

AUSTRALIAN LACROSSE COUNCIL

**THE RULES OF
LACROSSE**

1986



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AUSTRALIAN LACROSSE COUNCIL

The Rules of Lacrosse

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THE GAME

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THE RULES OF LACROSSE

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 its opponents are defending and to prevent them 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. The ball may not be touched by the hands except by a goalkeeper while he is in the goal crease.

RULE 1.0 - "The Playing Field"

1.1 - The Playing Field -

The Lacrosse playing field shall be a rectangular field, 100 metres long and 55 metres wide. 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 known as the centre line. The boundary lines on the long sides shall be designated side lines; those at each end shall be designated end lines. Flag markers shall be placed at the four corners of the field and at each end of the centre line and at each end of the goal area lines defined by Rule 1.5. These flag markers must be made of flexible material so that they will bend a minimum of 90 degrees without breaking or alternatively be constructed in the form of pylons/witches hats.

1.2 - The Goals [Type A]-

Each goal shall consist of two verticle posts joined by a rigid top cross-bar. These posts shall be 1.8 metres apart and the top cross-bar shall be 1.8 metres from the ground [inside measurement]. The goal posts shall be centred and shall be placed 72 metres apart and 14 metres from each end line. They shall be made from 35mm nominal pipe and must 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.

Each goal must be fitted with a pyramidal shaped cord netting which shall extend to be fastened on the ground at the point 2 metres behind the centre of the goals. The mesh of the net shall not exceed 35mm and shall be fastened to the goal posts, cross bar, and the ground so as to prevent the passage of the ball. Nets must be adjusted so that the ball may pass completely through the imaginary plane of the goal face at any place.

1.3 - The Goals [Type B] -

Alternatively the face of the goal shall be formed by two uprights and a cross-bar constructed so that the inside of the frame and the goal line shall form a square 1.8m by 1.8m. The edge of the goal-line and the surface of the goal frame nearest the off-side line shall be known as the 'goal-face'. The goal face framework shall be painted in one of the following distinctive colours : white, orange or yellow.

To this goal face framework shall be attached a supporting frame which shall extend not more than 1.2 metres or not less than 0.9 metres behind the goal face at the base. Over this frame, other than the goal face, shall be attached a net with mesh no greater than 75mm diagonal. Such net may be of cord or wire but must prevent the passage of the ball.

The goal shall be placed so that the goal face coincides with the edge of the goal line nearest the off-side line, faces the centre and shall be securely spiked to the ground at each corner. The Host Controlling Body or 'home' team shall provide the goals.

NOTE: Goals as in 1.2 will be used for all Championship and Interstate matches.

1.4 - Goal Creases -

Around each goal there shall be a plainly marked 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 3 metres. The goal crease areas is defined to be the circular ground territory about each goal, within and including the goal crease

1.5 - Goal Areas -

At each end of the field a line shall be drawn from side line to side line 18 metres from the centre line. The areas between these lines and the end lines and confined within the extremities of these lines shall be known as the goal areas.

1.6 - Wing Areas -

Lines parallel to the side lines shall be marked on each side of the field 18 metres from the centre of the field and extending 9 metres on each side of the centre line. The areas between these line segments and the side lines and confined within the extremities of these line segments shall be known as the wing areas.

1.7 - Centre of the Field -

A point on the centre line equidistant from each side line shall be marked with an 'X' and shall be known as the centre.

1.8 - Special Substitution Area -

The special substitution area shall be indicated by two lines marked on the side of the field in front of the timer's table. These lines shall be 1.5 metres in length, extending at right angles to the side line from points on the side line 4.5 metres either side of the centre line.

1.9 - Timer's Table and Benches -

The timer's table shall be placed approximately 1 metre behind the substitution area in direct line with the centre line of the playing field. Benches for the competing teams should be placed 9 metres either side of the timer's table and at least 5 metres back from and parallel to the side line. No bench or team shelter shall be placed in a position which will obstruct the view from the timer's table of the complete playing field.

1.10 - Bench Areas -

The bench areas are located off the playing field and between 6 metre extensions of the goal area lines away from the playing area and on either side of the timer's table. The total bench area of 6 metres by 36 metres shall be marked and roped off on the three sides away from the playing area. Only players, match officials and team officials shall be allowed in this area.

All players and officials except for the head coach of each team, [as per Rule 3.4], must remain behind a dotted restraining line 3 metres from the side line and extending the length of the bench area, so as to not obstruct the view from the timer's table. A player who is actually substituting may remain temporarily in the substitution area. The chief bench official must warn any team when obstruction occurs or when persons, other than those permitted, are in the bench area. In either case, the chief bench official shall notify the officials of repeated infringements and a technical foul shall be given against the in-home of the offending team.

1.11 - Penalty Box -

The penalty box shall consist of two chairs placed either side of and level with the timer's table. Players on penalty must remain seated on the chairs in full playing equipment for the duration of the penalty. This rule is not intended to prevent the player on penalty from receiving attention or advice from his team officials.

1.12 - Lines -

All lines called for in Rule 1.0 shall be a minimum of 50mm in width, except for the centre line which shall be a minimum of 100mm in width. It is recommended that where conflicting lines appear on the field of play, then all lines referred to in Rule 1.0 [The Playing Field] should be of contrasting colour to the other lines on the field.

RULE 2.0 - "The Equipment"

2.1 - The Ball -

The ball shall be approved by A L C and shall be of white natural rubber sponge between 203mm and 209mm in circumference and between 149gms and 156gms in weight. The ball shall bounce to a height of between 860mm and 910mm when dropped from a height of 1.2 metres. Only those balls bearing A L C stamp of approval shall be used. The host controlling body or the 'home team' shall provide two or more balls which shall be used in rotation after cleaning.

2.2 - The Crosse -

The crosse shall be of an overall length of between 1.016 metres and 1.8 metres except that the goal keepers crosse may be of any desired length. The head of the crosse shall measure between 100mm and 250mm inside measurement. There may be one stick, 250mm to 300mm inside measurement, in the game at any time which must be used by the designated goalkeeper. The crosse shall be made of wood, laminated wood or plastic with the head approximately perpendicular to the handle. The walls shall not be over 50mm in height except the gut wall. The centre line of the handle shall cross the head approximately 60mm away from the wall. The head and the sides of the crosse shall have holes bored in them to facilitate weaving of the stringing. The side wall opposite the wood shall be made by weaving gut lacing from the tip of the head to the handle, strung in such a manner as to prevent the tip from catching in or on an opponent's crosse. Alternatively, both walls may be of wood, laminated wood or plastic, in which case the centre line of the handle shall cross the head approximately in the centre. The guard stop at the throat of the stick must be a minimum of 250mm from the outside edge of the head to the stop. The stop must be perpendicular to the handle of the stick and wide enough to permit the ball to rest loosely on the stop. The net of the crosse shall be constructed from rawhide, gut, clock cord, linen or nylon cord and shall be roughly triangular in shape.

2.3 - Prohibitions Relating to the Crosse -

No player shall use a crosse which does not meet the specifications of Rule 2.2 [The Crosse] or one in which the pocket has been permitted to sag to such a depth that it becomes unreasonably difficult for an opponent to dislodge the ball or one in which the construction or stringing at the throat is designed to hold the ball. Nor shall any player use a crosse of trick construction or stringing that tends to retard the normal and free dislodgement of the ball by an opponent. In general no stick may be tampered with in any way to give a player an advantage over his opponent.

