

7/18/02

**NATIONAL LACROSSE LEAGUE
OFFICIAL RULES
2002-2003 SEASON**

SECTION I- THE FLOOR

Rule 1: THE PLAYING SURFACE

- a) The indoor lacrosse playing surface shall be of artificial material as approved by the NLL. It shall be enclosed by a wall known as the “dasherboards” which may be constructed of wood, plastic, and/or other material approved by the NLL (Reference Diagram A).
- b) Measured from the surface of the floor, the boards facing the playing area shall be uniform in color (excluding arena advertisers) and free from any obstructions or objects that may cause injury.
- c) The boards shall be topped by a surrounding barrier of glass or other suitable material to a minimum height of three feet (3') on the sides and six feet (6') on the ends to keep the ball in play.
- d) All doors in the playing area shall open away from the playing surface.
- e) Paint or tape must be used to designate line change areas in front of bench (length of bench plus six feet (6') on either side by three feet (3')). Referees shall mark proper dimensions in each arena prior to games. Adjustments may have to be made to suit various arena dimensions. Only lines approved by the NLL may be used for NLL games.
- f) The restraining lines shall be drawn forty-two feet six inches (42'6") out from the centerline on all new floors. All current teams with their restraining lines marked at the previous distance of twenty-seven feet (27') shall not have to modify their existing lines.

Rule 2: GOALS

- a) Each goal shall consist of two vertical posts joined by a rigid top crossbar. These posts shall be four feet nine inches (4' 9") apart, and the top crossbar shall be four feet (4') from the playing surface. The goals shall be centered from the goal line and shall be placed twelve feet (12') from the end of the enclosure. They shall be made of one and one - half-inch (1 1/2") metal pipes and must be painted red.
- b) A white line shall be drawn two inches (2") wide and between the goal posts to indicate the plane of the goal. It shall be designated as the goal line. The goal line shall extend beyond the goal posts to the edge of the crease. Two poles measuring four feet six inches long (4' 6") shall run from the base of the posts until they meet behind the goal. The net shall be secured to the aforesaid poles, posts and top crossbar.

Rule 3: GOAL CREASES

- a) Around each goal shall be a plainly marked circle known as the goal crease. This circle shall be marked by using the midpoint of the goal line as the center and drawing a circle around that point with a radius of nine feet three inches (9' 3"). The circle shall continue until it reaches a point one-foot (1') behind the goal line extended. The width of the goal crease line shall be five (5") inches. Teams with an existing goal crease line width of two inches (2") shall increase the width by three inches (3").

11/05/02

- b) The crease shall then run in a straight line parallel to the end boards (Reference Diagram B).

Rule 4: NETS

- a) The poles, posts, and crossbars shall be fitted with a cone shape netting of not more than one and one - half-inch (1 1/2") mesh. Nets must be adjusted so as to permit the ball to pass completely through the imaginary plane of the goal at any place.
- b) The mesh nets must fit the goals loosely so the ball will hit the mesh and remain inside the goal line.
- c) All goal nets will be black mesh.

Rule 5: DIVISIONS OF THE FLOOR

The portion of the floor in which the goal is situated shall be called the "Defensive Zone" of the team defending that goal; the central portion shall be known as the "Neutral Zone", and the portion farthest from the defended goal as the "Attacking Zone".

Rule 6: FACE - OFF SPOTS

- a) A point on the center line, equal-distant (approximately forty-two and one-half feet (42 1/2') from each side of the enclosed arena shall be marked with an "X" or an "O" and designate the Center Face - Off Spot. A dotted circle with an inside radius of seventeen (17) inches from center shall encircle the designated Center Face-Off Spot.
- b) Either an "X" or an "O" shall designate four spots on the floor, each being five (5) yards from the wall (dasherboards) and five (5) yards inside the attack lines to designate alternate face - off spots.

Rule 7: TEAM BENCHES

- a) The arena shall provide with seats or benches for the use of players of both teams. The accommodations provided including benches and doors shall be uniform for both teams. Such seats or benches shall have accommodation for at least fourteen (14) persons of each team, and shall be placed immediately alongside the floor, in the neutral zone, as near the center of the floor as possible with doors opening in the neutral zone and, to the rear convenient to the dressing rooms.

Each team bench shall be a minimum of twenty-four feet (24') in length, and when situated in the spectator area, they shall be separated from the spectators by a protective glass of sufficient height so to afford the necessary protection for the players. The players' benches shall be on the same side of the playing surface, opposite the penalty bench and should be separated by a substantial distance, if possible.

- b) No one but players in uniform, the Head Coach, and four non-playing personnel shall be permitted to occupy the benches so provided.

NOTE: The Crew Chief will inform the Head Coach to order the removal of any offending individuals from the player's benches. After such warning and if the individual does not

11/05/02

leave, or returns to the team bench, a bench minor penalty will be imposed on the offending team. A report of the incident will be forwarded to the Commissioner.

Rule 8: TIMER / SCORER AREA

- a) The timer's table shall consist of the Official Timer, 30-Second Clock Operator, Official Scorer and assistants. It shall be located on the side opposite the team benches and, where possible, between the respective team penalty boxes. A copy of the game sheet will be at the timer's table during the game.
- b) The 30-Second Clock Operator shall use an electronic scoreboard buzzer which he shall activate when the rule is violated. League statisticians shall be seated in the press box or in as close proximity as possible.

SECTION II - TEAMS

Rule 9: COMPOSITION OF TEAMS

- a) A team shall be composed of six (6) players on the floor who are under contract to the Club they represent.
- b) Each player and goalkeeper listed on the Club's roster shall wear an individual identifying number at least ten inches (10") high on the back of his jersey and, in addition, each player and goalie shall wear his surname in full block letters three inches (3") high across the back of his jersey at shoulder height. All Players of each team shall be dressed uniformly with approved design and color of their helmets, jerseys, short, socks, and shoes.

Altered uniforms of any kind will not be permitted unless approved by the League. Any player or goalie not complying with this Rule shall not be permitted to participate in the game.

- c) Only authorized Official NLL Suppliers' logos/marks may be displayed on the player's uniform and/or equipment. Any player or goalie not complying with this rule shall be ordered off the floor by the referee at the first stoppage of play and not permitted to return until he has complied with the rules. Should the player return to the floor and still not be in compliance, he shall be assessed a minor penalty for delay of game. Please note that failure to comply with League rules may result in a fine and/or suspension.

Rule 10: CAPTAIN OF THE TEAM

- a) One captain shall be appointed by each Team, and he alone shall have the privilege of discussing with the Referee any questions relating to interpretation of rules which may arise during the progress of the game. He shall wear the letter "C", approximately three inches (3") in height and in contrasting color, in a conspicuous position on the front of his jersey. In addition, if the permanent Captain is not on the floor, Alternate Captains (not more than two (2) shall be accorded the privileges of the Captain. Alternate Captains shall wear the letter "A" approximately three (3") in height and in contrasting color, in a conspicuous position on the front of their jerseys.

(NOTE) Only when the captain is not in uniform, the Coach shall have the right to designate three (3) Alternate Captains. This must be done prior to the start of of the game.

- b) The Crew Chief and the Official Scorer shall be advised prior to the start of the game, the

11/05/02

name of the Captain and the Alternate Captains of both teams.

- c) Only the Captain when invited to do so by the referee, shall have the privilege of discussing any point relating to the interpretation of the rules. A Captain or non-Captain who comes off the bench and makes a protest or intervention with the Officials for any purpose he may be assessed a misconduct penalty in addition to a minor penalty under the Abuse of Officials Rule.

(NOTE) The Captain needs to ask the referee to speak to him before discussing the interpretation of the rules.

A complaint about a penalty is NOT a matter “relating to the interpretation of the rules” and a minor penalty shall be imposed against any Captain or other player making such a complaint.

- d) No playing Coach, playing Manager or goalie shall be permitted to act as Captain or Alternate Captain.

Rule 11: PLAYERS IN UNIFORM

- a) At the beginning of each game, the General Manager or Head Coach shall list the players and goalkeepers who shall be eligible to play in the game.

During all games not more than (17) players including the goalkeepers shall be permitted.

- b) A list of names and numbers of all eligible players and goalkeepers must be handed to the Official Scorer before the game, and no change shall be permitted in the list or addition thereto shall be permitted after the commencement of the game.
 - i) If a goal is scored when an ineligible player is on the floor, the goal will be disallowed.
 - ii) The ineligible player will be removed from the game and the club shall not be able to substitute another player on its roster.
- c) Each Team shall be allowed one goalkeeper on the floor at one time. The goalkeeper may be removed and another player substituted. The goalkeeper may be removed and another player substituted. Such substitute shall not be permitted the privileges of the goalkeeper.
- d) Each Team shall have on its bench, or on a chair immediately beside the bench, a substitute goalkeeper if available who shall, at all times, be fully dressed and equipped and ready to play.

The substitute goalkeeper may enter the game at any time following a stoppage of play, but no warm-up shall be permitted.

(Note) If a substitute goaltender is not available, the Team must designate to the Referee or Official Scorekeeper, prior to the start of the game, which player in uniform shall serve as the substituted goalkeeper in the event of injury or illness to the regular goalkeeper.

- e) Except when both goalkeepers are incapacitated, no player in the playing roster in that game shall be permitted to wear the equipment of the goalkeeper.

Rule 12: COACHES

- a) It shall be the responsibility of the Head Coach to see that his players and substitutes are properly equipped to play and are ready to play at all times in accordance with the pre-game and game procedures set out by NLL rules and the NLL regulations.
- b) The Head Coach is responsible for the actions of all non-playing members of his squad and all persons officially connected with his team. It is the duty of the Head Coach to assist the officials in keeping the game under control at all times. It shall be his duty at the request of the Officials to effectively control action of the spectators not in conformity with good sportsmanship.
- c) At no point during the game, including time outs, may a Coach enter the playing area. Violation of this rule shall cause the violating team to suffer a two-minute bench minor penalty for delay of game.

Rule 13: CHANGE OF PLAYERS

- a) Players may be changed at any time from the players' bench provided that the player or players leaving the floor have entered the change area before leaving the bench. See "Fast Break" Section VI, Rule 48.
- b) A goalie may be changed for another player at any time under conditions set out in this Section.

(NOTE 1) When a goalie leaves his goal area and proceeds to his players' bench for the purpose of substituting another player, the trailing official shall be responsible to see that the substitution made is not illegal by reason of premature departure of the substitute from the bench (before the goalie has entered the change area). If the substitution is made prematurely, the official shall stop the play immediately by blowing his whistle unless the non-offending team has possession of the ball, in which event the stoppage will be delayed until the ball changes hands. There shall be a two-minute bench minor for illegal substitution assessed following the play to the offending team.

Rule 14: INJURED PLAYERS

NEW Note: An injury shall be defined as a physical harm or damage to a player that causes: a) the player to leave the game for any period of time and b) a stoppage of play to allow medical treatment of the player.

- a) When a player other than the goalie is injured or compelled to leave the floor during a game, he may retire from the game and be replaced by a substitute, but play must continue without teams leaving the floor.
- b) Injured / ILL Goalie – The trainer may come on to the floor to tend to the goalie. If the injury is serious the goalie must be replaced by a substitute without any undue delay and no warm-up shall be permitted for the substitute goalie.
- c) When a substitution for the regular goalie has been made, such regular goalie shall not resume his position until the first stoppage of play, otherwise, a bench minor for illegal substitution.

11/05/02

- d) If a penalized player has been injured, he may proceed to the dressing room without the necessity of taking a seat in the penalty box. If the injured player receives a minor penalty, the penalized team shall immediately put a substitute player in the penalty box who shall serve the penalty without change. If the injured player receives a major penalty, the penalized team shall place a substitute player in the penalty box before the penalty expires and no other replacement for the penalized player shall be permitted to enter the game except from the penalty box. For violation of this rule, a bench minor penalty shall be imposed.

The injured penalized player who has been replaced in the penalty box shall not be eligible to play until his penalty has expired.

- e) When a player is injured so that he cannot continue to play or go to his bench, the play shall not be stopped until the injured player's team has secured possession of the ball; if the player's team is in possession of the ball at the time of injury; play shall be stopped immediately unless his team is in a scoring position.

(NOTE) In the case where it is obvious that a player has sustained a serious injury, the Referee may stop the play immediately.

- f) When play has been stopped by the Referee due to an injured player, such player must be substituted for immediately (except for a goalie).

If when the attacking team has control of the ball in its attacking zone, play is stopped by reason of any injury to a player of the defending team, the ball will be given to the attacking team.

SECTION III- EQUIPMENT

Rule 15: THE BALL

Only balls that have been approved by the NLL are permitted to be used. Balls shall be supplied by the home team and given to the Game Officials one (1) hour prior to game time.

