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NCAA

MEN'S  
**LACROSSE**

2015 AND 2016  
RULES AND INTERPRETATIONS



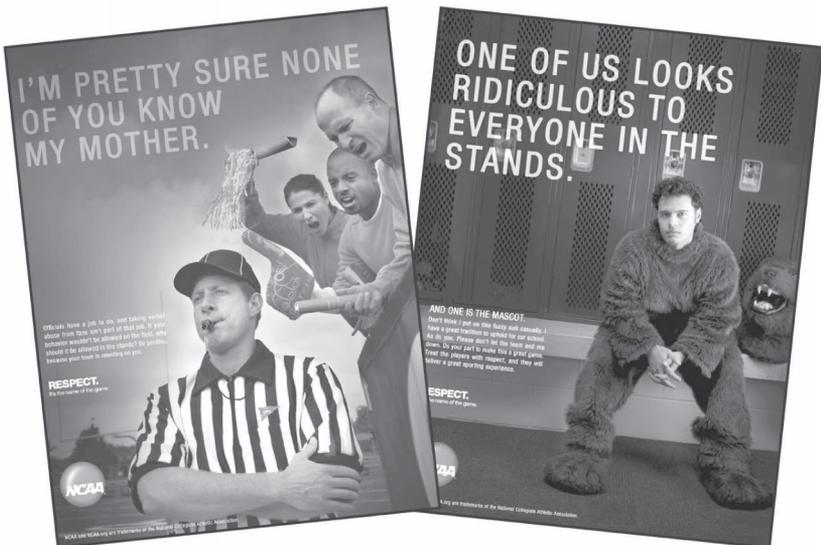
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# **2015-16 NCAA MEN'S LACROSSE RULES AND INTERPRETATIONS**

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# NCAA Men's Lacrosse Rules Committee

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The NCAA Men's Lacrosse Rules Committee roster is available online at: [NCAA.org/playingrules](http://NCAA.org/playingrules).

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## The Rules

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NCAA Men's Lacrosse Rules and Interpretations have been designated as either administrative rules or conduct rules. Typically, administrative rules are those dealing with preparation for the game. The conduct rules are those that deal directly with the game itself. Some administrative rules (as indicated) may be altered by the mutual consent of the competing institutions. Others (as indicated) are unalterable. No conduct rule may be changed by mutual consent. All NCAA member institutions are required to conduct their intercollegiate games according to these rules.

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# Major Rules Changes for 2015-16

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*Each change or altered segment is identified in the rules by a screened background. The figures below refer to rule and section, respectively. In all Approved Rulings (A.R.), Team A is the offensive team and the home team and Team B is the defensive and visiting team.*

## Major Rules Changes

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6-13	Picking ball up with the back of the crosse is withholding .....	<u>70</u>

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# Points of Emphasis

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## **Stalling Warning/Shot Clock**

The committee will continue to strive for consistency when implementing the shot clock procedure. Game officials have improved in this area and the committee will continue to focus on the key elements of stalling. Officials' judgment will always be part of the implementation of this rule – but the goal is for national consistency where possible.

## **Faceoffs**

The new procedure is intended to fairly conduct each faceoff and reduce illegal tactics such as pinning either crosse. The committee believes the faceoff is an important and unique part of the game.

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# RULE 1

## The Game, Field and Equipment

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### The Game

SECTION 1. Lacrosse is played by two teams of 10 players each. The purpose of each team is to score by causing the ball to enter the goal of its opponent and to prevent the other team from securing the ball and scoring. The ball is kept in play by being carried, thrown or batted with the crosse, or rolled or kicked in any direction, subject to the restrictions described in the following rules.

**A.R. 1.** A team that starts a game with fewer than 10 players, including those in the penalty area, shall forfeit the game by a score of 1-0. When a team does not appear for a game, that result shall be registered as a “no contest” rather than a forfeit.

