

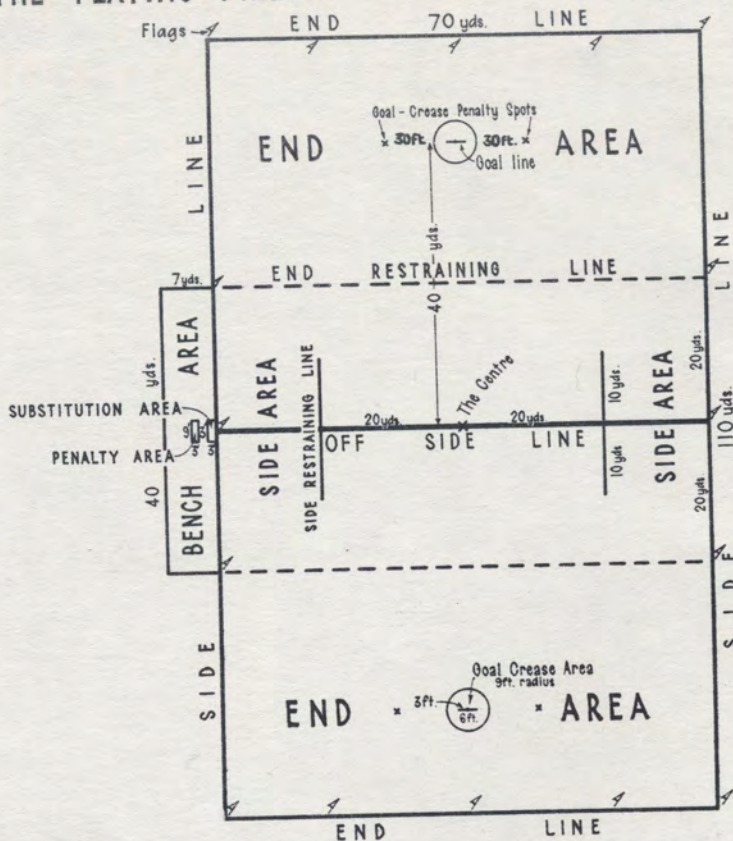
● THE AUSTRALIAN LACROSSE COUNCIL



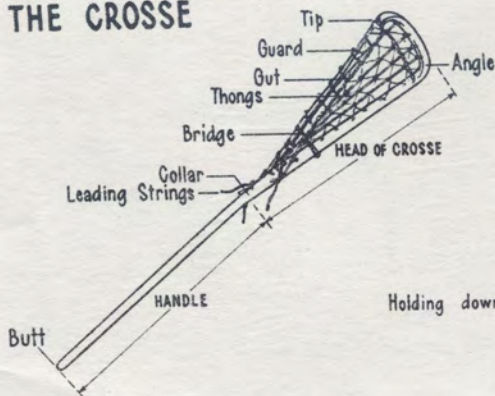
THE LAWS OF LACROSSE ★

★ adopted 1966 for a period of three years .

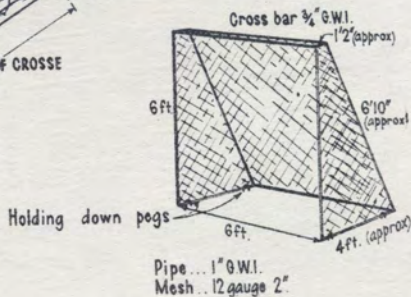
THE PLAYING FIELD



THE CROSSE



THE GOAL



AUSTRALIAN LACROSSE COUNCIL

THE LAWS OF LACROSSE

● THE GAME

Lacrosse is a field game played during a match between two teams. Each team shall have a maximum of 15 players. Only ten players from each team are permitted to be on the field at any one time. The purpose of each team is to score by causing the ball to enter the goal of its opponent and to prevent the other team from securing the ball and scoring. The ball is kept in play by being carried, thrown, or hit with the crosse, rolled or kicked in any direction, subject to the restrictions laid down in the following laws. The ball may not be touched by the hand, except by a goal-keeper. The team scoring the greater number of goals shall be the winning team.

● LAW I THE PLAYING FIELD | FIELD MARKINGS FIELD EQUIPMENT

1. THE PLAYING FIELD

The playing field shall be a rectangular area 110 yds. long by 70 yds. wide. If this size be impracticable the area may be reduced, subject to the Captains' mutual agreement and Referees approval.

a. BOUNDARY LINES

The long sides of the rectangle shall be known as the "side lines", and the short sides of the rectangle shall be known as the "end lines".

b. OFF-SIDE LINE

The line joining the mid-point of the side lines shall be known as the "off-side line".

c. THE CENTRE

The mid-point of the off-side line will be known as "the centre" and will be marked with a cross (an X). The overall size of the cross shall not exceed two feet.

d. END RESTRAINING LINES & END AREAS

At both ends of the field a broken line shall be marked from side line to side line, 20 yds. from, and parallel to the off-side line. These lines shall be known as "end restraining lines".

The areas between the end restraining lines and the end lines and the side lines are designated "end areas".

e. SIDE RESTRAINING LINES & SIDE AREAS

Lines parallel to the side lines shall be marked on both sides of the field, 20 yds. from "the centre", and extending 10 yds. on each side of the off-side line". These shall be known as the "side restraining lines". The areas confined within the extremities of these side restraining lines and the side lines, shall be designated as side areas.

f. GOAL-CREASE AREAS

The centre of the goal-crease areas shall be points 40 yds. on each side of the off-side line, on an imaginary line passing through "the centre" and parallel to the side lines. From both of these points circles of 9 ft. radius shall be drawn. The areas within these circles shall be known as the "goal-crease areas".

g. GOAL LINE

Lines shall be drawn through the goal-crease centres extending three feet each side of them, and parallel to the off-side line.

h. GOAL-CREASE PENALTY SPOTS

The "goal-crease penalty spots" shall be marked by a cross (an X) along an imaginary prolongation of the goal line at points 30 ft. both sides of the goal-crease centres. The over-all size of the cross shall not exceed 1 ft.

i. BENCH AREA

The "bench area" is a rectangle 40 yds. by 7 yds. outside the playing area. The "side line" between the end restraining lines shall form one side of this area.

j. SUBSTITUTION AREA

The substitution area shall be a rectangle 9 ft. by 3 ft., within the "bench area" with a 9 ft. side centred at the off-side line, and on the side-line.

k. PENALTY AREA

The "Penalty area" shall be a rectangle 9 ft. by 3 ft. within the "bench area". Three feet to the rear of and in line with the substitution area.

2. FIELD MARKINGS

a. LINE MARKINGS

All lines must be clearly marked with a continuous white line and to the dimensions as set out in L, LE, LG, LI, LJ and LK above, and the width of lines shall be approx. equal to the diameter of a Lacrosse ball, except:-

- (i) | The end restraining lines, shall be broken white lines.
- (ii) | The off-side line, the width of which shall be approx. equal to twice the diameter of a Lacrosse ball.

b. FLAG MARKERS

Flag markers shall be placed at the four corners of the field, at each end of the "off-side" line, and at each end of each "end restraining line". Two other flags shall be placed on the end lines 20 yds. in from each side line and at the mid point of each end line giving a total of sixteen (16) flags. The flag sticks to be a minimum of two feet (2') and a maximum of four feet (4') out of the ground. The minimum measurement of each flag to be twelve inches (12") by twelve inches (12") and the maximum shall be eighteen inches (18") by eighteen inches (18"). The colour and size of flags and flag sticks shall be uniform for any one match.

