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INTERNATIONAL LACROSSE FEDERATION

THE RULES OF LACROSSE



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SECTION	RULES	TOPIC
1	1 to 13	THE PLAYING FIELD
2	14 to 18	EQUIPMENT
3	19 to 22	THE TEAMS
4	23 to 28	CONTROL OF THE GAME
5	29 to 32	LENGTH OF THE GAME
6	33 to 43	PLAY OF THE GAME
7	44	SUBSTITUTION
8	45 to 47	GOAL CREASE AND GOALKEEPER
9	48 to 65	TECHNICAL FOULS
10	66 to 74	PERSONAL FOULS
11	75 to 76	EXPULSION FOULS
12	77 to 80	EXECUTION OF PENALTIES
13	81	SPECIAL SITUATIONS
		OFFICIALS' SIGNALS
		THE FIELD OF PLAY
		INDEX

THE GAME

Lacrosse is played by two teams of ten players each.

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

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

The ARs have the same authority as the rules.

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

SECTION 1 THE PLAYING FIELD

RULE 1 DIMENSIONS

- 1.1 The lacrosse playing field shall be a rectangular field 110 yards (100.56 metres) long and 60 yards (54.86 metres) wide.
- 1.2 The boundaries of the field shall be marked with white lines.
An extra heavy white line shall be marked through the centre of the field perpendicular to the side lines; this line shall be designated the centre line.
The boundary lines on the long sides of the field shall be designated side lines; those at each end shall be designated end lines.
- 1.3 Flag markers or pylons shall be placed at the four corners of the field, at each end of the gate within the special substitution area, and at that end of the half-way line which is opposite the bench area.
If flag markers are used, they must be made of flexible material so that they will bend a minimum of 90 degrees without breaking.
If pylons are used, they must be made of plastic or rubber.

RULE 2 THE GOALS

- 2.1 Each goal shall consist of two vertical posts joined by a rigid cross-bar.
These posts shall be 8 feet (1.83 metres) apart and the top cross-bar shall be 8 feet (1.83 metres) from the ground; all inside measurements.
The goal posts and cross-bar shall be collectively designated the pipes.
- 2.2 The goal posts shall be centred and shall be placed 80 yards (73.15 metres) apart and 15 yards (13.72 metres) from each end line.
- 2.3 The pipes shall be made of one and one-half inch (3.81 centimetres) nominal pipe. They shall be painted orange and secured to the ground.
A line shall be drawn between the goal posts to indicate the plane of the goal, and it shall be designated the goal line.
- 2.4 Where ground pipes are used, there must be a board measuring 1 inch by 3 inches by 18 inches (2.54 centimetres by 7.62 centimetres by 46 metres) securely fastened to each ground pipe directly behind the vertical post at an angle of 45

degrees.

RULE 3 THE GOAL CREASE

- 3.1 Around each goal there shall be plainly marked a circle known as the goal crease.
This circle shall be marked by using the mid-point of the goal line as the centre and drawing a circle around that point with a radius of 8 feet (2.74 metres).
- 3.2 The goal crease area is the circular ground territory about each goal within and including the goal crease.

RULE 4 THE GOAL NETS

- 4.1 Each goal must be fitted with a pyramidal shaped cord netting which shall be fastened to the goal posts, the cross-bar and the ground so as to prevent the passage of the ball.
The mesh of the net shall not exceed 1.5 inches (3.81 centimetres).
The centre of the goal net shall be fastened to the ground at a point 7 feet (2.13 metres) behind the centre of the goal line.
The pipes and the goal net shall be collectively designated the cage.
- 4.2 The goal nets must be adjusted so that the ball may pass completely through the imaginary plane of the goal at any point.
- 4.3 Goal nets may be any solid colour.

RULE 5 THE GOAL AREAS

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

RULE 6 THE WING AREAS

- 6.1 Lines parallel to the side lines shall be marked on each side of the field 20 yards (18.29 metres) from an imaginary line joining the centres of the goal lines; the lines shall

extend 10 yards (9.14 metres) on each side of the centre line. These lines shall be designated the wing area lines.

- 6.2 The areas between the wing area lines and the side lines, and confined within the extremities of the wing area lines, but excluding those lines, shall be designated the wing areas.

RULE 7 THE CENTRE OF THE FIELD

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

RULE 8 THE SPECIAL SUBSTITUTION AREA

- 8.1 The special substitution area shall be indicated by two lines marked on the side of the field next to the timer's table. These lines shall be 5 feet (1.74 metres) in length and shall extend away from the field of play at right angles to the side line from points on the side line 5 yards (4.57 metres) from the centre line.
- 8.2 That part of the side line between the special substitution area lines shall thus be 10 yards (9.14 metres) in length, and shall be designated the gate.

RULE 9 THE TIMER'S TABLE AND THE BENCHES

- 9.1 The timer's table shall be placed at least 5 yards (4.57 metres) from the side line at the centre line.
- 9.2 Benches for the competing teams shall be placed on either side of the timer's table at least 10 yards (9.14 metres) from the table and at least 8 yards (5.47 metres) from the side line, parallel to the side line.

RULE 10 THE BENCH AREAS

- 10.1 The bench areas are located off the playing field and are between the special substitution area lines and the imaginary extensions of the goal area lines.

RULE 11 THE COACHES' AREAS

- 11.1 A dotted restraining line shall be placed 5 feet (1.74

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

RULE 12 LINES

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

RULE 13 THE PENALTY BOX

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

SECTION 2 EQUIPMENT

RULE 14 THE BALL

- 14.1 The ball shall be of white or orange rubber and between 7.75 inches (19.69 centimetres) and 8 inches (20.32 centimetres) in circumference. It shall be between 5 and 5.25 ounces in weight, and, when dropped onto a hard wooden floor from a height of 72 inches (1.83 metres), shall bounce to a height of between 45 inches (114.3 centimetres) and 49 inches (124.46 centimetres).
- 14.2 Balls shall be supplied by the home team, and the ball in use at the end of the game shall become the property of the winning team.
- 14.3 The home team shall supply ball boys with extra balls at each side and each end of the field. The ball boys shall wear helmets, gloves and boxes.

RULE 15 THE CROSSE

- 15.1 The crosse shall be of an overall length of between 48 inches (121.6 centimetres) and 72 inches (182.88 centimetres).
- 15.2 The head of the crosse shall measure between 4 inches (10.16 centimetres) and 10 inches (25.4 centimetres) inside measurement at its widest point.
- 15.3 The stick of the designated goalkeeper shall be an exception to Rules 15.1 and 15.2, above. There may be one stick up to 15 inches (38.1 centimetres) inside measurement in use by each team at any one time, and it must be used by the designated goalkeeper.
The goalkeeper's stick may be any desired length.
- 15.4 The head of the crosse shall be made of wood, laminated wood, plastic, or any other material approved by the ILF, and the shaft shall be made of wood, aluminium or any other material approved by the ILF.
Where a handle is made of metal, it must have a plastic or wood plug on the end, or it must be adequately taped to prevent injury.
The head of the crosse shall be approximately perpendicular to the handle.
- 15.5 The head of the crosse shall be constructed as follows:
- EITHER both walls shall be of wood, laminated wood, plastic or other material approved by the ILF;
 - OR one wall shall be made of wood, laminated wood, plastic or other material approved by the ILF, and the other wall shall be made by weaving gut lacing from the tip of the head to the handle in such a manner that it prevents the tip from catching on an opponent's crosse.
- 15.6 The wooden or plastic walls of the crosse shall not be above 2 inches (5.08 centimetres) in height; where a wall is made of gut, it may be any height.
- 15.7 The centre line of the handle shall cross the head approximately 2.5 inches (6.35 centimetres) from the wall.
- 15.8 There shall be a guard stop at the throat of the crosse. The stop must be perpendicular to the handle of the crosse and wide enough to let the ball rest loosely on the stop. The guard stop shall be a minimum of 18 inches (45.7 centimetres) from the outside edge of the head of the crosse.
The stop shall be constructed so that no part of the ball can be under the stop.

- 15.9 The head and side(s) of the crosse shall have holes bored in them to facilitate the weaving of the stringing.
- 15.10 The net of the crosse shall be constructed of gut, rawhide, clock cord, linen or synthetic material and shall be roughly triangular in shape.

RULE 16 PROHIBITIONS RELATING TO THE CROSSE

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

RULE 17 PERSONAL EQUIPMENT

- 17.1 All players are required to wear protective gloves, suitable boots or shoes, and a protective helmet equipped with a face mask and a chinstrap which must be properly fastened on both sides. The fingers may not be cut out of a player's gloves, and the entire finger must be encased within, and must be part of the glove. A player may not play with his fingers outside the glove. A player may cut the palms out of his gloves. Play must be suspended immediately if a player loses any of the required equipment in a scrimmage area. Otherwise, the official shall delay the sounding of his whistle in the same manner as set forth in Rule 88, which deals with the slow

whistle technique.

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

AR 17.1 A Blue attacker in possession of the ball is running towards the Red goal, with no opponent near him. He loses a required item of equipment, shoots, and scores.
RULING: A legal goal in the above circumstances, but the referees should stop the game immediately if there is any danger of injury to the attacking player.
RULING: The same considerations apply if his chinstrap becomes undone.

