

DLaxV Regelwerk Herren Lacrosse



Gemäß BSO §14



Inhalt

Folgende Regeln und Regelwerke gelten für den DLaxV Spielbetrieb:

S.3 Regeln für den DLaxV Spielbetrieb

S.5 Rule Change Proposals von World Lacrosse

S.8 World Lacrosse Regelwerk: 2021-2023 Rules of Men's Field Lacrosse



Regeln für den Spielbetrieb im DLaxV

Nachfolgend sind abweichende und erweiterte Regeln zu dem World Lacrosse Regelwerk: 2021-2023 Rules of Men's Field Lacrosse aufgelistet. Dabei werden die schon bestätigten und angenommenen Regeländerungen für das nächste World Lacrosse Regelwerk vorweggenommen. Diese Regeländerungen sind mit * markiert. Wenn ein neues World Lacrosse Regelwerk veröffentlicht wird, dann entfallen diese Regeländerungen. Bei Unstimmigkeiten entscheiden die Rule Proposals von World Lacrosse. Der Geltungsbereich dieser Regeln ist der Spielbetrieb im DLaxV.

Regel im Regelwerk	Regelung im DLaxV
Rule 1.1*	Das Spielfeld hat eine Länge von 91,4-100 m und eine Breite von 50-60 m. Jegliche Abweichungen müssen vom Regelgremium Herren Feld genehmigt werden.
Rule 5.1*	Der Abstand der Torraumlinie von der Torlinie ist 22 m. Bereits existierende Linierungen mit einem Abstand von 18 m sind weiterhin erlaubt.
Rule 6.1*	Die Winglinie erstreckt sich 10 m in jede Richtung von der Mittellinie weg.
Rule 10.1* Rule 11.1*	Der Bankbereich und der Trainerbereich haben eine feste Länge von 14 m ab dem Ende des Auswechselbereiches.
Rule 13.1	Eine durchgehende Bank vor dem Zeitnehmertisch darf alternativ als Strafbank verwendet werden.
Rule 19	Ein Ligaspiel kann im Ausnahmefall durch eine Mannschaft mit weniger als 10, aber mit mindestens 8 Spielern angetreten werden.
Rule 29.2*	Die Regel wird um folgende Absätze erweitert: (ii) Die Spielzeit und, falls notwendig, die Strafzeit werden nach dem Pfiff der Schiedsrichter für ein Tor und für die Administration einer abzusitzenden Strafzeit angehalten. Die Zeiten starten wieder mit dem Wiederanpfiff des Spiels. (iii) Diese Auszeit zählt nicht als Schiedsrichterauszeit.
Rule 32.1	Das Ergebnis für ein versäumtes Spiel ist nach den Regeln des DLaxV 10:0
Rule 34.11*	Falls ein Foul während oder nach einem Face-Off in der Spielmittle begangen wird, bevor "Possession" oder "Free Ball" angesagt wurde, dann wird die entsprechende Strafe angewandt und die Spieler sind nicht mehr beschränkt. Falls das Foul in der Verteidigungshälfte des gefoulten Teams passiert ist, dann erfolgt der Wiederanpfiff an der Mittellinie. Falls das Foul in der Angriffshälfte des gefoulten Teams passiert ist, dann erfolgt der Wiederanpfiff an der Stelle des Balls beim Abpfiff.
Rule 37.2*	Ein Wiederanpfiff, ausgenommen nach einem Ball im Aus auf der Endlinie, soll nicht näher als 18 m vom gegnerischen Tor stattfinden.



Rule 49.3*	Der Torhüter oder der Verteidiger muss den Ball aus dem Torkreis innerhalb von 5 Sekunden nach Erlangen des Ballbesitzes im Torkreis bringen. Die Zeit soll laut und sichtbar vom nächsten Offiziellen mit "1001, 1002, 1003, 1004, 1005" gezählt werden.
Rule 49.5*	Sobald ein Team Ballbesitz innerhalb ihres Torkreises erlangt hat und der Ball danach den Torkreis verlassen hat, darf das Team nicht dafür sorgen, dass der Ball in den Torkreis zurückkommt, solange das gegnerische Team nicht in der Zwischenzeit Ballbesitz erlangt hat. Ein Pass, der vom gegnerischen Team in den Torkreis abgelegt wurde, zählt nicht als illegaler Wiedereintritt in den Torkreis.
Rule 67*	Es wird ein zusätzliches technisches Foul (Conduct Foul) eingeführt. Ein technisches Foul wird begangen, wenn ein Spieler, Auswechselspieler oder ein Nicht-Spieler des Team, Trainer oder jemand, der mit der Team in Verbindung steht, sich nicht im Sinne des guten Sportsgeist. Der Schiedsrichter kann sich entscheiden, das technische Conduct Foul oder das persönliche Unsportsmanlike Conduct Foul anzuwenden, je nachdem, was für die Situation angebracht ist.
Rule 79.7	Begeht ein Torwart ein Ausschlussfoul oder sein fünftes persönliches Foul, während die Nominated Defender-Regel angewendet wird, soll der Schiedsrichter eine Auszeit nehmen und der foulenden Mannschaft soll eine angemessene Zeit eingeräumt werden, um einen Ersatztorwart mit der vorgeschriebenen Schutzausrüstung zu bekleiden.

2.2 Editorial Changes - Information Only

- Change rule 24.1 to include a whistle in the BM's personal equipment, also to cover scenarios in which a BM is not present or occupied to signal the end of a period.
- Change rule 32 to have the final score for a defaulted game be addressed in the by-laws of the event.
- Rule 10.1: The bench areas are located off the playing field and **next to the special substitution area and with a length of 14 meters**. [...]
 - Rationale: fixed length instead of varying independent of field length
- Rule 11.1: The area bounded by the sideline, a line parallel to and 4 meters (4.37 yards) from the sideline, the special substitution area line, and **a line marking a length of 14 meters** shall be designated the Coaches' area.
 - Rationale: fixed length instead of varying independent of field length
- Change all dimensions to read metric first, imperial second.
- Rename technical / personal fouls to minor / major fouls.
- Removal of redundant (34.2 and AR 55.3) or deprecated (Rule 61.7) parts.
- Provide a heading for rule 83.1 "Play-on."
- Rule 56 "Kicking an Opponent's stick" to be integrated in Illegal Procedure.
- New Rule 56 "Warding Off."
- Rule 65 "Offside" corrected in regard to Live Ball.
- Rule 67 "Lateness" to be integrated in Illegal Procedure.
- Further guidance on over & back, especially on restarts.
- Further guidance on definition of shot.
- Further guidance on penalty release during a face-off.
- Further guidance on definition of Free Play.
- Further Guidance on the Nature of Minor (Technical) Fouls.



20 May 2024

Re: Men's Field Lacrosse Rule Change Motions

On behalf of the WL Board of Directors, Men's Rules Sub-Committee and WL Staff, we thank you for your participation in the 2024 Men's Field Lacrosse Rules Assembly. Following the January informational webinar and the May 4th, 2024 Men's Field Lacrosse Rules Assembly, the Sub-Committee considered all feedback received and consequently proposes the following motions to all eligible members for their vote of approval.

Motion #1:

To approve the changes to the following in a block, as they are all consequential to one another:

- Rule 1.1 – Field Dimensions:
 - The playing area will be marked with a solid lined rectangular boundary, **91.4m to 100m** (100 to 109yds.) long between end-lines, and **50m to 60m** (55 to 66yds.) wide between side-lines.
- Rule 5.1 – Goal Area Lines:
 - In each half of the field a line shall be marked from sideline to sideline, between the goal line and the centerline, **22 meters** (24.06 yards) from the goal line. These lines shall be designated the goal area lines.
- Rule 6.1 – Wing Lines:
 - Lines parallel to the sidelines shall be marked on each side of the field, 18 meters (19.69 yards) from the center of the field and extend **10 meters** (11yds.) on each side of the centerline. These lines shall be designated the wing lines.

Motion #2:

To approve the change noted below and within Rule 29 – Time of the Match

- Rule 29.2 – Increase amount of playing time (administrative stoppages)
 - i. [...]
 - ii. The game clock and, if applicable, the penalty clock(s) shall stop after the officials have blown their whistle for the **scoring of a goal**, or for the awarding and **relaying of time-serving penalties** to the Scorers, and they shall restart whenever play is restarted.
 - iii. Such stoppages of play shall not be considered an official's time-out.

Motion #3

To approve the change noted below and within Rule 34 – Facing at the Center

- Rule 34.11 – Fouls during a center face-off:
 - During or after a center face-off, but before "Possession" or "Free ball" have been called, if the official stops play for a foul that is committed, then the appropriate penalty will be applied and **all confined Players will be released** from the Goal Areas. Where the foul occurs in the offended team's Defensive half of the field the Free Play will be awarded at the Centerline. Where the foul occurs in the offended team's Offensive half of the field the Free Play will be awarded where the ball was when the whistle was blown to stop play.

Motion #4

To approve the change noted below and within Rule 37 – Free Play

- Rule 37.2 – Distance from the goal on restarts:
 - A free play, other than an out of bounds on the endline, shall not take place closer to the **opposing goal** than 18 meters (20 yards) in any direction except when on the endline, and the ball shall be moved laterally to a point 18 meters (20 yards) from the **goal**, if required.

Motion #5

To approve the change noted below and within Rule 49 – Prohibitions Relating to the Goal Crease

- Rule 49.3 – Goal Crease
 - **When inside the goal crease, the goalkeeper, or the defender must move the ball out of the goal crease within 5 seconds of gaining possession of the ball in the goal crease.**
 - This shall be audibly and visually counted by the nearest Official as “1001, 1002, 1003, 1004, **1005**”.
 - **Once initiated the count will continue even if the ball becomes loose inside the goal crease.**

Motion #6

To approve the change noted below and within Rule 49 – Prohibitions Relating to the Goal Crease

- Rule 49.5 - Goal Crease:
 - Once a team gains possession of the ball in its Goal Crease Area and the ball subsequently leaves their Goal Crease Area, the team must not cause the ball to return to its Goal Crease Area until the ball has been possessed by an opposing Player. If a subsequent pass by the defending team is deflected into their Goal Crease Area by an opposing player, this will not be considered an illegal re-entry of the ball to their Goal Crease Area.

Motion #7

To approve the change to Rule 67 – Conduct Foul

- Rule 67 – Conduct Foul
 - A minor foul occurs when a player, substitute, non-playing member of a squad, coach or anyone officially connected with a competing team behaves in a way inconsistent with good sportsmanship. The Official may choose to apply the Conduct minor foul or the Unsportsmanlike Conduct major foul, whichever they deem is appropriate to the situation.



2021-2023
Rules of Men's Field Lacrosse
Official Playing Rules
May 2021 – Ver 1.0





The text herein was provided by World Lacrosse and is published with their permission. These official Rules of Men's Field Lacrosse were approved by the members of World Lacrosse in 2021 and released as version 1.0 on May 1st, 2021.

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AUTHORITY AND IMPLEMENTATION

The official Rules of Men's Field Lacrosse have been endorsed by the Rules Committee of World Lacrosse pursuant to the authority granted to it by the Board of Directors of World Lacrosse and have been approved by the World Lacrosse Members.

The official Rules of Men's Field Lacrosse apply to all World Lacrosse competitions and qualifications thereto and to all other international games as established and defined by World Lacrosse, in each case from and after May 1, 2021. Each National Governing Body may determine its own date of implementation of the Rules at the national level and may vary the Men's Rules based on its specific needs. When doing so, World Lacrosse encourages National Governing Bodies to consider the safety of the Players and the integrity of the game when making these decisions.

In the event of any conflict between the official English-language version of the Rules of Men's Field Lacrosse (as published by World Lacrosse) and any other version or translation of the same, the official English-language version of the Rules for Men's Field Lacrosse Rules as published by World Lacrosse shall govern and apply. Should a National Governing Body vary the rules for their own internal purposes, all interpretations shall be the responsibility of that National Governing Body and will not apply to these rules.

All participants in any game to which these Rules apply, will be expected to have read these Rules in their entirety and will be required to comply fully with the same. Individual Players shall ensure that their equipment does not constitute a danger to themselves, or to others by virtue of its quality, materials or design, and World Lacrosse expressly disclaims any liability for any loss, cost or other damage that may arise or otherwise result from any defect in any equipment or from any failure by any participant to abide by these Rules.

All in-game interpretations of the Rules, and all decisions regarding the same, will be made exclusively by the applicable game officials.

Availability and Inquiries

A copy of these Rules are available on the World Lacrosse website at:

www.worldlacrosse.sport/Officiating/Rules

Please direct any inquiries, suggestions, or questions regarding the Men's Rules to the individual in charge of rules at your National Governing Body, with an electronic copy of the same to the World Lacrosse Chair of Rules at rules@worldlacrosse.sport.

Table of Contents

SUMMARY OF CHANGES TO THIS EDITION	8
THE GAME.....	10
SECTION 1 THE PLAYING FIELD (SEE APPENDIX E).....	10
RULE 1 DIMENSIONS	10
RULE 2 THE GOALS	10
RULE 3 THE GOAL CREASE	11
RULE 4 THE GOAL NETS (SEE APPENDIX C).....	11
RULE 5 THE GOAL AREAS	11
RULE 6 THE WING AREAS	11
RULE 7 THE CENTER OF THE FIELD.....	12
RULE 8 THE SPECIAL SUBSTITUTION AREA.....	12
RULE 9 THE TIMER'S TABLE AND THE BENCHES.....	12
RULE 10 THE BENCH AREAS	12
RULE 11 THE COACHES' AREAS	12
RULE 12 LINES.....	12
RULE 13 THE PENALTY BOX.....	13
SECTION 2 EQUIPMENT	14
RULE 14 THE BALL	14
RULE 15 THE STICK (SEE APPENDIX D).....	14
RULE 16 PROHIBITIONS RELATING TO THE STICK.....	15
RULE 17 PERSONAL EQUIPMENT	15
RULE 18 PROHIBITIONS RELATING TO PERSONAL EQUIPMENT.....	17
SECTION 3 THE TEAMS.....	18
RULE 19 NUMBER OF PLAYERS	18
RULE 20 SUBSTITUTES	19
RULE 21 CAPTAINS.....	19
RULE 22 COACHES.....	19
SECTION 4 CONTROL OF THE GAME.....	21
RULE 23 THE GAME OFFICIALS	21
RULE 24 THE CHIEF BENCH OFFICIAL AND THE BENCH MANAGER	22
RULE 25 THE TIMEKEEPER.....	23
RULE 26 THE PENALTY TIMEKEEPERS	24
RULE 27 THE SCORERS.....	24
RULE 28 MISTAKES BY THE OFFICIALS	24
SECTION 5 THE LENGTH OF THE GAME.....	26
RULE 29 TIME OF THE MATCH	26
RULE 30 INTERRUPTED OR UNCOMPLETED MATCH.....	26
RULE 31 TIED GAME (OVERTIME).....	27
RULE 32 DEFAULTED GAME	27

SECTION 6	THE PLAY OF THE GAME.....	28
RULE 33	ACTIONS PRIOR TO THE GAME	28
RULE 34	FACING AT THE CENTER	28
RULE 35	FACING OTHER THAN AT CENTER	34
RULE 36	THE STATUS OF THE BALL	34
RULE 37	FREE PLAY	34
RULE 38	SCORING.....	35
RULE 39	POSSESSION OF THE BALL	36
RULE 40	BALL OUT-OF-BOUNDS.....	36
RULE 41	BODY-CHECKING	38
RULE 42	CHECKING WITH THE STICK	38
RULE 43	THE PICK	38
RULE 44	TIME-OUTS	38
RULE 45	HEAD COACH'S REQUEST FOR STICK-CHECK OR STICK-COUNT	39
SECTION 7	SUBSTITUTION.....	41
RULE 46	SUBSTITUTION	41
SECTION 8	THE GOAL CREASE AND THE GOALKEEPER.....	43
RULE 47	THE DESIGNATED GOALKEEPER	43
RULE 48	PRIVILEGES OF THE DESIGNATED GOALKEEPER	44
RULE 49	PROHIBITIONS RELATING TO THE GOAL CREASE	45
SECTION 9	TECHNICAL FOULS.....	48
RULE 50	THE PENALTY FOR TECHNICAL FOULS.....	48
RULE 51	THE NATURE OF A TECHNICAL FOUL	48
RULE 52	INTERFERENCE	48
RULE 53	PUSHING	48
RULE 54	ILLEGAL PICK.....	49
RULE 55	HOLDING	49
RULE 56	KICKING AN OPPONENT'S STICK	50
RULE 57	HANDLING THE BALL	50
RULE 58	WITHHOLDING THE BALL FROM PLAY.....	51
RULE 59	ILLEGAL ACTIONS WITH THE STICK	51
RULE 60	ILLEGAL ACTIONS BY TEAM OFFICIALS	52
RULE 61	ILLEGAL PROCEDURE	52
RULE 62	STALLING	55
RULE 63	ILLEGAL STICK.....	57
RULE 64	ILLEGAL EQUIPMENT	58
RULE 65	OFFSIDE	58
RULE 66	THRUSTING STICK AT THE FACE OF AN OPPONENT	60
RULE 67	LATENESS	60

SECTION 10	PERSONAL FOULS	61
RULE 68	THE PENALTY FOR A PERSONAL FOUL	61
RULE 69	THE NATURE OF A PERSONAL FOUL	61
RULE 70	ILLEGAL BODY-CHECK	61
RULE 71	SLASHING	61
RULE 72	CROSS CHECK	62
RULE 73	TRIPPING	62
RULE 74	UNNECESSARY ROUGHNESS	62
RULE 75	UNSPORTSMANLIKE CONDUCT	62
RULE 76	PLAYER COMMITTING 5 PERSONAL FOULS	63
SECTION 11	EXPULSION FOULS.....	64
RULE 77	THE PENALTY FOR AN EXPULSION FOUL.....	64
RULE 78	THE NATURE OF AN EXPULSION FOUL	65
SECTION 12	EXECUTION OF PENALTIES	66
RULE 79	PLAYER COMMITTING FOUL	66
RULE 80	RE-STARTING PLAY AFTER A PENALTY	67
RULE 81	SIMULTANEOUS FOULS	67
RULE 82	THE SLOW WHISTLE TECHNIQUE	69
SECTION 13	SPECIAL SITUATIONS	72
RULE 84	SPECIAL SITUATIONS	72
APPENDICES		74
APPENDIX A - GLOSSARY OF TERMS.....		75
APPENDIX B - OFFICIALS SIGNALS		77
APPENDIX C - LACROSSE GOALS & NETS		83
APPENDIX D - MEN'S LACROSSE STICKS.....		84
APPENDIX E – MEN'S FIELD DIAGRAM		85
APPENDIX F - DOCUMENT HISTORY & FORMATTING GUIDE		86

Summary of Changes to This Edition

The following rule changes were approved by postal vote of the Full Members of World Lacrosse in February 2021 and shall take effect May 1, 2021.

Rule #	Rule Heading
24.1	Timekeeper Entering the Field of Play
25.2	Timekeeper Entering the Field of Play
37.1	Free Play Quick Restart
65.1	Offside
79.1	Player Committing Foul
79.3	Player Committing Foul
79.4	Player Committing Foul
82.6	Slow Whistle Technique

The approved rule changes have been **emboldened**, underlined, and highlighted in the rule book as shown below:

Rule 1.0 Rule text that has been **added or changed**.

Where a rule has been deleted, the rule number shall be retained, shaded and shown as follows:

Rule 79.1 **Deleted World Lacrosse January 2021.**
In doing this this, the rule numbering system remains intact.

Where a rule has an Approved Ruling (AR) it is shaded and shown as follows:

AR 1.0 AR Text
Ruling AR Ruling Text

Other editorial changes made to the text of this book not requiring Member approval include:

- All references to “FIL” have been changed to “World Lacrosse”
- The text has been formatted so that a word or expression cannot be inferred to one gender only and this rule set is now gender neutral
- The term “Referee” has been changed to “Official”
- Words such as Official, Player, Team Coach, Timer, Scorer, Penalty Time-Keeper, Chief Bench Official and Bench Manager have been capitalized
- CBO initialization has been replaced with Chief Bench Official and the requirement to wear a “CBO Armband” has been removed.