3. FIELD EQUIPMENT

g. GOALS

- (i) The face of the goal shall be formed by two uprights

and a cross bar constructed so that the internal measurements shall, with the "goal-line" form a square of 6ft. by 6ft. This 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.

(ii) To this goal-face frame work shall be attached a supporting frame which shall not extend more than four ft. or less than 3ft. behind the goal-face at the base. Over this frame, other than the goal face, shall be attached a net with a mesh no greater than three inch diagonal. Such net may be of cord or wire. The dimensions of materials used in goal manufacture shall be similar to those in diagram on page 2.

(iii) Each goal shall be placed so that the goal-face coincides with the goal line and faces the "centre" and must be securely spiked to the ground at each corner. The Host Controlling Body or "home" team shall provide the goals.

b. THE BALL

(i) The ball shall be of white natural rubber sponge between 8 inches and $8\frac{1}{2}$ inches in circumference, between $5\frac{1}{2}$ ounces and $5\frac{3}{4}$ ounces, and shall bounce between 34 inches and 36 inches when dropped from a height of 46 inches. Only those balls bearing the A.L.C. stamp of approval shall be used.

(ii) The Host Controlling Body or "home" team shall furnish two or more balls, one of which shall not be used until the commencement of the final quarter.

c. TIME-KEEPERS/SCORERS TABLE - PLAYERS BENCHES - SCOREBOARD

(i) The time-keepers/scorers table shall be placed within the bench area, five yds. from the side line opposite the off-side line.

(ii) The players benches for the teams shall be placed on each side of the time-keepers/scorers table, at least five yds. from that table and at least 6 yds. from and parallel to the side line.

(iii) For all A.L.C. and Interstate matches a scoreboard shall be provided and so placed that it does not interfere with any of the regulation field markings or areas.

LAW II / PERSONAL EQUIPMENT

1. THE CROSSE

a. The crosse shall be made of wood, laminated wood or plastic and woven netting of gut, raw hide, leather, clock cord, or cord. The components of a Crosse are known as "the butt" (end of handle,) handle and head. The head comprises the side wall, the angle, the pick up edge, the tip, the fence, the woven netting, and is approx. triangular in shape. The apex of this triangle is known as "the throat" of the Crosse. The "side wall" shall not be over 2 inches in height at any point and shall be approx. 18 inches in length. The side wall and pick-up edge shall have holes bored in them to facilitate the attachment of the woven netting.

The "fence", opposite the side wall, shall be made by weaving lacing from the tip to the throat. The stringing must be attached to the tip in such manner as to prevent the tip from catching on an opponents Crosse. The fence must not be fastened so as to over-lap the other length strings. Neither shall it or any other fixing be fastened so as to form a pocket lower down the Crosse than the woven part of the length strings. The length strings must be tied at the throat. Cross strings (the bridge) MUST be added to stop the ball from jamming at the throat. The Crosse may be of any length between 36 inches and 72 inches. The internal measurement between the tip and the angle shall be between 6 inches and 12 inches. There may be only one twelve inch (12") Crosse in a match, per team, at any one time. No kind of metal whatsoever shall be used on the Crosse.

- b. Crosses not complying with the above specifications may not be used without prior approval of Council. A player shall not use a Crosse with a bag or pocket so loose that when the Crosse is held horizontally at eye level and the bottoms of both wall and fence are aligned from the side, that daylight is seen above the top of the ball and the measuring edges when the ball lies freely in the pocket.

2. UNIFORM |

No player shall be permitted to take part in a match unless he is dressed in the uniform of his team, except with the consent of the opposing Captain and the Referee.

a. JERSEYS OR SHIRTS & NUMERALS

Jerseys or shirts with a numeral on the back, not smaller than 6 inches and not larger than 12 inches in height shall be worn. The material forming each numeral shall be not less than one inch (1") in width. Identical numerals of the same size may be worn on the chest, and identical numerals of half this size may be worn on the top of each sleeve below the shoulder line. The colour of these numbers shall contrast with the colours of the jumpers or shirts.

b. SHORTS & SOCKS

Shorts shall be worn of a design and colour acceptable to Council and/or the respective member associations. Goal-keepers only may wear long trousers of a track suit design. Long socks in the teams colours shall be worn.

c. FOOTWEAR

A player shall wear protective foot-wear as part of his necessary equipment. With the approval of the opposing Captain and the Referee a player unable to comply with this Rule may be permitted to play, but in the event of the player being injured through non-compliance with this rule the Referee shall not pair this injured player.

3. | PROTECTIVE | EQUIPMENT

- a. All players should wear protective equipment. Such equipment includes protective head-gear, face masks and gloves. Goal-keepers only may wear, in addition to the above, a front body pad which may extend from the neck to immediately below the crutch but must

coincide with the contour of the body. This is similar to the baseball catcher's approved type of pad, and may be worn outside the uniform. Shin and shoulder pads and other similar protective equipment may be used, but where these protect a part of the body normally covered by the uniform, must be worn under the uniform. The use by the players of leg guards similar to baseball catchers leg guards or cricket pads is prohibited. Gloves may be made of leather, rubber or cloth and may be suitably padded but no metal whatsoever shall be used.

b. PROTECTIVE HEAD-GEAR AND/OR FACE-MASK

No player shall wear protective head-gear and/or masks which in the opinion of the Referee endangers himself or other players.

c. DANGEROUS EQUIPMENT

A player shall not wear spiked footwear or any other equipment that may endanger himself or any other player. Should during the course of a match, any item of equipment become dangerous and liable to cause injury to any other player, play must be suspended immediately and such element of danger rectified immediately.

● LAW III THE TEAM, FIELD POSITIONS & TEAM CAPTAINS

a. TEAM

A team shall consist of ten (10) players on the field, and five (5) players on the substitution bench. Any member Association, if it so desires, may reduce the number of substitutes to a minimum of two (2) for any match or matches over which it has sole jurisdiction.

b. POSITIONS ON THE FIELD

The players of each team shall be designated as the following:-

Goal-keeper who defends the goal, Point, Left Defence, Right Defence, Left Mid-Field, Centre, Right Mid-Field, Left Attack, Right Attack and Home. The substitutes must be on the bench. Either team may commence to play with less than its full number and may complete its team during any time of the match. At all times both teams must endeavour to have 10 players on the field.

c. CAPTAIN & VICE-CAPTAIN

(i) A Captain and Vice-Captain of each team who shall be playing members, shall be designated prior to the commencement of a match. The authority of the Captain shall begin upon his arrival at the venue of a match and shall conclude upon his departure from the venue.

(ii) The Captain shall be the spokesman of his team. The privilege of the Captain to act as spokesman of his team does not grant him the right to enter into an argument with or criticise any decision of an official.

(iii) Should the Captain cease to take part in a match, then his duties will be assumed by the Vice-Captain.

(iv) A Captain's approach to the Referee during a match can only be made at a halt in play but before moving he must drop his crosse on the ground to mark his position on the playing field.

(v) Should both the Captain and Vice-Captain cease to

take part in a match a new Captain shall be appointed by the team and the Referee advised.

(vi) The Captains shall notify the Referee, prior to the commencement of a match, the names and numbers of their goal-keepers and homes. Should there be any positional change, of a permanent nature, with the regular goal-keeper or home during the course of a match, the name and number of the replacement goal-keeper or home must be notified to the Referee.

● LAW IV OFFICIALS

a. TEAM OFFICIALS

Team Officials are Managers, Coaches, Trainers.

b. ADMINISTRATIVE OFFICIALS

The Administrative Officials are the elected officials of Council, Member Associations and their constituent Clubs.

c. FIELD OFFICIALS

The Field Officials shall be Referee, Goal Umpires, Boundary Umpires, Off-side Umpires, Time-keepers, Scorers, Ball boys.

