



BOX LACROSSE

R U L E B O O K

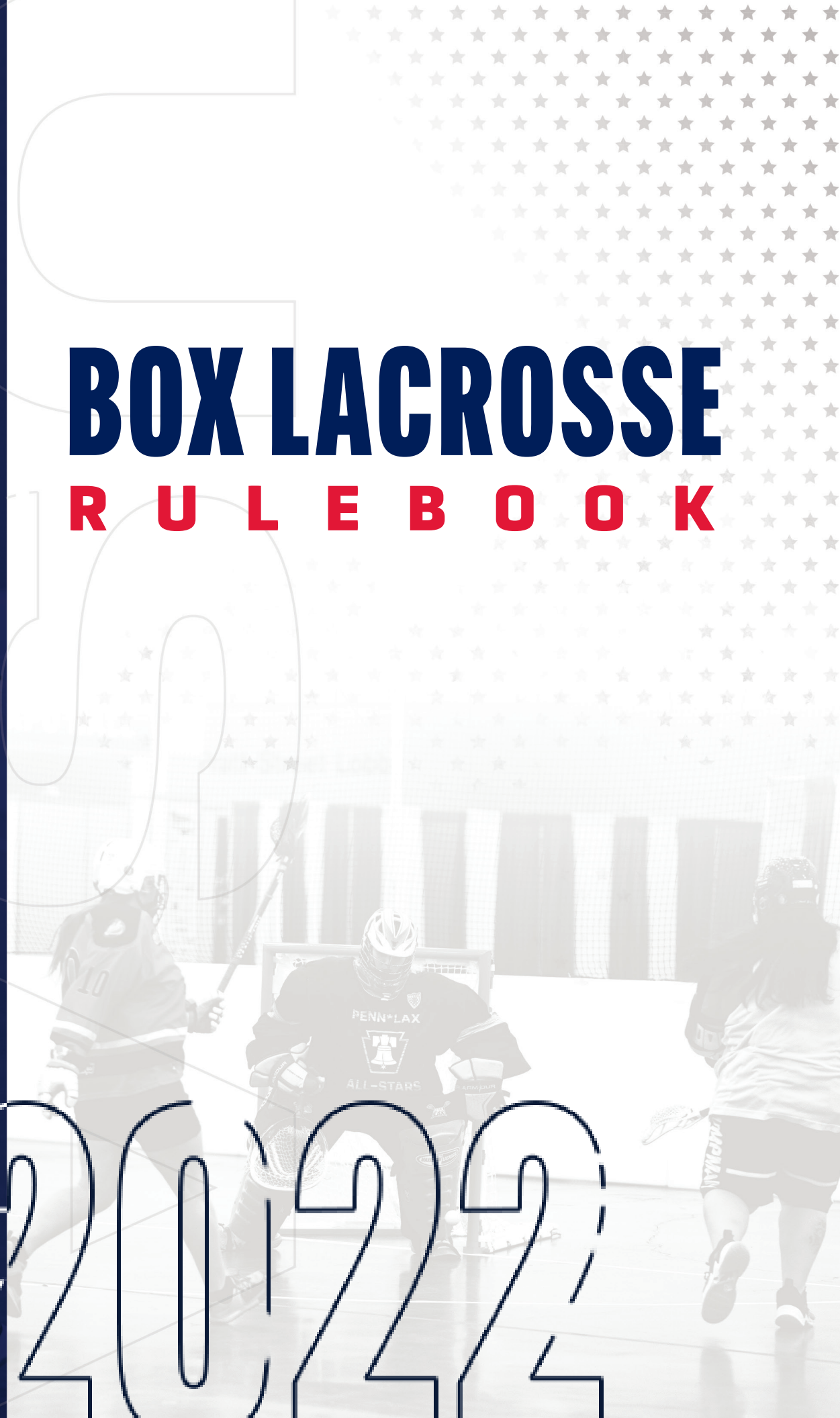
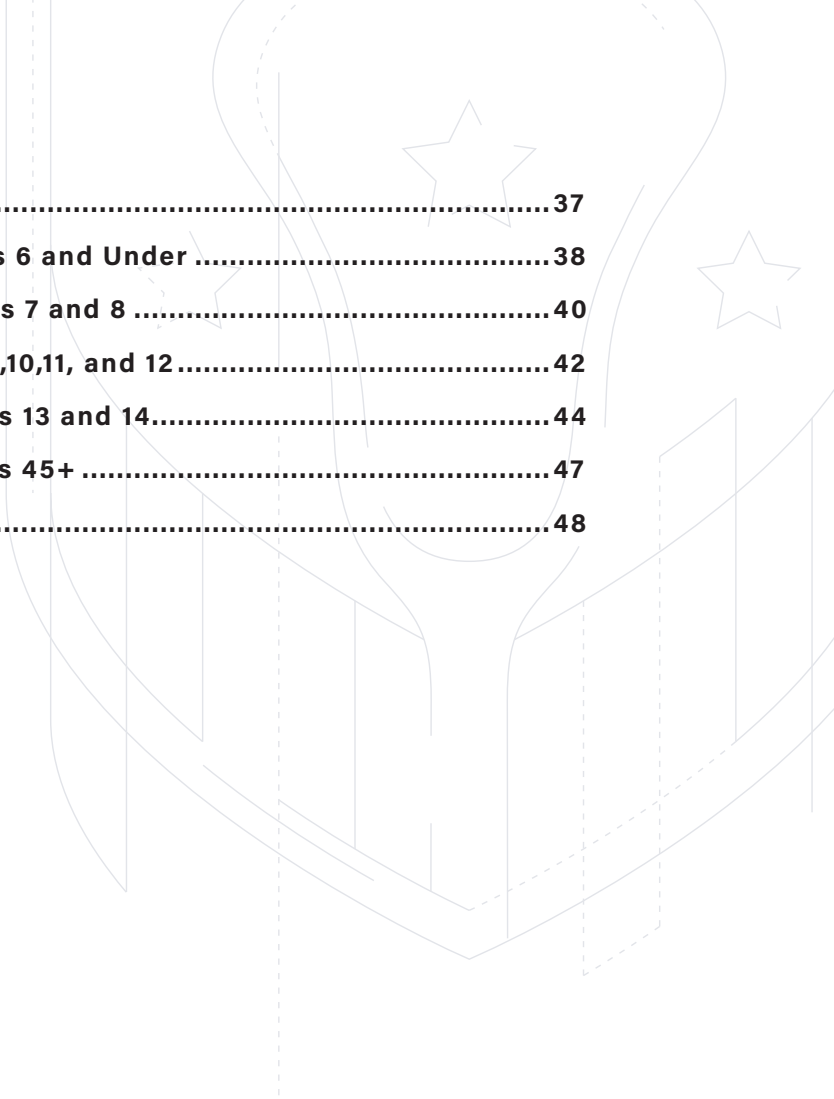



TABLE OF CONTENTS

Section 1 - The Game and Arena	1
Rule 1 The Game	1
Rule 2 The Arena.....	1
Rule 3 Surface Markings.....	1
Rule 4 Team Benches and Penalty Benches.....	2
Rule 5 Timer and Scorekeeper Area	3
Rule 6 The Goals and Goal Netting	3
Section 2 -Time Factors.....	3
Rule 7 Length of the Game	3
Rule 8 Interval Between Periods.....	3
Rule 9 Game Clock Operation.....	3
Rule 10 Overtime or Shootout Procedure.....	3
Rule 11 Proper Commencement of Play.....	4
Rule 12 Timeouts.....	4
Section 3 -The Officials	4
Rule 13 Game Officials	4
Rule 14 Officials Duties	5
Rule 15 Timekeeper and Shot Clock Operator Duties.....	5
Rule 16 Scorekeeper Duties.....	5
Rule 17 Statistics and Record-Keeping	5
Section 4 -The Teams.....	6
Rule 18 Players on the Floor	6
Rule 19 Players in Uniform	6
Rule 20 Designated In--Home	6
Rule 21 Captains of the Team	6
Rule 22 Uniform Requirements.....	6
Rule 23 Coaches	7
Section 5 - Equipment	7
Rule 24 The Ball	7
Rule 25 Runner Stick Dimensions.....	7
Rule 26 Goalie Stick Dimensions	7
Rule 27 Runner Stick Construction.....	7

Rule 28 Protective Equipment.....	8
Rule 29 Goaltender Equipment.....	9
Section 6 -Penalty Definitions	10
Rule 30 Technical Penalties.....	10
Rule 31 Definition of Minor Penalties	10
Rule 32 Definition of Major Penalties.....	11
Rule 33 Definition of Match Penalties.....	11
Rule 34 Definition of Misconduct Penalty.....	11
Rule 35 Goalie Penalties.....	12
Rule 36 Penalty Shot Definition	12
Section 7 - Flow of the Game	13
Rule 37 Play of the Ball	13
Rule 38 Face--offs at Center	13
Rule 39 Positioning of All Players for a Face--off	14
Rule 40 Ten Second Count.....	14
Rule 41 Back--Court Definition	14
Rule 42 30--Second Shot Rule	15
Rule 43 Out of Bounds	16
Rule 44 Ball Caught in the Lacrosse Stick or Equipment.....	16
Rule 45 Ball Out of Sight.....	16
Rule 46 Ball Striking the Referee.....	16
Rule 47 Goal Scored Definition	17
Rule 48 No Goal	17
Rule 49 Substitutions.....	18
Rule 50 Criteria for Stoppage of Play on Delayed Penalties	19
Rule 51 Injured Players.....	19
Section 8 - Infractions	20
Rule 52 Possession Infractions.....	20
Rule 53 Offensive Picks/Blocks/Screens	21
Stick Infractions	21
Rule 54 Butt Ending	21
Rule 55 High Sticking.....	21
Rule 56 Legal Cross Check/Push Checking	21

Rule 57 Illegal Cross Check.....	22
Rule 58 Spearing with the Stick.....	22
Rule 59 Throwing the Stick or Objects	22
Rule 60 Slashing	23
Crease Infractions	23
Rule 61 Goal Crease Violations.....	23
Rule 62 Goalkeeper Privileges	25
Rule 63 Contact While Shooting on Net.....	25
Physical Infractions	26
Rule 64 Illegal Body Checking.....	26
Rule 65 Holding.....	27
Rule 66 Hooking.....	27
Rule 67 Interference by/with a Spectator	28
Rule 68 Boarding	28
Rule 69 Spearing with the Head.....	28
Rule 70 Checking From Behind	28
Rule 71 Dangerous Contact to the Head.....	29
Rule 72 Fighting	29
Rule 73 Roughing/Unnecessary Roughness	29
Rule 74 Tripping.....	30
Rule 75 Abuse of Officials	30
Equipment Violations	31
Rule 76 Equipment Inspections.....	31
Rule 77 Broken Stick.....	32
Rule 78 Equipment or Clothing Adjustment.....	32
Rule 79 Helmet Lost During Play	32
Other Infractions	33
Rule 80 Illegal Substitution	33
Rule 81 Delaying the Game.....	33
Rule 82 Displacement of the Goal	34
Rule 83 Obscene or Profane Language or Gestures.....	35
Rule 84 Unsportsmanlike Conduct.....	35
Rule 85 Leaving Players Bench or Penalty Box.....	36



Appendix A - 2019 Points of Emphasis.....	37
Appendix B- Rules Supplement for Players 6 and Under	38
Appendix C - Rules Supplement for Players 7 and 8	40
Appendix D- Rules Supplement for Players 9, 10, 11, and 12.....	42
Appendix E - Rules Supplement for Players 13 and 14.....	44
Appendix F - Rules Supplement for Players 15+	47
Appendix G - Alternate Surface Markings	48

Rule 1: The Game

confines of a multi-sport rink. Each team has five (5) runners and one (1) goaltender attempting to try and put the ball in their opponent's scoring on their goal.

2.1 Surfaces – The preferred playing surface shall be synthetic turf; however, sport court flooring, wood, or smooth concrete can be used to play box lacrosse.

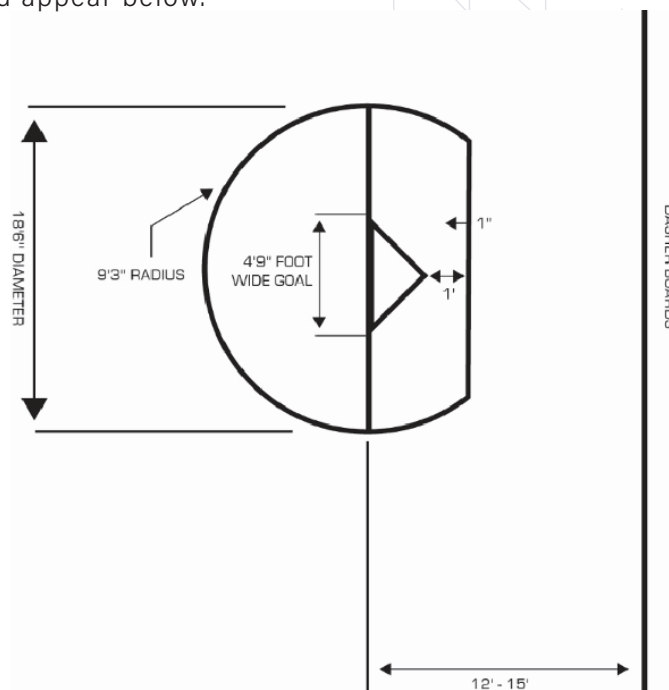
2.3 Doors – All doors in the playing area shall open away from the playing surface and remain closed during live ball play.

3.1 Lines – All lines on the playing surface shall be two inches (2") in width. The locations of the lines are as shown on the USA Lacrosse Regulation Indoor Lacrosse Floor Diagram below. Note: The alternative surface markings listed in Appendix X can be used in place of the USA Lacrosse Regulation markings.

3.2 Line Change Area Markings – Paint or tape should be used to designate line change areas in front of the team benches. The changing area's length shall be equal to the length of the benches plus six (6') feet on each side, and the width shall be three (3') feet. Facility operators should mark these dimensions for each game. Any adjustments or variations must be made aware to both coaches and approved by the game officials.

3.3 Zones of the Floor: The floor is divided into three areas. The first portion of the floor where a team's goal is situated is called a team's Defensive Zone; the middle portion of the floor is called the Neutral Zone, and the third zone contains the goal a team is attacking, is called the Offensive Zone. Teams will switch sides each period so their Defensive and Offensive zones will swap back and forth.

3.4 The Crease Dimensions – Regardless of which floor marking is being used, the crease must be uniform and appear below.



3.5 Face-Off Spot - A point on the centerline, equal-distant from each side of the enclosed arena shall be marked with an X or O. A dotted circle with an inside radius of seventeen inches (17") from the center shall encircle the designated the Face-Off Spot. The outside face-off circle has a dimension of eleven feet (11') radius.

Rule 4: Team Benches and Penalty Benches

4.1 Bench Area -The playing area shall have benches located in the neutral zone for both teams with two door openings in similar locations. The benches should accommodate at least 14 team members.

4.2 Non-Playing Personnel on the Bench - Only players in uniform, the head coach, assistant coaches, team managers, or trainers can occupy the bench area. There may be a maximum of five (5) non-playing personnel on each bench.

4.3 Penalty Benches/Box - When possible, each team's separate penalty area shall be separate from the team benches.

Rule 5: Timer and Scorekeeper Area

5.1 Timer and Scorekeeper Location - The timers table shall consist of the Official Game Timer, 30 - Second Clock Operator, and Official Scorer. It should be located on the side opposite the team benches and, where possible, between the respective team penalty boxes. A copy of the official game sheet with the team roster is located at the table during the game.

5.2 Shot Clock Operators - The 30 Second Clock Operator shall use an electronic scoreboard buzzer and activate the buzzer when the rule is violated. The shot clock operator's responsibility is to pay attention to the official and reset the game shot clock.

Rule 6: Goals and Goal Netting

6.1 Goal Dimensions - Each goal shall consist of two vertical posts joined by a rigid top crossbar. The goal shall measure four feet, nine inches (4' 9") wide, and the top crossbar shall be four (4') from the playing surface, measured from the inside dimensions. The goals shall be centered on the goal line and shall be placed a minimum of twelve feet (12') from the end of the boards. Note: four feet by four feet goals can be used in place of the standard goal measurements.

6.2 Goal Line - A white line shall be drawn two inches (2") wide and between the goalposts to indicate the goal's plane. It shall be designated as the goal line.

6.3 Goal Netting Mesh - The goals shall be fitted with a cone-shaped netting of no more than one and one half (1 ½) inch mesh. Nets must be adjusted to permit the ball to pass entirely through the imaginary plane of the goal at any place and loosely fitted so that when the ball hits the mesh, the ball will remain inside the goal.

Section 2 – Time Factors

Rule 7: Length of Game

7.1 Game Time -The regulation playing time is three (3) 15- minute running periods.

Rule 8: Interval Between Periods

8.1 Period Breaks - There shall be a 2-minute intermission between periods. During period breaks, all rules governing play of the game shall remain in force. Players who are serving a penalty must remain in the penalty box between periods

8.2 Change of Direction - After each period, each team shall change the direction of play and defend the goal opposite end from the goal they were defending. Teams shall defend the goal closest to their own bench during the 1st and 3rd periods. Note: If a shootout is used instead of overtime periods, goalies shall always be situated in the crease closest to their own bench.

Rule 9: Game Clock Operation

9.1 Stop Time – All games are stop time. The game and penalty clocks run during all live-ball situations and stop during all dead-ball situations. Note: It is permissible to allow for running time games. This should be discussed in advance and agreed upon by both coaches.

