

Nederland Lacrosse

Rulebook Youth Lacrosse

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Six versus six lacrosse is played by two teams of six Players each. The purpose of each team is to score by causing the ball to enter the goal of its opponent and to prevent the other team from securing the ball and scoring. The ball is kept in play by being carried, thrown, rolled or batted with the stick, subject to the restrictions described in the following Rules.

SECTION 1 THE PLAYING FIELD

Rule 1.1 Dimensions

1.1.1 FIELD - The playing field for all World Lacrosse events and those events recognized and/or approved by the World Lacrosse shall be rectangular, 70 meters long and 36 meters wide.

Note: The field dimensions may be adjusted between 55 – 75 meters long and 35 -55 meters wide for events neither recognized nor approved by World Lacrosse.

1.1.2 LINES - The boundaries of the field shall be marked with white or contrasting-colored lines. The long sides of the field shall be designated sidelines; the short sides shall be designated end lines. A line shall be marked through the center of the field perpendicular to the sidelines. This line shall be known as the center line and shall continue through any logos or other markings. The center of the field shall be marked with a 10 cm circle, square or X (the “center marking”). Through this center marking shall be a line in length, parallel to the end lines. The center marking shall be surrounded by a draw circle 5 meters in radius. All lines shall be between 5 cm -10 cm wide. The goal line shall be 5 cm wide. The center line shall be 10 cm wide. Cones or pylons shall be placed at the four corners of the field, at each end of the 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.

1.1.3 ZONES - The playing field shall be divided into 2 zones. The portion of the surface in which the goal is situated shall be called the “Defensive Zone” of the team defending that goal, and the portion farthest from the defended goal as the “Offensive Zone”. The center line divides the 2 zones. What is one team’s Defensive Zone is their opponent’s Offensive Zone, and vice versa.

Note: The locations of lines are as shown on the Field Diagram. See Appendix A.

Rule 1.2 The Goals

1.2.1 GOAL DIMENSIONS - Each goal shall consist of two vertical posts joined by a rigid crossbar. These posts shall be 1.83 meters in height and width, all inside measurements. The pipes shall have an outside diameter of approximately 5 cm. The goal posts shall be supported by flat metal bars, no more than 1.27 cm thick.

1.2.2 GOAL PLACEMENT - The goals shall be centered relative to the width of the playing surface and 25 meters from the midline.

1.2.3 GOAL LINE - Goals should be constructed in a manner such that when a ball enters the goal mouth and it is a goal, the ball shall not re-enter the field of play.

1.2.4 GOAL COLOR - Goals shall be of a color that is contrasting to the field. Most commonly used color is orange

Rule 1.3 The Goal Crease

1.3.1 GOAL CREASE DIMENSIONS - Around each goal there shall be plainly marked a circle known as the goal crease. The goal crease is a circle with a radius of 3 meters. The mid-point of the goal line is the center point of the goal crease circle.

Rule 1.4 The Goal Nets

1.4.1 NETTING - Each goal must be fitted with a pyramidal shaped cord netting which shall be fastened to the goal posts, the crossbar and the flat metal bar so as to prevent the passage of the ball. The mesh of the net shall not exceed 3.80 cm. Goal nets may be any solid color, preferably white.

Rule 1.5 Timer/Scorer Area

1.5.1 TIMER AND SCORER LOCATION - The timer's table shall consist of the Official Timer, the Official Scorer and any assistants. The timer's table shall be placed at least 5 meters from the sideline at the center line on the same side as the Players' benches.

Rule 1.6 The Team Bench Area

1.6.1 BENCH AREA SPECIFICATIONS - The Team Bench Area will extend 10 meters parallel from the Substitution Area and, where physically possible, extend at least 5 meters from the sideline.

1.6.2 NON-PLAYING PERSONNEL ON BENCH - Only Players in uniform, the Head Coach, and 2 non-playing personnel shall be permitted to occupy their Team Bench Area. Non-dressed Players are also permitted in the Team Bench Area but shall not interfere with dressed players during play.

Rule 1.7 The Penalty Area

1.7.1 CONTENTS - The Penalty Area shall consist of two seats for each team next to the timer's table.

Rule 1.8 Substitution Area

1.8.1 DIMENSIONS - A Substitution Area of 10 meters long and 5 meters in depth from the sideline and situated between the Team Bench Areas. Only Players in process of imminent substitution should be moving through this area.

SECTION 2 EQUIPMENT

Rule 2.1 The Ball

2.1.1 DIMENSIONS - The ball shall comply with the most current NOCSAE standards.

2.1.2 COLOR - The ball may be white, orange or yellow in color.

2.1.3 GAME BALL - The organizers of the event, or the home team where there is no event organizer, supplies the game balls and the ball in use at the end of the game shall become the property of the winning team.

2.1.4 END LINES - The organizers of any event, or the home team where there is no event organizer, shall supply an adequate number of extra balls to be used during the event, should the need arise.

Rule 2.2 The Stick

2.2.1 USAGE - The youth competition is meant to provide players with an experience that will prepare them for playing lacrosse as an adult. During youth games, boys will play with a men's lacrosse stick and girls will play with a women's lacrosse stick.

2.2.2 REQUIREMENTS – The stick shall comply to the most current standards as prescribed for the men's and women's game respectively.

Rule 2.3 Prohibitions Relating to the Stick

2.3.1 STICK MEASUREMENT REQUEST PROCEDURE - Only the Head Coach may request a stick measurement check on the opposing team and only during a timeout or normal stoppage in play. A request for a stick measurement check shall be limited to 1 request per team during the course of any stoppage of play. A request for a stick measurement check of a goal scorer's stick in sudden-victory overtime will not be granted.

2.3.2 ILLEGAL STICK & SCORED GOAL - If an attacking Player scores a goal and before play resumes, a stick check measurement is requested and the goal scorer's stick is found to be illegal, then the goal is disallowed. If the goal is disallowed, the foul will not be imposed.

2.3.3 CONFISCATION PROCEDURE OF ILLEGAL STICK - If a stick is declared illegal it shall be removed to the scorer's table area. This stick may be collected by the head coach and restored to a legal state if so possible. After it has been checked by the Officials and found legal for play, it may be used again in the same game.

Rule 2.4 Personal Equipment

2.4.1 MOUTH GUARD - All Players, including the goalkeeper, must properly wear an intra-oral tooth and mouth protector (mouth guard) which shall be molded to the Player's teeth and jaw, cover all teeth of the upper-jaw and protect the Player from injury. It is mandatory that the mouth guard be visible in color.

2.4.2 ADDITIONAL EQUIPMENT - Close-fitting gloves, nose guards and eye guard may be worn. Field players are not permitted to wear headgear or face masks.

2.4.3 NECESSARY PERSONAL EQUIPMENT - Additional devices or equipment warranted on genuine medical grounds will be evaluated before the game and may be worn provided the Officials agree that the equipment is not dangerous to other players. All protective devices must be close fitting and padded where necessary and must not be of excessive weight.

Players must remove any soft jewelry, necklaces, earrings, bracelets, and watches. Religious/ceremonial jewelry must be taped securely to the player or be removed. They may wear securely taped medical alert jewelry with information clearly visible and close-fitting cloth sweat bands. Flat barrettes or hair slides are legal. A hijab may be worn, preferably a sports hijab. The official may rule any hair or body decoration as dangerous to the player or to others and remove it from the field of play. If applicable, the player will be penalized for a minor foul.

Guidance: Sweat bands shall not be worn to cover illegal jewelry.

2.4.4 GOALKEEPER - The goalkeeper must wear a NOCSAE-approved protective helmet equipped with a facemask and a chinstrap (which must be properly fastened on both sides), throat guard, a chest protector, goalie specific gloves and a box/cup (where applicable). The facemask may include a clear

shield (no tint permitted) and the Player's entire face must remain clearly visible at all times. Shin guards (soccer/hockey style), compression shorts or pants that conform to the body with or without pads are optional. With the exception of the goalkeeper's stick, all equipment worn by a goalkeeper must be constructed solely for the purpose of protection of the Player's head and body and must not include anything that would assist the goalkeeper in stopping the ball. The goalkeeper's uniform, jersey and team shorts/pants shall be worn over the goalkeeper equipment and shall conform to the body such that the jersey and shorts/pants do not assist the goalkeeper in stopping the ball.