● LAW V CONTROL OF MATCH

Where it so desires, Council or Member Associations may appoint any or all of the Field Officials. Where, however, this power is not exercised by Council, or Member Associations, the appointment of any or all of these field officials, shall rest with the Captains in mutual agreement. Should any field official not be appointed then his duties will be assumed by the Referee. No person shall be appointed to act as a field official who is directly, or indirectly, pecuniarily interested in the result of a match. No person shall be allowed to speak to the field officials or in any way distract their attention. Council or Member Associations may disqualify any field official who in its opinion may have given an unjust decision, and any team appointing a field official so disqualified, shall be liable to be declared the losers of the match for which such appointment was made.

1. THE REFEREE

In all cases under Referee and Referee Duties where the word HE appears, this refers to the Referee.

- a. The Referee is the Field Official and shall have authority over the play of a match, the players, team officials, field officials, administrative officials and spectators in accordance with the Laws of Lacrosse.
- b. The authority of the Referee shall begin upon his arrival at the venue of a match and shall conclude upon his departure from the venue.
- c. He shall be bound in all cases to inflict one or other of the penalties should he consider the laws to have been transgressed. Infliction of penalties shall be within the province of the Referee without appeal and his decision is final.
- d. The Referee shall be dressed in white shirt and shorts of a generally acceptable pattern, black knee length

ing his whistle three (3) times and raising his right hand. "Time Off" shall terminate when he again sounds his whistle for the recommencement of play.

f. Visual Signals - The Referee will use the following visual signals.

Penalty Signals - In giving Penalty signals the Referee shall face the Time-Keeper.

1 Minute - Arm extended length to the side and horizontal
2 " " " " " " " " upwards and
at 45 deg. to the horizontal.

3 " - Arm extended full length, vertically above the body.

5 " - Hand, palm down, on top of head.

Expulsion- Both arms raised above head and crossed at wrists.

g. Duties in conjunction with Goal Umpire
See Section 5 Sub-Section iii, iv, v, vi, vii.

h. Duties in conjunction with Boundary Umpire.
See Section 6 Sub-Section i, iii.

i. Duties in conjunction with Off-side Umpire.
See Section 7.

j. Duties in conjunction with Time-Keeper.
See Section 9 Sub-Section i, ii, iii.

3. APPEAL AGAINST THE REFEREE'S DECISION

In the event of any dispute arising, not provided for in these laws, the Referee shall at the time and place of the occurrence of such dispute, decide thereon. Either of the parties to the dispute considering such decision not in accordance with the facts of the case, may by forwarding to the Secretary of Council or Member Associations, within 7 days of the occurrence of such dispute, a written document setting forth the nature of the dispute, and all particulars thereto appertaining. Council or Member Associations shall at the first opportunity, after receipt of such document, arrange that the matter be adjudicated.

4. REPORTING BY OTHER FIELD OFFICIALS

Any Umpire may, if he deems the matter of sufficient importance, immediately report to the Referee any instances of foul or rough play or misconduct.

5. GOAL UMPIRES & DUTIES

(i) | There must be one goal umpire at each goal who must stand close to the nets at the rear of that goal. They must wear a white dustcoat and be equipped with a loud sounding whistle.

(ii) | They shall not change ends during a match.

(iii) | They must see that all regulations are complied with respecting the goal and goal-crease and in deciding any of these points may consult the Referee.

(iv) | Whenever the ball has passed completely through the face of the goal the goal umpire shall sound his whistle in a sustained blast. After receiving the statement of "all clear" from the Referee indicating that no field infringement of the Laws has occurred, he must now allow or disallow the goal. If the goal is allowed he must indicate to the Referee and scorer that a goal has been allowed by raising one arm vertic-

ally above his head.

(v) In the event of a goal umpire not being able to give a decision whether a goal should be allowed, the matter should be referred to the Referee and if he also cannot decide the umpire shall give the benefit of the doubt to the defending side.

(vi) Whenever a goal crease area infringement has been committed he shall sound his whistle in a sustained blast and shall indicate to the Referee the nature of the goal crease area infringement.

(vii) Goal Umpires shall keep accurate written record of the goals allowed during a match to both teams. These scores to be totalled by quarters. Goal umpires must check with each other at each quarter break, the goals scored during that quarter. Should the individual tallies not agree then the goal umpires will report the matter to the Referee and in conjunction with the scorer adjust the discrepancy. At the end of the match the goal totals will be taken by the Referee.

(viii) Duties in conjunction with Scorer - (See Section on Scorer).

6. BOUNDARY UMPIRES & DUTIES

For A.L.C. and Interstate matches four (4) Boundary Umpires will be appointed. Their dress shall be similar to that of the Referee and shall be equipped with a suitable white cloth signalling device. Each Boundary Umpire will be supplied with one clean Lacrosse ball.

(i) A Boundary Umpire shall be allocated to each side and end line and shall move along same following the play of the ball.

(ii) A Boundary Umpire shall signal to the Referee any breach of the Out of Bounds Law. Following instructions from the Referee, the Boundary Umpire shall then put the ball back into play as defined in these Laws.

(iii) In the event of a Boundary Umpire being unable to give a decision the matter shall be referred to the Referee who shall decide the issue.

(iv) Boundary Umpires may be appointed in matches under the sole jurisdiction of Member Associations.

(v) Duties in conjunction with Ball Boys - (See Section under Ball Boys).

7. OFF-SIDE UMPIRES & DUTIES

The off-side umpire or umpires shall stand on the side line as close as practicable to the off-side line, on the opposite side of the playing field to the substitution area.

In the event of there being more than one off-side umpire, the Referee shall nominate one to be responsible to indicate to him off-side infringements. Off-side Umpires must wear a white dustcoat and be equipped with a warning device of a distinctive sound other than a whistle. Suitable signalling devices may be used by the off-side umpire or umpires to indicate to the Referee which team has caused the off-side infringement.

8. BALL BOYS & DUTIES

For A.L.C. and Interstate Matches ball boys will be appointed.

(i) Their duties will be to retrieve one balls passing out of the playing field and return them to the Bound-
11

ary Umpires.

- (ii) | Ball Boys may be appointed in matches under the sole jurisdiction of Member Associations.
- (iii) | Ball Boys shall be dressed in all white.

9. TIME KEEPER & DUTIES

Time Keeper must be appointed and must be equipped with a time piece that can record time in seconds and a warning device with a distinctive sound from that as used by the Off-side umpire, other than a whistle. He must wear a ribbon or badge designating his official capacity.

(i) | It shall be the duty of the time-keeper to keep an accurate account of each quarter, and record penalty times, notify the Referee by sounding a warning device, and raising both hands above his head at the completion of each quarter.

(ii) | Immediately upon sounding his warning device, the time-keeper shall observe the position of the ball on the field, and if subsequent to the sounding of the warning device, a goal umpire signals that a ball has passed through the face of the goal, the time-keeper shall advise the Referee of this fact and the Referee shall not allow a goal. This does not apply to a goal resulting from a free throw awarded before and exercised after the cessation of time.

(iii) | The Referee shall acknowledge the time-keeper's signals by a blast on his whistle.

(iv) | In the event of the time-keeper's signal not being heard by the Referee the time-keeper will go onto the field or use other means to immediately notify the Referee of expiration of the quarter.

