession and Blue have ten men on the field. A Blue player enters the field illegally. Realising his error, he goes back off the field, but his offence is spotted and a flag is thrown. As he is going to serve a penalty anyway, he re-enters the field and drops back into defence, thus committing a "second foul". Red fail to score.

RULING: The Blue player serves a 30 second penalty, as one player cannot be guilty of causing too many men twice in the same play.

RULING: Had the second offence been committed by a different Blue player, then a second flag would have been thrown.

RULE 62 STALLING

62.1 Any deliberate action on the part of a team in possession of the ball to maintain possession of the ball outside the attack goal area by holding or passing the ball without reasonable effort to attack its opponents' goal is a technical foul known as "stalling".

62.2 A team playing with fewer players than its opponents due to penalties cannot be guilty of stalling.

62.3 A team which has possession of the ball in their attack goal area cannot be guilty of stalling.

62.4 Where a referee feels that a team in possession of the ball outside the attack goal area is not making a reasonable attempt to attack its opponents' goal, then he shall ask that team to "Get it in"; the team must then carry or pass the ball into the attack goal area within a reasonable time. Once the ball is in the attack goal area, then the team in possession shall keep it in the attack goal area. If the ball subsequently leaves the stalling area (the attack goal area) before the defending team has had possession of the ball, except as a result of a foul by the defending team or a deflection by the defending team or a shot, then the team which has been asked to "Get it in" shall lose possession to their opponents.

62.5 Where a referee feels that a team in possession of the ball inside the attack goal area is not making a reasonable attempt to attack its opponents' goal, then he shall ask that team to "Keep it in"; the team must then keep it in the attack goal area.
If the ball subsequently leaves the stalling area (the attack goal area) before the defending team has had possession of the ball, except as a result of a foul by the defending team or a deflection by the defending team or a shot, then the team which has been asked to "Keep it in" shall lose possession to their opponents.

62.6 This rule shall not prevent a team from employing a careful passing game for the purpose of manoeuvring the opposing team out of position.

62.7 A stalling warning ends when:

i) The defensive team gains possession of the ball;

ii) or a goal is scored;

iii) or a period ends resulting in a face-off.

AR 62.1 Red have been warned to "Get it in", but they have not yet done so.
A Red pass is missed, but they recover the ball before Blue gain possession of it.

RULING: The stalling warning is still in effect, and Red are again asked to "Get it in".

AR 62.2 Red have possession in the attack goal area, having been warned to "Get it in" or to "Keep it in".
A Red pass is missed, but they recover the ball before it leaves the attack goal area, and before Blue gain possession of it.

RULING: The stalling warning is still in effect.

AR 62.3 Red have been warned to "Get it in", but they have not yet done so.
Red immediately lose possession to Blue, but then regain the ball.

RULING: The stalling warning is no longer in effect, as a new clearing situation has been created.

AR 62.4 Red have possession in the attack goal area, having been warned to "Get it in" or to "Keep it in".
Red lose possession to Blue, but then regain the ball.

RULING: The stalling warning is no longer in effect, as a new situation has been created.

- AR 62.5 Red have possession in the attack goal area, having been warned to “Get it in” or to “Keep it in”.
Red then take a shot at goal.
- RULING: If the ball goes out-of-bounds on the back line or on the side line bounding the goal area, and Red are awarded possession, then the stalling warning is still in effect.
- RULING: If the ball hits a pipe, and goes out-of-bounds beyond the goal area line, then no foul has been committed.
If Red are awarded the ball, then the stalling warning is still in effect.
- RULING: If the ball hits a pipe and becomes loose in the goal area, and Red recover possession, then the stalling warning is still in effect.
- RULING: If the ball hits a pipe and rebounds over the goal area line, then no foul has been committed.
If Red gain possession of the resulting loose ball, then the stalling warning is still in effect.
- AR 62.6 Red have possession in the attack goal area, having been warned to “Get it in” or to “Keep it in”.
The man in possession then steps on or beyond a line bounding the attack goal area, is legally forced out of that area, or passes the ball out of play.
- RULING: The ball is awarded to Blue.
- AR 62.7 Red have possession in the attack goal area, having been warned to “Get it in” or to “Keep it in”.
The man in possession then passes it out of the attack goal area into the midfield.
- RULING: If Blue gain possession of a resulting loose ball, then play is allowed to continue.
Otherwise, the ball is awarded to Blue at the point of the infraction.
- AR 62.8 Red have possession in the attack goal area, having been warned to “Get it in” or to “Keep it in”.
The man with the ball is illegally forced out of play over a boundary line.
- RULING: The Blue player serves penalty time, Red retain the ball, and the stalling warning stays in effect.
- AR 62.9 Red have possession in the attack goal area, having been warned to “Get it in” or to “Keep it in”.
The man with the ball is illegally forced out of the attack goal area and into the central zone.
- RULING: A flag is thrown, and the stalling warning is repeated.

AR 62.10 Red have possession in the attack goal area, having been warned to “Get it in” or to “Keep it in”.
A pass is deflected by a Blue player, and goes out of play.

RULING: The ball remains Red, and the stalling warning stays in effect.

AR 62.11 Red have possession in the attack goal area, having been warned to “Get it in” or to “Keep it in”.
A pass is deflected by a Blue player, and goes out of the attack goal area into the midfield.

RULING: Free ball. If Red regains possession of the loose ball, then the warning is immediately repeated.

RULE 63 ILLEGAL CROSSE

63.1 Should it come to the attention of a referee that a player is using a crosse (other than trick construction or stringing) which is illegal under the provisions of Rules 15 or 16, then the referee shall inflict a technical penalty on that player and he shall demand that the player adjust the crosse to conform to specification, or exchange it for another.

If the pocket is found to be too deep, a Technical foul shall be assessed for the first offense.

63.2 For a second violation against the same player, the referee shall inflict a technical penalty and place the illegal crosse into the custody of the official scorer for the remainder of the game.

63.3 If, as a player shoots, passes the ball, attempts to play an opponent or attempts to play a loose ball or a ball in flight, the head of his stick comes off, then that player has committed the technical foul of using an illegal stick.

RULE 64 ILLEGAL EQUIPMENT

64.1 Should it come to the attention of a referee that a player is wearing equipment which is illegal under the provisions of Rules 17 or 18, then the referee shall demand that the player conform to specification.
The first such occurrence by a player shall not constitute a technical foul. Should the player fail to conform to specification, then he shall be compelled to withdraw from the game until such time as he has complied with the regulations governing equipment, a substitute being allowed for him immediately.

64.2 For a second violation by the same player, the referee shall inflict a technical penalty, and he shall be compelled to withdraw from the game until such time as he has complied with the regulations.