NOTE : The pocket shall be deemed to have sagged too deep within the provisions of this rule, if the top surface of a lacrosse ball placed therein is below the bottom edge of the side walls when the crosse is held horizontally with the stringing or weaving to the bottom of the crosse. This prohibition shall not apply to the crosse of the goalkeeper.

2.4 - Personal Equipment -

All players are required to wear protective headgear equipped with a chin strap which must be properly fastened on both sides, protective gloves, shoes, and jerseys with no less than 150mm block or gothic number(s) on the front and 200mm block or gothic number(s) on the back. The number(s) must be centred on the front and back of the jerseys. The colour of these numbers shall be contrasting with the colour of the jerseys. No duplicate numbers shall be permitted on the same team.

NOTE : Play must be suspended immediately if any 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 5.13.1 [Official Time Out]. The officials shall allow a reasonable time (30 seconds) for the player to replace his equipment or substitute for another player.

2.5 - Prohibitions Relating to Personal Equipment -

The following general prohibitions relating to personal equipment shall apply -

2.5.1 No player shall wear or carry equipment which in the opinion of the officials, endangers himself or other players.

2.5.2 No player shall wear anything on the outside of his jersey which might obstruct the view of the player's number.

2.5.3 The special equipment worn by the goalkeeper shall not exceed standard baseball equipment as far as shin guards and chest protectors are concerned.

NOTE : He may wear track suit pants of suitable colour to match the team uniform. He may not wear hockey goalkeepers gloves.

RULE 3.0 - "The Teams"

3.1 - Numbers and Designation of Players -

Ten players shall constitute a full team. They shall be designated as follows : 'goal-keeper' who defends the goal; 'close defence' who are historically referred to as 'point', 'cover point', and 'first defence'; 'midfield' who are historically referred to as 'right wing', 'centre', and 'left wing'; and 'close attack' who are historically referred to as 'inside home', 'outside home', and 'first attack'.

NOTE : If because of injuries or men out on expulsion fouls, a team cannot keep 10 players in the game, it may continue the game with less than 10 players but no exceptions will be made to the regular rules for this situation, e.g. offside.

3.2 - Substitutes -

3.2.1 The number of substitutes for interstate matches shall be 6 except in the case of an Australian Championship where a squad of 19 players shall be chosen and named prior to the commencement of the said series and 9 substitutes may be used in all matches

3.2.2 For domestic matches under the control of member Associations the number of substitutes shall be determined by those bodies.

3.3 - Captains -

Each team shall nominate a captain [or senior captain where two or more players have been named as co-captains] who shall act as the sole representative of his team on the field of play during the game. The privilege of the captain to act as the sole representative of his team on the field does not grant him the right to enter into an argument with or criticize any decision of any official. Should the captain leave the field of play, either he or his coach shall designate to the nearest official the name and number of the replacing captain. Where co-captains have been nominated, the co-captain shall automatically be the replacing captain if he is on the field of play. In the event that a team should be without a designated captain at any time during the play of the game, either official may designate an acting captain.

3.4 - Coaches -

There is no limit on the number of coaches a team may have, but one shall be designated the head coach by each team, and he shall be responsible for making all decisions for his team not specifically delegated to his game captain. He shall at all times conduct himself like a gentleman and shall endeavour in every way to have his players and substitutes also conduct themselves like gentlemen. He shall also be responsible for the actions of all non-playing members of his squad as well as any and all persons officially connected with either the club and/or 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 to effectively control actions of spectators not in conformity with good sportsmanship.

It shall be the responsibility of the home team coach to see to it that the playing field is in proper condition for play [see Rule 4.8.2 Defaulted Game], that the players and substitutes are properly equipped to play, that the timekeepers and scorers are on hand with all equipment necessary to carry out their respective duties, that balls are provided, and that ball boys are provided where possible.

RULE 4.0 - "Control of the Game"

4.1 - The Officials -

The game of lacrosse shall be controlled by one, two or three officials being a referee, an umpire and a field judge, all distinguished by a uniform of black and white vertical striped shirt, white shorts and black socks. Their duties shall be equal in all respects except that in the settlement of all disputes the decision of the referee shall overrule that of the other officials and shall be final. The officials shall have authority over the play of the game, with control and jurisdiction over the appointed chief bench official, time-keeper and scorers, players, substitutes, coaches or anyone officially connected with a team and spectators. Their authority shall begin with their appearance on the field of play and terminate upon completion of all official duties associated with the game. By the sounding of his whistle any official may suspend the play of the game for any reason he deems necessary for the proper enforcement of the rules or conduct of the game. The officials shall keep a record of the number of goals scored by each team and the number of the player scoring the goal.

They shall check with the scorer at the end of each period but the officials' score shall be the official score of the game.

4.2 - Chief Bench Official -

A chief bench official shall be appointed and his duties shall be as follows -

4.2.1 To supervise over and hold complete jurisdiction over the time-keeper, the penalty time-keepers, scorers, coaches, substitutes and any other officials within the bench areas.

4.2.2 To have in his possession a warning device distinctive from the whistles of the officials or the time-keepers' warning device.

4.2.3 To check the substitution of players going on and off the field of play and to sound his warning device and subsequently advise the nearest official of any infringement relating to substitution, the number of players on the field of play, or any illegal action on the part of a coach or official member of either squad in the bench area.

4.2.4 To acknowledge to the officials, by repeating the officials' signals, the receipt and understanding of their signals relating to penalties, penalty periods or any other matters relating to the play of the game.

4.2.5 To replay the signals and decisions of the officials to the time-keeper, penalty time-keeper and scorer as appropriate.

4.2.6 To advise the coaches, if so requested, as to the decisions of the officials.

4.2.7 When notified by the time-keeper, to go onto the field of play for the last 30 seconds of play in each period and count down the remaining time to the closest official as follows 30, 15, 10, 5, 4, 3, 2, 1, 'time'.

4.2.8 To notify the nearest official of any player who has incurred five personal fouls.

NOTE : The chief bench official shall wear an armband suitably inscribed, to signify his position.

4.3 - Time-keeper -

A time-keeper shall be appointed and must be equipped with a time piece that can record in seconds and be stopped and started readily when the officials signify time off. He must also be equipped with a warning device distinctive from all other official's and his duties shall be as follows -

4.3.1 To keep an accurate account of the time played in each period and to notify the official's by sounding his warning device and raising both hands over his head at the completion of each period.

4.3.2 To keep an accurate record of the time intermission between periods and to notify the chief bench official, four minutes before the start of the third period of play and two minutes before the start of the fourth period of play.

4.3.3 To keep an accurate record of the time intermission of team time outs and to notify the chief bench official 30 seconds before the restart of play.

4.3.4 To advise the chief bench official to go onto the field of play and count down the last 30 seconds of play to the nearest official as per Rule 4.2.7 [Chief Bench Official].

NOTE : The time-keeper's warning device, in and of itself, never stops the play of the game.

4.3.5 When there is no chief bench official, to advise a bench official to go out onto the field of play for the last 30 seconds of play in each period, to count down the remaining time to the nearest official as per Rule 4.2.7 [Chief Bench Official].

4.4 - Penalty Time-keepers -

At least one, but preferably two, penalty time-keepers shall be appointed for each squad and their duties shall be as follows -

4.4.1 To be positioned at either side of the timer's table and behind the penalised players.

4.4.2 To be equipped with suitable time pieces that can record in seconds and be stopped and started readily when the official's signify time off.

4.4.3 To time the period of any penalty imposed by the official's, to audibly count down the last 10 seconds of the penalty time to the player and to advise the player he may return to the field of play upon the expiration of the penalty time.