2.4.5 STOPPAGE OF PLAY - Play must be suspended immediately if a Player does not have any of the required equipment, or if during the duration of play, equipment becomes dislodged compromising safety or increasing the risk of injury.

2.4.6 UNIFORM - All eligible Players of each team shall be dressed uniformly with, as a minimum, matching jerseys, or reversible pinnies of the same dominant team color. Any Player or goalkeeper not complying with this rule shall not be permitted to participate in the game.

2.4.7 JERSEY NUMBERS - Each Player and goalkeeper listed on the team's roster shall wear an individual identifying number at least 25 cm high on the back of their jersey or reversible. A Player's name is not a mandatory element of the jersey. When a player's jersey or reversible has a number on front and back, these numbers shall be the same. No duplicate numbers shall be permitted on the same team. The number on the jersey shall be one or two digits. The numbers must range from 0 to 99.

2.4.8 HOME JERSEYS - The visiting team shall notify the home team of the color of the jerseys, which they are going to wear in the game, and the home team must wear jerseys of a contrasting color.

Rule 2.5 Prohibitions Relating to Personal Equipment

2.5.1 HELMET CAMERA - No Player shall wear or carry any form of body or helmet mounted equipment, which, in the opinion of the Officials, endangers them or other Players.

Rule 2.6 Coaches Certification

2.6.1 CERTIFICATION - The pregame equipment certification by the Head Coach shall act as the team warning. The Head Coach shall certify to the Head Official before the game that all Players:

- i. Have been informed what equipment is mandatory and what constitutes illegal equipment;
- ii. Have been provided the equipment mandated by rule;
- iii. Have been instructed to wear and how to wear mandatory equipment during the game;
- iv. Have been instructed to notify the coaching staff when equipment becomes illegal during the game; and
- v. Have had their sticks, uniforms and all other equipment inspected by the Head Coach for meeting specifications.

Note: Certification is achieved by the Official asking the Head Coach the following: "Coach, are all your Players legally equipped by the rule?"

SECTION 3 THE TEAMS

Rule 3.1 Number of Players

3.1.1 ROSTER – There shall be no maximum to the number of players on an active roster, but every player roster shall include a minimum of 1 goalkeeper.

3.1.2 ELIGIBLE PLAYER LIST - At the beginning of each game, the Head Coach shall list the Players and goalkeeper(s) who shall be eligible to play in the game.

3.1.3 NUMBER OF PLAYERS TO BEGIN A GAME - A full team shall be composed of six Players on the field, which includes five field Players and one goalkeeper and must have this minimum to start the game. Each team must have a goalkeeper on the field at all times. If, because of injuries or other reasons, a team cannot keep six Players in the game, then it may continue the game with fewer than six Players, but no exceptions will be made to these Rules.

3.1.4 PLAYERS AS A GOALKEEPER – Should a goalkeeper become incapacitated, an eligible Player listed on the playing roster for that game shall be permitted to wear the equipment of the goalkeeper.

3.1.5 IN-HOME - Before the commencement of the game, the Head Coach shall nominate an In-Home to the Head Official. The In-Home may be any Player on the team except for a goalkeeper. The In-Home will serve any non-designated Player foul, 30-second, one-minute, expulsion, or foul to the goalkeeper. If multiple fouls of this type occur, then the penalties shall be imposed against additional Players who may be any member of the team except for the goalkeeper and shall be nominated by the Head Coach of the penalized team.

Rule 3.2 Coaches

3.2.1 DUTIES - It shall be the responsibility of the Head Coach to see that their Players are properly and legally dressed and equipped to play and are ready to play at all times in accordance with the pre-game and game procedures set out in these rules. The Head Coach is responsible for the actions of all non-playing members of their team and all persons officially connected with their team. It is the duty of the Head Coach to cooperate with the Officials in keeping the game under control at all times with their Players and not to entice poor sportsmanship from the spectators. Any failure will result in a foul and may be subject to expulsion from the game and additional discipline from the appropriate adjudicatory body.

3.2.2 RESPONSIBILITIES - It shall be the responsibility of the home Head Coach, or other person(s) responsible for the organization of the event, to see

- i. That the playing field is in proper condition for play;
- ii. That the timekeeper(s) and scorer(s) are present and prepared with all the required equipment necessary for them to carry out their respective functions; and
- iii. That balls are provided.

3.2.3 PLAYER-COACH - None of a team's Coaches may be a Player-Coach.

SECTION 4 CONTROL OF THE GAME

Rule 4.1 The Officials

4.1.1 DUTIES - The game shall be controlled by a minimum of two Officials (three will be ideal), one of whom shall be designated the Head Official. Their duties shall be equal in all respects, except that, in the settlement of any dispute, the decision of the Head Official shall be final. The Officials shall have authority over the play of the game, with control and jurisdiction over the Official timekeeper, Penalty Timekeepers, Official scorers, Players, substitutes, Coaches, anyone officially connected with the teams, and spectators. The Officials shall, before the start of each game, see that the appointed table personnel are in their respective places and ensure that all timing and signaling equipment are in order.

4.1.2 PENALTIES - It shall be the Officials' duty to impose penalties as prescribed by this rulebook or infractions thereof. The Officials shall designate any foul and report such to the Official Scorer or Timekeeper. The Officials shall see that Players of opposing teams are separated in the penalty area to prevent any altercations.

4.1.3 REPORTING OF INCIDENTS - The Officials shall report in detail on the game sheet or special incident report any of the following incidents:

- i. Every obscene gesture or statement made by any person involved in the playing or conduct of the game, including comments of race, sexual orientation, etc. whether a participant, or a representative of either team, which gesture they have personally observed;
- ii. Any altercation between a spectator and any Player or non-playing team member; or
- iii. When an ejection of a Player or Coach is administered.

4.1.4 REPORTING OF GOALS - The Officials shall keep a record of the goals scored by each team. They shall check the score with the Official Scorer at the end of each period, but the Officials' score shall be the official score of the game.

4.1.5 UNIFORM - The Officials shall wear the proper and similar uniforms. For all Lacrosse events, the Officials shall wear:

- i. A shirt with black and white vertical stripes; stripes shall be 1 inch in width (mandatory)
- ii. Black pants or skirt
- iii. Black shoes and socks
- iv. It is prohibited to have any club logos or club names on any of the official's uniform.

Rule 4.2 Table Personnel

4.2.1 TIMEKEEPER'S DUTIES - The Official Timekeeper shall keep an accurate account of the time of each quarter and intervals between quarters and all other timeouts. The Timekeeper shall be assigned for each game and shall be equipped with timepieces, which can record time in seconds. The Timekeeper shall be positioned at the timer's table, behind the penalty area. The Timekeeper shall time the period of any foul imposed by the Officials 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 penalized Player, as follows: "10 seconds, 5 seconds, 4, 3, 2, 1, Release".

4.2.2 MULTIPLE TIMEKEEPERS - Multiple Timekeepers may be present and active at the timer's table. They will divide the assignments among themselves and make this known to the head Official and head coaches of both teams.

4.2.3 OFFICIAL SCORER DUTIES - There shall be an Official Scorer assigned for each game. The Official Scorer shall keep an accurate record of the goals scored, time of the goal scored and assist made by each team. The Official Scorer shall record the number of the Player scoring the goal and those credited with the assist. The Official Scorer keeps the number of each Player upon whom a penalty is administered, as well as the duration of the foul.

Rule 4.3 Mistakes by the Officials

4.3.1 JUDGMENT - Where an Official, Official Timekeeper, or Official Scorer becomes aware that an inadvertent error has been made which would result in a Player or a team being penalized, they shall promptly correct the error. If a goal is scored prior to the error being corrected and the error is brought to the attention of the Officials before play resumes, the Officials shall allow or disallow the goal depending on the circumstance.