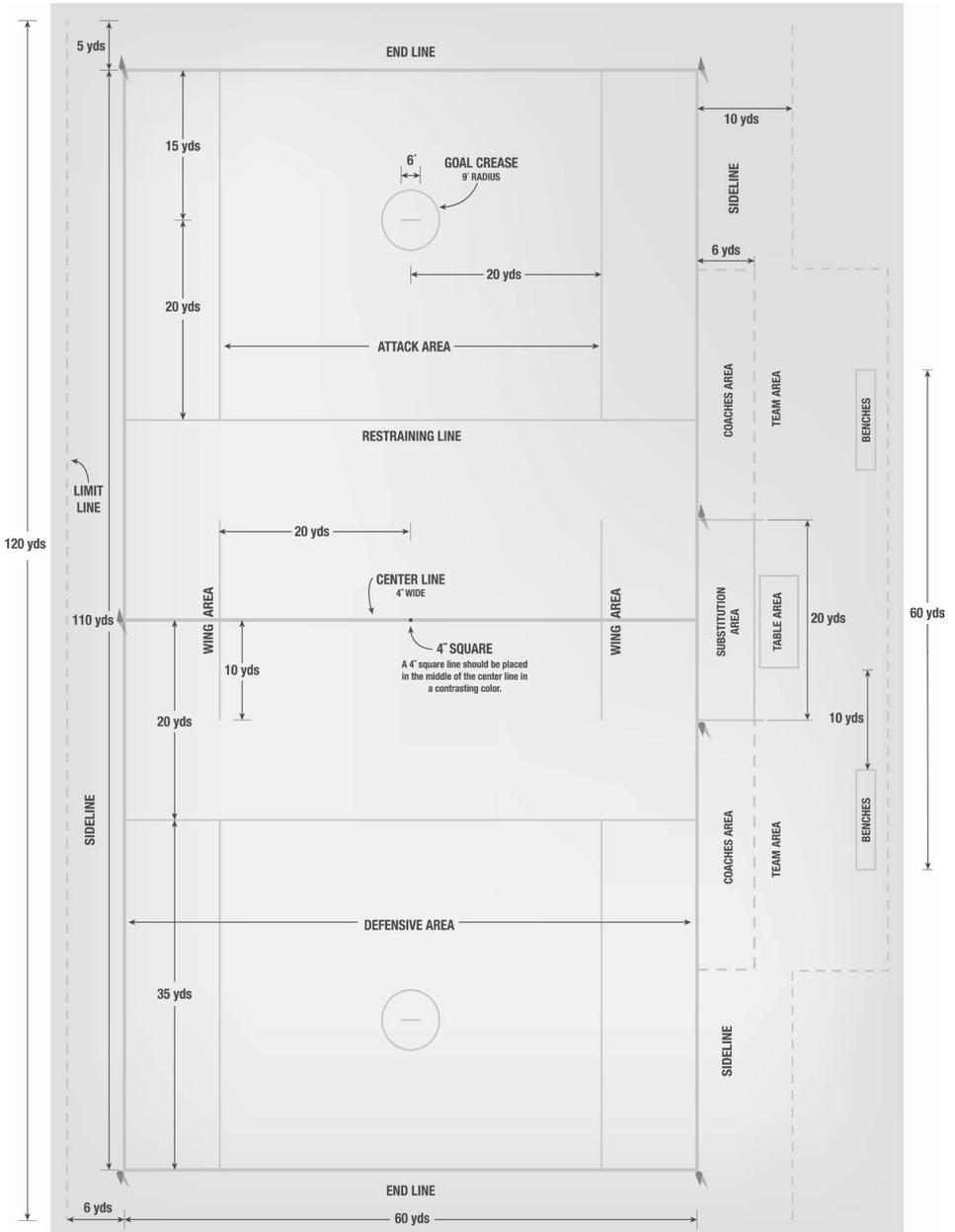
### The Field

#### Playing Field

SECTION 2. The playing field shall be rectangular, 110 yards long and 60 yards wide. The boundaries of the field shall be marked with white or contrasting-colored lines. The long sides of the field shall be designated sidelines; the short sides shall be designated end lines. A bold white or contrasting-colored line shall be marked through the center of the field perpendicular to the sidelines. This line shall be known as the center line and shall continue through any logos or other markings. All lines shall be not less than 2 inches wide nor more than 4 inches wide. The goal line shall be 2 inches wide. The center line shall be 4 inches wide.