RULE 18 PROHIBITIONS RELATING TO PERSONAL EQUIPMENT

- 18.1 No player shall wear or carry equipment which, in the opinion of the officials, endangers himself or other players.
- 18.2 No player shall wear anything on the outside of his jersey which might obstruct the view of his numbers.
- 18.3 The special equipment worn by the goalkeeper shall not exceed standard equipment so far as shin guards, throat guards and chest protectors are concerned.
- 18.4 No player shall wear hockey goalkeeper gloves.
- 18.5 Track suit trousers may be worn by any player, but for a particular team they must be of the same colour, and it is recommended that they be of a different colour from those worn by the opponents.

SECTION 3 THE TEAMS

RULE 19 NUMBER OF PLAYERS

- 19.1 Ten players shall constitute a full team.
There shall be 1 goalkeeper, 3 defenders, 3 midfielders and 3 attackers.
- 19.2 If, because of injuries or men out of the game due to expulsion fouls, a team cannot keep 10 players in the game, then it may continue the game with fewer than 10 players, but no exceptions will be made to the regular rules for this situation.

RULE 20 SUBSTITUTES

- 20.1 A team may have up to 13 substitutes.

RULE 21 CAPTAINS

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

RULE 22 COACHES

- 22.1 A team may have any number of coaches, but each team shall designate one coach as its head coach.
The head coach shall be responsible for making all decisions for his team which are not specifically delegated to his captain.
- 22.2 The head coach shall at all times conduct himself like a gentleman, and he shall endeavour in every way to have his players and substitutes also conduct themselves like gentlemen.
He shall also be in control of and responsible for the

actions and conduct of all non-playing members of his squad and any and all persons officially connected with his team. He shall assist the officials to keep the game under control at all times.

It shall be his duty, upon the request of an official, effectively to control any actions of spectators which are not in conformity with good sportsmanship.

22.3 It shall be the responsibility of the home head coach to see:

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

SECTION 4 CONTROL OF THE GAME

RULE 23 THE OFFICIALS

23.1 The game of lacrosse shall be controlled by 3 referees, one of whom shall be designated the head referee. Their duties shall be equal in all respects, except that, in the settlement of any dispute, the decision of the head referee shall be final.

The referees shall have authority over the play of the game, with control and jurisdiction over the chief bench official, the time-keeper, penalty time-keepers, scorers, players, substitutes, coaches, anyone officially connected with the teams, and spectators.

23.2 The authority of the referees shall begin with their appearance on the field of play, and terminate upon the completion of the game.

23.3 By the sounding of his whistle, any of the referees may suspend the play of the game for any reason which he deems necessary for the proper enforcement of the rules of the game.

23.4 The referees shall keep a record of the the goals scored by each team, and the number of the player scoring the goal. They shall check the score with the official scorer at the end of each period, but the referees' score shall be the official score of the game.

23.5 The referees and the chief bench official shall wear similar

uniforms. This shall be vertical black and white striped shirt, white shorts, black and white socks and a black cap.

RULE 24 THE CHIEF BENCH OFFICIAL

24.1 A chief bench official (CBO) shall be appointed, and he shall be equipped with a horn. He shall supervise over and hold complete jurisdiction over the time-keeper, penalty time-keepers, scorers, coaches, substitutes and any other officials within the bench area, the special substitution area and the penalty box. He shall wear the same uniform as the referees, except that he shall also wear a suitably encribed armband.

24.2 The CBO shall:

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

Where the CBO becomes aware of such an infringement, he shall sound a warning, and subsequently advise the nearest referee of the nature of the foul. The CBO's horn itself does not stop the play of the game.

24.3 The CBO shall acknowledge receipt and understanding of the referees' signals relating to penalties, penalty periods or any other matters relating to the play of the game, by repeating the signal. He shall then relay the decisions of the referees to the time-keeper, penalty time-keepers and scorers, as appropriate.

24.4 The CBO shall advise the coaches, if so requested, as to the decisions of the referees.

- 24.5 The CBO shall notify each team 30 seconds before the restart of play during a team time-out, and one minute before the start of each period.
- 24.6 The CBO shall notify the nearest referee if any player has incurred 5 personal fouls.
- 24.7 The CBO shall sound his horn if a team asks him for a time-out.

RULE 25 THE TIME-KEEPER

- 25.1 A time-keeper shall be appointed, and he must be equipped with a time piece which is able to record time in seconds.
- 25.2 The time-keeper shall keep an accurate record of the time played in each period, and he shall go out onto the field of play for the last 30 seconds of play in each period to count down the the remaining time to the closest referee as follows; 30 seconds, 25 seconds, 20 seconds, 15 seconds, 14, 13.....3, 2, 1, Time.
- 25.3 The time-keeper shall keep an accurate record of the time intermissions between playing periods, and he shall notify the chief bench official one minute prior to the start of each period of play.
- 25.4 The time-keeper shall keep an accurate record of the time taken during team time-outs, and he shall notify the chief bench official 30 seconds before the re-start of play.

RULE 26 THE PENALTY TIME-KEEPERS

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

RULE 27 THE SCORERS

- 27.1 Each team shall provide a scorer and, unless otherwise

designated by the head referee, the visiting scorer shall be the official scorer.

- 27.2 The scorers shall keep a record of the goals scored by each team, the name and number of the player scoring the goal, and the name and number of the player making an assist.
- 27.3 The scorers shall check with the referees at the end of each period to ensure that they have the same score.
- 27.4 The scorers shall keep an accurate record of the number of time-outs taken by each team, and they shall notify the chief bench official immediately if a team exceeds the number allowed in a half or in an overtime period.
- 27.5 The scorers shall keep a record of the name and number of each player upon whom a penalty is inflicted, the type of foul, the duration of the penalty, and the game time of the penalty.
- 27.6 The scorers shall notify the chief bench official if any player should incur 5 personal fouls.

RULE 28 MISTAKES BY THE BENCH OFFICIALS

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

AR 28.1 A Blue player has been given a 1-minute penalty. After 30 seconds, he is released by a penalty time-keeper. A Blue player then scores. Before the ball is faced, the referees become aware of the mistake.
RULING: No goal, the penalized Blue player returns to the penalty box for 30 seconds, and the ball is faced.

AR 28.2 A Blue player has been given a 1-minute penalty. After 30 seconds, he is released by a penalty time-keeper. A Blue player then scores. After the face-off, the Red team protest to the referees.
RULING: Goal. The Blue player stays in the game.

SECTION 5 THE LENGTH OF THE GAME

RULE 29 TIME OF THE MATCH

- 29.1 The match shall be divided into 4 periods of 25 minutes duration each. "Time off" incurred in each quarter shall be added to the playing time of that quarter.
- 29.2 At the end of each quarter, the teams shall change ends. The interval between the first and second quarters shall be of 2 minutes' duration.
At half-time, the interval shall be 10 minutes long.
At three-quarter time, the interval shall be three minutes.
- 29.3 Between the first and second periods, and between the third and fourth periods, the players shall, on leaving the playing field, assemble in the bench area only; to go beyond this area, they must have the permission of the referees.
- At half-time, the teams may leave the playing field.

RULE 30 UNCOMPLETED MATCH

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

RULE 31 TIED GAME

- 31.1 In the event of the scores being tied at the end of regulation playing time, then 2 periods of overtime shall be played. The following procedure shall apply:
- i) There shall be an interval of 5 minutes, during which the teams shall change ends;
 - ii) Both periods of overtime shall start with a face-off as at the start of each quarter, subject to the provisions of Rule 34.1 being followed;
 - iii) The overtime periods shall be of 4 minutes duration, and there shall be a two minute interval between them;
 - iv) The teams shall change ends between the 2 overtime periods.
- 31.2 If the scores are still tied at the end of the 2 overtime periods, then the following "sudden death" procedure will

take place:

- i) The captains will toss a coin during a 1 minute intermission, with the winner selecting the goal which he wishes to defend.
- ii) Play will then resume with a face-off at the centre of the field, subject to the provisions of Rule 34.1 being followed, for 4 minute periods until a goal is scored.
- iii) At the end of each 4 minute period, the teams shall change ends, but the team in possession of the ball at the end of a period shall retain possession of the ball in the same relative position of the field as when the period ended, except that the ball shall not be put into play closer than 20 yards (18.29 metres) from the cage, or with an opponent nearer to the player who has possession of the ball than 9 feet (2.74 metres); play will then continue immediately.
If a sudden-death overtime period ends when the ball is loose, then the next period will start with a face-off in the same relative position as when play ended.
- iv) This procedure will continue until a goal is scored, thus deciding the winner.

AR 31.1 A sudden death period ends with the Blue goalkeeper in possession in his crease.
RULING: The next period commences with Blue in possession 20 yards (18.29 metres) laterally from the cage.

RULE 32 DEFAULTED GAME

- 32.1 A team shall be declared the winner of a game by default if its opponent fails to appear at the appointed time and place for the contest, or for any reason a team fails to finish a contest. The score of such a defaulted game shall be 1-0 against the defaulting team.
- 32.2 The visiting team shall be declared the winner of the game by default, if the field does not meet the specifications as set forth in these rules.
Any unavoidable local conditions must be agreed to in writing prior to the day of the game.

SECTION 6 THE PLAY OF THE GAME

RULE 33 ACTIONS PRIOR TO THE GAME

- 33.1 The referees and the CBO shall call together the captains of each team at the centre of the field approximately 5 minutes before the start of the game.
The head referee shall toss a coin to determine choice of goals; the visiting captain shall call the toss.
At this time, any special ground rules shall be explained.
- 33.2 The referees and the CBO shall then draw up the starting line-ups in lines facing each other at the centre of the field, with their left sides towards the goal they are defending. Equipment shall be inspected and any special ground rules explained.