4.5 - Scorers -

Each team shall provide a scorer and unless otherwise designated by the official's the visiting scorer shall be the official scorer. His duties shall be as follows -

4.5.1 To keep a record of the numbers of goals scored and assists made by each team and the name and number of the player making the score or assist, and to check with the official's at the end of each period to make sure he and the official's have the same score [see Rule 4.1 The Official's].

4.5.2 To keep an accurate record of the number of time-outs taken by each team and to notify the chief bench official immediately if either team exceeds the number allowed during each half or overtime period.

4.5.3 To keep a record of the name and number of each player upon whom a penalty is inflicted, the type of the infringement, the duration of the penalty and the game time of the penalty.

4.5.4 To notify the chief bench official should any player incur five personal fouls.

4.6 - Mistakes of Chief Bench Official, Time-keepers or Scorer -

4.6.1 Where a chief bench official, time-keeper's, penalty time-keeper scorer or an official makes a mistake which would result in a team or player being penalised, and where an official becomes aware that a mistake is being made he shall promptly correct the mistake.

4.6.2 If goals are scored during the mistake by the abovementioned official and it is brought to the attention of the official's before the next live ball, after the player in question has participated in the game, then the official's must allow or disallow the goal depending upon the circumstances.

4.7 - Length of the Game -

4.7.1 The match shall be divided into four periods. Each period shall be of 25 minutes duration.

4.7.2 Time off incurred in each period shall be added to the playing time of that period.

4.7.3 At the conclusion of the first, second and third periods the teams shall change ends. The first period interval shall be of three minutes duration. At half time an interval of 10 minutes

is permitted and both teams may leave the playing field. At three quarter time an interval of 5 minutes shall be allowed but the players on leaving the playing field must assemble in the bench area only and to go beyond this area they must have permission of the official's. By mutual agreement the captains and official's may shorten the three quarter time interval.

4.7.4 The official's shall give a warning signal 2 minutes prior to the commencement of all four periods.

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

4.8 - Defaulted Game -

4.8.1 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 10 -0 against the defaulting team.

4.8.2 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. [Not applicable to Rules 1.9 and 1.10 Timers Table and Bench Area].

4.9 - Tied Games -

In all games under ALC jurisdiction in the event of a tied score at the end of a game, play shall be continued after an interval of 5 minutes, during which time the teams shall change ends.

The first overtime period shall be started with a face off at the centre as at the beginning of each period, and after 4 minutes of play in this period, the teams shall change ends and resume play with a face off at the centre for a further 4 minutes of play.

If the score is still tied at the conclusion of this overtime play, the following sudden death procedure will take place.

The captains will toss a coin during a 1 minute intermission, the winner selecting the goal he wishes to defend. Play will then resume with a face off at the centre of the field for 4 minute periods until a goal is scored. At the end of each 4 minute period, the teams shall change ends and the team in possession shall retain possession of the ball in the same relative position on the field as when the period ended [except that the ball shall not be put into play closer than 18 metres from the goal]. If at the end of a 4 minute period neither team shall have possession, the ball shall be faced in the position described above. 4 minute periods shall continue until a goal has been scored.

Team time-outs in overtime periods shall be limited as per Rule 5.13.2 [Team Time Out].

RULE 5.0 - "Play of the Game"

5.1 - Actions Prior to the Game -

The following preliminaries to the game shall take place -

5.1.1 Toss for Goals - The captains of each team shall be called together at the centre of the field by the officials approximately 5 minutes before the game is due to commence, and a coin shall be tossed by the officials to determine choice of goals. At this time any special ground rules shall be agreed upon. The visiting team captain shall call the toss of the coin. In the event of neither team being a home team, the first named team shall be designated the home team.

5.1.2 Line up - The officials shall draw up the players in lines facing each other at the centre of the field with their left sides towards the goal they are defending, inspect equipment and explain any special ground rules.

5.2 Facing at the Centre -

Play shall 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. The players facing shall stand on the same side of the centre line of the field as the goal each is defending, with their crosses resting on the ground along the centre line.

They must have both hands on the handle of their own crosse and not touching any strings; the feet shall not touch the crosse and both gloved hands must be on the ground. No portion of either crosse may touch and the walls must be approximately 25mm apart and the ball must never be touching the ground. Both hands and both feet must be to the left of the throat of the crosse. Hands must be at least 450mm apart at the beginning of the draw. The official shall place the ball between, in the centre of, and resting on the reverse surfaces of, the crosses of the players facing. When the official sounds his whistle to start play each player may attempt to direct the course of the ball by a movement of his crosse in any manner he desires. Kicking or stepping on an opponents crosse during a face off is illegal. If a player facing off shall delay the resumption of play by any action or manoeuvre such as backing out, standing up or moving after the ball is placed between the crosses, the ball shall be awarded to the non-offending team. Moving means moving the crosse or any part of the body that results in an advantage to the player that moves.

NOTE : If after a centre face off and before possession has been called by an official, any official mistakenly blows his whistle thinking an infringement of the rules has occurred, the ball shall be refaced at the centre of the field, with the same restrictions as Rules 5.2.1 and 5.2.2 following.

The following rules shall apply when the ball is faced at the centre of the field.

5.2.1 Except under the conditions stated in rule 5.2.2 each team shall confine the goalkeeper and three other players in the defence goal area, three players in the attack goal area and one player in each of the wing areas. When the whistle sounds to start the play, the players in the wing areas shall be released. All other players are confined to their areas until any player of either team has gained possession of the ball, the ball goes out of bounds or the ball crosses either goal area line. The officials shall signal possession or play on or shall stop the game or reface the ball as applicable.

5.2.2 If a team has one or more players out of the game on penalty, that the team shall be exempt from containing its players on the goal and wing areas to the extent of its players in the penalty box. It shall also have the right to choose in which confining area or areas it shall exercise its exemptions provided that the restrictions of Rule 5.8 relating to off-side are adhered to except under the conditions of Rule 5.8.2.1

5.3 - Facing at other Parts of the Field -

The following rules shall pertain when the facing occurs other than at the centre as provided for in Rule 5.2

5.3.1 The crosses of the players facing shall be placed at right angles to an imaginary line running from the ball to the nearer goal. The defending player shall stand between his crosse and his own goal, so as to face away from his own goal. The attacking player shall face towards the goal with his crosse between him and the goal. Conditions of Rule 5.2 apply as to the method of facing.

5.3.2 Where one of the players facing uses a left handed crosse, the officials shall substitute a player using a right handed crosse for him. Note that this rule does not refer to players but to the crosse only.

5.3.3 In no case shall the ball be faced closer to the goal than 18 metres in any direction.

5.3.4 In all cases where the ball is faced, no player shall be allowed within 9 metres of those facing the ball until the official sounds his whistle to commence play.

5.3.5 Whenever the goalkeeper would be the player to participate in the face-off, a player of his team may be substituted for him.

5.3.6 At no time shall a ball be faced closer than 6 metres from a boundary.

5.4 - Free Play -

When a player has been awarded the ball for any reason, no opposing player may take a position closer to him than 3 metres.

NOTE : This provision shall be strictly enforced.

5.5 - Scoring -

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 crosse bar of the goal 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. Under the following conditions, however, a goal does not count.

5.5.1 When the ball passes through the plane of the goal after the timekeeper's warning device or the official's whistle has sounded to indicate the end of the period.

5.5.2 When the ball passes through the plane of the goal after the period has ended regardless of whether the timekeeper's warning device or the officials whistle has sounded.

5.5.3 When the ball passes through the plane of the goal, when any part of the body of a player of the attacking team is in the goal crease area [Refer to Rule 7.2.4 for definition of goal crease area].