Rule 16: LACROSSE STICK DIMENSIONS

- a) The lacrosse stick shall be an overall fixed length of forty (40") to forty-six inches (46") except the goalkeeper's lacrosse stick.
- b) The head of the lacrosse stick shall measure between four and one-half inches (4 1/2") and seven inches (7") at its widest point, inside measurement except for the goalkeeper's lacrosse stick.
- c) The single guard stop at the throat of the stick must be a minimum of 10 inches (10") from the head to the nearest edge (closest to the handle) of the stop.
- d) The depth of the pocket shall not exceed five inches (5") measured from the outside edge of the head. Nothing may be added to or attached to the outside of the stick except as noted in Rule 17 immediately below.

Rule 17: LACROSSE STICK CONSTRUCTION

11/05/02

- a) The lacrosse stick shall be made of a hollow synthetic material, with the head attached directly to the handle. The stick handle (shaft) may not be filled with any substance. Only a lacrosse stick approved by the NLL can be used. All other lacrosse sticks are ILLEGAL.
- b) All stick handles (shafts) made of metal must have a plastic or rubber plug on the end or adequately taped to prevent injury.
- c) The lacrosse stick shall be white or uniformly conform to the specific team colors specified by the NLL.
- d) The color of the pocket shall remain consistent with the color issued by the manufacturer or sponsor of the stick and approved by the NLL. Pockets shall not be painted in an attempt to disguise the ball from the opposing team.
- e) Lacrosse sticks shall not be permitted in play when the construction or stringing at the throat is designed to withhold the ball from play.
- f) Only the Captain and/or the Head Coach may request a stick check and only during a timeout or normal stoppage in play.

Note 1: If a stick is found to be illegal the player using the illegal stick will be penalized two (2) minutes.

Note 2: Should any goal scored with an illegal stick during the last "live ball" offensive possession it will be disallowed.

Note 3: Provided the goal is disallowed, the minor penalty will not be imposed.

- g) If an illegal stick is found, it shall be removed to the penalty box and delivered to the League Office immediately following the game. If a stick check is requested and the stick is found to be legal, a two (2) minute Delay of Game Penalty will be assessed against the Team requesting the stick check. The Captain or assistant Captain of the Team requesting the stick check will serve the penalty. An immediate stick measurement request following a goal in overtime will not be granted.

Rule 18: PROTECTIVE EQUIPMENT / PADS

- a) All players are required to wear a protective helmet, facemask and chinstrap. An intra-oral mouthpiece must cover all upper jaw teeth. Players must wear protective gloves, shoulder / vest pads and rib pads.
- b) The helmet and facemask combination must meet the specifications and guidelines approved and sanctioned by the NLL (and / or the equipment sponsor).
- c) The facemask must pass a "ball and stick test."
 - 1. The lacrosse ball must not be able to pass through any portion of the facemask and touch the face.
 - 2. The lacrosse stick, held in a horizontal or vertical position must not be able to pass through any portion of the facemask and touch the face.
 - 3. The facemask must cover and protect the entire face area including the chin.

11/05/02

- d) The helmet chin strap must be worn in a firmly attached position at all times during play
- e) Only the equipment approved and sanctioned by the NLL may be used.

Rule 19: EQUIPMENT SAFETY

- a) No player shall wear or use any equipment, which in the opinion of the game Officials, endangers himself or other players. In such cases, the referee's decision is final.
- b) When a player loses any protective equipment, including his protective helmet, facemask, chinstrap, mouthpiece or protective gloves, the referee (if he determines there is endangerment of any players) will stop play until such time as the protective equipment can be re-secured to the player. Possession shall remain with whichever team had possession of the ball when the whistle was blown.

Note: The sleeves of the jersey must extend into the cuff of the glove.

Rule 20: GOALTENDER EQUIPMENT

a.) The prime purpose of any goalie equipment is for the protection of the goalie. Special equipment worn by the goaltender includes the **arm & chest protector**, throat guard, and shin guards.

b.) The goalie can only wear such equipment that has been sanctioned and approved by the NLL. **The following equipment specifications are standardized as follows:**

1. Gloves: A standard lacrosse goaltender glove, which may not be altered. Padding may not be added to, or on the outside of the glove.

2. Pants: No internal or external padding is permitted on the pant leg or waist beyond that to provide protection (no outside ridges).

i) The maximum width (straight line) of the thigh pad across the front of the leg is eleven inches (11"). If the groin and/or hip pads extend beyond the edge of the front thigh pad they are to be included in this eleven-inch measurement. This measurement is to be taken while the goaltender is in an upright standing position. This measurement is to be made five inches (5") from the bottom of the pant.

3. Shin Pads:

i.) Shall not exceed nine inches (9") in extreme width from the base of the shin pad at the ankle to the base of the knee cap when on the leg of the goaltender. No attachments are permitted. Calf protector must follow the contour of the calf and ankle, and can have a thickness of no greater than one and a half-inches (1 1/2"). Knee pads must comply with manufacturing standards, may not be altered, and must conform to the body.

NOTE: Referees will measure the shin pads when on the leg of the goaltender with a NLL approved caliper.

4. Helmet: Goaltenders must wear a standard helmet.

5. Arm & Chest Protector: Shoulder cap protectors must follow the contour of the shoulder cap in a rounded manner without any pointed or squared projections/extensions beyond the shoulder. The contoured padding must not be more than five inches (5") in width outside the said goaltenders most outer bone point on each side. In addition the padding may not climb higher than three inches (3") above the plane of said goaltenders shoulder. The arm padding may not measure more than nine inches across (9") at its greatest point.

NOTE: Referees will measure the arm pad when on the arm of the goaltender with a NLL approved caliper.

6. Jerseys:

i.) No inserts or additions are to be added to be standard goaltender cut jersey as produced by the manufacturer. (Modifications at the manufacturer are not allowed unless approved in advance by the League.)

ii.) No "tying down" of the sweater is allowed at the wrists if it creates a tension across the jersey such that a "webbing effect" is created in the armpit area.

iii.) No other tie downs are allowed that create a "webbing effect".

iv.) The length of a jersey is illegal if it covers any area between the goalies' legs

c.) Surplus padding worn only for bulk shall not be allowed. The protective padding shall conform to the shape of the body.

Note: With the exception of the stick, all the equipment worn by the goaltender must be constructed solely for the purpose of protecting the head or body, and he must not wear any garment or use any contrivance, which would give him undue assistance in keeping goal.

Rule 21: EQUIPMENT INSPECTION

a) A random, League-mandated equipment inspection may be conducted before, during, or after any game. Any player not conforming to standards shall be removed from the game or not permitted to enter the game until standards are met.

b) All players will be required to conform to league Uniform Standards. The following items shall be inspected when the referees conduct an equipment check:

- 1. Helmet, Facemask, Chinstrap, Throat guard and Mouthpiece.**
- 2. Gloves**
- 3. Shoulder /Vest and Rib Pads**
- 4. Arm Pads**
- 5. Goalie Pants / Pads**
- 6. Shin Pads**
- 7. Stick**
- 8. Any other equipment worn by the player**

c) Inspection Requests:

i) **Opposing coaches may request the referees to conduct an equipment inspection during the game. Upon said request, the referees shall conduct the inspection immediately following the conclusion of the quarter in which the request was made.**

ii) **If an inspection conducted during the game finds the player to be using illegal equipment, the referee will assess the player a two-minute penalty and a game-misconduct. If an inspection conducted during the game finds the player to have used legal equipment, the referee will assess a 2-minute bench minor penalty to the requesting team.**

iii) **In the event a player is found to have caused an illegal equipment modification or have used illegal equipment supplied by the team as a result of an inspection at the conclusion of the game, the League will assess a \$500.00 fine and an automatic game-misconduct.**

iv) **The League may assess the player a \$250 fine and an automatic game suspension in the event the player is found to have caused an illegal equipment modification or used illegal equipment not supplied by the team. The League may double the fine and suspension for each subsequent violation of this subsection.**

e) Straps, strings, tie-dyed shirts etc. will not hang below the hemline of the game jersey.

f) Tape, characters, non-sponsor logos and the like shall not be added to a player's helmet.

g) Shoestring color shall conform to the color of the shoes issued or NLL approved team colors.

h) Arm guards, elbow pads, wristbands, shall conform to team colors acceptable to the NLL.

Compression shorts may be worn so long as they conform and match the color of the uniform shorts issued by the **Club**. Contrasting colors will not be allowed.

NEW: NOTE 1: A request for a stick measurement under Rule 17f shall be limited to one request per Team during the course of any stoppage of play.

NEW: NOTE 2: These equipment regulations are written in the spirit of "fair play". If at any time NLL feels that this spirit is being abused, the League has a right to conduct a hearing regarding the legality of the equipment.

SECTION IV - OFFICIALS

Rule 22: APPOINTMENT OF OFFICIALS

- a) The Commissioner shall appoint a Crew Chief, and two referees.
- b) The host Club is responsible for securing a game timekeeper, two Goal Judges, two penalty box attendants, Official Scorer, and 30-Second Shot Clock Operator.
- c) The Commissioner shall forward to all clubs a list of Referees, all of whom must be treated with proper respect at all times during the season by all players and officials of clubs.

Rule 23: REFEREES

- a) The CREW CHIEF shall have general supervision of the game and have full control of the game officials and players during the game, including stoppages; and in case of any dispute, his decision will be final. The Referees shall remain on the floor until all players have proceeded to their locker rooms at halftime and the end of the game.

11/05/02

- b) The Referees shall order teams on the floor at the appointed time for the beginning of the game and commencement of each quarter. If for any reason, there is a delay in the commencement of the game or delay in the re-start of the game following halftime, notify the League Representative at the game for approval.
- c) It shall be the Referees' duty to see that all players are properly dressed and that the approved regulation equipment (including the approved on-field branded exposure program) is in use at all times during the game.
- d) The Referees shall, before the start of each game, see that the appointed Game Timekeeper, Official Scorer and Goal Judges are in their respective places and ensure that all timing and signaling equipment are in order.
- e) It shall be the Referees' duty to impose penalties as prescribed by the rules for infractions thereof and the Crew Chief shall give the final decision in matters of disputed goals. The Crew Chief may consult with other officials and goal judge before making his decision.
- f) The Referees shall announce to the Official Scorer or Penalty Timekeeper all goals legally scored as well as penalties, and for what infractions such penalties are imposed.

The Referee shall have announced over the public address system the reason for not allowing a goal every time the goal signal light is turned on during play. This shall be done at the first stoppage of play regardless of any standard signal given by the Referee when the goal signal light was put on in error.

(NOTE) The name of the scorer and any player entitled to an assist will be announced by the public address announce system. In the event that the Referee disallows a goal for any violation of the rules, he shall report the reason for disallowance to the Official Scorer who shall announce the Referee's decision correctly over the public address system.

The infraction of the rules for which each penalty has been imposed will be announced correctly, as reported by the Referee, over the public access system. Where players of both teams are penalized on the same play, the penalty to the visiting player will be announced first.

Where a penalty is imposed by the Referee which calls for a mandatory or automatic fine, only the time portion of the penalty will be reported by the Referee to the Official Scorer and announced over the public address system, and the fine and/or suspension will be reported by the League Office.

- g) The Referee shall see to it that players of opposing teams are separated in the penalty box to prevent feuding.
- h) The Referee shall report to the League promptly and in detail the circumstances of any of the following incidents:
 - 1) When a stick or part thereof is thrown outside the playing area.
 - 2) Every obscene gesture made by any person involved in the playing or conduct of the game whether a participant or as an official of either team or of the League, which gesture he has personally observed or which has been brought to his attention by any game official
 - 3) When any player, Equipment Manager, Trainer, Coach or club executive becomes involved in an altercation with a spectator.
 - 4) Every infraction under the Major Penalties rules. All major and game misconducts.

Rule 24: TIMEKEEPERS

- a) The Official Timekeeper shall keep an accurate account of the time of each quarter and intervals between quarters and all other time-outs.
- b) The timekeeper sounds his horn to resume play when an interval or time-out has elapsed. The timekeeper's horn in and of itself never stops the play of the game.

Rule 25: SCORERS

- a) There shall be an Official Scorer and at least one assistant assigned for each game. The Official Scorer shall keep an accurate record of the goals scored, time of the goal scored and assists made by each team. The Official Scorer shall record the name and number of the player scoring the goal and those credited with the assists.
- b) The scorer shall keep an accurate record of time-outs (Team, Officials, broadcast) and notify the Officials if either team exceeds the number allowed. The scorer keeps the name and number of each player upon whom a penalty is inflicted, the type of penalty, time of the quarter when it occurred and the duration.
- c) The scorer must notify the Officials when any player accumulates two (2) 5-minute penalties (automatic game misconduct).

Rule 26: 30 - SECOND CLOCK OPERATOR

The 30 - Second Clock Operator shall control a separate timing device that shall be used during the entire game including overtime except for the last thirty (30) seconds in each quarter. Although the 30 - Second Clock Operator may sound a horn or electronic device when the 30 - second clock expires, the referee shall be responsible to signal any violation of the 30 - second clock.

Section V- TIME FACTORS

Rule 27: LENGTH OF GAME

The regulation playing time of a game shall be sixty (60) minutes, divided into four quarters of fifteen (15) minutes each.