Rule 4.4 Delayed Penalty Signal and Inadvertent Whistles

4.4.1 PROCEDURE - At the time of an inadvertent whistle, play must be stopped immediately. In the case of an inadvertent delayed foul situation or horn, Officials will stop play at the earliest opportunity that does not interfere with an imminent scoring opportunity. Possession shall be awarded as follows:

- i. For an inadvertent whistle, a team with, or entitled to, possession at the time of the whistle shall restart play with possession. If neither team has or is entitled to possession at the time of the whistle, the ball shall be awarded by the alternate-possession rule.
- ii. If play continues after an inadvertent flag or horn and a goal is scored, play will be restarted with a draw at center.
- iii. If one or more shots are taken with no goal scored, the ball shall be awarded by the alternate-possession rule, or if no shot is taken, the ball is awarded to the team last in possession.

SECTION 5 TIME FACTORS

Rule 5.1 Length of Game

5.1.1 GAME LENGTH - The regulation playing time is four quarters of eight minutes running time, save for any stoppage of play as set out in Rule 5.3.2 below.

Rule 5.2 Intervals Between Quarters

5.2.1 QUARTER BREAKS - There shall be a two-minute interval between the first and second quarters and between the third and fourth quarters. Teams may leave the bench areas during these intervals.

5.2.2 HALF-TIME - Between the second and third quarters, there shall be a five-minute intermission or half time. Teams may leave the bench areas during half-time.

5.2.3 CHANGE OF DIRECTION OF PLAY - At the conclusion of each quarter, including any sudden-victory periods, each team shall change their direction of play. A team's Defensive Zone from the prior quarter becomes their Offensive Zone, and vice versa.

Rule 5.3 Game Clock Operation

5.3.1 START OF GAME - The game clock shall begin when the Official blows the whistle to start the first draw or face-off of each quarter.

5.3.2 STOPPAGE REASONING - The stoppage of all clocks will occur only:

- i. During timeouts of any kind;
- ii. When an Official signals the Timekeeper to “stop all clocks”. This shall be done so when a time-serving foul has to be reported or they deem it to be necessary for other reasons;
- iii. At the end of a quarter.

Rule 5.5 Sudden-Victory Overtime

5.5.1 OVERTIME - When the score is tied at the end of regulation playing time, play shall continue with sudden-victory overtime.

- i. Periods are four minutes until a goal is scored.
- ii. There shall be a two-minute break prior to the start of the first sudden-victory overtime period and between all subsequent periods of sudden-victory overtime.
- iii. If a game remains tied after the first sudden-victory overtime period (i.e., no goal is scored by either side), there shall be a two-minute break followed by a second four-minute sudden-victory overtime period. This procedure will continue until the first goal is scored.

Rule 5.6 Start of Game and Overtime

5.6.1 COIN TOSS - Initial Offensive/Defensive Zones will be determined by a coin toss prior to the start of the game. The visiting Head Coach shall call the toss. Winner of the coin toss chooses alternate possession or the goal their team will defend for the first quarter.

5.6.2 SWITCHING ENDS - Teams will switch their direction of play after each quarter and sudden-victory overtime period(s).

Rule 5.7 Interrupted or Incomplete Game

5.7.1 WEATHER INTERRUPTION - Where the Head Official and/or the tournament's Official-in-Chief feels that weather conditions and/or lightning make it unadvisable for a game to continue, then the game shall be halted in accordance with the World Lacrosse Lightning Protocol. All participants, including Players, Officials, Bench Officials, ball persons and others, shall be required to go indoors at the earliest opportunity.

5.7.2 RE-START AFTER WEATHER INTERRUPTION - If it is subsequently possible to resume the game, then the teams shall be allowed to warm up on the field of play prior to the re-start, as follows:

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

5.7.3 INCOMPLETE GAME - In the event of a game not being completed because of darkness, bad weather, or any circumstances whereby the Head Official thinks the safety of players is at risk, such uncompleted game shall be referred to the governing body for adjudication of a result.

SECTION 6 THE PLAY OF THE GAME

Rule 6.1 Actions Prior To The Game

6.1.1 WARM UP - When a team is warming up on the field of play, it shall do so in the half of the playing field that is nearest to its own bench area.

6.1.2 DISCUSSION WITH HEAD COACHES - The Officials shall call together the Head coaches at the center of the field approximately five minutes before the start of the game. At this time, the coin toss is performed and any special ground rules shall be explained.

Rule 6.2 The Status of the Ball

6.2.1 LIVE BALL - Once the whistle has blown to start or re-start play, for example at a draw or face-off, 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.

6.2.2 DEAD BALL - When the whistle blows to stop play, for example because a goal has been scored, the ball has gone out-of-bounds, or a whistle has blown denoting a foul, then the ball is a dead ball.

6.2.3 INFRACTION - If a foul is called, and play continues, then the ball is still a live ball.

Rule 6.3 Possession of the Ball

6.3.1 PLAYER POSSESSION - A Player shall be considered in possession of the ball when in control of it and able to perform any of the normal functions of play such as carrying, cradling, passing or shooting. In addition, the goalkeeper shall be considered in possession of the ball when any part of their body is touching the goal crease area and the ball is possessed or under the goalkeeper's stick within the goal crease area.

6.3.2 TEAM POSSESSION - A team shall be considered in possession of the ball when a Player on that team has possession of the ball (Player possession), or when the ball is passed from a Player to a teammate by throwing, bouncing or rolling the ball.

6.3.3 LOOSE BALL - A ball not in a Player's possession or a team's possession is a loose ball.

Rule 6.4 Center Draw

6.4.1 TIMING - Each quarter and overtime period will begin with a draw or face-off at the center of the field, subject to the following exceptions:

- i. In the event of an extra-player situation at the conclusion of any quarter/period, then the next quarter/period shall be commenced by awarding the ball to the team that had possession at the conclusion of the prior period in the same relative position on the field. However, if the quarter/period ends with no team in possession, then a draw or face-off shall occur at the center line and all the usual restrictions shall apply.
- ii. If a draw or face-off is about to take place, and a team is guilty of delaying the game, then possession shall be awarded to the non-offending team. At the discretion of the Officials, repeated delay fouls may warrant unsportsmanlike conduct.
- iii. If a Player, substitute, Coach or non-playing member of a team commits a foul before any draw or face-off, the ball will be awarded to the non-offending team at the center of the field. All restricted Players are released from their goal areas and may enter the center circle immediately.

6.4.2 PLAYERS TAKING THE DRAW OR FACE-OFF – When both teams have both male and female players, the use off a draw and face-off shall be alternated. The coaching that chooses or gets alternate possession may decide if the first quarter will be started by way of a draw or face-off. If a draw is

decided upon for the start of the game, then the next quarter will start with a face-off and vice versa.

A draw will only be taken by two female players. A face-off will only be taken by two male players.

When at least one team has all female players, a draw will be used to start every quarter. When at least one team has all male players, a face-off will be used to start every quarter. When one team has all male players and the other has all female players, the game shall be started by alternate possession.

6.4.3 DRAW POSITIONING - All Players, except the two taking the draw, shall be positioned outside of the five-meter center circle. Two draw opponents shall stand with one foot toeing the center marking, with both hands and feet to the left of the throat of their stick. Their sticks are held in their above hip level, parallel along the vertical plane of the center line. The hand at the bottom of the player's shaft cannot be higher than the hand at the top of the shaft. The sticks will be held back-to-back, the right sidewall is down so that each Player's stick is between the ball and the goal they are defending. A Player's top hand must not contact the throat, the pocket or the sidewall of their stick.

6.4.4 FACE-OFF POSITIONING - All Players except the two taking the face-off shall be positioned outside of the five-meter center circle. The sticks and gloves shall rest on the ground up to but not touching the line on that Player's defensive half of the field, parallel to the centerline. The reverse surfaces of the sticks must match evenly, and each Player must have both hands wrapped around the handle of their own stick, not touching any strings, and both hands must be on the ground. No other body part shall touch the stick. Both hands and both feet must be to the left of the throat of the stick. The heads of the stick shall be perpendicular to the field. Players may not back out and re-set their positions once the Official has initiated the face-off position.

6.4.5 PLAYER POSITIONING - Players outside the center circle must remain outside until possession is gained, the ball touches or crosses the line creating the center circle, or the ball goes out-of-bounds. If any of the foregoing occur, the non-offending team will be awarded possession of the ball.