5.5.4 When the ball passes through the plane of the goal, when the attacking team has more than 10 men [including men in the penalty box] on the field of play at the time.

5.5.5 When the ball passes through the plane of the goal when the attacking team or both teams at the same time are off-side.

5.5.6 When the ball passes through the plane of the goal after one of the officials has sounded his whistle for any reason, even though the sounding of the whistle was inadvertent.

5.6 - Possession of the Ball -

In all situations possession of the ball shall be defined as follows -

5.6.1 Player Possession - A player shall be considered to be 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.

5.6.2 Team Possession - A team shall have possession of the ball only when a player on the team has possession of the ball as defined in Rule 5.6.1

5.6.3 Loose Ball - A ball, not in player or team possession, is a loose ball.

5.7 - Ball out of Bounds -

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

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

1. Except on a shot or deflected shot at the goal provided for in Rule 5.7.2.3, the ball shall be awarded, at the point where it was declared out-of-bounds, to any player on the opposing team to that of the player who last touched it, ready immediately to make the free play.

- .2 Should the ball go out-of-bounds directly from a face off, it shall be faced again at the same place where the previous face off occurred, subject to the same restriction as the original face off.
- .3 When a loose ball goes out-of-bounds as the result of a shot or deflected shot at the goal, it shall be awarded to the team one of whose inbound players was nearest to the ball when it became out-of-bounds, at the point where it was declared out-of-bounds. If two inbound players of opposite teams are equidistant to the ball when it goes out-of-bounds, the ball shall be faced by two players under the conditions of Rule 5.3 [Face Off].

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

5.8 - Off-side -

Except as provided in Rule 5.8.2, a team is considered off-side, when either it has less than three men in its attack half of the field between the centre line and the end line, or it has less than four men in its defensive half of the field between the centre line and the end line.

5.8.1 The following rules apply when play has been suspended as a result of off-side.

- .1 When only one team is off-side a technical penalty shall be inflicted in accordance with the provisions of Rule 10.2.11 [Face Off], the single exception being provided in Rule 5.8.1.4 hereof.
- .2 When both teams are off-side and one of the teams has possession of the ball, the men shall be placed on side and play resumed with the team in possession of the ball retaining possession, the single exception being provided in Rule 5.8.1.4 hereof.
- .3 When both teams are off-side and neither team has possession of the ball, the men shall be placed on side and the ball faced by the players on opposing teams, closest to the ball when play was suspended subject to Rule 5.3 [Face Off].
- .4 When the attacking team is off-side at the time a goal is scored, the goal shall be disallowed and the ball shall be awarded to the goalkeeper of the defensive team behind the goal. If the defensive team is off-side when a goal is scored, the goal shall be allowed and no penalty shall be inflicted.
- .5 If both teams are off-side when a goal is scored, the goal shall be disallowed and the ball shall be faced subject to the restrictions of Rule 5.3 [Face Off].

5.8.2 The following exceptions shall apply -

- .1 When four or more men from the same team are in the penalty box that team shall be required to have three players in the attacking half of the field and the remainder of its players in the defensive half of the field at all times. Under such conditions no penalty shall result from the failure of the team to have the required number of players in the defensive half of the field.
- .2 If a player, seeing that he is about to go off-side before he can stop, runs out of bounds instead of off-side, no penalty shall result from the failure of that player's team to have the required number of players in either end of the field providing that he remedies the position as soon as possible.

5.9 - Bodychecking -

Bodychecking of an opponent in possession of the ball or within 3 metres of a loose ball from the front or side above the knees is permitted in the play of the game of lacrosse [see Rule 8.2.1 for the description of an illegal body check foul].

5.10 - Checking with the Crosse -

A player may check his opponent's crosse with his own crosse when the opponent has possession of the ball, is within 3 metres of a loose ball or the ball is in flight within 3 metres of the player [see Rule 8.2.2 for the description of an illegal check with a crosse].

5.11 - Offensive Screening -

Stationary and motionless offensive screening of an opponent is permitted [see Rule 10.2.2 for the description of illegal offensive screening].

5.12 - Change of Goals -

After the conclusion of the first period, the teams shall change goals in the interval preceding each subsequent period, including each extra time period should they become necessary.

5.13 - Time Out -

Time outs are of two varieties, those called by the officials and those called by the teams.

5.13.1 Official Time Out -

Either official may suspend play at his discretion. When a player is injured and in the opinion of the official, the injury is serious, play shall be suspended immediately. Otherwise, the official shall delay the sounding of his whistle as follows -

- .1 If the attacking team is in possession of the ball in the attack half of the field and in the opinion of the official, a scoring play is imminent, the official shall delay the sounding of his whistle in the same manner as under the slow whistle procedure in Rule 12.3
- .2 If the ball is not in the possession of either team, the official shall delay the sounding of his whistle until possession is secured and the play completed if a scoring play is imminent, in the same manner as under the slow whistle procedure of Rule 12.3
- .3 The signal flag is not dropped under the conditions of Rule 5.13.1

5.13.2 Team Time Out -

When the ball is dead the coach or captain of either team may request an official to call a time out for a period not exceeding 90 seconds. When the ball is in possession of the offensive team in their attacking half of the field, the captain of the offensive team may request a time out not to exceed 90 seconds, provided he is on the field of play. A team shall be limited to 2 time outs per half. Any suspension of play because of an injured player whether called by an official, coach or captain shall not be charged as a team time out if such player is removed from the field of play as soon as possible. The substitute for this player must report immediately to the nearest official.

In an overtime situation, team time outs are limited to one per team per overtime period. No team time outs are permitted during a sudden death procedure.

5.14 - Dead Ball -

For the purposes of Rule 5.13.2 [Team Time Out] the ball shall be considered dead when the officials suspend play prior to a face off in any part of the field.

NOTE: For the purposes of Rule 7.2.2 the glove held on the stick is not considered to be part of the body as per Rule 8.1.2 here.

7.2.2 The goalkeeper is considered to be outside the goal crease area for the purpose of Rule 7.2.2 when no part of his body touches the goal crease area and part of his body is touching an area outside the goal crease area.

7.2.2 Any player who tries to circumvent Rules 7.2.1 and 7.2.2 by dropping the ball and then picking it up or by rolling it back into the goal crease area and then picking it up will be assessed as a technical foul.

RULE 6.0 - "Substitution"

6.1 - Method of Substitution -

Maximum substitution may take place at any time during the match, subject to the following -

6.1.1 The substituting player must wait in the substitution area for the player he is replacing to leave the field of play via the substitution area and only then may the substituting player enter the field of play and he may do so on the fly. This means he may enter from either the opposite or same side of the centre line as the player being replaced leaves the field. The off-side rule must still be observed at all times as per Rule 5.8

6.1.2 If the player leaving the field of play is one of the players bound to his playing area by the off-side rule, the provisions of the off-side rule will be deemed to have been observed if the substituting player steps out of the substitution area on to the field of play at the same time as the player leaving the field of play steps into the substitution area.

6.1.3 The player being replaced must leave the field of play through the substitution area otherwise a technical foul is committed by his team.

6.2 - Exceptions -

The following exceptions shall apply -

6.2.1 On the scoring of a goal, substitution may be effected from the side line at any point and need not necessarily be through the substitution area. It shall not be necessary for the substituting player to remain on the sideline until his counterpart leaves the playing field but the substitution must be completed before the referee is ready to recommence play.