9.2 Officials Whistle Initiating Clock - The referees' whistle shall start the clock and stoppage accordingly. Note: During running time games, the officials' whistle will only start play, and time will continue until the end of the period.

9.3 Time Between a Goal and Ensuing Faceoff - Officials should try to execute afaceoff in 20 seconds or less after a goal is scored.

Rule 10: Overtime or Shootout Procedure

10.1 Overtime – If permitted by a league or event, an overtime period may be used in the event of a tie score at the end of the regulation game. Play will continue with sudden victory

overtime periods until the scoring of a goal. Overtime length shall be 5 minute periods with a two-minute interval between periods.

10.2 Shootout Procedure – In the event of a tie score at the end of the regulation or overtime, a game can be decided via a shootout. Each team's head coach has two minutes to select three separate players to participate in a shootout immediately after the third period. The away team's first player shall go first, followed by a shooter from the home team, and will continue to alternate from that point forward. Should the shootout remain tied after three shooters from each team, the shootout shall continue until there is a winner. A player may only shoot once and can only shoot again until all other players have participated.

Shooters begin with the ball at the center faceoff spot and can begin moving towards the goal when the official blows their whistle. The player with the ball must continuously move in a forward motion towards the goal line, and players are allowed only one shot on goal. A shot is complete when it has gone in the goal, or the ball comes to a stop.

Goalies are located in the crease closest to their own bench during shootouts. They may not be substituted during shootouts and can only be changed if there is an injury. Goalies shall remain in their goal crease from when an official blows their whistle until after a shot has been completed.

Rule 11: Proper Commencement of Play

11.1 Failure to Start or Return to Play - The officials will work with the head coaches and team captains to start the game or start a period on time.

Rule 12: Timeouts

12.1 Team Timeouts – Each team shall have 2 timeouts per game and may only call 1 timeout per period. Timeouts can only be called by a player on the floor when their team has possession of the ball or during a dead ball situation. Timeouts shall be 30 seconds in length and may not be taken during the last two minutes of regulation or overtime if the game is using a running time format. Timeouts do not carry over to overtime, and teams get 1 timeout per overtime period. Timeouts cannot be taken during a shootout.

12.2 Officials Timeout for Injury - An official may suspend the game at their discretion. If a player is injured and in the judgment of the Official, the injury is serious, then play shall be suspended immediately. Otherwise, the Official shall delay sounding of the whistle until there is possession by a team. The player who was injured when play was suspended must leave the floor and may not return to the floor until the play's next nontechnical stoppage. A timeout for an injury will not count as a charged as a team timeout. In the event play was suspended when the ball was loose, it will result in a faceoff.

Section 3 – Officials

Rule 13: Game Officials

13.1 Officiating Crew – Each game shall have a minimum of two officials appointed by the league or event administrator. Game officials have full control of the game. Their authority begins when the officials step on the floor before starting a game and end when both teams have exited the box.

13.2 Official Uniforms and Equipment – Referees shall wear similar uniforms consisting of:

- A Helmet that Includes Eye Protection
- Matching Long or Short Sleeve Shirts
- Black Pants
- Black Socks
- Black Belt
- Black Athletic Shoe

Rule 14: Referees Duties

14.1 Head Official - Each game shall have a head official who has full control of the game and makes all final decisions.

14.2 Officials Duties Regarding Rules Administration, Goals, and Penalties - It shall be the referees' duty to impose penalties and communicate goals scored to the Official Scorer and Penalty Timekeeper.

14.3 Game Reports - The official shall report in detail on the game sheet or particular incident report any of the following incidents to the league or event:

- Every infraction assessed as a match penalty

14.4 Pre Game Certification - It shall be the referees' duty to confirm with each team's head coach and/or captains before the game's start that all players are properly equipped, as stated in these rules.

Rule 15: Timekeeper and Shot Clock Operator Duties

15.1 Timing Device - There shall be a visible scoreboard or timing device to keep track of the official game time.

15.2 Timekeeper Duties - The operator shall keep an accurate account of each period's game time and intervals between periods. The operator shall sound the horn to stop at the end of a period.

15.3 30-Second Shot Clock - Each arena shall have at least one stand-alone, 30-second shot clock.

15.4 30-Second Shot Clock Operator Duties - The operator shall reset the shot clock when notified by officials. Although the operator may sound a horn or electronic device when the 30-second clock expires, the official shall ultimately be responsible for signaling any violations.

Note: If the 30-second shot clock is not operational or malfunctions during play, it is the officials' responsibility to keep the count. In these cases, officials will count the final five seconds out loud (5,4,3,2,1,0) and blow their whistle.

Rule 16: Scorekeepers Duties

16.1 Scorekeeping - The official scorer shall get an accurate roster from both coaches before starting a game. They will then be used to keep an accurate count of goal scored, time of goals, and players that assisting with goals.

16.2 Penalty Keeping Duties - The scorer shall record each player's name and number upon whom a penalty is inflicted, the type of penalty, time of the quarter when it occurred, and the duration. The scorekeeper must notify the referees when any player accumulates two (2) 5-minute penalties since it will automatically remove them from the game. The scorekeeper shall record both clubs' in- home name and number, who will serve any bench minor penalty assessed.

Rule 17 Statistics and Record-Keeping

17.1 Goalie Saves - Any shot stopped or deflected with any part of the goalkeeper's body or lacrosse stick or hits the goal post or crossbar, a save is recorded.

17.2 Shot - A shot shall be defined as a player with possession throwing the ball at the goal in an attempt to score.

17.3 Shot on Goal - A shot on goal shall be defined as a shot where the ball makes contact with any part of the goalkeeper or their crosse while they are in their crease area, goalposts,

crossbar, or crosses the goal line. To be credited as a shot on goal, the player's stick's head must be equal to or in front of the goal line extended.

17.4 Assist - Any one or two passes to a player's teammate who then scores a goal is an assisted goal.

17.5 Loose Ball - Any ball that is not possessed, which is on the ground and in the field of play, can be a loose ball. When such a loose ball is possessed, the player gaining the loose ball must immediately perform the normal functions of possession (shoot, cradle, pass). Should any of these conditions not be met, a loose ball should not be awarded. A player may not drop the ball of their own volition, regain possession, and be credited with a loose ball. Loose balls should be awarded as part of the face-off play; however, a loose ball is not always awarded when the official signals possession on a face-off play, since their definition of possession does not rise to the standard of that of their loose ball definition.

17.6 Technical Violations - A technical violation shall be defined as awarding possession of the ball after a technical violation has been committed, such as illegal picks, crease violations, and thirty seconds violation. Other violations are listed throughout the rulebook.

Section 4 – Teams

Rule 18: Players on the Floor

18.1 Number of Players to Begin a Game - A team shall be composed of six (6) players on the floor (one (1) goaltender and five (5) runners).

Rule 19: Players in Uniform

19.1 Roster Eligibility - At the beginning of each game, the Head Coach shall submit a list of players and goalkeepers who shall be eligible to play in the game. Teams shall have no more than 22 total players. The maximum amount of players by position is 20 runners and 2 goalkeepers.

19.2 Number of Goaltenders on the Floor - Each team is allowed to have one goalkeeper on the floor at any time. The goalkeeper may be removed from the game for another runner as a substitute player, but that player does not have the goalkeeper's privileges.

19.3 Substitute Goaltender- Before the start of the game, each team shall have on its bench, a substitute goalkeeper, if available, who shall at all times be fully dressed and equipped and ready to play.

19.4 Runners acting as Goaltenders - Except when a goalkeeper is incapacitated, no player in the playing roster in that game shall be permitted to wear the goalkeeper's equipment.

Rule 20: Designated In-Home

20.1 A starting runner on the team's roster. A goaltender cannot be designated as the in-home. The in-home player will serve any non-designated player penalty, bench minor, minor, or major penalty to the goaltender.

Rule 21: Captains of the Team

21.1 Captains Duties – Only the captains and assistant captains shall be appointed by each team, and they alone shall have the privilege of discussing with the Official any questions relating to the interpretation of playing rules which may arise during the progress of the game. The captain may not argue or dispute a penalty or decision made by a referee. No playing coach or goalie shall be permitted to act as Captain or Assistant Captain.

Rule 22: Uniform Requirements

22.1 Teams must have matching uniforms with 10" numbers on the back and 4" numbers on the sleeves. The numbers shall be a contrasting color to their jerseys. A team may have

1 Captain and 2 Assistant Captains. Captains should have a four-inch "C," and Assistant Captains should have a four-inch "A" on the front of their jersey. It is recommended that all player jerseys completely cover the protective padding of players.

Rule 23: Coaches

23.1 Head Coach Duties: It shall be the Head Coach's responsibility to see that their players and substitutes are properly equipped by rule before entering play. They shall certify with the head official before the game begins and ensure they are properly equipped before any play begins.

The head coach is responsible for all non-playing members and all persons officially connected with their team. The head coach must cooperate with the referees in keeping the game under control at all times with their players and not to entice poor sportsmanship from the spectators. Failure will result in a bench minor penalty and may be subject to additional discipline

Section 5 - Equipment Rule 24: The Ball

24.1 The Ball - The ball shall be yellow or white and meet the current NOCSAE lacrosse ball standard at the time of manufacture. All balls must be specifically marked that the ball meets the NOCSAE standard. The same type and color of the ball must be used through the game unless both coaches agree to change. If a ball does not contain "Meets NOCSAE Standard," it cannot be used in the game.

Rule 25: Runner Stick Dimensions

25.1 Stick Length - The lacrosse stick shall be an overall length of 40" to 42" inches.

25.2 Stick Head Width - The inside measurement of the stick head shall measure 4.5" to no more than 8" at its widest point. In all cases, the ball must pass freely from the head of the stick to the throat.

25.3 Ball Stoppers - A maximum of one guard stop at the throat of the stick must be a minimum 10" from the head to the nearest edge (closest to the handle) of the stop.

25.4 Pocket Depth - The depth of the pocket shall not exceed five inches (5") measured from the top outside edge of the sidewall.

Rule 26: Goalie Stick Dimensions

26.1 Goalie Stick Dimensions --- The maximum width shall be no more than 13" measured to the outside edges. The maximum length measured to the top of the head to the bottom of the throat shall be no more than 16 1/2" inches. The entire length of the entire stick shall be between 40" to 72". Additionally, nothing can be added or attached to the outside of a stick.

26.2 Illegal Stick --- If a stick is found to be illegal, the goalie will be penalized two (2) minutes, and the in home will serve the penalty. Additionally, the stick shall be removed to the penalty box for the remainder of the game.

Rule 27: Runner Stick Construction

27.1 Stick Materials - The lacrosse stick shall be made of a hollow synthetic or metal type material. The stick's head shall be attached directly to the handle, and a butt end with plastic or rubber must attach at the end of the shaft. The stick handle (shaft) may not be filled with any substance and must have a butt end cap. All other lacrosse sticks are illegal.

27.2 Illegal Pockets or Heads - Lacrosse sticks shall not be permitted in play when the construction or stringing at the throat is designed to withhold the ball from play or to give another player an advantage. The ball shall travel between the sidewall for the entire length of the head section. When the stick is turned parallel to the floor, the ball must exit the stick.

27.3 Stick Check Measurement Request Procedure - Only the team captain or head coach may request stick measurements and dislodgement check during a referee's timeout, between periods, or after a normal stoppage in play. Stick check may not be called during shootouts. Whenever possible, a stick check should be performed away from team benches and players on the floor.

The following tests shall be performed on a crosse by officials conducting a stick checks to determine the legality of crosses:

Stick Dimensions

- i. Head Width - Between 4.5" to 8."
- ii. Total Stick Length - Between 40" to 42."

Dislodgement Test

- i. The ball placed in the crosse (perpendicular to the ground) at the throat, and then the
- ii. crosse is tipped forward 90 degrees. As the crosse is rotated forward, the ball shall roll out of the head forward to the ground.

27.4 Illegal Stick - If a stick is found to be illegal, the player using the illegal stick will be penalized two (2) minutes, and the stick shall be removed to the penalty box for the remainder of the game.

27.5 Illegal Stick Scored Goal --- Should a goal be scored, and before the next live ball, a stick check finds the scorer's stick illegal, the goal will be disallowed, the player will not be penalized, and the stick will be confiscated to the penalty box.

27.6 Confiscation Procedure for Illegal Stick --- If a stick is declared illegal, it shall be removed to the penalty box. The team may retrieve the stick after the game.

Rule 28 Protective Equipment

28.1 Required Equipment – All runners are required to properly wear;

- A helmet that meets all current NOCSAE Lacrosse Helmet Standards (Note: Hockey helmets are prohibited.)
- Protective Gloves
- Shoulder Pads that meet the NOCSAE ND200 standard and contain an SEI certification mark.
- Rib Protector Pads
- Arm Guards
- Bicep Protectors
- A Mouth Guard
- Protective Cup or Pelvic Protector
- Footwear (Rubber Soled Athletic Shoes)



28.2 Optional Equipment

- Knee Pads

28.3 Dangerous Equipment - No player shall wear participate in the game with equipment, which in the opinion of the game referees or players. In such cases, the referee's decision is final.

Rule 29 Goaltender Equipment

29.1 Required Equipment – The purpose of any goalie equipment is for the protection of the goalie. Except for the stick, all the equipment worn by the goaltender must be constructed solely to protect the head or body and conform to the body's natural shape. All goalies are required to properly wear:

- Protective Box Goalie Gloves
- Goalie Pants
- Goalie Leg Guards
- A Helmet that meets all current NOCSAE Lacrosse Helmet Standards (Note: Hockey helmets are prohibited.)
- A Throat Guard
- Arm & Chest Protector*
- Protective Cup or Pelvic Protector
- A Mouth Guard
- Footwear (Rubber Soled Athletic Shoes or Shoes with a Manufactured Protective Toe)

Note: Beginning in 2021, players must wear protectors for commotio cordis that meet the NOCSAE ND200 standard and contain an SEI certification mark

29.2 Helmet and Throat Protector - Goaltenders must wear a helmet the meet the current NOCSAE Lacrosse Helmet Standards with a throat protector. If a goalie loses their helmet or throat protector, at any time, play shall be suspended immediately. The play would resume with the team that had possession of the ball when the play was stopped; otherwise, a faceoff will resume play if the ball was loose.

29.3 Gloves - A standard lacrosse goaltender glove will be permitted with a maximum width of 8 1/2 inches at any point across and 14 1/2 inches maximum length, which may not be altered for purposes of adding bulk. Padding may not be added to or on the outside of the glove.

29.4 Approved Equipment - The goalie can wear any chest, arm, shin, or pant padding as long as they meet the specification listed in the two charts below.

CHEST AND ARM PROTECTORS				
Category/CAT	Player Age	Max Padding Outside Each Arm	Max Width of Arm Padding	Max Thickness Above Shoulder
Category 3	13+	4"	8"	3"
Category 2	11 to 12	2.5"	7"	1.5"
Category 1	7 to 10	2"	6"	1"

SHINN GUARDS AND PANTS				
Category/CAT	Player Age	Shin Guard Max Below Knee	Shin Guard Max Knee Cap	Pant Max Thigh Width
Category 3	13+	Tapered from 9" to 7"	11"	11"
Category 2	11 to 12	Tapered from 8" to 5"	9"	9"
Category 1	7 to 10	Tapered from 7" to 4"	7"	7"

29.5 Jerseys - No inserts or additions are added to the standard goaltender cut jersey as produced by the manufacturer. No "tying down" of the sweater is allowed at the wrists if it creates a tension across the jersey such that a "webbing effect" is created in the armpit area. No other tie downs are allowed that create a "webbing effect." The length of a jersey is illegal if it covers any area between the goalies' legs.

29.6 Surplus Padding - Surplus padding worn only for bulk shall not be allowed. The protective padding shall conform to the shape of the body. Any surplus padding added must conform to measurement specifications and contour requirements.

Section 6 – Penalty Definitions

Rule 30 Definition of a Technical Penalty

30.1 Technical penalties are less serious in nature and include all violations of the game's rules except those specifically listed as minor penalties, major penalties, or match penalties.

Rule 31 Definition of a Minor Penalty

31.1 Minor Penalty - Any player (except the goalie) shall be ruled off the floor for two (2) minutes.

31.2 Four Minors in One Game - Four minor penalties (or a combination of 4 minor or major fouls) in the same a game by the same player shall result in the player being removed from the game and the in-home shall serve the penalty.

31.2 Possession After Minor Penalty - Possession goes to the team fouled unless the penalty occurs before the start of a quarter or after the whistle has sounded, denoting the scoring of a goal. If the penalties are simultaneous, possession shall be awarded to the team with the lesser penalty time, or, if penalty times are equal, the ball shall remain with the team in possession at the time of the first infraction.

31.3 Bench Minor Penalty - A bench minor penalty involves removing one team's player against which the penalty is assessed for two (2) minutes. The coach shall designate a player from their team to serve the bench minor penalty.

31.4 Penalty Release After a Goal is Scored - If while a team is "short-handed" by one or more minor or bench minor penalties, the opposing team scores a goal, the first of such minor penalties shall be automatically terminated.

Note: "Short-handed" means that the team must be below the numerical strength of its

opponents on the floor when the goal is scored. Thus coincident minor penalties to both teams do NOT cause either side to be "short-handed."

31.5 Minor Penalty Expiration Criteria –

- i. Is the team scored against short-handed?
- ii. Are they serving a minor penalty on the clock?

If the answer is yes to i) and ii), you are to delete the minor penalty with the least amount of time on the clock, except when coincidental penalties are being served

When the minor penalties of two players on the same team terminate simultaneously, the Coach of that team shall designate to the Referee, which of such players will return to the floor first, and the Official will instruct the Penalty Timekeeper accordingly.