Out of bounds lines shall be measured from the inside edge of the line; field lines (e.g., midfield line, etc.) shall be measured from the center of the line.

**A.R. 2.** All markings on the field shall conform to the “Men’s Lacrosse Field of Play” diagram in this book. Adherence to dimensions on the field diagram is mandatory unless participating institutions mutually agree to different dimensions in writing, for those rules that are alterable.



Men's lacrosse field of play

**A.R. 3.** Officials arrive at the game site and notice that field markings in Rule 1-2 do not conform to the “Lacrosse Field of Play” diagram or are of incorrect dimensions. **RULING:** Officials notify Team A head coach.

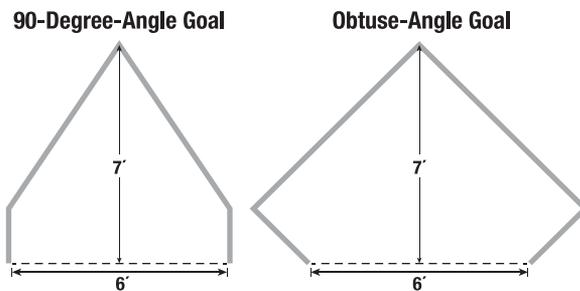
1. No penalty will be assessed if corrections are made before designated game time; 2. Technical foul (visiting team awarded ball) will be assessed if corrections delay the start of the game; 3. Three-minute full-time penalty (no faceoff) if Team A coach is unable or refuses to make corrections. Officials should notify their district assigner.

**A.R. 4.** After the scoring of a goal, Team A or B coach brings to the attention of the officials that the crease, goal dimensions, etc., are in violation of the rules. Can the goal be disallowed in accordance with Rules 1-2 through 1-15? **RULING:** No. It is assumed that, once the game has started, all physical playing conditions have been accepted by both teams and the officials, and the game shall be played with these conditions, except for minor corrections such as a hole in net, etc.

## Goals and Goal Lines

**SECTION 3.** A lacrosse goal shall form an opening or goal mouth that is 6 feet wide and 6 feet high (inside measurements). Goals shall be constructed of 1-1/2 inch (outside diameter 1.90 inches) metal pipe and shall be painted orange. All goals shall consist of two vertical posts joined by a rigid top crossbar. These posts shall be 6 feet apart, and the top crossbar shall be 6 feet from the ground.

Lacrosse goals should be constructed in a manner such that when a ball enters the goal mouth and is a goal, it shall not re-enter the field of play. If in-ground goals are used, the vertical posts shall be 7-1/2 feet in overall length and shall be inserted into 1-1/2-foot-by-2-inch vertical sleeves that are inserted into the ground, exposing 6 feet of vertical post above the ground. The sleeves shall be capped at the bottom, and the top of the sleeves shall be at ground level.



On fields where an in-ground goal is not used or on artificial-surface fields, the following goals are legal:

- a. **Flat-iron goal (recommended for use on artificial-surface fields)**—Each vertical post shall be 6 feet long and shall be attached to a piece of flat iron at the bottom. The two flat irons, each attached to a vertical post, shall meet at a point 7 feet back from the center of the goal. The maximum thickness of the flat iron shall be 1/2 inch, with no part of the flat iron

extending into the goal line. If a flat-iron goal is used on a grass field, it shall be attached to the ground with ground anchors.

- b. **Obtuse-angle goal and 90-degree angle goal**—Each vertical post shall be 6 feet long and shall be attached to a ground pipe at the bottom. The ground pipe must form an obtuse angle or a 90-degree angle with the goal line immediately behind the vertical post and then bend to extend to a point 7 feet back from the center of the goal.