- The term on-field official has been introduced in Rule 23 to delineate those Officials who shall officiate the game and the Chief Bench Official who has an off-field role.
- Official's signals have been updated from line illustrations to photos
- The term stick and crosse were used interchangeably. "Stick" has replaced "Crosse".
- The term "shaft" and "handle" were used interchangeably. "Shaft" has replaced "Handle"
- The wording of Rule 31- Tied Game - Overtime has been simplified and the redundant term "Sudden Death" has been removed as the game is played until the first goal is scored, hence "sudden death" or "sudden victory".
- Rule 39 has separated player Possession and Goalkeeper possession. Rule 39.1 (Player Possession) & 39.2 (Goalkeepers' Possession) Former rules 39.2 & 39.3 are now numbered 39.3 & 39.4
- Rule 44.8 – Removed the "... 1 time out per 4-minute overtime period" as this was left in in error after the 2018 Rule Change for no timeouts in Overtime.
- An appendix has been added including:
 - Glossary of Terms has been added
 - Illustrations of Legal Goals and the addition of Advertising Goal Skirt specifications have been included
 - Stick Specifications
- A hyperlinked Table of Contents has been included in favor of an index, which has been removed

World Lacrosse would like to acknowledge the work of the Men's Field Lacrosse Rules Subcommittee in the preparation of the rule changes and the compilation of this edition of the Men's Rules of Lacrosse. Special thanks to Peter Davidson of England who was instrumental in the editing of this edition.

Don Blacklock
Technical Director
World Lacrosse

THE RULES OF MEN'S FIELD LACROSSE

THE GAME

Two Teams of ten Players each play lacrosse. The two Teams attempt to score by causing the ball to enter the goal of its opponent, while preventing the other Team from securing the ball and scoring.

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

The hand may not touch the ball, except by a goalkeeper who is within their goal crease.

SECTION 1 THE PLAYING FIELD (See Appendix E)

Rule 1 Dimensions

- 1.1 The lacrosse playing field shall be a rectangular field 110 meters (120.30 yards) long and 60 meters (65.62 yards) wide.
- 1.2 The boundaries of the field shall be marked with white lines.
An extra heavy white line shall be marked through the center of the field perpendicular to the sidelines; this line shall be designated the centerline.
The boundary lines on the long sides of the field shall be designated sidelines; those at each end shall be designated end lines
- 1.3 Soft, flexible cones or pylons of red or orange plastic or rubber shall be placed at:
 - The four corners of the field; and
 - Each end of the gate within the special substitution area; and
 - The ends of each of the goal area lines; and
 - The end of the centerline opposite the bench area.

The cones or pylons shall be at the outside edge of the boundary lines.

Rule 2 The Goals

- 2.1 Each goal shall consist of two vertical posts joined by a rigid crossbar. These posts shall be 6 feet (1.83 meters) apart and the top crossbar shall be 6 feet (1.83 meters) from the ground, all inside measurements.
The goal posts and crossbar shall be collectively designated the pipes.
- 2.2 The goal posts shall be centered between the sidelines and shall be placed 12 meters (13.12 yards) from each end line.
- 2.3 The pipes shall be made of one and one-half inch (3.81 centimeters) metal pipe with an outside diameter of approximately 2 inches (5 centimeters). They shall be painted orange and secured to the ground.
A line shall be drawn between the goal posts to indicate the plane of the goal, and it shall be designated the goal line.

2.4 The goal posts shall be:

- Either sunk into the ground so that no ground pipes are used; or
- Supported by flat metal bars, no more than 0.5 inches (1.27 centimeters) thick.

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

Rule 3 The Goal Crease

- 3.1 Around each goal there shall be plainly marked a circle known as the goal crease. The goal crease is a circle with a radius of 3 meters (3.28 yards). The mid-point of the goal line is the center point of the goal crease circle.
- 3.2 The goal crease area is the circular ground territory about each goal within and including the goal crease.

Rule 4 The Goal Nets (See Appendix C)

- 4.1 Each goal must be fitted with a pyramidal shaped cord netting which shall be fastened to the goal posts, the crossbar and the ground so as to prevent the passage of the ball.
The mesh of the net shall not exceed 1.4 inches (3.81 centimeters).
The center of the goal net shall be fastened to the ground at a point 7 feet (2.13 meters) behind the center of the goal line.
The pipes and the goal net shall be collectively designated the cage.
- 4.2 The goal nets must be adjusted so that the ball may pass completely through the imaginary plane of the goal at any point.
- 4.3 Goal nets may be any solid color

Rule 5 The Goal Areas

- 5.1 In each half of the field a line shall be marked from sideline to sideline, between the goal line and the centerline, 18 meters (19.69 yards) from the goal line. These lines shall be designated the goal area lines.
- 5.2 The areas between the goal area lines and the end lines (but excluding the lines themselves) at each end of the field shall be designated the goal areas.
- 5.3 The goal area line, on the side of the field where the Team bench areas and the score table area are located, shall extend 9 meters (9.84 yards) off the field of play. The extensions of the goal area lines shall indicate one of the boundaries of the Team bench area and the Coaches' area

Rule 6 The Wing Areas

- 6.1 Lines parallel to the sidelines shall be marked on each side of the field, 18 meters (19.69 yards) from the center of the field and extend 12.5 meters (13.67 yards) on each side of the centerline. These lines shall be designated the wing lines.
- 6.2 The areas between the wing area lines and the sidelines, and confined within the extremities of the wing area lines, but excluding those lines, shall be designated the wing areas.

Rule 7 The Center of the Field

- 7.1 A point on the centerline equidistant from each sideline shall be marked with an "X", or a 10 centimeters by 10 centimeters (4 inch by 4 inch) square marked in a color different from the centerline and shall be designated the center.

Rule 8 The Special Substitution Area

- 8.1 The special substitution area shall be indicated by two lines marked on the same side of the field as the timer's table.
- These lines shall be 9 meters (9.84 yards) in length and extend away from the field of play at right angles to the sideline from points on the sideline 6.5 meters (7.11 yards) from the centerline. These lines shall be called the special substitution area lines.
- 8.2 That part of the sideline between the special substitution area lines is 13 meters (14.22 yards) in length and shall be designated the gate.
- 8.3 The back of the special substitution area shall be indicated by a line between the two special substitution area lines, and be parallel to, and 4 meters (4.37 yards) from the sideline.

Rule 9 The Timer's Table and the Benches

- 9.1 The timer's table shall be placed at least 5 meters (5.47 yards) from the sideline at the centerline.
- 9.2 Benches for the competing Teams shall be placed on either side of the timer's table at least 10 meters (10.94 yards) from the table and at least 7 meters (7.66 yards) from the sideline, parallel to the sideline.

Rule 10 The Bench Areas

- 10.1 The bench areas are located off the playing field and are between the special substitution area lines and the extension of the goal area lines.
- The front of the Team bench areas and the score table area shall be indicated with a line parallel to and 4 meters (4.37 yards) from the sideline.
- 10.2 It is the home (first-listed) Team's prerogative to choose the bench area that they will occupy during the game.
- At a World Championship or similar event, or at any event where the organizers deem it necessary, the home Team will be allocated the left-hand bench area when facing the field from the timer's table.

Rule 11 The Coaches' Areas

- 11.1 The area bounded by the sideline, a line parallel to and 4 meters (4.37 yards) from the sideline, the special substitution area line, and the extension of the goal area line shall be designated the Coaches' area.

Rule 12 Lines

- 12.1 All lines referred to in this section (except the centerline and the goal lines) shall be 5 centimeters (2 inches) in width.
- The centerline shall be 10 centimeters (4 inches) in width. The goal lines shall be the same width as the goal pipes.

- 12.2 Where other lines appear on the field of play, the lines referred to in this section shall be all of one color, and that color shall contrast with the color of the other lines.

Rule 13 The Penalty Box

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

SECTION 2 EQUIPMENT

Rule 14 The Ball

- 14.1 The ball shall be of white or orange rubber and between 7.75 inches (19.69 centimeters) and 8 inches (20.32 centimeters) in circumference. It shall be between 5 ounces (141.75 grams) and 5.25 ounces (148.83 grams) in weight, and, when dropped onto a hard wooden floor from a height of 72 inches (1.83 meters), shall bounce to a height of between 45 inches (114.3 centimeters) and 49 inches (124.46 centimeters).
- 14.2 The home Team supplies the game balls and the ball in use at the end of the game shall become the property of the winning Team.
- 14.3 The home Team shall supply ball persons with extra balls at each side and each corner of the field.
The ball persons shall wear helmets, gloves and, where appropriate, boxes/cups.
The ball persons shall be a minimum of 10 years of age.

Rule 15 The Stick (See Appendix D)

- 15.1 The stick shall be of an overall length of EITHER 40 inches (101.60 centimeters) to 42 inches (106.68 centimeters) (short stick) OR 52 inches (132.08 centimeters) to 72 inches (182.88 centimeters) (long stick). A Team may have no more than four long sticks, excluding the stick of the Designated Goalkeeper, on the field of play, excluding the penalty box and excluding the bench area, at any one time when the ball is live.
- 15.2 The head of the stick shall measure between 6 inches (15.24 centimeters) and 10 inches (25.40 centimeters) inside measurement at its widest point.
- 15.3 The stick of the Designated Goalkeeper shall be an exception to Rules 15.1 and 15.2, above. The Designated Goalkeeper may use a stick that measures from 6 inches (15.24 centimeters) up to 15 inches (38.10 centimeters) inside measurement at its widest point and shall have an overall length from 40 inches (101.60 centimeters) up to 72 inches (182.88 centimeters).
- 15.4 The head of the stick shall be made of wood, laminated wood, plastic, or any other material approved by World Lacrosse and the shaft of the stick shall be made of wood, aluminum or any other material approved by World Lacrosse. The butt-end of the stick shaft must either be solid with no sharp edges or, if hollow, it must have its open end adequately covered with plastic, rubber or tape to prevent injury. The use of metal caps is prohibited.
The head of the stick shall be approximately perpendicular to the shaft.
- 15.5 The head of the stick shall be constructed as follows:
- i. Both walls shall be of wood, laminated wood, plastic or other material approved by World Lacrosse; or
 - ii. One wall shall be made of wood, laminated wood, plastic or other material approved by World Lacrosse, and the other wall shall be made by weaving gut lacing from the tip of the head to the shaft in such a manner that it prevents the tip from catching on an opponent's stick.

- 15.6 The wooden or plastic walls of the stick shall not be above 2 inches (5.08 centimeters) in height: where a wall is made of gut, it may be any height.
- 15.7 There may be a guard stop at the throat of the stick.
The stop must be perpendicular to the shaft of the stick and wide enough to let the ball rest loosely on the stop.
The stop shall be constructed so that no part of the ball can be under the stop.
The guard stop or, if no guard stop is fitted, the throat of the stick shall be a minimum of 10 inches (25.4 centimeters) from the outside edge of the head of the stick.
- 15.8 The head and side(s) of the stick shall have holes bored in them to facilitate the weaving of the stringing.
- 15.9 The net of the stick shall be constructed of gut, rawhide, clock cord, linen or synthetic material and shall be roughly triangular in shape.

Rule 16 Prohibitions Relating To The Stick

- 16.1 No Player shall use a stick in which the pocket has been permitted to sag to such a depth that the top surface of a lacrosse ball placed therein is below the bottom edge of the sidewalls when the stick is held horizontal to the ground with the net to the bottom of the stick. This prohibition shall not apply to the stick of the Designated Goalkeeper.
- 16.2 No Player shall use a stick that is constructed or strung so as to be designed to withhold the ball from play.
- 16.3 No Player shall use a stick of trick construction or stringing which tends to retard the normal and free dislodgement of the ball by an opponent.
- 16.4 No stick may be tampered with in any way so as to give a Player an advantage over their opponent.
- 16.5 All strings shall be limited to a hanging length of 2 inches (5.08 centimeters).
- 16.6 Deleted June 2012, Amsterdam, World Lacrosse General Assembly.
- 16.7 Adjustable length shafts are illegal.
- 16.8 No Player shall use a stick that is constructed or strung or tampered with to confuse an opponent into believing that the ball is in the stick when it is not, or that the ball is not in the stick when it is.

Rule 17 Personal Equipment

- 17.1 All Players are required to wear protective gloves, suitable boots or shoes, and a protective helmet equipped with a facemask and a chinstrap, which must be properly fastened on both sides. All Players, including the Designated Goalkeeper, must properly wear an intra-oral tooth and mouth protector (mouth guard). A mouth guard shall be defined as:
- i. A commercial product designed to be molded to the Player's teeth and jaw and to cover all teeth of the upper jaw; or

- ii. A custom molded product produced by a dental professional that covers all teeth of the upper jaw; or custom molded intra-oral product produced by a dental professional designed to protect the Player from injury.

It is recommended that the mouth guard be highly visible in color: i.e., neither white nor clear.

The fingers may not be cut out of a Player's gloves, and the entire finger must be encased within, and must be part of the glove. A Player may not play with their fingers outside the glove. A Player may cut the palms out of their gloves.

In addition, the Designated Goalkeeper must wear the goalkeeper mandatory protective equipment: a throat guard, a chest protector and a box/cup. These shall be standard items of field lacrosse equipment.

The Designated Goalkeeper may wear shin guards (soccer/football style), compression shorts or football pants (American football) that conform to the body. The compression shorts or football pants may be worn with or without pads designed for the pants.

With the exception of the goalkeeper stick, all equipment worn by a goalkeeper must be constructed solely for the purpose of protection of the Player's head and body, and must not include anything that would assist the goalkeeper in stopping the ball. The goalkeeper's uniform, jersey and Team shorts/pants shall be worn over the goalkeeper equipment and shall conform to the body such that the jersey and shorts/pants do not assist the goalkeeper in stopping the ball.

Play must be suspended immediately if a Player in a scrimmage area loses or does not have any of the required equipment, which includes a properly worn mouth guard. Otherwise, the Official shall delay the sounding of their whistle in the same manner as set forth in Rule 82, which deals with the slow whistle technique, except that the signal flag is not thrown under these circumstances.

- 17.2 Each Player is required to wear a jersey with a contrasting block or Gothic number centered on the front and the back. The number on the front of the jersey shall be at least 8 inches (20.32 centimeters) high, and the number on the back shall be at least 10 inches (25.40 centimeters) high.

The numbers on the front and back of a Player's jersey shall be the same, and no duplicate numbers shall be permitted on the same Team. The number on the jersey shall be one or two digits, ranging from 00 - 99.

All Players on the same Team must wear uniform shorts of the same dominant Team color. Those Players on the Team who wear sweatpants must wear the same color sweatpants.

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

AR 17.1 A Blue attacker in possession of the ball is running towards the Red goal, with no opponent near them. They lose a required item of equipment, shoots, and scores.

RULING: A legal goal in the above circumstances, but the Officials should stop the game immediately if there is any danger of injury to the attacking Player.

RULING: The same considerations apply if their chinstrap becomes undone.

Rule 18 Prohibitions Relating to Personal Equipment

- 18.1 No Player shall wear any form of body or helmet mounted sports camera; or wear or carry equipment, which, in the opinion of the Officials, endangers them or other Players.
- 18.2 The numbers on a Player's jersey must be clearly visible at all times.
- 18.3 The special equipment worn by the goalkeeper shall not exceed standard equipment so far as shin guards, throat guards and chest protectors are concerned.
- 18.4 No Player shall wear hockey goalkeeper gloves.
- 18.5 Track suit trousers may be worn by any Player but, for a particular Team, they must be of the same color, and it is recommended that they be of a different color from those worn by the opponents.
- 18.6 Where members of a Team wear leg warmers or thigh warmers, their color(s) shall be uniform throughout the Team.
- 18.7 A Player or substitute must not wear jewelry or ornamentation: this prohibition shall include body-piercings.

Exceptions to this shall be a Medical Alert item and/or a religious item.

If worn, such an item must be securely taped to the relevant part of the body, to prevent it becoming entangled with the stick or equipment of the wearer or another Player.

SECTION 3 THE TEAMS

Rule 19 Number of Players

19.1 Ten Players shall constitute a full Team.

A full Team shall comprise 1 goalkeeper, 3 defenders, 3 midfielders and 3 attackers. Each Team must have one properly equipped goalkeeper on the field at all times. (See rules 15.3 and 17.1)

19.2 If, because of injuries or Players out of the game due to fouling out or expulsion fouls or other reasons, a Team cannot keep 10 Players in the game, then it may continue the game with fewer than 10 Players, but no exceptions will be made to the regular rules for this situation.

19.3 The home Team shall be the first Team listed on the published playing schedule.

The visiting Team shall be the second Team listed on the published playing schedule.

The visiting Team shall notify the home Team of the color of the jerseys, which they shall wear in the game. The home Team must wear jerseys of a contrasting color. (See Rule 17.3)

It is the home Team's prerogative to choose the bench area which they will occupy during the game. At a world championship or similar event, or at any event where the organizers deem it necessary, the home Team will be allocated the left-hand bench area when facing the field from the timer's table. (See Rule 10.2)

In the case of a dispute, the visiting Team is the first out of the change rooms. (See Rule 84.7)

It shall be the responsibility of the home Team Head Coach to see

- i. That the playing field is in proper condition for play.
- ii. That the Timekeepers and Scorers are on hand with all the equipment necessary for them to carry out their respective functions.
- iii. That balls and ball persons are provided. (See Rule 22.3)
- iv. In a world championship, or a similar event the organizers of the event will be responsible for the above. (See Rule 22.3)

The visiting Captain shall call the toss prior to the start of the game and prior to sudden-victory overtime. (See Rules 33.1 & 31.2 i)

AR 19.1 The ball is moving towards the endline or sideline. RED goalkeeper, trying to gain possession of the ball, runs across the endline or sideline and off the field.

RULING This is not a violation of Rule 19.1 as the goalkeeper, even though technically off the field, is considered to be "on the field".

Rule 20 Substitutes

- 20.1 A Team may have up to 13 substitutes.
- 20.2 Only 23 Players in a squad may dress in Team uniform for a game. Any others in the squad who are in the bench area must wear alternate strip or track suits.

Rule 21 Captains

- 21.1 Each Team shall designate a Captain or Co-Captains. A Team may designate a maximum of four (4) Co-Captains. They shall act as the representatives of their Team on the field of play during the game. Where a Team designates co-Captains, one of them shall be designated the official representative of that Team on the field.
- 21.2 The privilege of the Captain to act as the representatives of the Team on the field does not grant them the right to enter into argument with an Official or to criticize any decision of an Official.
- 21.3 Should the Captain leave the field of play, either they or their Coach should designate to the nearest Official the name and number of the replacing Captain. If a Team is without a designated Captain at any time during the play of the game, then one of the Officials may designate an acting Captain.

Rule 22 Coaches

- 22.1 A Team may have any number of Coaches but each Team shall designate one Coach as its Head Coach. The Head Coach shall be responsible for making all decisions for their Team that are not specifically delegated to their Captain.

Before the commencement of the game, the Head Coach shall nominate their Captain(s), and an In-home to the Officials. The In-home may be any member of the squad.

- 22.2 The Head Coach shall at all times conduct themselves in a proper sporting like manner and they shall endeavor in every way to have their Players and substitutes also conduct themselves in the same manner. They shall also be in control of and responsible for the actions and conduct of all non-playing members of their squad and any and all persons officially connected with their Team.

They shall assist the Officials to keep the game under control at all times.

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

- 22.3 It shall be the responsibility of the home Head Coach to see
- i. That the playing field is in proper condition for play.
 - ii. That the Timekeepers and Scorers are on hand with all the equipment necessary for them to carry out their respective functions.
 - iii. That balls and ball persons are provided.

In a World Championship or similar event, the organizers of the event will be responsible for the above.

22.4 It shall be the responsibility of Head Coaches to see that their Players and substitutes are properly equipped to play.

22.5 One or more of a Team's Coaches may be a Player-Coach.

The Officials and the opposing Head Coach must be informed of the shirt number of any such Player-Coach before the start of the game.

When a Player-Coach is in the Coaches' area, they shall not wear their helmet.

22.6 In the absence of a Head Coach the powers, authorities and responsibilities of the Head Coach will fall to an Assistant Coach as nominated by the Team. Should there be no Coaches, the powers, authorities and responsibilities of the Head Coach will fall to the one Captain who is designated the official representative of that Team on the field, as prescribed in Rule 21.1.