RULE 65 OFFSIDE

- 65.1 Except as provided for in Rule 65.4, a team is offside, provided that the ball is in play, when:
- i) It has fewer than 3 men in its attack half of the field between the centre line and the end line;
 - ii) Or it has fewer than 4 men in its defensive half of the field between the centre line and the end line.
- 65.2 Except in cases where a goal is scored when one or both teams are offside, the following rules shall apply:
- i) When only one team is offside, a technical penalty shall be inflicted in accordance with Rule 50.
 - ii) Where both teams are offside, and one of the teams has possession of the ball, the teams shall be placed on-side, and play resumed with the team which had possession of the ball retaining possession.
 - iii) Where both teams are offside, and neither team has possession of the ball, the teams shall be placed on-side, and the ball shall be faced at the place where it was when the whistle went.
- 65.3 The following rules shall apply when one or both teams are offside at the time a goal is scored:
- i) When only the defending team is offside, then the goal shall stand, and no penalty shall be inflicted.
 - ii) When only the attacking team is offside, the goal shall not stand, and the ball shall be awarded to any member of the defensive team 20 yards (18.29 metres) laterally from the cage.
 - iii) When both teams are offside, the goal shall not stand, and the ball shall be faced 20 yards (18.29 metres) laterally from the cage.
- 65.4 The following exceptions shall apply to the foregoing rules concerning offside:
- i) When 4 or more men from one team are in the penalty box at the same time, then that team is required to have 3 men in its attack half of the field and the remainder of its players in its defensive half of the field at all times.
Under these conditions, no penalty shall result from the failure of such a team to have 4 players in its defensive half.

- ii) If a player, seeing that he is going to go offside before he can stop, runs out-of-bounds instead of offside, then no penalty shall result from the failure of his team to have the required number of players in that half of the field, as long as the player returns immediately to the field.

65.5 For the purpose of the offside Rules, the gloved hand is not considered part of the crosse, whether or not it is holding the crosse.

AR 65.1 A Blue player breaks over the centre line and two Red players go offside whilst chasing him.

RULING: The slow whistle technique is applied.
If a goal is scored by Blue, then no penalty time is served as the goal cancels the technical offences.
If no goal is scored, then both Red players serve 30 seconds.

AR 65.2 The ball is loose near the centre line, and a Blue player legally bodychecks a Red player causing him to go offside.

RULING: Unless a Play-on, Rule 83, is invoked, the ball is awarded to Blue.

AR 65.3 The ball is loose near the centre line, and a Blue player illegally pushes a Red player causing him to go offside.

RULING: Unless a Play-on, Rule 83, is invoked, the ball is awarded to Red and no penalty is inflicted on the Blue player unless the pushing is violent or excessive, in which case a personal foul is imposed.

AR 65.4 A Blue player is trying to prevent himself from going offside. He keeps both his feet in the required half of the field, but falls over the centre line. His gloves, still wrapped round his crosse, touch the other half of the field.

RULING: As the gloved hand holding the crosse is not considered part of the crosse for the purposes of the offside rules, he is offside.

RULING: These considerations also apply to the crease and at a centre face-off.

AR 65.5 Red are in possession. A Blue attacker goes offside. Realising his error, he goes “back on-side”, but his offence is spotted and a flag is thrown.

As he is going to serve a penalty anyway, he then drops back into defence, thus “going offside again”. Red fail to score.

RULING: The Blue player serves a 30 second penalty, as one player cannot be offside twice in the same play.

RULING: Had the second offside been committed by a different Blue player, then a second flag would have been thrown.

AR 65.6 Red have three men in the penalty box. They are thus required to keep three men in their attack half, and four men in their defence half.

A centre face-off is required, and the gloves of the player facing-off thus touch the centre-line.

RULING: Whilst the Red centre is still down in the face-off position, then he will be deemed to be on-side despite his gloves' touching the centre line.

If any other part of his body touches the line, then he is offside.

If his gloves touch the line after he is out of the face-off position, then he is offside.

RULE 66 THRUSTING CROSSE AT FACE OF OPPONENT

66.1 A player shall not push, thrust or flick his crosse at the face of an opponent.

RULE 67 LATENESS

67.1 When a team fails to appear on the field ready to play at the appointed time for the start of a match, then that team has committed a technical foul.

SECTION 10 PERSONAL FOULS**RULE 68 THE PENALTY FOR A PERSONAL FOUL**

- 68.1 The penalty for a personal foul shall be suspension from the game for a period of *1, 2 or 3* minutes, depending upon the referees' diagnosis of the severity and intention of the foul.
The ball shall normally be given to the team which has been fouled.
If the foul occurs prior to the start of the game, or after the scoring of a goal or the end of a period, then the ball shall be awarded to the opponents of the offending team at the centre of the field.

RULE 69 THE NATURE OF A PERSONAL FOUL

- 69.1 Personal fouls are those of a more serious kind.
Any breach of the rules of play as set forth in this section shall be a personal foul.

RULE 70 ILLEGAL BODYCHECK

- 70.1 A body-check of an opponent who is not in possession of the ball, or within 9 feet (2.74 metres) of a loose ball or within 9 feet (2.74 metres) of a ball in flight, is illegal.
- 70.2 An avoidable body-check of an opponent after he has thrown the ball is illegal.
- 70.3 A body-check of an opponent in which initial contact is from the rear, below the hip, or at or above the neck is illegal, unless the player body-checked turns his back or jumps or moves in such a manner as to make what started as a legal body-check appear illegal.
- 70.4 When a player uses his spread arm or arms in a body-check, then they must be kept below the shoulders of the opponent throughout the entire body-check, and both hands must remain in contact with the crosse.
- 70.5 Blocking an opponent with the head, known as spearing, is illegal.
- 70.6 Body-checking an opponent who is lying on the ground, or who is down on one or both knees, is illegal.

RULE 71 SLASHING

- 71.1 Under no circumstances shall a player swing his crosse at an opponent's crosse with deliberate viciousness or reckless abandon, and a foul is committed in such circumstances whether or not the opponent's crosse or body is struck.
- 71.2 A strike by the crosse on the helmet or neck of an opponent is illegal, except when done by a player in the act of passing or shooting.

71.3 A player shall not strike any part of the body of an opponent, other than the gloved hand holding the stick, in an attempt to dislodge the ball from his opponent's crosse, but a check shall not be declared illegal if, in an attempt to protect his crosse, the player in possession uses some part of his body, other than his head or neck, to ward off the thrust of the defensive player's crosse and, as a result, the defensive player's crosse strikes some part of the attacking player's body other than his head or neck.

71.4 For the purpose of this rule, mere contact is not a strike.
The contact must be a definite blow, and not merely a brush.

AR 71.1 A player is in the act of passing or shooting and, in his legitimate follow-through motion, strikes an opponent on the head.

RULING: No foul.

RULE 72 CROSS-CHECK

72.1 A player may not check an opponent with that part of the handle of his crosse which is between his hands, either by thrusting his crosse away from him or by holding it extended from his body.

RULE 73 TRIPPING

73.1 A player shall not intentionally trip an opponent with any part of his crosse or body.

RULE 74 UNNECESSARY ROUGHNESS

74.1 An excessively violent infraction of the rules against holding or pushing is a personal foul, designated unnecessary roughness.

74.2 A deliberate and excessively violent contact made by a defensive player against an offensive player who has legally or illegally established a pick shall be designated unnecessary roughness.

74.3 Any avoidable act by a player which is deliberate and excessively violent shall be designated unnecessary roughness, whether it be with the body or the stick.