31.6 Coincidental Minor Penalties - When coincidental minor penalties of equal duration are imposed against both teams' players, the penalized players shall all take their places in the penalty box, and teams shall play 5 on 5, and time shall not be displayed on the clock. Such penalized players should not leave the penalty box until the first non-technical stoppage of play following the expiry of their respective penalties.

Rule 32: Definition of a Major Penalty

32.1 Major Penalty – Any player (except the goalie) shall be ruled off the floor for five (5) minutes. If two (2) extra man goals are scored on the penalized team, the penalized team may place a player on the floor to get back to even strength. The offender shall always serve the full five (5) minutes and return to the floor on the next non-technical stoppage of play after the penalty has expired. If the in-home is serving and two extra-man goals are scored, the in-home is released from the penalty box.

32.2 Two Majors in One Game - The second major penalty in the same game to the same player, the player shall be removed from the game, and the in-home shall serve the penalty.

32.3 Coincidental Major Penalties - When coincidental minor penalties or coincidental major penalties of equal duration are imposed against both teams' players, the penalized players shall all take their places in the penalty box teams shall play 5 on 5, and time shall not be displayed on the clock. Such penalized players should not leave the penalty box until the first non-technical stoppage of play following the expiry of their respective penalties.

Rule 33: Definition of Match Penalty

33.1 Match Penalty- The player's suspension for the balance of the game and the offending player shall be ordered to the dressing room immediately. The in-home player shall replace the penalized player for the full five (5) minutes of playing time regardless of the number of goals. For all match penalties, regardless of when imposed or prescribed additional penalties, a total of 10 minutes shall be charged in the records against the offending player.

33.2 Match Penalty Suspension - A player incurring a match penalty shall automatically receive a game suspension and can be subject to further discipline by the appropriate league or event.

Rule 34: Definition of Misconduct Penalty

34.1 MISCONDUCT PENALTY - In the event of "Misconduct" penalties to players, the players shall be ruled off the floor for ten (10) minutes each. A substitute player is permitted to immediately replace a player serving a misconduct penalty. A player whose misconduct penalty has expired shall remain in the penalty box until the next non-technical violation stoppage of play.

34.2 MISCONDUCT PENALTY AND MINOR ASSESSED - When a player receives a minor penalty and a misconduct penalty simultaneously, the penalized team shall immediately put

the “in- home” player in the penalty box, and he shall serve the minor penalty.

34.3 MISCONDUCT PENALTY AND MAJOR ASSESSED - When a player receives a major penalty and a misconduct penalty simultaneously, the penalized team shall place the “in-home” player in the box immediately.

Rule 35: Goalie Penalties

35.1 Goalies Serving Penalties - A goalie does not serve minor or major penalties. When a goalie receives a minor penalty or major penalty, the in-home will serve the penalty, but the penalty is still recorded under the goalie in the official scorebook. If a goalie is removed from the game due to too many penalties and a substitute is not available, the offending team will forfeit it.

Rule 36: Penalty Shot Definition

36.1 A penalty shot is designed to restore a scoring opportunity that was lost due to a foul being committed by the offending team, based on the parameters as set out in these rules. Any dressed player designated by the coach on the offended team may take the penalty shot, and the goalie defending against the penalty shot must remain in their crease once the official blows the whistle and until a shot has been taken and comes to a stop.

Penalty shots begin with the ball at the center faceoff spot, and the player can begin moving towards the goal when the official blows their whistle. The player with the ball must continue in a forward motion towards the goal line, and a player is allowed one shot on goal. A shot is complete when it has gone in the goal, or the ball comes to a complete stop.

36.2 Two Players Down and Additional Penalty to a Third Player - If a team is already two (2) players down from full strength and is assessed an additional time serving penalty to a third player, the non- offending team shall be awarded a penalty shot. Regardless of the penalty shot outcome, the floor strength will remain before the penalty shot. The team that received the third penalty will release the penalty with the least amount of time left on it. The two penalties with the greatest amount of time will remain in the penalty box. Note: A Major Penalty time may be released early due to this rule; however, the player must stay in the penalty box for their entire 5 minutes.

36.3 Insufficient Playing Time When Illegal Substitution is Assessed - If because of insufficient playing time remaining, or because of penalties already imposed, a bench minor is imposed for illegal substitution (too many men) which cannot be served in its entirety within the legal playing time a penalty shot shall be awarded against the offending team.

36.4 Throwing the Stick - When any member of the defending team, including anyone on the bench, deliberately throws or shoots any part of a stick or any other object, at the ball or ball carrier on a breakaway or an attacker attempting to pick up a loose ball, the official shall allow the play to be completed. If a goal is not scored, a penalty shot shall be awarded to the non-offending team. A player with a breakaway is defined as a player in control of the ball immediately transitioning from defense with a reasonable scoring opportunity.

36.5 Crease Violation - Should a player in their own end deliberately falls on the ball in their crease in front of their goal line, or deliberately closes their hand on the ball in their crease in front of their goal line, a penalty shot will be imposed on the offending team.

36.6 Holding - When a player is on a breakaway and is held from behind, a penalty shot shall be awarded to the non-offending team. A player with a breakaway is defined as a player in control of the ball immediately transitioning from defense to offense with an unobstructed path to the goal and a reasonable scoring opportunity.

36.7 Tripping - When a player is on a breakaway and is tripped or otherwise fouled from behind, a penalty shot shall be awarded to the non-offending team. The intention of their rule is to restore a reasonable scoring opportunity that has been lost because of a foul from behind. A player with a breakaway is defined as a player in control of the ball immediately

transitioning from defense to offense with an unobstructed path to the goal and a reasonable scoring opportunity.

36.8 Intentional Displacement of the goal on a breakaway - If the goal post is deliberately displaced by a goalie or player during a "breakaway," a penalty shot will be awarded to the non-offending team. The official will stop play immediately and award the penalty shot. A player with a breakaway is defined as a player in control of the ball immediately transitioning from defense to offense with an unobstructed path to the goal and a reasonable scoring opportunity.

36.9 Illegally entering the game and interfering with ball carrier on a breakaway - If a player on a breakaway shall be interfered with by the player of the opposing side who has illegally entered the game, the official shall impose a penalty shot against the side to which the opposing player belongs. As per their rule, interfered does not imply physical contact by the defense to offense with an unobstructed path to the goal and a reasonable scoring opportunity.

Section 7 - Flow of the Game

Rule 37: Play of the Ball

37.1 Free Play - Whenever a player has been awarded possession for any reason, no opposing player may take a position closer than two (2) yards.

37.2 Player Possession - A player shall be considered in possession of the ball when they control it and can perform any of the normal functions of control such as carrying, dodging, cradling, passing, faking, or shooting. A defender or goalie who has clamped down with their stick on the ball while the ball is in the crease is defined as having possession of the ball.

37.3 Team Possession - A team shall be considered in possession of the ball when a player of that team has possession.

37.4 Pass - The ball's movement is caused by a player in possession, throwing, rolling, or bouncing the ball to a teammate. If a player bounces the ball onto the floor and then into the board and/or glass and toward the stick of a teammate and there is a continuous movement of the ball, the pass is complete.

37.5 Completed Pass - A completed pass is one caught by a teammate.

37.6 Ball in Flight - A ball in flight, including a bounce pass or roll pass, from one player to a teammate is a ball in team possession.

Rule 38: Facing at Center

38.1 Beginning the Game - Play shall be started at the beginning of each period, and after each goal by facing the ball at the centerline "X" or "O." Before the start of a face-off at the center, one

(1) player from each team shall be at the center "X" or "O." If a player or team delays the game before any face-off, possession goes to the opposing team.

38.2 Faceoff Positioning - The faceoff players shall stand on the same side of the centerline of the floor as the goal each is defending, with their lacrosse stick resting on the floor along the centerline. Both hands and feet of each player facing off must be to the left of the throat of the stick. Each must have both hands on the stick's handle, not touching any strings and touching the floor. Their feet may not touch the stick.

No portion of either stick may touch, nor may either player be in contact with their opponent's body by encroaching in their opponent's territory. The walls of the stick must be approximately eight inches (8") apart touching the floor. The sticks must be placed so that they are parallel to the centerline, and the players facing off must keep their feet behind the

centerline. Once the players have assumed their positions, the official shall say, "set," and players must remain motionless until the whistle is blown. Two lines shall be drawn on the turf at the center face-off position eight inches (8") apart measured from the inside edges, one-half inch ($\frac{1}{2}$ ") width, and six inches (6") long.

38.3 Face-off Violations – A violation shall occur for any reason listed below and result in possession being given to the other team.

- Movement by any player, facing off, after the "set" command
- When the ball is stuck in the back of a player's stick upon facing off
- Stepping on or kicking an opponent's stick
- When there are simultaneous multiple violations (e.g., a restraining line and face-off), the violation by the face-off players shall determine possession

38.4 Contesting the Ball on the Faceoff - The two players must contest the ball when the Official blows the whistle. The ball must come out of the dotted circle. You may not trap, clamp, or dead stick (clamp or trap and not move your stick) the ball with the intent to withhold play inside or outside of the dotted circle or the opponent's stick or body. Any 'overclamp,' which is a stick clamping on top of the original clamp, is a violation. The ball shall be awarded to the non-offending team.

If a player gains possession on a faceoff with the ball in the reverse side of their stick, and fails to move, rake, or direct it (to a teammate or himself) and takes more than one step, a faceoff violation has occurred, and the ball will be awarded to the non-offending team.

38.5 Floor Strength Before the Faceoff - It is the referees' responsibility to see six players, including those in the penalty box, on each team, at the beginning of each quarter or overtime period, and before each face-off following a goal.

Rule 39: Positioning of All players at face-off

39.1 Positioning of Players Before the Whistle - The remaining players must take a position inside an offensive or defensive zone. Once the players are in a position themselves, they must remain in those locations until the whistle sounds to start play, at which time all players are released from their respective positions. Players may be moving before the whistle, provided they are behind the zone line and not making contact with an opponent.

39.2 Contact in the Faceoff Circle - Players not involved in the actual face-off are allowed to enter the outside face-off circle (11' radius) while the face-off is taking place. Any player who enters the outside face-off circle (11' radius) and strikes one of the face-off participants before the player becoming upright in a vulnerable position shall be assessed the appropriate time penalty.

Rule 40: 10-SECOND COUNT

40.1 There shall be a ten (10) second count half-court applicable to both teams in all situations. When a team gains possession in the defensive half of the floor, they must get the ball across the centerline within ten (10) Seconds of gaining possession.

40.2 10-Second Procedure - The trailing official on the floor shall keep the 10-second count by a chopping motion of the hand for each second.

40.3 Time-Outs Called in the Defensive Half - In time-out situations called by either team before the expiration of the 10-second count, a new 10-second count shall be awarded after the time-out

Rule 41: Back-Court Definition

41.1 Teams must keep the ball in their offensive half after gaining possession or carrying

the ball with both feet across and making contact in that zone. Violations will result in possession being awarded to the non-offending team.

41.2 Back Court Violation – A loose ball or a player with possession of the ball comes in contact with the centerline of the field for any reason other than a shot on goal or the defensive team being the last to touch the ball, it shall be a back-court violation. If the offense was the last to touch before the ball going backcourt with a reset of the shot clock, the official should hold the sounding of the whistle until it is apparent that the non-offended team will not gain possession. Possession shall be awarded to the non-offending team where the ball comes to rest or at least 10 yards away from the radius of the center of the goal. The offensive team cannot intentionally direct the ball into the backcourt for any reason, regardless if they are considered to have possession or not. Should a goalie be pulled for an extra attacker when the ball travels across the center and travels into the goal, their play is regarded as a good goal.

41.3 Back Court Violation on a Faceoff - Should a player gain possession of the ball immediately after a face-off, the ball and/or player with possession of the ball is only permitted to cross one line from where the player was deemed to gain original possession. Once the player, in the discretion of the referee, has established possession and forward direction, a loose ball and/or player with possession of the ball comes in contact with the line immediately behind the player, a back-court violation shall be called.

Rule 42: 30- Second Shot Rule

42.1 30 Second Shot Clock Rule Definition - The team in possession is required to take a shot on goal within 30 seconds of gaining possession. Failure to take a shot on goal will result in the 30- second clock timers sounding a horn. Possession goes to the non-offending team. The official shall have the authority to reset the 30-second clock to cover any unusual situation not specifically covered under these rules.

42.2 Location of the Clock - The 30- second clock shall be located outside the playing enclosure, behind the enclosed glass and behind each goal, and in view of the players and referees on the playing surface.

42.3 Shot Clock Reset Criteria - The 30-second clock will be reset when:

- The team in possession takes a shot on goal
- The ball is deflected off the goalie while the goalie is in the crease
- The ball is deflected off a runner while in the crease when the goalie has been pulled and is on the bench for an extra attacker
- The ball deflects off the goal post.

The shot clock starts when there is a team in possession. A team is in possession when cradling, holding, passing, or shooting the ball in play. Team possession ends when:

- There is a shot on the goal
- The opponent gains possession
- A goal is scored, or the ball goes out of bounds.

Anytime there is a floor violation or personal penalty, the clock is to be reset.

If a defensive player touches the ball and does not gain possession, the 30-second shot clock continues to run. If a defensive player causes the ball to go out of bounds, the 30-second shot clock shall be reset.

42.4 Referees' Reset Signal - When it is necessary for the official to signal to reset the 30-second clock, the official nearest the ball shall signal the 30-second clock operator to reset

the clock, and the off-ball official shall mirror the reset signal. The signal shall be a whirling motion of the arm over the head.

42.5 Shot Clock and Timeout are Called - If a time out is called by the official, the time on the shot clock will remain as it was when the whistle sounded to stop play. If time stops due to an injury, the clock remains, as it was when play stopped.

42.6 Shot Clock Malfunction - In the event one of the two 30-second clocks ceases to operate (malfunction) during play, both clocks shall be turned off until the clock problem can be resolved. The 30-second clock operator shall keep track of time and sound the horn when and if violations occur.

Note: If the 30-second shot clock is not operational or malfunctions during play, it is the officials' responsibility to keep the count. When 10 seconds remain on the 30-second clock, it will be announced to both benches, and officials will count the final five seconds out loud (5,4,3,2,1,0) and then blow their whistle.

Rule 43: Out of Bounds

43.1 Play shall be suspended anytime the ball goes out of the box enclosure. The ball is not out of bounds until it touches something out of bounds, and players can reach over the boards to catch a pass or loose ball before it contacts something out of bounds. Possession is awarded to the team which has not touched the ball last except for a shot on goal that deflects directly off the goalpost or goalie and goes out of bounds; in this case, the offensive team will retain possession. In all cases, the ball is awarded at the position, determined by the referee, where the ball left the playing surface. If awarded to the defensive, you may award to the goalie in their crease area if closer.

Rule 44: Ball Caught in the Lacrosse Stick or Equipment

44.1 Ball Caught in a Runners Stick or Equipment - If the ball becomes caught in a player's equipment, other than the player's stick, play shall be immediately suspended, and the ball awarded to the player at that spot and the shot clock shall not reset. If the ball becomes stuck in a player's stick, other than the goalie, at any time during the gameplay, will be stopped immediately and awarded to the other team.

44.2 Ball Caught in Goalies Stick or Equipment - If the ball becomes caught in a goalie's stick, mask, or other equipment following a shot, play shall be immediately suspended, and possession shall be awarded to the goalie, and the shot clock shall be reset. If the ball becomes caught in the goalie's equipment following a teammate's pass, possession shall be awarded to the goalie; however, the shot clock does not reset. In either case, the play shall restart with the goalie in their own crease.

44.3 Ball Caught in Stick on Faceoff - If, during a face-off the ball becomes lodged in a player's stick, the official will stop play and award the ball to the non-offending team. This is considered a technical penalty for withholding the ball from play.

Rule 45: Ball out of Sight

45.1 Should a scramble take place or a player accidentally fall on the ball, which becomes out of sight of the referee, that official shall immediately blow their whistle and stop the play. The ball is awarded to the team who was not on the ball. If a goalie is in their crease and falls on the ball, the ball will be awarded to the goalie.

Rule 46: Ball Striking the Referee

46.1 Play shall not be stopped if the ball touches an official anywhere on the floor, regardless of whether a team is shorthanded or not.

46.2 Ball Striking Official then Out of Bounds - When a ball deflects off an official and goes out of play, the ensuing face-off will take place at the center face-off spot.

46.3 Ball Striking Official then into the goal - If a goal is scored due to being deflected directly into the net off a referee, the goal shall not be allowed. A center face-off will restart play.

Rule 47: Goal Scored Definition

47.1 A goal is scored when the ball passes from the front entirely through the imaginary plane formed by the rear edges of the goal line, the goalposts, and the crossbar of the goal, regardless of who supplied the impetus.

47.2 Goal Nets Moved Inadvertently - If the goal is inadvertently moved by contact from a defensive player or goalie and the offensive team is in the possession and in position for a shot on goal, the referees will not stop play until the defensive team gains possession or the scoring attempt has ended. The goal's plane does not move; it is an automatic goal providing the ball goes through the plane of the goal.

47.3 Goal Net Intentionally Moved - If a goalie or a defensive player intentionally moves the goal to thwart a scoring opportunity, play will be stopped immediately, and a penalty shot will be awarded to the non-offending team. If an offensive team intentionally moves the goal off its moorings, a two-minute minor penalty shall be assessed for unsportsmanlike conduct to the offending player.

47.4 Shot Origin - A goal shall be awarded if a goal is scored when the attacker's stick head is in front of the goal line extended when releasing the ball during the act of shooting, provided there is no crease violation or other violation before the ball entering the net. The attacker's stick is permitted to make contact with the post and incidental contact with the goalie.