Rule 28: INTERVALS BETWEEN QUARTERS

- a) There shall be a 2-minute interval between the first and second quarters and between the third and fourth quarters. During these intervals all rules governing play of the game shall remain in force.
- b) Between the second and third quarters, there shall be a twelve- (12) minute intermission (half time), unless TV requires more or less. The teams may leave the bench areas.
- c) Only the League Office can change the interval between quarters. Players who are serving a penalty must remain in the penalty box between quarters.

Rule 29: OPERATION OF GAME CLOCK FOLLOWING A GOAL

11/05/02

- a) Immediately following a goal, the game clock will stop. The timekeeper shall, on the face-off whistle, restart the game clock. The referee shall endeavor to achieve a face-off between the two teams as soon after ten (10) seconds as reasonably possible (ten (10) to fifteen (15) seconds).
- b) Should one team be prepared to face-off before the other team, the referee must warn the other team. If the warned team fails to comply with the referee's request, possession will be awarded to the readied team.
- c) Players in the penalty box cannot be released until the whistle has been blown to start a face-off (unless released as a result of a goal).

Rule 30: SUDDEN - DEATH OVERTIME

- a) In the event of a tie score at the end of the regulation game, play shall continue, after a two-minute interval, with sudden-death overtime. The period(s) shall be five minutes (each) until a goal is scored, thus deciding a winner.
- b) The teams switch goals defended at the end of regulation time and at the end of (each five-minute) overtime. The game ends upon scoring of the first goal.
- c) Should more than one overtime period be needed to decide the game, there will be a two-minute interval between sudden death periods.

Rule 31: 30 - SECOND SHOT RULE

- a) Wherever possible it is recommended that the 30- second clock be located outside the playing enclosure and above the enclosed glass behind each goal and in view of the players on the playing surface.
- b) The team in possession is required to take a shot on goal (reference Rule VI - Play of the Game, Section 9: Record Keeping, paragraph c) shot on goal) within 30 - seconds of gaining possession. Failure to take a shot on goal will result in the 30 - second clock timer sounding a horn. The officials will stop play and possession goes to the non-offending team. The 30-second clock will be reset if the team in possession takes a shot on goal, the ball is deflected off the goalie or goal post and the team taking the shot regains possession.
- c) The shot clock starts when there is a team in possession. A team is in possession when cradling, holding, passing or shooting the ball in play. Team possession ends when there is a shot on the goal, the opponent gains possession, a goal is scored or the ball goes out of bounds.
- d) When it is necessary for the referee to signal to reset the 30-second clock, the referee nearest the ball shall signal the 30-second clock operator to reset the clock. The signal shall be a whirling motion of the arm over the head.
- e) Anytime there is a floor violation or personal penalty, the clock is to be reset.
- f) If a defensive player touches the ball and does not gain possession, the 30-second shot clock continues to run. If a defensive player causes the ball to go out of bounds the 30-second shot clock shall be reset.

11/05/02

- g) If during any quarter there are thirty (30) seconds or less remaining, the 30-second clock shall not be used.
- h) The referee shall have the authority to reset the 30-second clock to cover any unusual situation not specifically covered under these rules.
- i) If a time out is called, the time on the shot clock would remain as it was when the whistle sounded to stop play. If time stops due to an injury, the clock remains, as it was when play stopped.

In the event one of the two 30-second clocks ceases to operate (malfunction) during play, both clocks shall be turned off until the clock problem can be resolved. The 30-second clock operator shall keep track of time and sound the horn when and if violations occur. When 10 seconds remain on the 30-second clock, this will be announced to both benches.

NOTE: The league will provide a hand held clock at the scorer's table.

- j) When a shot is initiated from behind the goal line extended and either hits the goalie or the goal post, the 30 – second shot clock shall not be reset.

Rule 32: 10-SECOND COUNT

- a) In all situations, there shall be a ten- (10) second count half-court applicable to both teams. When a team gains possession in the defensive half of the floor, they must get the ball across the centerline within ten (10) seconds of gaining possession.
- b) The time shall be kept by the trailing referee on the floor by a chopping wave of the hand for each second.
- c) In time-out situations called by either team before the expiration of the 10-second count, a new 10-second count shall be awarded after the time-out.

Rule 33: BACK-COURT VIOLATION

- a) Teams must keep the ball in their offensive half after gaining possession. If the ball is caused to go into the defensive half of the field (across the center line) for any reason other than a shot on goal (reference Rule 44 c) Play of the Game, Record Keeping shot on goal for definition) it shall be a back-court violation.
- b) If the offending team touches the ball after going back court, the referee shall sound the whistle and award possession to the non-offending team where the violation takes place.
- c) When the defensive team gains possession in the backcourt the 30-second shot clock shall be reset and play continues.
- d) When a face-off takes place at center, the backcourt lines will be the restraining lines. See Rule 36 c) for clarification.
- e) Should a player pick up the ball between the centerline and his defensive restraining line following the center face-off, he may throw it back to his goalie (or any person in his defensive area).

11/05/02

- f) Should a player pick up a ball over centerline and his offensive restraining line, he may throw the ball back initially to a teammate between the offensive and defensive restraining lines (only during face-offs). Any violations of these procedures will result in the ball being turned over to the opposing team.

Rule 34: TIME-OUTS

- a) Each team shall be allowed a maximum of two (2) time-outs per half. They shall be forty-five (45) seconds in duration. They cannot be carried over if not used from half to half. One time-out of forty-five (45) seconds shall be awarded for each period in sudden death and they cannot be carried from period to period.
- b) A time-out for an injured player shall not count as a charged team time-out, provided the injured player is removed from the playing field. The player may not return to the floor until the next stoppage of play.
- c) If game is televised for live broadcast, team time-outs may be shorter or longer as determined by the NLL prior to each game.
- d) Consecutive time-outs, by the same team during the same dead-ball situation shall not be permitted.
- e) Players who are serving a penalty must remain in the penalty box during all timeouts.
- f) **NEW: If a game is televised, each team will be allowed one (1) timeout per half.**

Rule 35: OFFICIALS' TIMEOUTS

- a) An official may suspend play at his discretion. Should a player lose any of his required personal equipment in a scrimmage area, if a player is injured and in the judgment of the Official, the injury is serious, play shall be suspended immediately. Otherwise, the Official shall delay sounding of the whistle until there is team possession. See Rule 19 b) for equipment clarification.
- b) Whenever a player suffers a laceration or wound where oozing or bleeding occurs, an Official shall suspend play at the earliest possible time and the player shall leave the field of play and be given appropriate medical treatment. The player shall not return to the game without the approval of medical personnel (trainer or team physician).
- c) If the player is removed and his team takes a charged timeout, during which the problem is rectified, the player may continue to participate.
- d) If a player has blood on his uniform or equipment, but is not bleeding, he may continue to participate so long as the affected item is not saturated with blood. If it is saturated, the player must leave the playing field and change to a clean item.

Definition: Saturated is defined as the amount of blood being sufficient to soak through the garment and onto the skin or such that the blood would easily be transferred to a player who contacts the player with blood on his uniform.

When play is stopped for the repair of a goalie's equipment, the goalie must stay on the floor and the Equipment Manager will come to him to fix the equipment. No regular substitutions may occur at this time.

SECTION VI - PLAY OF THE GAME

Rule 36: FACING AT CENTER

- a) Play shall be started at the beginning of each quarter or overtime period and after each goal by facing the ball at the centerline "X" or "O".
- b) If a player or team delays the game prior to any face-off, possession goes to the offended team.
- c) The facing players shall stand on the same side of the centerline of the floor as the goal each is defending, with their lacrosse stick resting on the floor along the centerline. Both hands and feet of each player facing must be to the left of the throat of the stick. Each must have both hands on the handle of the stick, not touching any strings and touching the floor. Their feet may not touch the stick. No portion of either stick may touch nor may either player be in contact with his opponent's body by encroaching in his opponent's territory. The walls of the stick must be approximately two inches apart so that when the ball is placed between them it can touch the floor. The sticks must not touch the ball. The sticks must be placed so that they are parallel to the centerline, and the players facing must keep their feet behind the centerline. Once the players have assumed their positions the official shall say, "set". Players must remain motionless until the whistle is blown.
- d) Movement by any player, facing off, after the "set" command shall cause possession to go to the opponent.
- e) The two players must "draw"/ "pull" the ball when the Referee blows the whistle. The ball must come out of the dotted circle. You may not trap, clamp, or "dead stick" (clamp or trap and not move your stick) the ball inside or outside of the dotted circle or the opponent's stick or body. This is illegal and a technical penalty for illegal procedure shall be called. The ball shall be awarded to the non-offending team. The term "draw" shall be defined as moving the stick parallel to the center line or face-off line and you must "rake and scoop" the ball.
- f) Stepping on or kicking of an opponent's stick shall be illegal and possession goes to the offended team.
- g) It is the responsibility of the officials to see that there are six players, including those in the penalty box, on each team, at the beginning of each quarter or overtime period and prior to each face-off following a goal.
- h) The game may be played if one team only has five (5) players at face-off provided one of the five players on the floor is designated as a goalkeeper and is properly equipped with goalkeepers' equipment approved by the Officials and NLL.

Rule 37: POSITION OF PLAYERS AT FACE-OFF

- a) Prior to the start of a face-off at center, one (1) player from each team shall be at the center "X" or "O".
- b) Each team must have a designated goalie in its crease area. (If a team "pulls" their goalie and replaces him with an attack, center or forward, that player must be positioned inside an Offensive / Defensive Zone.)

11/05/02

- c) The remaining players must take a position inside an Offensive/Defensive Zone. Once the players have positioned themselves in Offensive/Defensive Zone, they must remain in those locations until the whistle sounds to start play at which time all players are released from their respective positions.
- d) Players not involved in the actual face-off are allowed to enter the face-off circle while the face-off is taking place. Any player who enters the face-off circle and strikes one of the face-off participants will be assessed the appropriate time penalty.

Rule 38: FACING AT OTHER FACE-OFF SPOTS

When a face-off occurs at one of the alternate face-off spots other than at the center “X” or “O”, the position of the facing players shall be as set out in Section 1 & 2 herein except that the defending face-off player shall stand with his back to his own goal, and all other players must be at least five yards from the face-off spot.

Rule 39: PLAY OF THE BALL

The following definitions shall prevail in the play of the ball:

- a) FREE PLAY - Whenever a player has been awarded possession for any reason, no opposing player may take a position closer than two yards.
- b) PLAYER POSSESSION - A player shall be considered in possession of the ball when he has control of it and can perform any of the normal functions of control such as carrying, cradling, passing or shooting.
- c) TEAM POSSESSION - A team shall be considered in possession of the ball when a player of that team has possession.
- d) LOOSE BALL - A ball not in possession.
- e) PASS - The movement of the ball caused by a player in possession, throwing or bouncing the ball to a teammate. If a player bounces the ball onto the floor and then into the board and/or glass and toward the stick of a teammate and there is continuous movement of the ball, the pass is complete.
- f) COMPLETED PASS - A completed pass is one caught by a teammate.
- g) BALL IN FLIGHT - A ball in flight, including a bounce pass, from one player to a teammate is a ball in team possession.

Rule 40: OUT OF BOUNDS

- a) Play shall be suspended anytime the ball goes out of the glass enclosure (dasher boards). Possession is awarded to the team which has not touched the ball last.
- b) If the ball goes out of bounds inside the attack line, last touched by the team (including goalie) defending the goal, the ball shall be awarded to the offensive team at the position (determined by the Referee) where the ball left the playing surface.

(Note 1): When a shot is taken from behind the goal by an attacking player which strikes or rebounds off the goalie into the net, the goal will be disallowed.

11/05/02

(Note 2): When a pass is initiated from behind the goal line by an attacking player that strikes or rebounds off a player of either team and goes into the net, the goal will be allowed.

- c) If the ball goes out of bounds inside the attack line, last touched by the offensive team, the ball shall be awarded to the defensive team at the position (determined by the Referee) closest to a point where it went out or awarded to the goalie in his crease area (whichever is closest).

If a change of possession occurs between the Offensive / Defensive Zones (Neutral Zone), the ball shall be awarded to the non-offending team at the position (determined by the Referee) closest to the center face-off area.

Rule 41: BALL CAUGHT IN LACROSSE STICK OR EQUIPMENT

- a) If the ball becomes caught in a player's (other than a goalie) stick, mask or other equipment, play shall be immediately suspended and the ball awarded to the same player at the spot where the player was when the whistle sounded. The shot clock does not reset.
- b) If the ball becomes caught in a goalie's stick, mask or other equipment, play shall be immediately suspended. If the ball becomes caught in the goalie's equipment following a shot on goal by the opposing team, possession shall be awarded to the goalie and the shot clock shall be reset. If the ball becomes caught in the goalie's equipment following a pass from a teammate, possession shall be awarded to the goalie; however, the shot clock does not reset.