RULE 75 UNSPORTSMANLIKE CONDUCT

75.1 No player, substitute, non-playing member of a squad, coach or anyone officially connected with a competing team shall:

- i) Enter into argument with an official as to any decision which he has made;
- ii) In any way attempt to influence the decision of an official;
- iii) Use threatening, profane or obscene language or gestures to an official or to any member of the opposing squad;

- iv) Commit any act considered unsportsmanlike by the referees;
 - v) Repeatedly commit the same technical foul.
- 75.2 Where an unsportsmanlike conduct penalty has been inflicted, and the penalised person continues to act in an unsportsmanlike manner, the referees have the right to banish him from the bench area.
- 75.3 No player or substitute shall use a crosse with trick construction or stringing which is designed to hold the ball and to retard the normal and free dislodgement of the ball by an opponent. This shall include the dimensions of the crosse, as specified in Rule 15.
No player shall use a crosse which is constructed or strung or tampered with so as to be designed to confuse an opponent into believing that the ball is in the stick when it is not, or that the ball is not in the stick when it is.
A player using such a stick shall be given a 3-minute penalty, and the stick shall be placed in the custody of the official scorer for the remainder of the game.
If a player whose stick is to be the subject of a legally requested stick-check or a team-mate or any member of his squad, coach or anyone officially connected with the team touches the head or the stringing of the stick or carries out any action which is an attempt to circumvent the stick-check or an attempt to alter the result of the stick-check, prior to the stick check's being carried out, then each of those involved shall be given a 3-minute penalty.
- 75.4 A team, which repeatedly abuses Rule 34 by breaking from a restricted zone at a centre face-off, shall be guilty of unsportsmanlike conduct.
- 75.5 A team, which repeatedly abuses Rule 34.1 iii) by delaying the game at a face-off may be guilty of unsportsmanlike conduct.
- 75.6 *Failure to wear shoulder pads, mouth guard or cup shall result in a one-minute personal foul for the first offense. The second offense by the same player will result in that player being banished from the game with no further penalty to his team.*

RULE 76 PLAYER COMMITTING 5 PERSONAL FOULS

- 76.1 Any player committing 5 personal fouls shall be “fouled out” of the game, and shall not be allowed to take any further part in it.
- 76.2 A substitute for such a player shall be allowed to enter the game at such a time as the fouled out player would have been permitted to re-enter the game had he not committed 5 personal fouls.

SECTION 11 EXPULSION FOULS**RULE 77 THE PENALTY FOR AN EXPULSION FOUL**

- 77.1 The penalty for an expulsion foul shall be suspension for the remainder of the game.
- 77.2 In the case of an expulsion foul against a player or a substitute, ***the In-home of the offending team shall be suspended from the game for 3 minutes plus any other penalty time which the expelled player has incurred, and the In-home must remain in the penalty box for the entire 3 minutes plus any other penalty time which the expelled player has incurred.***
A substitution may be made after a lapse of 3 minutes plus any other penalty time which the expelled player has incurred.
It is highly recommended that the expelled player remain in his team's bench area. But whether he does so or not, he will still be considered to be under the supervision of his team's coaches until the end of the game.
- 77.3 In the case of an expulsion foul against a coach, non-playing member of a squad, or someone officially connected with a team, the In-home of the offending team shall be suspended from the game for 3 minutes, ***plus any other penalty time which the expelled coach, non-playing member of a squad, or someone officially connected with a team has incurred, and the In-home must remain in the penalty box for the entire 3 minutes plus any other penalty time which the expelled coach, non-playing member of a squad, or someone officially connected with a team has incurred.***
A substitution may be made after a lapse of 3 minutes plus any other penalty time which the expelled coach, non-playing member of a squad, or someone officially connected with a team has incurred.
It is highly recommended that the expelled squad-member remain in his team's bench area. But, whether he does so or not, he will still be considered to be under the supervision of his team's coaches until the end of the game.
- 77.4 If a player, substitute, coach, trainer, non-playing member of a squad or any other person officially connected with a team commits an expulsion foul, then the referee-in-chief of the tournament shall report the incident in writing to the body controlling the game immediately after the end of the game.
Where there is no referee-in-chief, the game's head referee shall write the report.
The report shall indicate either that it is considered that the expulsion is sufficient punishment for the person concerned or that it is considered that further action needs to be taken.
The incident shall then be dealt with under the relevant laws and/or bylaws of the governing body.

RULE 78 THE NATURE OF AN EXPULSION FOUL

- 78.1 The act of deliberately striking or attempting to strike an opponent, a non-playing member of the opponents' squad, a coach, **a spectator** or anyone controlling the play of the game with the hand, crosse, ball or otherwise by a player, a substitute, a non-playing member of a squad, a coach or anyone officially connected with a team may be an expulsion foul.
- 78.2 ***Where the officials have "frozen" the benches, because a fight has occurred on the field of play, or for any other reason, by indicating to the team personnel who are on the benches that they should remain there, then any team personnel pushing past an official in order to join a fight, or leaving their designated bench area, MUST be expelled from the game. An exception to this shall be a member of a team's medical staff who leaves his team's designated bench area to attend to an injured member of his squad.***
- 78.3 Where two players from competing teams are fighting and a third participant enters the altercation, then the third man into the altercation may be expelled from the game.
- 78.4 Refusal to accept the authority of the officials, or the use of **threatening**, foul or abusive language or **gestures, or flagrant misconduct** may be an expulsion foul.

SECTION 12 EXECUTION OF PENALTIES**RULE 79 PLAYER COMMITTING FOUL**

- 79.1 A player who has been sent out of the game by a referee shall raise his stick at full arm's length above his head from the time he is sent off until the time he reaches the penalty box, and he shall report immediately to the timer's table.
He must remain in the penalty box, subject to the rules below, until released by the penalty timekeeper.
- 79.2 In the case of a time penalty, the time refers to the time for which the player will be off the field and out of the game. The timing of a penalty will begin when the penalised player sits down on one of the seats in the penalty box, or when the whistle blows to re-start play, whichever is the later.
If there are no empty seats left in the relevant penalty box, then the penalised player should kneel on one knee beside the seats.
- 79.3 If a penalised player is going to re-enter the game himself when his penalty time has expired, then he may spend the last 5 seconds of his penalty time on one knee beside the gate on his own team's side of the centre line. He must then re-enter the game through the gate. A player who is about to enter the field must give way in the special substitution area to a player who is leaving the field.
- 79.4 If a substitute is to replace the penalised player when the penalty time has expired, then the penalised player should spend the whole of the penalty time on the seat. A player who is about to enter the field must give way in the special substitution area to a player who is leaving the field.
The substitute may then spend the last 5 seconds of the penalty time on one knee beside the gate on his own team's side of the centre line, prior to entering the field through the gate.
The penalised player should then return to the players' bench.
- 79.5 Penalty time will only be served during normal playing time.
Stoppages in play for all time-outs will also temporarily interrupt penalty time.
During an authorised time-out, or between periods, a penalised player may leave the penalty box, but he must return at the commencement of play to complete his suspension.
- 79.6 Penalty time will end when the timing of the penalty has expired, except that the scoring of a goal against a team having one or more players serving penalty time for technical fouls shall release the player or players of the team scored against from serving the balance of their penalty time.
This shall not apply in the case of personal fouls, where the designated penalty time shall be served regardless of whether or not a goal is scored.

79.7 If a goalkeeper commits a time-serve penalty, then the referees shall call a 30-second time-out to allow for his substitution.

AR 79.1 A player is serving 30 seconds for a hold and a further minute for a slash: the fouls were committed in that sequence.
The opposition score 15 seconds into his penalty.

RULING: The remainder of the technical penalty is wiped out by the goal, and so he has 1 minute to serve from the time the goal is scored.

AR 79.2 As above, but the slash preceded the hold.

RULING: The whole of the technical penalty is wiped out by the goal, and so the player has 45 seconds to serve from the time the goal is scored.