47.5 Pass from Behind Goal Line Off Player Into Net - When a pass is initiated from behind the goal line by an attacking player that strikes or rebounds off a player of either team and goes into the net, the goal will be allowed. The exception being, an attacking player, while behind the goal line, may not direct the ball into the goal by rebounding the ball off the back of the goaltender.

47.6 Throwing Stick or Object at Ball or Ball Carrier When Opposing Goalie Has Been Removed - If the opposing goalie has been removed and a player or returning goalie throws or shoots any part of their stick or any other object at the ball or ball carrier on a breakaway, a goal shall be awarded to the attacking team.

47.7 Illegal Entry When Opposing Goalie has Been Removed - If, when the opposing goalie has been removed from the floor, a player of the side attacking the unattended goal is on a breakaway and is interfered with by a player or goalie who shall have entered the game illegally, the official shall immediately award a goal to the non-offending team. "Interfered," as per their rule, does not imply physical contact by the defender.

Rule 48: No Goal

48.1 Under the following conditions, a goal shall be disallowed:

- i. Time Expired - When the ball passes through the plane of the net after the game clock's horn or shot clock has sounded to indicate the end of a quarter or expiration of the shot clock.
- ii. Crease Violation - A crease violation will result in a no goal.
- iii. Too Many Player - When the ball passes through the plane of the goal when the attacking team has too many players on the floor, including those in the penalty box at the time of the play.
- iv. After Official Whistle - When the ball passes through the plane of the goal after one of the referees has sounded their whistle for any reason, including the sounding of an inadvertent whistle.

- v. Contact with the Goalie - A crease violation occurs when a player makes contact with their stick or body on the goaltender before the ball entering the goal. Incidental contact by an attacker on a goaltender with their body or stick, which in no way affects the ability of the goaltender to attempt to make a save or play the ball, shall not result in a crease infraction.
- vi. Kicked into the Net - When the ball is kicked in a kicking motion directly or indirectly into the opponent's goal.
- vii. Free Hand Into Net - A ball is directed into the net off an opponent's free hand.
- viii. Ball Caught in the Stick and Thrown into the Net - When a ball is lodged, or not, in the throat of the pocket and the ball and stick are inadvertently or deliberately tossed into the goal.
- ix. Ball and Goalie Pushed Into - If a goalkeeper has been pushed into the net together with the ball after making the stop, the goal will be disallowed. If applicable, the appropriate penalties will be assessed.
- x. Directed Into the Net - If the ball is loose in the crease, a player may not direct the ball into the goal. If the ball is loose in the crease, an opposing player must have possession. A no-goal shall be called if the ball is loose in the crease, directed by an opposing player, and having the ball make contact with the goalie or a defender before the ball going into the net.
- xi. Ineligible Player on the Floor - If a goal is scored by a player who violates a rule on the floor, the goal will be disallowed. The player will be removed from the game, and the club shall not substitute another player on its roster.
- xii. Shot from Behind Goal Line Extended - If a goal is scored when the attacker's stick head is behind the goal line extended when releasing the ball on a shot, the goal will be disallowed.
- xiii. Stick Head Dislodgement - If a player takes a shot and the head of their stick comes off, and the ball enters the goal, the goal would be disallowed and the ball awarded to the goalie.

Rule 49: Substitutions

49.1 Regular Substitution - Substitution of players may be made when play has been suspended by the referees:

1. After a goal being scored
2. During a team timeout
3. During an injury timeout
4. During an official's timeout or
5. a time-serving penalty

49.2 Special Substitution - The following special method of substitution may be used without the necessity of awaiting suspension of play by an Official in accordance with Rule Immediately above.

- i. During a ball out of bounds
- ii. Shot clock violation

- iii. Change of possession
- iv. Any technical penalty
- v. During live play

49.3 Substitution Procedures - From a team's bench area, one player at a time may enter the game by waiting for the player they are replacing to have two foot within their team's substitution area. The player may exit and enter at different doors or through the same door or over the boards. The player exiting the floor has the right of way, and substitution must be imminent. The player exiting the floor must leave the floor and enter their team box area.

When a goalie leaves their goal area and proceeds to the players' bench to substitute for another player, the trail official shall be responsible for seeing that the substitution made is not illegal because of the premature departure of the substitute from the bench (before the goalie has entered the changing area). If the substitution is made prematurely, the official shall stop the play immediately by blowing their whistle unless the non-offending team has possession of the ball, in which event the stoppage will be delayed until the ball changes hands. A goalie who maintains a stationary position in the changing area shall be deemed as a player on the floor.

Rule 50: Criteria for Stoppage of Play on a Delayed Penalty

50.1 If a defending player commits a personal penalty against an opponent, in which the non-offending team has possession of the ball, the official shall raise their hand and withhold their whistle until such time as the completion of play by the team in possession.

Completion of play by the team in possession in this rule means either:

- i. That the ball goes out of bounds
- ii. A technical violation has been committed
- iii. A goal is scored
- iv. A shot clock or game clock expires
- v. An offensive player commits a penalty
- vi. A loose ball that crosses the centerline and is rolling toward the unattended goal
- vii. The ball has come into possession and control of an opposing player or has been "frozen."

This does not mean a rebound of a goalkeeper, the goal or the boards, or any accidental contact with the body or an opposing player's equipment.

Rule 51: Injured Players

51.1 Injured Runner - An injured player shall be defined as a player hurt requiring the official to stop play. The injured player must leave the floor if a play is stopped, and they may not return to the floor until the next non-technical stoppage of play. Violation will result in a minor penalty to the offending player for the delay of the game.

51.2 Injured Goalie - A trainer may come on to the floor to tend to an injured goalie. If the injury is serious or 30 seconds expires from when the official stopped play, the goalie will be replaced with a backup, and no warmup shall be permitted for the substitute.

51.3 Stoppage Of Play For Injuries - In the case where it is obvious that a player has sustained a serious injury, the official should stop the play immediately. Otherwise, play shall be stopped once a team has gained possession unless an opportunity to score is eminent.

51.4 Restarting Play after an injury – If play is stopped for an injury to a player, the ball will be given to the team in possession, and the shot clock shall remain as it was when play stopped. If possession was not gained before a play was stopped due to an injury, a face-off will occur.

Section 8 – Infractions

Rule 52: Possession/Technical Infractions

52.1 Delay of Game – A delay of game penalty will result if a team;

- i. Is failing to be ready for a face-off after a goal or at the start of the period
- ii. After the expiration of an official timeout or after a penalty has been imposed
- iii. Any violation of the rules for position during a face-off

52.2 Playing Without a Stick - Players without a stick may participate in the game and may kick a loose ball. However, in the referee's judgment, if the loose stick is broken and represents a danger to players on the floor, the official shall immediately stop play. Play will resume with the team in possession and a new 30-second shot clock. If the ball is loose at the time play is suspended, there will be a faceoff.

52.3 Illegal Pick/Screen/Block - Any violation of Rule 52 is an illegal offensive pick/screen/block.

52.4 Illegal Procedure - Any action on the part of the players or substitutes of a technical nature, not in conformity with the rules and regulations governing the play of the game, shall be termed illegal procedure.

52.5 Stepping on a Stick - A player may not deliberately step on the stick of an opponent during a faceoff or any other time.

52.6 Touching the Ball - A player may not touch the ball with their hand; this includes a player using their thumb to hold the ball within their stick or "Thumbing" while cradling. The gloved hand grasping the stick is considered part of the stick and is not a violation of their rule. A player who uses their hand to grasp and hold a ball that is outside the crease. Possession shall be awarded to the non-offending team when a player or goaltender uses their hand to grasp, touch, or hold a ball that is outside the crease

An exception to the rule is a goalie may use their hand while in the crease.

52.7 Withholding the Ball from Play - A player may not:

- i. Lie on the loose ball
- ii. Hold the stick against any part of the body while in possession of the ball to withhold the ball from play
- iii. Trap or dead stick it with their stick longer than necessary with the purpose of "raking" the ball to gain possession. "Raking" the ball must be in one continuous motion.
- iv. Withhold the ball from play in any manner.

52.8 Crease Violations - See Crease Violation Rule 35.5.

52.9 Loose Ball Push - The referee, at their discretion, may assess a change of possession, based on the degree of the contact made. A slight impediment of a player from behind on an opponent pursuing a loose ball would be an example of when to award possession rather than a time- serving penalty.

52.10 Offensive Warding Off - Also, a player in possession of the ball cannot use the free arm to ward off, use their free hand or arm to hold or control the direction or movement of their opponent, but can use the free arm to absorb contact or a blow from an opponent.

Rule 53: Offensive Picks/Blocks/Screens

53.1 Picks/Blocks/Screens are legal if applied below the shoulder and above the waist. Contact is made with the body or stick, but under no circumstances may there be clutching and grabbing an opponent. At the discretion of the referee, picks/blocks/screens are allowed as long as overt forceful contact with the body and/or crosse is not made to an opponent. Contact is expected, but excessive contact shall be penalized under the appropriate rule.

53.2 Offensive Pick - The legal action by an attacking player attempting to impede the defensive coverage of a defender on an attacking player who has possession of the ball while looking to receive a pass.

53.3 Offensive Block - The legal action by an attacking player attempting to impede the defensive coverage of a defender on an attacking player with or without possession, with no intention of receiving a pass.

53.4 Offensive Screen - The legal action by an attacking player attempting to impede the defensive coverage of a defender on an attacking player without possession, while looking to receive a pass. At the discretion of the referee, the player setting the screen shall be stationary or have limited mobility upon application of the screen when contact is made and may not excessively push off.

Stick Infractions

Rule 54: Butt Ending

54.1 Using the end of the shaft of the stick in a jabbing motion against an opponent.

54.2 Penalty

- Major Penalty - The official will impose a major penalty on a player who attempts to make contact with a butt-end an opponent.
- Match Penalty - At the referees' discretion, a match penalty may be assessed if, in their judgment, a player was reckless or endangering by butt-ending.

Rule 55: High Sticking

55.1 Checking an opponent with the cross in such a way that contact is made to the opponent's neck, face, or helmet. If a player is legally checked ducks deliberately, to cause the stick of the opponent to strike them on the head or neck, no penalty shall be assessed.

55.2 Penalty

- Major Penalty - The official will impose a major penalty on a player that high sticks an opponent.
- Match Penalty - The referee, at their discretion, may assess a match penalty if, in their judgment, the player or goalkeeper was reckless or endangering their opponent by high sticking.

Rule 56: Legal Cross Check

56.1 A check to the arms of an opponent that is below the shoulders and above the waist applied with both hands on the stick to an opponent who has possession of the ball. Extension of the arms, while the check is being delivered, is permissible. A player may apply some pressure with a check to a non-stationary opponent not in possession of the ball.

Rule 57: Illegal Cross Check

57.1 A check to an opponent above the shoulders, below the waist, or on the back that is applied with both hands on the stick. A player who uses excessive force (more than equal pressure) to crosscheck a player, who is not in possession of the ball (off the ball), shall be issued a penalty. A player who cross-checks an opponent who does not have both feet on the ground shall receive a penalty. This will include jumping players, players on the ground, and players that are getting up from the ground with only one foot.

57.2 Penalty

- Minor Penalty - The referee, at their discretion, may assess a minor penalty, based on the degree of violence of the penalty to an opponent.
- Major Penalty - The referee, at their discretion, may assess a major penalty, based on the degree of violence of the penalty to an opponent.
- Match Penalty - The referee, at their discretion, may assess a match penalty if, in their judgment, the penalty was reckless or endangering their opponent.

Rule 58: Spearing with the Stick

58.1 A stabbing motion at an opponent with the head of the stick whether contact is made or not.

58.2 Penalty

- Minor Penalty - The referee, at their discretion, may assess a minor penalty, based on the degree of violence of the penalty to an opponent.
- Major Penalty - The referee, at their discretion, may assess a major penalty, based on the degree of violence of the penalty to an opponent.
- Match Penalty - The referee, at their discretion, may assess a match penalty if, in their judgment, the player or goalkeeper was reckless or endangering their opponent by spearing.

Rule 59: Throwing the Stick or Objects

59.1 Intentionally throwing the stick or any part thereof or any other object at an opponent or the ball. When a player discards the broken portion of a stick by tossing it to the side of the floor, and not over the boards, in such a way as will not interfere with play or opposing player, no penalty will be imposed.

59.2 Penalty

- Major Penalty – The referee, at the discretion of the referee, shall be imposed on any player (offensive or defensive) on the floor or bench who intentionally throws their stick, or any part thereof, or any other object, except when such act has been penalized by assessment of a penalty shot or the award of a goal
- Match Penalty – The referee, at the discretion of the referee, shall be imposed on any player who intentionally throws their stick or any part thereof outside the playing area.

59.3 Awarding a Penalty Shot - When any member of the defending team, including anyone on the bench or penalty bench, deliberately throws or shoots any part of a stick or any other object, at the ball or ball carrier on a breakaway or an attacker attempting to pick up a loose ball, the official shall allow the play to be completed, and if a goal is not scored, a penalty shot shall be awarded to the non- offending team. Any dressed player on the offended team may take the penalty shot.

59.4 Awarding a Goal - If, when the opposing goalie has been removed, a member of the defending team, anyone on the bench, or penalty bench, deliberately throws or shoots any part of the stick or any other object at the ball or ball carrier having a clear shot on an "open net," a goal shall be awarded to the attacking team. An "open net" is defined as one from which a goalie has been removed for an additional attacking player. Additionally, if during a penalty shot, the goalie attempts to stop the penalty shot by throwing their stick or any other object, a goal will be awarded.

Rule 60: Slashing

60.1 Slashing is the act of swinging a player's stick at an opponent without any visible attempt to dislodge the ball, whether contact is made or not. Any forceful or powerful chop with the stick on an opponent's body or stick that in the judgment of the official is not an attempt to play the ball shall be penalized as slashing. Non-aggressive stick contact to the stick or hands of a ball carrier should not be penalized as slashing. Slashing a non-ball carrier shall result in a penalty.

60.2 Penalty

- Minor Penalty - The referee, at their discretion, may assess a minor penalty, based on the degree of violence of the penalty to an opponent.
- Major Penalty - The referee, at their discretion, may assess a major penalty, based on the degree of violence of the penalty to an opponent.
- Match Penalty - The referee, at their discretion, may assess a match penalty if, in their judgment, the penalty was reckless or endangering their opponent.

CREASE INFRACTIONS

Rule 61: Goal Crease Violations

61.1 Any attacking player who violates the privileges of the goalie or crease area. For the purpose of crease violations, contact is on or inside the crease line.

61.2 Attaching Player in the Crease - An attacking player in possession of the ball, who is in the crease, is in violation and will result in a turnover. A player who is in contact on the crease line or in the crease with their stick only is not in violation of their rule.

61.3 Attacking Player First Touch/Interfering After The Shot On Goal - If an attacking player who, after taking a shot on goal, or making a pass, steps by way of their own momentum into the crease and then immediately out, is not in violation of the goal crease provided that attacking player is not the first to touch the ball and does not interfere with any opposing player who is attempting to pick up the ball. However, if the ball is touched by the goaltender, then the attacking player who has left the crease may be the next to touch the ball.

An attacking player who is not in possession of the ball and is in contact in the opposing crease and then exits the crease, and is the first to receive a pass immediately after exiting the crease is in violation, and possession shall be awarded to the non-offending team.

61.4 Attacking Player in the Crease To Gain an Advantage - An attacking player who makes contact in the opposing crease, thereby gaining an advantage, as deemed by the discretion of the official and makes contact with the ball or directly interferes with an opposing player who is attempting to pick up the ball is in violation and possession shall be awarded to the non-offending team.

61.5 Attacking Player in the Crease to Gain an Advantage on a Defender - An attacking player who makes contact in the opposing crease, thereby gaining an advantage, as deemed by the discretion of the official and makes contact on an opponent who has possession of the ball is in violation and will be assessed a delay of game minor penalty.

61.6 Non-Shooter in the Crease When Teammate Shoots - A non-shooter who is in the opposing crease must vacate the crease by establishing contact with two feet outside of the crease before the ball crossing the plane of the goal to be an awarded goal. The same shall apply for a shooter who legally shoots the ball from outside the crease, then travels into the crease, must vacate the crease in the same manner before the ball crossing the plane of the goal.

61.7 Shooter in the Crease Before the Ball Crossing the Goal Line/Diving - Any attacking player, while shooting by any means (diving, jumping, leaping, in a stationary position or while moving), who makes contact with the crease before the ball completely crosses the goal line, will result in no goal and a possession infraction.

61.8 Contact with the Goaltender - A crease violation occurs when a player or their stick makes contact with the goaltender, while the attacking player is in the crease. Additionally, an attacking player is in violation of the crease if the attacking player, while in the crease, makes contact with a defender, and as a result, the defender then makes contact with the goaltender.

If a goaltender initiates contact with their stick to the attacking player, it is not a violation.

61.9 Contact by a Defender - A crease violation occurs when an offensive player is in the crease when a goal is scored, except for when the attacking player has been illegally checked by a defender into the crease.

61.10 Goalie Hand Ball - A goalkeeper may catch the ball while in their crease with the gloved hand and place the ball in their own stick or their teammates stick if their teammate is in the crease. If the goalie throws the ball with their hand, possession shall be awarded to the non-offending team. A goalie cannot use their hand to grasp, touch, or hold the ball outside their crease. A violation results in possession to the non-offending team. Illegal Crease Re-entry - It is a violation for a player or goalie, while in possession of the ball outside the crease, to enter the goal crease area. In addition, it is a violation for a player or goalie while in possession of the ball in the crease area longer than four (4) seconds.