6.4.6 SET - The Official shall indicate to both Players to assume their respective positions at the same time. Once the draw or face-off Players have assumed their positions, the Official shall place the ball between the upper one-half of the head of the sticks and say, "set". Once this signal is given, both Players must remain motionless (except of moving their heads) until the whistle sounds to start play.

6.4.7 MOVEMENT AT A DRAW - When the Official sounds their whistle to start the draw, each Player taking the draw must immediately draw their sticks up and away from one another. The flight of the ball must go higher than the heads of both Players taking the draw.

6.4.8 MOVEMENT AT A FACE-OFF - When the Official sounds their whistle to start the draw, each Player may attempt to direct the course of the ball by movement of their stick in any manner they desire. Kicking or stepping on an opponent's stick is illegal. A Player may not "kick through" their own stick in order to move their opponent's stick. A Player may not deliberately use their hand or fingers to play the ball. A Player may not grab an opponent's stick.

6.4.9 INADVERTENT WHISTLE - If an Official blows their whistle by mistake, then the ball shall be re-drawn at the center line with the same restrictions as the original draw.

6.4.10 OUT OF BOUNDS - If the ball goes directly out-of-bounds from a draw, and the Official does not know who touched it last, the ball shall be re-drawn at the center line with the same restrictions as the original draw.

6.4.11 SIMULTANEOUS FOULS - If both Players draw or face-off illegally, or it cannot be determined why the draw or face-off was illegal, or the Official determines that the draw or face-off was unsuccessful because it was not set correctly, the Official will reset the draw or face-off; until a successful draw or face-off has taken place.

Rule 6.5 Restarts

6.5.1 TIMING AND LOCATION - In a team's Defensive Zone, once the Official has signaled that the ball is ready for play, the restart shall occur in the same relative position where the ball was when play was stopped, but not closer than 15 meters from the goal. In a team's Offensive Zone, once the Official has signaled that the ball is ready for play, the restart shall occur two meters inside the closest boundary line from where the ball was when play was stopped. The Official shall resume play as quickly as possible. If an opposing Player is within three meters of the restart position and the Official blows the whistle to restart play, the opposing Player is not allowed to defend the ball until they reach a distance of at least three meters from the opponent.

6.5.2 DELAY - A violation of the three-meter area will be a foul (slow whistle) for delay of game. On any restart, no offensive Player may be within three meters of the Player with the ball. Officials are instructed to resume play quickly and not be as deliberate with the exact location of the restart. The start shall be delayed only if a clear distance advantage is evident.

6.5.3 OUT-OF-BOUNDS - The spot of the restart is determined by the location of the ball when the ball was declared out of bounds. The Player must be in bounds prior to the Official blowing the whistle. The Player who is awarded the ball cannot get a running start from out-of-bounds. The re-starting Player must be at least two meters laterally from the out-of-bounds spot, but if on the bench side, at least five meters from the Substitution area.

6.5.4 PENALTY TIME - When a foul occurs and penalty time is to be served, the ball will be awarded to the non-offending team in their Offensive Zone two meters in from the center line and must be at least five meters from the Substitution Area.

6.5.5 TIMEOUT - After a timeout, the team being awarded possession shall start the ball two meters inside the closest boundary line from where the ball was when play was stopped. The closest boundary line may also be the center line.

6.5.6 CARRY OVER - When a quarter ends with possession carrying over, the restart location is in the same relative position on the field at the start of the next quarter. If the ball is in a team's Offensive Zone, play will commence two meters inside the closest boundary line from where the ball was when play was stopped. The boundary line may also be the center line.

6.5.7 AFTER A GOAL - Following any goal, the goalkeeper must retrieve the ball from the goal and ready it for play. The Official shall verbally count and give a visual fifteen-second count with an arm motion of 45 degrees above shoulder height with a chopping motion. If the goalkeeper does not retrieve and possess the ball within fifteen seconds, the ball will be awarded to the other team. Once the Official concludes the fifteen-second count, the ten-second crease count will begin.

Rule 6.6 Scoring

6.6.1 DEFINED - A goal is scored when the ball, whether loose or not, passes through the plane of the goal.

6.6.2 SCORER - The last attacking Player who provided enough force or impetus to the ball for it to completely pass through the plane of the goal is the goal scorer and shall be credited with the goal. When a Player on the defensive team provides enough force or impetus to the ball for it to completely pass through the plane of the goal, this is considered an own goal and the goal shall be credited to the designated In-Home of the offensive team.

6.6.3 RESULT - The team scoring the greater number of goals at the conclusion of the game shall be declared the winner of the game.

6.6.4 FORFEIT/NO CONTEST - A team that starts a game with fewer than six Players, including those in the penalty area, shall forfeit the game by a score of 5-0. When a team does not appear for a game, that result shall be registered as a “no contest” rather than a forfeit.

6.6.5 NO GOAL – A goal is not scored when the ball passes through the plane of the goal in the following circumstances:

- i. If the ball is released from the shooter’s stick after the quarter/period has ended, regardless of whether or not an Official’s whistle has sounded;
- ii. After an Official’s whistle has sounded for any reason, even though the sounding of the whistle may have been inadvertent;
- iii. If a Player from the attacking team interferes with the opposing goalkeeper, while the goalkeeper is within their crease;
- iv. If the goal scorer is an ineligible or expelled Player;
- v. When the attacking team has more players than it should have on the actual field of play (excluding the penalty area) at the time;
- vi. When the attacking team’s goalkeeper is in their team’s Offensive Zone;
- vii. When the head of the shooter’s stick comes off during the shot or the follow-through; or
- viii. If a goal has been scored by an attacking Player and, before the next live ball, that Player’s stick is declared illegal for any reason.
- ix. If the ball comes off the body of an attacking Player or Official

Rule 6.7 Ball Out-Of-Bounds

6.7.1 SUSPENSION OF PLAY - Play shall be suspended at any time when the ball is out-of-bounds.

6.7.2 WITH POSSESSION - When a Player with the ball in their possession steps on or over a boundary line, or any part of their stick or body touches the ground on or over the boundary line, the ball is out-of-bounds and the Player shall lose possession. The ball shall be awarded to any Player of the opposing team who is ready to restart play to where the ball was declared out-of-bounds.

6.7.3 WITHOUT POSSESSION - When a loose ball touches a boundary line or the ground outside of a boundary line, touches anything on or outside of a boundary line, or when it has irretrievably left the field of play, the ball is considered out of bounds and possession shall be awarded at the spot where it was declared out of bounds to any Player on the opposing team to that Player who last touched it. This includes a shot that leaves the playing surface directly off the goal post or a shot that misses the goal that does not touch a defensive Player before going out of bounds.

Rule 6.8 The Pick

6.8.1 POSITIONING - The use of the pick by an offensive Player is permitted, provided that the offensive Player is stationary and motionless, and standing in a normal stance, at the time the contact is made.

Rule 6.9 Timeouts

6.9.1 OFFICIAL TIMEOUT - An Official may call a timeout for any reason which they deem necessary for the proper enforcement of these Rules or the safe conduct of the game.

6.9.2 INJURY TIMEOUT - When a Player is injured and, in the opinion of an Official:

- i. the injury is serious;
- ii. there is bleeding or blood evident; or
- iii. there is risk of further injury to the Player;

then play shall be suspended immediately. Otherwise, the Official shall delay the sounding of their whistle as follows:

- i. If the attacking team is in possession of the ball and, in the opinion of the Official, a scoring play is imminent, then the Official shall delay the sounding of their whistle in the same manner as outlined in the section entitled the "Slow Whistle Technique".
- ii. If the ball is loose, then the Official shall delay the sounding of their whistle until possession is secured and, if a scoring play is imminent, the play is completed, in the same manner as outlined in the section entitled the "Slow Whistle Technique".

6.9.3 INJURED PLAYER - If the clock has to be stopped to allow a bleeding or injured Player to be treated then, unless a team uses one of its timeouts, the injured Player must leave the field before the start of the next play and they may not return before the next dead ball. In the event of blood, the Player may re-enter the field of play once the wound has been treated and covered, and/or all obvious blood is disinfected from the Player, uniform and equipment.