RULE 34 FACING AT THE CENTRE

- 34.1 Play shall normally be started at the beginning of each period, and after each goal has been scored, by facing the ball at the centre of the field, subject to the following exceptions:
- i) In the event of an extra man situation at the conclusion of ANY period, then the next period shall be commenced by awarding the ball to the team which had possession at the conclusion of the prior period in the same relative position on the field.
However, if the period ends with no team in possession, the ball shall be faced at the centre with all the usual restrictions.
 - ii) Once a referee has placed the ball between the sticks at a face-off, then the players are "set", and any movement of a player's stick or gloves prior to the whistle will result in possession being awarded to the offended team.
The player is allowed to move his feet or his body, provided that this movement is not transmitted to the gloves or stick.
- 34.2 The players facing shall stand on the same side of the centre line as the goal each is defending, with their crosses resting on the ground along the centre line and parallel to it.
Each player must have both hands on the handle of his own crosse, not touching any strings, and both gloved hands must be on the ground. The feet shall not touch the crosse.
No part of either crosse may touch, and the walls must be approximately 1 inch (2.54 centimetres) apart, with the backs of the crosses facing each other.
Both hands and feet must be to the left of the throat of the

crosse.

Neither player may be in contact with his opponent's body by encroaching on his opponent's territory.

- 34.3 The referee shall make certain that the heads of the crosses match evenly, and he then shall place the ball between and in the centre of the two crosses, resting on the lower wall of both crosses. The ball must not be touching the ground.
- 34.4 When the referee sounds his whistle to start play, each player may attempt to direct the course of the ball by movement of his crosse in any manner he desires. Kicking or stepping on an opponent's crosse is illegal. A player may not "kick through" his own crosse in order to move the crosse of his opponent.
- 34.5 Whilst the two players who are participating in the face-off are still down in the face-off position, and the ball is still between and in contact with their sticks, it shall be illegal for any other player to make contact with the body or crosse of either of those two players.
- 34.6 No player who is using a left-handed crosse shall take part in a face-off. A stick in which the net is woven to the head in such a manner that a lip or hook is formed which might ensnare the ball shall be illegal for use in face-offs.
- 34.7 At the time of a centre face-off, a team which has 10 players on the field of play (excluding the penalty box) shall confine the goalkeeper and 3 other players in its defence goal area, 3 players in its attack goal area, and 1 player in each of its wing areas. When the whistle sounds to start play, the players in the wing areas shall be released. All other players are confined to the specified goal areas until possession of the ball is gained by any player, the ball touches or crosses a goal area line, or the ball goes out of bounds.
- 34.8 In the above circumstances, when possession is gained by a player, the referee shall rotate his right arm in full circular cranking motion and shout "possession". When the ball touches or crosses a goal area line before possession has been called, the referee shall rotate his right arm in full circular cranking motion and shout "free ball".
- 34.9 Where a team has 1 or more players out of the game on penalty, then that team shall be exempt from confining its players to the goal and wing areas to the extent of its players in the penalty box. Such a team shall have the right

to choose the confining area(s) in which it shall exercise its exemption, but it must obey the off-side rule.

34.10 At a centre face-off, before "possession" or "free ball" have been called, if a referee mistakenly blows his whistle, then the ball shall be re-faced at the centre of the field with the same restrictions as the original face-off.

34.11 If a foul is committed at a centre face-off before "possession" or "free ball" have been called, then confined players will not be released from the goal areas until the whistle blows to resume play.

34.12 If the ball goes directly out-of-bounds from a face-off, then it shall be re-faced at the same place as the previous face, and subject to the same restrictions as the previous face.

AR 34.1 A period ends with a Blue player in the penalty box, and Red in possession. During the break, a Red player commits a foul, and the extra-man situation is thus nullified. RULING: The next period starts with a centre face-off.

AR 34.2 A period ends with a Blue player in the penalty box, and Red in possession. During the break, a Red player and a Blue player commit fouls. RULING: There is thus still an extra man situation, and the ball is awarded to the team having less total penalty time. If the penalty times are equal, then the next period starts with a centre face-off.

AR 34.3 Blue attacking and a flag is down. The ball becomes loose as the period ends. RULING: Blue retain the ball at the start of the next period, with the Red player in the penalty box.

AR 34.4 A player is injured at a centre face-off with ball still loose. RULING: The ball is re-faced at the centre with the original restrictions in force.

AR 34.5 A player loses an item of equipment at a centre face-off with the ball still loose. RULING: The ball is re-faced at the centre with the original restrictions in force.

AR 34.6 The ball goes out-of-bounds at a centre face-off after being touched by a player, but the referees do not know who last touched it.

RULING: The ball is faced 20 feet (6.1 metres) from the out-of-bounds spot, and all players are released from their confined areas immediately.

RULE 35 FACING OTHER THAN AT THE CENTRE

35.1 When a face-off occurs other than at the centre of the field, then the following rules shall apply:

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

RULE 36 FREE PLAY

36.1 When a player has been awarded the ball for any reason, no opposing player may take a position closer to him than 9 feet (2.74 metres).

36.2 A free play shall not take place closer to the cage than 20 yards (18.29 metres) in any direction, and the ball shall be moved laterally to a point 20 yards (18.29 metres) from the cage, if required.

36.3 A free play shall not take place within 3 yards (2.74 metres) of the gate, and the ball shall be moved laterally into the field of play until it is 3 yards (2.74 metres) from the nearest part of the gate, if required.

RULE 37 SCORING

37.1 A goal counts one point, and is scored when a loose ball passes from the front completely through the imaginary plane formed by the rear edges of the goal line as a base, the cross-bar as the top, and the goal posts as the two sides. Should the ball be caused to pass through the plane of the goal by one of the defending players, it counts as a goal for the attacking team.

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

- i) after a referee's whistle has sounded to indicate the end of a period;
- ii) after the period has ended, regardless of whether or not a referee's whistle has sounded;
- iii) after a referee's whistle has sounded for any reason, even though the sounding of the whistle was inadvertent;
- iv) when any part of the body of an attacking player is touching the goal crease area;
- v) when the attacking team has more than 18 men on the field of play (including the penalty box) at the time;
- vi) when the attacking team has more men than it should have on the actual field of play (excluding the penalty box) at the time;
- vii) when the attacking team or both teams are off-side at the time.

AR 37.1 A goalkeeper who is in possession of the ball brings his crosse back over the goal line in order to clear, and the ball breaks the plane of the goal.
RULING: No goal, as the ball is not loose.

AR 37.2 A goalkeeper makes a save, but the power of the shot forces the ball, in his stick, over the goal line.
RULING: Goal, as the goalkeeper does not have control over it as required by Rule 38.1, and it is therefore technically a loose ball.

RULE 38 POSSESSION OF THE BALL

38.1 A player shall be considered in possession of the ball when he has control of it and could perform any of the normal functions of play such as carrying, cradling, passing or shooting.

38.2 A team shall be considered in possession of the ball when a player on that team has possession of the ball.

38.3 A ball not in a player's possession or a team's possession is a loose ball.

RULE 39 BALL OUT-OF-BOUNDS

39.1 Play shall be suspended at any time when the ball is out of bounds.

39.2 When a player with the ball in his possession steps on or beyond a boundary line, or any part of his crosse or body touches the ground on or beyond the boundary line, then the ball is out of bounds, and the player shall lose possession of it.

The ball shall be awarded to any player of the opposing team who is ready immediately to make the free play, at the point where the ball was declared out-of-bounds.

39.3 When a loose ball touches the a boundary line or the ground outside of a boundary line, or when it touches anything on or outside of a boundary line, then it is out-of-bounds, and the following rules shall apply:

i) Except on a shot or a deflected shot at the goal, the ball shall be awarded at the point where it was declared out-of-bounds to any player on the opposing team to that player who last touched it who is ready immediately to make the free play.

ii) When a loose ball goes out-of-bounds as a result of a shot or a deflected shot at goal, it shall be awarded to the team one of whose inbound players was nearest to the ball when it became out-of-bounds. If two inbound players of opposite teams are equidistant from the ball when it goes out-of-bounds, then it shall be faced.

iii) A shot or deflected shot remains a shot until:
- the ball comes to rest on the field of play;
- or a player gains possession of the ball;
- or the ball goes out-of-bounds;
- or a player deliberately causes the ball to go out-of-bounds.

39.4 If the ball goes directly out-of-bounds from a face-off, then it shall be faced again at the same place as the previous face-off, and subject to the same restrictions as the previous face-off.

39.5 If the ball is out-of-bounds within the confines of the gate, or within 3 yards (2.74 metres) of any part of the gate, then it shall be moved laterally into the field of

play until it is 3 yards (2.74 metres) from the nearest part of the gate before play is resumed.

AR 39.1 A Blue player shoots at goal and the ball, after hitting a pipe, goes out of bounds near the centre line in Blue's offensive half of the field. The nearest player is a Blue defender who is tied to his own half by the off-side rule.
RULING: The ball is awarded to Blue.

AR 39.2 A shot misses the goal and comes to rest on the field of play. A Blue player tries to pick it up, but it goes out-of-bounds.
RULING: The ball is awarded to Red.

AR 39.3 A shot misses the goal and is rolling towards a boundary line. A Blue player tries to pick it up, but it goes out-of-bounds.
RULING: The ball is awarded to the nearest in-bounds player.

AR 39.4 A shot goes over the goal and a player tries to catch it in flight. The ball hits his crosse or body and goes out-of-bounds.
RULING: The ball is awarded to the nearest in-bounds player.