61.11 Illegal Re-entry with the Ball - A goalie or a defending player in the crease is not allowed to make contact with a ball that has been deliberately directed or passed back to crease by a teammate. This would include a ball after being deliberately directed, hits the dasherboard, and then enters the crease or a ball that is deliberately directed that rolls through the crease and a goalie or a defending player in the crease then makes contact with the ball. If a deliberately directed ball is deflected by an offensive player, it will not be considered re-entry. In the crease, a defender is allowed to pick up a non-deliberately directed loose ball outside the crease.

61.12 Checking a Non-Goalie who has Possession in the Crease - When a defending player other than the goalie is in their own crease with possession, opposing players may not enter the crease to body check said player. Opposing players may check the ball carrier's stick when said player has two feet in the crease and the ball and stick is outside the crease. Opposing players may attempt to intercept a pass by said player, and stick-on-stick contact is allowed outside the crease. Violation of this rule shall result in a two (2) minute minor penalty or more serious penalties if warranted.

61.13 Balls Ensnared in the Goal Netting - Should the ball be resting on the back of the netting, the official shall stop play, and the ball is given to the goalie in their crease.

61.14 Penalty Shots for Deliberate Withholding the Ball in the Crease - Should a player in their own end deliberately fall on the ball in their crease, or deliberately closes their hand on the ball in their crease while in front of their goal line, a penalty shot will be imposed on the offending team.

Goalkeeper Privileges

Rule 62: Goalkeeper Privileges

62.1 Only a designated goalkeeper, as recorded in the official scorebook, has the privileges of the goalkeeper and crease area. Within their own goal crease area, the designated goalkeeper may stop or block the ball in any manner with their lacrosse stick or body. They may block, catch, pickup, or bat the ball away with their hand. A goaltender that leaves the goal crease area loses all goaltender privileges. Should the goalie proceed up the floor with the ball, they may be checked like any other player. However, they cannot be "charged" or "slashed" or roughed up. Likewise, the official will penalize the goalie for illegal actions both in and out of the crease.

Should there be six (6) players from the same team on the floor, without a designated goalkeeper, then no one has the privileges of the goal, goalkeeper, and/ or crease.

62.2 Contact with the Goalie in the Crease - The referee, at their discretion, shall assess appropriate penalty or penalties for interference when contact is made to the goalkeeper, their stick, and when the goalkeeper is in the goal crease area, except for Rule 65.6 Contact Initiated by the Goalie.

If the goalie has two feet in the crease and possession of the ball in their stick and both stick and ball are outside of the crease, they may not be checked. If a defender makes contact with the goalies stick while the goalie still has possession of the ball during an outlet pass while the goalie is in their crease, the defender will receive a two (2) minute minor penalty for goaltender interference. If the ball is clamped outside the crease circle by the goalie, a player may rake under the goalie's stick.

Rule 63: Contact While Shooting on Net

63.1 Contact on the Goalie Initiated by the Attacker - If an attacking player in the act of diving, or jumping into the crease, physically initiates contact with the goalie and the ball enters the goal, the goal will be disallowed and appropriate penalty to the attacker will be assessed. Any incidental contact by an attacker on a goaltender with their body or stick, which in no way affects the ability of the goaltender to attempt to make a save or play the ball shall not be penalized.

63.2 Contact Initiated by the Goalie - If a player on the attacking side is physically interfered with by contact solely initiated by the goaltender, the attacker shall not receive a penalty for goalkeeper interference. The goaltender may be subject to a penalty. Should the ball enter the net after the contact has been made, provided there is no crease violation, the goal shall be allowed.

63.3 Time and Distance Between Shot and Contact with the Goalie Initiated by the Attacker - If a legal shot is taken and the ball enters the net, and the shooter enters the crease and contacts the goalie, the goal shall be awarded. If the ball is in the goal long before contact is made then, a penalty to the attacker can be assessed if avoidable contact is made.

63.4 Contact Initiated by a Defender on an Attacker into the Crease Area - If a player of the attacking side has been illegally interfered with by the action of a defending player to cause them to be in the goal crease and the ball should enter the net while the player interfered with is still in the goal crease, the goal shall be allowed.

A defender, who illegally interferes with an attacker while the attacker is in the act of diving or jumping into the crease, resulting in contact on the goalie solely because of the defender's actions, the defender shall be assessed appropriate penalties, and the goal shall count.

At the discretion of the referee, if the attacking player was fouled, causing them to be in the crease does not use their best efforts to immediately vacate the crease, and a goal was scored, the goal shall not be allowed.

63.5 Avoidable Contact by Attacker on a Goalie - A penalty shall be assessed to a player of the attacking side who, having been interfered with, fails to avoid making contact with the goalie. Unavoidable contact by the attacker will not be penalized.

63.6 Penalty for Contact While Shooting on Net

- Minor Penalty - The referee, at their discretion, may assess a minor penalty, based on the severity of the infraction to a player guilty of making illegal contact.
- Major Penalty - The referee, at their discretion, may assess a major penalty, based on the severity of the infraction to a player guilty of making illegal contact.
- Match Penalty - The referee, at their discretion, may assess a match penalty, based on the severity of the infraction to a player guilty of making illegal contact.

Physical Infractions

Body position shall play an essential role in the determination of violations. Body position shall be determined as the player in front of or beside an opponent traveling in the same direction. A player who is behind an opponent may not use their freehand or body to restrain their opponent but must run in order to regain and establish their proper position in order to make a check.

Once body position is established, the defender may use their arms and hands in only a pushing motion within the distance between their shoulders. The official may assess a possession change or served penalties as per below.

Rule 64: Illegal Body Checking

Illegal body checking an opponent from behind when they are near the boards or in a vulnerable position are the most dangerous checks in the game and shall be at least a Major Penalty. A Match Penalty shall occur if the body check was reckless or attempted to deliberately injure an opponent.

64.1 An illegal body check is a body check to an opponent above the shoulders, below the waist, or back. It is illegal to body check an opponent who does not have both feet on the ground. This will include jumping players, players on the ground, and getting up from the ground with only one foot.

A legal body check can only be made to an opponent who is in possession of the ball, and the check is applied to the front or side and must be below the shoulder or above the waist.

64.2 Contact while Pursuing a Loose Ball - When players or the goalkeeper are pursuing a loose ball, checking the opponents stick and body contact is allowed. If contact is a direct attempt to drive the opponent off the ball while making no attempt to play the ball, possession shall be awarded to the non-offending team for interference.

64.3 Equal Pressure - A defending player may impede the progress of an attacking non-ball carrier who is not in contention for a loose ball or receiving a pass provided they use an "equal pressure" to an opponent with their body and stick to the front or side of an opponent.

64.4 Contact after a Pass or Shot - The avoidable body checking of an opponent, including the goalie of more than one step after the opponent has passed the ball to a teammate or taken a shot at the goal, is not allowed.

64.5 Contact on a Fast Breaking Opponent - A goalie or player must allow a fast-breaking opponent to take two steps to gain composure after receiving possession of the ball before body contact can be made.

64.6 Penalty for Illegal Body Checks

- Minor Penalty - The referee, at their discretion, may assess a minor penalty, based on

the degree of the illegal body check.

- Major Penalty - The referee, at their discretion, may assess a major penalty, based on the degree of the illegal body check.
- Match Penalty - The referee, at their discretion, may assess a match penalty if, in their judgment, the player attempted to or deliberately injured their opponent by an illegal body check.

64.7 Targeting a Player in a Defenseless Position – Body checks including but not limited to;

- i. Body checking a player from their “blind side.”
- ii. Body checking an opponent who has their head down in an attempt to play a loose ball
- iii. Body checking a player whose head is turned away to receive a pass
- iv. Body checking a player near the boards or in a vulnerable position.

64.8 Penalty for Targeting a Player in a Defenseless Position

- Major Penalty - The referee, at their discretion, may assess a major penalty for players who target a player in a defenseless position.
- Match Penalty – The official shall assess a match penalty if, in their judgment, the player was reckless or attempted to deliberately injure their opponent with an illegal body check near the boards or in a vulnerable position.

Rule 65: Holding

65.1 A player who impedes the progress of any player by using their arms, legs, or hands with or without the ball.

65.2 Free Hand - A player checking with one hand on their stick may only make “stick on stick” contact to their opponent. Contact made with the off-hand that restrains the opposing player in their situation is not allowed, and a minor penalty will be assessed.

65.3 Holding an Opponent’s Stick - A player is not permitted to hold an opponent’s stick.

65.4 Penalty

- Minor Penalty – The official shall assess a minor penalty to a player who holds an opponent.

65.5 Awarding a Penalty Shot – When a player is on a breakaway and is held from behind, thus preventing a reasonable scoring opportunity, a penalty shot shall be awarded to the non-offending team.

Rule 66: Hooking

66.1 Hooking is the act of using the stick in a manner that enables a player to restrain an opponent. When a player is checking another player in such a way that there is only stick-to-stick contact, such action is not to be penalized as hooking.

66.2 Penalty

- Minor Penalty - The referee, at their discretion, may assess a minor penalty, based on the degree of the hook.
- Major penalty - The referee, at their discretion, may assess a major penalty, based on the degree of the hook.

Rule 67: Interference by/with Spectators

67.1 Spectator or Objects Thrown on the Floor - In the event of a spectator or objects are thrown on the floor by spectators, the official shall blow the whistle and stop play, and the ball will be awarded to the team in possession.

Rule 68: Boarding

Bodychecking an opponent into the boards in a vulnerable position is the most dangerous play for box players. Coaches must emphasize to their players how dangerous this play is to play, and officials must strictly penalize fouls.

68.1 A penalty shall be assessed on any player who checks an opponent in such a manner that causes the opponent to be thrown violently into the boards. There is an onus on the player who is applying the check to ensure their opponent is not in a vulnerable position and if so, they must avoid contact. However, there is an additional onus on the other player not to put themselves in a dangerous position and to move away from the boards.

68.2 Penalty

- Minor Penalty - The referee, at their discretion, may assess a minor penalty, based on the degree of violence of the impact into the boards to the player who is guilty of boarding.
- Major Penalty - The referee, at their discretion, may assess a major penalty, based on the degree of violence of the impact into the boards to the player who is guilty of boarding.
- Match Penalty - The referee, at their discretion, may assess a match penalty if, in their judgment, the player or goalkeeper was reckless or endangered their opponent by boarding.

Rule 69: Spearing With Your Head

69.1 The action of a player leading with their head to make contact or attempt to make contact on another player. A player in possession of the ball, which lowers their shoulder in order to get past or through an opponent and makes unintentional contact with their head shall not be penalized. The official shall have the latitude to determine the intent of the action of the player.

69.2 Penalty for Spearing

- Major Penalty - The referee, at their discretion, may assess a major penalty, based on the degree of violence of the penalty to an opponent.
- Match Penalty - The referee, at their discretion, may assess a match penalty if, in their judgment, the penalty was reckless or endangering their opponent.

Rule 70: Checking From Behind

70.1 A check from behind is a check made on the back of the body. When a player intentionally turns their body to create contact with their back, no penalty shall be assessed.

70.2 Penalty

- Minor Penalty - The referee, at their discretion, may assess a minor penalty, based on the degree of violence to the player who is guilty of checking from behind.
- Major Penalty - A major penalty shall be imposed on a player who intentionally pushes, body checks, cross-checks an opponent.
- Match Penalty - The referee, at their discretion, may assess a match penalty if, in

their judgment, the player or goalkeeper was reckless or endangered their opponent by checking from behind.

Rule 71: Dangerous Contact to the Head

71.1 When a player makes contact with the head or neck of an opponent, including but not limited to:

- i. Not attempting to play the ball
- ii. Leaving their feet to inflict more force
- iii. An upwards motion with the cross as opposed to a horizontal motion
- iv. Significant distance traveled and weight transfer
- v. The location of contact and the level of vision of the players involved

71.2 Penalty

- Match Penalty - A major penalty shall be assessed to a player who, with force, strikes another player in the head and/or neck. The actions of the player shall be deemed as egregious conduct.

Rule 72: Fighting

72.1 An incident where at least one player is penalized for throwing a punch, punches, or blows at an opposing player. The punches do not need to make contact to be penalized for fighting. Any punch thrown by a player shall result in an immediate match penalty and further suspension by the league or event.

72.2 Penalty for Fighting

- Match Penalty - Any punch thrown by a player shall result in an immediate match penalty.

72.3 Unwilling Combatant: A player who attempts to defend themselves against an opponent by protecting themselves from incoming blows and or punches. The unwilling combatant includes but is not limited to the following criteria:

- i. Not dropping their gloves
- ii. Not throwing a punch
- iii. Not taking their helmet off on their own accord
- iv. Any other actions that would constitute the player deemed unwilling to engage in the fight.

At the discretion of the referee, the match penalty shall be waived for an unwilling combatant in the fight, if the opposing player was clearly the instigator of the incident.

72.4 Intervention in a Fight Already in Progress (3rd Player In) - A player or goalie who is the first or subsequent player to intervene in a fight already in progress.

72.5 Penalty for Intervening in a Fight

- Match Penalty - Any player intervening in a fight shall result in an immediate match penalty.

Rule 73: Roughing or Unnecessary Roughness

73.1 Any excessively violent holding, pushing, or punching motion with or without the glove on.

73.2 Deliberate or excessive contact or cross-check by a defensive player against an offensive player who has established a legal screen/pick position.

73.3 Any avoidable act on the part of a player is deliberate or excessively violent, whether it be with the body or stick.

73.4 Penalty for Roughing or Unnecessary Roughness

- Minor Penalty - The referee, at their discretion, may assess a minor penalty, based on the degree of violence of the penalty to an opponent.
- Major Penalty - The referee, at their discretion, may assess a major penalty, based on the degree of violence of the penalty to an opponent.
- Match Penalty - The referee, at their discretion, may assess a match penalty if, in their judgment, the penalty was reckless or endangering their opponent.

Rule 74: Tripping

74.1 Any player who intentionally places their stick or any portion of their body in such a manner that will cause their opponent to trip. Should the player be tripped and not completely fall down, an appropriate penalty shall still be assessed.

74.2 Penalty for Tripping

- Minor Penalty - The referee, at their discretion, may assess a minor penalty, based on the degree of violence of the penalty to an opponent.
- Major Penalty - The referee, at their discretion, may assess a major penalty, based on the degree of violence of the penalty to an opponent.
- Match Penalty - The referee, at their discretion, may assess a match penalty if, in their judgment, the penalty was reckless or endangering their opponent.

Rule 75: Abuse of Officials

75.1 The official at their discretion may assess appropriate penalties if a player, coach, or non-playing bench personnel;

- i. Deliberately applies physical force in any manner against an official or a minor official
- ii. In any manner attempts to injure an official or minor official
- iii. Physically demeans an official or minor official
- iv. Verbally uses profane language or obscene gestures directed at officials in the arena before, during, or after any game.
- v. Deliberately applies physical force to an official or minor official solely for the purpose of getting free of such official during or immediately following an altercation for the purpose of returning to or engaging in another altercation

75.2 Non-Player Striking an Official - Any Coach or Team Staff who holds or strikes an official shall be automatically suspended from the game, ordered to the dressing room. A match penalty will be assessed against the offending team. The Head Official shall report the incident on the game sheet or special incident report.

75.3 Penalty

- Match Penalty - The referee, at their discretion, may assess a match penalty if, in their judgment, abuses an official.

Equipment Violations

Rule 76: Equipment Inspections

76.1 Random Equipment Inspection - A official may conduct random equipment inspections before or during the game.

76.2 Pregame Equipment Inspection - During the pregame inspection, goalies, will be measured without their jersey and shall have no tape or any other device that would result in a retraction of equipments intent to meet specifications. Application of tape after the measurement is permissible provided it is not deemed bulk being added and results in no other violations.

76.3 Equipment Inspection List - All players will be required to have matching uniforms. The following items shall be inspected when the referees conduct a random equipment check:

76.3.1 Runners

- i. NOCSAE Lacrosse Helmet, Facemask, and Chinstrap
- ii. Mouthguard
- iii. Gloves
- iv. Arm Guards
- v. Bicep Protectors
- vi. Shoulder Pads that meet the NOCSAE ND200 standard and contain an SEI certification mark
- vii. Rib Pads
- viii. Protective Cup or Pelvic Protector
- ix. Athletic Shoes



76.3.2 Goalies

- i. NOCSAE Lacrosse Helmet, Facemask, and Chinstrap
- ii. Throat Guard
- iii. Goalie Gloves
- iv. Chest and Arm Protectors
- v. Goalie Pants/Pads
- vi. Goalie Leg Guards
- vii. Protective Cup or Pelvic Protector
- viii. Mouthguard

76.4 Illegal or Missing Equipment - If an inspection is conducted during the game by an official and the player is found to be using illegal equipment or is missing a piece of required equipment.

76.5 Penalty for Illegal or Missing Equipment

- Match Penalty - The referee, at their discretion, may assess a match penalty if, in their judgment, a player is wearing a piece of illegal equipment or is missing equipment.

76.6 Inspection Requests by Coaches During the Game- Opposing coaches may request the referees to conduct an equipment inspection on any player to ensure they are properly equipped. Specifically for goalies, referees, when requested, shall conduct a measurement and contour check for goalie equipment during the game. Upon said request, the referees shall conduct the inspection immediately. Only one goalie shall be measured per stoppage per team.