(v) | The Time-Keeper, on receiving the Referee's signal of the commencement of time off, or any other signal shall acknowledge these signals, by raising his hand. The total "time off" during any quarter shall be added to playing time of that quarter. "Time off" shall terminate when the Referee sounds his whistle to restart play.

(vi) | It shall be his duty to supervise the movement of players through the substitution and penalty areas and that the Laws of Substitution are observed and that Penalty Times are served, any breaches of which will be brought to the notice of the Referee by sounding his warning device. An assistant may be appointed to assist with the time keeping duties, however the time keeper from the host or home team shall be the responsible official.

10. SCORER & DUTIES

For A.L.C. and Interstate Matches a Scorer may be appointed to assist the goal umpires with the scoring duties. The scorer is also to keep any other records required by Council or Member Associations. He shall sit at the Scorer's table and may be called on to assist the Time Keeper.

● LAW VI TIMES OF MATCH

1. TIME OF STARTING

Matches shall be played upon such playing fields as may be directed by Council or Member Associations and shall commence at an appointed time.

- a. For A.L.C. and Interstate matches any team not prepared to commence a match at the appointed time, may be compelled to forfeit unless a satisfactory reason for the delay can be given to the Referee.
- b. For all other matches any team not prepared to commence a match within 15 minutes of the appointed time may be compelled to forfeit the match unless a satisfactory reason for the delay be given to the Referee.

2. TIME OF MATCH

- a. The match shall be divided into four quarters. Each quarter shall be of 25 minutes duration unless otherwise mutually agreed by the Captains. The powers vested in the Captains to vary a period of playing time is restricted to shorter time only. They have no power to extend the time of the match.
 - (i) "Time off" incurred in each quarter shall be added to the agreed playing time of that quarter.
 - (ii) At the conclusion of the 1st, 2nd, and 3rd. quarters the teams shall change ends. The first quarter interval shall only be long enough to change ends. 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 five minutes shall be allowed but players shall on leaving the playing field assemble in the bench area only, but to go beyond this area they must have the permission of the Referee. By mutual agreement the Captains and Referee may shorten the three quarter time interval.
 - (iii) The Referee shall give a warning signal two (2) minutes prior to the commencement of the first quarter, the third quarter and the fourth quarter respectively.
- b. In the event of a match not being completed because of darkness, bad weather or any circumstances whereby the Captains and Referee think it inadvisable to continue playing, such uncompleted match shall be referred to the Controlling Body for adjudication of a result.

● LAW VII ACTIONS PRIOR TO THE MATCH

Prior to the commencement of any match the following preliminaries must be completed before the scheduled starting time and in the order hereunder:-

1. The Referee and the two Captains shall confer and mutually agree upon any special conditions that shall pertain to the match about to take place.
2. Inspection in the dressing rooms by the Referee of the teams and all personal equipment it is anticipated will be used in the match.
3. The players shall be permitted a warm-up period, on the playing field, which shall be terminated at the Referee's direction, when they shall return immediately to their respective bench areas and prepare for play. 13

4. The Referee will give a warning signal 2 minutes prior to commencement of the first quarter,
 5. At the direction of the Referee the Captain of the home team shall lead his team onto the field, in Indian file, at a jog trot, to the centre. At the further direction of the Referee the opposing team shall similarly enter the field to the applause of the home team.
 6. The Referee shall then toss a coin. The visiting Captain shall call and the winner of the toss shall indicate the goal his team will attack. All players will immediately take up their positions.
- NOTE - For the matches under the sole control of Member Associations the Referee may inspect the players and their equipment on the playing field, before he tosses the coin.

● LAW |VIII| PLAY OF THE MATCH

1. METHOD OF STARTING

- a. A centre face-off shall be used to commence the match.
- b. In the event of either team not being prepared to commence the match at the call of the referee or resume after any interval, the referee may start or re-start the game by placing the ball in the centre, sounding his whistle and calling "play".
- c. When a goal has been allowed, the ball shall be faced off in the centre as at the commencement of the match. If after a goal has been allowed, the Referee, should he be of the opinion that time is being deliberately wasted, may again start the game by placing the ball in the centre, sounding his whistle and calling "play".

2. TYPES OF FACE-OFF

a. FACE-OFF AT CENTRE

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

b. FACE-OFF AT PENALTY SPOT

The players facing shall rest their crosses parallel to the side line. The defending player shall stand with his back to his goal.

c. FACE-OFF AT ALL OTHER POSITIONS

The crosses of the players facing shall be placed on the ground parallel with the offside line with the defending player's back to his goal.

d. RESTRICTIONS TO FACE-OFF

- (i) In no case shall the ball be faced closer than 30 feet to the goal centre unless the face off is required directly behind goal. In that situation the ball shall be faced off 20 feet from the end line.
- (ii) At no time shall a face-off take place closer than 20 feet to the boundary line.
- (iii) There shall be no other players within 9 feet of the contending players in the face-off.

e. LIKE-HANDED PLAYERS

A player using a left handed cross shall not be permitted to face-off against a player using a right handed cross, but two players both using left handed crosses may face-off.

In any face off other than at the centre when the Referee finds that the players who are to face off are not like handed, the player using the left handed crosse will be replaced by the nearest player in his team using a right handed crosse, and the player using the left handed crosse will take that player's place.

f. POSITIONS OF PLAYERS ON FIELD AT CENTRE FACE-OFF

At the centre field face-off, except for the two "centres", all other players must stand directly behind their restraining lines but are free to cross them when the whistle sounds to commence play. Each team shall confine the goal keeper and three other players in the defence end area, three players in the attack end area and one player in each of the side areas, except when short in numbers for any reason. In this case the Captains shall have the right to declare which position will be vacant. The centre-player of each team shall be at the centre to face-off when instructed by the Referee.

3. SCORING

- a. A goal is allowed to the attacking team when the ball passes completely through the face off the opponent's goal from the front - Provided:-
 1. That this occurs before the sounding of the Time-keeper's warning device signalling the end of a quarter.
 2. The attacking team, or both teams, are on-side.
 3. It is not the direct result of a kick by an attacking player.
 4. That the ball does not touch any person (other than a participating player) or animal or object intruding on the field.
- b. Should the ball be put through either goal by one of the players defending it, by whatsoever means, a goal shall be allowed to the attacking team.
- c. A goal is allowed to the attacking team when the ball enters the face of goal from a free throw awarded prior to the cessation of time in any quarter, but exercised after time.
- d. A goal is disallowed:-

When any part of the body of an attacking player is in the goal crease area except when an attacking player, not in possession of the ball, is forced into the goal crease area. Should a goal become disarranged during the match the Referee shall immediately halt play by the sounding of his whistle, the goal shall be re-arranged and no goal shall be allowed whilst the goal is disarranged.

4. OUT OF BOUNDS

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

a. PLAYER

When any part of the body or crosse of a player with the ball in his possession, touches the ground over the boundary line the ball is out of bounds.

b. PENALTY

The player shall lose possession of the ball. The ball shall be awarded to the nearest opposing player who shall stand immediately within the boundary and at the signal 15

from the Referee the ball shall be in play. No player shall stand within 9 feet of the player awarded the free throw, but the offending player may oppose him.

5. LOOSE BALL

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

(i) | Should a ball go out-of-bounds after a shot for goal, the Referee shall award the player nearest the ball when it went out of bounds a free throw from the point where the ball went out of bounds.

(ii) | It ceases to be a shot for goal when:-

- A (a) The ball comes to rest on the field of play.
- (b) A team gains possession of the ball.
- (c) The ball goes out of bounds, or a player deliberately causes the ball to go out of bounds.