6.9.4 TEAM TIME OUT - A team may request a timeout if they are in possession of the ball in their Offensive Zone or entitled to possession of the ball following a dead ball. A timeout may be called by the Head Coach. The request may be made to an Official.

6.9.5 DURATION - A team shall be limited to two timeouts per game and one timeout for every four-minute overtime period. A team timeout shall be 90 seconds long. A team may not take consecutive timeouts without resumption of play. A team may call a timeout prior to the start of the game.

Rule 6.10 Ball Stuck in Stick or Equipment

6.10.1 STUCK IN UNIFORM OR EQUIPMENT - If the ball becomes stuck in a Player's uniform or equipment, play shall be suspended immediately, and possession shall be awarded to the opposing team.

6.10.2 STUCK IN STICK - If at any point the ball becomes stuck in the front or back of a stick, there shall be an immediate whistle and the ball shall be awarded to the opposing team. This applies when a Player loses their stick, and the ball remains in the stick.

6.10.3 GOALKEEPER - Neither situation above applies to the goalkeeper if they are within their goal crease at the time the ball becomes stuck. In this situation, the ball will be awarded to the defensive team at that spot.

Rule 6.11 Ball Out of Play in Goal Crease

6.11.1 CONDITIONS - Should the ball become stuck in the playing surface within the crease or ensnared in the goal netting, time shall be suspended by the Officials and the ball shall be awarded to a defensive Player.

SECTION 7 SUBSTITUTION

Rule 7.1 Substitution

7.1.1 PROCESS - Substitution may take place at any time through the Substitution Area when substitution is imminent. The substituting Player must wait in the Substitution Area for the Player whom they are replacing to leave the field of play and only then may they enter the field of play. Players may substitute on the fly and they may do so on either side of the center line.

SECTION 8 THE GOAL CREASE AND THE GOALKEEPER

Rule 8.1 The Goalkeeper

8.1.1 DESIGNATION - Each team must have a goalkeeper on the playing field at all times. The goalkeeper is the Player wearing the goalkeeper mandatory protective equipment. Where the goalkeeper is replaced by another Player, that Player must wear the goalkeeper mandatory protective equipment and shall be deemed to be the goalkeeper.

Rule 8.2 Privileges of the Goalkeeper

8.2.1 PRIVILEGES - While in their own crease, the goalkeeper shall have the following privileges and protections:

- i. The goalkeeper may stop or block the ball in any manner with their stick or body. When the ball is on the ground and within the crease, whether moving or at rest, the goalkeeper may bat or direct the ball with their hand. The goalkeeper may not hold the ball, catch the ball, or pick it up with their hand.
- ii. No Player may initiate contact with the goalkeeper or their stick while the goalkeeper is within the goal crease area whether the goalkeeper has possession of the ball or not. If contact is initiated with the goalkeeper, the Official will blow the whistle and award possession of the ball to the defending team and play will resume from the goal crease area.
- iii. If any portion of the stick of the goalkeeper, when extended outside the cylinder above the goal crease area, except when the ball is in the stick, is subject to being checked under the same circumstances as the stick of any other Player.

Rule 8.3 Prohibitions Relating to the Goal Crease

8.3.1 CONTACT - An attacking Player shall not be in an opponents' goal crease area or touch any part of the cage while the ball is live in their opponents' half of the field.

8.3.2 RE-ENTRY - A goalkeeper or defending Player who is outside the goal crease area with possession of the ball may not enter the goal crease area. Once a team gains possession of the ball in the goal crease area and the ball subsequently leaves the goal crease area, the team must not intentionally return the ball to its goal crease area until the ball has been possessed by an opposing player.

8.3.3 TEN-SECOND COUNT - A Goalkeeper who is in the goal crease area may not possess the ball while in the goal crease area for longer than ten seconds.

8.3.4 POSITIONING - A Player is considered to be within the goal crease area when any part of their body is touching the goal crease area. The Player is considered to be outside the goal crease area when no part of their body is touching the goal crease area, and part of their body is touching the ground outside the goal crease area.

8.3.5 FIELD PLAYERS - No field player of either team is allowed to have any part of their body touch the goal crease area. Neither are they allowed to reach into the goal crease area with their stick to scoop up, deflect, bat or stop a lacrosse ball.

SECTION 9 FOULS

Rule 9.1 Three Types of Fouls

9.1.1 FOULS - Fouls are inappropriate acts committed by a Player inconsistent with the accepted rules of the game. A 30-second, one-minute, or expulsion penalty may be assessed against a Player when committing a foul.

Rule 9.2 Penalty Time Served

9.2.1 MINOR FOULS - Minor fouls are those less serious in nature and include all violations except those listed in major fouls and expulsions, even if the violation is not specifically delineated in Section 10.

9.2.2 PENALTY FOR MINOR FOULS - The penalty for a minor foul shall be as follows:
If the offending team has possession of the ball, or if the ball is loose at the time a minor foul is committed, then possession shall be awarded to the non-offending team at the spot of the ball when the foul occurred.

If the non-offending team has possession of the ball at the time a minor foul is committed, then the foul shall be suspension from the field of play for 30 seconds for the Player committing the foul.

9.2.3 MAJOR FOULS - Major fouls are those of a more serious nature.

9.2.4 PENALTY FOR MAJOR FOULS - the penalty for major fouls shall be as follows:

The penalty for a major foul shall be suspension from the game for a period of one minute. Unless otherwise noted in these Rules, the ball shall be given to the non-offending team.

9.2.5 EXPULSION FOULS - Expulsion fouls are most serious in nature and result in ejection from game.

9.2.6 PENALTY FOR EXPLUSION FOULS - the penalty for expulsion fouls shall be as follows:
The penalty for expulsion foul is the suspension of the offending Player from the field of play for the remainder of game and the In-Home to serve two minutes.

In the case of such foul against a Player, a Coach, non-playing member of a team, or someone officially connected with a team or a substitute, the In-Home of the offending team shall serve the entire two minutes plus any other penalty time which the expelled Player has incurred prior to a substitution is allowed. The expelled Player will remain under the supervision of their team's Coaches until the end of the game regardless of whether they stay on the bench after expulsion.

If a Player, substitute, Coach, trainer, non-playing member of a team or any other person officially connected with a team commits such foul, then the Official-in-Chief of the tournament shall report the incident in writing to the body controlling the game immediately after the end of the game. Where there is no Official-in-Chief, the game's Head Official shall write the report. The report shall indicate either that it is considered that the expulsion is sufficient punishment for the person concerned or that it is considered that further action needsto be taken. The incident shall then be dealt with under the relevant laws and/or bylaws of the governing body.

SECTION 10 MINOR FOULS

Rule 10.1 Interference

10.1.1 A Player may not interfere in any manner with an opponent in an attempt to keep them from a looseball except when both are within three meters of such loose ball.

10.1.2 A Player may not, by the use of their body or stick, interfere with a Player who is in pursuit of an opponent who has possession of the ball.

10.1.3 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.

10.1.4 Charging, barging, pushing into, lowering one's head and shoulder, or backing into an opponent who has already established their position. It is not required that the opponent be in a stationary position. Nothing in this rule is intended to prohibit a legal offensive pick.

10.1.5 Pushing, thrusting or flicking their stick at the face of an opponent.

Rule 10.2 Pushing

10.2.1 A Player may not push an opponent with their stick, elbow or body. This includes warding. If one hand is removed from the shaft, the elbow/arm may not be used to protect the stick.

Rule 10.3 Illegal Pick

10.3.1 No offensive Player shall move into or contact a defensive Player with the purpose of blocking that defensive Player from the other Player(s) they are defending. Before the defensive Player makes any contact, the offensive Player must be stationary and motionless, and they must be standing in a normal stance.

10.3.2 No offensive Player shall extend their stick in a way which impedes the normal movement of a defender.

Rule 10.4 Holding

10.4.1 A Player shall not hold an opponent's body, clothing or stick with any part of their body or stick.

Rule 10.5 Withholding the Ball from Play

10.5.1 A Player shall not withhold the ball from play in any manner.

10.5.2 A Player shall not lie on a loose ball on the ground.

10.5.3 A Player shall not trap a loose ball on the ground with their stick longer than is necessary to control the ball and pick it up in one continuous motion. Raking the ball is permitted.