76.7 Pregame Inspection Illegal Goalie Equipment - If an inspection conducted before the game finds the goalie to be using illegal equipment (failure to meet measurement and contour specifications), the goalie will:

- i. Be reported to the league or appropriate league or event
- ii. Must be deemed legal by the referees before entering in the game

76.8 Goalie Adjusting Equipment before Inspection - Should a goaltender adjust their equipment in an effort to retract the size or shape of their equipment after an official has announced the requested inspection, the player will receive a two-minute penalty, and the padding must be corrected before returning to play.

76.9 During Game Goalie Inspection Legal Goalie Equipment - If an inspection conducted during the game finds the goalie to have used legal equipment,

76.10 Penalty for Goalie Equipment Inspection That is found to Be Legal

- Minor Penalty - The official will assess a 2-minute bench minor penalty, delay of game, to the requesting team.

Rule 77: Broken Stick

77.1 A broken stick is one which, in the opinion of the referee, is unfit for normal play. A player without a stick may participate in the game. A player whose stick is broken may participate in the game, provided they drop the stick. The player may be handed one from a teammate on the floor or receive a stick at their bench.

77.2 Goalie Playing with a Broken Stick – A goalie may continue to play with a broken stick until a stoppage of play or until they have been legally provided a stick.

77.3 Penalty

- Minor Penalty - A minor penalty shall be imposed for any non-goalie player who continues to play with a broken stick.

Rule 78: Equipment or Clothing Adjustment

78.1 The onus of maintaining clothing and equipment in proper condition shall be upon the player. The player shall leave the floor, and play shall continue with a substitute if there is an issue. Play shall not be stopped nor the game delayed by reasons of adjustments to clothing, equipment, or sticks.

78.2 Penalty

- Minor Penalty – A minor penalty shall be assessed to a player who, having been notified by an official of the improper condition of equipment, fails to remove themselves by preventing a restart of play.

Rule 79: Helmet Lost During Play

79.1 When a player loses their helmet and is involved in a play, the official should stop the play immediately. If a player loses their helmet away from play, the official shall delay the

whistle until a team has gained possession. In either case, the player who lost their helmet must leave the floor. The team was in possession of the ball when the play is stopped shall retain possession, or if the ball was loose when the play was stopped, there would be a faceoff to restart play. Note: Helmets should have all four points of the chin strap secured at all times. Players who do not have all four points connected will be penalized if their helmet comes off during play.

79.2 Penalty

- Minor Penalty - The referee, at their discretion, may assess a two-minute delay of game penalty and award the opposing team possession of the ball if the removal of the helmet by a player was done to intentionally delay the game.

Other Infractions

Rule 80: Illegal Substitution

80.1 A team is found to have too many players on the floor.

80.2 Delayed Penalty for an Illegal Substitution - If a defensive team is found to have too many players on the floor, a delayed penalty shall be imposed on the defensive team.

80.3 Immediate Penalty for Illegal Substitution - If the offensive team is found to have too many players on the floor, then the play shall be blown down immediately, and a penalty shall be imposed on the offensive team.

80.4 Penalty

- Minor Penalty - The referee, at the discretion of the referee, shall impose a two-minute minor penalty on any team (offensive or defensive) that has too many players on the floor, except when there is insufficient playing time when illegal substitution is assessed.

80.5 Awarding a Penalty Shot - If because of insufficient playing time remaining, or because of penalties already imposed, a bench minor is imposed for illegal substitution, too many players, which cannot be served in its entirety within the legal playing time, or at any time in overtime, a penalty shot shall be awarded against the offending team.

Rule 81: Delaying the Game

81.1 All violations under this rule shall have resulted in players' actions causing a delay of the game, such as on any quick restart (i.e., shot clock violation, crease violation, etc.).

81.2 Deliberately Shoots Ball Out of Bounds - The referee, at their discretion, may assess a minor penalty, if in their judgment, the player or goalie delays the game by deliberately shooting, hitting, or batting the ball outside the playing area.

When the goalie deliberately shoots the ball directly (non-deflected) out of the playing area, except where there is no glass, a penalty shall be assessed for delaying the game. A ball shot during play that hits any infrastructure above the playing surface that is "inside" the glass around the arena, shall result in possession, not a penalty.

81.3 Throws or Rolls Ball Away from Official - A minor penalty shall be imposed on any player or goalkeeper who throws or rolls the ball away from the official will result in a delay of game.

81.4 Throws Ball Away for Stalling Purposes - Teams shall not deliberately throw the ball down to their defensive zone with time remaining in the 30-second clock strictly for stalling purposes to allow their defensive unit on the floor. A two -minute minor penalty will be assessed to the offending player.

81.5 Failing to Comply with Placing Correct Number of Players on the Floor - A loss of

possession shall be imposed upon any team which, after issuing a warning by the official to place the correct number of players on the floor and commence play, fails to comply with the referee's direction and thereby causes any delay by making additional substitutions.

81.6 Non-Playing Personnel on Bench - Only players in uniform, the head coach, and three non-playing personnel shall be permitted to occupy the benches so provided. The Head Official will inform the Head Coach to remove any offending individuals from the player's benches. After such warning and if the individual does not leave or returns to the team bench, a bench minor penalty will be imposed on the offending team.

81.7 Late Commencement of Play - The teams shall be on the floor at the appointed time for the beginning of the game and commencement of each quarter. A violation of this rule shall result in a delay of game and a minor penalty to the offending team. If, for any other reason, unrelated to the teams, there is a delay in the commencement of the game or delay in the start of the game following halftime, the Crew Chief will note it in the game report.

81.8 Calling a Timeout when a Team Has No Timeouts - Requesting a timeout when a team has no timeouts remaining will result in a Minor Penalty for Delay of Game.

81.9 Failure to Close Substitution Doors - The referees will inform team personnel that substitution doors cannot be left open.

- Minor Penalty - After the first warning and if the team does not keep their door closed, a Bench Minor Penalty will be imposed on the offending team.
- Major Penalty - If a player is pushed through an open door or contact is made to the rear of an opponent near an open door during play, it will result in a Major Penalty, and potentially Match Penalty for the offending player.

Rule 82: Displacement of Goal

82.1 If a goalpost is deliberately displaced by the defending player or goalkeeper, the referee, at their discretion, may assess a minor penalty under the rule, award a penalty shot, or award a goal. Play shall continue under all circumstances until the official stops play accordingly.

82.2 Penalty

- Minor Penalty - A minor penalty shall be imposed on any player (including the goalie) who delays the game by deliberately displacing a goal post from its normal position. The referees shall stop play when the offending team gains possession of the ball.

82.3 Awarding a Penalty Shot

82.3.1 If because of insufficient time in the regular playing time or because of penalties already imposed, the minor penalty assessed to a player for deliberately displacing their own goal post cannot be served in its entirety within the regular playing time of the game or at any time in overtime, a penalty shot shall be awarded against the offending team.

82.3.2 If the goal post is deliberately displaced by a goalie or player during a "breakaway," a penalty shot will be awarded to the non-offending team. The official will stop play immediately and award the penalty shot.

82.4 Award Goal - An automatic goal will be awarded to the non-offending team when the designated goalie is on the bench, and a defender deliberately displaces their own net in an attempt to thwart a scoring opportunity, in the discretion of the referee.

82.5 Goal Net Inadvertently Moved - If a goalie or a defensive player intentionally moves the goal to thwart a scoring opportunity, as per the excessively dislodged rule, play will be stopped immediately, and a penalty shot will be awarded to the non-offending team. If an offensive player intentionally moves the goal off its moorings, a minor penalty shall be

assessed for unsportsmanlike conduct.

Rule 83: Obscene or Profane Language and Gestures

83.1 Obscene or Profane Language or Gestures by Players - Players shall not use profane language or obscene gestures in the arena before, during, or after any game. A minor penalty shall be imposed on the offending player. Should the player continue to use obscene and profane language, at the referee's discretion, the player shall be additionally assessed a match penalty.

83.2 Obscene or Profane Language or Gestures by Non-Playing Personnel- Coaches or other Team Staff shall not use obscene or profane language or gestures anywhere in the arena before, during, or after any game. For violation of their Rule, a bench major penalty shall be imposed.

83.3 Discriminatory Language - Any player or non-playing personnel uses discriminatory language based on race, religion, or gender.

83.4 Penalty

- Minor Penalty - The referee, at their discretion, may assess a minor penalty based on the use of profane language or obscene gestures by a player.
- Major Penalty - - The referee, at their discretion, may assess a major penalty based on the use of profane language or obscene gestures by non-playing personnel.
- Match Penalty - The referee, at their discretion, may assess a match penalty if, in their judgment, a player or non-playing personnel uses discriminatory language.

Rule 84: Unsportsmanlike Conduct

84.1 Disputing the Ruling Made by an Official - A minor penalty shall be assessed to any player who challenges or disputes any official's rulings during the game. If the player persists in such a challenge or dispute, a major penalty shall be assessed.

84.2 Throws Ball Away or Equipment Away - A minor penalty shall be imposed on any player who intentionally knocks or shoots the ball out of the reach of an official who is retrieving it provided there is no delay in the game or who deliberately throws any equipment out of the playing area.

84.3 Attempting to Draw a Penalty - A minor penalty for unsportsmanlike conduct shall be imposed on a player who attempts to draw a penalty by their actions "taking a dive" or embellishing a legal or illegal hit by an opponent.

84.4 Persists in Inciting an Opponent into a Penalty - A minor penalty shall be imposed on any player who partakes in any course of conduct (including threatening or abusive language or gestures or similar actions) designed to incite an opponent into incurring a penalty. If, after assessing a minor penalty, a player persists in any course of conduct for which they have previously assessed a minor penalty, they shall be assessed a major penalty.

84.5 Persist in the Same Course of Conduct - If, after assessing an unsportsmanlike penalty, a player persists in any course of conduct for which they shall be assessed a game match penalty.

84.6 Throwing Objects on the Floor from Bench - A match penalty shall be imposed against the offending team if any player, Coach, Equipment Manager, Trainer throws anything on the floor during the process of the game or during the play of the game.

84.7 Players Remaining in the Referees Crease - A minor penalty shall be imposed on any player or players, who, except for the purpose of taking their positions in the penalty box, enter or remain in the referee's crease while the official is reporting to or consulting with any game official including the other referees, timekeeper, penalty timekeeper, official scorer or

announcer. The player is subject to further penalties if their actions persist.

84.8 Communication with Referees - Any player who takes a position at the referee's circle to converse with the referees without permission granted by the referees shall be automatically assessed a two minute-minor penalty. Note: A complaint about a penalty is NOT a matter relating to the interpretation of the rules, and a minor penalty shall be imposed against any player making such a complaint.

84.9 Unsportsmanlike Actions by a Player on an Opponent - A two-minute minor penalty shall be imposed on any player who is guilty of unsportsmanlike conduct including, but not limited to, throwing or batting players stick away, throwing a ball at a player, etc.

The referee, at their discretion, may apply a minor penalty, major penalty, or match penalty depending on the nature or severity of the incident. The referee, at their discretion, may assess a match penalty if, in their judgment, the player attempted to or deliberately injured their opponent.

Actions by players who are not on the playing surface and become involved with players on the playing surface are deemed as more severe and shall be dealt with accordingly. Players are subject to further suspensions.

84.10 Spitting at Officials - In addition to the major penalty for unsportsmanlike conduct, a match penalty may be assessed for spitting in the direction of the Referee.

84.11 Physical Interference by a Player with a Spectator - Any player who physically interferes with or has an altercation with spectators shall automatically incur a match penalty, and the official shall report all such infractions to the league, for further suspension.

84.12 Elbowing - Contact an opponent with an extended elbow in a manner that may or may not cause injury shall result in a match penalty.

84.13 Face Masking - Any player who grabs the facemask of an opponent shall result in at least a major penalty or may assess a match penalty if the contact was reckless or endangering their opponent

84.14 Head Butting - A player using their head to make contact with an opponent shall result in a match penalty.

84.15 Contact During Dead Ball Situations - The referee, at their discretion, shall assess a penalty to any player who intentionally makes contact with another player after the whistle has blown and during dead ball situations. The penalty for contact during a dead ball situation can result in a minor or major based on the penalty's degree of violence to an opponent. The referee, at their discretion, may assess a match penalty if, in their judgment, the penalty was reckless or endangering their opponent.

84.16 Kneeing - A player is leading with their knee and or lower leg to make contact with their opponent shall result in a match penalty.

84.17 Kicking a Player - A player who deliberately uses their foot with a kicking motion to make contact with an opponent shall result in a match penalty.

Rule 85: Leaving Players Bench or Penalty Box

85.1 No player may leave the players bench or penalty box to start an altercation or enter an existing altercation. An altercation for the purposes of these rules is a situation involving two

(2) players, with at least one to be penalized. Except at the end of the period, expiration of their penalty, or unless there are instructed by the game officials, no player may leave the penalty box. Substitutions made before the altercation shall be permitted, provided the players so substituting do not enter the altercation.

At the start of the altercation, the benches shall be deemed frozen until a game official

indicates that players can enter the floor. A player who has entered the game on a legal line change and starts an altercation is subject to discipline in accordance with appropriate rules.

85.2 Minor Penalty - Players who leave their benches and proceed onto the floor at the start of an altercation or during altercations before such time the benches are released by an official, including at the end of the periods and at the end of the game, shall receive a bench minor penalty on the offending player(s). The rule does not preclude players from celebrating with an individual or team.

85.3 Match Penalty and Game Suspension - The official shall assess a match penalty, if in their judgment, the player(s) who was the first or second player to leave the players bench or penalty box from either or both teams to start an altercation or enter an existing altercation.

85.4 Leaving Penalty Box Before Penalty Time Expired - A penalized player who leaves the penalty box on their own accord before their penalty has expired, whether the play is in progress or not, shall incur a match penalty, in addition to serving the unexpired penalty time. If a player leaves the penalty box before their penalty is fully served, the Penalty Timekeeper shall note the time and signal the referees, who will stop the play when the offending player's team obtains possession of the ball.

85.5 Leaving Penalty Box before the Penalty Time Expired due to a Timekeeper Error - In the case of a player returning to the floor before their time has expired through the Penalty Timekeeper's error, they are not to serve an additional penalty but must serve their unexpired time.

85.6 Illegal Entering the Game and Interfering with the Ball Carrier on a Breakaway - If a player of the attacking side in possession of the ball is on a breakaway, and while in that position they are interfered with by the player of the opposing side who has illegally entered the game, the official shall impose a penalty shot against the side to which the opposing player belongs. "Interfered," as per their rule, does not imply physical contact by the defender.

85.7 Non-Playing Personnel on the Floor During Play - If a coach or member of the team staff gets on the floor after the start of a quarter and before that quarter is ended, the official shall impose a bench minor penalty against the team and report the incident to the league for disciplinary action.

85.8 Illegally Entering the Game and a Goal is Scored - If a player illegally enters the game from their own bench or from the penalty box, any goal scored by their own team while they are illegally on the floor shall be disallowed, but all penalties imposed on either team shall be served as regular penalties.

85.9 Illegally Returning to Game After Being Removed from the Game by an Official - Any player or non- playing personnel who has been ordered to the dressing room by the official and returns to their bench area or to the floor for any reason shall be assessed an additional match penalty and shall be subject to additional suspension by the league.

Appendix A

USA Lacrosse Box/Indoor Overarching Points of Emphasis

The following points of emphasis apply to players of all ages.

1. **Abuse of Officials:** USA Lacrosse expects a zero-tolerance policy for leagues and tournaments. Players, Coaches, and Spectatorsthat participate in unsportsmanlike behavior towards officials shall be given appropriate penalties and/or remove the person in question if necessary.
2. **IllegalBodyCheckingandBoarding:**Illegal body checking or body checking an opponent into the boards in a vulnerable position are the most dangerous checks in the game. Body checks that are reckless or attempted to deliberately injure an

- opponent will result in a match penalty.
3. Helmets: NOCSAE Lacrosse helmets are required in all games and must be worn by all players.
 4. Penalties: In the US, Lacrosse Box/Indoor Rules penalties can be either Minor (2 Minutes), Major (5 Minutes), Match (5 Minutes + Ejection from the Game), and Misconduct (10 minutes)

Scholastic and Youth Points of Emphasis

In addition to the Points of Emphasis listed above, USA Lacrosse also recommends the following points of emphasis for all play 18U and below.

1. 1. Contact to the Back of an Opponent/Loose Ball Pushes: A player shall not thrust or shove an opponent from the rear. Referees must strictly enforce this, and the penalty shall be a turnover and can be a Minor Penalty depending on the degree of violence. All intentional pushes shall result in at least a Major penalty and possibly a Match Penalty if deemed reckless by the referee. Always protect the athlete.
2. 2. Ball on the Ground – If the ball is loose, all players must play the ball and may not contact their opponent with their body. Contacting an opponent while the ball is loose shall result in an interface penalty with an automatic turnover. A Minor, Major, or Match penalty can be given by officials if the contact was intentional and/or based on the degree of violence. Always protect the athlete.
3. 3. Appropriate Body Contact – Coaches, Referees, and Players must all understand that excessively violent contact is prohibited and must be penalized. Hits acceptable for adults are not acceptable for players in high school, and hits that are acceptable to players in high school are not acceptable for youth players. Always protect the athlete.

Appendix B

Rules Supplement for Players Ages 6 and Under

Note: Below are modifications to the existing USA Lacrosse Box/Indoor Rules. Where there is a conflict between the USL rule book and these rules, then the modification listed below shall apply.

The Playing Surface

1. Games are to be played side to side in an attacking/defensive area. The net shall be placed at least 3 feet away from the boards. This allows two games to be played simultaneously. The playing surface can be marked with tape or chalk to outline the crease 2 feet extended off each side of the goal.