Rule 42: GOAL SCORED

- a) A goal is scored when the ball passes from the front completely through the imaginary plane formed by the rear edges of the goal line, the goal posts and the crossbar of the goal, regardless of who supplied the impetus.
- b) If the goal is inadvertently moved by contact from a player or goalie and the offensive team is in possession and in position for a shot on goal, the officials will not stop play until either the defensive team gains possession or the scoring attempt has ended.
- c) If a defensive goalie or a defensive player intentionally moves the goal to thwart a scoring opportunity, the plane of the goal does not move, it is an automatic goal providing the ball goes through the plane of the goal.

Rule 43: GOAL NOT COUNTED

Under the following conditions a goal shall be disallowed:

- a) When the ball passes through the plane of the net after the timekeeper's horn has sounded to indicate the end of a quarter or overtime period.
- b) When the ball passes through the plane of the goal and when any part of the body of a player of the attacking team is in the goal crease area at the time of his own volition, and when the shot is initiated from behind the goal line extended and any part of the body of that player is in the goal crease area.

(Note 1): When a shot is taken from behind the goal by an attacking player which strikes or rebounds off the goalie into the net, the goal will be disallowed.

11/05/02

(Note 2): When a pass is initiated from behind the goal line by an attacking player that strikes or rebounds off a player of either team and goes into the net, the goal will be allowed.

- c) When the ball passes through the plane of the goal when the attacking team has too many players on the floor including those in the penalty box at the time of the play.
- d) When the ball passes through the plane of the goal after one of the officials has sounded his whistle for any reason, including the sounding of an inadvertent whistle.
- e) When a player in an attempt to score makes contact with the goalie. Such contact will nullify the goal and is a time penalty foul. Deliberate contact is a major foul.
- f) When the ball passes through the plane of the goal from a stick that is found to be illegal by a stick check (Reference Rule 17 f) - Equipment; Section 3: Lacrosse Stick Construction).
- g) When the ball is kicked directly into the opponent's net.
- h) When the ball is directed into the net off the free hand of an opponent.
- i) When a ball is lodged in the throat of the pocket and the ball and stick is inadvertently or deliberately tossed into the goal.

Rule 44: RECORD KEEPING

In order to make records uniform; the following definitions shall be strictly adhered to:

- a) Goalie Saves - Anytime a shot is stopped or deflected with any part of the goalkeeper's body or lacrosse stick, or hits the goal post a save is recorded.
- b) Shot - A shot shall be defined as a player with possession throwing the ball at the goal in an attempt to score. The lacrosse stick of the goalkeeper is considered as being part of the goalie's body while within the crease area.
- c) Shot on Goal - A shot on goal shall be defined as a shot where the ball makes contact with the goalkeeper while he is in his crease area, the goalposts or crossbar or crosses the goal line. The shot must originate from the front or side of the goal. When a shot hits a part of the goal post, does not go in and the ball continues in play, a shot on goal is awarded and a save is credited.
- d) Assist - Any direct pass or two passes, by a player or players, to a teammate who then scores a goal in what amounts to a continuous flowing play is an assisted goal. Only a goal or assist, however, may be credited to any one player on a scoring play. There shall be a maximum of two assists on each goal scored.
- e) **NEW: Loose Ball- Any ball that is non-possessioned on the ground and in the field of play, which comes into the possession of either Team in live-ball play, can be a loose ball. When such a loose ball is obtained, the Player gaining the loose ball must be able to perform immediately the normal functions of possessions (shoot, cradle, pass). Should any of these conditions not be met, a loose ball should not be awarded. A Player may not drop the ball of his own volition, regain possession, and be credited with a loose ball. Loose balls should be awarded as part of the face-off play; however a loose ball is not**

always awarded when the Referee signals possession on a face-off play, since his definition of possession does not rise to the standard of that of a loose ball.

Rule 45: GOALKEEPER PRIVILEGES

- a) Within his own goal crease area, the designated goalkeeper may stop or block the ball in any manner with his lacrosse stick or body. He may block the ball or bat it away with his hand. He may receive one (1) pass from his teammate while in the crease area. He has four seconds to either pass the ball or vacate the crease with the ball after making a save which gives him control of the ball.
- b) The goalkeeper may receive only one pass within the crease area from a teammate within any 30 - second possession period.
- c) A goalkeeper may catch the ball while in his crease with the gloved hand but cannot catch with his hand and / or stick and then throw with the hand; he can only put it in the stick and throw.
- d) If the ball is loose in the crease, an opposing player may attempt to poke the ball into the goal or pick up the ball in the crease. Any crease interference will result in a time penalty as the situation warrants.

No opposing player may make contact with the goalkeeper, or his stick, or the goalkeeper when he is in the goal crease area. Violation of this rule shall result in a two (2) minute penalty or more serious penalties if warranted.

The goalie must be in the crease or have at least one foot in the crease for any violation of this rule to apply.

- e) If the goalie has one foot in the crease and possession of the ball in his stick and both stick and ball are outside of the crease, he may not be checked. If the ball is clamped outside the crease circle by the goalie, a player may rake under the goalie's stick.
- f) Deliberate intent to thwart a fast break shall result in a two-minute penalty.
- g) **NEW: A goaltender who leaves goal crease area loses all goaltender privileges.**

Rule 46: GOAL-CREASE VIOLATIONS

- a) An attacking player may not be in the opponent's goal - crease area at any time. An attacking player who, after taking a shot on goal, or making a pass, steps by way of his momentum into the crease and then immediately out, is not in violation of the goal - crease area restriction.
- b) It is a personal penalty on a defensive player who illegally forces an opponent into the crease area.
- c) The defending player, including the goalkeeper with the ball in his possession, may not enter the goal - crease area. Nor may he remain in the goal - crease area possession longer than four seconds.
- d) Only a designated goalkeeper as recorded in the official scorebook has the privileges of the goalkeeper and crease area. Should there be six (6) players from the same team on the floor

11/05/02

(outside of the crease) without a designated goalkeeper, then no one has the privileges of the goal, goalkeeper and/ or crease.

- e) When a defending player other than the goalie is in his own crease with possession, opposing players may not enter the crease to bodycheck said player or check said player from outside the crease. This rule applies if the goaltender is in or out of the crease. The opposing players may attempt to intercept a pass by said player and stick-on-stick contact is allowed during this situation only.
- f) Should the ball become ensnared in the netting, the ball is given to the goalie in his crease. The four-second count is applicable.
- g) "Protection of the goalkeeper". The goalie is not "fair game" just because he leaves his crease to retrieve a loose ball. He may not be "flattened" by an opponent. Should the goalie proceed up the floor with the ball, he may be checked like any other player. However, he cannot be "charged" or "slashed", or unnecessarily roughed up. Likewise, the referee has been alerted to penalize the goalie for illegal actions both in and out of the crease.
- h) A defending player is not allowed to deliberately pass a ball to his teammate (not a goalie) who is in his own crease. A player is allowed to pick up a "loose ball" with his stick, and has the prescribed four (4) seconds to either pass the ball or vacate the crease with the ball.
- i) Should a player in his own end deliberately falls on the ball in his crease, or deliberately closes his hand on the ball in his crease in front of his goal line, a penalty shot will be imposed on the offending team.

Rule 47: REGULAR SUBSTITUTION

Substitution of players may be made when play has been suspended by the officials, after a goal being scored, a team timeout, an injury timeout, an official's timeout or a time serving penalty. Substitute must be properly equipped and ready to play.

Rule 48: SPECIAL SUBSTITUTION

- a) The following special method of substitution may be used without the necessity of awaiting suspension of play by an Official in accordance with Rule 47 immediately above. Namely: (1) during a ball out of bounds (2) shot clock violation (3) change of possession (4) or any technical penalty.
- b) From a team's bench area, one player at a time may enter the game by waiting for the player he is replacing to have one foot within his team's Substitution Area.
- c) The player may exit and enter at different doors or through the same door or over the boards. The player exiting the floor has the right of way and substitution must be imminent. The player exiting the floor must leave the floor and enter his team box area.
- d) Any illegal substitution shall be a Bench minor penalty.

Note 1: If on a change of possession the defensive team is found to have too many men on the floor, a delayed penalty shall be imposed on the defensive team.

11/05/02

Note 2: If on a change of possession the offensive team is found to have too many men on the floor for the purpose of a "fast break" then the play should be blown down immediately and a two-minute penalty should be imposed on the offensive team.

Rule 49: CHANGE OF GOALS

At the conclusion of each quarter, including any sudden-death periods, each team shall change the direction of play and defend the goal opposite end from the goal they were defending.

Rule 50: POSSESSION/SLOW WHISTLES

If a defending player commits a personal penalty against an opponent in possession of the ball, the referee shall raise his hand and withhold his whistle until such time as the completion of play by the team in possession; or the offending team gains possession; a goal is scored; the thirty second shot clock expires; or an offensive player commits a penalty.

Note: "Completion of play by the team in possession in this Rule means that the ball must have come into possession and control of an opposing player or has been "frozen". This does not mean a rebound of a goalkeeper, the goal or the boards, or any accidental contact with the body or the equipment of an opposing player.

Rule 51: PENALTY SHOT

- a) If a team is already two (2) men down and is assessed an additional time penalty to a third player, the non-offending Team shall be awarded a penalty shot.
- b) If three players on a Team are each assessed a time penalty at the same stoppage of play (while no penalties on the opposing Team are assessed), a penalty shot shall be awarded to the non-offending Team. Regardless of whether a goal is scored on the penalty shot, the offending Team shall begin play two men down.
- c) If by reason of insufficient playing time remaining, or by reason of penalties already imposed, a bench minor is imposed for deliberate illegal substitution (too many men) which cannot be served in its entirety within the legal playing time, or at any time in overtime, a penalty shot shall be awarded against the offending Team.
- d) If a goal post is deliberately displaced by a goalkeeper or player during the course of a "breakaway", a penalty shot will be awarded to the non-offending Team, which shot shall be taken by the player last in possession of the ball.

(Note): A player with a "breakaway" is defined as a player in control of the ball with no opposition between him and the opposing goal and with a reasonable scoring opportunity.

SECTION VII – PENALTIES

Rule 52: TECHNICAL PENALTIES

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

The penalty timekeeper will record all technical penalties.

a) Delay of Game

- 1) Failing to be ready for a face-off after a goal, at the start of the quarter or overtime period, or after the expiration of a timeout or after a penalty has been inflicted.
- 2) Any violation of the rules or position for a face-off.

b) Playing Without a Stick

If in judgement of the referee the loose stick represents a danger to players on the floor, the referee shall immediately stop play. Play will resume with the team in possession retaining the same and the unexpired time on the shot clock available. If the ball is loose at the time play is suspended, it is faced at the nearest "X" or "O" spot. Players without a stick may participate in the game and may kick a loose ball.

c) Illegal Screen/Pick/Block

Any violation of Rule 85 is an illegal offensive screen/pick/block.

d) Illegal Procedure

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

(Note: The player going off the floor must proceed directly into the player's bench, he cannot linger in the substitution area.)

- 2) A player may not deliberately step on the stick of an opponent.
- 3) Teams cannot use the bench or substitution area to deceive the opposing team (loss of possession).

e) Withholding the Ball from Play

- 1) A player may not touch the ball with his hand (including "Thumbing the Ball" while cradling) while it's in play. The exception applies to the goalie while in the crease. The glove hand on the handle is considered as part of the stick.
- 2) A player may not lie on the loose ball, trap it with his stick longer than necessary for him to gain possession and pick it up in one continuous motion, or withhold the ball from play in any manner.
- 3) A player in possession of the ball who holds his stick against any part of his body is withholding the ball from play. The glove hand, particularly the thumb, cannot grasp any portion of the head of the stick.

f) Crease Violations

Any attempts to relinquish the privileges of the goalie or crease area. Any interference or stepping into the crease by an offensive player or by the shooter. An attacking player who, after taking a shot on goal, or making a pass, steps by way of his momentum into the crease

11/05/02

and then immediately out, is not in violation (reference Goalie Privileges and Goal Crease Violations.)

Rule 53: MINOR PENALTIES

- a) For a “Minor Penalty”, any player (except the goalie) shall be ruled off the floor for two (2) minutes.
- b) Possession goes to the team fouled, unless the penalty occurs prior to the start of a quarter or overtime period or after the whistle has sounded denoting the scoring of a goal. If the penalties are simultaneous, possession shall be awarded to the team with the lesser penalty time, or, if penalty times are equal, ball shall remain with the team in possession.
- c) A “Bench Minor” penalty involves the removal from the floor of one player of the team against which the penalty is assessed for a period of two (2) minutes. Any player except a goalkeeper of the team may be designated to serve the penalty by the Head Coach through the playing Captain and such player shall take his place in the penalty box and serve the penalty as if it was a minor penalty imposed upon him.
- d) If while a team is “short-handed” by one or more minor or bench minor penalties, the opposing team scores a goal, the first of such penalties shall be automatically terminated.

NOTE: “Short-handed” means that the team must be below the numerical strength of its opponents on the floor at the time the goal is scored. Thus coincident minor penalties to both teams do NOT cause either side to be “short-handed”.