6.2.2 Upon the calling of time out by an official for an injured player, if unable to continue, the injured player shall be removed from the field as soon as possible to the nearest boundary and the substitute for this player must report immediately to the nearest official as per Rule 5.13.2 [Team Time Out].

RULE 7.0 - "Goal Crease and Goalkeeper"

7.1 - Privileges of the Goalkeeper -

Whilst within his own goal crease area, the designated goalkeeper shall have the following privileges--

7.1.1 He may stop or block the ball in any manner with his crosse or body and he may block or bat it away with his hand but he may not catch the ball with his hand. He or any other player of the defending team may receive a pass whilst in the crease area.

7.1.2 No opposing player may initiate contact with the goalkeeper or his crosse whilst he is within the goal crease area whether he has the ball in his possession or not. An attacking player may reach within the crease area to play a loose ball so long as he does not initiate contact with the goalkeeper or his crosse.

NOTE : The crosse of the goalkeeper when extended outside the cylinder of the crease area, except when the ball is within the crosse, is subject to being checked under the same circumstances as the crosse of any other player.

7.1.3 Should the ball become mired in the mud within the goal crease area, play shall be suspended by the officials and the ball shall be faced between the two nearest opposing players at a point 18 metres from the goal within the field of play.

7.1.4 Should the ball become ensnared in the goal netting, play shall be suspended by the officials and the ball awarded to the goalkeeper at the end line directly behind the goal.

7.2 - Prohibitions Relating to the Goal Crease Area -

The following rules relating to the goal crease area shall apply -

7.2.1 An attacking player shall not be in the goal crease area at any time whilst the ball is in the attacking half of the field.

7.2.2 A defending player with the ball in his possession may not enter or re-enter the goal crease area.

7.2.3 Any player with the ball in his possession may not remain within the goal crease area longer than is necessary for him to step out of the crease or dispose of the ball.

NOTE : A reasonable [necessary] length of time is four seconds counted by the official as 1001, 1002, 1003, 1004.

7.2.4 A player is considered to have entered the goal crease area when any part of his body touches the goal crease area.

NOTE : For the purposes of Rule 7.2.4 the gloved hand on the crosse is not considered to be part of the body as per Rule 8.2.2 Note 1.

7.2.5 The goalkeeper is considered to be outside the goal crease area for the purpose of Rule 7.0 when no part of his body touches the goal crease area and part of his body is touching an area outside the goal crease area.

7.2.6 Any player who tries to circumvent Rules 7.2.2 and 7.2.3 by dropping the ball and then picking it up or by rolling it back into the goal crease area and then picking it up will be assessed as a technical foul.

RULE 8.0 - "Personal Fouls"

8.1 - Penalty for Personal Fouls -

The penalty for personal fouls shall be suspension from the game for 1 to 3 minutes [depending upon the officials diagnosis of the severity and intention of the violation] and the ball shall be given to the non-offending team. If the foul occurs prior to the start of the game or after the whistle has sounded denoting the scoring of a goal or the end of a period, the ball shall be faced. Full penalty time must be served regardless of goals scored.

8.2 - Description of Personal Fouls -

Personal fouls are those of a more serious kind, listed and defined as follows -

8.2.1 Illegal Bodycheck -

Any bodycheck of an opponent who is not in possession of the ball or within three metres of a loose ball is illegal. Any avoidable bodycheck of an opponent after he has thrown the ball is illegal. Any bodycheck of an opponent in possession of the ball or within three metres of a loose ball in which the initial contact is from the rear or below the knees is illegal unless the player bodychecked turns his back or jumps in such a manner as to make what started to be a legal check appear illegal.

NOTE 1: When a player uses his spread arm or arms in a bodycheck they must be kept below the shoulders of the opponent throughout the entire block and both hands must remain in contact with the crosse.

NOTE 2: If a player turns his back in such a manner as to make what started to be a legal check appear illegal it is not considered a foul. No official should make the call 'from the rear' or 'below the knees' unless he sees the initial contact.

8.2.2 Slashing -

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 by so doing whether or not the opponent's crosse or body is struck. Nor shall a player strike an opponent in an attempt to dislodge the ball from his crosse. However, a check shall not be declared illegal if in an attempt to protect his crosse, the offensive player uses some part of his body other than his head to block 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. Any strike on the head by the crosse of an opponent is illegal, except when done so in the act of passing or shooting.

NOTE 1 : For the purpose of all rules, the gloved hand on the crosse of the player is considered to be part of the crosse.

NOTE 2 : For the purpose of this rule, mere contact is not a 'strike'. The contact must be a definite blow and not merely a brush.

8.2.3 Cross-check -

A player may not check his opponent with his crosse in a cross-check position; that is check him with that part of the handle of the crosse which is between his hands by either thrusting it away from his body or by holding it extended from his body.

8.2.4 Tripping -

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

NOTE : Tripping is obstructing an opponent below the knees with the crosse, hands, arms, feet or legs by any positive primary action if the obstructing player is on his feet or by any positive secondary action if the obstructing player is not on his feet.

8.2.5 Unnecessary Roughness -

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

.1 An excessively violent infraction of the rules against holding is a personal foul designated unnecessary roughness. See Rule 10.2.3 for details of holding fouls.

.2 A deliberate and excessively violent contact made by a defensive player against an offensive player who has established a screening position and not committed a foul [see Rule 10.2.2] in so doing shall be designated unnecessary roughness.

8.2.6 Unsportsmanlike Conduct -

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

- .1 Enter into an argument with an official as to any decision he has made or in any way attempt to influence the decision of an official.
- .2 Use threatening, profane, indecent or abusive language to a competing player at any time during the game.
- .3 Use a stick with any trick stringing that is designed to hold the ball, and tends to retard the normal and free dislodgement of the ball by an opponent. This stick shall be placed in the custody of the official scorer for the remainder of the match and the player using the said stick shall be given a three minute penalty, which he shall serve regardless of goals scored, etc.
- .4 Commit any act considered unsportsmanlike by the officials.
- .5 For repeated abuse of Rule 5.2.1 regarding restraints at centre face-offs, the penalty shall be suspension from the game for one minute.
- .6 Use threatening, profane, indecent or threatening language to any official.
- .7 If after the penalty imposed under Rule 8.2.6.6 is inflicted, the player or coach continues to be abusive, the official has the right to banish him from the bench area.

8.2.7 Holding

A player may hold off an opponent in possession of the ball or within 5 metres of a loose ball with either hand, the body, the closed fist held in the elbow, or either forearm. Both hands of the player must be on his ground. The holding off must be merely the keeping of the opponent away from the ball.

A player in possession of the ball may protect his ground with his hand, any other part of his body, when his opponent uses a stick to touch his ground. The hand, arm, or other part of his body may be used to stop the stick, but only one hand may be used to hold, push, or control the direction of movement of the stick or body.

8.2.8 Touching the Ball

A player shall not touch the ball with his hands while it is in play, except the goal-keeper as provided for in Rule 7.1.1 existing to privileges of the goalkeeper.

With holding the Ball - Goalie

A player shall not touch the ball with his hands while it is in play, except the goal-keeper as provided for in Rule 7.1.1 existing to privileges of the goalkeeper. A player shall not lie on a loose ball on the ground or floor with his stick raised in an attempt to touch the ball with his hands while it is in play, except the goal-keeper as provided for in Rule 7.1.1 existing to privileges of the goalkeeper.