The Goals

2. Goals shall measure 4' x 4' on the inside measurement of the pipes.

Time Factors

3. Length of Game – 2 Periods of 15-minutes each, running time, with a 4-minute halftime period.
4. No Overtime or Shootouts.
5. No Timeouts.
6. No 30 Second Shot Clock.

Scoring

7. A roster and score sheet should be kept for tracking player statistics, but no physical score should be kept or displayed.

The Officials

8. No referees are required at their age level. Coaches may act as the game referees.

The Teams

9. Each team shall have three runners' on the rink at a time.
10. One coach from each team may be on the floor to instruct players.

The Ball

11. The balls used in all games must be soft practice lacrosse balls. Regulation NOCSAE lacrosse balls are prohibited.

The Lacrosse Stick

12. The players stick shall measure no more than 42" (Recommend overall stick length of no more than the distance from the ground to the player's waist).

The Runners Equipment

13. NOCSAE Lacrosse Helmet, Mouthguard, Arm pads, Gloves, and Protective Cup/Pelvic Protector.
14. Optional: Shoulder Pads, Rib Pads, Bicep pads, and Knee pads

Penalties

15. No time-serving penalties. Instead, play should be momentarily stopped, and the penalty explained to the offending player. If the offending player's team had possession of the ball, it is awarded to the opposing team.

Contact

1. **No Body Checking.** Defensive players may occupy a space to prevent an offensive player from entering. The defensive player may place their stick on an opponent, but they may not push or check with the stick.
2. **No Stick Checking.**
3. When a ball is not in possession by a team and is deemed a "loose ball," all players must play the ball. Players cannot contact their opponent by using their bodies when their opponent is attempting to pick up a ball.
4. Any offensive player who deliberately charges directly at a defensive player may be assessed a roughing penalty.

Face-offs, Possession, and Crease Play

5. No Face-offs. One team player shall be selected to play rock, paper, and scissors to determine who will start with the ball.
6. After a goal is scored, play shall start in the team's goal crease that was just scored upon. The opposing team must fall back towards their goal to allow their opponent to advance the ball.
7. If the ball goes out of bounds, play shall be restarted where the ball went out.

8. There is no contact with the goal crease or goal pipes by an attacking player's body or stick.

Appendix C

Rules for Players Ages 7 and 8

Note: Below is modifications to the existing USA Lacrosse Box/Indoor Rules. Where there is a conflict between the USL rule book and these rules, then the modification listed below shall apply.

The Playing Surface

1. Games are to be played side to side in an attacking/defensive area. The net shall be placed at least 3 feet away from the boards. This allows two games to be played simultaneously. The playing surface can be marked with tape or chalk to outline the crease 2 feet extended off each side of the goal.

The Goals

1. Goals shall measure 4' x 4' on the inside measurement of the pipes.

Time Factors

2. Game Length is (3) 15-minute running periods, with 2-minutes between periods.
3. No Overtime or Shootouts
4. 1 Timeout Per Game
5. No 30 Second Shot Clock

Scoring

6. A roster and score sheet should be kept for tracking player statistics.

The Officials

7. One official is required for regulation games

The Teams

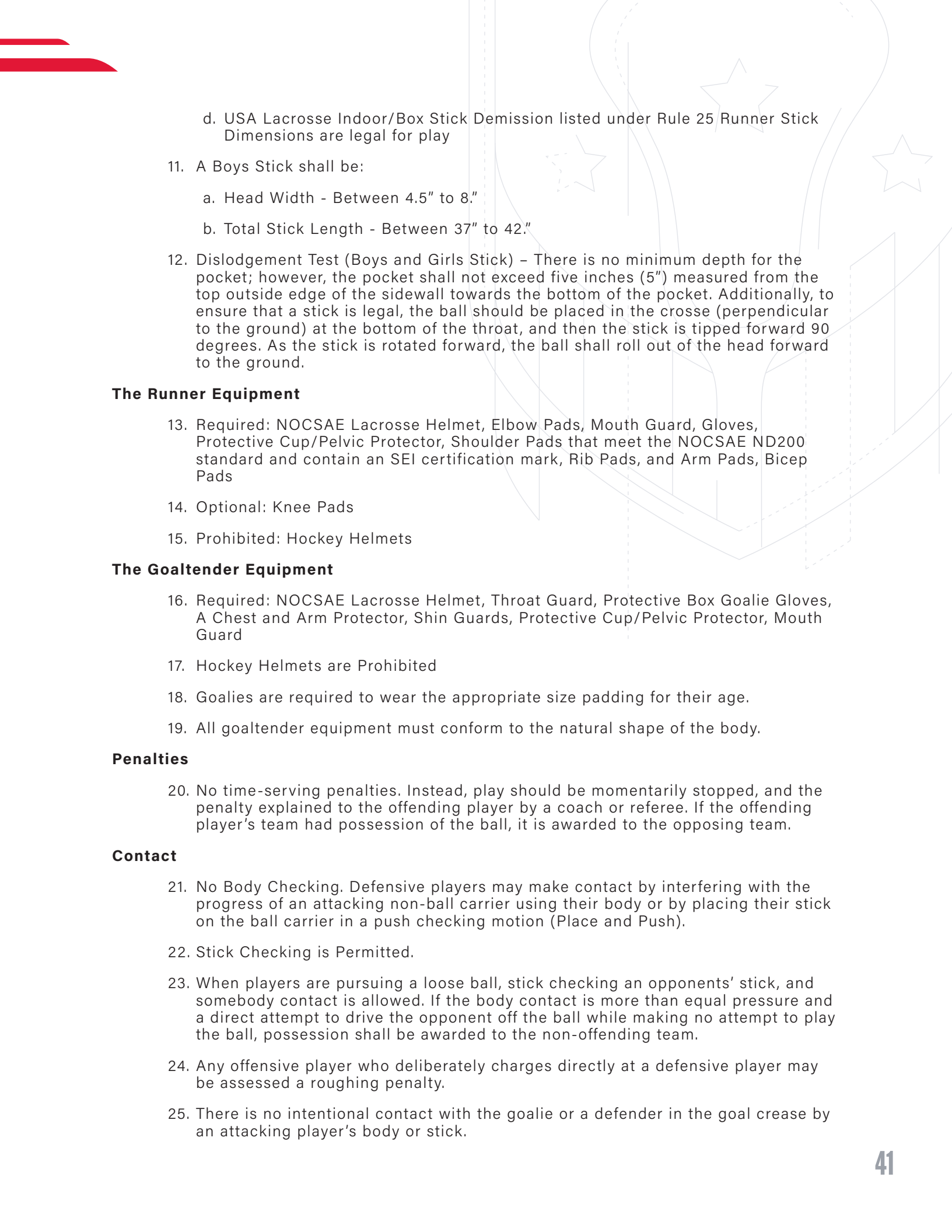
8. A team shall be composed of four (4) players on the floor, one (1) goaltender, and three (3) runners.

The Ball

9. Regulation Yellow or White NOCSAE Lacrosse Balls.

The Lacrosse Sticks

10. A Girl's Stick shall be either:
 - a. The players shall measure no more than 43 ¼ " (The recommend overall stick length of players is the distance from the ground to the player's waist when they are standing upright)
 - b. USA Lacrosse/NFHS or NCAA Girls Field Stick Dimensions are legal for play.
 - c. USA Lacrosse Boy's Youth, NFHS, or NCAA Field Stick Dimensions are legal for play as long as the shaft measure between 37" to 42."

- 
- d. USA Lacrosse Indoor/Box Stick Demission listed under Rule 25 Runner Stick Dimensions are legal for play
 - 11. A Boys Stick shall be:
 - a. Head Width - Between 4.5" to 8."
 - b. Total Stick Length - Between 37" to 42."
 - 12. Dislodgement Test (Boys and Girls Stick) – There is no minimum depth for the pocket; however, the pocket shall not exceed five inches (5") measured from the top outside edge of the sidewall towards the bottom of the pocket. Additionally, to ensure that a stick is legal, the ball should be placed in the crosse (perpendicular to the ground) at the bottom of the throat, and then the stick is tipped forward 90 degrees. As the stick is rotated forward, the ball shall roll out of the head forward to the ground.

The Runner Equipment

- 13. Required: NOCSAE Lacrosse Helmet, Elbow Pads, Mouth Guard, Gloves, Protective Cup/Pelvic Protector, Shoulder Pads that meet the NOCSAE ND200 standard and contain an SEI certification mark, Rib Pads, and Arm Pads, Bicep Pads
- 14. Optional: Knee Pads
- 15. Prohibited: Hockey Helmets

The Goaltender Equipment

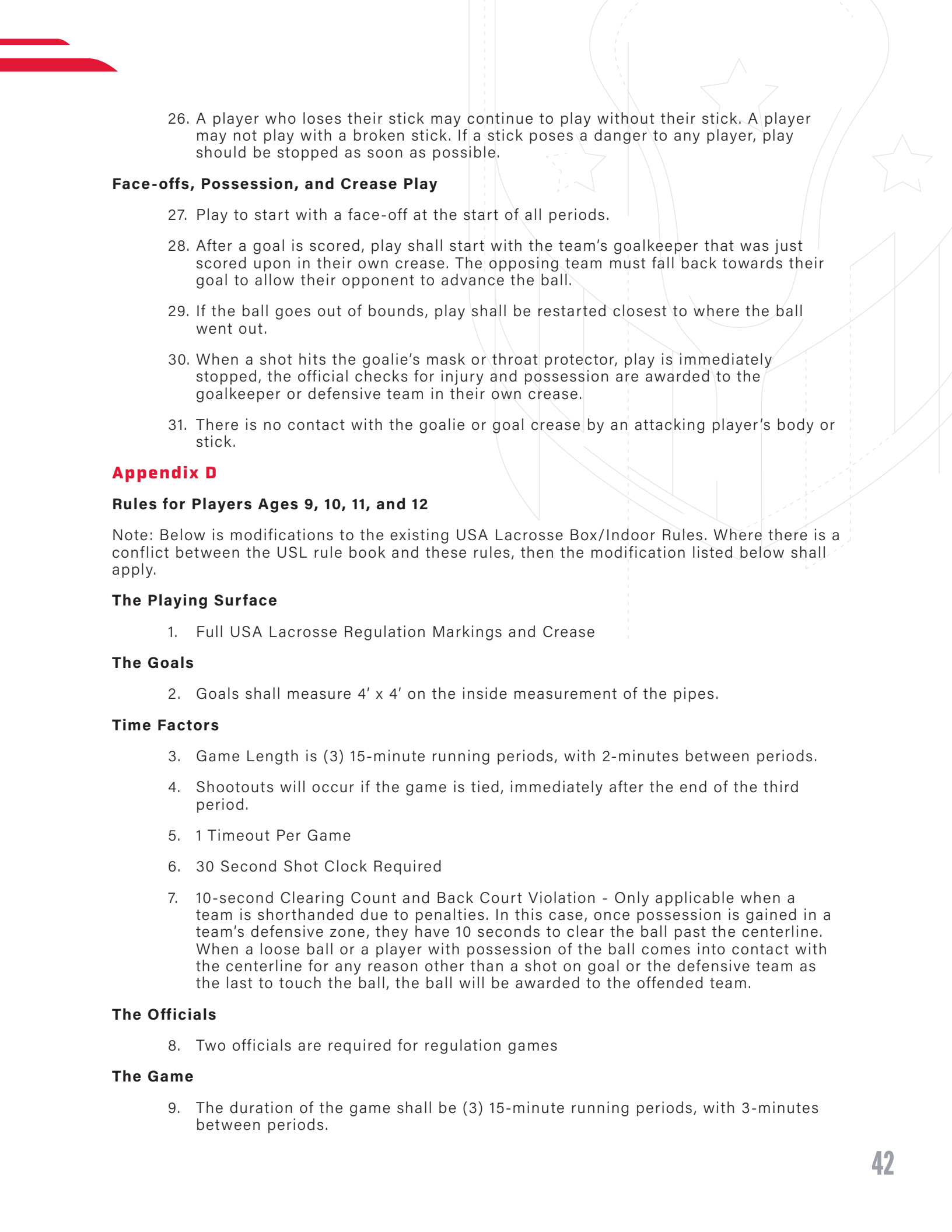
- 16. Required: NOCSAE Lacrosse Helmet, Throat Guard, Protective Box Goalie Gloves, A Chest and Arm Protector, Shin Guards, Protective Cup/Pelvic Protector, Mouth Guard
- 17. Hockey Helmets are Prohibited
- 18. Goalies are required to wear the appropriate size padding for their age.
- 19. All goaltender equipment must conform to the natural shape of the body.

Penalties

- 20. No time-serving penalties. Instead, play should be momentarily stopped, and the penalty explained to the offending player by a coach or referee. If the offending player's team had possession of the ball, it is awarded to the opposing team.

Contact

- 21. No Body Checking. Defensive players may make contact by interfering with the progress of an attacking non-ball carrier using their body or by placing their stick on the ball carrier in a push checking motion (Place and Push).
- 22. Stick Checking is Permitted.
- 23. When players are pursuing a loose ball, stick checking an opponents' stick, and somebody contact is allowed. If the body contact is more than equal pressure and a direct attempt to drive the opponent off the ball while making no attempt to play the ball, possession shall be awarded to the non-offending team.
- 24. Any offensive player who deliberately charges directly at a defensive player may be assessed a roughing penalty.
- 25. There is no intentional contact with the goalie or a defender in the goal crease by an attacking player's body or stick.

- 
26. A player who loses their stick may continue to play without their stick. A player may not play with a broken stick. If a stick poses a danger to any player, play should be stopped as soon as possible.

Face-offs, Possession, and Crease Play

27. Play to start with a face-off at the start of all periods.
28. After a goal is scored, play shall start with the team's goalkeeper that was just scored upon in their own crease. The opposing team must fall back towards their goal to allow their opponent to advance the ball.
29. If the ball goes out of bounds, play shall be restarted closest to where the ball went out.
30. When a shot hits the goalie's mask or throat protector, play is immediately stopped, the official checks for injury and possession are awarded to the goalkeeper or defensive team in their own crease.
31. There is no contact with the goalie or goal crease by an attacking player's body or stick.

Appendix D

Rules for Players Ages 9, 10, 11, and 12

Note: Below are modifications to the existing USA Lacrosse Box/Indoor Rules. Where there is a conflict between the USL rule book and these rules, then the modification listed below shall apply.

The Playing Surface

1. Full USA Lacrosse Regulation Markings and Crease

The Goals

2. Goals shall measure 4' x 4' on the inside measurement of the pipes.

Time Factors

3. Game Length is (3) 15-minute running periods, with 2-minutes between periods.
4. Shootouts will occur if the game is tied, immediately after the end of the third period.
5. 1 Timeout Per Game
6. 30 Second Shot Clock Required
7. 10-second Clearing Count and Back Court Violation - Only applicable when a team is shorthanded due to penalties. In this case, once possession is gained in a team's defensive zone, they have 10 seconds to clear the ball past the centerline. When a loose ball or a player with possession of the ball comes into contact with the centerline for any reason other than a shot on goal or the defensive team as the last to touch the ball, the ball will be awarded to the offended team.

The Officials

8. Two officials are required for regulation games

The Game

9. The duration of the game shall be (3) 15-minute running periods, with 3-minutes between periods.

The Teams

10. A team shall be composed of six (6) players on the floor (one (1) goaltender and five (5) runners).

The Balls

11. Regulation Yellow or White NOCSAE Lacrosse Balls.

The Runners Stick

12. A Girl's Stick shall be either:
 - a. The players stick shall measure no more than 43 ¼ " (The recommend overall stick length of players is the distance from the ground to the player's waist when they are standing upright)
 - b. USA Lacrosse/NFHS or NCAA Girls Field Stick Dimensions are legal for play.
 - c. USA Lacrosse Boy's Youth, NFHS, or NCAA Field Stick Dimensions are legal for play as long as the shaft measure between 40" to 42."
 - d. USA Lacrosse Indoor/Box Stick demissions listed under Rule 25 Runner Stick Dimensions are legal for play
13. A Boys Stick shall be:
 - a. a. Head Width - Between 4.5" to 8."
 - b. b. Total Stick Length - Between 40" to 42."
14. Dislodgement Test (Boys and Girls Stick) – There is no minimum depth for the pocket; however, the pocket shall not exceed five inches (5") measured from the top outside edge of the sidewall towards the bottom of the pocket. Additionally, to ensure that a stick is legal, the ball should be placed in the crosse (perpendicular to the ground) at the bottom of the throat, and then the stick is tipped forward 90 degrees. As the stick is rotated forward, the ball shall roll out of the head forward to the ground.

The Runner Equipment

15. Required: NOCSAE Lacrosse Helmet, Elbow Pads, Mouth Guard, Gloves, Protective Cup/Pelvic Protector, Shoulder Pads that meet the NOCSAE ND200 standard and contain an SEI certification mark, Rib Pads, and Arm Pads, Bicep Pads
16. Optional: Knee Pads
17. Prohibited: Hockey Helmets

The Goaltender Equipment

18. Required: NOCSAE Lacrosse Helmet, Throat Guard, Protective Box Goalie Gloves, A Chest Protector, Arm Protectors, Shin Guards, Protective Cup/Pelvic Protector, Mouth Guard
19. Hockey Helmets are Prohibited
20. Goalies are required to wear the appropriate size padding for their age.
21. All goaltender equipment must conform to the natural shape of the body.

Penalties

- 22. Minor Foul- 2 Minutes (Penalty released after penalty time expires or on a goal is scored.
- 23. Major Foul - 5 Minutes (Penalty released after penalty time expires or after 2 goals are scored, if the latter then a team can add a player to go back to even strength but the player who received the major foul must stay in the penalty box for the full 5 minutes of penalty time)
- 24. Match Foul - 5 Major served by the in-home and player is removed from the game.