*B In all other cases a free throw shall be awarded against the team whose player last touched the ball, the free throw on the boundary being awarded to the nearest opposing player at the point where the ball went out-of-bounds.

*C When the Referee is unable to decide which opposing player ~~was~~ nearest the ball when it went out of bounds, or last touched the ball, a face-off shall be ordered at the point where the ball went out of bounds subject to the face-off rule.

D From face-off - Should the ball go directly out of bounds from a face-off it should be returned to the same point for another face-off.

* Refer also special notes.

6. PLAYER NOT IN POSSESSION OF BALL

When any part of the body of a player not in possession of the ball touches the ground over the boundary line he is out of bounds and can take no further part in the match until he is again completely within the playing field.

7. ILLEGAL ACTION

An illegal action has been committed if any player outside the playing area touches the ball whilst it is in play.

PENALTY:- Free throw to the opposing player nearest to the point where the incident occurs.

8. OFF-SIDE

A team is off-side and incurs a penalty when it has less than three men in its attacking half of the field or less than four men (one of whom may be the goalkeeper) in its defending half of the field.

a. SITUATIONS & PENALTIES

- (i) | If the team in possession of the ball goes offside:-
the man causing the infringement is placed onside;
and a free throw is given to the opposing player nearest the ball when play was suspended.
- (ii) | If the team NOT in possession of the ball goes offside while the other team has possession - the offending player incurs a 30 second penalty, his team is placed onside and the side with the ball retains possession in the manner of a free throw.
- (iii) | If neither team is in possession of the ball and one team goes offside: The offending player incurs a 30 second penalty; his team is placed onside; the ball

is faced-off at the point where it was when the whistle was blown, in accordance with the rules of face-off.

(iv) If neither team is in possession of the ball and both teams go offside: Both teams placed onside; the ball faced off at the point where it was when play was suspended.

(v) If one team is in possession of the ball and both teams go offside: Both teams placed onside; the team in possession retains possession.

(vi) If the attacking team is offside when the ball enters the goal; the goal shall be disallowed and the ball should be awarded to the goal-keeper of the defending team in the goal crease area.

(vii) If the defending team is off-side when the ball enters the goal; the goal is allowed and the offending player incurs a 30 second penalty.

(viii) If both teams are offside when the ball enters the goal; the goal shall be disallowed and the ball shall be faced-off at the penalty spot between the two nearest opposing players to the penalty spot.

(ix) If a player sees that he is going to be offside before he can stop, runs out of bounds instead of offside, no penalty shall result from the failure of that player's team to have the required number of men at either end but the man must immediately return to being onside.

(x) When a member of a defending team goes offside, during a scoring play by the opposing team, and it appears likely that the attacking player may immediately throw at the goal then the infringement will be treated as a "play on" situation, this "play on" situation to last only 4 seconds.

a. The offside Umpire will treat the situation as a normal off-side breach and sound his warning device.

* b. The Referee on hearing the offside warning and with regard to the situation shall call "play on" and permit the attacking player to continue.

c. If from this play the ball passes through the face of goal then the Referee will halt play.

d. He will ascertain the nature of the off-side breach and if:-

The defending side is off-side:- the goal is allowed and the player who is off-side incurs a 30 second penalty.

The attacking side is off-side:- the goal is disallowed the offending side is put on-side and a free throw is awarded to the defending goal keeper within the goal crease area.

e. As in * above BUT after a throw for goal the ball does not pass through the face of goal.

The defending side is off-side (Same as under Situations and Penalties).

The attacking side is off-side (Same as under Situations and Penalties).

As in * above BUT no throw for goal within the allowable 4 seconds. The defending side is off-side (Same as under Situations and Penalties).

The attacking side is off-side (Same as under Situations and Penalties).

NOTE: The purpose of this Rule is to prevent a defending side deliberately going off-side to nullify an 17

attacking play. When four or more men are in the penalty box or out of play for any reason three players shall remain in the attacking half of the field; the remaining players shall be in the defending half of the field.

9. SUBSTITUTION

Substitution shall only take place whilst the ball is in play, after a goal is scored or at the quarter, half and three-quarter time intervals, and paired injured player situation.

a. METHOD OF SUBSTITUTION

(i) 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 only on the same side of the off-side line as the player leaving the field.

(ii) The player being replaced must leave the field of play through the substitution area otherwise a foul is committed by his team. (Exception - Injured player).

(iii) 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 be observed if the substituting player 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.

(iv) One player in each team may be substituted while the ball is in play and after a goal is scored. At the intervals maximum substitution is permitted.

10. PROHIBITIONS RELATING TO THE GOAL-CREASE AREA & PRIVILEGES OF THE GOAL-KEEPER

- a. An attacking player shall not enter the opponents goal-crease area at any time. Penalty 30 seconds for the offending player and a free throw given to the opposition goal-keeper, excepting when an opposing player is in possession of the ball, when a free throw shall be given to the opposing player in possession of the ball, at the position he was when the foul occurred.
- b. No defending player may enter or re-enter the goal-crease area with the ball in his possession.
- c. There can be only one player acting as goal-keeper in the goal at any one time and with the privileges of the goal-keeper.
- d. The Goal-keeper in possession of the ball cannot re-enter the goal area, nor may he remain in the goal area while in possession of the ball longer than four (4) seconds. If he remains in the goal crease area in possession of the ball then he must, during this four (4) seconds dispose of the ball to a point outside the goal area.
- e. Any defending player not acting as goal-keeper and in possession of the ball within the goal crease area must immediately leave the goal crease area or immediately dispose of the ball to any point outside the goal crease area.

PENALTY - In either case as B, D and E above, a free

nominate to the Referee and the official in charge of the substitution area the name and number of a player who shall pair off and remain out of play with the injured player until such time as the injured player reports as fit, together with his paired player, to the substitution official.

- c. Both players may then return to the player's bench.
- d. A player to be paired with the injured player may be any player on the field or any substitute.
- e. **INJURIES - BOTH TEAMS**
In the event of there being injured players from both teams, such injured players shall be paired and their previous paired fit player shall join their respective teams. Such paired injured players shall not return to play until both, together, report fit.
- f. **INJURY - GOAL-KEEPER**
Should the injured player be a goal-keeper then the player to be paired with him shall be the opposition goalkeeper. In the case of goal-keeper injury paragraphs B D and E above do not apply.
- g. **INJURY - OPTICAL AIDS**
Any player who regularly wears optical aids and during the course of the match these aids are broken and he cannot continue to play, this player will be regarded as an injured player.
- h. **ALLEGED DELIBERATE INJURY**
Any player considering himself deliberately injured during play should report the occurrence, through his Captain, to the Referee.
- i. **INJURY - PLAYER REFUSING TO LEAVE FIELD**
Should a player, after injury, refuse to leave the field, and, if it be considered in the interest of the player's well-being by the Referee, his Captain or Coach, that he should leave the field, then the Referee shall have the right to order him from the field. In this case the injured player rules shall apply.
- j. **TIME - OFF**
The Referee shall allow for time off for time lost in complying with this law.