AR 39.5 A Blue player, in possession of the ball, is forced out-of-bounds illegally by a Red player.
RULING: Blue retain the ball and the Red player serves penalty time.

RULE 40 BODYCHECKING

40.1 Bodychecking an opponent is permitted in the game of lacrosse, provided:

- i) the opponent is in possession of the ball or is within 8 feet (2.74 metres) of a loose ball;
- ii) the contact is made from the front or side, above the knees, and below the neck.

See Rule 68 concerning illegal bodychecking.

RULE 41 CHECKING WITH THE CROSSE

41.1 A player may check an opponent's crosse with his own crosse, provided that the opponent has possession of the ball, the opponent is within 8 feet (2.74 metres) of a loose ball, or the ball is in flight within 8 feet (2.74 metres) of the

opponent.

For the purpose of all rules except the off-side rules, the centre face-off possession rules, and the crosse rules, the gloved hand holding the crosse is considered as part of the crosse.

See Rules 69 and 70 concerning illegal checking.

RULE 42 THE PICK

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

See Rule 52 concerning an illegal pick.

RULE 43 TIME-OUTS

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

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

43.3 When a player is injured and, in the opinion of an official the injury is serious, then play shall be suspended immediately.

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

- If the attacking team is in possession of the ball in the attack half of the field and, in the opinion of the referee a scoring play is imminent, then the referee shall delay the sounding of his whistle in the same manner as laid down under the "slow whistle procedure", Rule 80, except that a signal flag is not dropped under these circumstances.

- If the ball is loose, then the referee shall delay the sounding of his whistle until possession is secured and, if a scoring play is imminent, the play is completed, in the same manner as laid down under the "slow whistle procedure" Rule 80, except that the signal flag is not thrown under these circumstances.

43.4 A team may request a time-out provided:

- the ball is dead,

- or the team requesting the time-out has possession of the ball in its attacking half of the field.

43.5 A time-out may be called by a coach, a captain, or the player who has possession of the ball.

The request may be made to a referee or to the chief bench official.

- 43.6 A team time-out shall be 90 seconds long.
A team shall be limited to 2 time-outs per half, and 1 time-out per 4-minute overtime period.
No time-outs shall be allowed in a sudden death overtime period.
A time-out taken between periods is charged to the preceding period.
A team may not take consecutive time-outs without resumption of play.

SECTION 7 SUBSTITUTION

RULE 44 SUBSTITUTION

- 44.1 Maximum substitution may take place at any time, subject to the following paragraphs.
- 44.2 The substituting player must wait in the substitution area for the player whom he is replacing to leave the field of play, and only then may he enter the field of play. Both players must go through the gate.
Players may substitute on the fly, and they may do so on either side of the centre line, provided that the off-side rule is observed.
- 44.3 If the player leaving the field of play is bound to the half of the field which he is in by the off-side rule, then the provisions of the off-side rule will be deemed to have been observed if the substitute steps out of the substitution area onto the field of play at the same time as the player leaving the field steps into the substitution area.
- 44.4 The following exceptions shall apply:
- i) On the scoring of a goal, at the end of a period, and during a time-out of any kind, substitution may be effected from any point on the side line, and not necessarily through the gate. In such cases, it will not be necessary for the substituting player to remain on the side line until his counterpart leaves the field of play, but his team must have the correct number of players on the field when play is restarted.
 - ii) If an official time-out has been called because an injured player is unable to continue, then that player shall be removed from the field as soon as possible to the nearest boundary, and the substitute must report

immediately.

SECTION B GOAL CREASE AND GOALKEEPER

RULE 45 THE DESIGNATED GOALKEEPER

- 45.1 Where a player on a team begins the game using a goalkeeper's stick, then that player shall be deemed to be the designated goalkeeper.
- 45.2 Where the designated goalkeeper is replaced by another player using a goalkeeper's stick, then that substitute shall be deemed to be the designated goalkeeper.
- 45.3 If the designated goalkeeper leaves the field of play and is not replaced by another player using a goalkeeper's stick, then the following rules shall apply:
- i) If the designated goalkeeper exchanges crosses with a team-mate prior to leaving the field, then that player shall be deemed to be the designated goalkeeper until such time as the crosses are re-exchanged;
 - ii) If there is no goalkeeper's crosse in use by a team at any time, then the captain or coach of that team must nominate a player to act as the designated goalkeeper.

AR 45.1 Blue goalie is out of game on penalty, and has given his stick to a team-mate. He returns to the game and, before re-exchanging sticks, he saves a shot with his hand.
RULING: Technical foul, as the original goalie is not the designated goalie until he receives back the goalkeeper's crosse.

AR 45.2 The goalkeeper is serving a penalty and has left the field without exchanging his goalkeeper's crosse with a team-mate. The captain has nominated a designated goalkeeper. The penalty time expires and the original goalkeeper, carrying his goalkeeper's stick, returns to the game. As he does so, the "temporary" goalkeeper saves a shot with his hand.
RULING: Technical foul, because the goalkeeper's stick is now back in the game, and the player holding it thus becomes the designated goalkeeper as soon as he steps onto the field.

RULE 46 PRIVILEGES OF THE DESIGNATED GOALKEEPER

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

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

AR 48.1 The ball is loose outside the Blue crease. The Blue goalkeeper, his feet within the crease, clamps the ball and begins to rake it back. Before the ball touches the goal crease, a Red attacker checks the goalkeeper's stick.
RULING: Legal play, as the goalkeeper's crosse extended outside the cylinder can be checked provided the ball is not in the crosse.

AR 48.2 The ball is loose outside the Blue crease. The Blue goalkeeper, his feet within the crease, clamps the ball and begins to rake it back. As the ball touches the crease, a Red attacker checks the goalkeeper's crosse.
RULING: Technical foul, as the goalkeeper is considered to be in possession when the ball is clamped within the crease.

AR 48.3 The Blue goalkeeper, with his feet in the crease, is clearing the ball. A Red attacker is holding his crosse motionless outside the cylinder in a covering position. Before the ball is released by the Blue goalkeeper, the crosses collide.
RULING: Technical foul, as the goalkeeper has the protection of the crease when clearing, whether the attacker moves his crosse or not.

AR 46.4 As for the previous ruling, but the crosses collide after the ball has been released.
RULING: Legal play, as the ball is not in the goalkeeper's possession, and his cross is outside the cylinder.

AR 46.5 The Blue goalie makes a save, but the ball bounces into the air in front of his goal. A Red attacker bats at the ball, and the crosses collide inside the cylinder above the goal crease.
RULING: Interference by Red; no time-served penalty.

AR 46.6 As above, but the crosses collide outside the cylinder.
RULING: No foul.

RULE 47 PROHIBITIONS RELATING TO THE GOAL CREESE

47.1 An attacking player shall not be in his opponents' goal crease area at any time while the ball is live in his opponents' half of the field.

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

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

47.4 For the purpose of this rule, a player is considered to be within the goal crease area when any part of his body is touching the goal crease area, and he is considered to be outside the goal crease area when no part of his body is touching the goal crease area, and part of his body is touching the ground outside the goal crease area.

AR 47.1 The Blue goalkeeper has the ball in his possession and only his rear foot is in the crease. He lifts his rear foot momentarily, and then places it down within the crease.
RULING: Technical offence, as the goalkeeper is deemed to have left the crease when he raises his foot, and he has then re-entered it.

AR 47.2 The Blue goalkeeper jumps to intercept a pass. He catches the ball, and lands within the crease.
RULING: Legal play, as he is not considered to be out

of the crease when in mid-air, as no part of his body is touching the ground outside the crease.

- AR 47.3 The Blue goalkeeper makes a save and steps out of the crease. He is then legally bodychecked back into the crease by a Red attacker.
RULING: Technical foul by the goalkeeper.

SECTION 8 TECHNICAL FOULS

RULE 48 THE PENALTY FOR TECHNICAL FOULS

48.1 The penalty for a technical foul shall be as follows:

- i) If the offending team has possession of the ball, or if the ball is loose at the time a technical foul is committed, then possession shall be awarded to the opposing team at the point where the ball was when the foul occurred.
- ii) If the opponents of the offending team have possession of the ball at the time a technical foul is committed, then the penalty shall be suspension from the field of play for 30 seconds for the player committing the foul.

48.2 If a technical foul occurs prior to the start of the game, or after the scoring of a goal or the end of a period, then the offending player is suspended from the game for 30 seconds and the ball is faced, subject to the exception specified in Rule 34.1 ii).
If the technical foul occurs at some other time during the course of the game, but while the play is suspended, then the general rule rather than this exception shall apply.

RULE 49 THE NATURE OF A TECHNICAL FOUL

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

RULE 50 INTERFERENCE

50.1 A player may not interfere in any manner with an opponent in an attempt to keep him from a loose ball except when both

are within 9 feet (2.74 metres) of such loose ball.

- 50.2 A player may not, by the use of his body or his crosse, interfere with a player who is in pursuit of an opponent who has possession of the ball.
- 50.3 A player may not guard an opponent so closely as to prevent the opponent's free movement when the opponent is not in possession of the ball.
- 50.4 Nothing in this rule is intended to prohibit a legal offensive pick.

RULE 51 PUSHING

- 51.1 A player may not push an opponent with his crosse.
- 51.2 A player may not push an opponent unless the opponent has possession of the ball or the opponent is within three yards of a loose ball.
- 51.3 A player may not push an opponent from the rear. Pushing from the rear is defined as exerting enough pressure to force an opponent to go move in a direction other than that in which he intends to go or, if in the direction he intends to go, then at a greater speed than he intends.