SECTION 4 CONTROL OF THE GAME

Rule 23 The Game Officials

- 23.1 The game of lacrosse shall be controlled by three (3) on-field Officials, one of who shall be designated the Head Official and a Chief Bench Official (see Rule 24). Their duties shall be equal in all respects, except that, in the settlement of any dispute, the decision of the Head Official shall be final.

The Officials shall have authority over the play of the game, with control and jurisdiction over the Chief Bench Official, the Bench Manager, the Timekeeper, Penalty Timekeepers, Scorers, Players, substitutes, Coaches, anyone officially connected with the Teams, and spectators.

- 23.2 The authority of the Game Officials shall begin with their appearance on the field of play and terminate upon the completion of the game.

- 23.3 By the sounding of their whistle, any of the on-field Officials or the Chief Bench Official may suspend the play of the game for any reason which they deem necessary for the proper enforcement of the rules of the game or the safe conduct of the game.

Any of the on-field Officials or the Chief bench Official may suspend the play of the game and stop the game clock and any penalty clock(s) for any reason which they deem necessary for the proper enforcement of the rules of the game or the safe conduct of the game.

- 23.4 The on-field Officials shall keep a record of the goals scored by each Team, and the number of the Player scoring the goal.

They shall check the score with the official Scorer at the end of each period, but the Officials' score shall be the official score of the game.

- 23.5 The on-field Officials and the Chief Bench Official shall wear similar uniforms. For all World Lacrosse events and those events recognized and or approved by the World Lacrosse, including but not limited to World Lacrosse World Championships, the Officials shall wear:

- Vertical black and white striped shirt; and
- Black shorts along with black crew length socks (warm weather); or
- Black long trousers with black socks (cold weather); and
- Black belt; and
- Black athletic shoes; and Black cap with white piping.

Further details of the uniform, including the definition of crew length can be found in the Official's Manual.

For all World Lacrosse events and those events recognized and or approved by World Lacrosse, including but not limited to World Lacrosse World Championships, the World Lacrosse board must approve variations to the above uniform.

Rule 24 The Chief Bench Official and The Bench Manager

24.1 A Chief Bench Official shall be appointed. They shall supervise over and hold complete jurisdiction over the Bench Manager, Timekeeper, Penalty Timekeepers, Scorers, Coaches, substitutes and any other Officials within the bench areas, the special substitution area and the penalty box.

A Bench Manager, who shall act as the Reserve Official, shall assist the Chief Bench Official.

The Bench Manager shall have no jurisdictional power.

They do not carry a whistle and they do not carry a flag.

The Bench Manager shall wear the same uniform as the Officials except that they wear a black shirt or jacket.

The Bench Manager shall take the game clock from the Timekeeper and shall stand at the gate for the last 30 seconds of play in each period to count down the remaining time to the closest on-field Official as per Rule 25.2. When the official playing time has reached zero (0), the Bench Manager shall blow their whistle signifying the time in the playing period has ended.

If an on-field Official is unable to continue, then the Bench Manager shall replace them on the field of play.

If the Official who is unable to continue is the Head Official, then the Official named second on the Official assignment shall become the Head Official.

24.2 The Chief Bench Official shall:

- i. Check the substitution of Players going onto and off the field of play.
- ii. Check that each Team has the correct number of Players and no more than four long sticks on the field of play.
- iii. Assist the Officials in checking that each Team obeys the off-side rule;
- iv. Check that no illegal stick exchange occurs.
- v. Check that no illegal actions are carried out by a Coach or Official member of either squad.
- vi. Check that no foul is committed by a Player or substitute who is in the act of leaving the field of play or in the act of entering the field of play, or who is in the bench area, the special substitution area or the penalty box.

24.3 Where the Chief Bench Official becomes aware of any of the above six infringements, they shall, depending on the circumstances, either throw a signal flag or blow their whistle, or signal "Play-on", and apply the appropriate penalty when appropriate.

Exceptionally, where the Chief Bench Official becomes aware of a Player committing an act of flagrant misconduct, then, if the act is away from the current area of play and is unlikely to have been seen by the on-field Officials, the Chief Bench Official shall either throw a signal flag or blow their whistle, as appropriate, and, when a whistle has stopped the play, the Chief Bench

Official shall stop all clocks and inform the Head Official of what has happened and the Chief Bench Official shall make the appropriate call.

- 24.4 The Chief Bench Official and/or the Bench Manager shall acknowledge receipt and understanding of the Officials' signals relating to penalties, penalty periods or any other matters relating to the play of the game, by repeating the signal. They shall then relay the decisions of the Officials to the Timekeeper, Penalty Timekeepers and Scorers, as appropriate.
- 24.5 The Chief Bench Official and/or the Bench Manager shall advise the Coaches, if so requested, as to the decisions of the Officials.
- 24.6 The Chief Bench Official shall notify each Team 30 seconds before the restart of play during a Team time-out, and one minute before the start of each period.
- 24.7 The Chief Bench Official shall notify the nearest Official if any Player has incurred 5 personal fouls.
- 24.8 When a Team requests a time-out,
- i. If the request is legal the Chief Bench Official shall blow their whistle; or
 - ii. If the request is not legal the Chief Bench Official shall apply the provisions of Rule 50; Penalty for Technical Fouls, and if appropriate Rule 82; Slow Whistle Technique.

AR24.1 The Chief Bench Official sees Blue push a Red Player from behind, causing the Red Player to go offside.

RULING Because there is an offside involved, the Chief Bench Official shall throw a flag or blow play down, as appropriate and apply the appropriate penalty.

NOTE Where the Chief Bench Official sees an on-field situation, which could affect safety, including the risk of further injury to a Player, and none of the on-field Officials take any action, then the Chief Bench Official shall take the appropriate action. (See Rule 24.3)

Rule 25 The Timekeeper

25.1 A Timekeeper shall be appointed, and they must be equipped with a timepiece, which is able to record time in seconds.

25.2 The Timekeeper shall keep an accurate record of the time played in each period. **With thirty (30) seconds remaining in each period they shall hand the clock to the Bench Manager who shall stand within the Gate and count down the remaining time as follows: "30 seconds, 25 seconds, 20 seconds, 15 seconds, 14, 13...3, 2, 1, and at Zero (0) they shall blow their whistle indicating that signifying the time in the playing period has ended.**

25.3 The Timekeeper shall keep an accurate record of the time intermissions between playing periods, and they shall notify the Chief Bench Official one minute prior to the start of each period of play.

- 25.4 The Timekeeper shall keep an accurate record of the time taken during Team time-outs, and they shall notify the Chief Bench Official 30 seconds before the re-start of play.

Rule 26 The Penalty Timekeepers

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

Rule 27 The Scorers

- 27.1 Each Team shall provide a Scorer and, unless otherwise designated by the Head Official, the visiting Scorer shall be the Official Scorer.
- Where it deems it appropriate, the organizing committee for a tournament shall appoint the Scorers and nominate the Official Scorer.
- 27.2 The Scorers shall keep a record of the goals scored by each Team, the name and number of the Player scoring the goal, and the name and number of the Player making an assist.
- 27.3 The Scorers shall check with the Officials at the end of each period to ensure that they have the same score.
- 27.4 The Scorers shall keep an accurate record of the number of time-outs taken by each Team, and they shall notify the Chief Bench Official immediately if a Team exceeds the number allowed in a half or in an overtime period.
- 27.5 The Scorers shall keep a record of the name and number of each Player upon whom a penalty is inflicted, the type of foul, the duration of the penalty, and the game time of the penalty.
- 27.6 The Scorers shall notify the Chief Bench Official if any Player should incur 5 personal fouls.

Rule 28 Mistakes By The Officials

- 28.1 Where an Official, Chief Bench Official, Timekeeper, Penalty Timekeeper, or Scorer becomes aware that a mistake is being made which would result in a Player or a Team being penalized, then they shall promptly correct the mistake. If a goal is scored during the mistake and it is brought to the attention of the Officials before the next live ball, after the Player in question has participated in the game, then the Officials shall allow or disallow the goal depending on the circumstances.

AR 28.1 A Blue Player has been given a 1-minute penalty. After 30 seconds, a Penalty Timekeeper releases them, a Blue Player then scores. Before the ball is faced, the Officials become aware of the mistake.

RULING: No goal, the penalized Blue Player returns to the penalty box for 30 seconds, and the ball is faced.

AR 28.2 A Blue Player has been given a 1-minute penalty. After 30 seconds, a Penalty Timekeeper releases them, a Blue Player then scores. After the face-off, the Red Team protest to the Officials.

RULING: Goal. The Blue Player stays in the game.

AR 28.3 A Blue Player has been sent to the penalty box.

After the whistle has blown to re-start play, whilst the Blue Player is still in the penalty box, the Head Official realizes that the Blue Player should not have been sent off.

RULING: As they have now become aware that a mistake is being made which penalizes the Blue Team, the Head Official should stop the play at the appropriate time and correct the mistake.

AR 28.4 A Blue Player has been sent to the penalty box.

Red scores whilst the Blue Player is in the penalty box.

After the goal, and before the play has re-started, the Head Official realizes that the Blue Player should not have been sent off.

RULING: As they have now become aware before the next live ball, that a goal has been scored during the mistake, the Head Official disallows the goal.

AR 28.5 A Blue Player has been sent to the penalty box.

Red scores whilst the Blue Player is in the penalty box.

The Blue Player's penalty expires. The play re-starts.

After the re-start, the Head Official realizes that the Blue Player should not have been sent off.

RULING: As the play has re-started, it is now too late to correct the earlier mistake.

SECTION 5 THE LENGTH OF THE GAME

Rule 29 Time of the Match

- 29.1 The match shall be divided into 4 periods of 15 minutes duration each.
- 29.2 During the last 30 seconds of the first, second and third quarters and the last 2 minutes of the fourth quarter, and during any overtime period, the game-clock and, if applicable, the penalty clock(s) shall stop whenever the ball becomes dead, and they shall restart whenever play is restarted.
- This shall apply for all stoppages, including the scoring of a goal.
- Such a stoppage of play shall not be considered to be an official time-out for the purpose of illegal substitution, the gate or the Coaches' area, unless an official time-out is specifically requested by an Official or by the Chief Bench Official.
- 29.3 At the end of each quarter, the Teams shall change ends.
- The interval between the first and second quarters, and third and fourth quarters shall be of 2 minutes. At half-time, the interval shall be 10 minutes.
- 29.4 Between the first and second quarters and between the third and fourth quarters the Players shall, on leaving the playing field, assemble in the bench area only; to go beyond this area, they must have the permission of the Officials.
- At half-time, the Teams may leave the playing field.

Rule 30 Interrupted or Uncompleted Match

- 30.1 Where the Head Official and/or the tournament's Official-in-Chief feels that electrical storms and/or lightning make it inadvisable for a match to continue, then the game shall be halted.
- 30.2 All participants, including Players, Officials, Bench Officials, ball persons and others, shall be required to go indoors at the earliest opportunity.
- 30.3 If it is subsequently possible to resume the match, then the Teams shall be allowed to warm-up on the field of play prior to the re-start, as follows:
- If the delay from leaving the field to re-entering the field is not more than 30 minutes, then a 10-minute warm-up will be allowed.
- If the delay is more than 30 minutes, but not more than 60 minutes, then a 15-minute warm-up will be allowed.
- If the delay is more than 60 minutes, then a 20-minute warm-up will be allowed.
- By mutual consent of both Coaches, the above warm-up times may be shortened.
- 30.4 In the event of a match not being completed because of darkness, bad weather, or any circumstances whereby the Head Official thinks it inadvisable to continue playing, such uncompleted match shall be referred to the controlling body for adjudication of a result.

Rule 31 Tied Game (Overtime)

- 31.1 In the event of the score being tied at the end of regulation playing time, play shall be continued, after a 2-minute intermission, In Overtime, Teams shall play periods of 4-minutes each until a goal is scored, thus deciding a winner. The game ends upon the scoring of the first goal. There will be a 2-minute intermission between sudden victory periods.
- 31.2 The following overtime procedure will take place:
- i. The Officials shall call together the Captains of each Team at the center of the field at the end of regulation play and during the 2-minute intermission. The Head Official shall toss a coin to determine choice of goals to defend: the visiting Captain shall call the toss.
 - ii. All periods of Overtime shall start with a face-off as at the start of each quarter, subject to the provisions of Rule 34.1 being followed.
 - iii. The Teams shall change ends between Overtime periods.

Rule 32 Defaulted Game

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

SECTION 6 THE PLAY OF THE GAME

Rule 33 Actions prior to the Game

33.1 The Game Officials call together the Captains of each Team at the center of the field approximately 5 minutes before the start of the game.

The Head Official shall toss a coin to determine choice of goal to defend the visiting Captain shall call the toss.

At this time, any special ground rules shall be explained.

33.2 The Game Officials shall then draw up the starting line-ups in lines facing each other at the center of the field, with their left sides towards the goal they are defending.

There shall be no pre-game stick-checks or equipment checks. Any special ground rules shall be explained.

33.3 When a Team is “warming-up” on the field of play, it shall do so in the half of the playing field that is nearer to its own bench area.

Rule 34 Facing at the Center

34.1 Play shall normally be started at the beginning of each period, and after each goal has been scored, by facing the ball at the center of the field, subject to the following exceptions:

- i. In the event of an extra man situation at the conclusion of any quarter or overtime period, then the next quarter or overtime period shall be commenced by awarding the ball to the Team that had possession at the conclusion of the prior quarter or overtime period in the same relative position on the field.

However, if the period ends with no Team in possession, the ball shall be faced at the center with all the usual restrictions.

- ii. Once the Players facing have taken up their positions for the face-off, then the Players are “set”, and any movement of a Player’s stick or gloves prior to the whistle will result in possession being awarded to the offended Team.

The Player is allowed to move their feet or their body, provided that this movement is not transmitted to the gloves or stick.

- iii. If a face-off is about to take place, and a Team is guilty of delaying the game, then possession shall be awarded to the offended Team.

At the discretion of the Officials, repeated commission of this foul may be construed as unsportsmanlike conduct.

- iv. If a Player, substitute, Coach or non-playing member of a squad commits a foul before any face-off, the ball will be awarded to the offended Team at the center of the field.

All confined Players are released from their goal areas and wing areas immediately.

- 34.2 The Official shall place the ball on the ground at the center of the field. The Players facing shall stand on the same side of the centerline as the goal each is defending. The Official shall indicate to both Players to assume their respective positions at the same time.

The ball should be centered within the 10 centimeters (4") wide centerline. The sticks shall rest on the ground on that Player's defensive half of the field, parallel to the centerline, and must not be within or touch the 10 centimeters (4") wide centerline. The face-off man's gloves may touch the 10 centimeters (4") wide centerline.

Players may not back out and re-set their positions once the Official has initiated the face-off position. The Official shall make certain that the reverse surfaces of the sticks match evenly, and each Player must have both hands wrapped around the shaft of their own stick, not touching any strings, and both gloved hands must be on the ground. The feet shall not touch the stick. Both hands, and both feet, and the helmet must be to the left of the throat of their stick.

Neither Player may be in contact with their opponent's body by encroaching on their opponent's territory. The feet must not touch the centerline or the opponents' defensive half of the field. Both feet must be grounded up to the sounding of the Official's whistle to start play. The shaft of the stick must not touch the opponents' defensive half of the field.

No part of either stick may touch.

- 34.3 Once the Players facing have assumed their positions, the Official shall say, "**Set**". Once this signal is given, the hands and gloves of both Players must remain motionless until the whistle sounds to start play.

- 34.4 When the Official sounds their whistle to start play, each Player may attempt to direct the course of the ball by movement of their stick in any manner they desire.

Kicking or stepping on an opponent's stick is illegal.

A Player may not "kick through" their own stick in order to move the stick of their opponent.

A Player may not deliberately use their hand or fingers to play the ball. A Player may not grab an opponent's stick with the open hand or fingers.

- 34.5 Whilst the two Players who are participating in the face-off are still down in the face-off position, and the ball is still between and in contact with their sticks, it shall be illegal for any other Player to make contact with the body or stick of either of those two Players.

Checking either the stick or the gloved hand of either Player participating in the face-off is a Technical Foul.

Body checking either Player participating in the face-off is a Personal Foul.

- 34.6 No Player who is using a left-handed stick shall take part in a face-off.

A stick in which the net is woven to the head in such a manner that a lip or hook is formed, which might ensnare the ball, shall be illegal for use in face-offs.

- 34.7 At the time of a center face-off, a Team, which has 10 Players on the field of play (excluding the penalty box), shall confine the goalkeeper and 3 other Players in its defense goal area, 3 Players in its attack goal area, and 1 Player in each of its wing areas. When the whistle sounds to start play, the Players in the wing areas shall be released.

All other Players are confined to the specified goal areas until any Player gains possession of the ball, the ball touches or crosses a goal area line, or the ball goes out-of-bounds.

For the purpose of Player release at a center face-off, either from the goal areas or the wing areas, the gloved hand is not considered part of the stick, whether or not it is holding the stick.

- 34.8 In the above circumstances, when a Player gains possession, the Official shall rotate their right arm in full circular cranking motion and shout "Possession".

When the ball touches or crosses a goal area line before possession has been called, the Official shall rotate their right arm in full circular cranking motion and shout "Free ball".

- 34.9 At the time of a center face-off, when a Team has 1 or more Players out of the game on penalty, that Team shall confine the goalkeeper and three (3) Players in its defense goal area, and 3 Players in its attack goal area. Exception: When a Team has three (3) or more Players in the penalty area, a Player may come out of their defense goal area to take the face-off, but they must obey the offside rule.

- 34.10 At a center face-off, before "Possession" or "Free ball" have been called, if an Official mistakenly blows their whistle, then the ball shall be re-faced at the center of the field with the same restrictions as the original face-off.

- 34.11 If a foul is committed during or after a center face-off before "Possession" or "Free ball" have been called, then confined Players will not be released from the goal areas until the whistle blows to resume play.

- 34.12 If the ball goes directly out-of-bounds from a face-off, and the Official does not know who touched it last, then it shall be re-faced at the same place as the previous face, and subject to the same restrictions as the previous face.

- 34.13 At a center face-off, before "Possession" or "Free ball" has been called, if simultaneous fouls occur and a re-face is needed, per Rule 81.2 then the ball shall be re-faced at the center of the field with the same restrictions as the original face-off.

- AR 34.1 A Blue Player is in the penalty box, and Red has possession.

A Red Player passes the ball to a Teammate but, whilst the ball is in flight between them, the whistle blows to end the period.

RULING: The next period starts with Red in possession

AR 34.2 A Blue Player is in the penalty box.

Red takes a shot (or make a bad pass), and the ball is rolling towards a boundary line when the whistle blows to end the period.

RULING: As there is no possession at the end of the period, the next period starts with a center face-off.

AR 34.3 A Blue Player is in the penalty box.

Red shoot, the ball passes over a boundary line with a Red Player nearest to the ball but, before the Red Player can pick the ball up, the whistle blows to end the period.

RULING: As the Red Player WOULD have had possession of the ball had the period not ended, they are deemed to be in possession of the ball.

The next period thus starts with Red in possession.

AR 34.4 A Blue Player is in the penalty box.

A bad pass from Red passes over a boundary line.

Before a Blue Player can pick the ball up, the whistle blows to end the period.

RULING: As the Blue Player WOULD have had possession of the ball had the period not ended, they are deemed to be in possession of the ball.

The next period thus starts with Blue in possession.

AR 34.5 A Red Player is in the penalty box.

A Blue attacker, in possession of the ball, wards off a Red defender. As the whistle blows to denote the foul, the period ends.

RULING: As Red WOULD have had possession of the ball had the period not ended, they are deemed to be in possession of the ball. As there is an extra man situation, Red starts the next period in possession.

AR 34.6 A Red Player is in the penalty box.

Blue score, and immediately the whistle is blown to end the period.

RULING: As there is no possession, the next period starts with a face-off.

AR 34.7 A Red Player is in the penalty box.

Red then gains possession of the ball. Blue commit a foul, and a flag is thrown. The period ends.

RULING: As a Red Player is already in the penalty box, and a Blue Player is about to go into the penalty box, there is NOT a man-up situation. The next period starts with a face-off.