Contact

- 25. No Body Checking. Defensive players may make contact by interfering with the progress of an attacking non-ball carrier using their body or by placing their stick on the ball carrier in a push checking motion (Place and Push).
- 26. Stick Checking is Permitted.
- 27. When players are pursuing a loose ball, stick checking an opponents' stick and somebody contact is allowed. If the body contact is more than equal pressure and a direct attempt to drive the opponent off the ball while making no attempt to play the ball, possession shall be awarded to the non-offending team for interference.
- 28. Any offensive player who deliberately charges directly at a defensive player may be assessed a roughing penalty.
- 29. There is no intentional contact with the goalie or a defender in the goal crease by an attacking player's body or stick. If contact is made to the goalie or a defender a minor foul shall give to the offending player. An official may give a major or match penalty based on the degree of violence of the penalty to an opponent.
- 30. A player who loses their stick may continue to play without their stick. A player may not play with a broken stick. If a stick possesses a danger to any player play should be stopped as soon as possible.

Face-offs, Possession, and Crease Play

- 31. Face-offs shall occur to start each period, after goals are scored.
- 32. A ball is not out of bounds until it touches something that is out of bounds (mesh netting, lighting, ceiling, player on. The bench, etc). A player may reach over the boards to catch a ball.
- 33. When a ball goes off the goalie or goal post, on a shot, the attacking team will keep possession. If the ball goes out for any other reason the team that did not last touch the ball shall be given possession.
- 34. When a shot hits the goalie's mask or throat protector play is immediately stopped, the official checks for injury and possession is awarded to the goalkeeper or defensive team in their own crease.
- 35. There is no contact with the goal crease or goal by an attacking player's body or stick. If contact is made play shall be stopped for interference and the ball shall be awarded to the offended team.

Appendix E

Rules for Players Ages 14 and 13

Note: Below is modifications to the existing USA Lacrosse Box/Indoor Rules. Where there is a conflict between the USL rule book and these rules, then the modification listed below shall apply.

The Playing Surface

1. Full USA Lacrosse Regulation Markings and Crease

The Goals

2. Goals shall measure 4' x 4' on the inside measurement of the pipes.

Time Factors

3. Game Length is (3) 15-minute running periods, with 2-minutes between periods.
4. Shootouts will occur if the game is tied, immediately after the end of the third period.
5. Timeout Per Game
6. 30 Second Shot Clock Required
7. 7. 10-second Clearing Count and Back Court Violation - Only applicable when a team is shorthanded due to penalties. In this case, once possession is gained in a team's defensive zone, they have 10 seconds to clear the ball past the centerline. When a loose ball or a player with possession of the ball comes in contact with the centerline of the floor for any reason other than a shot on goal or the defensive team as the last to touch the ball, the ball will be awarded to the offended team.

The Officials

8. Two officials are required for regulation games

The Game

9. The duration of the game shall be (3) 15-minute running periods, with 3-minutes between periods.

The Teams

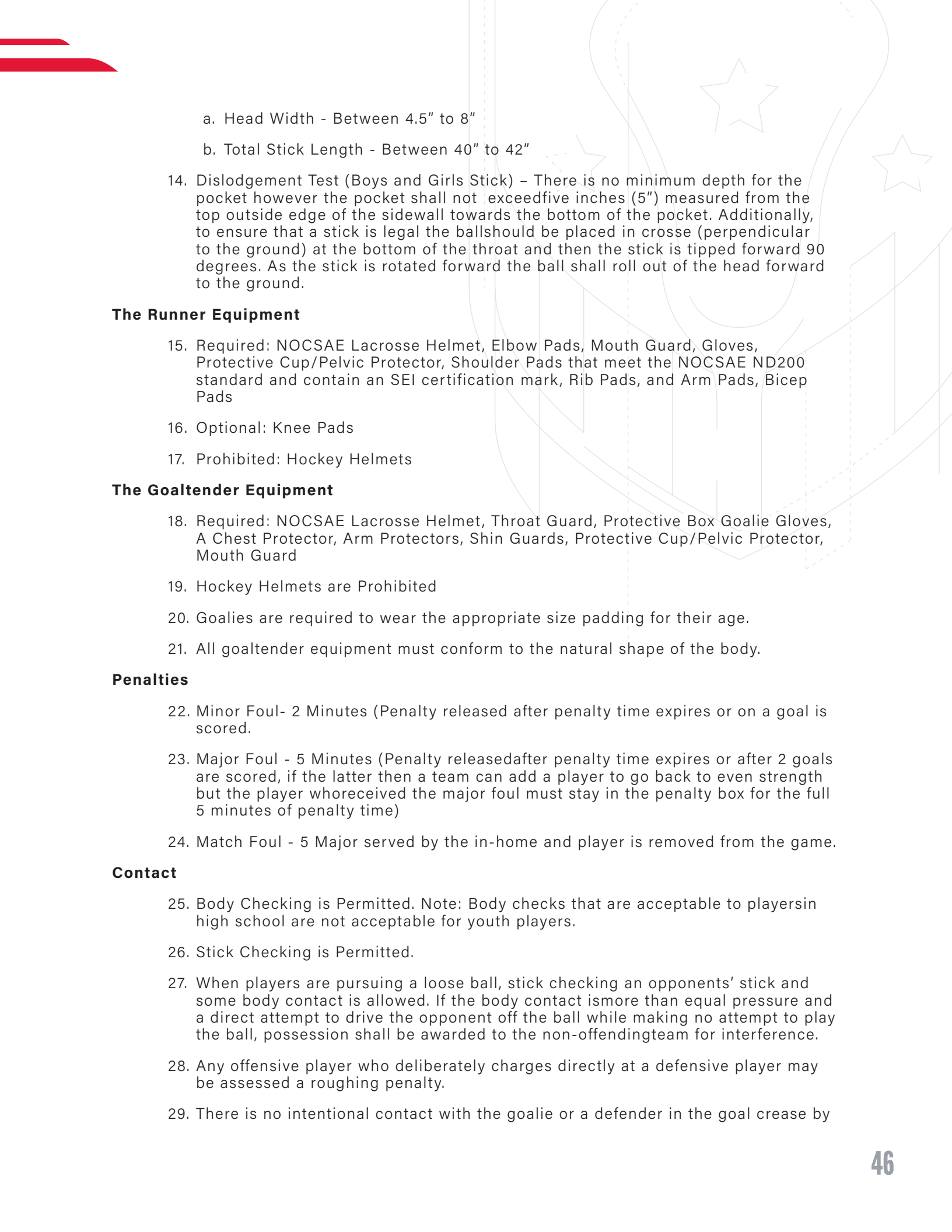
10. A team shall be composed of six (6) players on the floor (one (1) goaltender and five (5) runners).

The Balls

11. Regulation NOCSAE Lacrosse Balls Required (Yellow or White).

The Runners Stick

12. A Girl's Stick shall be either:
 - a. The playersstick shall measure no more than 43 ¼ " (The recommend overall stick length of players is the distance from the ground to the player's waist when they are standing upright)
 - b. USA Lacrosse/NFHS or NCAA Girls Field Stick Dimensions are legal for play.
 - c. USA Lacrosse Boy's Youth, NFHS, or NCAA Field Stick Dimensions are legal for play as long as the shaft measure between 40" to 42"
 - d. USA Lacrosse Indoor/Box Stick Demission's listed under Rule 25 Runner Stick Dimensions are legal for play
13. A Boys Stick shall be:

- 
- a. Head Width - Between 4.5" to 8"
 - b. Total Stick Length - Between 40" to 42"
14. Dislodgement Test (Boys and Girls Stick) – There is no minimum depth for the pocket however the pocket shall not exceed five inches (5") measured from the top outside edge of the sidewall towards the bottom of the pocket. Additionally, to ensure that a stick is legal the ball should be placed in crosse (perpendicular to the ground) at the bottom of the throat and then the stick is tipped forward 90 degrees. As the stick is rotated forward the ball shall roll out of the head forward to the ground.

The Runner Equipment

- 15. Required: NOCSAE Lacrosse Helmet, Elbow Pads, Mouth Guard, Gloves, Protective Cup/Pelvic Protector, Shoulder Pads that meet the NOCSAE ND200 standard and contain an SEI certification mark, Rib Pads, and Arm Pads, Bicep Pads
- 16. Optional: Knee Pads
- 17. Prohibited: Hockey Helmets

The Goaltender Equipment

- 18. Required: NOCSAE Lacrosse Helmet, Throat Guard, Protective Box Goalie Gloves, A Chest Protector, Arm Protectors, Shin Guards, Protective Cup/Pelvic Protector, Mouth Guard
- 19. Hockey Helmets are Prohibited
- 20. Goalies are required to wear the appropriate size padding for their age.
- 21. All goaltender equipment must conform to the natural shape of the body.

Penalties

- 22. Minor Foul- 2 Minutes (Penalty released after penalty time expires or on a goal is scored.
- 23. Major Foul - 5 Minutes (Penalty released after penalty time expires or after 2 goals are scored, if the latter then a team can add a player to go back to even strength but the player who received the major foul must stay in the penalty box for the full 5 minutes of penalty time)
- 24. Match Foul - 5 Major served by the in-home and player is removed from the game.

Contact

- 25. Body Checking is Permitted. Note: Body checks that are acceptable to players in high school are not acceptable for youth players.
- 26. Stick Checking is Permitted.
- 27. When players are pursuing a loose ball, stick checking an opponents' stick and some body contact is allowed. If the body contact is more than equal pressure and a direct attempt to drive the opponent off the ball while making no attempt to play the ball, possession shall be awarded to the non-offending team for interference.
- 28. Any offensive player who deliberately charges directly at a defensive player may be assessed a roughing penalty.
- 29. There is no intentional contact with the goalie or a defender in the goal crease by

an attacking player's body or stick. If contact is made to the goalie or a defender a minor foul shall give to the offending player. An official may give a major or match penalty based on the degree of violence of the penalty to an opponent.

30. A player who loses their stick may continue to play without their stick. A player may not play with a broken stick. If a stick possesses a danger to any player play should be stopped as soon as possible.

Appendix F

Masters Rules

Note: Below is modifications to the existing USA Lacrosse Box Rules. Where there is a conflict between the USL rule book and these rules, then the modification listed below shall apply.

Penalties

1. No team will be more than one player short as a result of penalties. Any subsequent penalty shall result in a penalty shot being awarded to the non-offending team. If a second penalty is a major penalty, two shots will be taken. If no goal is scored on a penalty shot then, play will restart with possession awarded to the non-offending team
2. Any player with 3 penalties in a game will be expelled from the remainder of the game.
3. Any unsportsmanlike penalty will result in an automatic penalty shot, and the offending player does not serve a foul in the penalty box.
4. All major fouls will result in the player being removed from the game.
5. Fighting is an automatic ejection.

Contact

6. No Body Checking. Defensive players may place their stick on the ball carrier and push them away (Place and Push).
7. When players are pursuing a loose ball, stick checking an opponents' stick, and somebody contact is allowed. If the body contact is more than equal pressure and a direct attempt to drive the opponent off the ball while making no attempt to play the ball, possession shall be awarded to the non-offending team for interference.
8. Any offensive player who deliberately charges directly at a player may be assessed a roughing penalty.

Zone Defense

9. No team may play zone defense when teams are even strength. Officials should issue a warning and penalize the team with a bench minor from that point forward.
10. A team may use a zone defense when shorthanded.

Possession

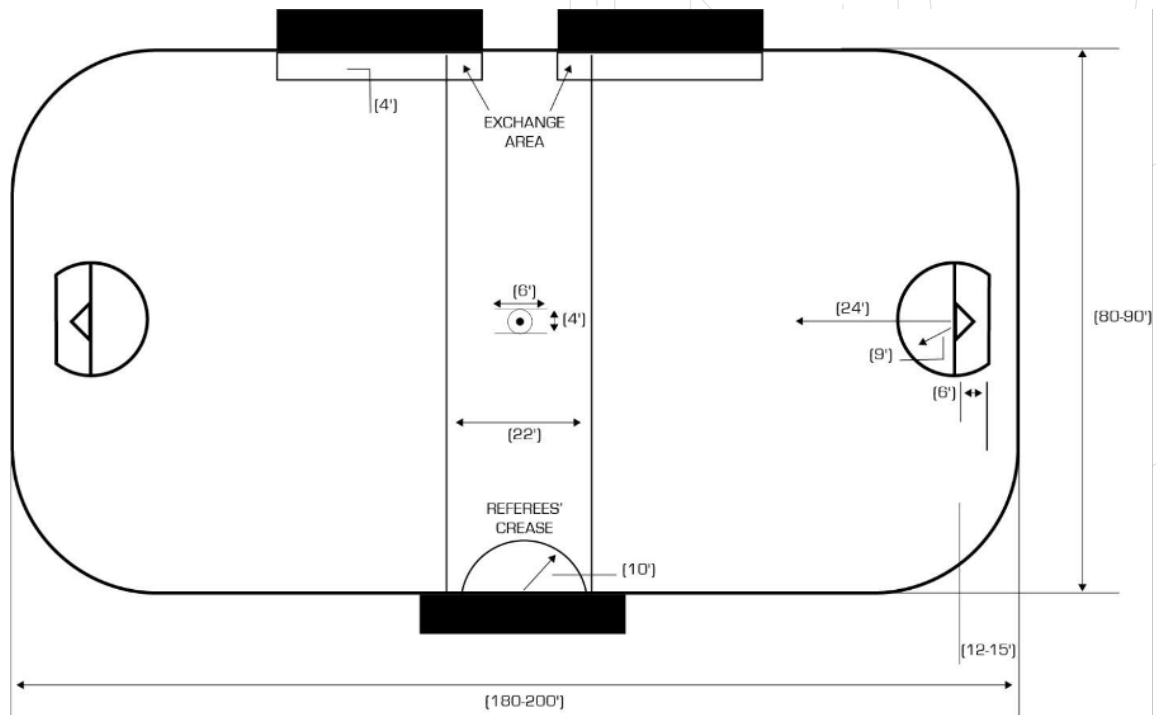
11. There is no faceoff when the goal differential is 6 goals or more. Possession is automatically awarded to the losing team. All periods will still start with a faceoff.
12. The first player to a loose ball along the boards is awarded possession.
13. When a shot hits the goalie's mask or throat protector, play is immediately stopped, the official checks for injury and possession is awarded to the goalkeeper or defensive team in their own crease.

Appendix G

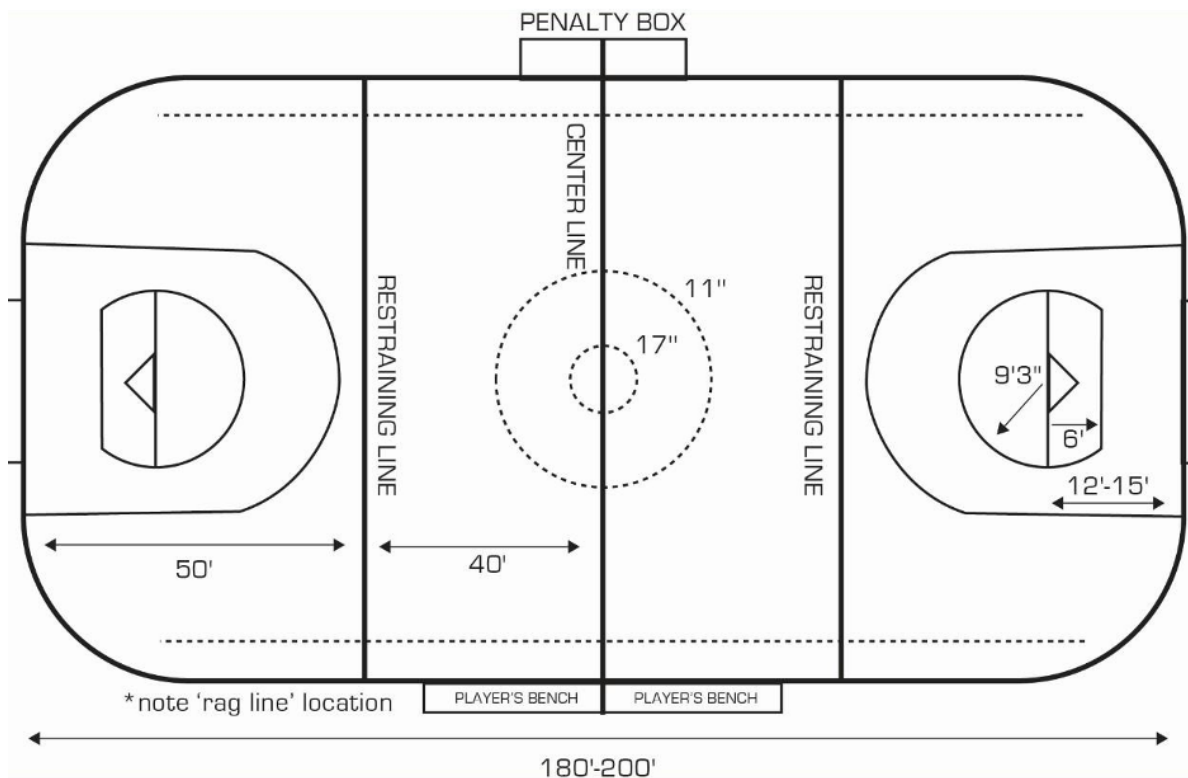
Acceptable Alternate Markings for Surfaces

Note: In the event that regulation floor markings are not available, the following surface markings are acceptable.

Canadian Surface Markings



Box Markings for an Indoor Soccer Surfaces



Box Markings for an Indoor Soccer Surfaces