AR 79.3 *A Red player is serving a 30-second penalty for a technical foul. Blue score.*

After the goal, it becomes apparent that, prior to the scoring of the goal, the Red player had re-entered the game before the expiration of his penalty and that it was the Red player's fault

RULING: *The remainder of the original technical penalty is wiped out by the goal and the Red player does not serve a penalty for his premature re-entry, as this technical foul was prior to the scoring of a goal by his opponents.*

RULE 80 RE-STARTING PLAY AFTER A PENALTY

80.1 When a penalty occurs in the offended team's defensive half of the field and penalty time is to be served, the ball shall be awarded to any player of the offended team on the offensive side of the nearest point of the centre line.

80.2 In all other cases, the ball shall be awarded to any player of the offended team at the point where the ball was when play was suspended, the exceptions being as follows:

- i) Where the ball is within 20 yards (18.29 metres) of the cage.
In this case the ball shall be moved to a position laterally across the field 20 yards (18.29 metres) from the cage and awarded to any player of the offended team.
- ii) In the event of the goalkeeper or a defending player offending against the crease rules, the ball shall be awarded to any player of the attacking team 20 yards (18.29 metres) laterally from the cage.
- iii) In the event of a crease offence by an attacking player which does not involve a time penalty, the ball shall be awarded to a member of the defending team 20 yards (18.29 metres) laterally from the cage.

- 80.3 If a goal is scored during a slow whistle play for a technical foul, then no penalty is given.
If a goal is not scored during a slow whistle play, then a time penalty is given, and the ball is awarded to the attacking team at the place where it was when play was suspended, subject to Rule 80.2 i) being followed.

RULE 81 SIMULTANEOUS FOULS

- 81.1 When a member of a team commits a foul, and then a member of the opposing team commits a foul, then the fouls shall be considered simultaneous fouls, provided that the fouls are not separated by a whistle which has restarted play, or by the scoring of a goal, or by the end of a period.

- 81.2 When simultaneous fouls have been committed, the following rules shall apply:

- i) All fouls being technical, the fouls cancel, and the team in possession at the time of the first simultaneous foul retains possession where the ball was when the whistle sounded. If no team is in possession at the time of the first simultaneous foul, the ball is faced where it was when the whistle sounded ***or, if it was during a centre face-off, prior to "Possession" or "Free ball", re-faced at the centre of the field with the same restrictions as the original face-off.***
- ii) If at least one of the fouls is a personal foul, then penalty time shall be served for all the fouls, and the following rules shall apply:
 - If one team incurs more total penalty time than the other, then the team with the lesser total penalty time shall be awarded the ball.
 - If the total penalty times are equal, then the team in possession of the ball at the time of the first simultaneous foul shall retain possession of it.
 - If the total penalty times are equal, and neither team has possession of the ball at the time of the first simultaneous foul, then the ball shall be faced where it was when the whistle blew ***or, if it was during a centre face-off, prior to "Possession" or "Free ball", re-faced at the centre of the field with the same restrictions as the original face-off.***
- iii) For the purpose of totalling penalty time in the case of simultaneous fouls, an expulsion foul shall count as a 3-minute penalty.

- AR 81.1 Blue are attacking and a flag is down for a technical foul.
A Blue player then commits a crease offence.
- RULING: Play is suspended when the crease offence is committed. The two technical fouls cancel, no penalty time is served, and Blue retain possession of the ball.
- AR 81.2 Two Red players go offside, and flags are thrown. A Blue player in possession of the ball then commits a technical offence.
- RULING: Play is suspended when the Blue player commits the technical offence. All three simultaneous technical fouls cancel, and no penalty time is served. The ball is awarded to Blue, who had possession.
- AR 81.3 Blue are attacking and a flag is down for a personal foul. A Blue player then commits a crease offence.
- RULING: Play is suspended when the crease offence is committed. Both players serve penalty time. Blue are awarded possession as they have less total penalty time.
- AR 81.4 Two Red players go offside, and flags are thrown.
A Blue player in possession of the ball then commits a personal offence.
- RULING: Play is suspended when the Blue player commits the personal offence.
All three players serve penalty time, and the ball is awarded to the team with less total penalty time.
If the total penalty times are equal, then Blue retain possession.
- AR 81.5 A Red player has just entered the penalty box to serve 30 seconds for a technical offence.
Before play restarts, however, a Blue player, substitute, or coach commits a technical offence.
- RULING: The fouls are simultaneous technical fouls, and thus cancel out.
The Red player returns to the game immediately.
- AR 81.6 A Red attacker, who has the ball in his possession, is held by a Blue defender, and a flag is thrown.
The Red player then scores and, immediately after the goal, he retaliates against the Blue defender who held him.
- RULING: The fouls are not simultaneous, as they are separated by a goal.
The Blue player's technical foul is wiped out.
The Red player serves penalty time for his personal foul.
The ball is awarded to Blue at the centre.

RULE 82 THE SLOW WHISTLE TECHNIQUE

- 82.1 If a defending player commits a foul, and the attacking team has possession of the ball at the time that the foul occurs, and, in the opinion of the referees, a scoring play is imminent, and the act of fouling does not cause the attacking player who is in possession to lose the ball, then the referee must drop a signal flag and with-hold his whistle until such time as the scoring play has been completed.
- 82.2 The scoring play shall be considered to have been completed when:
- i) The attacking team has lost control of the ball.
 - ii) The attacking team has clearly lost the opportunity of scoring a goal.
 - iii) The attacking team has taken a shot.
 - iv) In the case of the flag being dropped when the ball is in front of the defending team's goal, the attacking team, having caused the ball to go behind the goal, and having then brought it to the front of the goal, cause it to go behind their opponents' goal again.
 - v) In the case of the flag being dropped when the ball is behind the defending team's goal, the attacking team, having brought the ball to the front of the goal, cause it to go behind the goal again.
 - vi) The attacking team, having had possession in their attack goal area, bring it out of their attack goal area.
- 82.3 The slow whistle technique shall be employed whether or not the foul is committed against the man in possession of the ball.
- 82.4 A pass is a movement of the ball caused by a player in control throwing or bouncing or rolling the ball to a team-mate.
- 82.5 During a slow whistle situation, a shot remains a shot until:
- i) It is clearly obvious that a goal will not be scored.
 - ii) Added impetus is given to the ball by any member of the attacking team.
 - iii) Possession is gained by a member of the defending team.
 - iv) After hitting the goalkeeper and/or the pipe(s), the ball touches any player of either team other than the defending goalkeeper; at such time the ball shall be declared dead immediately.
- 82.6 Where a flag is thrown mistakenly then, when the whistle subsequently blows to stop the play, the ball shall be awarded to the team which has possession.
If neither team has possession, then the ball shall be faced.

AR 82.1 A Red player shoots at goal during a slow whistle play. The ball is deflected by a team-mate, and enters the goal.

RULING: Goal, as no added impetus is given to the ball.

AR 82.2 A Red player shoots at the goal during a slow whistle play, and a referee shouts "Shot". Another Red player, standing in front of the goal, catches the ball, shoots, and scores.

RULING: Goal, as what was thought to be a shot turned out to be a pass.

RULE 83 THE PLAY-ON TECHNIQUE

83.1 Where a player commits a loose-ball technical foul, and the offended team may be disadvantaged by the immediate suspension of play, then the referee shall visually and verbally signal "Play-on", and he shall with-hold his whistle until such time as the situation involving the potential advantage has been completed, as follows:

- i) If the offended team gains possession of the ball, then the play-on situation has lapsed, and the official will cease to signal.
- ii) If the offending team gains possession of the ball, then the whistle sounds, and the offended team is awarded the ball.
- iii) If the offended team commits a foul, then the whistle blows, and the usual simultaneous fouls rules apply.