AR 34.8 Blue attacking and a flag is down. The whistle ends the period with Blue in possession.

RULING: Blue retains the ball at the start of the next period, with the Red Player in the penalty box.

AR 34.9 Blue attacking and a flag is down. The ball becomes loose as the period ends.

RULING: Blue retains the ball at the start of the next period, with the Red Player in the penalty box.

AR 34.10 Blue attacking and a flag is down for a technical offence.

As the period ends, a Blue Player commits a technical foul.

RULING: Simultaneous technical fouls cancel: no send-off: the next period starts with a center face-off.

AR 34.11 Blue attacking and a flag is down for a personal foul.

As the period ends, a Blue Player commits a personal foul.

RULING: Simultaneous fouls. Both Players serve penalty time: as there is not an extra man situation, the next period starts with a center face-off.

AR 34.12 Blue attacking and a flag is down for a personal foul.

Blue score, and immediately the whistle is blown to end the period.

RULING: As there is no possession, the next period starts with a face-off.

AR 34.13 A period ends with a Blue Player in the penalty box, and Red in possession.

Red is awarded the ball.

During the break, a Red Player commits a foul, and the extra-man situation is thus nullified.

RULING: The next period starts with Blue in possession of the ball. If the foul during the break is a technical there is no time served, if it is a personal the Player serves time.

AR 34.14 A period ends with a Blue Player in the penalty box, and Red in possession.

Red is awarded the ball. During the break, a Red Player and a Blue Player commit fouls.

RULING: The ball is awarded to the Team having less total penalty time of the two simultaneous fouls that happened during the interval.

If the two penalty times are equal, then Red is awarded the ball.

AR 34.15 A period ends with both Teams at full strength or with the same number of Players in the penalty box.

A face-off is called.

A Player commits a foul in the interval.

RULING: Their opponent is awarded the ball at the center.

AR 34.16 A Player is injured at a center face-off with the ball still loose.

RULING: The ball is re-faced at the center with the original restrictions in force.

AR 34.17 A Player loses an item of equipment at a center face-off with the ball still loose.

RULING: The ball is re-faced at the center with the original restrictions in force.

AR 34.18 The ball goes out-of-bounds at a center face-off after being touched by a Player, but the Officials do not know who last touched it.

RULING: The ball is faced 6 meters (20 feet) from the out-of-bounds spot, and all Players are released from their confined areas immediately.

AR 34.19 A Team, which has no Players in the penalty box, has only nine Players on the field at the time of a center face-off.

RULING: Legal play. The Team shall be exempt from confining its Players to the goal and wing areas to the extent of the number of Players, which it is playing short. The Team shall have the right to choose the confining area(s) in which it shall exercise its exemption, but it must obey the offside rule.

AR 34.20 A Player shoots at their opponent's goal and scores.

When the ball is further than three yards from them, but before it has crossed the goal line, they are body-checked by a defender.

RULING Illegal body-check: the defender serves a personal penalty.

As the ball is still in play at the time of the offence, the goal stands and the ball is faced at the center.

AR 34.21 A Player shoots at their opponent's goal and scores.

After the ball has crossed the goal line, they are body-checked by a defender.

RULING Illegal body-check: the defender serves a personal penalty.

As the ball had crossed the line before the foul was committed, the foul is treated as happening before the next face-off, and the attacker's Team is awarded the ball at the center.

AR 34.22 During the face-off the RED face-off man grabs, with their hand or fingers, the BLUE Player's stick.

RULING: RED foul, unsportsmanlike conduct.

AR 34.23 During the face-off the RED face-off man uses their free hand to touch or pick-up the ball.

RULING: RED foul, unsportsmanlike conduct.

AR 34.24 During the face-off the RED face-off man uses their fingers, while still holding their stick, to pick-up the ball.

RULING: RED foul, unsportsmanlike conduct.

Rule 35 Facing Other than at Center

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

- i. The sticks of the two Players shall be placed at right angles to an imaginary line running from the ball to the center of the nearer goal line.
- ii. The defending Player shall stand between their stick and their own goal, so as to have their back to their own goal.
- iii. The attacking Player shall face towards the goal they are attacking.
- iv. The conditions laid down in Rule 34 apply as to the method of facing.
- v. The ball shall not be faced closer to the than 18 meters (yard in any direction, and it shall be moved laterally to a point 18 meters (20 yards from the cage, if required).
- vi. The ball shall not be faced closer to a line than 6 meters (20 feet)
- vii. At the time the whistle sounds to start the face-off, no Player shall be within 9 meters (10 yards) of the Players facing the ball.
- viii. The game clock and the penalty clock(s) shall be stopped immediately.

Rule 36 The Status of the Ball

36.1 A ball is either a live ball or a dead ball.

36.2 Once the whistle has blown to (re) start play, for example at a face-off, or when the ball is being put back into play after going out-of-bounds, or when the ball is being put back into play after a foul has been committed, then the ball is a live ball.

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

36.4 If a flag is thrown, and play continues, then the ball is still a live ball.

AR 36.1 Blue attacking and a flag is down. Blue drop the ball. The whistle blows. Red, who still have a time-out left, call for a time-out.

RULING: The time-out is granted because the ball is dead. The position of the ball on the field of play is of no consequence.

Rule 37 Free Play

37.1 Once the Official has signaled that the ball is ready for play, the restart shall occur in the same relative position where the ball was when play was stopped. The Official shall resume play as quickly as possible. If an opposing Player is within five yards of the Player that has been awarded the ball, and the Official blows the whistle to restart play, the opposing Player is not allowed to defend the ball until they reach a distance of five yards from that opponent. A violation will be a flag down (slow whistle) for **Illegal procedure**.

On any restart, no offensive Player may be within 5 yards of the Player with the ball. The Official shall clearly indicate the Player who is going to re-start to the opposing goalkeeper on a dead ball (non-quick restart situations) restart that is below the restraining lines in the awarded Team's offensive end.

- 37.2 A free play shall not take place closer to the cage than 18 meters (20 yards) in any direction, and the ball shall be moved laterally to a point 18 meters (20 yards) from the cage, if required.
- 37.3 A free play shall not take place within 5 yards (4.57 meters) of the gate, and the ball shall be moved laterally into the field of play until it is 5 yards (4.57 meters) from the nearest part of the gate, if required.

Rule 38 Scoring

- 38.1 A goal is scored when the ball, whether loose or not, passes from the front completely through the imaginary plane formed by the rear edges of the goal line as a base, the crossbar as the top, and the goal posts as the two sides (the plane of the goal).

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. The Team scoring the greater number of goals shall be declared the winner of the game.

The last attacking Player who provided enough force or impetus to the ball for it to completely cross through the plane of the goal is the goal Scorer and shall be credited with the goal.

When a Player on the defensive Team provides enough force or impetus to the ball for it to completely cross through the plane of the goal, scores an own goal, then the goal shall be credited to the in-home of the attack Team.

- 38.2 When the ball passes through the plane of the goal in the following circumstances, however, a goal does not count:
- i. After the period has ended, regardless of whether or not an Official's whistle has sounded.
 - ii. After an Official's whistle has sounded for any reason, even though the sounding of the whistle may have been inadvertent.
 - iii. When any part of the body of an attacking Player is touching the goal crease area.
 - iv. When the attacking Team has more Players than it should have on the actual field of play (excluding the penalty box) at the time.
 - v. When the attacking Team or both Teams are offside at the time.
 - vi. When the head of the shooter's stick comes off during the shot or the follow-through.
 - vii. If a goal has been scored by an attacking Player and, before the next live ball, that Player's stick is declared illegal for any reason.
 - viii. Refer also to Rule 45.5 regarding an illegal stick.
- AR 38.1 BLUE #2 is defending, they add impetus to the ball and causes the ball to go into their own goal. RED #5 is the closest RED Player to the goal; RED #7 is the in-home.

RULING: RED #7, the in-home, is credited with the goal.

AR 38.2 RED #3 shoots the ball, the ball bounces off the shoulder of RED #6 and into the BLUE goal. RED #6 did not add impetus to the ball.

RULING: RED #3, the shooter, is credited with the goal.

AR 38.3 RED #3 shoots the ball, RED #6 standing in front of the BLUE goal moves their arm and hits the ball with their elbow causing the ball to change direction and go into the BLUE goal.

RULING: RED #6 added impetus to the ball and is credited with the goal.

Rule 39 Possession of the Ball

- 39.1 Player Possession - A Player shall be considered in possession of the ball when they have control of it and could perform any of the normal functions of play such as carrying, cradling, passing or shooting.
- 39.2 The Designated Goalkeeper shall be considered in possession of the ball when they have one, or both of their feet within the crease; and
- i. Have control of the ball being able to perform any of the normal functions of play such as carrying, cradling, passing or shooting the ball; or,
 - ii. Are within the crease and the ball is clamped under the goalkeeper's stick.
- 39.3 Team Possession - A Team shall be considered in possession of the ball when a Player on that Team has possession of the ball (Player possession), or when the ball is passed from a Player to a Teammate. (See Rule 82.4 for definition of a pass)
- 39.4 Loose Ball - A ball not in a Player's possession, or a Team's possession is a loose ball.

Rule 40 Ball Out-Of-Bounds

- 40.1 Play shall be suspended at any time when the ball is out-of-bounds.
- 40.2 When a Player with the ball in their possession steps on or beyond a boundary line, or any part of their stick or body touches the ground on or beyond the boundary line, then the ball is out-of-bounds, and the Player shall lose possession of it.
- The ball shall be awarded to any Player of the opposing Team who is ready immediately to make the free play, at the point where the ball was declared out-of-bounds.
- 40.3 When a loose ball touches a boundary line or the ground outside of a boundary line, or when it touches anything on or outside of a boundary line, or when it has irretrievably left the field of play, then it is out of-bounds, and the following rules shall apply:
- i. Except on a shot or a deflected shot at the goal, the ball shall be awarded at the point where it was declared out-of-bounds to any Player on the opposing Team to that Player who last touched it who is ready immediately to make the free play.

- II. When a loose ball goes out-of-bounds as a result of a shot or a deflected shot at goal, it shall be awarded to the Team of the nearest legal inbound Player where and when the ball became out-of-bounds.
 - a. The Player's stick shall not count.
 - b. If two legal inbound Players of opposite Teams are equidistant from the ball when it goes out-of-bounds, then it shall be faced.
- III. A shot or deflected shot remains a shot until:
 - a. the ball comes to rest on the field of play; or
 - b. a Player gains possession of the ball; or
 - c. the ball goes out-of-bounds; or
 - d. a Player deliberately causes the ball to go out-of-bounds.

40.4 If the ball goes directly out-of-bounds from a face-off, and the Officials do not know who touched it last, then it shall be faced again at the same place as the previous face-off, and subject to the same restrictions as the previous face-off.

40.5 If the ball is out-of-bounds within the confines of the gate, or within 5 yards (4.57 meters) of any part of the gate, then it shall be moved laterally into the field of play until it is 5 yards (4.57 meters) from the nearest part of the gate before play is resumed.

40.6 If the ball is out-of-bounds on the end line, then it shall be put into play at the point at which it went out-of-bounds, notwithstanding the fact that this point may be less than twenty yards from the cage.

AR 40.1 A Blue Player shoots at goal and the ball, after hitting a pipe, goes out-of-bounds near the centerline in Blue's offensive half of the field.

The nearest Player is a Blue defender who is tied to their own half by the offside rule.

RULING: The ball is awarded to Blue.

AR 40.2 A shot misses the goal and comes to rest on the field of play. A Blue Player tries to pick it up, but it goes out-of-bounds.

RULING: The ball is awarded to Red.

AR 40.3 A shot misses the goal and is rolling towards a boundary line. A Blue Player tries to pick it up, but it goes out-of-bounds.

RULING: The ball is awarded to the nearest in-bounds Player.

AR 40.4 A shot goes over the goal and a Player tries to catch it in flight. The ball hits their stick or body and goes out-of-bounds.

RULING: The ball is awarded to the nearest in-bounds Player.

AR 40.5 By an illegal action a Red Player forces a Blue Player out-of-bounds.

RULING: Blue retains the ball and the Red Player serves penalty time.

Rule 41 Body-Checking

41.1 Body-checking an opponent is permitted in the game of lacrosse, provided:

- i) The opponent is in possession of the ball or is within 9 feet (2.74 meters) of a loose ball or is within 9 feet (2.74 meters) of a ball in flight.
- ii) The contact is made from the front or side, not below the hip, and below the neck.

See Rule 70 concerning illegal body-checking.

Rule 42 Checking with the Stick

42.1 A Player may check an opponent's stick with their own stick, provided that the opponent has possession of the ball, the opponent is within 9 feet (2.74 meters) of a loose ball, or the ball is in flight within 9 feet (2.74 meters) of the opponent. For the purpose of this Rule, the gloved hand holding the stick is considered as part of the stick.

See Rules 71 and 72 concerning illegal checking.

Rule 43 The Pick

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

See Rule 54 concerning an illegal pick.

Rule 44 Time-Outs

44.1 There are 2 types of time-outs, those called by the Officials, and those called by the Teams.

44.2 An on-field Official or the Chief Bench Official may call an Official time-out for any reason which they deem necessary for the proper enforcement of the rules of the game or the safe conduct of the game.

44.3 When a Player is injured and, in the opinion of an Official:

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

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

- i. If the attacking Team is in possession of the ball and, in the opinion of the Official, a scoring play is imminent, then the Official shall delay the sounding of their whistle in the same manner as laid down under the "slow whistle procedure", Rule 82, except that a signal flag is not thrown under these circumstances.
- ii. If the ball is loose, then the Official shall delay the sounding of their whistle until possession is secured and, if a scoring play is imminent, the play is completed, in the same manner as laid down under the "slow whistle procedure", Rule 82, except that the signal flag is not thrown under these circumstances.

- 44.4 If the clock has to be stopped to allow an injured Player to be treated then, unless a Team uses one of its time-outs, the injured Player must leave the field before the start of the next play and they may not return before the next dead ball.

If the clock must be stopped for a Player who is bleeding or has blood evident on their person or equipment then, unless the Team uses one of its time-outs, the Player must leave the field before the start of the next play.

The Player shall not re-enter the game until the wound has been covered and/or all evident blood disinfected from person, uniform or equipment. The Player need not wait for the next dead ball before returning.

- 44.5 A Team may request a time-out provided:
- i. The ball is dead; or
 - ii. The Team requesting the time-out has Player possession of the ball in its attacking half of the field.
- 44.6 A time-out may be called by a Coach, a Captain, or the Player who has possession of the ball. The request may be made to an Official or to the Chief Bench Official.
- 44.7 A Team time-out shall be 90 seconds long.
- A Team time-out may be foreshortened only if both Teams are ready to restart before the full 90 seconds have elapsed.
- 44.8 A Team shall be limited to 2 time-outs per half. No time-outs shall be allowed in a sudden victory overtime period.
- 44.9 A time-out taken between periods is charged to the preceding period.
- 44.10 A Team may not take consecutive time-outs without resumption of play.
- 44.11 A Team may call a time-out prior to the start of the game.

Rule 45 Head Coach's Request for Stick-Check or Stick-Count

Stick Check

- 45.1 A Team's Head Coach may request the inspection of any stick of the opposing Team that is on the field of play. All aspects of the construction and dimensions of the stick shall be considered. Such a request may only be made when the ball is dead.
- 45.2 The game-time clock shall be stopped when a stick-check is requested, and it shall be re-started when the stick-check is complete.
- 45.3 Where applicable, the penalty clock(s) shall be stopped when a stick-check is requested, and they shall be re-started when the stick-check is complete.
- 45.4 If a stick is found to be legal after a stick-check has been requested by a given Head Coach then:
- i. On the first occasion that a stick is found to be legal after a stick-check has been requested by that Coach, there shall be no penalty inflicted on the Coach who asked for the stick-check.

- ii. For every subsequent occasion on which a stick is found to be legal after that Coach has requested a stick-check, a technical penalty shall be inflicted on the Coach.
- 45.5 When an attacking Player scores a goal and, before the next live ball, that Player's stick is declared illegal for any reason, then the goal will not count. (See Rule 38.1 for the definition of the goal Scorer.)
- When a goal is credited to the in-home, if before the next live ball that Player's stick is declared illegal for any reason, the goal will count, and that Player will serve any penalties administered.
- If a goal has been scored by an attacking Player and a stick-check has been legally called on that stick, then, if the Player or a Teammate or any member of their squad, Coach or anyone officially connected with the Team touches the head or the stringing of the stick or carries out any action which is an attempt to circumvent the stick-check or an attempt to alter the result of the stick-check, prior to the carrying out of the stick-check, the goal will not count. (See also Rule 75.3 Para 4.)

Stick Count

- 45.6 A Team's Head Coach may request the Chief Bench Official to carry out a count of the number of long sticks being used by the opposition at any time. The stick-count will take place immediately.
- 45.7 If the number of long sticks is found to be legal after a stick-count has been requested by a given Head Coach then:
- i. On the first occasion that the number of long sticks is found to be legal after a stick-count has been requested by that Coach, there shall be no penalty inflicted on the Coach who has asked for the stick-count.
 - ii. For every subsequent occasion on which the number of long sticks is found to be legal after a stick-count has been requested by that Coach, a technical penalty shall be inflicted on the Coach.
- 45.8 If a goal has been scored by a Team and, before the next live ball, a stick-count shows that the scoring Team had more than four long sticks on the field at the time the goal was scored, then the goal will not count.
- AR 45.1 Red score the game-winning goal in "sudden-victory" overtime. The Blue Coach calls for a stick check.

RULING: The game is over, and the stick-check is not allowed.

- AR 45.2 Red score the game-winning goal in "sudden-victory" overtime. The Blue Coach calls for a stick count.

RULING: The game is over, and the stick count is not allowed.

SECTION 7 SUBSTITUTION

Rule 46 Substitution

46.1 Maximum substitution may take place at any time, subject to the following paragraphs.

46.2 A substitute may only enter the Special Substitution Area when they are about to substitute for a Teammate and the substitution is imminent.

The substituting Player must wait in the substitution area for the Player whom they are replacing to leave the field of play, and only then may they enter the field of play. Both Players must go through the gate. Players may substitute on the fly, and they may do so on either side of the centerline, provided that the offside rule is observed.

A substitute who is about to enter the field must give way in the special substitution area to a Player who is leaving the field.

46.3 If the Player leaving the field of play is bound to the half of the field which they are in by the offside rule, then the provisions of the offside rule will be deemed to have been observed if the substitute steps out of the substitution area onto the field of play at the same time as the Player leaving the field steps into the substitution area.

46.4 The following exceptions shall apply:

- i. On the scoring of a goal, at the end of a period, and during a time-out of any kind, substitution may be effected from any point on the sideline, and not necessarily through the gate. In such cases, it will not be necessary for the substituting Player to remain on the sideline until their counterpart leaves the field of play, but their Team must have the correct number of Players on the field when play is restarted.
- ii. If an Official's time-out has been called because an injured Player is unable to continue, then that Player shall be removed from the field as soon as possible to the nearest boundary, and the substitute must report immediately.

AR 46.1 The whistle has blown to stop play for an out-of-bounds ball, but the Officials have not called a time-out.

A substitute either steps onto the field of play before the Player whom they are replacing has left the field, or they does not go through the gate.

RULING: Technical foul, as the substitution rules apply even though the ball is dead.

AR 46.2 The whistle has blown to stop play for an out-of-bounds ball, and the Officials have called a timeout.

A substitute either steps onto the field of play before the Player whom they are replacing has left the field, or they do not go through the gate.

RULING: No foul, as the substitution rules do not apply during a time-out of any kind.

AR 46.3 A Player has left the field so that they can be substituted. The replacing Player attempts to gain a tactical advantage by not going onto the field immediately.

RULING: Legal play, as nothing in the rules requires a Team to have ten Players in the game at any time.

RULING: It is also legal for a Player whose penalty has expired to delay their re-entry into the game for tactical reasons.

AR 46.4 The whistle has blown to stop play for an out-of-bounds ball.

The game is in stop time and the clock has stopped.

The Officials have not called a time-out.

A substitute then steps onto the field of play before their Teammate leaves the field.

RULING A technical foul, as the automatic stopping of the clock during stop time is not considered an Officials' time-out.

