

## **About these Rules**

The Rules outlined below are the Rules of Lacrosse which have been adopted by the International Lacrosse Federation with effect from September 1, 1996. These Rules are used for all games conducted by the International Lacrosse Federation (I.L.F.) or for games conducted by other organizations endorsed by the International Lacrosse Federation. These Rules may only be changed by an I.L.F. member providing notice in writing to the I.L.F. Executive Director at least ninety days prior to any meeting of the I.L.F.. No alteration to these playing Rules shall be made to apply to a World Lacrosse Championship within a period of two (2) years prior to August 1 in the year of that World Championship except with the unanimous agreement of members participating in the event. For further information contact the Convenor, I.L.F. Constitution/Rules Committee, Malcolm Stokes, 7 Kurrajong Place, Greenwood 6024 Western Australia  
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## **THE RULES OF LACROSSE**

<b>SECTION</b>	<b>RULES</b>	<b>TOPIC</b>
1	1 to 13	THE PLAYING FIELD
2	14 to 18	EQUIPMENT
3	19 to 22	THE TEAMS
4	23 to 28	CONTROL OF THE GAME
5	29 to 32	THE LENGTH OF THE GAME
6	33 to 45	THE PLAY OF THE GAME
7	46	SUBSTITUTION
8	47 to 49	THE GOAL CREASE AND THE GOALKEEPER
9	50 to 67	TECHNICAL FOULS
10	68 to 76	PERSONAL FOULS
11	77 to 78	EXPULSION FOULS
12	79 to 83	EXECUTION OF PENALTIES
13	84	SPECIAL SITUATIONS

OFFICIALS' SIGNALS

THE FIELD OF PLAY

INDEX

## 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 ball may not be touched by the hand, 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 each of 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 ground pipes.

### 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 1.5 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.

## 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 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 boys with extra balls at each side and each end of the field.

The ball boys shall wear helmets, gloves and boxes.

### 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, in the game at any one time when the ball is live.

15.2 The head of the crosse shall measure between 4 inches (10.16 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 may be any desired length.

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.

Where a handle is made of metal, it must have a plastic or wood plug on the end, or it must be adequately taped to prevent injury.

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 The centre line of the handle shall cross the head approximately 2.5 inches (6.35 centimetres) from the wall.

15.8 There shall 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 guard stop shall be a minimum of 10 inches (25.4 centimetres) from the outside edge of the head of the crosse.

The stop shall be constructed so that no part of the ball can be under the stop.

15.9 The head and side(s) of the crosse shall have holes bored in them to facilitate the weaving of the stringing.

15.10 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 withhold 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 which are not part of the stick as manufactured 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.

## RULE 17 PERSONAL EQUIPMENT

17.1 All players are required to wear protective gloves, suitable boots or shoes, and a protective helmet equipped with a face-mask and a chinstrap which must be properly fastened on both sides.

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 No player shall wear anything on the outside of his jersey which might obstruct the view of his numbers.

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.

## 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 expulsion fouls, 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.

### 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 players and substitutes are properly equipped to play;
- iii) that the time-keepers and scorers are on hand with all the equipment necessary for them to carry out their respective functions;
- iv) that balls and ball boys are provided.

22.4 One or more of a team's coaches may be a player/coach.

The officials must be informed of the shirt number of any such player/coach before the start of the game.

## 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 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 may suspend the play of the game for any reason which he deems necessary for the proper enforcement of the rules of the game.

23.4 The referees shall keep a record of the 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

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 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 encribed armband.

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 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 subsequently advise the nearest referee of the nature of the foul, as follows:

i) If the ball is loose at the time that a foul is committed, then he shall blow his whistle immediately.

ii) If one team has possession of the ball, and that team or both teams commits a foul or a number of fouls, then the CBO shall blow his whistle immediately.

iii) If one team has possession of the ball, and its opponents commit a foul or a number of fouls, then the CBO shall throw a signal flag.

The referees shall then decide whether to throw a signal flag or blow the whistle.

24.4 The CBO 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 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 The CBO shall blow his whistle if a team legally asks him for a time-out.

## 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 time-keeper 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 time-keeper 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 time-keeper 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 TIME-KEEPERS

26.1 Two penalty time-keepers shall be appointed for each squad, and they shall be equipped with time pieces which can record time in seconds. The penalty time-keepers shall be positioned at either side of the timer's table, behind the penalty box.