RULE 52 ILLEGAL PICK

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

RULE 53 HOLDING

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

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

- (ii) A player in possession of the ball may protect his crosse with his hand, arm, or other part of his body when an opponent makes a play to check his crosse. The hand, arm, or other part of his body may only be used to stop the stick check, and it must not be used to hold, push, or control the direction of the movement of the checker's crosse or body.

RULE 54 KICKING AN OPPONENT'S CROSSE

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

RULE 55 HANDLING THE BALL

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

RULE 56 WITH-HOLDING THE BALL FROM PLAY

- 56.1 A player shall not with-hold the ball from play in any manner.
A player shall not lie on a loose ball on the ground.
A player shall not trap a loose ball on the ground with his stick longer than is necessary for him to control the ball and pick it up in one continuous motion.
- 56.2 A player with the ball in his possession shall not hold his crosse in close proximity to his body with the purpose of preventing an opponent from dislodging the ball.
- 56.3 A player with the ball in his possession may not grasp any portion of the head of the stick with his hand.

RULE 57 ILLEGAL ACTIONS WITH THE CROSSE

- 57.1 A player shall not throw his crosse under any circumstances.
- 57.2 A player shall not take part in the play of the game in any manner unless he is grasping his crosse with at least one hand.
A broken crosse is considered no crosse.
- 57.3 During the play of the game, a player may not exchange his

crosse for another except to replace a broken crosse, but players who are legally on the playing field may exchange crosses.

- 57.4 Should a player lose his crosse in any legal way so that repossession of his crosse would cause him to violate a rule, then the "slow whistle technique" (Rule 80) shall be employed by the referees, except that the signal flag is not thrown under these circumstances. Should the crosse be in the crosse so as to possibly interfere with the goalkeeper's play of an attempted shot at goal, then play shall be suspended immediately.

RULE 58 ILLEGAL ACTIONS BY TEAM OFFICIALS

58.1 A coach, trainer or other person officially connected with a team shall not:

- i) Enter the field of play without the permission of an official, except during a team time-out or between periods;
- ii) Use artificial aids to communicate with players on the field of play;
- iii) Leave the area on his bench's side of the field between the special substitution area line and the imaginary extension of the goal area line.

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

RULE 59 ILLEGAL PROCEDURE

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

59.2 Leaving the penalty box before being authorized to do by the penalty time-keeper is a foul. The offending player shall be returned to the penalty box to serve out his unexpired time plus 30 seconds. If the ball is loose or in the possession of his own team, then it shall be awarded to the opposing team. If a goal is scored by the player's opponents, then any unexpired time on a technical foul shall be nullified, but he must still serve the 30 seconds for illegal entry into

the game.

During an authorised time-out or between periods, a player may leave the penalty box, but he must return at the commencement of play to complete his suspension.

59.3 Delaying the game is a foul.

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

A team is guilty of delaying the game when:

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

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

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

59.5 A team which does not have the required number of men in each designated area at the time the whistle is blown to start a centre face-off has committed a technical foul. See Rules 34.7 and 34.8.

59.6 Failure to be at least 10 yards (9.14 metres) from a face-off at the time the whistle is blown is a technical foul.

59.7 Failure to be at least 8 feet (2.74 metres) from an opponent having a free play is a technical foul.

59.8 Any breach of the rules relating to substitution as laid down in Rule 44 is a technical foul.

59.9 Any breach of the rules relating to the goal crease as laid

down in Rule 47 is a technical foul.

59.10 Any breach of the rules relating to time-outs as laid down in Rule 43 is a technical foul.

59.11 It is a technical foul for a team to have more than 10 men (including men in the penalty box) in the game at any time.

59.12 It is a technical foul for a team to have more men than it should have on the actual field of play (excluding the penalty box) at any time.

59.13 Only coaches are allowed in the coaches' area, and it is thus a technical offence for a player or substitute to enter this area.

RULE 60 STALLING

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

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

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

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

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

AR 60.1 Red have been warned to "get it in".
A Red pass is missed, but they recover the ball.
RULING: The stalling warning is still in effect, and

Red are again asked to "get it in".

43 52 2

Red have been warned to "get it in".

Red immediately lose possession to Blue, but then regain the ball.

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

43 52 3

Red have possession in the attack goal area, having been warned to "get it in".

A shot goes out-of-bounds.

RULING: The man nearest the ball gains possession.

If the attack thus gain possession, then the stalling warning remains in force.

43 52 4

Red have possession in the attack goal area, having been warned to "get it in".

The man in possession then steps on or beyond a line bounding the attack goal area, is legally forced out of that area, or passes the ball out of play.

RULING: The ball is awarded to Blue.

43 52 5

Red have possession in the attack goal area, having been warned to "get it in".

The man in possession then passes it out of the attack goal area into the midfield.

RULING: If Blue gain possession of the resulting loose ball, then play is allowed to continue.

Otherwise, the ball is awarded to Blue at the point of the infraction.

43 52 6

Red have possession in the attack goal area, having been warned to "get it in".

The man with the ball is illegally forced out of the attack goal area.

RULING: The Blue player serves penalty time, Red retain the ball, and the stalling warning stays in effect.

43 52 7

Red have possession in the attack goal area, having been warned to "get it in".

A pass is deflected by a Blue player, and goes out of play.

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

43 52 8

Red have possession in the attack goal area, having been warned to "get it in".

A pass is deflected by a Blue player, and goes out of the attack goal area into the midfield.

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

RULE 61 ILLEGAL CROSSE

61.1 Should it come to the attention of a referee that a player is using a crosse (other than trick stringing) which is illegal under the provisions of Rules 15 or 18, then the referee shall demand that the player adjust the crosse to conform to specification, or exchange it for another. For a second violation against the same player, the referee shall inflict a technical penalty and place the illegal crosse in the custody of the official scorer for the remainder of the game.

RULE 62 ILLEGAL EQUIPMENT

62.1 Should it come to the attention of a referee that a player is wearing equipment which is illegal under the provisions of Rules 17 or 18, then the referee shall demand that the player conform to specification. Should the player fail to do so, then he shall be compelled to withdraw from the game until such time as he has complied with the regulations governing equipment, a substitute being allowed for him immediately. For a second violation by the same player, the referee shall inflict a technical penalty, and he shall be compelled to withdraw from the game until such time as he has complied with the regulations.

RULE 63 OFF-SIDE

63.1 Except as provided for in Rule 63.4, a team is off-side, provided that the ball is in play, when:

- i) It has fewer than 3 men in its attack half of the field between the centre line and the end line;
- ii) Or it has fewer than 4 men in its defensive half of the field between the centre line and the end line.

63.2 Except in cases where a goal is scored when one or both teams are off-side, the following rules shall apply:

- i) When only one team is off-side, a technical penalty shall be inflicted in accordance with Rule 49.
- ii) Where both teams are off-side, and one of the teams has possession of the ball, the teams shall be placed on-side, and play resumed with the team which had possession of the ball retaining possession.

(iii) Where both teams are off-side, and neither team has

possession of the ball, the teams shall be placed on-side, and the ball shall be faced at the place where it was when the whistle went.

83.3 The following rules shall apply when one or both teams are off-side at the time a goal is scored:

- i) When only the defending team is off-side, then the goal shall stand, and no penalty shall be inflicted.
- ii) When only the attacking team is off-side, the goal shall not stand, and the ball shall be awarded to any member of the defensive team 20 yards (18.28 metres) laterally from the cage.
- iii) When both teams are off-side, the goal shall not stand, and the ball shall be faced 20 yards (18.28 metres) laterally from the cage.

83.4 The following exceptions shall apply to the foregoing rules concerning off-side:

- i) When 4 or more men from one team are in the penalty box at the same time, then that team is required to have 3 men in its attack half of the field and the remainder of its players in its defensive half of the field at all times.
Under these conditions, no penalty shall result from the failure of such a team to have 4 players in its defensive half.
- ii) If a player, seeing that he is going to go off-side before he can stop, runs out-of-bounds instead of off-side, then no penalty shall result from the failure of his team to have the required number of players in that half of the field.

83.1 A Blue player breaks over the centre line and two Red players go off-side whilst chasing him.
RULING: The slow whistle technique is applied.
If a goal is scored by Blue, then no penalty time is served as the goal cancels the technical offences.
If no goal is scored, then both Red players serve 30 seconds.

83.2 The ball is loose near the centre line, and a Blue player legally bodychecks a Red player causing him to go off-side.
RULING: The ball is awarded to Blue.

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

off-side.

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

AR 83.4 A Blue player is trying to prevent himself from going off-side. He keeps both his feet in the required half of the field, but falls over the centre line. His gloves, still wrapped round his crosse, touch the other half of the field.

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

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

AR 83.5 Red are in possession. A Blue attacker goes off-side. Realizing his error, he goes "back on-side", but his offence is spotted and a flag is thrown. As he is going to serve a penalty anyway, he then drops back into defence, thus "going off-side again". Red fail to score.

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

RULE 64 THRUSTING CROSSE AT FACE OF OPPONENT

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

RULE 65 AVOIDABLE LATENESS

65.1 When a team fails to appear on the field ready to play at the appointed time for the start of a match, then that team has committed a technical foul.
The penalty shall be served by the in-home.