RULE 9.0 - "Expulsion Fouls"

9.1 - Penalty for Expulsion Fouls -

The penalty for expulsion fouls shall be suspension for the remainder of the game. In such cases the ball shall be awarded to a player of the opposite team on which the expulsion foul was called, or faced if the foul occurred prior to the start of the game or after the whistle has sounded denoting the scoring of a goal or the end of a period. In the case of an expulsion foul against a player including a substitute, a substitution may be made for the expelled player after the lapse of three minutes. 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 shall be suspended from the game for three minutes, and he must remain in the penalty box for the entire three minutes.

9.2 - Description of Expulsion Fouls -

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

9.3 - Player Committing Five Personal Fouls -

Any player who commits five personal fouls shall be automatically expelled for the remainder of the game. A substitute for that player may enter the game at such time as the expelled player would have been permitted to re-enter the game had he not committed five personal fouls.

9.4 - Reporting of Players and Team Officials -

If an official or chief bench official deem an incident of rough play or misconduct [including the use of indecent, threatening or abusive language] of sufficient importance, he may report such incident to the body controlling the game. Such player or team official must, at the time of the incident, be informed that the offence is to be the subject of a report. If such incident occurs in the area controlled by the chief bench official, he must immediately signal the official(s) to suspend play, and advise them of the incident. Any player or team official so reported will, at the discretion of the official(s), be expelled from the game and be subject to such penalties as laid down in Rule 9.1 [Expulsion Fouls].

NOTE 1: For the purpose of this rule, any contact between a player and his opponent shall be considered to be part of the game.

NOTE 2: For the purpose of all rules, the plover hand on the crosse of the player is considered to be part of the crosse.

NOTE 3: For the purpose of this rule, mere contact is not a foul. The contact must be a definite blow and not merely a touch.

9.2.1 Cross-check -

A player may not check his opponent with his crosse in a cross-check position that is check his with that part of the handle of the crosse which is between his hands, either carrying it away from his body or by holding it extended from his body.

9.2.2 Tripping -

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

NOTE: Tripping is obstructing an opponent below the knees with the crosse, or with any part of his body by any positive primary action if the obstructing player is in the play, or by any positive secondary action if the obstructing player is out of the play.

9.2.3 Unnecessary Roughness -

Any violation set on the part of a player which is deliberate and grossly violent shall be designated unnecessary roughness, whether it be with the stick or body.

A grossly violent infraction of the rules against holding is a personal foul designated unnecessary roughness. See Rule 10.1.3 for details of holding fouls.

RULE 10 - "Technical Fouls"

10.1 - Penalty for Technical Fouls -

For technical fouls the penalty shall be either -

Suspension from the game for 30 seconds if the offending team does not have possession of the ball at the time the foul is committed, or

loss of the ball to the other team if the offending does have possession of the ball at the time the foul is committed, or

if neither side has possession at the time the foul is committed then the ball shall be awarded to the non-offending team.

In the event that the foul occurs prior to the start of the game or after a whistle has sounded denoting the scoring of a goal or the end of a period, the player is suspended from the game for 30 seconds and the ball is faced.

In the event that the foul occurs at some other time during the game but while play is suspended, the general rule rather than the exception shall apply.

10.2 - Description of Technical Fouls -

The technical fouls are those of a less serious kind. Any breach of the rules of play as set forth herein shall be a technical foul unless the said breach is specifically listed as a personal or expulsion foul in Rules 8.0 and 9.0. Some of the technical fouls requiring definition are listed in the following sections of this rule but this specific description of certain technical fouls is not intended to be comprehensive and all inclusive.

10.2.1 Interference -

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 3 metres of the ball. Nor may any player interfere by the use of his body or crosse in any manner with a player in pursuit of an opponent. Nor may a player guard an opponent so closely so as to prevent his free movement when that player is not in possession of the ball.

NOTE : Nothing in this rule is intended to prohibit a legal offensive screen.

10.2.2 Illegal Offensive Screening -

No player shall move into and make contact with a defensive player with the purpose of blocking the defensive player from the man he is playing.

NOTE : Offensive player must be stationary and motionless before contact is made by the defensive player.

10.2.3 Holding -

A player shall not hold his opponent or his crosse except as hereinafter described -

.1 A player may hold off an opponent in possession of the ball or within 3 metres of a loose ball with either, the body, the closed gloved hand on the crosse, or either forearm. Both hands of the player must be on his crosse. The holding off must be merely the exerting of equal pressure when from the rear.

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

NOTE : This rule does prohibit a player from deliberately stepping on the crosse of an opponent.

10.2.4 Touching the Ball -

A player shall not touch the ball with his hands while it is in play, excepting the goalkeeper as provided for in Rule 7.1.1 relating to privileges of the goalkeeper.

10.2.5 With-holding the Ball from Play -

A player shall not with-hold the ball from play as outlined in the following rules -

.1 A player shall not lie on a loose ball on the ground or trap it with his stick longer than is necessary for him to control the ball and pick it up in one continuous motion. He shall not with-hold the ball from play in any manner.

.2 A player shall not hold his stick in close proximity to his body with the express purpose of preventing an opponent from the opportunity of dislodging the ball.

10.2.6 Illegal Actions with the Crosse -

A player shall not -

- .1 Throw his crosse under any circumstances.
- .2 Take part in the play of the game in any manner without his crosse.
- .3 During the play of the game exchange his crosse for another except to replace a broken crosse.

NOTE : This rule does not prohibit the interchange of crosses by players legally on the playing field.

- .4 Should a player lose his crosse in any legal way so that the re-possession of the crosse would cause him to violate a rule, the official shall delay the sounding of his whistle in the manner set down under Rule 5.13.1 before allowing the player to retrieve his crosse.

Should the crosse be in the goal crease area so as to possibly interfere with the goalies play of an attempted shot at goal, or be in a scrimmage area, play shall be suspended immediately.

10.2.7 Illegal Actions on the Part of Persons Officially Connected with a Team -

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

- .1 Enter the field of play without the permission of an official except when there is a team time out or between periods.
- .2 Use artificial aids in communicating with players on the field of play.
- .3 Leave the area on his bench side of the field between the centre line and the restraining line.

NOTE : This rule does not prohibit a coach communicating with a player out of the game on penalty or in his bench area.

10.2.8 Illegal Procedure -

Any action on the part of players or substitutes of a technical nature not in conformity with the rules and regulations governing the play of the game shall be termed illegal procedure. The following are examples of illegal procedure -

- .1 Leaving the game from the penalty box before authorised to do so by the timekeeper is a foul. In this instance the player shall be returned to the penalty box to serve out the balance of his original penalty time plus 30 seconds. If the ball is loose or in possession of the players own team it shall be awarded to the opposing team.

NOTE 1 : In the event that a goal is scored by his opponents, any unexpired technical penalty time is nullified but he must serve 30 seconds for illegal entry into the game. The balance of any unexpired personal penalty time must also be served. See also Rule 11.2.3 Note 2 (Penalties).

NOTE 2 : A player under penalty may leave the penalty box during authorised periods [e.g. time-out and interval periods], but must return at the commencement of the following period to complete his suspension.

- .2 Delaying the game is a foul, and the penalty shall be assigned to the in home. Delaying the game shall be the consuming of more than 30 seconds in instances such as -

a) at the start of the game or period when the 30 seconds shall commence when the official blows his whistle to summon the players to position 30 seconds before the game or period is due to commence.