12. ACTIONS DURING THE MATCH

DISARRANGED GOALS

- a. (i) Should a goal become disarranged during the match the Referee shall immediately halt play by the sounding of his whistle, the goal shall be re-arranged and no goal shall be allowed whilst the goal is disarranged.
(ii) The Referee shall re-commence play by allowing the side in possession to put the ball into play in the manner of a free throw or order a face-off at the point where the ball was when the whistle was sounded subject to the face-off rule.
- b. **UNPLAYABLE BALL**
(i) Should the ball in the opinion of the Referee become unplayable due to ground conditions, it shall be faced-off at the nearest practicable point, by the two opposing players nearest the ball when it became unplayable.
(ii) Should the ball become unplayable in the goal-crease area, the goal umpire shall sound his whistle. The ball shall be faced off at the goal-crease penal-

ty spot, by two opposing players. other than a goal-keeper, who were nearest to the ball when it became unplayable.

c. PLAY-ON

The Referee need not suspend play when the player who has been fouled is still in possession of the ball or if the ball remains in the possession of such player's team. In this case the Referee must call "play on".

NOTE: The "fouls" referred to are personal infringements only. There can be no "play on" situation for personal or expulsion fouls.

d. PLAYER FORCED OVER FIELD MARKINGS

(i) In the event of a player not in possession being deliberately forced over any of the field markings, by an opponent, to create a situation which would otherwise be an infringement, such will not be regarded as an infringement provided the player concerned takes immediate action to recover his former position.

(ii) A player in possession of the ball will be subject to the appropriate penalty.

(iii) For the purpose of decisions involving field markings, "on the line" shall not be considered an infringement.

e. COUNTING OF PLAYERS

(i) Should it be ascertained at any time during the progress of a match that either team was playing more men than the number permitted, at the request of either Captain the Referee shall stop the play and call the players into line for the purpose of counting them.

(ii) If as a result of this count it is ascertained that a team has one (1) more player on the field than the permitted number, then the Referee shall expel for the remainder of the match the goal-keeper of the offending team.

(iii) If the count reveals two (2) more players than permitted, then the Referee shall expel in addition for the remainder of the match, the Centre of the offending team, and if the count reveals three (3) more players than permitted, then the Referee shall expel in addition for the remainder of the match, the Home of the offending team.

(iv) Immediate substitution of such expelled players shall be permitted.

NOTE: This refers to the actual playing on the field of more than the permitted number of players and does not refer to the instance of a substitute moving onto the field before the substituted player has left the field.

f. UNSPORTSMANLIKE CONDUCT

No player or official shall:

(i) Enter into an argument with a field official as to a decision he has made or any way attempt to influence a decision.

(ii) Use threatening, profane or obscene language or personally malign an official or player.

(iii) Commit an act considered unsportsmanlike by a field official.

(iv) The (PENALTY for above:-

Player - For a first offence he may be cautioned, or sent off for 1 minute. For a second offence he shall be sent off for 5 minutes.

Team Official - In the case of an official of either of the competing teams - For a first offence he be cautioned, or the "home" player of the offenders team be sent off for 1 minute. For a second offence the "home" player of the offenders team shall be sent off for 5 minutes.

Field or Administrative Official - For a first offence he shall be cautioned. For a second offence he may be reported to the Controlling Body. In the case of a field official the Referee may relieve him of his duties.

Continued Offences- Three offences shall be deemed continued offences. Refer Expulsion Fouls.

g. CHECKING A PLAYER

A player in possession of the ball or about to take possession of the ball, may be "checked" by an opponent either with a "body" or "crosse" check, as defined in the Laws.

h. MOVING AFTER THE WHISTLE

(i) When either the Referee or a goal-umpire sounds his whistle for cessation of play for any cause, all players shall stop and no player shall alter his position on the field until the ball is again "in play" or unless otherwise directed by the Referee.

(ii) This does not apply when the Referee sounds his whistle to mark the quarter, half and three quarter time intervals, or after a goal has been allowed.

i. DEAD BALL

(i) Should a ball touch or be touched by the Referee, official (other than Goal-Umpire) or person intruding on the field, then the ball shall be faced-off between the two nearest opposing players to and at the position of the occurrence subject to the face-off rules.

(ii) Should the ball touch or be touched by a goal-umpire then the ball shall be faced-off at the nearer penalty spot by the two opposing players, other than the goal-keeper, who were nearest to the ball when the incident occurred.

(iii) Should a player, other than a goal-keeper, within the goal-crease area, deliberately touch the ball with his hand then a free throw at the place of occurrence shall be given to the nearest opposing player.

(iv) Should a goal-keeper catch the ball whilst in the goal crease area, Penalty - a free throw to the nearest opposing player at the nearer penalty spot.

j. BALL WEDGED FIRMLY IN CROSSE

A player with the ball wedged firmly in his crosse, must immediately attempt to dislodge the ball by striking his crosse firmly on the ground. Failure to immediately dislodge the ball is a technical infringement.

● LAW IX INFRINGEMENTS & FOULS

section 1 - BREACHES OF LAWS OF LACROSSE

When the Laws of Lacrosse are broken, such breaches will

come under one or other of the following four (4) categories:-

A, TECHNICAL INFRINGEMENTS

When one player only is involved

B, PERSONAL INFRINGEMENTS

When a player commits an act of a minor nature against another player.

C, PERSONAL FOULS

When a player commits an act of a more serious nature against another player.

D, EXPULSION FOULS

When a player commits an act of a most serious nature against another player, official or person; or when an official commits an act of a most serious nature against another official, player or person.

section 2 - GENERAL INFORMATION & CONDITIONS RELATING TO PENALTIES

- a. 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.
- b. Commencement of timing of a penalty time begins when the offending player actually steps within the Penalty Box.
- c. Penalty time to be served is not effected by any stoppage of play except for quarter breaks when any unserved time at the end of a quarter must be served out at the commencement of the new quarter.
- d. The allowing of a goal does not terminate the penalty time of any players in the Penalty Box.
- e. In the event of a Goal-keeper, whilst in the Goal crease area, being an offending player, and the penalty award is a "free throw", such free throw shall be taken at a Penalty Spot.

section 3 - PENALTIES

A, TECHNICAL INFRINGEMENTS

1. MOVING AFTER THE REFEREE OR GOAL UMPIRE HAS SOUNDED HIS WHISTLE TO STOP PLAY

PENALTY (i) The offending player is in possession:- Loss of ball and a free throw is given to the nearest opposing player at the point of occurrence.

(ii) If either team not in possession:- 30 seconds penalty to offending player.

2. PLAYER TOUCHING THE BALL WITH A HAND

PENALTY (i) Player, including goalkeeper not in goalcrease area, free throw to nearest opposing player.

(ii) Goalkeeper in goal crease area catching ball - free throw to nearest opposing player at nearer penalty spot.

3. BALL WEDGED FIRMLY IN CROSSE

Failure to immediately dislodge the ball:-

PENALTY Free throw to nearest opposing player.

4. WITH-HOLDING BALL FROM PLAY

A player shall not at any time lay or stand upon the ball, nor shall he deliberately withhold the ball from play with either his Crosse, body or personal equipment.

PENALTY - Free throw to nearest opposing player.

5. THROWING CROSSE

A player shall not throw his crosse at the ball under any circumstances.

PENALTY - Free throw to nearest opposing player.

6. TAKING PART IN A MATCH WITHOUT A CROSSE

A player is "out of play" if he is not in possession of his Crosse during a match.

PENALTY - Free Throw to nearest opposing player or free throw to a player offended against.

7. PLAYER IN BENCH AREA OR UNDER PENALTY

Such player can not take any part in a match in progress except under the substitute law or on expiration of time penalty.

PENALTY - 1 minute for the offending player and a Free Throw to nearest opposing player.

8. CONFINEMENT TO RESTRAINING AREAS AT CENTRE FACE-OFF

At each Centre Face-Off, all players on the field must be confined within their respective Restraining Areas at the time the Referee sounds his whistle for the commencement of play.