SECTION 18 PERSONAL FOULS

RULE 66 THE PENALTY FOR A PERSONAL FOUL

66.1 The penalty for a personal foul shall be suspension from the game for a period of 1 to 3 minutes, depending upon the referee's diagnosis of the severity and intention of the foul.
If the foul occurs prior to the start of the game, or after the scoring of a goal or the end of a period, then the ball

shall be faced. Otherwise, the ball shall normally be given to the team which has been fouled.

RULE 87 THE NATURE OF A PERSONAL FOUL

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

RULE 88 ILLEGAL BODYCHECK

- 88.1 A bodycheck of an opponent who is not in possession of the ball or within 9 feet (2.74 metres) of a loose ball is illegal.
- 88.2 An avoidable bodycheck of an opponent after he has thrown the ball is illegal.
- 88.3 A bodycheck of an opponent in which initial contact is from the rear, or at or below the knees, or at or above the neck is illegal, unless the player bodychecked turns his back or jumps or moves in such a manner as to make what started as a legal bodycheck appear illegal.
- 88.4 When a player uses his spread arm or arms in a bodycheck, then they must be kept below the shoulders of the opponent throughout the entire bodycheck, and both hands must remain in contact with the crosse.
- 88.5 Blocking an opponent with the head, known as spearing, is illegal.
- 88.6 Bodychecking an opponent who is lying on the ground, or who is down on one or both knees, is illegal.

RULE 89 SLASHING

- 89.1 Under no circumstances shall a player swing his crosse at an opponent's crosse with deliberate viciousness or reckless abandon, and a foul is committed in such circumstances whether or not the opponent's crosse or body is struck.
- 89.2 A strike by the crosse on the helmet or neck of an opponent is illegal, except when done by a player in the act of passing or shooting.
- 89.3 A player shall not strike any part of the body of an opponent, other than the gloved hand holding the stick, in an attempt to dislodge the ball from his opponent's crosse.

but a check shall not be declared illegal if, in an attempt to protect his crosse, the player in possession uses some part of his body, other than his head or neck, to ward off the thrust of the defensive player's crosse and, as a result, the defensive player's crosse strikes some part of the attacking player's body other than his head or neck.

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

AR 69.1 A player is in the act of passing or shooting and, in his legitimate follow-through action, strikes an opponent on the head.

RULING: No foul.

RULE 70 CROSS-CHECK

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

RULE 71 TRIPPING

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

RULE 72 UNNECESSARY ROUGHNESS

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

72.2 A deliberate and excessively violent contact made by a defensive player against an offensive player who has legally established a screening position shall be designated unnecessary roughness.

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

RULE 73 UNSPORTSMANLIKE CONDUCT

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

- i) Enter into argument with an official as to any decision

which he has made:

- ii) In any way attempt to influence the decision of an official;
- iii) Use threatening, profane or obscene language or gestures to an official or to any member of the opposing squad;
- iv) Commit any act considered unsportsmanlike by the referees.
- v) Repeatedly commit the same technical foul.

73.2 Where an unsportsmanlike conduct penalty has been inflicted, and the penalized person continues to act in an unsportsmanlike manner, the referees have the right to banish him from the bench area.

73.3 No player or substitute shall use a crosse with trick stringing which is designed to hold the ball and to retard the normal and free dislodgement of the ball by an opponent. A player using such a stick shall be given a 3-minute penalty, and the stick shall be placed in the custody of the official scorer for the remainder of the game.

73.4 A team which repeatedly abuses Rule 34 by breaking from a restricted zone at a centre face-off shall be guilty of unsportsmanlike conduct.

RULE 74 PLAYER COMMITTING 5 PERSONAL FOULS

74.1 Any player committing 5 personal fouls shall be "fouled out" of the game, and shall not be allowed to take any further part in it.

74.2 A substitute for such a player shall be allowed to enter the game at such a time as the fouled out player would have been permitted to re-enter the game had he not committed 5 personal fouls.

SECTION 11 EXPULSION FOULS

RULE 75 THE PENALTY FOR AN EXPULSION FOUL

75.1 The penalty for an expulsion foul shall be suspension for the remainder of the game.

75.2 In the case of an expulsion foul against a player or a substitute, a substitution may be made after a lapse of 3

minutes.

- 75.3 In the case of an expulsion foul against a coach, non-playing member of a squad, or someone officially connected with a team, the in-home of the offending team shall be suspended from the game for 3 minutes, and he must remain in the penalty box for the entire 3 minutes.

RULE 76 THE NATURE OF AN EXPULSION FOUL

- 76.1 The act of deliberately striking or attempting to strike an opponent, a non-playing member of the opponents' squad, a coach or anyone controlling the play of the game with the hand, crosse, ball or otherwise by a player, a substitute, a non-playing member of a squad, a coach or anyone officially connected with a team may be an expulsion foul.
- 76.2 Refusal to accept the authority of the officials, or the use of foul or abusive language may be an expulsion foul.

SECTION 12 EXECUTION OF PENALTIES

RULE 77 PLAYER COMMITTING FOUL

- 77.1 A player who has been sent out of the game by a referee shall raise his stick at full arm's length above his head from the time he is sent off until the time he reaches the penalty box, and he shall report immediately to the timers' table.
He must remain in the penalty box, subject to the rules below, until released by the penalty time-keeper.
- 77.2 In the case of a time penalty, the time refers to the time for which the player will be off the field and out of the game. The timing of a penalty will begin when the penalised player sits down on one of the seats in the penalty box, or when the whistle blows to re-start play, whichever is the later.
If there are no empty seats left in the relevant penalty box, then the penalised player should kneel on one knee beside the seats.
- 77.3 If a penalised player is going to re-enter the game himself when his penalty time has expired, then he may spend the last 5 seconds of his penalty time on one knee beside the gate on his own team's side of the centre line. He must then re-enter the game through the gate.
- 77.4 If a substitute is to replace the penalised player when the

penalty time has expired, then the penalised player should spend the whole of the penalty time on the seat. The substitute may then spend the last 5 seconds of the penalty time on one knee beside the gate on his own team's side of the centre line, prior to entering the field through the gate. The penalised player should then return to the players' bench.

77.5 Penalty time will only be served during normal playing time. Stoppages in play for all time-outs will also temporarily interrupt penalty time. During an authorized time-out, or between periods, a penalised player may leave the penalty box, but he must return at the commencement of play to complete his suspension.

77.6 Penalty time will end when the time of the penalty has expired, except that the scoring of a goal against a team having one or more players serving penalty time for technical fouls shall release the player or players from serving the balance of their penalty time. This shall not apply in the case of personal fouls, where the designated penalty time shall be served regardless of whether or not a goal is scored.

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

77.1 A player is serving 30 seconds for a hold and a further minute for a slash; the fouls were committed in that sequence. The opposition score 15 seconds into his penalty. RULING: The remainder of the technical penalty is wiped out by the goal, and so he has 1 minute to serve from the time the goal is scored.

77.2 As above, but the slash preceded the hold. RULING: The whole of the technical penalty is wiped out by the goal, and so the player has 45 seconds to serve from the time the goal is scored.

RULE 78 RE-STARTING PLAY AFTER A PENALTY

78.1 When a penalty occurs in the offended team's defensive half of the field and penalty time is to be served, the ball shall be awarded to any player of the offended team on the offensive side of the centre line. In all other cases, the ball shall be awarded to any player of the offended team at the point where the ball was when

play was suspended, the exceptions being as follows:

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

78.2 If a goal is scored during a slow whistle play for a technical foul, then no penalty is given. If a goal is not scored during a slow whistle play, then a time penalty is given, and the ball is awarded to the attacking team at the place where it was when play was suspended, subject to Rule 78.1 i) being followed.

RULE 79 SIMULTANEOUS FOULS

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

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

- i) All fouls being technical, the fouls cancel, and the team in possession retains possession where the ball was when the whistle sounded. If no team is in possession, the ball is faced where it was when the whistle sounded.
- ii) If at least one of the fouls is a personal foul, then penalty time shall be served for all the fouls, and the following rules shall apply:

-if one team incurs more total penalty time than the other, then the team with the lesser total penalty time shall be awarded the ball. If the ball is awarded in that team's defensive half of the field, then the free play shall be taken from the offensive side of the

centre line.

-if the total penalty times are equal, then the team in possession of the ball shall retain possession of it. If the ball is awarded in that team's defensive half of the field, then the free play shall be taken from the offensive side of the centre line.

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

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

42.72.1 Blue are attacking and a flag is down for a technical foul.
A Blue player then commits a crease offence.
RULING: Play is suspended when the crease offence is committed. The two technical fouls cancel, no penalty time is served, and Blue retain possession of the ball.

42.72.2 Two Red players go off-side, and flags are thrown. A Blue player in possession of the ball then commits a technical offence.
RULING: Play is suspended when the Blue player commits the technical offence. All three simultaneous technical fouls cancel, and no penalty time is served. The ball is awarded to Blue, who had possession.

42.72.3 Blue are attacking and a flag is down for a personal foul. A Blue player then commits a crease offence.
RULING: Play is suspended when the crease offence is committed. Both players serve penalty time. Blue are awarded possession as they have less total penalty time.

42.72.4 Two Red players go off-side, and flags are thrown. A Blue player in possession of the ball then commits a personal offence.
RULING: Play is suspended when the Blue player commits the personal offence.
All three players serve penalty time, and the ball is awarded to the team with less total penalty time.
If the total penalty times are equal, then Blue retain possession.