83.2 *If the offending team commits a second foul during a play-on, then the following rules shall apply:*

- i) *If the second foul is a technical foul, then a further play-on is called.
If the offended team gains possession of the ball, then the play-on situation has lapsed, and the official will cease to signal.
If the offending team gains possession of the ball, then the whistle sounds, and the offended team is awarded the ball.
No send-off.*
- ii) *If the second foul is a personal foul, then the referee stops the play immediately. Penalty time is served only for the personal foul.*

SECTION 13 SPECIAL SITUATIONS**RULE 84 SPECIAL SITUATIONS**

- 84.1 Where an official is called upon to inflict a penalty against a team where no definite player is involved, or where the penalty is against someone other than a player in the game, a player in the penalty box or a player in the bench area, then he shall inflict the suspension upon the In-home. If multiple fouls of this type occur, then the penalties shall be inflicted against additional *players who may be any member of the squad and shall be nominated by the Head Coach of the penalised team.*
- 84.2 Where the person committing the foul is a player in the bench area or a player in the penalty box, then the foul shall be assessed against him so far as the record is concerned, and he must serve the penalty himself.
- 84.3 If the ball becomes caught in a player's uniform or equipment, other than his crosse, then play shall be suspended immediately, and the ball shall be faced.
- 84.4 Rule 84.3 shall not apply to the designated goalkeeper when he is within his goal crease. If, in such circumstances, the ball becomes caught in the stick, clothing or equipment of the designated goalkeeper, then the defensive team shall be awarded the ball 20 yards (18.29 metres) laterally from the cage.
- 84.5 Should the ball become mired in the mud within the goal crease, the ball shall be awarded to the defensive team 20 yards (18.29 metres) laterally from the cage.
- 84.6 Should the ball become ensnared in the goal netting, time shall be suspended by the referees and the ball shall be awarded to the defensive team 20 yards (18.29 metres) laterally from the cage.
- 84.7 In the case of a dispute, the visiting team is the first out of the changing rooms.

AR 84.1 *A one-minute penalty for Unsportsmanlike Conduct is inflicted on the Blue coach. The Blue In-home is sent to the penalty box and the whistle is blown to re-start play. A further one-minute penalty for Unsportsmanlike Conduct is then inflicted on the Blue coach.*

RULING: *The second penalty is inflicted against another player who may be any member of the Blue squad.*

AR 84.2 *A one-minute penalty for Unsportsmanlike Conduct is inflicted on the Blue coach. The Blue In-home is either moving into the penalty box or he has already reached the penalty box, but the whistle has not yet blown to re-start play. A further one-minute penalty for Unsportsmanlike Conduct is then inflicted on the Blue coach.*

RULING: *The second penalty is inflicted against the In-home, so that he serves two penalties for Unsportsmanlike Conduct.*

OFFICIAL'S SIGNALS

PROCEDURAL SIGNALS

Procedural Signals



Time Out



Goal



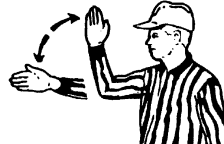
Face Off



Possession



No Goal



Out of Bounds
Direction of Play



Loose Ball



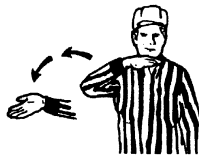
Simultaneous Fouls



Four Second Count



Stall Warning



Re-entry of the Crease



Play On



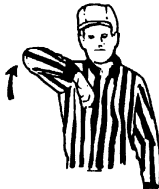
Blood Rule

PERSONAL FOUL SIGNALS

Personal Foul Signals



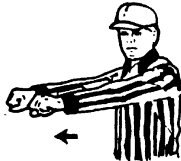
1 Minute



Illegal Body Check



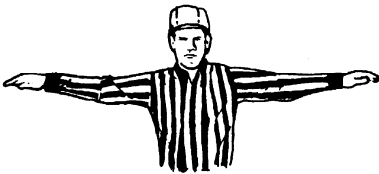
Slashing



Cross Check



Unnecessary Roughness



Unsportsmanlike Conduct



Tripping



Expulsion

TECHNICAL FOUL SIGNALS

Technical Foul Signals



Tech Foul – 30 secs



Interference



Illegal Offensive Screening –
Illegal Pick



Holding



Warding Off



Pushing



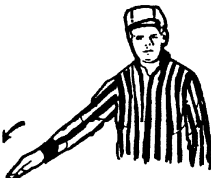
Withholding the Ball



Stalling



Offside



Crease Violation

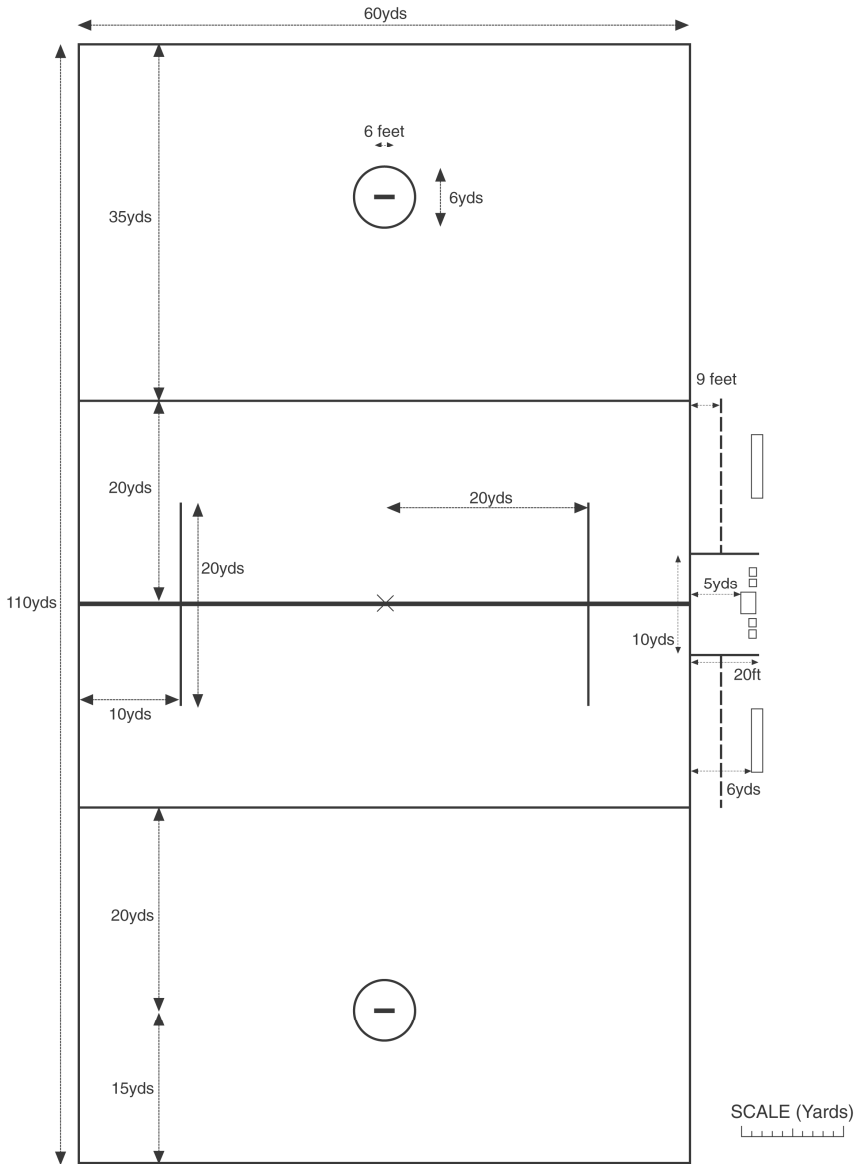


Illegally Touching the Ball



Illegal procedure

THE FIELD OF PLAY



APPENDIX A MINI-TYKE (6 and Under) RULES

Note: These are modifications to the existing CLA rules for men's field lacrosse. Where there is a conflict between the CLA rule book and these special rules for mini-tyke, then the mini-tyke rules shall apply.