This rule shall also apply when a goal is scored on a penalty shot, or when an awarded goal is given.

MINOR PENALTY EXPIRATION CRITERIA: i) Is the team scored against short-handed? ii) Are they serving a minor penalty on the clock? iii) If the answer is yes to i) and ii), you are to delete the minor penalty with the least amount of time on the clock, except when coincidental penalties are being served.

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

- e) When coincidental minor penalties or coincidental major penalties of equal duration are imposed against players of both Teams, the penalized players shall all take their places in the penalty box and such penalized players should not leave the penalty box until the first stoppage of play following the expiry of their respective penalties. No substitution should be made for an equal number of minor penalties or coincident minor penalties of equal duration to each team penalized.

Note: Teams will only play four a side due to coincidental minor penalties of equal duration. The floor strength will remain the same (4 on 4) when coincidental minor penalties are committed after the initial coincidental minors and immediate substitution shall be made for an equal number of minor penalties or coincident minor penalties of equal duration to each team so penalized.

Rule 54: MAJOR PENALTIES

11/05/02

- a) For a “Major Penalty” in any game, the offender shall be ruled off the floor for five (5) minutes during which time no substitute shall be permitted. If two goals are scored on the penalized team, the penalized team may place a player on the floor to get back to even strength. The offender shall serve the full five- (5) minutes and will return to the floor on the next dead ball following the expiration of his penalty.
- b) For the second major penalty in the same game to the same player, the player shall be ruled off the floor for the balance of the game, he must be replaced in the penalty box before the expiration of the (5) minute major penalty. No substitution shall take place from the bench. If a substitution takes place from the bench the offending team shall receive a bench minor penalty for illegal substitution. When a player receives his second Major penalty, the player shall be assessed a Major plus a game misconduct.

Note: If the offending Team is already back at full strength and the player serving the major penalty time has expired, the player must stay in the box until dead ball.

All “Major Penalties” shall be subject to fine and/or suspensions.

- c) Where it is required to determine which of the penalized players shall be designated to serve the delayed penalty; the penalized team shall have the right to make such designation not in conflict with Rule 53-Minor Penalties.
- d) During the last five (5) minutes of regulation time, or at any time in overtime, when a minor penalty and a major penalty are assessed to two opposing players on the same stoppage of play, the three-minute differential shall be served immediately as a major penalty. This is also applicable when coincidental penalties are negated, leaving the aforementioned example. In such instances, the team of the player receiving the major penalty must place the replacement player in the penalty bench prior to expiration of the penalty. The differential will be recorded on the penalty clock as a three (3) minute penalty, and served in the same manner as a major penalty.

RULE 55: MISCONDUCT PENALTIES

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

When a player receives a minor penalty and a misconduct penalty at the same time, the penalized team shall immediately put a substitute player in the penalty box and he shall serve the minor penalty without change.

When a player receives a major penalty and a misconduct penalty at the same time, the penalized team shall place a substitute player in the box before the major penalty expires and no replacement for the penalized player shall be permitted to enter the game except from the penalty box. Any violation of this provision shall be treated as an illegal substitution and a bench minor shall be imposed on the offending Team.

- b) A “Game Misconduct” penalty involves the suspension of a player for the balance of the game. A player incurring a game misconduct penalty is subject to fine and/or suspension from the League office.

11/05/02

- c) The referee may impose a “Gross Misconduct” penalty on any player, Coach, Trainer or Equipment Manager who is guilty of a gross misconduct of any kind. Any person incurring a “gross misconduct” penalty shall be suspended for the balance of the game and shall be subject to fine and/or suspension from the League Office.

Note: For all game misconducts and gross misconducts regardless of when imposed, a total of ten (10) minutes shall be charged in the records of the offending player.

- d) In regular League games, any player who incurs a total of two (2) game misconduct penalties (exclusive of designated categories) shall be suspended for the next League game of his team. For each subsequent game misconduct penalty, the automatic suspension shall be increased by one game. For each suspension of a player, his club shall be fined five hundred dollars (\$500.00).
- e) In regular League or Playoff games, any player who incurs a total of two game misconduct penalties for Abuse of Officials related to infractions penalized under Abuse of the Official and other Misconduct, shall be suspended automatically for the next League or Playoff game of his team. For each subsequent game misconduct penalty, the automatic suspension shall be increased by a game.
- f) If a player receives a game misconduct or match penalty in their team’s last game, they shall receive a one- (1) game suspension at the start of the next regular season.

RULE 56: MATCH PENALTIES

- a) A “Match” penalty involves the suspension of the player for the balance of the game and the offended shall be ordered to the dressing room immediately. A substitute player is to replace the penalized player for five (5) minutes of playing time when the penalty is imposed under the rule Attempt to Injure and Deliberate Injury of Opponents.

NOTE: For all Match Penalties, regardless of when imposed, or prescribed additional penalties, a total of ten (10) minutes shall be charged in the records against the offending player.

- b) A player incurring a Match Penalty shall automatically receive a game suspension and shall be subject to further fine and/or suspension from the League Office.

RULE 57: DISCIPLINE

The League may at their discretion, investigate any incident that occurs in connection with any Pre-Season, Exhibition, Regular Season or Playoff game and may assess fines and or suspensions for any offense committed during the course of a game or any aftermath thereof by the players, Coaches, Trainers, Equipment Managers or club executive, whether or not such offense has been penalized by the Referee.

Note: If a Club requests an investigation, it must be initiated within forty-eight (48) hours following the completion of the game in which the incident occurred.

RULE 58: SUSPENSIONS ARISING FROM PRE-SEASON AND EXHIBITION GAMES

Whenever suspensions are imposed as a result of infractions occurring during pre-season and exhibition games, the League shall exercise its discretion in scheduling the suspensions to

11/05/02

ensure that no team shall be short more players in any regular season League game than it would have been had the infraction occurred in a regular season League game.

RULE 59: GENERAL APPLICATION OF THE RULES

All of the rules contained in this book shall be applicable in all Regular Season, Playoff and Exhibition games. Further, all suspensions incurred during the regular season shall carry into the Playoffs. Further, all suspensions incurred at the end of the season or playoffs shall carry over to the next season.

RULE 60: NEW: CLUB DISCIPLINARY APPEAL

A member Club **may request the league to reconsider** a suspension **or fine** of a player **by filing a written request to the league within 48 hours of issuance of the disciplinary action.** Member club may use the services of the player **pending the appeal** of the incident. **The league may uphold, modify or deny the appeal. If the appeal is denied or withdrawn, the member club shall be assessed an administrative fee by the league in the amount of \$250.00.**

RULE 61: GOALKEEPERS PENALTIES

- a) When a goalie is serving a major penalty, the penalized Team shall place a substitute player in the penalty box before the penalty expires and no other replacement for the penalized player shall be permitted to enter the game except from the penalty box, unless two goals are scored during the major penalty. For violation of the rule, a bench minor shall be imposed. If two goals are scored during the major penalty for the Team may go back to even strength. The goalie must remain in the penalty box until the full penalty time is served and will not be released until the next “deadball” situation after the penalty time has expired.
- b) A minor penalty shall be imposed on any player (including the goalie) who delays the game by deliberately displacing a goal post from its normal position. The referees shall stop play when the offending team gains possession of the ball.

If the goal post is deliberately displaced by a goalie or player during the course of a “breakaway”, a penalty shot will be awarded to the non-offending team, which the shot shall be taken by the player last in possession of the ball.

Note 1: Should the offended player due to injury, be unable to take the penalty shot, a teammate who was on the floor at the time the incident occurred shall take the shot.

Note 2: A player with a “breakaway” is defined as a player in control of the ball with no opposition between him and the opposing goal and with a reasonable scoring opportunity.

In the event that a goalpost is deliberately displaced by the defending player or goalkeeper, the referee, at his discretion, may assess a minor penalty under the rule, award a penalty shot, or award a goal.

[Rule 42 c) provides for an awarded goal]

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

11/05/02

- d) During an altercation goalies must remain in their crease. If a goalie leaves his crease during an altercation he will be assessed a minor penalty. If he gets involved in an altercation he will be assessed a major and a game misconduct.
- e) A goalie that comes out from his crease and hits the glass in front of the goal judge cage with his stick because he is upset at the rulings of the goal judge will be penalized for unsportsmanlike conduct followed by a misconduct penalty. When a goalie is assessed a ten (10) minute misconduct penalty, the goalie must serve his own penalty.

Note: When a goalie is assessed a minor and a ten (10) minute misconduct penalty at the same time, any player on the team shall immediately enter the penalty bench to serve the minor penalty.

SECTION VIII-PLAYING RULES

Rule 62: NEW: UNSPORTSMANLIKE CONDUCT

Note: In the enforcement of this Rule, the Referee has, in many instances, the option of imposing a misconduct penalty or a bench minor penalty. In principle, the Referee is directed to impose a bench minor penalty in respect to violations which occur on or in the immediate vicinity of the player's bench but off the playing surface and shall in all cases affecting non-playing personnel or players. A misconduct penalty should be imposed for violations which occur on the playing surface or in the penalty box area and where the penalized player is readily identifiable.

- a) A misconduct penalty shall be imposed on any player who uses obscene, profane or abusive language to any person, or to any person who intentionally knocks or shoots the ball out of the reach of an Official who is retrieving it or who deliberately throws any equipment out of the playing area.
- b) A minor penalty shall be assessed to any player who challenges or disputes the rulings of any Official during the game. If the player persists in such challenge or dispute, he shall be assessed a misconduct penalty and any further dispute will result in a game misconduct penalty being assessed to the offending player.

In the event that a teammate of a penalized player challenges or disputes the ruling of the Official in assessing the penalty, a misconduct penalty shall be imposed.

Note: Any player who, having entered the penalty box, leaves the penalty box prior to the expiration of his penalty, shall be assessed the appropriate penalties. He shall also be automatically suspended for the next game whether regular or post-season. This rule does not replace any other more severe penalty that may be imposed for leaving the penalty box. See Rule for Leaving the Bench.

- c) A misconduct penalty shall be imposed on any player or players who bang the boards with their sticks or other objects at any time, showing disrespect for an Official's decision.

In the event that the Coach, Trainer or Equipment Manager commits the infraction under this rule, a bench minor shall be imposed.

- d) Where coincidental penalties are imposed on players of both teams, the penalized players of the visiting team shall take their positions in the penalty box first.

11/05/02

- e) Any player who, following a fight or other altercation in which he has been involved is broken up and for which he is penalized, fails to proceed directly and immediately to the penalty box, or who causes any delay by retrieving his equipment (gloves, sticks. etc. shall be delivered to him at the penalty box by teammates), shall be subject to fine and/or suspension in addition to all other penalties incurred.
- f) Any player who persists in continuing or attempting to continue a fight or altercation after he has been ordered by the Referee to stop, or who resists a referee in the discharge of his duties shall, at the discretion of the referee, incur a misconduct or game misconduct penalty in addition to any other penalties incurred. Also, the player will be subject to fine and/or suspension.
- g) A misconduct penalty shall be imposed on any player who, after warning by the referee, persists in any course of conduct (including threatening or abusive language or gestures or similar actions) designed to incite an opponent into incurring a penalty.

If, after the assessment of a misconduct penalty, a player persists in any course of conduct for which he was previously assessed a misconduct penalty, he shall be assessed a game misconduct penalty and be subject to fine and/or suspension.

- h) A bench minor penalty shall be imposed against the offending Team if any player, club executive, Coach, Equipment Manager or Trainer uses obscene, profane or abusive language or gesture to any person or uses the name of any referee coupled with any vociferous remarks.

Should any of the above individuals use obscene gestures towards any person they will be assessed an automatic game misconduct penalty in addition to the bench minor.

- i) In a case of any club executive, Coach, Equipment Manager or Trainer being guilty of such misconduct, he is to be removed from the bench by order of the referee and his case reported to the League Office for further action. (Refer to Rule pertaining to Obscene or Profane Language or Gestures.)
- j) If any club executive, Coach, Equipment Manager, Trainer is removed from the bench by order of the referee, he must not sit near the bench of his club nor in any way direct or attempt to direct the play of his club.

When a Coach has been removed from the bench, he shall be assessed a game misconduct penalty.

- k) A bench minor penalty shall be imposed against the offending team if any player, Coach, Equipment Manager, Trainer or club executive in the vicinity of the players' bench or penalty box throws anything on the floor during the process of the game or during the play of the game.

Note: The penalty provided under this Rule is in addition to any penalty imposed under the rule. Also, the person is subject to fine and/or suspension from the League Office.

- l) A bench minor penalty shall be imposed against the offending team if any player, Coach, Equipment Manager, Trainer or club executive interferes in any manner with any game official including the Referees, Timekeepers or Goal Judges in performance of their duties.

11/05/02

The referee may assess further penalties under the Abuse of Officials Rule if he deems them to be warranted.