PENALTY - Free Throw to opposing CENTRE player, to be taken at the Centre.

9. FREE ARM - PROTECTING CROSSE

A player who is in possession of the ball, or who is endeavouring to obtain possession of the ball, shall not protect his Crosse with his hand or arm.

PENALTY - Free Throw to nearest opposing player.

10. DELAYING PLAY OF THE MATCH BY AN INDIVIDUAL PLAYER
Delaying play of a match by an individual player is an illegal procedure.

PENALTY - 30 seconds for the offending player and if in possession, free throw to the nearest opposing player.

11. ILLEGAL ACTION ON THE PART OF A PLAYER OR OFFICIAL

Illegal action on the part of a player or an official will include instances such as:-

- a. Incorrect substitution.
- b. Incorrect movement in to or out of, the Penalty Box.

PENALTY - 30 seconds for offending player.

- c. An unauthorised official on the field during a match other than at the half and three quarter time breaks.
- d. Any other illegal action for which there is no specific penalty laid down in the Laws.

PENALTY - At the discretion of the Referee - 30 seconds to 3 minutes for the HOME player of the offending team.

12. ILLEGAL OR SUB-STANDARD EQUIPMENT

Should it come to the attention of the Referee that any player on the field is using or wearing illegal or sub-standard equipment, the Referee shall, if play be in progress, stop play; and the Referee shall order that the offending equipment must either be rectified or replaced and the offending player shall not be permitted to take further part in the play of the match until the offending equipment is either rectified or replaced to the satisfaction of the Referee. If the offending player is required to leave the field to carry out the rectification or replacement of the offending equipment, such player may immediately be replaced by a substitute.

The Referee shall then recommence play. The team that was in possession of the ball at the time play was stopped shall retain possession. If neither team was in possession of the ball at the time play was stopped, then a Face-Off shall take place at the position the ball was when play was stopped.

B, PERSONAL INFRINGEMENTS

1. WHILST THROWING, HITTING AN OPPONENT.

A player may throw the ball in any manner with his Crosse so long as in so doing he does not HIT AN OPPONENT WITH HIS CROSSE.

PENALTY - Free Throw to player offended against.

2. GRASPING AN OPPONENT'S CROSSE OR UNIFORM

A player shall not grasp or hold an opponent's Crosse, Body uniform or equipment, either with his hands, arms, legs, feet or Crosse.

PENALTY - Free Throw to player offended against.

3. TRIPPING

A player shall not, with his Crosse or otherwise, trip an opponent.

PENALTY - Offending Player in Possession of Ball - Free throw to player offended against.

Offending player not in possession of ball - 30 seconds to offending player. Team in possession shall put ball back into play or if neither team in possession then a face-off shall take place at the point where the ball was at the time of occurrence.

4. OBSTRUCTING & SHEPHERDING

a. A player shall neither run in front of nor interfere in any way with an opponent to keep him from the ball, until his opponent is about to take possession of the ball.

b. A player shall not deliberately kneel, lie down nor drop in front of an opponent who is in motion.

c. General interference when not in possession - A player not in possession of the ball shall not interfere in any way with another player who is in pursuit of an opponent.

NOTE - This does not prevent the use of a body-check against an opponent in ground scuffles.

PENALTY - Free Throw to player offended against.

5. CHECK INFRINGEMENT

A player shall not check an opponent who is neither in possession of the ball nor about to take possession of the ball.

PENALTY - 30 seconds for offending player and a Free Throw to the opposing player nearest the ball when the infringement occurred.

6. FREE ARM - WARDING OFF

A player who is in possession of the ball, or who is endeavouring to obtain possession of the ball, shall not, with a free hand or arm, forcibly prevent an opponent from endeavouring to, deprive him of possession of the ball, or obtain possession of the ball.

PENALTY - Free Throw to player offended against.

7. CAPTAIN CLAIMING FOULS ON TRIVIAL GROUNDS

Claiming fouls on trivial grounds is not permitted.

PENALTY - The Referee shall first caution a Captain so offending and, if the act is persisted in, the Referee shall disqualify him for 2 minutes.

C. PERSONAL FOULS

● **CARDINAL RULE - AT NO TIME SHALL A PLAYER HIT WITH HIS CROSSE THE BODY OF ANOTHER PLAYER**

NOTE - For the purposes of this Rule, mere contact is not a hit. Contact must be a definite blow and not merely a brush.

1. CROSSE CHECKING ON TO A PLAYER

A player shall not swing or check with his Crosse on to the body of another player.

PENALTY - 1 to 3 minutes for the offending player.

2. SWINGING OR THROWING CROSSE

A player shall not swing wildly with his Crosse nor throw it at another player.

PENALTY - 3 minutes for the offending player.

3. INTIMIDATION OF AN OPPONENT

A player shall not deliberately throw a ball at an opponent nor shall he deliberately intimidate nor attempt to intimidate an opponent either with bodily force, the ball or his Crosse.

PENALTY - 2 minutes for the offending player.

4. ILLEGAL BODY CONTACT & CROSSE CHECKING

A. CHARGING

Charging is the use of undue force by a player whether in possession or not against an opposing player.

B. ILLEGAL BODY CHECKING

A player shall not body-check an opponent from behind nor may he make a body-check by hurling his body through the air. When a body-check is made, the checking player must keep one foot on the ground.

C. FOUL CHECKING

A player shall not check with undue force with his Crosse.

PENALTY - 3 minutes for offending player and free throw to offended player.

5. UP CHECK

The Up-Check is Crosse checking in an upwards direction and is not permitted under any circumstances.

NOTE - This however, does not prevent a player lifting an opponent's Crosse with his own Crosse whilst he is endeavouring to obtain possession of the ball off the ground.

PENALTY - 1 minute for the offending player.

6. JAB CHECK

The Jab-Check is Crosse checking by extending the head of the Crosse with a forward motion and is not permitted under any circumstance.

PENALTY - 1 Minute for the offending player.

7. SQUARE CHECK

The Square-Check is Crosse checking with that part of the handle of the Crosse which is between the checking players hands, and is effected either by thrusting the Crosse away from his own body or holding it extended from his body, and is a check that is not permitted under any circumstances.

PENALTY - 1 Minute for offending player.

8. HORIZONTAL CHECK

The Horizontal Check is Crosse checking of an opponent's Crosse by a swing either left to right or right to left on a horizontal plane, and is not permitted under any circumstances. Checking may only be vertical or oblique.

PENALTY - 1 Minute for offending player.

9. UNSPORTSMANLIKE CONDUCT

Unsportsmanlike Conduct is any act not in accord with the generally accepted high principles of good sportsmanship, and includes abuse, direct or indirect, of the Referee.

PENALTY - (i) For a Player

- a. 1st offence - may be cautioned by the Referee or sent off by the Referee for 1 min.
- b. 2nd offence - 5 minutes for offending player.

PENALTY - (ii) For a Team Official

- a. 1st offence - may be cautioned by the Referee, or the home player of the offender's team be sent off for 1 minute.
- b. 2nd offence - 5 minutes for the HOME player of the offending team.

PENALTY (iii) For any other Official -

- a. 1st offence - caution by the Referee
- b. 2nd offence - The offender may be reported by the Referee to the Controlling Body.

In the case of a field official the Referee may relieve him of his duties.

10. CONTINUED COMMITTING OF TECHNICAL & PERSONAL INFRINGEMENTS

The continued and repeated committing of either or both Technical and Personal Infringements by a player or players will not be permitted.

- PENALTY** -
- a. The Referee shall issue a warning to the Captain of the offending team. If the infringements continue -
 - b. 2 minutes for the HOME player of the offending team.