26.2 The penalty time-keepers 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.

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 BENCH OFFICIALS

28.1 Where a chief bench official, time-keeper, penalty time-keeper, 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 time-keeper. 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 time-keeper. 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.

## 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. "Time off" incurred in each quarter shall be added to the playing time of that quarter.

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.

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 three 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 boys 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 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 2 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 captains will toss a coin during a 1-minute intermission, with the winner selecting the goal which he wishes to defend.
- 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 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 and the CBO 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 and the CBO 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.

### 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 the 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 both feet of each player must be to the left of the throat of his crosse.

The left foot and the handle of the crosse may not cross the centre line.

No portion 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.

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.

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, then it shall be re-faced at the same place as the previous face, and subject to the same restrictions as the previous face.

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.

During the break, a Red player commits a foul, and the extra-man situation is thus nullified.

RULING: The next period starts with a centre face-off.

AR 34.14 A period ends with a Blue player in the penalty box, and Red in possession.

During the break, a Red player and a Blue player commit fouls.

RULING: There is thus still an extra man situation, and the ball is awarded to the team having less total penalty time. If the penalty times are equal, then the next period starts with Red in possession.

AR 34.15 A period ends with both teams at full strength.

A player commits a foul in the interval.

RULING: The ball is awarded to his opponents 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 opponents goal and scores. When the ball is further than three yards from him, but before it has crossed the goal line, he is bodychecked by a defender.

RULING: Illegal bodycheck : 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 bodychecked by a defender.

RULING: Illegal bodycheck : 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 cross 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.

### 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 may take a position closer to him than 5 yards (4.57 metres).

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 a loose ball 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.

38.2 When the ball passes through the plane of the goal in the following circumstances, however, a goal does not count:

- i) after a referee's whistle has sounded to indicate the end of a period;
- ii) after the period has ended, regardless of whether or not a referee's whistle has sounded;
- iii) after a referee's whistle has sounded for any reason, even though the sounding of the whistle was inadvertent;
- iv) when any part of the body of an attacking player is touching the goal crease area;
- v) when the attacking team has more than 10 men on the field of play (including the penalty box) at the time;
- vi) when the attacking team has more men than it should have on the actual field of play (excluding the penalty box) at the time;
- vii) when the attacking team or both teams are off-side at the time.

AR 38.1 A goalkeeper who is in possession of the ball brings his crosse back over the goal line in order to clear, and the ball breaks the plane of the goal.

RULING: No goal, as the ball is not loose.

AR 38.2 A goalkeeper makes a save, but the power of the shot forces the ball, in his stick, over the goal line.

RULING: Goal, as the goalkeeper does not have control over it as required by Rule 39.1, and it is therefore technically a loose ball.

## 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, 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 one of whose inbound players was nearest to the ball when it became out-of-bounds. If two 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, 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 off-side 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 Bodychecking 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 bodychecking.

## 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 all rules except the off-side rules, the centre face-off possession rules, and the crease rules, 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.

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.

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

### STICK-CHECK

45.1 A team's head coach may request the inspection of any crosse of the opposing team.

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 with a stick and, before the next live ball, that stick is declared illegal for any reason, 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.

## 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 sticks 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 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 when the goal was scored, then the goal will not count.

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 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. 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.

Players may substitute on the fly, and they may do so on either side of the centre line, provided that the off-side rule is observed.

46.3 If the player leaving the field of play is bound to the half of the field which he is in by the off-side rule, then the provisions of the off-side 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.

## SECTION 8 GOAL CREASE AND 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:

i) 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.

ii) 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.

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 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 ball is released by the Blue goalkeeper, 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 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 rule, 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.

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 bodychecked 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.

## 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.

53.2 A player may not push an opponent unless the opponent has possession of the ball or the opponent is within three yards of a loose ball.

53.3 A player may not push an opponent from the rear.

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 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.

The holding off must merely be the exerting of equal pressure.

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 with his 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.

## 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.

#### RULE 59 ILLEGAL ACTIONS WITH THE CROSSE

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

59.2 A player shall not take part in the play of the game in any manner unless he is grasping his crosse with at least one hand.

A broken crosse is considered no crosse.

59.3 During the play of the game, a player may not exchange his crosse for another except to replace a broken crosse, but players who are legally on the playing field may exchange crosses.