AR 46.5 A Player is coming off the field of play so that they can be substituted.

The heel of their rear foot is touching the sideline. No part of the Player is touching the playing field inside the sideline.

Their substitute goes on.

RULING: Legal play, as the sideline is not part of the field of play.

AR 46.6 A Player is about to come off the field of play so that they can be substituted, but they are still on the field of play.

Their substitute's front foot touches the sideline. No part of the substitute is touching the playing field inside the sideline.

RULING: Legal play, as the sideline is not part of the field of play.

SECTION 8 THE GOAL CREASE AND THE GOALKEEPER

Rule 47 The Designated Goalkeeper

- 47.1 The Designated Goalkeeper is the Player wearing the goalkeeper mandatory protective equipment.
- 47.2 Where the Designated Goalkeeper is replaced by another Player, that Player must wear the goalkeeper mandatory protective equipment. That substitute shall be deemed to be the Designated Goalkeeper.
- 47.3 As per rules 17.1 and 19.1, each Team must have a Designated Goalkeeper at all times and the Designated Goalkeeper must wear the mandatory goalkeeper protective equipment.

Nominated Defender Rule

- 47.4 The organizers of a tournament or a competition may play the Nominated Defender Rule, if they feel it appropriate for some or all of the games in that tournament or competition:
- i. Before the commencement of the game, the Head Coach shall nominate a starting long stick of their squad to be the Nominated Defender.
 - ii. Where a goalkeeper commits a time-serving penalty, the Nominated Defender shall serve the suspension. The penalty shall be charged against the goalkeeper's name.
 - iii. Rule 47.4 ii) shall not apply if the goalkeeper has committed an expulsion foul or if the penalty causes the goalkeeper to "foul out."
 - iv. If the Nominated Defender is not on the field of play to serve the suspension, the suspension shall be inflicted upon another long stick defender, who was on the field of play when the goalkeeper committed their foul(s).
 - v. If both Teams have two goalkeepers dressed, the Nominated Defender rule will not be used. If one Team has two goalkeepers and the other has not, both Teams shall have the option of using the Nominated Defender rule.

AR 47.1 Blue goalie is out of game on penalty and has given their stick to a Teammate.

They return to the game and, before re-exchanging sticks, they save a shot with their hand.

RULING: Technical foul, as the original goalie is not the designated goalie until they receive back the goalkeeper's stick.

AR 47.2 The goalkeeper is serving a penalty and has left the field without exchanging their goalkeeper's stick with a Teammate. The Captain has nominated a Designated Goalkeeper.

The penalty time expires and the original goalkeeper, carrying their goalkeeper's stick, returns to the game. As they, the "temporary" goalkeeper saves a shot with their hand.

RULING: Technical foul, because the goalkeeper's stick is now back in the game, and the Player holding it thus becomes the Designated Goalkeeper as soon as they step onto the field.

Rule 48 Privileges of the Designated Goalkeeper

48.1 While in their own goal crease, the Designated Goalkeeper shall have the following privileges and protections:

- i. They may stop or block the ball in any manner with their stick or body, and they may block the ball or bat it away with their hand. When the ball is on the ground and within the crease, whether moving or at rest, they may bat or direct the ball with their hand. They may not close their hand on the ball; thus they may not catch the ball with their hand, nor may they pick the ball up with their hand.
They or any member of the defending Team may receive a pass while in the crease area.
- ii. No opposing Player may initiate contact with the goalkeeper or their stick while the goalkeeper is within the goal crease area whether the goalkeeper has the ball in their possession or not.
An attacking Player may reach into the goal crease area to play a loose ball, so long as they do not initiate contact with the goalkeeper.
- iii. An exception to Rule 48.1 ii), above, is that any portion of the stick of the goalkeeper, when extended outside the cylinder above the goal crease area, except when the ball is in the stick, is subject to being checked under the same circumstances as the stick of any other Player.

AR 48.1 The ball is loose outside the Blue crease. The Blue goalkeeper, their feet within the crease, begins to rake the ball back. Before the ball touches the goal crease, a Red attacker checks the goalkeeper's stick.

RULING: Legal play, as the goalkeeper's stick extended outside the cylinder can be checked provided the ball is not in the stick.

AR 48.2 The ball is loose outside the Blue crease. The Blue goalkeeper, their feet within the crease, begins to rake the ball back. As the ball touches the crease, a Red attacker checks the goalkeeper's stick.

RULING: Technical foul, as the goalkeeper is considered to be in possession when the ball is being raked back within the crease. The Red attacker serves 30 seconds.

AR 48.3 The Blue goalkeeper, with their feet in the crease, is clearing the ball. A Red attacker is holding their stick motionless outside the cylinder in a covering position. Before the Blue goalkeeper releases the ball, the sticks collide.

RULING: Technical foul, as the goalkeeper has the protection of the crease when clearing, whether the attacker moves their stick or not.

AR 48.4 As for the previous ruling, but the sticks collide after the ball has been released.

RULING: Legal play, as the ball is not in the goalkeeper's possession, and their stick is outside the cylinder.

AR 48.5 The Blue goalie makes a save, but the ball bounces into the air in front of their goal. A Red attacker bats at the ball, and the sticks collide inside the cylinder above the goal crease.

RULING: Interference by Red, no time-served penalty.

AR 48.6 As above, but the sticks collide outside the cylinder.

RULING: No foul.

Rule 49 Prohibitions Relating to the Goal Crease

49.1 An attacking Player shall not be in their opponents' goal crease area, nor shall they touch any part of the cage with their body, at any time while the ball is live in their opponents' half of the field.

49.2 A goalkeeper or defending Player who is outside the goal crease area and who has the ball in their possession may not enter the goal crease area.

49.3 A Player who is in their goal crease area may not remain in the goal crease area with the ball in their possession for longer than 4 seconds. This shall be audibly and visually counted by the nearest Official as "1001, 1002, 1003, 1004".

If a Player tries to circumvent the 4-second rule by deliberately dropping the ball and then picking it up, then they will be assessed a technical foul.

49.4 For this section, a Player is considered to be within the goal crease area when any part of their body is touching the goal crease area, and they are considered to be outside the goal crease area when no part of their body is touching the goal crease area, and part of their body is touching the ground outside the goal crease area. The gloved hand is not considered part of the stick, whether or not it is holding the stick.

49.5 If a goalkeeper, who is outside their crease and who has the ball in their possession, throws or directs the ball into their crease, steps into the crease and picks the ball up, then this shall be a legal play and the count shall begin.

If the goalkeeper, having carried out the procedure outlined above, repeats the procedure before their opponents have had possession of the ball, then a technical foul has been committed by the goalkeeper.

AR 49.1 The Blue goalkeeper has the ball in their possession and only their rear foot is in the crease. They lift their rear foot momentarily, and then places it down within the crease.

RULING: Technical offence, as the goalkeeper is deemed to have left the crease when they have raised their foot, and they have then re-entered it.

AR 49.2 The Blue goalkeeper jumps to intercept a pass. They catch the ball, and land within the crease.

RULING: Legal play, as they are not considered to be out of the crease when in mid-air, as no part of their body is touching the ground outside the crease.

AR 49.3 The Blue goalkeeper makes a save and steps out of the crease. They are then legally body-checked back into the crease by a Red attacker.

RULING: Technical foul by the goalkeeper.

AR 49.4 A Blue attacker, attempting to pick up a loose ball, which is in the Red crease, touches the goal net and/or a pipe and/or the crease area with their stick.

RULING: Legal play.

AR 49.5 A Blue attacker runs towards the Red goal from behind that goal. As they near the crease, they launch themselves horizontally to the side of the goal. As their stick reaches a position in front of the goal line, they hit it against the pipe, thus causing the ball to enter the goal.

They do not touch the goalkeeper.

They do not touch the crease until the ball has passed through the plane of the goal.

RULING: Legal play. The goal stands.

AR 49.6 A Blue attacker, with the ball in their possession, is illegally pushed into the Red crease by a Red defender.

RULING: Immediate whistle, the Red defender serves penalty time, and Blue is awarded the ball.

AR 49.7 Blue is attacking. A Blue attacker, not in possession of the ball, is illegally pushed into the Red crease by a Red defender, and their position is such that they could interfere with the goalkeeper's play of the ball.

RULING: Immediate whistle, the Red defender serves penalty time, and Blue is awarded the ball.

AR 49.8 Blue is attacking. A Blue attacker, not in possession of the ball, is illegally pushed into the Red crease by a Red defender, but their position is such that they are not interfering with the goalkeeper's play of the ball.

RULING: The Official throws a flag and warns the Blue attacker to "Get out of the crease". If the attacker leaves the crease immediately, then play is allowed to carry on.

Otherwise, the whistle is blown, the Red Player serves penalty time, and Blue are awarded the ball.

AR 49.9 Blue is attacking. A Blue attacker, not in possession of the ball, is illegally pushed into the Red crease by a Red defender, but their position is such that they are not interfering with the goalkeeper's play of the ball.

The Official throws a flag and warns the Blue attacker to "Get out of the crease".

Before they are able to leave the crease, another Blue attacker scores.

RULING: No goal, as the attacker is touching the crease. The Red Player serves penalty time, and Blue are awarded the ball.

SECTION 9 TECHNICAL FOULS

Rule 50 The Penalty for Technical Fouls

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

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

50.2 If a technical foul occurs prior to the start of the game, or after the scoring of a goal or the end of a period, then their opponents are awarded the ball, as specified in Rule 34.1 iv).

If the technical foul occurs at some other time during the course of the game, but while the play is suspended, then the general rule rather than this exception shall apply.

Rule 51 The Nature of a Technical Foul

51.1 Technical fouls are those of a less serious kind.

Any breach of the rules of play as set forth in this section shall be a technical foul unless that breach is specifically listed as a personal or expulsion foul in Sections 10 or 11.

Some of the technical fouls that require definition are listed below, but this section is not intended to be comprehensive and all-inclusive.

Rule 52 Interference

52.1 A Player may not interfere in any manner with an opponent in an attempt to keep them from a loose ball except when both are within 9 feet (2.74 meters) of such loose ball.

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

52.3 A Player may not guard an opponent so closely as to prevent the opponent's free movement when the opponent is not in possession of the ball.

52.4 Nothing in this rule is intended to prohibit a legal offensive pick.

Rule 53 Pushing

53.1 A Player may not push an opponent with their stick. For the purpose of this rule, the gloved hand holding the stick shall not be considered part of the stick.

- 53.2 A Player may push an opponent with either closed gloved hand on the shaft of their stick or with either forearm, provided that the opponent has possession of the ball, or the opponent is within 9 feet (2.74 meters) of a loose ball, or the ball is in flight within 9 feet (2.74 meters) of the opponent.
- Both hands of the Player who is doing the pushing must be on their stick.
- The pushing must not be from the rear, it must not be below the hip and it must not be at or above the neck unless the pushed Player turns their back or jumps or moves in such a manner as to make what started as a legal push appear illegal.
- Pushing an opponent who is lying on the ground, or who is down on one or both knees, is illegal. Unnecessary roughness must not be used during a push.
- 53.3 Pushing from the rear is defined as exerting enough pressure to force an opponent to move in a direction other than that in which they intend to go or, if in the direction they intended to go, then at a greater speed than they intended.

Rule 54 Illegal Pick

- 54.1 No offensive Player shall move into and make contact with a defensive Player with the purpose of blocking that defensive Player from the man they are marking.
- Before the defensive Player makes any contact, the offensive Player must be stationary and motionless, and they must be standing in their normal stance.
- 54.2 No offensive Player shall hold their stick rigid or extend their stick rigid to impede the normal movement of a defender.

Rule 55 Holding

- 55.1 A Player shall not hold an opponent or an opponent's stick except as hereinafter permitted:
- i) A Player may hold off an opponent who is in possession of the ball or who is within 3 yards (2.74 meters) of a loose ball or who is within 3 yards (2.74 meters) of a ball in flight with either closed gloved hand on the shaft of their stick, or with either forearm. Both hands of the Player who is doing the holding must be on their stick.
 - ii) A Player in possession of the ball may protect their stick with their hand, arm, or other part of their body when an opponent makes a play to check their stick.
The hand, arm, or other part of their body may only be used to stop the stick check, and it must not be used to hold, push, or control the direction of the movement of the checker's stick or body
- 55.2 A Player may not hold an opponent's body, other than the gloved hand holding the stick, with their own stick. This includes holding an opponent with that portion of their stick that is between their hands.

55.3 A Player may hold an opponent's stick or an opponent's gloved hand holding their stick with their own stick or their own gloved hand holding their stick, provided that the opponent has possession of the ball, or the opponent is within 9 feet (2.74 meters) of a loose ball, or the ball is in flight within 9 feet (2.74 meters) of the opponent.

AR 55.1 A Red Player checks the stick, or the gloved hand holding the stick, of an opponent who is in possession of the ball.

The Red Player does not release their check but forces down their opponent's stick so that the ball becomes loose.

RULING: Legal play.

AR 55.2 A Red Player is about to pick up a loose ball.

An opponent traps the Red Player's stick or their gloved hand holding the stick, with their own stick or their own gloved hand holding the stick.

The ball is fewer than 9 feet (2.74 meters) from the Red stick.

RULING Legal play.

AR 55.3 A Red Player is about to pick up a loose ball.

An opponent lifts the Red Player's stick or their gloved hand holding the stick, with their own stick or their own gloved hand holding the stick.

The ball is fewer than 9 feet (2.74 meters) from the Red stick.

RULING Legal play.

AR 55.4 Red, at a face-off or a loose ball situation, covers the ball to draw it back.

Blue clamps on top of Red's stick and, therefore, on top of the ball "via" Red's stick.

RULING: Withholding by Blue. Red ball. No send-off.

AR 55.5 Red, at a face-off or a loose ball situation, gets their stick under the ball, so that Red's stick, still on or near the ground, has the ball in it.

Before Red can do anything else, Blue clamps on top of Red's stick and thus stops Red going anywhere.

RULING: Withholding by Blue, whether the ball is covered or not.

Red ball.

Blue serves 30 seconds for the technical foul.

Rule 56 Kicking an Opponent's Stick

56.1 A Player may not deliberately step on or kick the stick of an opponent.

Rule 57 Handling The Ball

57.1 A Player shall not touch the ball with their free hand while it is in play, except the goalkeeper in their crease as defined in Rule 48.1 i.

AR 57.1 RED shot on goal. RED attack deflects the ball with their free hand into the net.

RULING: Technical foul, Illegal touching of the ball, no goal.

AR 57.2 RED shot on goal. RED attack deflects the ball into the BLUE goal with their hand that is holding their stick.

RULING: Legal play, RED goal.

AR 57.3 The ball in flight or on the ground and RED touches the ball with their hand that is holding their stick.

RULING: Legal play.

Rule 58 Withholding the Ball from Play

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

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

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

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

58.3 A Player with the ball in their possession may not grasp any portion of the head of the stick with their hand so that it becomes more difficult for the opponent to dislodge the ball from the ball-carrier's stick.

58.4 If the ball becomes caught in any part of a Player's stick, then the Player is withholding the ball from play.

In such circumstances, an Official shall immediately blow their whistle and award the ball to the Player's opponents.

This rule also applies when a Player loses their stick, the stick lands on the ground, and the ball remains in or under the head of the stick.

This Rule shall not apply to the Designated Goalkeeper when they are within their goal crease.

If the ball becomes caught in the stick of the Designated Goalkeeper when they are within their goal crease, then the defensive Team shall be awarded the ball 20 yards (18.29 meters) laterally from the cage.

Rule 59 Illegal Actions with the Stick

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

59.2 No Player, other than the Designated Goalkeeper when they are in their crease, shall take part in the play of the game in any manner unless they are grasping their stick with at least one hand.

A goalkeeper who loses their stick when they are outside their crease must retrieve their stick before they can take any further part in the game.

No Player may play with a broken stick.

- 59.3 Players who are legally on the field of play may exchange sticks with each other.

If a Player who is on the field of play wishes to exchange their stick for another stick, which is not on the field of play, then the Player must come off the field of play before doing so.

The stick-exchange is thus legal if it is made when the Player is in their Bench Area or in the Special Substitution Area.

- 59.4 Should a Player lose their stick in any legal way so that repossession of their stick would cause them to violate a rule, then the “slow whistle technique” (Rule 82) shall be employed by the Officials, except that the signal flag is not thrown under these circumstances.

Should the stick be in the crease so as to possibly interfere with the goalkeeper’s play of an attempted shot at goal, then play shall be suspended immediately.

- AR 59.1 Red shoot, the shot goes wide and goes out-of-bounds.

The Blue goalie, without their stick, is inside their crease and is the nearest Player to the ball as it goes out-of-bounds.

RULING: The ball is awarded to Blue, as the goalie, inside their crease, is allowed to play without their stick.

- AR 59.2 Red shoot, the shot goes wide and goes out-of-bounds.

The Blue goalie, without their stick, is outside their crease and is the nearest Player to the ball as it goes out-of-bounds.

RULING: The ball is awarded to the Team of the next-nearest Player, as the goalie, without their stick, does not count as a Player for the purposes of the out-of-bounds call.

Rule 60 Illegal Actions by Team Officials

- 60.1 A Coach, trainer or another person officially connected with a Team shall not:

- a. i. Enter the field of play without the permission of an Official, except during a Team time-out or between periods.
- b. ii. Use artificial aids to communicate with Players on the field of play.
- c. iii. Leave the area on their bench’s side of the field between the special substitution area line and the imaginary extension of the goal area line.

- 60.2 This rule does not prohibit a Coach from communicating, from their bench area, with a Player who is on the field of play or in the penalty box.

Rule 61 Illegal Procedure

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

61.2 Leaving the penalty box before being authorized to do so by the Penalty Timekeeper is a foul. The offending Player shall be returned to the penalty box to serve out their unexpired time plus, if appropriate, any additional penalty as specified in Rule 50, The Penalty for Technical Fouls. During an authorized time-out or between periods, a Player may leave the penalty box, but they must return at the commencement of play to complete their suspension.

61.3 Delaying the game is a foul.

An individual Player is guilty of delaying the game if, during a stoppage in play, they bat, kick, or throw the ball away. In such a case, if a time penalty is to be served, then the individual concerned must serve it themselves.

At the discretion of the Officials, such conduct may be construed as unsportsmanlike conduct.

A Team is guilty of delaying the game when:

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

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

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

61.5 A Team which does not have the required number of Players in each designated area at the time the whistle is blown to start a center face-off has committed a technical foul. See Rules 34.7 and 34.9.

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

61.7 Failure to be at least 5 yards (4.57 meters) from an opponent or a Teammate having a free play is a technical foul.

61.8 Any breach of the rules relating to substitution as laid down in Rule 46 is a technical foul.

61.9 Any breach of the rules relating to the goal crease as laid down in Rule 49 is a technical foul.

61.10 Any breach of the rules relating to time-outs as laid down in Rule 44 is a technical foul.

- 61.11 It is a technical foul for a Team to have more than 10 Players (including Players in the penalty box) in the game at any time, except after the scoring of a goal, at the end of a period, and during a time-out of any kind.
- 61.12 It is a technical foul for a Team to have more Players than it should have on the actual field of play (excluding the penalty box) at any time, except after the scoring of a goal, at the end of a period, and during a time-out of any kind.
- 61.13 Only Coaches, up to a maximum number of four, are allowed in the Coaches' area, and it is thus a technical offence for more than four Coaches to be in the Coaches' area, except after the scoring of a goal, at the end of a period, and during a time-out of any kind.

It is a technical offence for a Player or substitute (other than a Player/Coach as specified in Rule 22.4) to enter the Coaches' area, except after the scoring of a goal, at the end of a period, and during a time-out of any kind.

- 61.14 It is a technical foul for a Team to have more than four long sticks, excluding the stick of the Designated Goalkeeper, on the field of play, excluding the penalty box and excluding the bench area, at any one time when the ball is live.
- 61.15 A Player entering or leaving the field of play must do so through the gate, except after the scoring of a goal, at the start or the end of a period and during a time-out of any kind. An exception to this rule shall be an injured Player, as specified in Rule 46.4 ii).
- 61.16 Unless they have been given permission to be elsewhere by an Official or the Chief Bench Official, a Player, substitute, non-playing member of a squad, Coach or anyone officially connected with a competing Team shall remain in their Team's bench area, except when they are legally on the field of play or legally in the special substitution area or legally in the penalty box.