OPTION L

The Playing Surface

- a) Games are to be played wide length in one half of the regulation field. The end line and the centre line are to be the boundaries. This allows two games to occur simultaneously, numbers permitting (min. 28 players). – **Rule 1**
- b) The crease is to be an arc that starts 0.6 m on either side of the goal posts and extends as far back at the tail on the goal. The goal posts must be 13.72 m from the end line. - **Rule 3**
- c) There should be a centre line. No other field markings are required. - **Rule 12**
- d) Playing surfaces without field markings can be used by using tape or chalk to mark the crease.

The Lacrosse Stick – Rule 15

- a) The player's stick shall measure not more than 101.6 cm (40"), nor less than 66.04 (26") in overall length.
- b) There are no "long sticks" allowed.

The Ball – Rule 14

- a) The balls used in all matches shall be soft lacrosse balls that conform to CLA standards and be approved by the CLA.

The Goals – Rule 2

- a) Each goal shall consist of two upright poles, 1.2 m (4') apart, joined by a rigid crossbar 1.2 m (4') from the playing surface. All measurements are to be inside distances.

Player's Equipment – Rule 17

- a) All players must wear at all time the following pieces of equipment: helmet, mask, mouth guards, gloves, and a jock or jill strap.
- b) The following pieces of equipment are optional: shoulder pads, elbow pads, and knee pads.

The Teams

- a) Each team shall be composed of six players (two attack, two midfield, and two defencemen) plus one designated goalkeeper, up to eight substitute players (i.e., a maximum of fifteen). – **Rule 19**
- b) One coach from each team may be on the field to instruct players. - **Rule 22**
- c) No other people may be on the field other than the players, referees, and the coaches listed on the game sheet.

The Game

- a) The duration of a game shall be two twenty-minute halves, with a halftime break of five minutes. There should be a ten minute warm-up. - **Rule 29**
- b) Each player, with the exception of the goalkeeper, plays a three minute shift.

Appointment of Officials – Rule 23

- a) The appropriate governing body or their delegate may appoint one or two referees for the game.
- b) If there are no referees appointed for the game, then the coaches on the field also referee the game.

Score Sheet – Rule 27

- a) A score sheet must be completed prior to each game.
- b) All goals, assists, and penalties are recorded and the score is displayed on the scoreboard.
- c) A differential of more than five goals is not displayed.

Contact – Rules 41 & 42

- a) Contact is limited to the bottom hand only.
- b) There is to be no body checking.
- c) A defensive player may check an offensive player by placing their stick head on an opposing player's stick head.

Playing Rules

- a) Two players must remain in the offensive zone at all times. Three players must remain in the defensive zone at all times.
- b) On a loose ball, all players, with the exception of the first player to the ball, must stay two stick lengths away.
- c) No player may hold the ball for more than ten seconds.
- d) Any time there is a change of possession, there must be at least one pass made before a shot on goal.

Face-Offs, Possession, and Awarding Possession

- a) Play to start with a face-off at the start of a half. - **Rule 34**
- b) After a shift, play to start with the goalie of the team that had possession at the end of the shift.
- c) Following a goal, the game will restart with possession to the team scored upon. The team that scored must clear the zone (with the exception of two players who must remain in the zone, but cannot interfere with the play until the ball is moved into the other zone).

Penalties

- a) No penalties are to be assessed. Instead play is stopped and the offending player has the infraction explained to him by either the referee or their own coach. If the offending player's team had possession of the ball, it is awarded to the opposing team. In more serious cases, the coach may replace the offending player with another player.

OPTION A

The Playing Surface

- a) Games are to be played wide length in one of the attacking zones. The end line and the closest restraining line are to be the boundaries for two of the fields. The two restraining lines are the boundaries for the third field. This allows three games to occur simultaneously, numbers permitting (min. 24 players). - **Rule 1**
- b) The crease is to be an arc that starts 0.6 m on either side of the goal posts and extends as far back at the tail on the goal. The goal posts must be 13.72 m from the end line. - **Rule 3**
- c) There should be a centre line. No other field markings are required. - **Rule 12**
- d) Playing surfaces without field markings can be used by using tape or chalk to mark the crease.

The Lacrosse Stick – Rule 15

- a) The player's stick shall measure not more than 101.6 cm (40"), nor less than 66.04 (26") in overall length.
- b) There are no "long sticks" allowed.

The Ball – Rule 14

- a) The balls used in all matches shall be soft lacrosse balls that conform to CLA standards and be approved by the CLA.

The Goals – Rule 2

- a) Each goal shall consist of two upright poles, 1.2 m (4') apart, joined by a rigid crossbar 1.2 m (4') from the playing surface. All measurements are to be inside distances.

Player's Equipment – Rule 17

- a) All players must wear at all time the following pieces of equipment: helmet, mask, mouth guards, gloves, and a jock or jill strap.
- b) The following pieces of equipment are optional: shoulder pads, elbow pads, and knee pads.

The Teams

- a) Each team shall be composed of three players plus one designated goalkeeper, up to five substitute players (i.e., a maximum of nine). - **Rule 19**
- b) One coach from each team may be on the field to instruct players. - **Rule 22**
- c) No other people may be on the field other than the players, referees, and the coaches listed on the game sheet.

The Game

- a) Each session shall consist of two training sessions of 15 minutes in length and two games of 15 minutes in length. - **Rule 29**
- b) Each player plays a three minute shift.

Appointment of Officials – Rule 23

- a) The appropriate governing body or their delegate may appoint one or two referees for the game.
- b) If there are no referees appointed for the game, then the coaches on the field also referee the game.

Score Sheet – Rule 27

- a) A score sheet must be completed prior to each game.
- b) No score is kept or displayed on the scoreboard.

Contact – Rules 41 & 42

- a) Contact is limited to the bottom hand only.
- b) There is to be no body checking.
- c) A defensive player may check an offensive player by placing their stick head on an opposing player’s stick head.

Playing Rules

- a) There is no offside rule.
- b) On a loose ball, all players, with the exception of the first player to the ball, must stay two stick lengths away.
- c) No player may hold the ball for more than ten seconds.
- d) Any time there is a change of possession, there must be at least one pass made before a shot on goal.

Face-Offs, Possession, and Awarding Possession

- a) Play to start with a face-off at the start of each session. - **Rule 34**
- b) After a shift, play to start with the goalie of the team that had possession at the end of the shift.
- c) Following a goal, the game will restart with possession to the team scored upon. The team that scored must clear the zone.

Penalties

- a) No penalties are to be assessed. Instead play is stopped and the offending player has the infraction explained to him by either the referee or their own coach. If the offending player’s team had possession of the ball, it is awarded to the opposing team. In more serious cases, the coach may replace the offending player with another player.