- m) A misconduct penalty shall be imposed on any player or players who, except for the purpose of taking their positions in the penalty box, enter or remain in the referees crease while he is reporting to or consulting with any game official including the other referees, Timekeeper, Penalty Timekeeper, Official Scorer or Announcer.
- n) A minor penalty shall be imposed on any player who is guilty of unsportsmanlike conduct including, but not limited to, hair pulling, biting, grabbing hold of facemask, etc.

Note: If warranted the referee may apply a gross misconduct, a Major penalty, or a Match penalty depending on the nature or severity of the incident.

- o) In addition to the minor penalty for unsportsmanlike conduct, a gross misconduct penalty may be assessed for spitting at the direction of the Referee. If a gross misconduct penalty is assessed under this rule, the player shall be automatically suspended for the next two regularly scheduled League games and is subject to further fines and/or suspensions.

A minor penalty for unsportsmanlike conduct shall be imposed on a player who attempts to draw a penalty by his actions ("Taking a dive").

Rule 63: ADJUSTMENT TO CLOTHING OR EQUIPMENT

- a) Play shall not be stopped nor the game delayed by reasons of adjustments to clothing, equipment or sticks.

For an infringement of this Rule, a minor penalty shall be given.

- b) The onus of maintaining clothing and equipment in proper condition shall be upon the player. The player shall leave the floor and play shall continue with a substitute.

Rule 64: ATTEMPT TO INJURE

- a) A match penalty shall be imposed on any player who deliberately attempts to injure an opponent and the circumstances shall be reported directly to the League Office for further fines and/or suspensions. The penalized team shall substitute a player for the penalized player to serve the five (5) minute penalty.
- b) A game misconduct penalty shall be imposed on any player who deliberately attempts to injure an Official, Coach, Trainer or Equipment Manager in any manner and the circumstances should be reported directly to the League Office for further fines and/or suspensions. (See Physical abuse of Officials)

Note: The League upon preliminary investigation indicating the probable imposition of supplementary disciplinary action, may order the immediate suspension of the player who has incurred a match penalty under this rule, pending the final determination of such supplementary disciplinary action

Rule 65: BALL OUT OF SIGHT

11/05/02

Should a scramble take place or player accidentally fall on the ball which becomes out of sight of the referee, that official shall immediately blow his whistle and stop the play. The ball is awarded to the team who wasn't on the ball.

Rule 66: BALL STRIKING A REFEREE

- a) Play shall not be stopped if the ball touches a referee anywhere on the floor, regardless of whether a team is shorthanded or not.
- b) When a ball deflects off a referee and goes out of play, the ensuing face-off will take place at the designated face off spot closest to where the ball deflected off the referee.

Note: If a goal is scored as a result of being deflected directly into the net off a referee, the goal shall not be allowed.

Rule 67: BOARD CHECKING (BOARDING)

- a) A minor or major penalty, at discretion of the referee, based upon the degree of violence of the impact with the boards, shall be imposed on any player who checks an opponent in such manner that causes the opponent to be thrown violently into the boards.
- b) When a major penalty is imposed under this Rule for a foul resulting in an injury to the face or head of an opponent, a game misconduct shall be imposed.
- c) Any player who incurs a total of two (2) game misconducts for Board Checking in either a regular season or playoff game shall be suspended automatically for the next game of his team. For each subsequent game misconduct penalty the automatic suspension shall be increased by one game.

When a major penalty is imposed under this rule, the player is subject to further fine and/or suspension.

Rule 68: BROKEN STICK

Note: A broken stick is one, which, in the opinion of the referee, is unfit for normal play.

- a) A player without a stick may participate in the game. A player whose stick is broken may participate in the game provided he drops the stick. A minor penalty shall be imposed for an infraction of this rule.
- b) A goalie may continue to play with a broken stick until a stoppage of play or until he has been legally provided a stick.
- c) A player who has lost or broken a his stick may only receive a stick at his own player's bench or be handed one from a teammate on the floor. A minor penalty shall be imposed for violation of this rule.
- d) A goalie whose stick is broken or illegal may not go to the player's bench for a replacement but must receive his stick from a teammate. For an infraction of this rule, a minor penalty shall be imposed on the goalkeeper.

11/05/02

- d) A player who has lost or broken his stick may only receive a stick at his own players' bench or be handed one from a teammate on the floor. A minor penalty shall be imposed for an infraction of this rule.

Rule 69: BUTT-ENDING

Note: Butt-ending shall mean using the end of the shaft of the stick in a jabbing motion.

- a) A Major penalty will be imposed on a player who attempts to butt-end an opponent.
- b) A major penalty and a game misconduct shall be imposed on a player who butt-ends an opponent. See also Attempt to Injure.
- c) A match penalty shall be imposed on a player who injures an opponent as a result of a butt-end. See also Deliberate Injury to Opponents.
- d) In addition to the major penalty and game misconduct under this rule, the player will be subject to further fines and/or suspensions.

Rule 70: CHARGING

Charging shall mean the actions of a player who, as a result of distance traveled, shall violently check an opponent in any manner. A "charge" may be the result of a check into the boards, into the goal frame or in the open floor.

- a) A minor or major penalty shall be imposed on a player who runs into, or charges an opponent in any manner.
- b) When a major penalty is imposed under this Rule for a foul resulting in a injury to the face or head of an opponent, a game misconduct shall be imposed, and an automatic fine of one hundred dollars (\$100) to the player.
- c) A minor, major or a major and a game misconduct shall be imposed on a player who charges a goalkeeper while the goalkeeper is within his goal crease.

Rule 71: CHECKING FROM BEHIND

A check from behind is a check delivered on a player who is not aware of the impending hit, therefore UNABLE TO DEFEND HIMSELF, and contact is made on the back part of the body. When a player intentionally turns his body to create contact with his back, no penalty shall be assessed.

- a) Any player who cross-checks, pushes, or charges from behind an opponent into the boards, who is unable to defend himself, shall be assessed a major penalty. This penalty applies anywhere on the floor. If the hit is a blatant check from behind a major and a game misconduct shall be assessed.
- b) Any player who incurs a total of two- (2) game misconducts for Checking from Behind in either Regular Season or Playoffs shall be suspended automatically for the next game of his team. For each subsequent game misconduct penalty the automatic suspension shall be increased by a game.

11/05/02

- c) All Checks from Behind are subject to further fines and/or suspension.
- d) Checking from behind which stops a fast-break opportunity, shall be assessed a two- (2) minute penalty. This shall apply whether the opponent has possession of the ball or is pursuing possession of a loose ball.
- e) A minor or major penalty, at the discretion of the referee shall be imposed on any player who checks a player from behind.

Rule 72: CLIPPING

Clipping is the act of throwing the body, from any direction, across or below the knees of an opponent. A player who commits these fouls will be assessed a minor or major penalty for “clipping”. If an injury occurs during a result of this “clipping” check, the player shall be assessed a major and a game misconduct.

- a) A player may not deliver a check in a “clipping” manner, nor lower his own body position to deliver a check on or below an opponent’s knees.
- b) An illegal “low hit” is a check that is delivered by a player who may or may not have both feet on the floor, with his sole intent to check the opponent in the area of the knees. A player may not lower his body position to deliver a check to the opponent’s knees.

Rule 73: CHECKING WITH THE LACROSSE STICK

- a) A player may check his opponent’s stick with his own stick when the said opponent has possession of the ball.
- b) The checking of an opponent from the front, who has possession of the ball, is allowed only when there is contact chest to chest with no space between opponents. The defensive player may push the opponent with “equal pressure” using the handle of the stick that is between the gloved hands, which constitutes a “push check”.

Rule 74: CROSS-CHECKING

Note: A legal crosscheck shall be a check on the arms below the shoulders and above the waist rendered with both hands on the stick, on an opponent with possession of the ball. The extension of the arms while the check is being delivered is permissible.

- a) A minor or major penalty, at the discretion of the referee, shall be imposed on a player who uses excessive physical force during the check. If an injury occurs as a result of this cross-check the player shall be assessed a major and a game misconduct penalty.
- b) A minor or major penalty, or a major and a game misconduct at the discretion of the referee, shall be imposed on the player who “cross-checks” an opponent above the shoulders, below the waist, or on the back.
- c) When a major penalty is imposed under this rule, an automatic fine of one hundred dollars (\$100) shall be imposed.
- d) **NEW: Cross-checking off-ball is not allowed without equal pressure.**

Rule 75: DELAYING THE GAME

- a) A minor penalty shall be imposed on any player or goalie that delays the game by deliberately shooting or batting the ball outside the playing area.

Note 1: When the goalie shoots the ball directly (non-deflected) out of the playing surface, except where there is no glass, a penalty shall be assessed for delaying the game.

Note 2: The penalty shall also apply when a player or goalie deliberately bats or shoots the ball with his stick outside the playing area after a stoppage of play; this includes a “shot clock” stoppage violation.

- b) A minor penalty shall be imposed on any player or goalkeeper who throws or deliberately bats the ball outside the playing area or throws or rolls the ball away from the referee.

Teams shall not deliberately throw the ball down to their defensive zone with time remaining in the 30-second clock strictly for “stalling” purposes to allow their defensive unit on the floor.

For any violation of this rule, a bench minor penalty will be assessed to the offending team (also see Rule 33 a).

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

If the goal post is deliberately displaced by a goalie or player during the course of a “breakaway”, a penalty shot will be awarded to the non-offending team, which shot shall be taken by the player last in possession of the ball.

Note: A player with a “breakaway” is defined as a player in control of the ball with no opposition between him and the opposing goal and with a reasonable scoring opportunity.

In the event that a goalpost is deliberately displaced by the defending player or goalkeeper, the referee, at his discretion, may assess a minor penalty under the rule, award a penalty shot, or award a goal.

[RULE 42c) provides for an awarded goal]

If a goalie is on his bench and a teammate of his, defending his own end, deliberately displaces his own net, an automatic goal will be awarded to the non-offending team.

- d) If by reason of insufficient time in the regular playing time or by reason of penalties already imposed, the minor penalty assessed to a player for deliberately displacing his own goal post cannot be served in its entirety within the regular playing time of the game or at any time in overtime, a penalty shot shall be awarded against the offending team.
- e) A bench minor penalty shall be imposed upon any team which, after warning by the referee to its Captain or Alternate Captains to place the correct number of players on the floor and commence play, fails to comply with the referee’s direction and thereby causes any delay by making additional substitutions.

11/05/02

Rule 76: DELIBERATE INJURY OF OPPONENTS

- a) A match penalty shall be imposed on a player who deliberately injures an opponent in any manner.

Note: Any player wearing tape or any other material on his hands (below the wrist) who cuts or injures an opponent during an altercation shall receive a match penalty under this rule.

- b) In addition to the match penalty, the player shall be automatically suspended from further competition until the League has ruled on this issue.
- c) No substitute shall be permitted to take the place of the penalized player until five (5) minutes of actual playing have elapsed from the time the penalty was imposed.
- d) A game misconduct penalty shall be imposed on any player who deliberately injures an Referee, Off-Field Official, Coach, Trainer, Equipment Manager or club executive in any manner and the circumstances shall be reported to the League Office for further action.
- e) As with all match penalties any deliberate injury to an opponent is subject to fine and/or suspension.

Rule 77: ELBOWING

Elbowing shall mean the use of an extended elbow in a manner that may or may not cause injury.

- a) A minor or major penalty, at the discretion of the referee, shall be imposed on any player who uses his elbow to foul an opponent.
- b) When a major penalty is imposed under this Rule for a foul resulting in an injury to the face of head of an opponent, a game misconduct shall be imposed and an automatic fine of one hundred of one hundred dollars (\$100.00).
- c) All elbowing penalties are subject to further fines and/or suspensions from the League Office.

Rule 78: FACEMASKING

Any player who deliberately grabs the facemask of an opponent.

- a) A minor or a five (5) minute major, or major and game misconduct shall be imposed on any player who is penalized for facemasking.

Rule 79: FISTICUFFS

An instigator of an altercation shall be a player who is by his actions or demeanor demonstrates any/some of the following criteria: distance traveled; gloves off first; first punch thrown; menacing attitude or posture; verbal instigation or threats; conduct in retaliation to a prior game incident.

An altercation is a situation involving two players, with at least one player incurs a penalty.

11/05/02

A minor (roughing) or a double minor for roughing, a major or a major and a game misconduct. At the discretion of the referee, shall be imposed on any player involved in fisticuffs.

A player who is deemed to be the instigator of an altercation shall be assessed an instigating minor penalty, a major for fighting and a game misconduct.

A player who is assessed a major and game misconduct for being an outright aggressor of an altercation will have this recorded as an instigator of an altercation for statistical and suspension purposes.

A player who is deemed to be the instigator for a second time in one regular season shall be suspended for the next regular season game of his team. For each subsequent instigator penalty in the same regular season, the player will be suspended for the next game of his team. For each suspension the player shall be fined the sum of one hundred dollars (\$100.00).