This rule shall apply at all times, except during the half-time interval.

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

61.18 Over and Back

Once the ball is in the attack goal area, the ball shall not return to the defensive half of the field through actions of the offensive Team. If this occurs, it is an over and back violation. The result is an immediate turnover and a quick restart for the offended Team.

If the ball does not touch or go over the mid line, no infraction has occurred.

Defensive Players may legally bat the ball to keep it in the offensive half of the field, but if it is possessed and their feet are in the defensive half, it shall be a turnover.

An over and back violation does not occur in the following situations:

- i. A shot leaves the offensive half of the field.
- ii. A loose ball leaves the offensive half of the field and was last touched by the defensive Team.

- iii. A loose ball is leaving the offensive half of the field and the defense is called for a loose ball violation (play-on) or causes the ball to go out of bounds in the defensive half.

If an Over and Back violation occurs the result is an immediate turnover and a quick restart for the offended Team.

AR 61.1 Red is in possession and Blue has ten Players on the field.

A Blue Player enters the field illegally.

Realizing their error, they go back off the field, but their offence is spotted and a flag is thrown. As they are going to serve a penalty anyway, they re-enter the field and drops back into defense, thus committing a “second foul”.

Red does not score.

RULING: The Blue Player serves a 30 second penalty, as one Player cannot be guilty of causing too many Players twice in the same play.

RULING: Had a different Blue Player committed the second offence, then a second flag would have been thrown.

AR 61.2 Red 1 steps into their attack goal area with possession of the ball. Red 1 attempts to pass to Red 2,

but the ball is not caught and rolls toward the centerline. Red 3, who is standing in their defensive half, bats the ball, without gaining possession, preventing the ball from crossing the midline. Red 2 gains possession of the ball, which never crosses the centerline.

RULING: Legal, play continues.

Rule 62 Stalling

62.1 Any deliberate action on the part of a Team in possession of the ball to maintain possession of the ball outside the attack goal area by holding or passing the ball without reasonable effort to attack its opponents’ goal is a technical foul known as “stalling”.

62.2 A Team playing with fewer Players than its opponents due to penalties cannot be guilty of stalling.

62.3 A Team that has possession of the ball in their attack goal area cannot be guilty of stalling.

62.4 Where an Official feels that a Team in possession of the ball outside the attack goal area is not making a reasonable attempt to attack its opponents’ goal, then they shall ask that Team to **“Get it in”**; the Team must then carry or pass the ball into the attack goal area within a reasonable time.

Once the ball is in the attack goal area, then the Team in possession shall keep it in the attack goal area. If the ball subsequently leaves the stalling area (the attack goal area) before the defending Team has had possession of the ball, except as a result of a foul by the defending Team or a deflection by the defending Team or a shot, then the Team which has been asked to “Get it in” shall lose possession to their opponents.

62.5 Where an Official feels that a Team in possession of the ball inside the attack goal area is not making a reasonable attempt to attack its opponents' goal, then they shall ask that Team to **"Keep it in"**; the Team must then keep it in the attack goal area.

If the ball subsequently leaves the stalling area (the attack goal area) before the defending Team has had possession of the ball, except as a result of a foul by the defending Team or a deflection by the defending Team or a shot, then the Team, which has been asked to "Keep it in", shall lose possession to their opponents.

62.6 This rule shall not prevent a Team from employing a careful passing game for the purpose of maneuvering the opposing Team out of position.

62.7 A stalling warning ends when:

- i. The defensive Team gains possession of the ball; or
- ii. A goal is scored; or
- iii. A period ends resulting in a face-off.

AR 62.1 Red have been warned to "Get it in", but they have not yet done so.

A Red pass is missed, but they recover the ball before Blue gain possession of it.

RULING: The stalling warning is still in effect, and Red is again asked to "Get it in".

AR 62.2 Red have possession in the attack goal area, having been warned to "Get it in" or to "Keep it in". A Red pass is missed, but they recover the ball before it leaves the attack goal area, and before Blue gain possession of it.

RULING: The stalling warning is still in effect.

AR 62.3 Red have been warned to "Get it in", but they have not yet done so. Red immediately loses possession to Blue, but then regain the ball.

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

AR 62.4 Red have possession in the attack goal area, having been warned to "Get it in" or to "Keep it in". Red loses possession to Blue, but then regain the ball.

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

AR 62.5 Red have possession in the attack goal area, having been warned to "Get it in" or to "Keep it in". Red then takes a shot at goal.

RULING: If the ball goes out-of-bounds on the back line or on the sideline bounding the goal area, and Red are awarded possession, then the stalling warning is still in effect.

RULING: If the ball hits a pipe, and goes out-of-bounds beyond the goal area line, then no foul has been committed.

If Red are awarded the ball, then the stalling warning is still in effect.

RULING: If the ball hits a pipe and becomes loose in the goal area, and Red recover possession, then the stalling warning is still in effect.

RULING: If the ball hits a pipe and rebounds over the goal area line, then no foul has been committed. If Red gain possession of the resulting loose ball, then the stalling warning is still in effect.

AR 62.6 Red have possession in the attack goal area, having been warned to “Get it in” or to “Keep it in”. The man in possession then steps on or beyond a line bounding the attack goal area, is legally forced out of that area, or passes the ball out of play.

RULING: The ball is awarded to Blue.

AR 62.7 Red have possession in the attack goal area, having been warned to “Get it in” or to “Keep it in”. The man in possession then passes it out of the attack goal area into the midfield.

RULING: If Blue gain possession of a resulting loose ball, then play is allowed to continue. Otherwise, the ball is awarded to Blue at the point of the infraction.

AR 62.8 Red have possession in the attack goal area, having been warned to “Get it in” or to “Keep it in”. The man with the ball is illegally forced out of play over a boundary line.

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

AR 62.9 Red have possession in the attack goal area, having been warned to “Get it in” or to “Keep it in”. The man with the ball is illegally forced out of the attack goal area and into the central zone.

RULING: A flag is thrown, and the stalling warning is repeated.

AR 62.10 Red has possession in the attack goal area, having been warned to “Get it in” or to “Keep it in”. A pass is deflected by a Blue Player and goes out of play.

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

AR 62.11 Red has possession in the attack goal area, having been warned to “Get it in” or to “Keep it in”. A pass is deflected by a Blue Player and goes out of the attack goal area into the midfield.

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

Rule 63 Illegal Stick

63.1 Should it come to the attention of an Official that a Player is using a stick (other than trick construction or stringing) which is illegal under the provisions of Rules 15 or 16, then the Official shall inflict a technical penalty on that Player and they shall demand that the Player adjust the stick to conform to specification or exchange it for another.

- 63.2 For a second violation against the same Player, the Official shall inflict a technical penalty and place the illegal stick into the custody of the official Scorer for the remainder of the game.
- 63.3 If, as a Player shoots, passes the ball, attempts to play an opponent or attempts to play a loose ball or a ball in flight, the head of their stick comes off, then that Player has committed the technical foul of using an illegal stick.

Rule 64 Illegal Equipment

- 64.1 Should it come to the attention of an Official that a Player is wearing equipment or jewelry that is illegal under the provisions of Rules 17 or 18, then the Official shall demand that the Player conform to specification.
- The first such occurrence by a Player shall not constitute a technical foul.
- Should the Player fail to conform to specification, then they shall be compelled to withdraw from the game until such time as they have complied with the regulations governing equipment, a substitute being allowed for them immediately.
- 64.2 For a second violation by the same Player, the Official shall inflict a technical penalty, and they shall be compelled to withdraw from the game until such time as they have complied with the regulations.

Rule 65 Offside

- 65.1 A Team is offside when it has no more than 10 Players on the field, including Players in the penalty box, and:
- i. It has more than six (6) Players, including Players in the penalty box, in their attack half of the field (between the centerline and the end line); or
 - ii. It has more than seven (7) Players, including Players in the penalty box in their defensive half of the field (between the centerline and the end line).

When 4 or more Players from one Team are in the penalty box at the same time, then that Team is required to have 3 Players in its attack half of the field and the remainder of its Players in its defensive half of the field at all times.

- 65.2 Except in cases where a goal is scored, when one or both Teams are offside the following rules shall apply:
- i. When only one Team is offside, a technical penalty shall be inflicted in accordance with Rule 50.
 - ii. Where both Teams are offside, and one of the Teams has possession of the ball, the Teams shall be placed on-side, and play resumes with the Team that had possession of the ball retaining possession.
 - iii. Where both Teams are offside, and neither Team has possession of the ball, the Teams shall be placed on-side, and the ball shall be faced at the place where it was when the whistle went.

65.3 The following rules shall apply when one or both Teams are offside at the time a goal is scored:

- i. When only the defending Team is offside, then the goal shall stand, and no penalty shall be inflicted.
- ii. When only the attacking Team is offside, the goal shall not stand, and the ball shall be awarded to any member of the defensive Team 18 meters (20 yards) laterally from the cage.
- iii. When both Teams are offside, the goal shall not stand, and the ball shall be faced 18 meters (20 yards) laterally from the cage.

65.4 The following exceptions shall apply to the foregoing rules concerning offside:

- i. When 3 or more Players from one Team are in the penalty box at the same time, a Player may come out of their defense goal area to take the face-off, but they must obey the offside rule.
- ii. Deleted, 2014 World Lacrosse General Assembly, Denver, Colorado.

65.5 When determining whether a Team is offside, a Player whose body, including a gloved hand on the stick but not including the stick itself, touches or steps on or across the center line is considered to have entered that half of the field.

AR 65.1 A Blue Player breaks over the centerline and two Red Players go offside whilst chasing them.

RULING: The slow whistle technique is applied.

If a goal is scored by Blue, then no penalty time is served as the goal cancels the technical offences.

If no goal is scored, then both Red Players serve 30 seconds.

AR 65.2 The ball is loose near the centerline, and a Blue Player legally body-checks a Red Player causing them to go offside.

RULING: Unless a Play-on, Rule 83, is invoked, the ball is awarded to Blue.

AR 65.3 The ball is loose near the centerline, and a Blue Player illegally pushes a Red Player causing them to go offside.

RULING: Unless a Play-on, Rule 83, is invoked, the ball is awarded to Red and no penalty is inflicted on the Blue Player unless the pushing is violent or excessive, in which case a personal foul is imposed.

AR 65.4 A Blue Player is trying to prevent themselves from going offside. They keep both their feet in the required half of the field, but then falls over the centerline. Their gloves, still wrapped around their stick, touch the other half of the field.

RULING: As the gloved hand holding the stick is not considered part of the stick for the purposes of the offside rules, they are offside.

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

AR 65.5 Red are in possession. A Blue attacker goes offside. Realizing their error, they go “back on-side”, but their offence is spotted and a flag is thrown.

As they are going to serve a penalty anyway, they then drop back into defense, thus “going offside again”. Red does not score.

RULING: The Blue Player serves a 30 second penalty, as one Player cannot be offside twice in the same play.

RULING: Had a different Blue Player committed the second offside, then a second flag would have been thrown.

AR 65.6 Red have three Players in the penalty box. They are required to keep no more than six (6) Players including those in the penalty box in their attack half, and no more than seven (7) Players including those in the penalty box in their defense half.

A center face-off is required, and the gloves of the Player facing-off thus touch the centerline.

RULING: A RED Player from the defensive goal area shall take the center face-off. While the Red face-off Player is still down in the face-off position, they will be deemed to be on-side despite their gloves’ touching the centerline.

If any other part of their body touches the line, then they are offside.

If their gloves touch the line after they are out of the face-off position, then they are offside.

Rule 66 Thrusting Stick at the Face of an Opponent

66.1 A Player shall not push, thrust, or flick their stick at the face of an opponent.

Rule 67 Lateness

67.1 When a Team fails to appear on the field ready to play at the appointed time for the start of a match, then that team has committed a technical foul.

SECTION 10 PERSONAL FOULS

Rule 68 The Penalty for a Personal Foul

68.1 The penalty for a personal foul shall be suspension from the game for a period of 1, 2 or 3 minutes, depending upon the Officials' diagnosis of the severity and intention of the foul. The ball shall normally be given to the Team that has been fouled.

If the foul occurs prior to the start of the game, or after the scoring of a goal or the end of a period, then the ball shall be awarded to the opponents of the offending Team at the center of the field.

Rule 69 The Nature Of a Personal Foul

69.1 Personal fouls are those of a more serious kind.

Any breach of the rules of play as set forth in this section shall be a personal foul.

Rule 70 Illegal Body-Check

70.1 A body-check, of an opponent who is not in possession of the ball, or within 9 feet (2.74 meters) of a loose ball or within 9 feet (2.74 meters) of a ball in flight, is illegal.

70.2 An avoidable body-check of an opponent after they have thrown the ball is illegal.

70.3 A body-check of an opponent in which initial contact is from the rear, below the hip, or at or above the neck is illegal, unless the Player body-checked turns their back or jumps or moves in such a manner as to make what started as a legal body-check appear illegal.

70.4 When a Player uses their arms in a body-check, then they must be kept below the shoulders of the opponent throughout the entire body-check, and both hands must remain in contact with the stick.

70.5 Blocking an opponent with the head, known as spearing, is illegal.

70.6 Body-checking an opponent who is lying on the ground, or who is down on one or both knees, is illegal.

Rule 71 Slashing

71.1 Under no circumstances shall a Player swing their stick at an opponent's stick with deliberate viciousness or reckless abandon, and a foul is committed in such circumstances whether or not the opponent's stick or body is struck.

71.2 A strike by the stick on the helmet or neck of an opponent is illegal, except when done by a Player in the act of passing or shooting.

71.3 A Player shall not strike any part of the body of an opponent, other than the gloved hand holding the stick, in an attempt to dislodge the ball from their opponent's stick, but a check shall not be declared illegal if, in an attempt to protect their stick, the Player in possession uses some part of their body, other than their head or neck, to ward off the thrust of the defensive Player's stick and, as a result, the defensive Player's stick strikes some part of the attacking Player's body other than their head or neck.

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

AR 71.1 A Player is in the act of passing or shooting and, in their legitimate follow-through motion, strikes an opponent on the head.

RULING: No foul.

Rule 72 Cross Check

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

Rule 73 Tripping

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

Rule 74 Unnecessary Roughness

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

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

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

Rule 75 Unsportsmanlike Conduct

75.1 No Player, substitute, non-playing member of a squad, Coach or anyone officially connected with a competing Team shall:

- i. Enter into argument with an Official as to any decision which they have made.
- ii. In any way attempt to influence the decision of an Official.
- iii. Use threatening, profane or obscene language or gestures to an Official or to any member of the opposing squad.
- iv. Commit any act considered unsportsmanlike by the Officials.
- v. Repeatedly commit the same technical foul.
- vi. Deliberately use the hand or fingers to play the ball or interfere with the opponent's stick at the face-off. (See Rule 34.4 and ARs 34.22, 34.23, and 34.24)

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

75.3 No Player or substitute shall use a stick with trick construction or stringing which an opponent designs to hold the ball and to retard the normal and free dislodgement of the ball. This shall include the dimensions of the stick, as specified in Rule 15.

No Player shall use a stick that is constructed or strung or tampered with so as to confuse an opponent into believing that the ball is in the stick when it is not, or that the ball is not in the stick when it is.

A Player using such a stick shall be given a 3-minute penalty, and the stick shall be placed in the custody of the official Scorer for the remainder of the game.

If a Player whose stick is to be the subject of a legally requested stick-check or a Teammate or any member of their squad, Coach or anyone officially connected with the Team touches the head or the stringing of the stick or carries out any action which is an attempt to circumvent the stick-check or an attempt to alter the result of the stick-check, prior to the stick check's being carried out, then each of those involved shall be given a 3-minute penalty.

- 75.4 A Team, which repeatedly abuses Rule 34 by breaking from a restricted zone at a center face-off, shall be guilty of unsportsmanlike conduct.
- 75.5 A Team, which repeatedly abuses Rule 34.1 iii) by delaying the game at a face-off may be guilty of unsportsmanlike conduct.

Rule 76 Player Committing 5 Personal Fouls

- 76.1 Any Player committing 5 personal fouls shall be "fouled-out" of the game and shall not be allowed to take any further part in it.
- 76.2 A substitute for such a Player shall be allowed to enter the game at such a time, as the fouled-out Player would have been permitted to re-enter the game had they not committed 5 personal fouls.

SECTION 11 EXPULSION FOULS

Rule 77 The Penalty for an Expulsion Foul

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

77.2 In the case of an expulsion foul against a Player or a substitute, the In-home of the offending Team shall be suspended from the game for 3 minutes plus any other penalty time which the expelled Player has incurred, and the In-home must remain in the penalty box for the entire 3 minutes plus any other penalty time which the expelled Player has incurred.

A substitution may be made after a lapse of 3 minutes plus any other penalty time that the expelled Player has incurred.

It is highly recommended that the expelled Player remain in their Team's bench area. But, whether they do so or not, they will still be considered under the supervision of their Team's Coaches until the end of the game.

77.3 In the case of an expulsion foul against a Coach, non-playing member of a squad, or someone officially connected with a Team, the In-home of the offending Team shall be suspended from the game for 3 minutes, plus any other penalty time which the expelled Coach, non-playing member of a squad, or someone officially connected with a Team has incurred, and the In-home must remain in the penalty box for the entire 3 minutes plus any other penalty time which the expelled Coach, non-playing member of a squad, or someone officially connected with a Team has incurred.

A substitution may be made after a lapse of 3 minutes plus any other penalty time which the expelled Coach, non-playing member of a squad, or someone officially connected with a Team has incurred.

It is highly recommended that the expelled squad-member remain in their Team's bench area. But, whether they do so or not, they will still be considered under the supervision of their Team's Coaches until the end of the game.

77.4 If a Player, substitute, Coach, trainer, non-playing member of a squad or any other person officially connected with a Team commits an expulsion foul, then the Official-in-chief of the tournament shall report the incident in writing to the body controlling the game immediately after the end of the game.

Where there is no Official-in-chief, the game's head Official shall write the report.

The report shall indicate either that it is considered that the expulsion is sufficient punishment for the person concerned or that it is considered that further action needs to be taken.

The incident shall then be dealt with under the relevant laws and/or bylaws of the governing body.

Rule 78 The Nature of an Expulsion Foul

- 78.1 The act of deliberately striking or attempting to strike an opponent, a non-playing member of the opponents' squad, a Coach, a spectator, or anyone controlling the play of the game with the hand, stick, ball or otherwise by a Player, a substitute, a non-playing member of a squad, a Coach or anyone officially connected with a Team may be an expulsion foul.
- 78.2 Where the Officials have "frozen" the benches, because a fight has occurred on the field of play, or for any other reason, by indicating to the Team personnel who are on the benches that they should remain there, then any Team personnel pushing past an Official to join in a fight, or leaving their designated bench area, **MUST** be expelled from the game. An exception to this shall be a member of a Team's medical staff who leaves their Team's designated bench area to attend to an injured member of their squad.
- 78.3 Where two Players from competing Teams are fighting and a third participant enters the altercation, then the third participant into the altercation may be expelled from the game.
- 78.4 Refusal to accept the authority of the Officials, or the use of threatening, foul or abusive language or gestures, or flagrant misconduct may be an expulsion foul.

SECTION 12 EXECUTION OF PENALTIES

Rule 79 Player Committing Foul

79.1 Deleted World Lacrosse Postal Vote - January 2021

79.2 In the case of a time penalty, the time refers to the time for which the Player will be off the field and out of the game. The timing of a penalty will begin when the penalized Player sits down on one of the seats in the penalty box, or when the whistle blows to re-start play, whichever is the later.

If there are no empty seats left in the relevant penalty box, then the penalized Player should kneel on one knee beside the seats.

79.3 **If a penalized Player is going to re-enter the game themselves when their penalty time has expired, then they should spend the whole of the penalty time on the seat. A Player who is about to enter the field must give way in the special substitution area to a Player who is leaving the field.**

79.4 If a substitute is to replace the penalized Player when the penalty time has expired, then the penalized Player should spend the whole of the penalty time on the seat. **The substitute for the penalized Player may not enter the special substitution area until the whole of the penalized Player's penalty time is served.** The penalized Player should then return to their Players' bench.