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.

#### 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 by the penalty time-keeper is a foul.

The offending player shall be returned to the penalty box to serve out his unexpired time plus 30 seconds.

If the ball is loose or in the possession of his own team, then it shall be awarded to the opposing team.

If a goal is scored by the player's opponents, then any unexpired time on a technical foul shall be nullified, but he must still serve the 30 seconds for illegal entry into the game.

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.

v) 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 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 goal-keeper, in the game at any time when the ball is live.

## 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.

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 demand that the player adjust the crosse to conform to specification, or exchange it for another.

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

## 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.

Should the player fail to do so, 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 OFF-SIDE

65.1 Except as provided for in Rule 65.4, a team is off-side, 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 off-side, the following rules shall apply:

- i) When only one team is off-side, a technical penalty shall be inflicted in accordance with Rule 50.
- ii) Where both teams are off-side, 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 off-side, 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 off-side at the time a goal is scored:

- i) When only the defending team is off-side, then the goal shall stand, and no penalty shall be inflicted.
- ii) When only the attacking team is off-side, 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 off-side, 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 off-side:

- 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 off-side before he can stop, runs out-of-bounds instead of off-side, then no penalty shall result from the failure of his team to have the required number of players in that half of the field.

AR 65.1 A Blue player breaks over the centre line and two Red players go off-side 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 off-side.

RULING: 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 off-side.

RULING: 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 off-side. 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 off-side rules, he is off-side.

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 off-side. 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 off-side again". Red fail to score.

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

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 off-side.

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

## 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 AVOIDABLE 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.

The penalty shall be served by the In-home.

## 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 to 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 bodycheck 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 bodycheck of an opponent after he has thrown the ball is illegal.

70.3 A bodycheck 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 bodychecked turns his back or jumps or moves in such a manner as to make what started as a legal bodycheck appear illegal.

70.4 When a player uses his spread arm or arms in a bodycheck, then they must be kept below the shoulders of the opponent throughout the entire bodycheck, 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 Bodychecking 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 established a screening position 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.

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.

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.

## 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, a substitution may be made after a lapse of 3 minutes.

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, and he must remain in the penalty box for the entire 3 minutes.

### 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 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 a fight occurs on the field of play, and the officials have "frozen" the benches, 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 in a fight may be expelled from the game.

78.3 Where two players from competing teams are fighting and a third participant enters the altercation, then the third man into the altercation shall be expelled from the game.

78.4 Refusal to accept the authority of the officials, or the use of foul or abusive language 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 time-keeper.

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.

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.

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.

79.5 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 time 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 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-serving 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.

## 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 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.

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 retains possession where the ball was when the whistle sounded. If no team is in possession, the ball is faced where it was when the whistle sounded.

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 shall retain possession of it.

- If the total penalty times are equal, and neither team has possession of the ball, then the ball shall be faced where it was when the whistle blew.

iii) For the purpose of totalling penalty time in the case of simultaneous fouls, an expulsion foul shall count as a 3-minute penalty.

iv) There shall be no free clear after simultaneous fouls.

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 off-side, 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 off-side, 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.

## RULE 82 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 withhold 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 on the original play.
- 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.

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 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.

82.7 Where the CBO throws a signal flag to indicate that a foul has been committed in circumstances where a slow whistle could be employed, then the referees must either throw a flag or blow the whistle depending on the circumstances.

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 withhold 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.

## 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, 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 attack players.

84.2 Where the person committing the foul is a substitute, then the foul shall be assessed against him so far as the record is concerned, and he may only re-enter the game subject to the same restrictions as though he were a player at the time the foul was committed.

84.3 If the ball becomes caught in a player's crosse, then a referee shall audibly count "1001, 1002, 1003, 1004". If, at the end of those four seconds, the ball has not been dislodged, then play shall be stopped and the ball shall be faced.

84.4 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.

84.5 Rules 84.3 and 84.4 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.

84.6 Should the ball become mired in the mud within the crease area, time shall be suspended by the referees and the ball shall be faced.

84.7 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.