A line shall be drawn between the goal posts to indicate the plane of the goal, and it shall be designated as the goal line. The net shall be considered part of the goal. The goals shall be centered between the sidelines and placed 15 yards from each end line.

*Note: The home team is responsible for having legal goals. See Rule 1-2, A.R. 3 for penalty procedures.*

### **Goal Creases**

SECTION 4. Around each goal shall be a plainly marked circle known as the goal crease. The area within the crease line shall not be painted. This circle shall be marked by using the midpoint of the goal line as the center and drawing a circle with a radius of 9 feet around that point to the outside edge of the line. The goal-crease area is the circular surface about each goal within and including the goal-crease line itself.

### **Goal Nets**

SECTION 5. Each goal shall be fitted with a pyramid-shaped cord netting that shall extend and be fastened on the ground at a point 7 feet back of the center of the goal. The net shall be considered part of the goal. The mesh of the net shall not exceed 1-1/2 inches, and the net shall be fastened to the goal posts, crossbar and the ground to prevent the passage of the ball. Nets shall be adjusted so the ball may pass completely through the imaginary plane of the goal at any location inside the border of the goal posts. It is recommended that the net be attached to the ground with ground anchors every 12 inches or by a 1-inch-by-7-foot flat iron secured firmly to the ground. Goal nets may be of any solid color.

### **Defensive and Attack Areas**

SECTION 6. In both halves of the field, a line 40 yards long shall be marked, centered on goal and parallel to and 20 yards from the goal line. Lines shall be drawn at right angles to the terminal points of these lines to connect them with the end lines. The areas within these lines at each end of the field shall be designated as the defensive area and the attack area, respectively.

*Note: The lines running parallel to the sideline must be solid, and they may or may not be a contrasting color.*

### **Defensive-Area Lines (or Restraining Lines)**

SECTION 7. Lines parallel to the end line shall be marked on each side of the field 20 yards from the goal line and shall extend from sideline to sideline. The defensive-area line shall coincide with the 40-yard portion of the attack-area line.

## **Wing Areas**

SECTION 8. Lines parallel to the sidelines shall be marked on each side of the field 20 yards from the center of the field and extending 10 yards on each side of the center line. The areas between these line segments and the sidelines and confined within the extremities of those line segments shall be designated as wing areas.

## **Center of the Field**

SECTION 9. A point on the center line, equidistant from each side, shall be marked with a 4-inch-by-4-inch square that is a contrasting color and shall be designated as the center.

## **Table Area, Team Benches**

SECTION 10. Where physically possible, the scorer's table should be placed at least 6 yards from the sideline at the center line. It is recommended that this table be elevated. The substitution area shall be 20 yards wide. Two lines shall be drawn on either side of the center line 10 yards from the center line and extending past the scorer's table.

Benches for the competing teams shall be placed in the team area at least 5 yards from the substitution area and, where physically possible, at least 10 yards from the sideline, parallel to the sideline.

Only players serving penalty time, players ready to substitute on the fly and official scorers and timers are allowed in the substitution area.

**A.R. 5.** Any violation of the rules within the bench, coaches or substitution area can be called only by the officials on the playing field.

## **Coaches Areas**

SECTION 11. The coaches areas shall be located on either side of the substitution area. Each coaches area shall extend from the substitution area 20 yards parallel to the sideline. It shall be bounded by the sideline, the table area, a dotted line 6 yards from and parallel to the sideline, and a dotted line extending from the sideline, parallel to and 20 yards from the substitution area line.

## **Team Areas**

SECTION 12. The team areas shall be on either side of the substitution area. Each team area shall extend from the table area 20 yards parallel to the sideline. Each team area shall be bounded on the field side by the coaches area.

## **Penalty Area**

SECTION 13. The penalty area shall be located within the substitution area immediately in front of the scorer's table.

## **Limit Lines, Spectator and Media Restrictions**

SECTION 14. a. Limit lines should be marked with lines 1 foot long, at 2-foot intervals, outside the sidelines and extended 5 yards past the end line, except in playing areas where total field surface does not permit. Lines should be at least 10 yards from the sideline on the bench side of the field

and at least 6 yards from the sideline across the field from the bench. Contrasting colors are recommended.