OPTION X

The Playing Surface

- a) Games are to be played wide length in one of the attacking zones. The end line and the closest restraining line are to be the boundaries for two of the fields. The two restraining lines are the boundaries for the third field. This allows three games to occur simultaneously, numbers permitting (min. 18 players). - **Rule 1**

- b) The crease is to be an arc that starts 0.6 m on either side of the goal posts and extends as far back at the tail on the goal. The goal posts must be 13.72 m from the end line. - **Rule 3**
- c) There should be a centre line. No other field markings are required. - **Rule 12**
- d) Playing surfaces without field markings can be used by using tape or chalk to mark the crease.

The Lacrosse Stick – Rule 15

- a) The player's stick shall measure not more than 101.6 cm (40"), nor less than 66.04 (26") in overall length.
- b) There are no "long sticks" allowed.

The Ball – Rule 14

- a) The balls used in all matches shall be soft lacrosse balls that conform to CLA standards and be approved by the CLA.

The Goals – Rule 2

- a) Each goal shall consist of two upright poles, 1.2 m (4') apart, joined by a rigid crossbar 1.2 m (4') from the playing surface. All measurements are to be inside distances.

Player's Equipment – Rule 17

- a) All players must wear at all time the following pieces of equipment: helmet, mask, mouth guards, gloves, and a jock or jill strap.
- b) The following pieces of equipment are optional: shoulder pads, elbow pads, and knee pads.

The Teams

- a) Each team shall be composed of three players, up to five substitute players (i.e., a maximum of eight). There shall be no goalkeeper. - **Rule 19**
- b) One coach from each team may be on the field to instruct players. - **Rule 22**
- c) No other people may be on the field other than the players, referees, and the coaches listed on the game sheet.

The Game

- a) Each session shall consist of two training sessions of 15 minutes in length and two games of 15 minutes in length. - **Rule 29**
- b) Each player plays a three minute shift.

Appointment of Officials – Rule 23

- a) The appropriate governing body or their delegate may appoint one or two referees for the game.
- b) If there are no referees appointed for the game, then the coaches on the field also referee the game.

Score Sheet – Rule 27

- a) A score sheet must be completed prior to each game.

- b) No score is kept or displayed on the scoreboard.

Contact – Rules 41 & 42

- a) Contact is limited to the bottom hand only.
- b) There is to be no body checking.
- c) A defensive player may check an offensive player by placing their stick head on an opposing player’s stick head.

Playing Rules

- a) There is no offside rule.
- b) On a loose ball, all players, with the exception of the first player to the ball, must stay two stick lengths away.
- c) No player may hold the ball for more than ten seconds.
- d) Any time there is a change of possession, there must be at least one pass made before a shot on goal.

Face-Offs, Possession, and Awarding Possession

- a) Play to start with a face-off at the start of each session. - **Rule 34**
- b) After a shift, play to start with the team that had possession at the end of the shift.
- c) Following a goal, the game will restart with possession to the team scored upon. The team that scored must clear the zone.

Penalties

- a) No penalties are to be assessed. Instead play is stopped and the offending player has the infraction explained to him by either the referee or their own coach. If the offending player’s team had possession of the ball, it is awarded to the opposing team. In more serious cases, the coach may replace the offending player with another player.

**APPENDIX B
TYKE (8 and Under) RULES**

Note: These are modifications to the existing CLA rules for men's field lacrosse. Where there is a conflict between the CLA rule book and these special rules for tyke, then the tyke rules shall apply.

OPTION L

The Lacrosse Stick – Rule 15

- a) The player's stick shall measure not more than 101.6 cm (40"), nor less than 66.04 (26") in overall length.
- b) There are no "long sticks" allowed.

The Goals – Rule 2

- a) Each goal shall consist of two upright poles, 1.2 m (4') apart, joined by a rigid crossbar 1.2 m (4') from the playing surface. All measurements are to be inside distances.

The Teams

- a) Each team shall be composed of nine players (three attack, three midfield, and three defencemen) plus one designated goalkeeper, up to eight substitute players (i.e., a maximum of eighteen). - **Rule 19**

The Game

- a) The duration of a game shall be two twenty-minute halves, with a halftime break of five minutes. There should be a ten minute warm-up. - **Rule 29**
- b) Each player, with the exception of the goalkeeper, plays a three minute shift.

Score Sheet – Rule 27

- a) A score sheet must be completed prior to each game.
- b) All goals, assists, and penalties are recorded and the score is displayed on the scoreboard.
- c) A differential of more than five goals is not displayed.

OPTION A

The Playing Surface

- a) Games are to be played wide length in one half of the regulation field. The end line and the centre line are to be the boundaries. This allows two games to occur simultaneously, numbers permitting (min. 28 players). – **Rule 1**
- b) The crease is to be an arc that starts 0.6 m on either side of the goal posts and extends as far back at the tail on the goal. The goal posts must be 13.72 m from the end line. - **Rule 3**
- c) There should be a centre line. No other field markings are required. - **Rule 12**
- d) Playing surfaces without field markings can be used by using tape or chalk to mark the crease.

The Lacrosse Stick – Rule 15

- a) The player’s stick shall measure not more than 101.6 cm (40”), nor less than 66.04 (26”) in overall length.
- b) There are no “long sticks” allowed.

The Ball – Rule 14

- a) The balls used in all matches shall be soft lacrosse balls that conform to CLA standards and be approved by the CLA.

The Goals – Rule 2

- a) Each goal shall consist of two upright poles, 1.2 m (4’) apart, joined by a rigid crossbar 1.2 m (4’) from the playing surface. All measurements are to be inside distances.

Player’s Equipment – Rule 17

- a) All players must wear at all time the following pieces of equipment: helmet, mask, mouth guards, gloves, and a jock or jill strap.
- b) The following pieces of equipment are optional: shoulder pads, elbow pads, and knee pads.

The Teams

- a) Each team shall be composed of six players (two attack, two midfield, and two defencemen) plus one designated goalkeeper, up to eight substitute players (i.e., a maximum of fifteen). - **Rule 19**
- b) One coach from each team may be on the field to instruct players. - **Rule 22**
- c) No other people may be on the field other than the players, referees, and the coaches listed on the game sheet.

The Game

- a) The duration of a game shall be two twenty-minute halves, with a halftime break of five minutes. There should be a ten minute warm-up. - **Rule 29**
- b) Each player, with the exception of the goalkeeper, plays a three minute shift.

Appointment of Officials – Rule 23

- a) The appropriate governing body or their delegate may appoint one or two referees for the game.
- b) If there are no referees appointed for the game, then the coaches on the field also referee the game.

Score Sheet – Rule 27

- a) A score sheet must be completed prior to each game.
- b) No score is kept or displayed on the scoreboard.

Playing Rules

- a) Two players must remain in the offensive zone at all times. Three players must remain in the defensive zone at all times.

Face-Offs, Possession, and Awarding Possession

- a) Play to start with a face-off at the start of a half. - **Rule 34**
- b) After a shift, play to start with the goalie of the team that had possession at the end of the shift.
- c) Following a goal, the game will restart with possession to the team scored upon. The team that scored must clear the zone (with the exception of two players who must remain in the zone, but cannot interfere with the play until the ball is moved into the other zone).

Penalties

- a) Penalties are optional.
- b) If the local association determines that no penalties are to be assessed then the following provisions apply. When an infraction has occurred, play is stopped and the offending player has the infraction explained to him by either the referee or their own coach. If the offending player's team had possession of the ball, it is awarded to the opposing team. In more serious cases, the coach may replace the offending player with another player.