OFFICIALS' SIGNALS - 1

OFFICIALS' SIGNALS - 2

OFFICIALS' SIGNALS - 3

THE FIELD OF PLAY

## INDEX

### RULE TOPIC

-----a

- 33 actions prior to the game
- 16.7 adjustable handles
- 83 advantage rule
- 60.1 ii artificial aids used by coach
- 80.1 attacker's crease offence
- 70.2 avoidable bodycheck
- 67 avoidable lateness of a team

-----b

- 14 ball
- 14.3 ball boys
- 84.3 ball caught in crosse
- 84.4 ball caught in equipment or uniform
- 84.7 ball ensnared in netting
- 84.6 ball mired
- 40 ball out-of-bounds
- 58 ball with-held from play
- 75.2 banishment from bench area
- 10 bench area
- 24 bench official
- 24.2 bench official - duties
- 9.2 benches
- 44 bleeding
- 41 bodycheck
- 70 bodycheck - illegal
- 1.2 boundaries
- 13 box - penalty
- 59.2 broken crosse
- 59.3 broken crosse
- 71.4 brush

-----c

- 4.1 cage
- 21 captains
- 24 cbo
- 24.2 cbo - duties
- 7 centre of field
- 42 checking
- 48.1 ii checking the goalie
- 24 chief bench official
- 24.2 chief bench official - duties
- 17.1 chinstrap

17.3 clash of colours  
29.2 clock stops during last 3 minutes  
21 co-captains  
60 coach - illegal actions  
45 coach - request for a stick check  
60.1 ii coach - use of artificial aids  
22 coaches  
61.13 coaches - maximum number in coaches' area  
11 coaches' area  
61.13 coaches' area - prohibitions  
33.1 coin toss  
17.3 colour clash  
16.6 colour of mesh weaving of net  
79.2 commencement of penalty time  
17.1 compulsory equipment - loss of  
22.3 condition of field  
15.5 construction of the crosse  
16.3 construction - trick  
63.1 construction - trick  
75.3 construction - trick - penalty  
48.1 ii contact with goalie  
Section 4 control of the game  
3 crease  
49 crease - prohibitions  
80.1 crease offence - restarting  
80.1 iii crease offence by attacker  
80.1 ii crease offence by defender  
AR 49.6-9 crease - attacker illegally pushed in  
72 cross-check  
55.2 cross-check hold  
15 crosse  
59.2 crosse - broken  
59.3 crosse - broken  
15.5 crosse - construction  
15 crosse - dimensions  
59.3 crosse - exchanging  
63 crosse - illegal  
59 crosse - illegal actions  
56.1 crosse - kicking  
34.4 crosse - kicking at face-off  
59.4 crosse - loose in crease  
59.4 crosse - loss of  
16 crosse - prohibitions  
56.1 crosse - stepping on  
34.4 crosse - stepping on at face-off  
59.2 crosse - taking part without

16.4 crosse - tampering with  
59.1 crosse - throwing  
66 crosse - thrusting at face  
16.3 crosse - trick construction or stringing  
63.1 crosse - trick construction or stringing  
75.3 crosse - trick construction or stringing  
30.1 curtailment of playing time

-----d

36.3 dead ball defined  
68.1 dead ball personal foul  
50.2 dead ball technical foul  
32 defaulted game  
80.1 ii defender's crease offence  
40.3 iii deflected shot  
AR 46.3 delayed re-entry after penalty or substitution  
61.3 delaying the game  
71.1 deliberate viciousness  
16.1 depth of net  
69.1 description of personal fouls  
47 designated goalkeeper  
19.1 designation of players  
end diagram of the field  
15 dimensions of crosse  
1 dimensions of field  
38.2 disallowed goal  
41.1 i distance for bodychecking  
35.1 vii distance from face-off  
37.1 distance from free play  
61.7 distance from free play  
35.1 vi distance of face-off from boundary  
35.1 v distance of face-off from goal  
11.1 dotted restraining line  
31 drawn game  
17.2 dress

-----e

61.2 early leaving of penalty box  
40.6 end line re-start  
Sectn 12 enforcement of penalties  
84.7 ensnared ball  
61.2 entering game too soon after penalty  
55.1 i equal pressure  
Section 2 equipment  
18.3 equipment - goalkeeper's  
64 equipment - illegal  
28 errors by officials  
59.3 exchanging crosse