79.5 Penalty time will only be served during normal playing time.

Stoppages in play for all time-outs will also temporarily interrupt penalty time.

During an authorized time-out, or between periods, a penalized Player may leave the penalty box, but they must return at the commencement of play to complete their suspension.

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

79.7 If a goalkeeper commits a time-serve penalty, then the Officials shall call a 30-second time-out to allow for their substitution.

AR 79.1 A Player is serving 30 seconds for a hold and a further minute for a slash: the fouls were committed in that sequence.

The opposition score 15 seconds into their penalty.

RULING: The remainder of the technical penalty is wiped out by the goal, and so they have 1 minute to serve from the time the goal is scored.

AR 79.2 As above, but the slash preceded the hold.

RULING: The whole of the technical penalty is wiped out by the goal, and so the Player has 45 seconds to serve from the time the goal is scored.

AR 79.3 A Red Player is serving a 30-second penalty for a technical foul.
Blue score.

After the goal, it becomes apparent that, prior to the scoring of the goal, the Red Player had reentered the game before the expiration of their penalty and that it was the Red Player's fault.

RULING: The remainder of the original technical penalty is wiped out by the goal and the Red Player does not serve a penalty for their premature re-entry, as this technical foul was prior to the scoring of a goal by their opponents.

AR79.4 A substitute moves into the Special Substitution Area to replace an on-field player. Prior to the on-field player leaving the field of play through the Special Substitution Area, the substitute runs on when the Penalized Players penalty time is released.

RULING: Illegal Procedure, technical penalty, for entering the Special Substitution Area before the penalty had been released.

Rule 80 Re-Starting Play after a Penalty

80.1 When a penalty occurs in the offended Team's defensive half of the field and penalty time is to be served, the ball shall be awarded to any Player of the offended Team on the offensive side of the centerline. Must be at least 5 yards (4.57 meters) from the gate (see Rule 40.5).

80.2 In all other cases, the ball shall be awarded to any Player of the offended Team at the point where the ball was when play was suspended, the exceptions being as follows:

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

80.3 If a goal is scored during a slow whistle play for a technical foul, then no penalty is given.

If a goal is not scored during a slow whistle play, then a time penalty is given, and the ball is awarded to the attacking Team at the place where it was when play was suspended, subject to Rule 80.2 i) being followed.

Rule 81 Simultaneous Fouls

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

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

- i. All fouls being technical, the fouls cancel, and the Team in possession at the time of the first simultaneous foul retains possession where the ball was when the whistle sounded. If no Team is in possession at the time of the first simultaneous foul, the ball is faced where it was when the whistle sounded or, if it was during a center face-off, prior to “Possession” or “Free ball”, re-faced at the center of the field with the same restrictions as the original face-off.
- ii. If at least one of the fouls is a personal foul, then penalty time shall be served for all the fouls, and the following rules shall apply:
 - If one Team incurs more total penalty time than the other, then the Team with the lesser total penalty time shall be awarded the ball.
 - If the total penalty times are equal, then the Team in possession of the ball at the time of the first simultaneous foul shall retain possession of it.
 - If the total penalty times are equal, and neither Team has possession of the ball at the time of the first simultaneous foul, then the ball shall be faced where it was when the whistle blew or, if it was during a center face-off, prior to “Possession” or “Free ball”, re-faced at the center of the field with the same restrictions as the original face-off.
- iii. For the purpose of totaling penalty time in the case of simultaneous fouls, an expulsion foul shall count as a 3-minute penalty.
- iv. There shall be no free clear after simultaneous fouls.

AR 81.1 Blue are attacking and a flag is down for a technical foul. A Blue Player then commits a crease offence.

RULING: Play is suspended when the crease offence is committed. The two technical fouls cancel, no penalty time is served, and Blue retains possession of the ball.

AR 81.2 Two Red Players go offside, and flags are thrown. A Blue Player in possession of the ball then commits a technical offence.

RULING: Play is suspended when the Blue Player commits the technical offence. All three simultaneous technical fouls cancel, and no penalty time is served. The ball is awarded to Blue, who had possession.

AR 81.3 Blue are attacking and a flag is down for a personal foul. A Blue Player then commits a crease offence.

RULING: Play is suspended when the crease offence is committed. Both Players serve penalty time. Blue are awarded possession as they have less total penalty time.

AR 81.4 Two Red Players go offside, and flags are thrown.

A Blue Player in possession of the ball then commits a personal offence.

RULING: Play is suspended when the Blue Player commits the personal offence.

All three Players serve penalty time, and the ball is awarded to the Team with less total penalty time.

If the total penalty times are equal, then Blue retain possession.

AR 81.5 A Red Player has just entered the penalty box to serve 30 seconds for a technical offence.

Before play restarts, however, a Blue Player, substitute, or Coach commits a technical offence.

RULING: The fouls are simultaneous technical fouls, and thus cancel out. The Red Player returns to the game immediately.

AR 81.6 A Blue defender holds a Red attacker, who has the ball in their possession, and a flag is thrown. The Red Player then scores and, immediately after the goal, they retaliate against the Blue defender who held them.

RULING: The fouls are not simultaneous, as they are separated by a goal.

The Blue Player's technical foul is wiped out.

The Red Player serves penalty time for their personal foul.

The ball is awarded to Blue at the center.

Rule 82 The Slow Whistle Technique

82.1 If a defending Player commits a foul, and the attacking Team has possession of the ball at the time that the foul occurs, and in the opinion of the Official a scoring play is imminent, and the act of fouling does not cause the attacking Player who is in possession to lose the ball, then the Official must throw a signal flag and withhold their whistle until such time as the scoring play has been completed.

82.2 The scoring play is considered completed when:

- i. The attacking Team has lost possession of the ball or has taken a shot which has ended as defined in rule 82.5; or
- ii. The attacking Team has clearly lost the opportunity of scoring a goal on the initial scoring play; or
- iii. In the case of the flag being thrown when the ball is in front of the defending Team's goal, the attacking Team, having caused the ball to go behind the goal, and having then brought it to the front of the goal, cause it to go behind their opponents' goal again; or
- iv. In the case of the flag being thrown when the ball is behind the defending Team's goal, the attacking Team, having brought the ball to the front of the goal, cause it to go behind the goal again; or

- v. The attacking Team, having had possession in their attack goal area, brings it out of their attack goal area.
- 82.3 The slow whistle technique shall be employed whether or not the foul is committed against the Player in possession of the ball.
- 82.4 A pass is a movement of the ball caused by a Player in control throwing or bouncing or rolling the ball to a Teammate.
- 82.5 During a slow whistle situation, a shot remains a shot until:
- i. It is clearly obvious that a goal will not be scored; or
 - ii. Added impetus is given to the ball by any member of the attacking Team; or
 - iii. Possession is gained by a member of the defending Team; or
 - iv. After hitting the goalkeeper and/or the pipe(s), the ball touches any Player of the attacking Team, or any Player of the defensive Team who is outside the goal crease; at such time the ball shall be declared dead immediately.
- 82.6 At the time of an inadvertent whistle, play must be stopped immediately. In the case of an inadvertent flag, officials will stop play at the earliest opportunity that does not interfere with an imminent scoring opportunity. Possession shall be awarded as follows:
- i. For an inadvertent whistle, a team with, or entitled to, possession at the time of the whistle shall restart play with possession. If neither team has or is entitled to possession at the time of the whistle, the ball shall be faced.
 - ii. If Play continues after an inadvertent flag or horn and:
 - a. A goal is scored, play will be restarted with a center faceoff; or
 - b. The ball shall be awarded to the Team **that had possession when the inadvertent flag was thrown.**

AR 82.1 A Red Player shoots at goal during a slow whistle play. The ball is deflected by a Teammate and enters the goal.

RULING: Goal, as no added impetus is given to the ball.

AR 82.2 A Red Player shoots at the goal during a slow whistle play, and an Official shouts "Shot". Another Red Player, standing in front of the goal, catches the ball, shoots, and scores.

RULING: Goal, as what was thought to be a shot turned out to be a pass.

AR 82.3 RED Player shoots at the goal during a slow whistle play. The shot hits the BLUE goalkeeper, deflects and touches a BLUE defender, who is standing within the crease. The ball goes in the net and breaks the plane of the goal.

RULING: Goal, as the shot remained a shot. The ball, after hitting the goalkeeper did not touch an attacking Player and did not touch a defensive Player standing outside of the goal crease, therefore the shot remained a shot and the goal counts.

- 83.1 Where a Player commits a loose-ball technical foul, and the offended Team may be disadvantaged by the immediate suspension of play, then the Official shall visually and verbally signal “Play-on”, and they shall withhold their whistle until such time as the situation involving the potential advantage has been completed, as follows:
- i. If the offended Team gains possession of the ball, then the play-on situation has lapsed, and the Official will cease to signal.
 - ii. If the offending Team gains possession of the ball, then the whistle sounds, and the offended Team is awarded the ball.
 - iii. If the offended Team commits a foul, then the whistle blows, and the usual simultaneous fouls rules apply.
- 83.2 If the offending Team commits a second foul during a play-on, then the following rules shall apply:
- i. If the second foul is a technical foul, then a further play-on is called.
 - If the offended Team gains possession of the ball, then the play-on situation has lapsed, and the Official will cease to signal.
 - If the offending Team gains possession of the ball, then the whistle sounds, and the offended Team is awarded the ball.
 - No send-off.
 - ii) If the second foul is a personal foul, then the Official stops the play immediately. Penalty time is served only for the personal foul.

SECTION 13 SPECIAL SITUATIONS

Rule 84 Special Situations

- 84.1 Where an Official is called upon to impose a penalty against a Team where no definite Player is involved, or where the penalty is against someone other than a Player in the game, a Player in the penalty box, or a Player in the bench area, then they shall impose the suspension upon the In-home. If multiple fouls of this type occur, then the penalties shall be imposed against additional Players, who may be any member of the squad and shall be nominated by the Head Coach of the penalized Team.
- 84.2 Where the person committing the foul is a Player in the bench area or a Player in the penalty box, then the foul shall be assessed against them so far as the record is concerned, and they must serve the penalty themselves.
- 84.3 If the ball becomes caught in a Player's uniform or equipment, other than their stick, then play shall be suspended immediately, and the ball shall be faced.
- 84.4 Rule 84.3 shall not apply to the Designated Goalkeeper when they are within their goal crease. If, in such circumstances, the ball becomes caught in the stick, clothing or equipment of the Designated Goalkeeper, then the defensive Team shall be awarded the ball 20 yards (18.29 meters) laterally from the cage.
- 84.5 Should the ball become stuck in the mud within the goal crease, the ball shall be awarded to the defensive Team 20 yards (18.29 meters) laterally from the cage.
- 84.6 Should the ball become ensnared in the goal netting, time shall be suspended by the Officials and the ball shall be awarded to the defensive Team 20 yards (18.29 meters) laterally from the cage.
- 84.7 In the case of a dispute, the visiting Team is the first out of the changing rooms.

AR 84.1 A one-minute penalty for Unsportsmanlike Conduct is inflicted on the Blue Coach.

The Blue In-home is sent to the penalty box and the whistle is blown to re-start play.

A further one-minute penalty for Unsportsmanlike Conduct is then inflicted on the Blue Coach.

RULING: Another Player, who may be any member of the Blue squad, serves the second penalty.

AR 84.2 A one-minute penalty for Unsportsmanlike Conduct is inflicted on the Blue Coach.

The Blue In-home is either moving into the penalty box or they have already reached the penalty box, but the whistle has not yet blown to re-start play.

A further one-minute penalty for Unsportsmanlike Conduct is then inflicted on the Blue Coach.

RULING: The second penalty is served by the In-home, so that they serve two penalties for Unsportsmanlike Conduct.

Appendices

APPENDIX A - GLOSSARY OF TERMS

APPENDIX B - OFFICIALS SIGNALS

APPENDIX C - LACROSSE GOALS & NETS

APPENDIX D - MEN'S LACROSSE STICKS

APPENDIX E - LACROSSE FIELD DIAGRAM

APPENDIX F - DOCUMENT HISTORY & DOCUMENT FORMATTING GUIDE


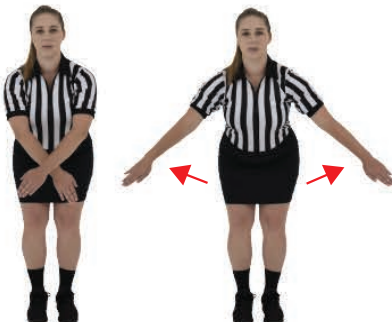




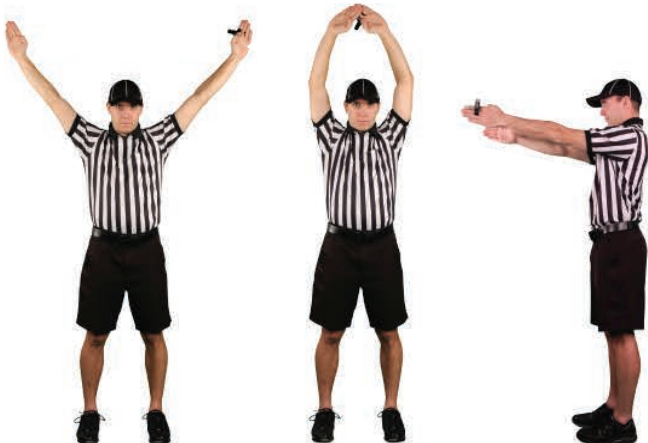

Appendix A - Glossary of Terms

Term	Description
Attack Goal Area	The forward quarter of the field where the goal that is being attacked is located, defined by a restraining line 30 meters from the end line boundary.
Clearing Team	The Team attempting to move the ball from the defensive end of the field to its offensive end.
Crease	The circle in the attack Goal Area where the Goals are set and where the Goalkeeper has certain privileges that exist only when they are within the crease.
Dead Ball	Status of the ball after any stoppage until play has been resumed.
Designated Defender	Serves penalty time for all the fouls of the Goalkeeper, except expulsion.
Down	The official's instruction to the face-off players to crouch or kneel down into position to get ready for the face-off.
Face-Off	How the game is started at the beginning of each period of play and restarted after every goal, unless there were penalties involved.
Free Ball	Verbal Indication that an un-possessioned loose ball from a face-off has crossed the Attack Goal Area Restraining line, releasing all players from restricted areas.
Free Clear	Where a riding team fouls the clearing team in the clearing team's defensive half of the field and a time serving penalty is awarded. The clearing team can take the ball over the centerline before play is restarted.
Free Play	The awarding of the ball to a team and the restart of play.
Flag Down	Verbal indication from an official that they or their colleague have initiated the Slow Whistle Technique and have or will throw a penalty flag.
Gate	Where the Substitution Area meets the centerline on the bench side of the playing field. The only place where players can substitute while the game is being played.
Goal Line Extended (GLE)	Imaginary line running through the goal line and extending from sideline to sideline.
Ground Ball	A loose ball that is on the ground and can be played.
In-Home	Any Player except the Goalkeeper designated by the Head Coach that will serve penalties against their Team that are not assigned to a specific Player or any time serving fouls called against the Coaching staff.
Interference	The obstruction or impeding of an opposition team player who is defending the player in possession of the ball, or who is trying to gain possession of the ball but is greater than 9 feet (2.74m) from the ball. Also, a Technical penalty on an attacking player for touching the goalkeeper while they are in the Goal Crease.
Live Ball	Status of the ball while it can be legally played. During any stoppage in play a live ball becomes a dead ball.
Loose Ball	A ball that is not in possession of any Player.

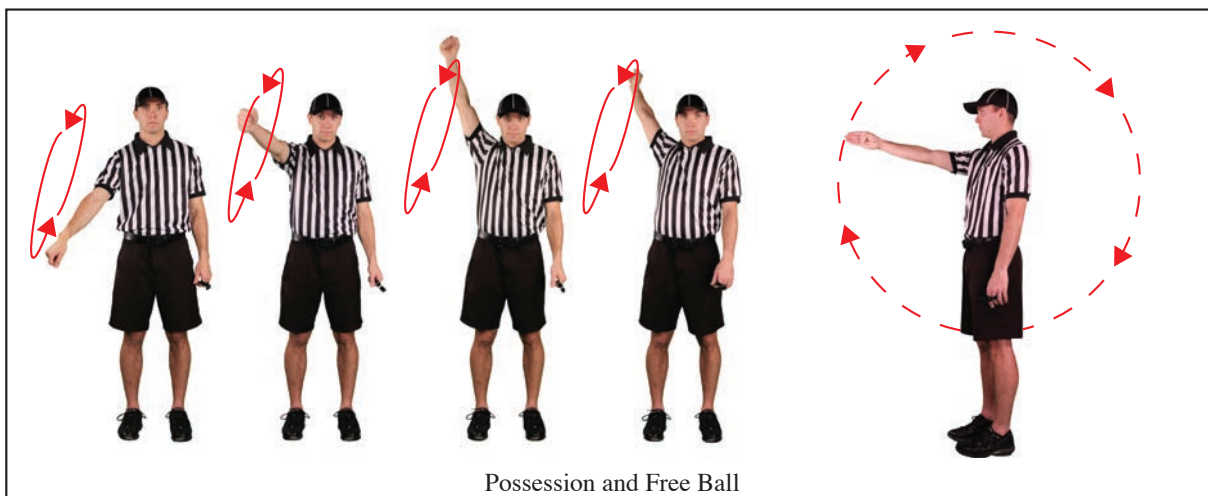
Term	Description
Moving Pick	As per 'Pick' below, but where the player setting the Pick is moving. Like Interference, a Technical Foul.
Offside	Too many players from a team in either their Attack or Defensive half of the field.
Over and Back	Where an attacking team causes the ball to go back over the centerline after they have taken it into the Attack Goal Area.
Overtime	When the scores are equal at the end of the 4 th period of normal play, 4-minute periods of Sudden Victory overtime will be played until a winning goal is scored.
Pick	A pick is where a Player sets their feet before contact is made by the opposition Player to legally block their path. The picking Player must stand in a normal posture and be motionless when the defender runs into them.
Play-On	A mechanic used to indicate a loose ball technical violation and some violations concerning the crease area and Goalkeeper interference.
Player Possession	When a Player has control of the ball in their Stick so that they can perform any of the normal functions of control, such as carrying, cradling, passing or shooting.
Possession	Verbal and physical indication that a player has gained possession of the ball from a face-off, releasing all players from restricted areas.
Riding Team	During a clear attempt, the Team not in possession of the ball.
Running Clock	The continuous countdown of game time and penalty time when the game is not in Stop Clock time.
Set	The officials command to the face-off players that they cannot move their hands or sticks until the whistle is blown to start the face-off contest for the ball.
Shot	Verbal call from an official that the ball has been shot at goal and that if it missed and goes out of bounds, the nearest player to where/when it went out will get the ball.
Simultaneous Fouls	Where each team fouls the other in play uninterrupted by a goal, end of a period, or a whistle to restart play. If one foul is personal, they all serve. No Free Clear.
Slow Whistle	A procedure used when there is a delayed penalty to allow the non-offending Team the opportunity to take a shot on goal prior to the Official blowing play dead.
Stop Clock Time	All penalty and game clocks stop and restart on an official's whistle during the last 30 seconds of the 1 st , 2 nd and 3 rd periods and the last 2 minutes of the 4 th period, and all overtime periods.
Team Possession	For the purposes of deciding which team may start the next period with the ball, or for calling a Team Time Out, when the ball is being passed from one team member to another, they are deemed to be in possession of the ball.
Time Out	A break in the flow of play that can be called by certain team personnel under specific situations, or by the officials.