10.5.4 A Player with the ball in their possession shall not hold their stick in close proximity to their body with the purpose of preventing an opponent from dislodging the ball.

10.5.5 A Player with the ball in their possession may not grasp any portion of the head of the stick with their fingers or hand so that it becomes more difficult for the opponent to dislodge the ball from the ball-carrier's stick (including "thumbing" the ball while cradling).

10.5.6 A Player may not cradle the ball above their shoulders and in front of their face making a legal check impossible.

Rule 10.6 Illegal Actions with the Stick

10.6.1 A Player shall not throw their stick under any circumstances.

10.6.2 No Player, other than the goalkeeper while within the crease, shall take part in the play of the game in any manner unless their stick is being held with at least one hand. A goalkeeper who loses their stick while outside the crease must first retrieve their stick before taking any further part in the game.

10.6.3 No Player may play with a broken stick. Should a Player's stick break during the course of play, the Player shall leave the playing surface with the broken stick immediately. If the broken stick poses a risk of injury play will be stopped.

10.6.4 If a Player who is on the field of play wishes to exchange their stick for another stick, which is not on the field of play, then the Player must come off the field of play before doing so. The stick-exchange is thus legal if it is made when the Player is in their Bench Area or in the Substitution Area.

10.6.5 Should a Player lose their stick in any legal way so that repossession of their stick would violate a rule, then the "slow whistle technique" applies. Should the stick 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.

10.6.6 No Player may check an opponent's stick when the ball is not in the opponent's stick so long as the opposing player is in a position to receive or gain possession of the ball. This rule does not apply to incidental, empty stick checks during equally contested balls.

Rule 10.7 Illegal Actions by Team Officials

10.7.1 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 timeout or between periods;
- ii. Use artificial aids to communicate with Players on the field of play;

This rule does not prohibit a Coach from communicating from the Bench Area with a Player who is on the field of play or in the penalty area.

The use of technology on the sideline is permitted for coaching purposes. Such technology shall not be used to dispute officiating decisions.

Rule 10.8 Illegal Procedure

10.8.1 Any procedural violation by a Player not in conformity with these Rules or other regulations governing the play of the game may be termed illegal procedure.

10.8.2 Leaving the penalty area before being authorized to do so by the Timekeeper is a minor foul. The offending Player shall be returned to the penalty area to serve out the unexpired time plus, if appropriate, any additional foul.

10.8.3 Delaying the game is a minor foul. A Player is guilty of delaying the game if, during a stoppage in play, the Player 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 the penalty.

At the discretion of the Officials, 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 timeout.
- ii. It is not ready to start the game when the Officials are ready to restart the game after a stoppage has occurred because of a foul or an out-of-bounds ball.
- iii. It is not ready to restart the game when the Officials are ready to restart the game after equipment has been adjusted.
- iv. It is not ready to restart the game after an injured Player has been attended to.
- v. Any type of behavior that, in the Official's opinion, amounts to delay.

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.

10.8.4 Participation in the play of the game by an out-of-bounds Player is a minor foul.

10.8.5 A team which does not have the required number of Players in each designated area at the time the whistle is blown to start a center draw has committed a minor foul.

10.8.6 Failure to be at least three meters from an opponent or a teammate having a free play is a minor foul.

10.8.7 Any breach of the rules relating to substitution is a minor foul.

10.8.8 Any breach of the rules relating to the goal crease is a minor foul.

10.8.9 Any breach of the rules relating to timeouts is a minor foul.

10.8.10 It is a foul for a team to have more Players than it should have on the actual field of play (excluding the foul area) at any time, except, at the end of a period, and during a timeout of any kind.

10.8.11 A Player entering or leaving the field of play must do so through the Substitution Area, except at the start or the end of a period and during a timeout of any kind. An exception to this rule shall be an injured Player.

10.8.12 Unless permission has been given by an Official, a Player, substitute, non-playing member of a team, Coach or anyone officially connected with a competing team shall remain in their team's bench area, except when legally on the field of play or legally in the Substitution Area or legally in the penalty area.

This rule shall apply at all times, except during the interval between quarters.

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

10.8.14 A goalkeeper with possession of the ball outside of the goal crease area may not throw or direct the ball into the goal crease area in an effort to re-gain possession or re-set the ten-second count.

10.8.15 A goalkeeper may not circumvent the ten-second time count by deliberately dropping the ball and then picking it up.

Rule 10.9 Illegal Equipment

10.9.1 Should it come to the attention of an Official that a Player is wearing equipment or jewelry that is illegal, then the Official shall demand that the Player conform to specification. The first such occurrence by a Player shall not constitute a foul.

Should the Player fail to conform to specification, then they shall be compelled to withdraw from the game until such time as they have complied with the regulations governing equipment, a substitute being allowed for them immediately.

10.9.2 For a second violation by the same Player, the Official shall inflict a minor foul, and they shall be compelled to withdraw from the game until such time as they have complied with the regulations.

Rule 10.10 Offside

10.10.1 A team is offside when their goalkeeper whose body (including a gloved hand on the stick but not including the stick itself) touches, steps on or crosses the center line.

Rule 10.11 Lateness

10.11.1 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 minor foul.

Rule 10.12 Warding Off

10.12.1 A Player in possession of the ball may not use a free hand or arm, or any other part of their body, to hold, push or control the direction of the movement of the stick or body of an opponent.

SECTION 11 MAJOR FOULS

Rule 11.1 Illegal Body-Check

11.1.1 Body-checking of an opponent in any form is illegal.

Rule 11.2 Slashing

11.2.1 Under no circumstances shall a Player swing their stick at an opponent's stick with deliberate viciousness or reckless abandon, and a foul is committed in such circumstances whether or not the opponent's stick or body is struck. Neither shall any player attempt to check an opposing player's crosse by reaching across their opponent's body.

Rule 11.3 Cross-Check

11.3.1 A Player may not check an opponent with that part of the shaft of their stick that is between their hands, either by thrusting their stick away from their body or by holding it extended from their body.

Rule 11.4 Tripping

11.4.1 A Player shall not intentionally trip an opponent with any part of their stick or body.

Rule 11.5 Unnecessary Roughness

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

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

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

Rule 11.6 Illegal Stick

11.6.1 If the overall length of the stick, measurement of the stick head, or pocket depth has been determined to be illegal for any reason, or if the Official has determined that a stick has been intentionally manipulated in violation of the Rules, it is a major foul.

11.6.2 No Player shall use a stick with trick construction or stringing/mesh which is designed to hold or camouflage the ball or prevent the normal and free dislodgement of the ball. This shall include the dimensions of the stick.

11.6.3 Any Player found to be playing with a stick absent a butt-end or with strings in excess of the permitted length shall be sent off the field with a warning. Any subsequent infraction for the same violation shall result in a major foul.

Rule 11.7 Unsportsmanlike Conduct

11.7.1 - No Player, substitute, non-playing member of a team, Coach or anyone officially connected with a competing team shall:

- i. Enter into argument with an Official as to any decision which has been made;
- ii. In any way attempt to influence the decision of an Official;
- iii. Use any obscene gesture or statement, including comments of race, sexual orientation, etc. to an Official, any member of the opposing team, or spectator;
- iv. Commit any act considered unsportsmanlike by the Officials; or
- v. Deliberately use the hand or fingers to play the ball or interfere with the opponent's stick at the draw.

Where an unsportsmanlike conduct foul has been inflicted, and the penalized person continues to act in an unsportsmanlike manner, the Officials have the right to banish them from the bench area.

11.7.2 No Player shall use a stick that is constructed or strung or tampered with so as to confuse an opponent into believing that the ball is in the stick when it is not, or that the ball is not in the stick when it is. The stick shall be placed in the custody of the Official Scorer for the remainder of the game.

11.7.3 If a Player whose stick is to be the subject of a legally requested stick-check or a teammate or any member of their team, Coach or anyone officially connected with the team touches the head or the stringing of the stick or carries out any action which is an attempt to circumvent the stick-check or an attempt to alter the result of the stick-check, prior to the stick check's being carried out, then each of those involved shall be assessed an unsportsmanlike foul.