- b) after the expiration of time out when the 30 seconds shall commence when the official sounds his whistle to summon the players to position after 1 minute of a team charged time out, after an injured player has been removed from the field or whenever play is ready to be resumed after an official's suspension of play.
 - c) after a goal has been scored when the 30 seconds shall commence when either official has the ball in his possession.
 - d) after a penalty has been inflicted when the 30 seconds shall commence when the official inflicting the foul has notified the chief bench official or scorer.
 - e) after an out-of-bounds ball when the 30 seconds shall commence when the ball is in the possession of a player or official at the out-of-bounds spot.
 - f) adjusting of equipment when the 30 seconds shall commence when the official suspends play to allow the equipment to be adjusted.
- .3 Participation in the play of the game by a player out-of-bounds is a foul.
 - .4 Any player not in his restraining area at the time the whistle sounds to start play at the time of a centre face-off is a violation of the centre face-off rule.
 - .5 Failing to remain 9 metres from a face-off or 3 metres from an opponent having a free play is a foul.
 - .6 Any breach of the provision for substituting players as provided for under Rule 6.0 is a foul.
 - .7 Any breach of the provisions relating to the goal crease area as provided for under Rule 7.0 is a foul.
 - .8 Any breach of the provisions for time out under Rule 5.13.2 is a foul.
 - .9 Having more than 10 men in the game at any time [including men in the penalty box] is a foul.
 - .10 Violation of Rule 5.2.1 relating to possession at the centre draw is a foul.

10.2.9 Illegal Crosses -

Should it come to the attention of an official that a player is using an illegal crosse, other than trick stringing, within the provisions of Rule 2.2 and 2.3, the official shall demand that the player adjust the crosse to conform to specification or else exchange it for another. For a second violation against the same player, the official shall inflict a technical foul and place the illegal crosse in the custody of the time-keeper for the remainder of the game.

10.2.10 Illegal Equipment -

Should it come to the attention of an official that a player is wearing illegal equipment within the provisions of Rules 2.4 and 2.5 the official shall demand that the player conform to specifications. Should a player fail to do so he shall be compelled to withdraw from the game until such time as he has complied with the regulations covering equipment, a substitute being allowed for him immediately. For a second violation against the same player the official shall inflict a technical foul and compel the player to withdraw from the contest until such time as he has complied with the regulations.

10.2.11 Off-side -

Any breach of the provisions of Rule 5.8 is a technical foul. Enforcement shall be in accordance with the said rule.

10.2.12 Thrusting Crosse at Face of an Opponent -

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

10.2.13 Avoidable Lateness of a Team -

When a team fails to appear on the field ready to play at the appointed time for the start of a contest and this tardiness is avoidable, a technical foul has been committed by that team and the in-home of the offending team shall be charged with the technical foul.

RULE 11.0 - "Player Committing a Foul"

11.1 - Procedure for Player Committing a Foul -

A player who has committed a violation of the rules must raise his stick at full arms length above his head, [failure to do so is a technical foul and a 30 second penalty is added to the time of the existing penalty] and on being sent out of the game by an official, shall report immediately to the timer's table and remain in the penalty box until informed by the timekeeper that he may re-enter the game. When re-entering the game the player must enter the field of play at the off side line.

11.2 - General Information and Conditions Relating to Penalties -

Where a time penalty is expressed, this refers to the time off the field out of play and to be served in the penalty box by the offending player.

11.2.1 Commencement of timing of a penalty begins when the offending player actually steps within the penalty box. Should he leave the penalty box before the full period of his suspension has been served the conditions of Rule 10.2.8.1 must be applied. The exception being at the end of a period of play, or during a team charged time out, where he may leave the penalty box but must return before the recommencement of the game to complete his suspension.

Where a player incurs a time serving penalty and the play is to be restarted with a face off, the timing of such a penalty shall not commence until the official sounds his whistle to restart play with the face off provided that the player is then in the penalty box.

11.2.2 Penalty time will be served only during playing time and stoppages in play where the officials signal time off will also temporarily interrupt penalty time except in the case of expulsion fouls. Period breaks shall also interrupt penalty time when any unserved penalty time at the end of a period must be served out at the beginning of the next period.

11.2.3 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 a technical foul shall release the player or players from serving the balance of their penalty time except for such players serving penalty time for personal fouls.

NOTE : For the purposes of this rule technical foul penalty time shall be served before personal foul penalty time. Thus should a goal be scored while a player is serving the technical penalty portion of his suspension the balance of the technical penalty suspension is cancelled and the player would immediately begin to serve his personal foul suspension. However, should a goal be scored after the completion of the technical foul penalty time but during the personal foul penalty time the player must still serve out the balance of the personal foul suspension.

11.2.4 In the event of a goalkeeper committing a foul while in the crease area the penalty award for which is a free throw, such free throw shall be taken at a position 18 metres laterally across the field from the goal.

11.2.5 If the goalkeeper commits a time serving penalty, the officials shall suspend time for 30 seconds to allow for his substitution.

RULE 12.0 - "Execution of Penalties by Officials"

12.1 - Beginning of Play after a Penalty -

In all cases where a penalty has been called in the offended teams offensive half the ball shall be put into play by the closest player of the team awarded the ball at the point on the field where the ball was when play was suspended. The only exception being that where the ball is within 18 metres radius of the goal, the ball shall (1) be given to the player nearest the ball when play was suspended and then (2) this player shall be moved to a position laterally across the field 18 metres from the goal.

When a penalty occurs in the offended teams defensive half of the field, when penalty time is to be served, the ball shall be awarded to any player of the offended team on the offensive side of the the off side line directly upfield from the position of the ball when play was suspended.

EXCEPTIONS : Where the ball is to be awarded to the goalkeeper as a result of a crease infringement [loss of ball only] instead of being moved 18 metres from the goal laterally he shall be awarded the ball at the end line directly behind the goal.

12.2 - Special Situations -

The following rules shall pertain to the special situations listed below.

12.2.1 Where an official is called upon to inflict a penalty upon a team where no definite player is involved or where the penalty is against someone other than a player in the game he shall select the in-home and inflict the suspension. If multiple fouls of this type occur he shall inflict the suspension against additional attack players. Where the person committing the foul is a substitute, the fouls shall be assessed against him insofar 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.

12.2.2 When simultaneous fouls have been committed the following rules shall be applied by the officials -

- .1 When a simultaneous foul occurs and as a result one team incurs more total penalty time than its opponent, the team with the least total penalty time shall be awarded the ball.
- .2 In the event that the total penalty time is equal, the team in possession retains possession. If neither team had possession, the ball shall be faced by the two nearest players at the point where it was at the time the whistle blew subject to Rule 5.3.3 [relating to substitute for goalkeeper].
- .3 Both fouls being technical and the ball being in possession of one team, the fouls cancel and the team in possession retain possession where the ball was at the time the whistle sounded. If there is not team possession the fouls cancel and the ball is faced by the two nearest players subject to Rule 5.3.5 [relating to substitute for goalkeeper].

12.2.3 When any foul occurs prior to the start of the game or after the officials whistle has sounded marking suspension of the play, the penalty shall be inflicted the same as if it had occurred during the play of the game [See Rule 10.1 as to technical fouls].

12.3 - Slow Whistle Technique -

If a defending player commits a foul against an attacking player and the ball is in the attacking half of the field and an attack player has possession of the ball at the time this foul occurs and in the opinion of the official a scoring play is imminent and the act of fouling does not cause the player in possession of the ball to lose possession thereof, the official must drop a signal flag and with-hold his whistle until such time as the scoring play has been completed. The scoring play shall be considered to have been completed when the attacking team has lost control of the ball, has clearly lost the opportunity of scoring a goal on the original play or has taken a shot. The slow whistle technique shall be used whether the foul is committed against the man in possession of the ball or some other member of the attacking team.

NOTE 1: A pass is a movement of a ball caused by a player in control throwing or bouncing a ball to a team mate.