Sectn 12 execution of penalties by officials

78 expulsion foul - description

77 expulsion foul - penalty

34.1 i extra man at end of period

31 extra time

-----f

34 facing at the centre

35 facing other than at centre

AR 34.19 fewer than 10 men being played

22.3 field - condition of

1 field dimensions

1 field markings

1 field of play

end field of play - diagram

1 field size

78 fighting

24.6 five personal fouls notified by cbo

27.6 five personal fouls notified by scorer

76 five personal fouls - effect of

82 flag down

1.3 flag markers

44.7 foreshortened team time-out

80.1 foul by goalkeeper

68.1 foul - personal - during dead ball

50.2 foul - technical - during dead ball

76 fouling out

24.6 fouls - 5 personal notified by cbo

27.6 fouls - 5 personal notified by scorer

76 fouls - 5 personal - effect of

Sectn 10 fouls - personal

Section 9 fouls - technical

34.8 free ball call at face-off

80.1 free clear on halfway line

37 free play

23.4 game score kept and checked

29 game time

8.2 gate

62 get it in

42.1 gloved hand on crosse

17.1 gloves

5 goal areas

3 goal crease

Section 8 goal crease and goalkeeper

49 goal crease - prohibitions

4 goal nets

80.2	goal scored during slow whistle
38	goal scoring
2.1	goal size and position
Section 8 goalcrease and goalkeeper	
80.1 ii	goalkeeper fouling
79.7	goalkeeper sent off
80.1 ii	goalkeeper's crease offence
18.3	goalkeeper's equipment
48	goalkeeper's privileges
15.3	goalkeeper's stick
2	goals
2.4/5	ground pipes on goals
15.8	guard stop
-----h	
29.3	half-time interval
80.1	halfway line free clear
16.7	handles - adjustable
57	handling the ball
16.5	hanging strings
71.2	head check
22.1	head coach
45	head coach's request for a stick check
23.1	head referee
17.1	headgear
17.1	helmet
18.4	hockey gloves
55	holding
55.2	holding - cross-check hold
58.2	holding stick close to body
-----i	
60	illegal action by coaches and others
59	illegal actions with crosse
70	illegal bodycheck
63	illegal crosse
64	illegal equipment
54	illegal pick
61	illegal procedure
61.2	illegal re-entry after penalty
63	illegal stick
84.1	in-home
22.1	in-home nominated
22.1	in-home - eligibility
44.3	injury
19.2	injury leaving less than 10 men
33.2	inspection of kit
59.3	interchange of crosses

52	interference	
30	interrupted match	
29.3	intervals between quarters	
-----j		
17.3	jersey colour clash	
17.2	jersey numbering	
-----k		
62	keep it in	
56	kicking opponent's stick	
34.4	kicking stick at face-off	
34.4	kicking through at face-off	
33.2	kit inspection	
-----l		
75.1 iii	language - threats, profanities, etc.	
29.2	last 3 minutes of last quarter	
67	lateness of team	
61.2	leaving penalty box early	
34.6	left-handed crosse	
18.6	leg warmers	
Section 5 length of game		
12.1	line width	
33.2	line-up at centre	
34.9	line-up at centre if man-down	
33.2	line-up prior to start	
1.2	lines	
36.2	live ball defined	
15.1	long crosse	
39.3	loose ball	
59.4	loose crosse in crease	
17.1	loss of compulsory equipment	
59.4	loss of crosse	
-----m		
34.9	man down at centre face-off	
34.1 i	man up at end of period	
1.3	marker flags	
1	markings	
16.6	mesh weaving of net - colour	
46	method of substitution	
84.6	mired ball	
34.10	mistaken whistle at centre	
28	mistakes by the officials	
54	moving pick	
-----n		
16.1	net - crosse	
4	nets - goal	
38.2	no goal	

22.1 nomination of in-home  
19.1 number of players  
20.2 number of players dressed in team uniform  
20.1 number of substitutes  
17.2 numbers on shirts

-----o

75.1 iii obscene language  
65 off-side  
43.1 offensive pick  
54 offensive pick - illegal  
44.2 official time-out  
28 official's mistake  
23 officials  
end officials' signals  
23.5 officials' uniform  
40 out-of-bounds  
61.4 out-of-bounds participation by player  
31 overtime