D. EXPULSION FOULS

1. STRIKING A PLAYER

A player who, in the opinion of the Referee, strikes another player deliberately, with his Crosse or otherwise, may be ordered off the field for the remainder of the match, and he may also be reported by the Referee to the Controlling Body.

2. CONTINUED COMMITTING OF PERSONAL FOULS

The Referee shall first caution the offending player. If the player persists, the Referee may expel him from the match and the Referee may report the offending player to the Controlling Body.

Substitution of the expelled player shall not be effected until after 5 minutes after the player has left the field.

3. CONTINUED UNSPORTSMANLIKE CONDUCT

- (i) By a player - The Referee may expel the offending player for the remainder of the match, and the Referee may report the player to the Controlling Body.

Substitution of the expelled player shall not be effected until after 5 minutes after the player has left the field

(ii) By a team Official - 5 minutes for the HOME player of the offending team, no substitution to be effected, and the Referee shall report the offending official to the Controlling Body.

(iii) By any other Official - The Referee shall report the offending official to the Controlling Body.

NOTE - If a Referee awards an Expulsion Foul, and he is of the opinion at the time of the offence that the matter is to be reported to the Controlling Body, the Referee MUST, at the time of awarding the penalty advise the offending player or person and the Captain of the offending team, when applicable, and one other field official, that the offence is to be the subject of an official report to the Controlling Body.

DEFINITIONS

1. ABOUT TO TAKE POSSESSION OF THE BALL

A player shall be deemed about to take possession of the ball when the ball is approximately 6 feet from him, in the air, or 3 feet if on the ground, and he is in the act of taking possession of the ball.

2. ATTACKING HALF OF THE FIELD

The attacking half of the field is that half which contains the opponent's goal.

3. ATTACKING TEAM

An attacking team is the team in possession of the ball.

4. ATTACKING PLAYER

An attacking player is one whose team is in possession of the ball.

5. AUSTRALIAN LACROSSE COUNCIL LAWS

Any reference to Laws shall mean the Laws of Lacrosse as in force at any one time.

6. BALL IN PLAY

A ball is "in play" between the sounding of the Referee's whistle to commence play and the sounding of either the Referee's or a Goal-Umpire's whistle for cessation of play for any cause.

7. BODY CHECK

The body check is the act of one player checking an opponent in possession of the ball, or about to take possession of the ball, by means of bodily contact from the front or side, either by hip, chest, back, shoulder or arms, providing both hands are on the Crosse at all times.

At no time shall a body check be made with both feet off the ground, nor shall a body check be made from behind.

8. CHECK & CHECKING

There are two (2) types of check:- the "body" check and the "Crosse" check.

9. CONTROLLING BODY

The Controlling Body is the member Association responsible for organising a match or series of matches.

10. CROSSE CHECK

The Crosse check is the act of a player checking with his own Crosse the Crosse of an opponent in possession of the ball, or about to take possession of the ball.

In making a crosse check the checking player must NOT hit the body of his opponent.

II. DEAD BALL

A ball is "dead" between the sounding of either the Referee's or a Goal-Umpire's whistle for cessation of play for any cause and the sounding of the Referee's whistle for recommencement of play.

A ball becomes dead when it touches the Referee, a Goal Umpire, or a person or object intruding on the field or is deliberately touched by the Referee, Goal-Umpire, Official or person intruding on the field. The ball is also dead if deliberately touched with the hand by a player other than the Goal-keeper within the goal crease area, or caught by the goal-keeper within the goal-crease area.

12. FACE OFF

Two opposing players will stand facing each other on the position at which a face-off is to take place. Each player must have both hands on the handle of his Crosse and

not touching any strings. Their Crosses shall rest on the ground; no portion of either Crosse may touch, the wooden walls must be no less than 1" and not more than 2" apart and back to back. The heads of both Crosses shall be in a vertical position with the overlap to the satisfaction of the Referee who shall place the ball between the Crosses, resting on the wooden walls, and in the centre of the overlap. Each player must have both feet behind the line of the Crosse and on the same side of the throat as the hands. When the Referee blows his whistle to commence play each player must immediately attempt to direct the course of the ball with his Crosse in any manner he desires

13. FOUR (4) SECONDS

Where counts of four seconds are made it shall be counted as one thousand and one, one thousand and two, one thousand and three, one thousand and four, expressed in words.

14. FREE THROW

- (i) A "Free throw" is a penalty imposed by the Referee for certain infringements of the Laws.
- (ii) A free throw, when given, must be so awarded that the player receiving the free throw is not at any time in a position of disadvantage.
- (iii) The player awarded a free throw shall be placed facing the goal his team is attacking and all other players shall remain in the position they happen to be at that moment.
- (iv) The player awarded a free throw shall take the ball in his Crosse with no player positioned by the Referee closer than 9 ft. radially from him.
- (v) The player who has fouled shall be placed 9ft. behind him and at the sounding of the Referee's whistle the ball is in play.
- (vi) Free throw at boundary - The player receiving the free throw shall stand immediately within the boundary and at the signal from the Referee the ball shall be in play. No player shall stand within 9 feet of this player awarded the free throw.

15. GOAL-KEEPER

- (i) Goal-keeper and player acting as goal-keeper are synonymous.
- (ii) Where reference is made to the Goal-keeper, this also refers to a player who is temporarily carrying out the duties of the Goal-keeper whilst the Goal-keeper is not within the Goal-crease area and such player shall have the privileges of the Goal-keeper.
- (iii) There shall be only one player in each team with the privileges of the Goal-keeper at any one time.
- (iv) The Goal-keeper takes to the Penalty Box his nomination but not his privileges (NOTE-This is for the purpose of injury pairing with opposing Goal-keeper).

16. HOME TEAM

The Home Team is the team named as such by the Controlling Body.

17. LOOSE BALL

When no team or player has possession.

18. OFF-SIDE

A player is considered to cross the off-side line when any part of his body touches the ground over the line. For the purposes of the off-side Rule the players Crosse may touch the ground across the off-side line.

19. OUT OF BOUNDS

A ball is "out of bounds" when, under any circumstances, it has passed over either of the side lines or the end lines and in this event the ball shall become "dead" and the Referee shall sound his whistle for cessation of play.

20. POINT OF OCCURRENCE

"Point of occurrence" refers to that place on the field where an infringement or foul occurs.

21. POSSESSION OF BALL

- a. A player shall have possession when the ball is in that player's Crosse.
- b. A Team is in possession when a player of that team has possession of the ball as in (a).
- c. A player shall be deemed about to take possession of the ball when the ball is approximately 6 feet from him, in the air, or 3 feet if on the ground, and he is in the ACT of taking possession of the ball.

22. "PUT THROUGH GOAL" --- "ENTER GOAL"

In all cases shall mean the ball has passed completely through the face of goal from the front.



SPECIAL NOTES

1. Cleaning Lacrosse Balls

In the interests of the Game it is suggested that the "home" team provide some method of cleaning Lacrosse balls that are being used during a match.

2. Off-side Situation Created by Penalty Award

Where an Off-side situation will be created by a Penalty award, the penalty award takes precedence and without penalty the off-side situation is corrected in the normal manner.

3. Injured Player -- Movement After Whistle

When a match has been stopped because of player injury, players may move to assist the injured player, but before moving they must drop their Crosses on the ground to mark their positions on the playing field.

4. All Metal Goals

A.L.C. SPECIFICATIONS for all metal goals are obtainable from the Secretary of the respective State Associations.