In Playoff games, any player who incurs a total of two instigator penalties resulting in Game misconduct penalties shall be suspended automatically for the next Playoff game of his team. For each subsequent Game Misconduct penalty during the Playoffs, the automatic suspension shall be increased by one game. For each subsequent Game Misconduct penalty during the playoffs, the automatic suspension shall be increased by one game. For each such suspension during the playoffs, the player shall be fined the sum of one hundred dollars (\$100.00).

A player who deliberately removes his sweater prior to participating in an altercation shall be assessed a minor penalty for unsportsmanlike conduct and a game misconduct. This is an addition to other penalties to be assessed to the participants of an altercation.

A player who engages in fisticuffs and whose sweater is removed (completely off his torso), other than through the actions of his opponent in the altercation or through the actions of the referee, shall be assessed a game misconduct penalty.

Any player who instigates a fight with a face mask on, will in addition to a minor for instigating, will receive a major for fighting and a game misconduct.

- b) A minor penalty shall be imposed on a player who, having been struck, shall retaliate with a blow, or attempted blow. However, at the discretion of the referee, a major or major and a game misconduct penalty may be imposed if such player continues his altercation.

(NOTE 1) It is the intent and purpose of this Rule that the referee shall impose the "major and a game misconduct" penalty in all cases where the instigator or retaliator of the fight is the aggressor and is plainly doing so for the purpose of intimidation or punishment.

(NOTE 2) The referee is provided very wide latitude in the penalties, which he may impose under this Rule. This is done intentionally to enable him to differentiate between the obvious degrees of responsibility of the participants either for starting the fighting or persisting in continuing the fighting. The discretion provided should be exercised realistically.

(NOTE 3) Referees are directed to employ every means provided by these rules to stop "brawling" and should use this Rule and Rules 62 -Abuse of Officials and other misconduct.

11/05/02

(NOTE 4) Any player wearing tape or any other material on his hands (below the wrist) that cuts or injures an opponent during an altercation will receive a match penalty under Rule 76 -Deliberate Injury of Opponents.

- c) A misconduct or game misconduct penalty shall be imposed on any player involved in fisticuffs off the playing floor or with another player who is off the floor. These penalties are in addition to any other time penalties assessed.
- d) A game misconduct penalty, at the discretion of the referee, shall be imposed on any player or goalie who is first to intervene in an altercation already in progress except when a match penalty is being imposed in the original altercation. This penalty is in addition to any other penalty incurred in the same incident.

Any player who intervenes with any altercation will be automatically suspended for his team's next game.

- e) When a fight occurs, all players not engaged shall go immediately to their players' bench and in the event the altercation takes place at the players' bench, the players on the floor from that team shall go to their defensive end. A bench minor or misconduct penalty may be added at the discretion of the Referee. Failure to comply with the instructions of the referee will result in a Club fine of One Hundred Dollars (\$100.00) for each offense.
- f) A game misconduct penalty shall be imposed on a player who is assessed a major penalty for fighting after the original altercation.

Notwithstanding this Rule, at the discretion of the referee, the automatic game misconduct penalty may be waived for a player in the altercation if the opposing player was clearly the instigator of the altercation.

- g) Any player or goalie who becomes sufficiently involved in an altercation to warrant a Major, Misconduct or Match penalty other than during the periods of the game shall automatically be assessed a Game Misconduct Penalty under this rule shall be automatically suspended for the next game regularly scheduled League and Playoff games of his team. For each subsequent violation by the same player, the automatic suspension shall be increased by two (2) games.

The Club of the player (s) incurring a Game Misconduct penalty under this rule shall incur a fine of Five Hundred Dollars (\$500.00) for the first and each subsequent such incident.

Such suspension and fines shall be subject to review by the League that shall have the right to confirm, mitigate or increase the suspension and fines assessed.

(NOTE) In the case of altercation taking place after the quarter or game, the fine under this rule shall be assessed only in the event that altercation is commenced after the quarter or game is terminated.

Rule 80: HEAD-BUTTING

- a) A major penalty shall be imposed on a player who attempts to head-butt an opponent.
- b) A major and a game misconduct penalty shall be imposed on a player who head-butts an opponent. (See also Rule 64-Attempt to Injure.)

11/05/02

- c) A match penalty shall be imposed on a player who injures an opponent as a result of a head-butt. (See also Rule 76-Deliberate Injury to an Opponent.)

Rule 81: HOLDING

- a) A minor penalty shall be imposed on a player who holds an opponent by using his arms, legs or hands.

A player in possession of the ball cannot use the free arm to ward off, use his free hand or arm to hold or control the direction or movement of his opponent, but can use the free arm to absorb contact or a blow from an opponent. Any violation of this rule shall result in possession of the ball to the non-offending team.

A minor penalty shall be assessed on a player who holds, pushes, or grabs an opponent while pursuing a loose ball or defending a player who has possession of the ball.

Note: A player checking with one hand on his stick may only make “stick on stick” contact on his opponent, once contact is made with the off-hand on the opposing player in this situation, the result will be a minor penalty.

A minor penalty for holding will be assessed when a player impedes the progress of any player (with or without the ball) with only one hand on his stick.

Note: A player may initiate contact with an opponent who is in possession of the ball or who is within one (1) yard of a loose ball with either a closed gloved hand on the handle of his stick or either forearm. The contact must be exerting of equal pressure. Both gloved hands need not be on the player’s stick when in the act of initiating contact with an opponent.

Rule 82: HOLDING AN OPPONENT’S STICK

- a) A player is not permitted to hold an opponent’s stick. A minor penalty shall be assessed to a player who holds an opponent’s stick.

Note: A player is permitted to protect himself by defending against an opponent’s stick. He must immediately release the stick and allow the player to resume normal play.

Rule 83: HOOKING

Hooking is the act of using the stick in a manner that enables a player to restrain an opponent.

NOTE: When a player is checking another player in such a way that there is only stick-to-stick contact, such action is not to be penalized as hooking.

- a) A minor penalty shall be imposed on a player who impedes the progress of an opponent by “hooking” with his stick.
- b) A major penalty and a game misconduct shall be imposed on any player who injures an opponent by “hooking”. A player who has been assessed a major penalty and a game misconduct under this Rule shall be automatically fined one hundred dollars (\$100).

11/05/02

Rule 84: BODYCHECKING

- a) Bodychecking of an opponent in possession of the ball from the front or side, above the waist and below the shoulders is a legal check.
- b) Bodychecking of an opponent who is not in possession of the ball is not allowed and will be penalized by the appropriate penalty, either a possession call or a time penalty.

Rule 85: INTERFERENCE / ILLEGAL BODYCHECKING

Note: Throughout this rule, the Referee shall keep in mind that any check that is covered by other rules (e.g. cross-checking, tripping, charging, checking from behind, etc.) shall be penalized under the appropriate rule.

- a) When two players are pursuing a loose ball, checking the opponent's stick and body contact is allowed within one (1) yard of the loose ball. In a man-ball situation (2 on 1), a teammate is allowed to "ride" the opposing player using equal pressure in direct pursuit of the ball.
- b) A defending player may impede the progress of an attacking non-ball carrier who is not in contention for a loose ball or receiving a pass by using his body or an "equal pressure" motion with the stick on the side of the opponent on the arms.
- c) The avoidable bodychecking of an opponent (including the goalie) after he has thrown the ball to a teammate or taken a shot at the goal is not allowed.
- d) It is illegal to bodycheck an opponent from the rear, above the shoulders or below the waist.
- e) It is illegal for a defensive player to take a stationary position in order to initiate contact or impair contact or impair a fast-break pass.
- f) It is illegal for a goalie to leave the crease and cross check a player receiving a fast break pass.

Note: A minor, or a major, or a major and a game misconduct may be imposed by the referee for a violation of the above rules.

- g) A goalie or player must give a fast breaking opponent the opportunity to take one step to gain composure after receiving the ball, but he must also, in employing his body check, primarily go after the stick of the fast breaking opponent. Body contact is allowable if incidental, but mere body to body is not allowable. A major penalty or a major and a game misconduct are awarded if any blind side check is administered in this situation.

Note: The use of a body check is legal with one hand on the stick, provided the contact is below the shoulders or above the waist and there is no forcible thrust of the check's stick.

Rule 86: OFFENSIVE SCREENS / PICKS / BLOCKS

- a) An offensive screen is the legal action by an attacking player attempting to impede the defensive coverage of a defender, on an attacking player "without" possession, while looking to receive a pass. "*Equal Pressure*"

11/05/02

- b) An offensive pick is the legal action by an attacking player attempting to impede the defensive coverage of a defender, on an attacking player “with” possession, while looking to receive a pass.” Equal pressure”
- c) An offensive “block” is the legal action by an attacking player attempting to impede the defensive coverage of a defender, on an attacking player “with” or “without” possession, with no intent of receiving a pass.
- d) All such screen/picks/blocks are allowed only from a set position as long as forceful contact (such as a crosscheck [with no extension of the arms], slash, “clutching and grabbing” etc.) is not made against an opponent or from the rear of an opponent.
- e) A screen/pick/block is legal only if made from a stationary position prior to contact. Crosschecking is not allowed when setting the screen / pick / block.
- f) In all screening / picking / blocking situations contact is expected. If the contact is excessive, it shall be penalized under the appropriate rule.
- g) An illegal screen / pick / block is a technical penalty unless the contact is blatant as opposed to equal pressure, then a time penalty will be imposed.
- h) A screen / pick / block is legal if applied to the side of an opponent on the arms (below the shoulder and above the waist), and with the stick held in a horizontal fashion.

Note 1: “Screen”

(a) In all other situations, the player setting the screen shall be stationary in a normal standing position when contact is made and may not push off.

(b) “Screen”. If a player who is checking an opponent is interfered with by means of a moving screen, possession shall be awarded to the non-offending team.

Rule 87: HIGH STICKING

- a) A major penalty shall be assessed to a player who checks an opponent in such a way that contact is made between his stick and the opponent’s neck, face or helmet. Should an injury occur a major penalty and a game misconduct penalty will be assessed.
Note: Incidental contact with the helmet should be disregarded.

- b) If a player being legally checked deliberately ducks, so as to cause the stick of the opponent to strike him on the head or neck, no penalty shall be assessed.

Rule 88: KICKING A PLAYER

A match penalty shall be imposed on any player who kicks or attempts to kick another player. Whether or not an injury occurs, the referee will impose a five- (5) match penalty under this rule.

Rule 89: KNEEING

Kneeing is the act of a player making a distinct movement of his knee.

A minor, major or match penalty shall be imposed on any player who fouls an opponent by kneeling. When a player has been assessed a major penalty for kneeling he shall also be assessed a Game Misconduct.

Rule 90: INTERFERENCE BY/WITH SPECTATORS

- a) In the event of a player being held or interfered with by a spectator, the referee shall blow the whistle and stop the play unless the team of the player interfered with is in possession of the ball. The play shall be allowed to be completed before blowing the whistle and the ball will be awarded to the team who was interfered with at the restraining line.
- b) Any player who physically interferes with the spectators shall automatically incur a gross misconduct penalty and the referee shall report all such infractions to the League Office, who has such power to impose fines and/or suspensions.
- c) In the event that objects are thrown on the floor by spectators that interfere with the progress of the game, the referee shall blow the whistle and stop the play and the ball will be awarded to the team in possession.

Note 1: In the event that objects are thrown on the floor during the process of the game or during the stoppage of play, including after the scoring of a goal, a bench minor penalty will be assessed to the home team. A warning via the public address system must first be given before assessing this penalty.

Note 2: The referee shall report to the League Office for disciplinary action all cases in which a player becomes involved in an altercation with a spectator.

Rule 91: LEAVING PLAYERS BENCH OR PENALTY BOX

No player may leave the players' bench or penalty box at any time during an altercation or for the purpose of starting an altercation. Substitutions made prior to the altercation shall be permitted, provided the players so substituting do not enter the altercation.

A player who has entered the game on a legal line change and starts an altercation is subject to discipline in accordance with Supplementary Discipline.

- a) For violation of this Rule, a game misconduct penalty shall be imposed on the player(s) who was the first or second player to leave the players' bench or penalty box from either or both teams.
- b) The player(s) to leave the players' bench or penalty box shall be assessed an automatic game suspension without pay for one (1) regular season and/or playoff game of his team. The player(s) is also subject to further fines and/or suspensions.
- c) The team of a player(s) penalized under subsection (a) shall incur a fine of five hundred (\$500.00) for first such incident, seven hundred fifty (\$750.00) for the second such incident and one thousand (\$1,000.00) for the third and subsequent such incidents.
- d) All players, including the initial players leaving the players' bench or penalty box for either or both teams shall incur a fine of one hundred dollars (\$100.00).
- e) Except at the end of the half or expiration of his penalty, no player may, at any time, leave the penalty box.
- f) A penalized player who leaves the penalty box before his penalty has expired, whether play is in progress or not, shall incur an additional minor penalty, after serving his unexpired penalty.

- g) If a player leaves the penalty box before his penalty is fully served, the Penalty Timekeeper shall note the time and signal the referees, who will stop the play when the offending player's team obtains possession of the ball.