Appendix B - Officials Signals

Procedural Signals

 <p>Goal Scored</p>	 <p>No Goal</p>	 <p>Simultaneous Fouls</p>
 <p>Ball was Loose</p>	 <p>Official's Timeout</p> 	
 <p>Team Timeout</p>		 <p>Play On</p>

 <p>Goal Crease Count</p>	 <p>Direction of Play Note: Either signal is acceptable, depending on the body position of the official</p>	 <p>Technical Foul - 30 Seconds</p>
 <p>1 Minute Penalty</p>	 <p>2 Minute Penalty</p>	 <p>3 Minute Penalty</p>
 <p>Inadvertent Whistle</p>	 <p>Inadvertent Flag</p>	 <p>Expulsion</p>



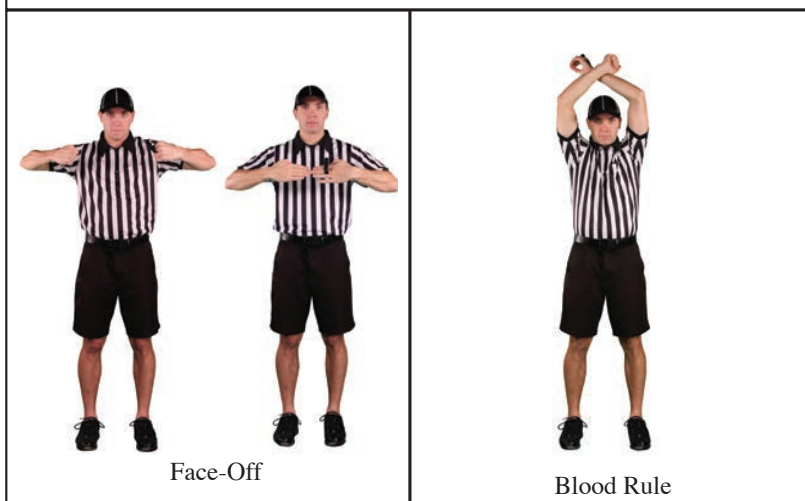
Possession and Free Ball



Ball Entering the Attack Area

Ball Entered the Attack Area









Over and Back

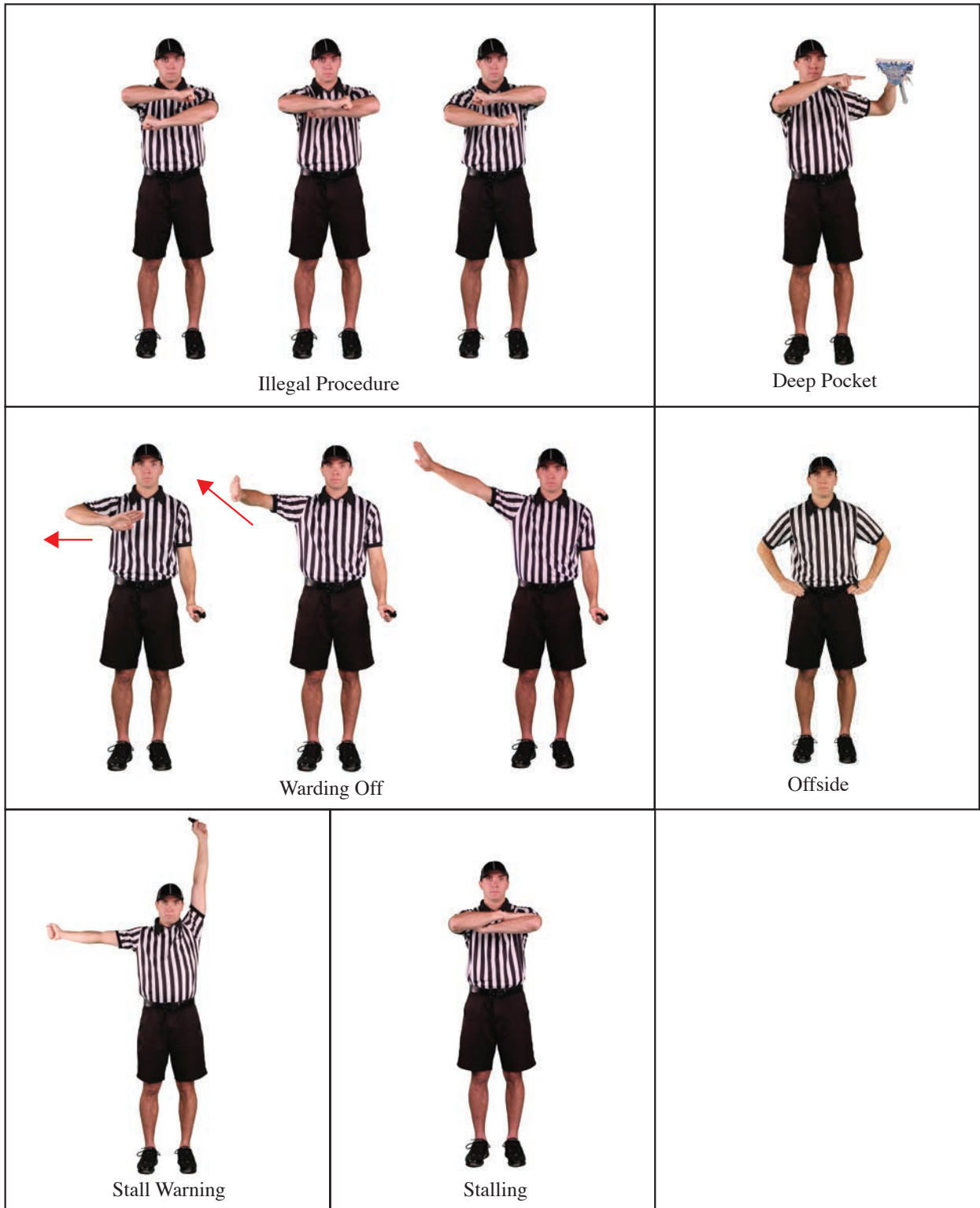


Face-Off

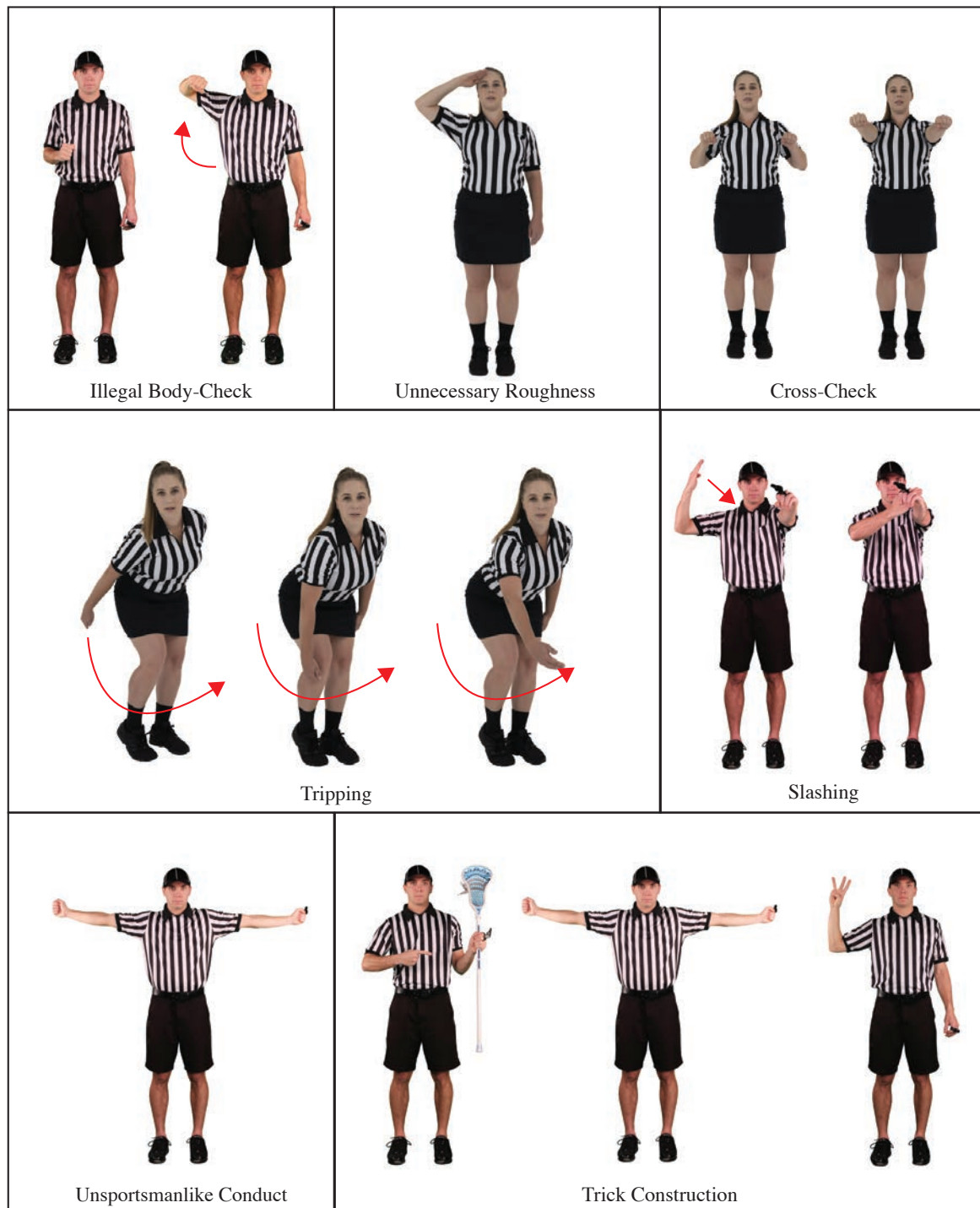
Blood Rule

Technical Fouls

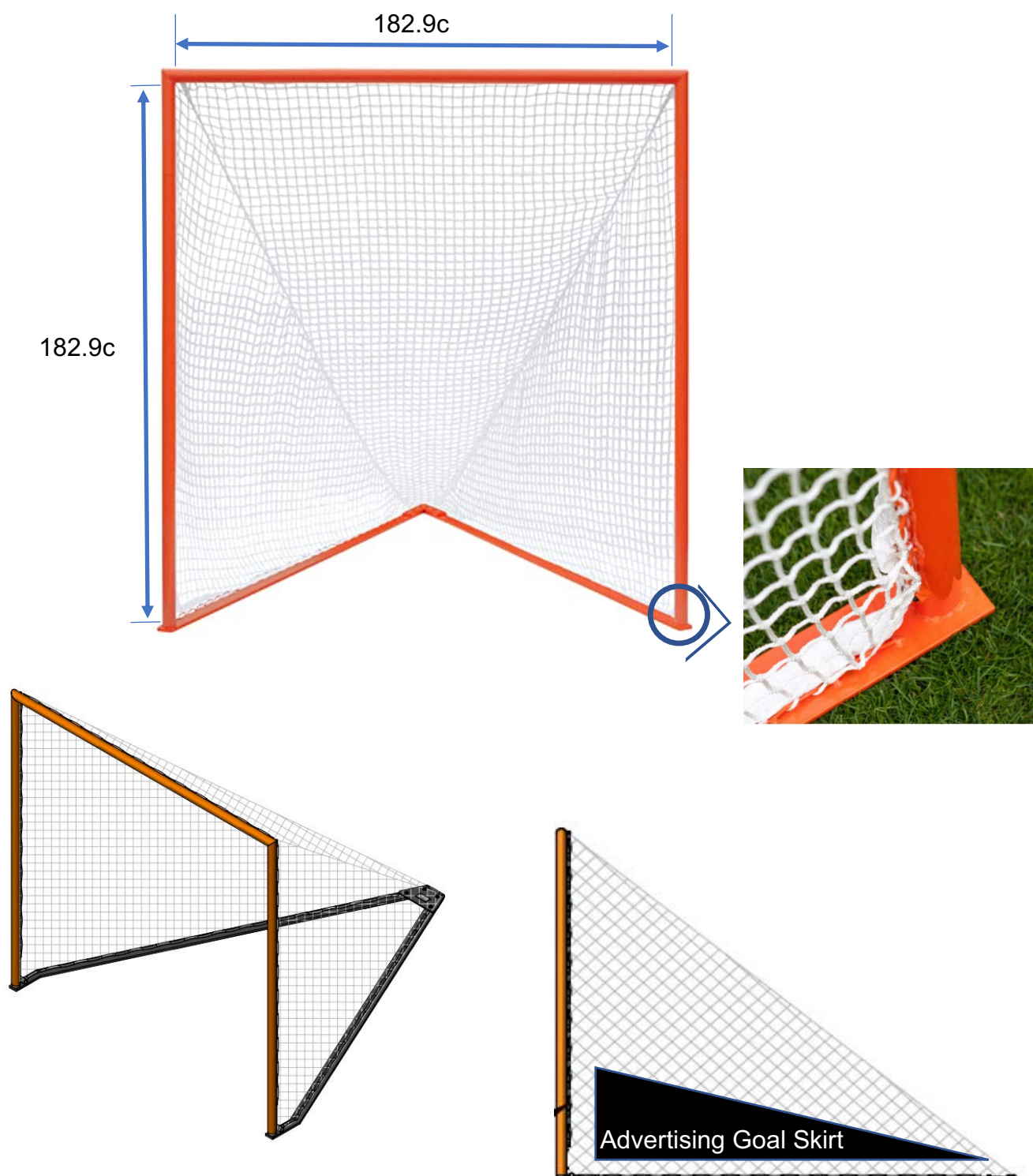
 <p>Goal Crease Violation</p>	 <p>Interference</p>	 <p>Illegal Pick</p>
 <p>Pushing</p>	 <p>Holding</p>	 <p>Kicking an Opponent's Stick</p>
 <p>Handling the Ball</p>	 <p>Withholding the Ball from Play</p>	



Personal Fouls



Appendix C - Lacrosse Goals & Nets

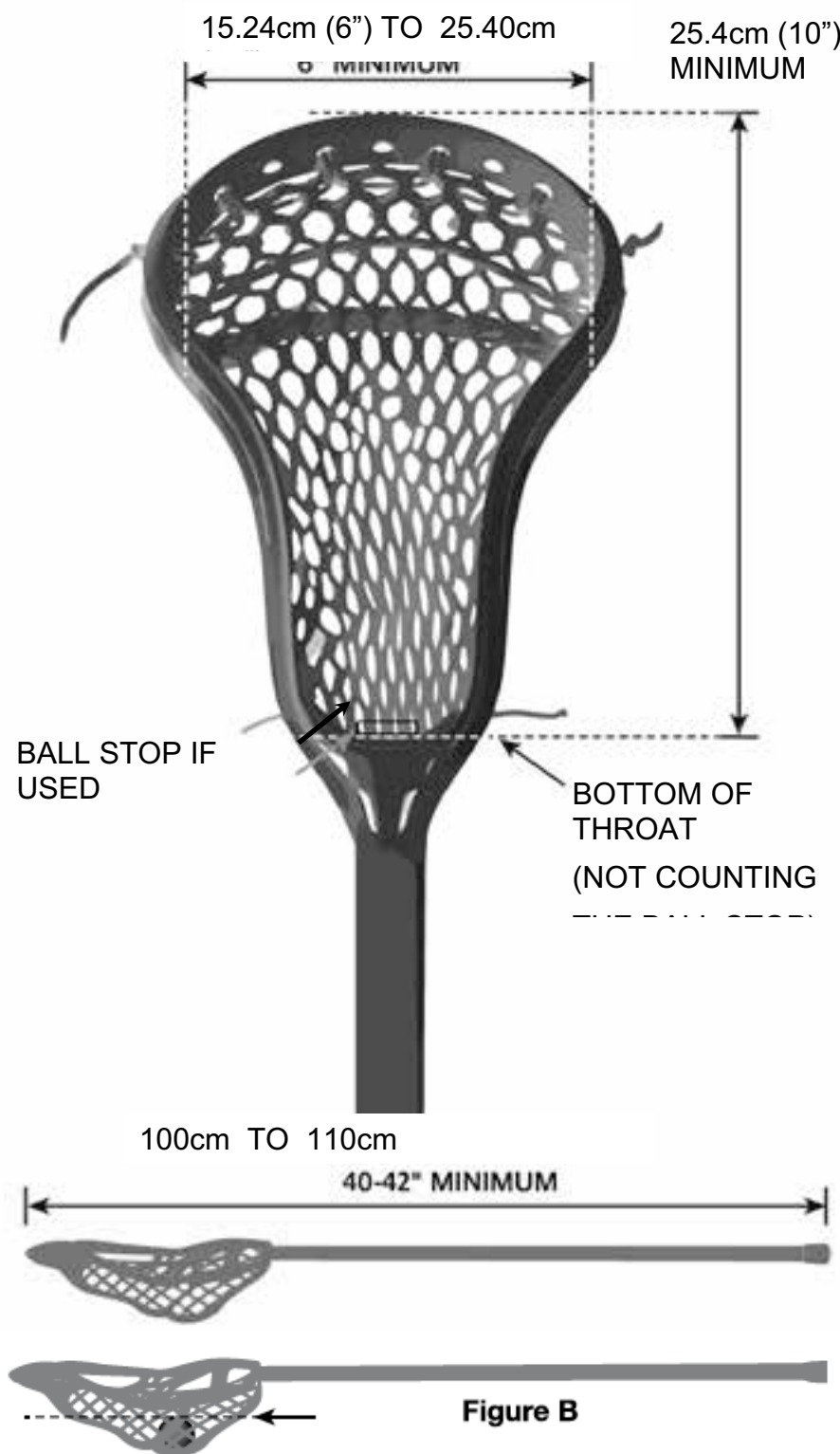


Goal Skirts are permissible. World Lacrosse suggests that the goal skirt shall be attached directly to the netting of the goal and can be installed on the inside, outside, or both sides of the netting. The goal skirt shall be roughly triangular in shape following the drape of the goal's netting and the height of the skirt shall be no more than 61cm (24 inches) in height at its highest point.

The goal skirt shall be affixed to the netting a minimum of 15cm (6 inches) from the goal post, and 10cm (4 inches) above the bottom plate running parallel to the ground, thus allowing an obstructed view of the ball within the goal area.

The goal skirt shall be of one solid background color with contrasting writing or logo as illustrated and where feasible, the goal skirt should be semi-transparent, further assisting the ability to view the ball in the goal area

Appendix D - Men's Lacrosse Sticks



All Strings Shall Be Limited To
A Maximum Hanging Length



- A. As the Stick is rotated forward from 90 degrees, the ball should roll out of the head forward to the ground
- B. If one can see daylight between the top of the ball and the bottom edge of the sidewall. This is an illegal deep pocket

Men's Lacrosse Field

- 110 metre X 60 metre playing field
- all black lines on this diagram are *field markings*
- all blue lines are *diagram labels only*

- centreline is 10.2 cm (4 inches) wide
- all other lines are 5.1 cm (2 inches) wide



Appendix F - Document History & Formatting Guide

Date	Change/Comment	Changed By
May 2021	2021-2023 Version 1.0 Released	Blacklock
April 2021	2021-2023 Rule Book Updated with new format including agreed rule changes, editorial changes	Blacklock
April 2021	All gender references now neutral, Referee now changed to Official	Blacklock

Document Formatting Guide

To assist in the consistent formatting of text and the effective creation of a dynamically linked Table of Contents, this document is formatted using the Word Styles Function. Elements of text have been given a style code as illustrated below. When updating the document it is crucial this convention is followed to ensure that the document remains formatted correctly and the Table of Contents and document page numbering remains accurate.

After each edit of the document the TOC is updated manually by going to References | Table of Contents Area | Update Table | Update Entire Table

Style #	Style Name
1	AR Rule
2	AR Ruling
3	List Paragraph
4	Normal
5	Rule Bullet Text
6	Rule Heading
7	Rule Section Heading
8	Rule Text
9	Rule Text – Sub Roman Numerals

1
2

7
6
8

6
8
8
9

AR 34.8 → Blue attacking and a flag is down. The whistle ends the period with Blue in possession.

RULING: → Blue retains the ball at the start of the next period, with the Red Player in the penalty box.

SECTION 1 → THE PLAYING FIELD

Rule 1 → Dimensions

1.1 → The lacrosse playing field shall be a rectangular field 110 meters (120.30 yards) long and 60 meters (65.62 yards) wide.

Rule 31 → Tied Game

31.1 → In the event of the score being tied at the end of regulation playing time, play shall be continued, after a 2-minute intermission, with sudden victory overtime. In sudden victory overtime Teams shall play periods of 4-minutes each until a goal is scored, thus deciding a winner. The game ends upon the scoring of the first goal. There will be a 2-minute intermission between sudden victory periods.

31.2 → The following "sudden victory" procedure will take place:

i. → The Officials shall call together the Captains of each Team at the center of the field at the end of regulation play and during the 2-minute intermission. The Head Official shall toss a coin to determine choice of

Notes

Notes