11.7.4 A team or Player, which repeatedly commits the same foul, may be assessed an unsportsmanlike conduct foul.

Rule 11.8 Dangerous Follow-Through

11.8.1 The act of following through with one's stick that endangers the safety of an opposing Player. An exception to this is if the goalkeeper moves into the path of the follow-through.

Rule 11.9 Dangerous Propel

11.9.1 Any shot directed at or taken without regard to the positioning of an opposing Player, with the exclusion of the goalkeeper.

Rule 11.10 Walling

11.10.1 Defensive players crowding in front of their goal or forming a stack/wall type formation in front of their goal without marking an opponent within a stick's length. Double-teaming an off-ball attacker in front of the goal is permitted.

SECTION 12 EXPULSION FOULS

Rule 12.1 Definition

12.1.1 The act of deliberately striking or attempting to strike an opponent, a non-playing member of the opponents' team, a Coach, a spectator, or anyone controlling the play of the game with the hand, stick, ball or otherwise by a Player, a substitute, a non-playing member of a team, a Coach or anyone officially connected with a team may be an expulsion foul.

Rule 12.2 Examples of Expulsion Fouls

- i. Where the Officials have "frozen" the benches because a fight has occurred on the field of play, or for any other reason, by indicating to the team personnel who are on the benches that they should remain there, then any team personnel pushing past an Official to join in a fight, or leaving their designated bench area, must be expelled from the game. An exception to this shall be a member of a team's medical staff who leaves their team's designated bench area to attend to an injured member of their team.
- ii. Where two Players from competing teams are fighting and a third participant enters the altercation, then the third Player into the altercation shall also be expelled from the game.
- iii. Refusal to accept the authority of the Officials, or the use of threatening, foul or abusive language or gestures, or flagrant misconduct shall be an expulsion foul.
- iv. Players involved in fighting will automatically receive an expulsion foul.
- v. The act of deliberately body checking an opponent in the head or neck area, or from behind when a Player is positioned behind their opponent.
- vi. Any shot directed at or taken without regard to the positioning of an opposing Player that directly strikes a Player above the knees, with the exclusion of the goalkeeper.

SECTION 13 EXECUTION OF PENALTIES

Rule 13.1 The Play-On Technique

13.1.1 Where a Player or Team commits a minor foul(s) during a loose ball situation and no scoring opportunity is imminent, and the offended team may be disadvantaged by the immediate suspension of play, then the Official shall visually and verbally signal “Play-on”, and shall withhold the 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 the signal.
- ii. If the offended team does not gain possession of the ball, then the whistle sounds, and the offended team is awarded the ball.
- iii. If the offended team commits a foul after the initial play-on then the whistle blows, and the team originally offended will be awarded the ball.
- iv. If any further foul(s) during the play-on warrants time served, then the Official shall stop the play immediately and administer the penalties(s). Only those penalties that are deemed to be time served shall be served.

Rule 13.2 The Slow Whistle Technique

13.2.1 If a defensive 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 Official 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 Official will raise an arm straight into the air and hold the whistle until such time as the scoring play has been completed.

The scoring play is considered complete when:

- i. The attacking team has lost possession of the ball or has taken a shot which has ended.
- ii. The attacking team has clearly lost the opportunity of scoring a goal on the initial scoring play; or
- iii. In a slow whistle situation 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;
- iv. In the case of a slow whistle situation 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.

13.2.2 The slow whistle technique shall be employed whether or not the foul is committed against the Player in possession of the ball.

13.2.3 A pass is a movement of the ball from a Player in control of the ball by throwing, bouncing or rolling the ball to a teammate.

13.2.4 During a slow whistle situation, a shot remains a shot until:

- i. It is clearly obvious that a goal will not be scored; or
- ii. Added impetus is given to the ball by any member of the attacking team; or
- iii. Possession is gained by a member of the defending team; or
- iv. After hitting the goalkeeper and/or the pipe(s), the ball touches any Player of the attacking team, or any Player of the defensive team who is outside the goal crease; at such time the ball shall be declared dead immediately.

13.2.5 Where a slow whistle situation is mistakenly applied, when the whistle subsequently blows to stop the play, the ball shall be awarded to the team that has possession.

13.2.6 When an Official inadvertently blows the whistle, the ball shall be awarded to the team that has possession. If neither team has possession, then the ball shall be drawn at the center line.

Rule 13.3 Co-incidental Fouls

13.3.1 Co-incidental fouls are fouls called on Players of opposing teams during a live or dead ball when sequence cannot be determined.

13.3.2 If the ball is loose, the fouls cancel each other. The ball will be awarded by alternate possession at the placement where the whistle sounded or, if the co-incidental fouls occurred during a center draw prior to "Possession" or "Free Ball", re-draw at the center of the field with the same restrictions as the original draw.

13.3.3 During a slow whistle or play-on, any foul committed by the team in possession (or the team entitled to possession) shall result in an immediate whistle.

13.3.4 If a team in possession or entitled to possession commits a foul, all Players involved will serve penalty time. This shall include fouls by either team and the following rules shall apply:

- i. 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.
- ii. If the total penalty times are equal, then the team in possession of the ball at the time of the first foul shall retain possession of it.
- iii. If the total penalty times are equal, and neither team has possession of the ball at the time of the first foul, then alternate possession shall apply.
- iv. For the purpose of totaling penalty time in the case of co-incidental fouls, an expulsion foul shall count as a two-minute penalty.
- v. There shall be no free clear after co-incidental fouls.

Rule 13.4 Player Committing Foul

13.4.1 A Player who has received a time serving foul shall report immediately to the timer's table. The Player must remain in the penalty area, subject to the rules below, until released by the penalty timekeeper.

13.4.2 Penalty time refers to the time for which the Player will be off the field and out of the game. The timing of a foul will begin when the penalized Player is seated in the penalty area, or when the whistle blows to re-start play, whichever is the later.

13.4.3 The penalized Player that is going to re-enter the game when penalty time has expired, may spend the last five seconds of the foul time on one knee beside the penalty area on their team's side of the center line. The Player must then re-enter the game through the table area.

13.4.4 Foul time shall run concurrent with playing time. During an authorized timeout, or between periods, a penalized Player may not leave the penalty area with the exception of half time but must return at the commencement of play to complete the suspension.