Players will remain on their players' benches and not proceed onto the floor at any time during altercations, including at the end of the quarters, half time, and at the end of the game until authorized to do so by the game officials. The rule does not preclude players from celebrating individual, team, or league milestone events. For violation of this rule the referee may impose a bench minor on the offending team(s). See also Rule 91 o).

- h) In case of a player returning to the floor before his time has expired through an error of the Penalty Timekeeper, he is not to serve an additional penalty, but must serve his unexpired time.
- i) If a player of the attacking side in possession of the ball shall be in such a position as to have no opposition between him and the opposing goalie, and while in that position he shall be interfered with by the player of the opposing side who has illegally entered the game, the referee shall impose a penalty shot against the side to which the opposing player belongs.
- j) If the opposing goalie has been removed and a player throws or shoots any part of his stick or any other object at the ball or ball carrier, or if the ball carrier is fouled from behind, thereby being prevented from having a clear shot on an open net, a goal shall be awarded to the attacking team.

If, when the opposing goalie has been removed from the floor, a player of the side attacking the unattended goal is interfered with by a player who shall have entered the game illegally, the referee shall immediately award a goal to the non-offending team.

- k) If a Coach or Manager gets on the floor after the start of a quarter and before that quarter is ended, the referee shall impose a bench minor penalty against the team and report the incident to the League for disciplinary action.
- l) Any club executive member or coaching staff member committing the offense shall be subject to fine and/or suspension.
- m) If a penalized player returns to the floor from the penalty box before his penalty has expired by his own error or the error of the Penalty Timekeeper, any goal scored by his team while he is illegally on the floor shall be disallowed but all penalties imposed on either team shall be served as regular penalties.
- n) If a player shall illegally enter the game from his own players' bench or from the penalty box, any goal scored by his own team while he is illegally on the floor shall be disallowed but all penalties imposed on either team shall be served as regular penalties.
- o) A bench minor penalty shall be imposed on a team whose player(s) leaves the players' bench for any purpose other than a change of players and when no altercation is in progress.
- p) Any player who has been ordered to the dressing room by the referee and returns to his bench or to the floor for any reason before the appropriate time shall be assessed a game misconduct penalty and shall be suspended automatically without pay for the next game, regular and/or playoff games. He is also subject to further fines and/or suspensions.

11/05/02

- q) The League Office may suspend the Coach(es) of the team(s) whose player(s) left the players' bench (es) during an altercation, pending a review. The Coach(es) also may be fined a maximum of five hundred dollars (\$500.00).

The League shall be required to investigate all such incidents to determine if the Coach of the team whose player(s) subsequently left the players' bench or penalty box should be subject to disciplinary action in which event the League may apply Rule, but in no event shall the fine or suspension exceed the fine or suspension assessed to the first coach.

Rule 92: OBSCENE OR PROFANE LANGUAGE OR GESTURES

- a) Players shall not use obscene gestures on the floor or anywhere in the arena, before, during or after any game. For a violation of this rule, a game misconduct penalty shall be imposed and the referee shall report the circumstances to the League for further disciplinary action. Any player assessed a game misconduct penalty under this section shall automatically be suspended for the next game of his team.
- b) Players shall not use profane language on the floor or anywhere in the arena before, during or after a game. For violation of this Rule, a misconduct penalty shall be imposed except when the violation occurs in the vicinity of the players' bench in which case a bench minor shall be imposed.

Note: It is the responsibility of all game officials and all club officials to send a confidential report to the League setting out the full details concerning the use of obscene gestures or language by any player, Coach or other Team Staff. The League shall take such further disciplinary action as deemed appropriate.

- c) Club Executives, Coaches or other Team Staff shall not use obscene or profane language or gestures anywhere in the arena. For violation of this Rule, a bench minor penalty shall be imposed, plus a report to the Commissioner. In addition to the bench minor penalty, any club personnel using obscene gestures will result in the offending individual will be ordered removed from the game and the Referee shall report the circumstances to the League for further disciplinary action.

Rule 93: PHYSICAL ABUSE OF OFFICIALS

- a) Any player who deliberately applies physical force in any manner against an Official, in any manner attempts to injure an Official, physically demeans, or deliberately applies physical force to an Official solely for purpose of getting free of such official during or immediately following an altercation shall receive a game misconduct penalty.

In addition the following disciplinary penalties shall apply:

Category I

Any player who deliberately strikes an official and causes injury or who deliberately applies physical force in any manner against an official with intent to injure, or who in any manner attempts to injure an official shall automatically be suspended for the remainder of the Year. Also, the future playing status of a player will be reviewed following the season. (For the purpose of the Rule, "intent to injure" shall mean any physical force which a player known or should be expected to cause injury.)

Category II

Any player who deliberately applies physical force to an Official in any manner (excluding actions as set out in Category One), which physical force is applied without the intent to injure, shall be automatically suspended for not less than five (5) games.

Category III

Any player who, by his actions, physically demeans an official or who deliberately applies physical force to an official solely for the purpose of getting free of such an official during or immediately following an altercation shall be suspended for not less than one (1) game.

Immediately following the game in which such game misconduct penalty is imposed, the referee shall, in consultation with the other officials, decide the category of the offense.

The League shall review all such game misconduct penalties and pending the completion of this review it may:

- 1) Sustain the number of games within the category and/or fine the player
- 2) Increase the number of games within the category and/or fine the player
- 3) Change to a lower category
- 4) Change to a lower category and increase the number of games within the category and/or fine the player

In the event that the player has committed more than one offense under this rule, in addition to the penalties imposed under this offense, his case shall be referred to the League for consideration of supplementary disciplinary action.

- b) Any Club Executive, Manager, Coach or Team Staff who holds or strikes an official, shall be automatically suspended from the game, ordered to the dressing room, and the matter shall be referred to the League for further disciplinary action (fine and/or suspension).

Rule 94: PROTECTION OF THE GOALIE

- a) A minor penalty for interference shall be imposed on a player who, by means of his stick or his body, interferes with or impedes the movements of the goalie by actual physical contact.

Note: A goalie is not "fair game" just because he is outside the goal crease area. A penalty for interference (minor or major and game misconduct) should be called in every case where an opposing player makes unnecessary contact with the goalie. Likewise, the referees should be alert to penalize goalies for tripping, slashing or spearing in the vicinity of the goal.

- b) Players from the attacking team shall not stand in the goal crease area. If the ball should enter the net while such conditions prevail the goal shall not be allowed. If an attacking player has physically interfered with the goalie, prior to or during the scoring of the goal, the goal will be disallowed and a penalty for (the) goalkeeper interference will be assessed. The ball will be awarded to the defending team.
- c) If a player of the attacking side has been physically interfered with by the action of a defending player so as to cause him to be in the goal crease and the ball should enter the net while the player so interfered with is still in the goal crease, the goal shall be allowed.

11/05/02

- d) A minor penalty shall be assessed to a player of the attacking side who, having been interfered with, fails to avoid making contact with the goalie. In addition, if a goal is scored it shall be disallowed.
- e) A minor penalty for interference shall be imposed on any attacking player who makes deliberate contact with a goalie, whether in or out of the crease. At the discretion of the referee a major penalty may be imposed under Rule 96-Roughing.
- f) In the event that a goalkeeper has been pushed into the net together with the ball after making the stop, the goal will be disallowed. If applicable, the appropriate penalties will be assessed.

Rule 95: REFUSING TO START

- a) If a team, when off the floor at the start of the game or at the start of the quarter, or having been ordered or permitted to go off the floor by the referee, fails to go on the floor and start play within five minutes after having been ordered to do so by the referee, the offending team shall be fined Five Hundred Dollars (\$500.00), the game forfeited and the matter shall be reported to the League Office for further action.
- b) If, when both teams are on the floor, one team for any reason shall refuse to start play when ordered to do so by the referee, or shall leave the floor without being ordered or permitted to do so by the referee, the referee shall warn the offending team and allow it fifteen (15) seconds which to start or resume play. If at the end of that time the team shall refuse to start play, the referee shall impose a two-minute penalty on a player of the offending team to be designated by its Coach or Captain. Should the offending team still refuse to start play, the referee shall warn it that it has one (1) minute to commence play, failing which it shall be fined the sum of One Thousand Dollars (\$1,000.00) and the referee shall so notify the team. Should the offending team still refuse to play, the referee shall warn the team that it has five (5) minutes to commence play; failing which the game shall be forfeited and the matter shall be reported to the League for further action.
- c) Notification or warning a team under this rule may be given to any one of the following: Club Executive, General Manager, Coach or Captain.

Note: Any Coach who takes his team off the floor and refuses to start play or complete a game upon request of the referee shall be automatically suspended for the balance of the season and the offending Club shall be automatically subject to a fine of Five Thousand Dollars (\$5,000.00).

The League shall issue instructions pertaining to the records, etc. of forfeited game.

Rule 96: ROUGHING

Roughing is an altercation that is worthy of a minor or major penalty to either *participant*. (An altercation is a situation involving two (2) players, with at least one to be penalized.)

- a) A minor, a double minor, a major penalty, or a major and a game misconduct penalty shall be imposed on a player who strikes an opponent. (See also Rule 79-Fisticuffs.)
- b) Any excessively violent holding or pushing.
- c) Any deliberate or excessively violent contact or cross check by a defensive player against an offensive player who has established a legal screen/pick position has committed a penalty.

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

Rule 97: SLASHING

Slashing is the act of swinging a player's stick at an opponent without any visible attempt to dislodge the ball, whether contact is made or not. (NOTE) Non-aggressive stick contact to the stick or hands should not be penalized as slashing.

- a) A minor or major, or major and a game misconduct penalty, at the discretion of the referee, shall be imposed on any player who impedes the progress of an opponent by "slashing" with his stick.
- b) A major and a game misconduct penalty shall be imposed on any player who injures an opponent by slashing.
- c) Any player who swings his stick at another player in the course of an altercation shall be subject to a fine of not less than one hundred dollars (\$100.00), with or without a suspension, to be imposed by the League Office.

Rule 98: SPEARING

Spearing shall mean a stabbing motion at an opponent with the stick whether contact is made or not.

- a) A major penalty will be imposed on a player who spears an opponent and does not make contact.
- b) A major and a game misconduct shall be imposed on a player who spears an opponent. (See also Rule 64- Attempt to Injure.)
- c) A match penalty shall be imposed on a player who injures an opponent as a result of a spear. (See also Rule 76- Deliberate Injury of Opponents.)
- d) A spearing penalty is subject to further fine and/or suspension from the League Office.

Rule 99: THROWING THE STICK

- a) When any member of the defending team, including anyone on the bench, deliberately throws or shoots any part of a stick or any other object, at the ball or ball carrier over his center line, the referee shall allow the play to be completed and if a goal is not scored, a penalty shot shall be awarded to the non-offending team. The player designated by the referee, as the player fouled shall take this shot.

If, when the opposing goalie has been removed, a member of the defending team, anyone on the bench, deliberately throws or shoots any part of the stick or any other object at the ball or ball carrier having a clear shot on an "open net", a goal shall be awarded to the attacking team.

Note 1: If the referees are unable to determine the person against whom the offense was made, the offended team, through the Team Captain, shall designate a player on the floor at the time the offense was committed to take the shot.

Note 2: For the purpose of this Rule, an “open net” is defined as one from which a goalie has been removed for an additional attacking player.

- b) A minor penalty shall be imposed on any player on the floor who throws his stick or any part thereof or any other object in the direction of the ball except when such act has been penalized by assessment of a penalty shot or the award of a goal.

Note: When a player discards the broken portion of a stick by tossing it to the side off the floor (and not over the boards) in such a way as will not interfere with play or opposing player, no penalty will be imposed for so doing.

- c) A misconduct or game misconduct penalty, at the discretion of the referee, shall be imposed on any player who throws his stick or any part thereof outside the playing area. If the offense is committed in protest of a referee’s decision, a minor penalty for unsportsmanlike conduct plus a game misconduct penalty shall be assessed to the offending player.

Rule 100: TRIPPING

Note 1: Accidental trips, which occur simultaneously with a completed play, will not be penalized.

Note 2: Accidental trips, which occur simultaneously with or after the stoppage of play, will not be penalized.

- a) A minor penalty shall be imposed on any player who shall place his stick or any portion of his body in such manner that will cause his opponent to trip and fall.
- b) When a player in control of the ball on the opponent’s side of the center line and having no other opponent to pass than the goalie, is tripped or otherwise fouled from behind, thus preventing a reasonable scoring opportunity, a penalty shot shall be awarded to the non-offending team. Nevertheless, the referee shall not stop play until the attacking side has lost possession of the ball to the defending side.

Note 3: The intention of this Rule is to restore a reasonable scoring opportunity which has been lost by reason of a foul from behind when the foul is committed on the opponent’s side of the center-line.

- c) A goal shall be awarded to the attacking team when, with the opposing goalkeeper removed, a defensive player trips or otherwise fouls a player in control of the ball who has no defending player to pass, thus denying him a reasonable scoring opportunity.

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