- b. Spectators and media (including photographers) are not allowed behind the end lines, except in stadium structures where permanent seats exist.
- c. Spectators and media (including photographers) are not allowed immediately behind the team area, or within or immediately behind the table area.
- d. Spectators and media (including photographers) are not allowed within the limit lines at any time during a contest.

**A.R. 6.** Artificial-surface fields may substitute markings that already exist on the field as limit lines. In all cases, these lines must be 6 yards from the sidelines when total field surface permits.

**A.R. 7.** Other markings may be substituted for the limit lines and must be mutually agreed upon in writing before the day of the game.

**A.R. 8.** Officials warn the Team A head coach (home team) that spectators must be behind the limit lines and/or moved from behind the end lines. Can Team A be penalized? **RULING:** Yes. Rule 6-6-f, delay of game. Were the situation to continue, Team A shall be penalized according to Rule 5-4-e.

**A.R. 9.** Cannons or any other explosive devices are prohibited on or within hearing distance of the field of play.

## **Cones and Pylons**

SECTION 15. Soft, flexible cones or pylons of red or orange color shall be placed at the outside edge of each of the four corners of the field and the outside edge of the intersection of the center line and sideline opposite the table area. For safety reasons, only cones or pylons should be placed at the intersections of the substitution area line and sideline, directly in front of the substitution area.

# **Equipment**

## **The Ball**

SECTION 16. The ball shall be white, yellow, orange or lime green smooth or slightly textured solid rubber. The ball must meet the current NOCSAE lacrosse ball standard. See Appendix IV for additional dimensions.

Balls shall be supplied by the home team. The ball in use at the end of the game shall become the property of the winning team. The home team must supply an adequate number of balls. A minimum of six balls and a maximum of 10 balls shall be available at each end line and sideline. The number of balls in each area must be equal in each area. On the bench side, balls shall be placed at the scorer's table and outside each bench area. These balls shall be replenished by the home team and game management staff.

**A.R. 10.** Team A supplies orange, lime green or yellow balls that meet specifications. Team B's coach requests that a white ball be used. **RULING:** A white ball shall be used, unless both coaches agree to use a different-colored ball.

**A.R. 11.** At any time during the game, both coaches agree to change to a different-colored ball. **RULING:** Legal.

**A.R. 12.** Team A supplies a white, slightly textured ball that meets rules specifications. Team B's coach requests that a completely smooth ball be used. **RULING:** A completely smooth ball shall be used.

**A.R. 13.** A white ball is in use during the game. On a restart, A1 picks up an orange ball, and Team A scores with the orange ball. **RULING:** No goal. If an official becomes aware of the unauthorized color change during play, he should stop play and restart with a ball of the correct color. The ball shall be awarded to the team that had possession at the time of the referee's whistle to stop play.

### **Crosse—Dimensions**

SECTION 17. The crosse shall be an overall fixed length of either 40 to 42 inches (short crosse) or 52 to 72 inches (long crosse), except for the goalkeeper's crosse, which shall be 40 to 72 inches long.

The circumference of the crosse handle shall be not more than 3-1/2 inches and the handle must be straight. The head of the crosse at its widest point shall measure between 6 and 10 inches, inside measurement, at the front of the side wall. There must be one crosse that is 10 to 12 inches, inside measurement at its widest point, at the front of the side wall. This crosse must be used by the designated goalkeeper. The side walls of the crosse shall not be more than 2 inches high.

There must be a goalkeeper on the field who is properly equipped with a chest protector, throat protector and a crosse that is 10 to 12 inches wide and 40 to 72 inches long.

A ball stop is not required, except on crosses with wooden heads. The length of the head must be a minimum of 10 inches from the outside edge of the head to the beginning of the throat of the crosse, regardless of whether a ball stop is used. The goalkeeper's crosse may have a maximum head length of 16-1/2 inches, measured in the same way. If a ball stop is used, only one may be used, and the dimensions shall be a maximum of 2 inches in length, 1-1/2 inches in width and 1/4 inch in thickness.