42.72.5 A Red player has just entered the penalty box to serve 30 seconds for a technical offence. Before play

restarts, however, a Blue player, substitute, or coach commits a technical offence.
RULING: The fouls are simultaneous technical fouls, and thus cancel out. The Red player returns to the game immediately.

RULE 80 SLOW WHISTLE TECHNIQUE

- 80.1 If a defending player commits a foul, and the attacking team has possession of the ball in its attack half of the field at the time that the foul occurs, and, in the opinion of the referees, a scoring play is imminent, and the act of fouling does not cause the attacking player who is in possession to lose the ball, then the referee must drop a signal flag and withhold his whistle until such time as the scoring play has been completed.
- 80.2 The scoring play shall be considered to have been completed when:
- i) The attacking team has lost control of the ball;
 - ii) The attacking team has clearly lost the opportunity of scoring a goal on the original play;
 - iii) The attacking team has taken a shot;
 - iv) In the case of the flag being dropped when the ball is in front of the defending team's goal, the attacking team, having caused the ball to go behind the goal, and having then brought it to the front of the goal, cause it to go behind their opponents' goal again;
 - v) In the case of the flag being dropped when the ball is behind the defending team's goal, the attacking team, having brought the ball to the front of the goal, cause it to go behind the goal again.
- 80.3 The slow whistle technique shall be employed whether or not the foul is committed against the man in possession of the ball.
- 80.4 A pass is a movement of the ball caused by a player in control throwing or bouncing the ball to a team-mate.
- 80.5 During a slow whistle situation, a shot remains a shot until:
- i) It is clearly obvious that a goal will not be scored;
 - ii) Added impetus is given to the ball by any member of the

attacking team;

iii) Possession is gained by a member of the defending team;

iv) After hitting the goalkeeper and/or the pipe(s), the ball touches any player of either team other than the defending goalkeeper; at such time the ball shall be declared dead immediately.

80.5 Where a flag is thrown mistakenly then, when the whistle subsequently blows to stop the play, the ball shall be awarded to the team which has possession. If neither team has possession, then the ball shall be faced.

80.7 Where the CBO sounds his horn to indicate that a foul has been committed in circumstances where a slow whistle should be employed, then the procedures outlined above should be followed, except that the referee shall drop his hat to acknowledge the horn.

80.8.1 A Red player shoots at goal during a slow whistle play. The ball is deflected by a team-mate, and enters the goal.
RULING: Goal, as no added impetus is given to the ball.

80.8.2 A Red player shoots at the goal during a slow whistle play, and a referee shouts "shot". Another Red player, standing in front of the goal, catches the ball, shoots, and scores.
RULING: Goal, as what was thought to be a shot turned out to be a pass.

SECTION 13 SPECIAL SITUATIONS

81.1 SPECIAL SITUATIONS

81.1 Where an official is called upon to inflict a penalty against a team where no definite player is involved, or where the penalty is against someone other than a player in the game, then he shall inflict the suspension upon the in-home. If multiple fouls of this type occur, then the penalties shall be inflicted against additional attack players.

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

- 81.3 If the ball becomes caught in a player's crosse, then a referee shall audibly count 1001, 1002, 1003, 1004. If, at the end of those four seconds, the ball has not been dislodged, then play shall be stopped and the ball shall be faced.
- 81.4 If the ball becomes caught in a player's uniform or equipment, other than his crosse, then play shall be suspended immediately, and the ball shall be faced.
- 81.5 Rules 81.3 and 81.4 shall not apply to the designated goalkeeper when he is within his goal crease. If, in such circumstances, the ball becomes caught in the stick, clothing or equipment of the designated goalkeeper, then the defensive team shall be awarded the ball 20 yards (18.29 metres) laterally from the cage.
- 81.6 Should the ball become wired in the mud within the crease area, time shall be suspended by the referees and the ball shall be faced.
- 81.7 Should the ball become ensnared in the goal netting, time shall be suspended by the referees and the ball shall be awarded to the defensive team 20 yards (18.29 metres) laterally from the cage.

INDEX

RULE	TOPIC	
		-----a
33	actions prior to the game	
16.7	adjustable handles	
58.1 ii	artificial aids used by coach	
58.2	avoidable bodycheck	
55	avoidable lateness of a team	
		-----b
14	ball	
14.3	ball boys	
81.3	ball caught in crosse or equipment	
81.4	ball caught in equipment	
81.7	ball ensnared in netting	
81.8	ball wired in crease	
39	ball out-of-bounds	
58	ball withheld from play	
73.2	banishment from bench area	
18	bench area	
24	bench official	
24.2	bench official - duties	
9.2	benches	
2.4	boards within goals	
48	bodycheck	
68	bodycheck - illegal	
13	box - penalty	
57.2	broken crosse	
69.4	brush	
		-----c
4.1	oage	
21	captains	
24	cbo	
24.2	cbo's duties	
7	centre of field	
41	checking	
48.1 ii	checking the goalie	
24	chief bench official	
24.2	chief bench official - duties	
17.1	chinstrap	
17.3	clash of colours	
21	co-captains	
58	coach - illegal actions	
58.1 ii	coach - use of artificial aids	
22	coaches	
11	coaches' area	
58.13	coaches' area - prohibitions	
33.1	coin toss	
17.3	colour clash	
16.6	colour of mesh weaving of net	
77.2	commencement of penalty time	

RULE	TOPIC
17.1	compulsory equipment - loss of
22.3	condition of field
15.5	construction of the crosse
46.1 ii	contact with goalie
Section 4	control of the game
3	crease
47	crease - prohibitions
78.1	crease offence - restarting
78.1 ii	crease offence by a defender
78	cross-check
15	crosse
15.5	crosse - construction
15	crosse - dimensions
57.3	crosse - exchanging
61	crosse - illegal
57	crosse - illegal actions
57.4	crosse - loose in crease
57.4	crosse - loss of
16	crosse - prohibitions
54.1	crosse - stepping on
57.2	crosse - taking part without
57.1	crosse - throwing
64	crosse - thrusting at face
73.3	crosse - triok stringing
38.1	curtailment of playing time
-----d	
66.1	dead ball personal foul
48.2	dead ball technical foul
32	defaulted game
78.1 ii	defender's crease offence
39.3 iii	deflected shot
59.3	delaying the game
69.1	deliberate viciousness
16.1	depth of net
67.1	description of personal fouls
45	designated goalkeeper
19.1	designation of players
end	diagram of the field
15	dimensions of crosse
1	dimensions of field
37.2	dis-allowed goal
40.1 i	distance for bodychecking
35.1 vii	distance from face-off
36.1	distance from free play
59.7	distance from free play
35.1 vi	distance of face-off from boundary
35.1 v	distance of face-off from goal
11.1	dotted restraining line
31	drawn game

RULE TOPIC

-----e

59.2 early leaving of penalty box
 Sectn 12 enforcement of penalties
 81.7 ensnared ball
 59.2 entering game too soon after penalty
 53.1 1 equal pressure
 Section 2 equipment
 18.3 equipment - goalkeeper's
 82 equipment - illegal
 57.3 exchanging crosse
 Sectn 12 execution of penalties by officials
 75 expulsion foul - description
 75 expulsion foul - penalty
 34.1 1 extra man at end of period
 31 extra time

-----f

34 facing at the centre
 35 facing other than at centre
 22.3 field - condition of
 1 field dimensions
 1 field markings
 1 field of play
 end field of play - diagram
 1 field size
 27.8 five personal fouls
 74 five personal fouls
 88 flag down
 1.3 flag markers
 78.1 foul by goalkeeper
 88.1 foul - personal - during dead ball
 48.2 foul - technical - during dead ball
 74 fouling out
 27.6 fouls - 5 personal
 Sectn 18 fouls - personal
 Section 8 fouls - technical
 34.8 free ball call at face-off
 78.1 free clear on halfway line
 38 free play

-----g

23.4 game score
 28 game time
 8.2 gate
 41.1 gloved hand on crosse
 17.1 gloves
 5 goal areas
 3 goal crease
 47 goal crease - prohibitions
 4 goal nets
 4 goal nets
 78.2 goal scored during slow whistle

RULE	TOPIC
37	goal scoring
2.1	goal size and position
Section 8	goalcrosse and goalkeeper
78.1	goalkeeper fouling
77.7	goalkeeper sent off
78.1 ii	goalkeeper's crosse offence
18.3	goalkeeper's equipment
48	goalkeeper's privileges
15.3	goalkeeper's stick
2	goals
2.4	goals - use of boards
15.8	guard stop
-----h	
29.2	half-time interval
78.1	halfway line free clear
16.7	handles - adjustable
55	handling the ball
16.5	hanging strings
69.2	head check
22.1	head coach
23.1	head referee
17.1	headgear
18.4	hockey gloves
53	holding
58.2	holding stick close to body
-----i	
58	illegal action by coaches and others
57	illegal actions with crosse
68	illegal bodycheck
61	illegal crosse
62	illegal equipment
52	illegal pick
59	illegal procedure
59.2	illegal re-entry after penalty
61	illegal stick
81.1	in-home
81.1	in-home
43.3	injury
19.2	injury leaving less than 18 men
33.2	inspection of kit prior to start
57.3	interchange of crosses
58	interference
29.2	intervals between quarters
-----j	
17.3	jersey colour clash
17.2	jersey numbering

RULE TOPIC

-----k
 54 kicking opponent's stick
 34.4 kicking stick at face-off
 34.4 kicking through at face-off
 33.2 kit inspection
 -----l