13.4.5 Penalty time will only end when the timing of the foul has expired.

13.4.1 If a goalkeeper commits a time-served foul, the following rules shall apply.

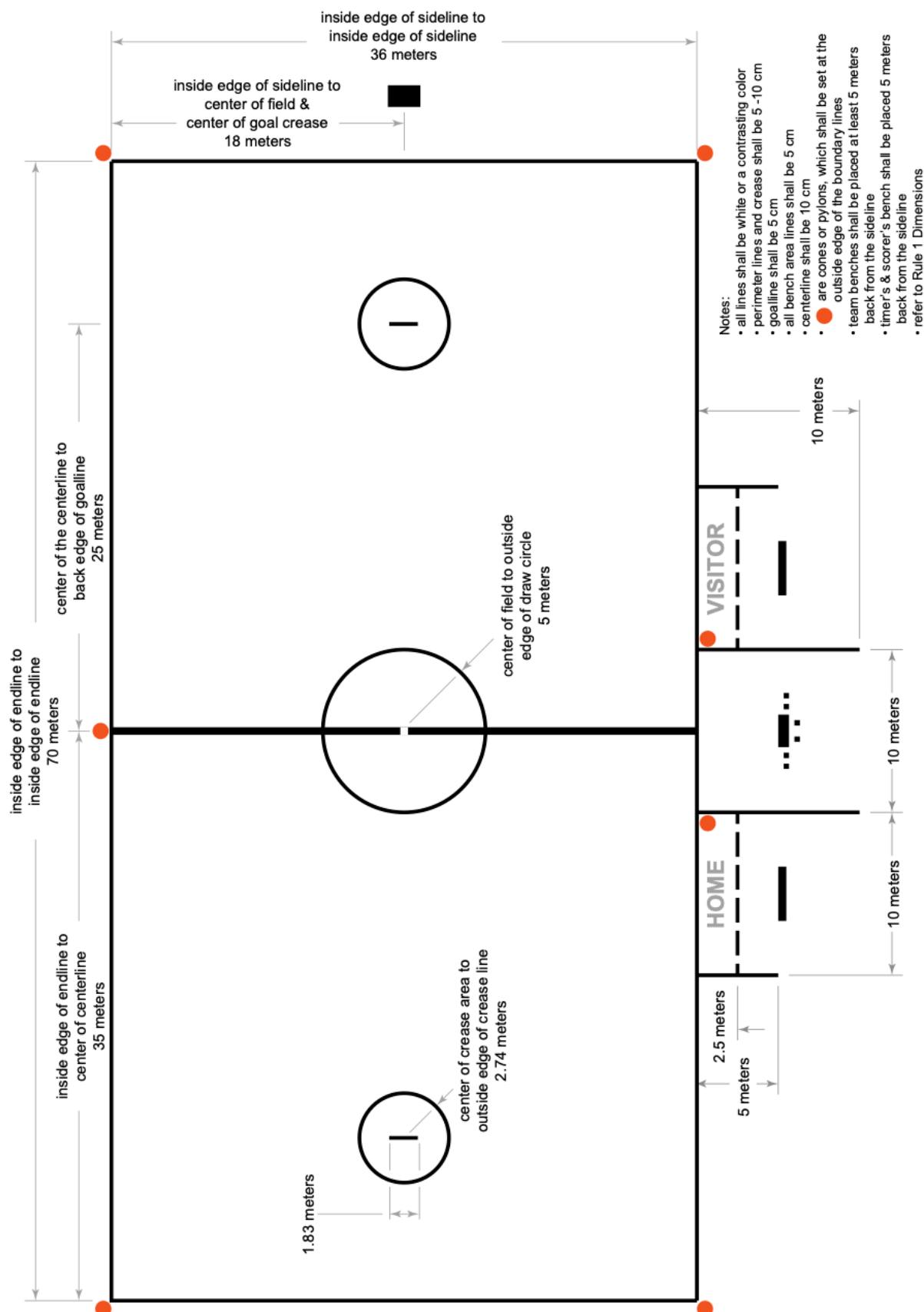
- i. The In-Home and additional Players if warranted shall serve all goalkeeper time serve penalties.
- ii. Should a goalkeeper be expelled from the game, the Official shall call an Official Time Out and allow a reasonable time for proper substitution.

Rule 13.5 Reporting Fouls

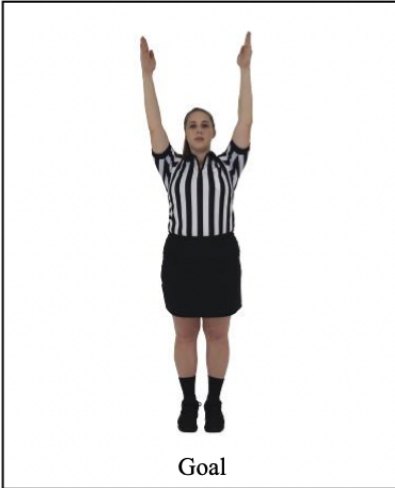
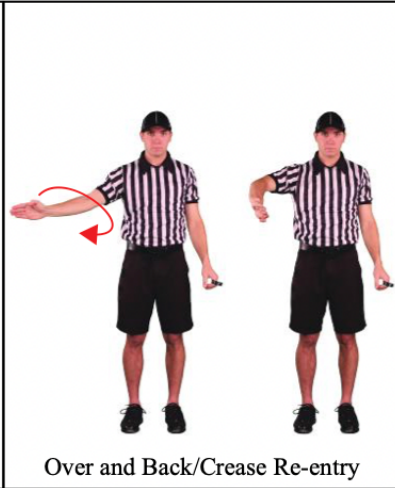
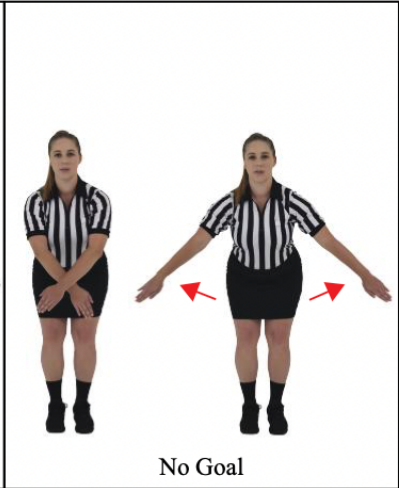
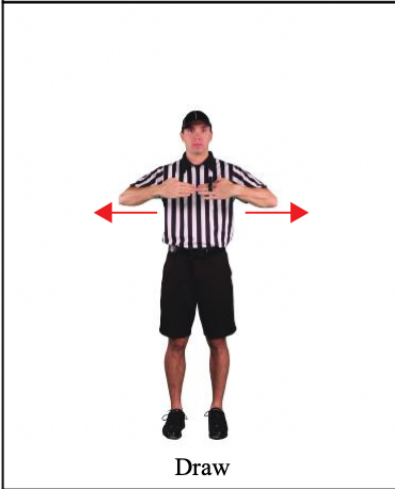

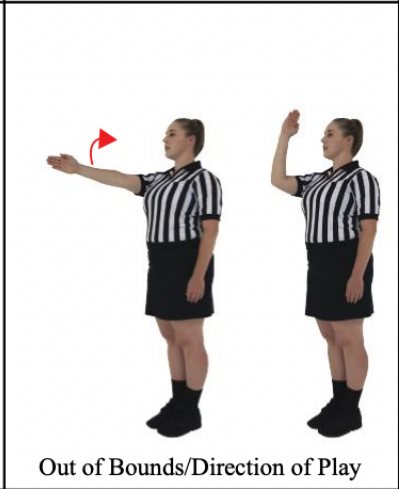
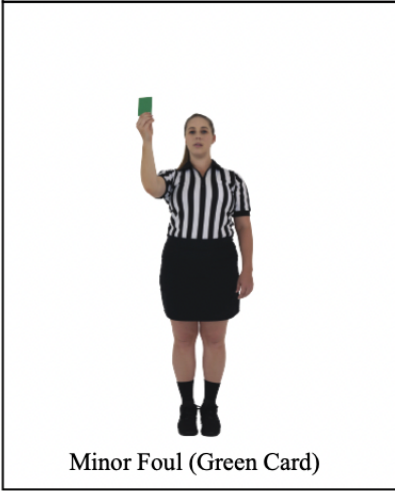
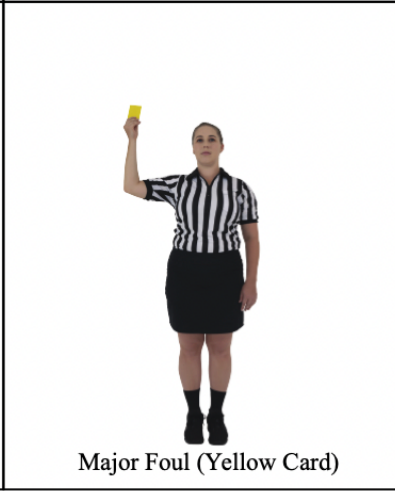

13.5.1 PROCEDURE – The following procedure will apply to the reporting of penalties:

- i. The official shall blow the whistle to indicate a stoppage of play.
- ii. In case of a time-serving penalty, the official will signal to the timekeeper to “stop all clocks”.
- iii. The Official designates whether a time serving foul has been committed and reports as such to the timekeeper.
- iv. The Official designates the duration of the foul by communicating this to the timekeeper.
- v. The timekeeper will record the Official’s designation of the foul.
- vi. The official shall blow the whistle, indicating a restarting of play. In case of a time-serving penalty, all game clocks will resume.

Six v Six Field Diagram



Appendix B

 <p>Goal</p>	 <p>Over and Back/Crease Re-entry</p>	 <p>No Goal</p>
 <p>Draw</p>	 <p>Loose Ball</p>	 <p>Out of Bounds/Direction of Play</p>
 <p>Minor Foul (Green Card)</p>	 <p>Major Foul (Yellow Card)</p>	 <p>Expulsion Foul (Red Card)</p>