-----p

61.4 participation by player out-of-bounds  
82.4 pass - definition  
13 penalty box  
Sectn 12 penalty enforcement  
AR 46.3 penalty - delayed re-entry  
77 penalty for expulsion foul  
50 penalty for technical fouls  
75.3 penalty for trick construction or stringing  
79.2 penalty time commencement  
26 penalty time-keeper  
17 personal equipment  
Sectn 10 personal fouls  
69.1 personal fouls - description  
76 personal fouls - fouling out  
43 pick  
54 pick - illegal  
Section 6 play of the game  
83 play-on technique  
22.4 player/coach  
79 player committing foul  
39.1 player possession  
AR 34.19 playing fewer than 10 men  
Section 1 playing field  
30.1 playing time curtailment  
16.1 pocket depth  
34.8 possession call at face-off  
39 possession of the ball

33 prior actions before the start  
48 privileges of goalkeeper  
79 procedure when sent off  
75.1 iii profane language  
49 prohibitions relating to crease  
16 prohibitions relating to crosse  
18 prohibitions relating to equipment  
55.1 ii protecting crosse  
53 pushing  
AR 49.6-9 pushing attacker illegally into crease  
1.3 pylons  
29.3 quarter-time intervals  
71.1 reckless abandon  
AR 46.3 re-entry delayed after penalty or substitution  
23.1 referee  
34.10 referee's mistake at centre  
79.6 release after goal for technical fouls  
34.1 iii repeated fouls at face-off  
75.4 repeated fouls at face-off  
75.1 v repeated technical foul  
45 request for a stick check  
80 restarting after penalty  
61.5 restraining area

23.4 score kept  
38.2 score disallowed  
27 scorers  
38 scoring a goal  
79 sent-off player's actions  
34.1 ii set position at face-off  
18.3 shin guards  
17.3 shirt colour clash  
17.2 shirt numbering  
82.5 shot - definition during slow whistle  
40.3.iii shot - deflected  
15.1 short crosse  
82 signal flag  
end signals  
81 simultaneous fouls  
81.2 iv simultaneous fouls - no free clear  
1 size of field  
20.2 size of squad  
71 slashing  
82 slow whistle  
80.2 slow whistle - goal scored  
70.5 spearing

Sectn 13 special situations  
 8 special substitution area  
 20.2 squad size  
 62 stalling  
 36 status of the ball (live or dead)  
 56 stepping on opponent's crosse  
 34.4 stepping on stick at face-off  
 15 stick  
 45 stick check requested  
 45 stick count requested  
 15.8 stop in crosse  
 29.2 stop-clock in last 3 minutes  
 16.3 stringing - trick  
 63.1 stringing - trick  
 75.3 stringing - trick - penalty  
 16.5 strings hanging from crosse  
 20 substitutes  
 20.1 substitutes - number  
 46 substitution  
 46.4 i substitution - after goal  
 46.4 I substitution - end of period  
 AR 46.3 substitution - delayed re-entry  
 46.4 I substitution - during time-out  
 8 substitution area  
 46 substitution method  
 31.2 sudden death overtime  
 -----t  
 9 table - timer's  
 59.2 taking part without crosse  
 16.4 tampering with stick  
 84.1 team offence  
 39.2 team possession  
 43.4 team time-out  
 20.2 team uniform - number of players dressed in  
 Section 3 teams  
 79.6 technical foul - release after goal  
 75.1 v technical foul repeated  
 Section 9 technical fouls  
 51 technical fouls - description  
 50 technical fouls - penalty  
 18.6 thigh-warmers  
 75.1 threatening behaviour  
 23.1 three officials  
 59.1 throwing crosse  
 66 thrusting crosse at face  
 31 tied game

29	time of match
30.1`	time of match curtailed
29.1	time off during a quarter
25	time-keeper
44	time-out
44.7	time-out foreshortened
79.7	time-out - goaly foul
44.3	time-out - injury
44.2	time-out - official
9.1	timer's table
33.1	toss
57	touching the ball
18.5	track suit trousers
16.3	trick construction or stringing
63.1	trick construction or stringing
73.3	trick construction or stringing - penalty
73	tripping
18.5	trousers
70.3	turning when bodychecked
-----u	
30	uncompleted match
23.5	uniform of officials
74	unnecessary roughness
75	unsportsmanlike conduct
-----w	
55.1 ii)	warding-off
24.5	warning before the start of a quarter
24.5	warning before the end of a time-out
12.1	width of lines
6	wing areas
56	with-holding the ball from play

---