NOTE 2 : During a slow whistle situation, a shot remains a shot until -

- 1) it is clearly obvious a goal will not be scored;
- 2) impetus is added to the ball by any member of the attacking team;
- 3) possession is gained by any member of the defensive team;
- 4) the ball, after hitting the goalkeeper or goal frame, is touched by any player of either team other than the defending goalkeeper or an official.

12.4 - Enforcement -

A player or substitute committing a personal foul shall always be suspended from the game for the designated penalty time regardless of whether or not a goal is scored. If a goal is scored during a slow whistle situation for a technical foul, no penalty is given. If a goal is not scored during a slow whistle situation for a technical foul or fouls, the penalty is always suspension from the game for 30 seconds for each foul. In all cases where a goal is not scored the ball is awarded to the team fouled (the attacking team) at the point where the ball is when play is suspended subject to the conditions of Rule 12.1.

12.5 - Procedure when Ball is Caught in Crosse or Equipment -

In the event that the ball should become caught in a player's crosse, the official shall count 4 seconds (1001, 1002, 1003, 1004) and if at the end of those four seconds the ball has not dislodged, the official shall stop play and the ball shall be faced between the player in whose crosse the ball was caught and his nearest opponent. In the event that the ball should become caught in a player's uniform or equipment other than his crosse, play shall be suspended immediately and the ball faced between that player and his nearest opponent subject to Rule 5.3.5 [relating to substitute for goalkeeper]. When he is within his goal crease area, and is awarded the ball as a result of an infringement, the goalkeeper shall be awarded the ball at the end line directly behind goals.

RULE 13.0 - "Stalling"

Stalling is the deliberate action on the part of a player or players of either team to alter the normal progress of the game. In view of the fact that stalling is generally an obvious manoeuvre and is harmful to the game, officials must strictly enforce the rule as described below.

13.1 - Offensive Half of the Field -

It shall be the initial responsibility of the team in possession to move the ball into their attack goal area. The defensive team is not required to play the ball outside the opponent's attack goal area as defined in Rule 1.5.

With possession in the attack goal area stalling shall be called if after the official's warning to 'play the ball' the defensive team refuses to move within 4 metres of the ball.

With possession in the attack goal area stalling shall be called if after the officials warning to 'get it in and keep it in' the offensive team wilfully runs, or passes the ball to a team mate outside the attack goal area.

With possession in the attack half of the field stalling shall be called if after the official's warning to 'advance the ball' the offensive team refuses to advance the ball by running it or passing it to a team mate.

With possession in the attack half of the field but outside the attack goal area stalling shall be called if after the official's warning to 'get it in and keep it in' the offensive team fails within a reasonable time [4 seconds] to move the ball inside the attack goal area.

13.2 - Defensive Half of the Field -

It shall be the initial responsibility of the riding team to play the ball. Stalling shall be called in the defensive half of the field under the following conditions [the clearing team cannot be called for stalling until the riding team is within 4 metres of the ball] -

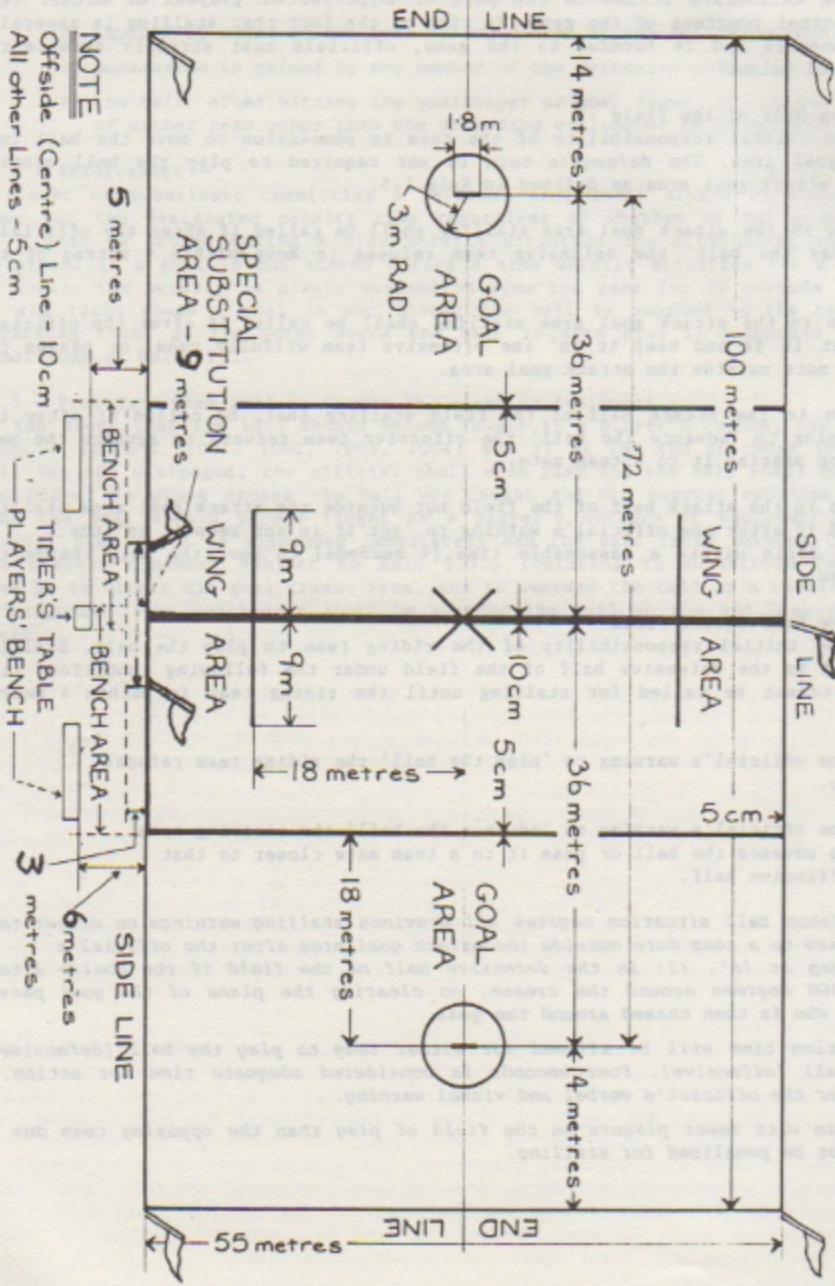
After the official's warning to 'play the ball' the riding team refuses to do so.

After the official's warning to 'advance the ball' the clearing team fails to advance the ball or pass it to a team mate closer to that team's offensive half.

NOTE 1 : Any loose ball situation negates all previous stalling warnings on either team except (1) a pass to a team mate outside the attack goal area after the official's warning to 'keep it in', (2) in the defensive half of the field if the goalie after being chased 360 degrees around the crease, on clearing the plane of the goal passes to a team mate who is then chased around the goal.

NOTE 2 : Reaction time will be allowed for either team to play the ball [defensive], to move the ball [offensive]. Four seconds is considered adequate time for action to take place after the official's verbal and visual warning.

NOTE 3 : A team with fewer players on the field of play than the opposing team due to penalties cannot be penalised for stalling.



NOTE

Offside (Centre) Line - 10cm
 All other Lines - 5cm

BENCH AREA
 TIMER'S TABLE
 PLAYERS' BENCH
 BENCH AREA
 BENCH AREA
 3 metres
 6 metres

GENERAL SIGNALS



OFFICIAL'S SIGNALS

PENALTY TIME SIGNALS



TECHNICAL FOULS



PERSONAL FOULS



-Notes-





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