OPTION X

The Playing Surface

- a) Games are to be played wide length in one of the attacking zones. The end line and the closest restraining line are to be the boundaries for two of the fields. The two restraining lines are the boundaries for the third field. This allows three games to occur simultaneously, numbers permitting (min. 42 players). - **Rule 1**
- b) The crease is to be an arc that starts 0.6 m on either side of the goal posts and extends as far back at the tail on the goal. The goal posts must be 13.72 m from the end line. - **Rule 3**
- c) There should be a centre line. No other field markings are required. - **Rule 12**
- d) Playing surfaces without field markings can be used by using tape or chalk to mark the crease.

The Lacrosse Stick - Rule 15

- a) The player's stick shall measure not more than 101.6 cm (40"), nor less than 66.04 (26") in overall length.
- b) There are no "long sticks" allowed.

The Ball - Rule 14

- a) The balls used in all matches shall be soft lacrosse balls that conform to CLA standards and be approved by the CLA.

The Goals – Rule 2

- a) Each goal shall consist of two upright poles, 1.2 m (4') apart, joined by a rigid crossbar 1.2 m (4') from the playing surface. All measurements are to be inside distances.

Player's Equipment – Rule 17

- a) All players must wear at all time the following pieces of equipment: helmet, mask, mouth guards, gloves, and a jock or jill strap.
- b) The following pieces of equipment are optional: shoulder pads, elbow pads, and knee pads.

The Teams

- a) Each team shall be composed of six players (two attack, two midfield, and two defencemen) plus one designated goalkeeper, up to eight substitute players (i.e., a maximum of fifteen). - **Rule 19**
- b) One coach from each team may be on the field to instruct players. - **Rule 22**
- c) No other people may be on the field other than the players, referees, and the coaches listed on the game sheet.

The Game

- a) Each session shall consist of two training sessions of 15 minutes in length and two games of 15 minutes in length. - **Rule 29**
- b) Each player plays a three minute shift.

Appointment of Officials - Rule 23

- a) The appropriate governing body or their delegate may appoint one or two referees for the game.
- b) If there are no referees appointed for the game, then the coaches on the field also referee the game.

Score Sheet - Rule 27

- a) A score sheet must be completed prior to each game.
- b) No score is kept or displayed on the scoreboard.

Contact – Rules 41 & 42

- a) Contact is limited to the bottom hand only.
- b) There is to be no body checking.
- c) A defensive player may check an offensive player by placing their stick head on an opposing player's stick head.

Playing Rules

- a) Two players must remain in the offensive zone at all times. Three players must remain in the defensive zone at all times.
- b) On a loose ball, all players, with the exception of the first player to the ball, must stay two stick lengths away.

- c) No player may hold the ball for more than ten seconds.
- d) Any time there is a change of possession, there must be at least one pass made before a shot on goal.

Face-Offs, Possession, and Awarding Possession

- a) Play to start with a face-off at the start of a half. - **Rule 34**
- b) After a shift, play to start with the goalie of the team that had possession at the end of the shift.
- c) Following a goal, the game will restart with possession to the team scored upon. The team that scored must clear the zone (with the exception of two players who must remain in the zone, but cannot interfere with the play until the ball is moved into the other zone).

Penalties

- a) No penalties are to be assessed. Instead play is stopped and the offending player has the infraction explained to him by either the referee or their own coach. If the offending player's team had possession of the ball, it is awarded to the opposing team. In more serious cases, the coach may replace the offending player with another player.

APPENDIX C NOVICE (10 and Under) RULES

Note: These are modifications to the existing CLA rules for men's field lacrosse. Where there is a conflict between the CLA rule book and these special rules for novice, then the novice rules shall apply.

OPTION L/A

The Lacrosse Stick - Rule 15

- a) The player's stick shall measure not more than 101.6 cm (40"), nor less than 66.04 (26") in overall length.
- b) Three "long sticks are allowed on the field at one time. They can be a maximum of 1.5 m (5') in overall length.

The Goals - Rule 2

- a) Each goal shall consist of two upright poles, 1.2 m (4') apart, joined by a rigid crossbar 1.2 m (4') from the playing surface. All measurements are to be inside distances.

The Teams

- a) Each team shall be composed of nine players (three attack, three midfield, and three defencemen) plus one designated goalkeeper, up to eight substitute players (i.e., a maximum of eighteen). - **Rule 19**

The Game

- a) The duration of a game shall be two twenty-minute halves, with a halftime break of five minutes. There should be a ten minute warm-up. - **Rule 29**
- b) Each player, with the exception of the goalkeeper, plays a three minute shift.

Score Sheet - Rule 27

- a) A score sheet must be completed prior to each game.
- b) All goals, assists, and penalties are recorded and the score is displayed on the scoreboard.
- c) A differential of more than five goals is not displayed.

OPTION X

The Playing Surface

- a) Games are to be played wide length in one half of the regulation field. The end line and the centre line are to be the boundaries. This allows two games to occur simultaneously, numbers permitting (min. 28 players). - **Rule 1**
- b) The crease is to be an arc that starts 0.6 m on either side of the goal posts and extends as far back at the tail on the goal. The goal posts must be 13.72 m from the end line. - **Rule 3**

- c) There should be a centre line. No other field markings are required. - **Rule 12**
- d) Playing surfaces without field markings can be used by using tape or chalk to mark the crease.

The Lacrosse Stick - Rule 15

- a) The player's stick shall measure not more than 101.6 cm (40"), nor less than 66.04 (26") in overall length.
- b) Two "long sticks are allowed on the field at one time. They can be a maximum of 1.5 m (5') in overall length.

The Goals – Rule 2

- a) Each goal shall consist of two upright poles, 1.2 m (4') apart, joined by a rigid crossbar 1.2 m (4') from the playing surface. All measurements are to be inside distances.

The Teams

- a) Each team shall be composed of six players (two attack, two midfield, and two defencemen) plus one designated goalkeeper, up to eight substitute players (i.e., a maximum of fifteen). - **Rule 19**
- b) One coach from each team may be on the field to instruct players. - **Rule 22**
- c) No other people may be on the field other than the players, referees, and the coaches listed on the game sheet.

The Game

- a) The duration of a game shall be two twenty-minute halves, with a halftime break of five minutes. There should be a ten minute warm-up. - **Rule 29**
- b) Each player, with the exception of the goalkeeper, plays a three minute shift.

Appointment of Officials – Rule 23

- a) The appropriate governing body or their delegate may appoint one or two referees for the game.
- b) If there are no referees appointed for the game, then the coaches on the field also referee the game.

Score Sheet – Rule 27

- a) A score sheet must be completed prior to each game.
- b) No score is kept or displayed on the scoreboard.

Playing Rules

- a) Two players must remain in the offensive zone at all times. Three players must remain in the defensive zone at all times.

Face-Offs, Possession, and Awarding Possession

- a) Play to start with a face-off at the start of a half. – **Rule 34**

- b) After a shift, play to start with the goalie of the team that had possession at the end of the shift.
- c) Following a goal, the game will restart with possession to the team scored upon. The team that scored must clear the zone (with the exception of two players who must remain in the zone, but cannot interfere with the play until the ball is moved into the other zone).

Penalties

- a) Penalties are optional.
- b) If the local association determines that no penalties are to be assessed then the following provisions apply. When an infraction has occurred, play is stopped and the offending player has the infraction explained to him by either the referee or their own coach. If the offending player's team had possession of the ball, it is awarded to the opposing team. In more serious cases, the coach may replace the offending player with another player.

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