73.1 iii language - threats, profanities, etc
 65 lateness of team
 58.2 leaving penalty box early
 34.6 left-handed crosse
 Section 5 length of game
 12.1 line width
 33.2 line-up at centre
 34.9 line-up at centre if man-down
 33.2 line-up prior to start
 1.2 lines
 38.3 loose ball
 57.4 loose crosse in crease
 17.1 loss of compulsory equipment
 57.4 loss of crosse
 -----m

34.9 man down at centre face-off
 34.1 i man up at end of period
 1.3 marker flags
 1 markings
 18.6 mesh weaving of net - colour
 44 method of substitution
 81.6 wired ball
 34.10 mistaken whistle at centre
 28 mistakes by the officials
 52 moving pick
 -----n

4 nets
 37.2 no goal
 19.1 number of players
 28 number of substitutes
 17.2 numbers on shirts
 -----o

73.1 iii obscene language
 63 off-side
 42.1 offensive pick
 52 offensive pick - illegal
 43.2 official time-out
 28 official's mistake
 23 officials
 end officials' signals
 23.5 officials' uniform
 38 out-of-bounds
 59.4 out-of-bounds participation by player
 31 overtime

RULE	TOPIC	
<hr style="border-top: 1px dashed black;"/>		
59.4	participation by player out-of-bounds	p
80.4	pass - definition	
13	penalty box	
Sectn 12	penalty enforcement	
75	penalty for expulsion foul	
48	penalty for technical fouls	
73.3	penalty for trick stringing	
77.2	penalty time commencement	
26	penalty time-keeper	
17	personal equipment	
Sectn 10	personal fouls	
87.1	personal fouls - description	
74	personal fouls - fouling out	
42	pick	
52	pick - illegal	
Section 6	play of the game	
77	player committing foul	
38.1	player possession	
Section 1	playing field	
30.1	playing time curtailment	
18.1	pocket depth	
34.8	possession call at face-off	
38	possession of the ball	
33	prior actions before the start	
46	privileges of goalkeeper	
77	procedure when sent off	
73.1 iii	profane language	
47	prohibitions relating to crosse	
16	prohibitions relating to crosse	
18	prohibitions relating to equipment	
53.1 ii	protecting crosse	
51	pushing	
1.3	pylons	
<hr style="border-top: 1px dashed black;"/>		
29.2	quarter-time intervals	q
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<hr style="border-top: 1px dashed black;"/>		
60.1	reckless abandon	r
23.1	referee	
34.10	referee's mistake at centre	
77.6	release after goal for technical fouls	
73.4	repeated fouls at face-off	
73.1 v	repeated technical foul	
78	restarting after penalty	
59.5	restraining area	

RULE TOPIC

23.4	score	s
27	scorers	
37	scoring	
77	sent-off player's actions	
34.1 11	set position at face-off	
18.3	shin guards	
17.3	shirt colour clash	
17.2	shirt numbering	
88.5	shot - definition	
80	signal flag	
end	signals	
79	simultaneous fouls	
1	size of field	
55	slashing	
80	slow whistle	
78.2	slow whistle - goal scored	
66.5	spearing	
Sectn 13	special situations	
8	special substitution area	
68	stalling	
54	stepping on opponent's crosse	
34.4	stepping on stick at face-off	
15	stick	
13.8	stop in crosse	
18.5	strings hanging from crosse	
28	substitutes	
44	substitution	
44.4 1	substitution after goal	
8	substitution area	
44	substitution method	
31.2	sudden death overtime	t
8	table - timer's	
88	take-out	
57.2	taking part without crosse	
18.4	tampering with stick	
81.1	team offence	
38.2	team possession	
43.4	team time-out	
Section 3	teams	
77.8	technical foul - release after goal	
73.1 v	technical foul repeated	
Section 9	technical fouls	
48	technical fouls - description	
48	technical fouls - penalty	
73.1	threatening behaviour	
23	three officials	
57.1	throwing crosse	
64	thrusting crosse at face	

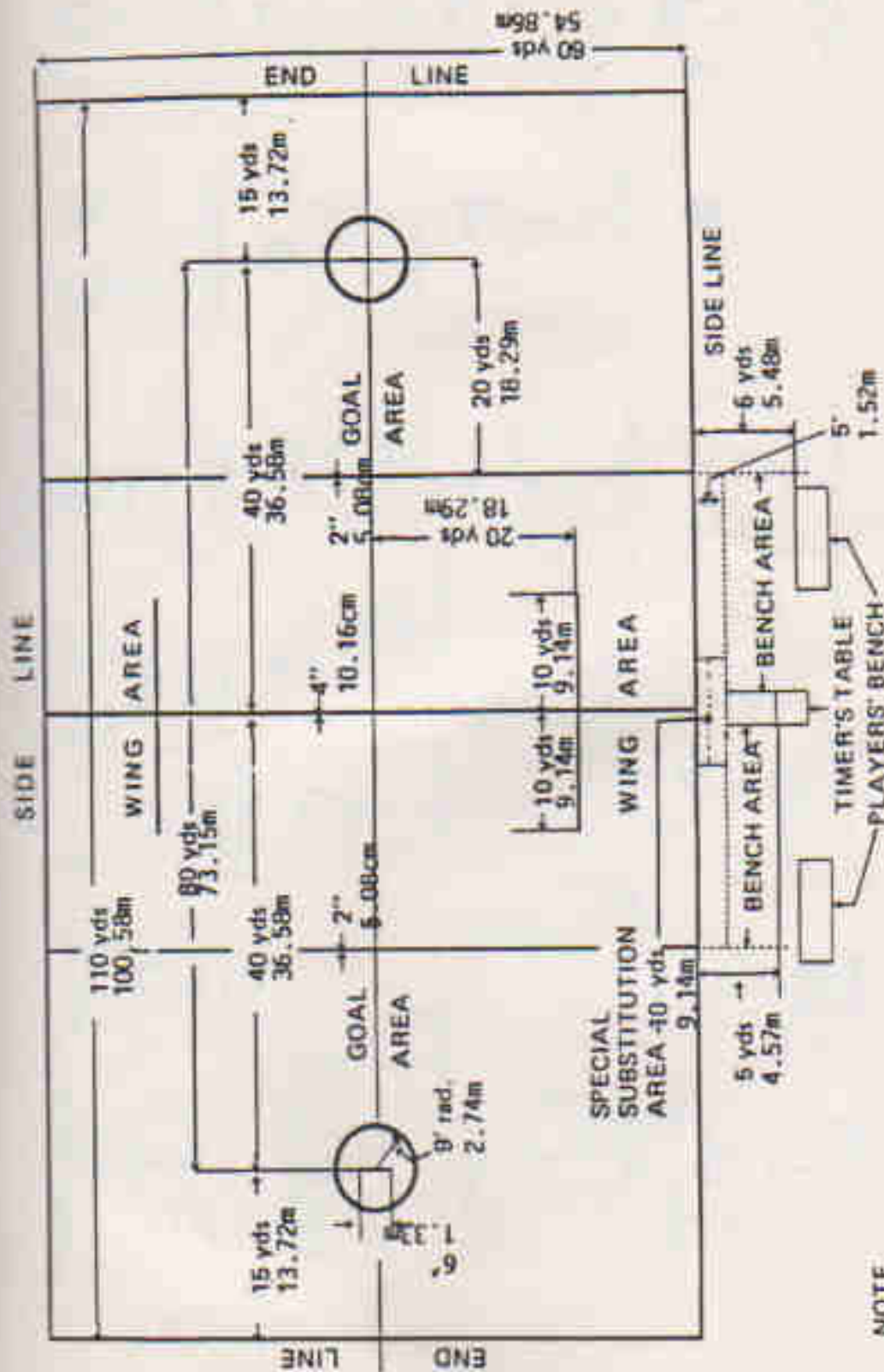
RULE	TOPIC
31	tie game
29	time of match
29.1	time off during a quarter
25	time-keeper
43	time-out
77.7	time-out for goaly foul
8.1	timer's table
33.1	toss
55	touching the ball
18.5	track suit trousers
18.3	trick stringing
73.3	trick stringing - penalty
71	tripping
18.5	trousers
88.3	turning when bodychecked
-----u	
38	uncompleted match
23.5	uniform of officials
72	unnecessary roughness
73	unsportsmanlike conduct
-----u	
29.3	warning before the start of a quarter
24.2	warning device - effect of
12.1	width of lines
8	wing areas
58	with-holding the ball from play
56	witholding the ball from play

ADDENDUM

Rule 14

14.4 The host country is to provide the match balls.

THE FIELD OF PLAY



NOTE
 Offside (Centre) Line - 4", 10.16cm
 All other Lines - 2", 5.08cm.

OFFICIAL'S SIGNALS

GENERAL SIGNALS



FACE OFF



ONE LONG WHISTLE BLAST



THREE BLASTS WHISTLE



SCORE



NO SCORE



CALL OF MINUTES, RESUMPTION OF PLAY



STOP PLAY OR GOAL

PENALTY TIME SIGNALS



ONE MINUTE



TWO MINUTES



THREE MINUTES



STOP, LISTEN

TECHNICAL FOULS



PICK OFF



OFF SIDE



ALLEGEDLY DANGEROUS IN PENALTY AREA



ALLEGEDLY DANGEROUS IN THE GOAL



TECHNICAL FOUL



NOT USING

PERSONAL FOULS



SCREENING



TRIP



SPINNING OR CHECKING



HAND OR ARM RAISED TO OBSTRUCT



PULLING THE NET



UNNECESSARY ROUGHNESS