*Note: Goalkeeper's equipment must meet requirements listed in Rule 6-6, A.R.s 19-21.*

**A.R. 14.** Any crosse with an inside measurement from 10 to 12 inches shall be considered a goalkeeper's crosse and shall be used only by the designated goalkeeper.

### **Crosse—Construction**

SECTION 18. The crosse shall be made of wood, laminated wood or synthetic material, with the head approximately perpendicular to the handle. The side wall shall be defined as the inside surface area (i.e., pocket side) of the wall. The side wall shall be not more than 2 inches wide.

The side wall opposite a wood wall may be made by weaving gut lacing from the tip of the head to the handle, strung in such a manner as to prevent the tip from catching on an opponent's crosse; or both side walls may be made of synthetic material, wood or laminated wood.

The net of the crosse shall be constructed of gut, rawhide, linen or synthetic material and shall be roughly triangular in shape. The longitudinal weaving must be attached to the frame of the stop below the stop, and the stop must be of separate construction.

*Note 1: Any crosse in which the net is woven to the head in such a manner that a lip or hook is formed that might ensnare the ball is illegal.*

*Note 2: All hollow crosse handles must have their open end adequately covered with a plastic or rubber manufactured end cap. Tape alone is not sufficient. The use of metal caps (e.g., bottle caps) is prohibited.*

*Note 3: Sawing the head of the crosse near the throat to get the hand closer to the ball is illegal altering. A 3-minute non-releaseable penalty will result & the crosse shall be removed from the game.*

## Crosse—Prohibitions

SECTION 19. No player shall use a crosse that does not meet the specifications of Sections 17, 18 and 19. Furthermore, crosses in which the pocket has sagged to such a depth that it has become difficult for an opponent to dislodge the ball and crosses in which the construction or stringing at the bottom is designed to withhold the ball from play also are prohibited. Additionally, no player may use a crosse that has stringing that retards the normal and free dislodgment of the ball by an opponent. The pocket shall be deemed to have sagged too deeply if the top surface of a lacrosse ball, when placed therein, is below the bottom edge of the side wall (this prohibition does not apply to the goalkeeper's crosse). A crosse that has been altered in such a way as to give an advantage to an individual is illegal.

Any strings or leathers used to attach the pocket to the crosse are limited to a hanging length of 2 inches. The use of pull strings to alter the depth of the pocket is illegal. Any additional strings or laces (e.g., shooting strings) must be located within 4" of top of the crosse. No more than one sidewall string on each side is allowed.

*Note: Officials will instruct the player to cut the strings. If a player does not correct the issue, a 1 minute unsportsmanlike penalty shall be called.*

No crosse may have any tape affixed to the plastic. This does not include the crosse of a goalkeeper. Otherwise, players may tape the handles of their crosse in the same traditional manner (including "donuts") as they have in the past.

Adjustable-length handles are illegal. Handles that have been altered in any fashion other than taping or adding another covering designed to improve the grip are illegal. (See Rule 5-9.)

**A.R. 15.** A1 has strings on his crosse that have a hanging length greater than 2 inches. **RULING:** Officials shall instruct A1 to cut the strings to the proper length. If A1 does not, a one-minute, nonreleasable penalty shall be assessed for unsportsmanlike conduct.

The crosse shall be relatively straight from the butt end to the end of the head. A "relatively straight" crosse shall be defined as one that may be laid flat on a tabletop on the side opposite the netting so that a substantial portion of the crosse rests on the table and such that there is a distance from the

tabletop to bottom edge of the head that at no point exceeds 2-3/4 inches (see diagram).

See Appendix I for instructions on how a crosse should be tested for legality on the field (i.e., field test).

2.75"



**A.R. 16.** May a player shave or sand the wall of his crosse to make it more flexible or thinner? **RULING:** No.

**A.R. 17.** The mesh weaving of a crosse must be of one color. Any attempt to mislead an opponent, such as painting a ball, etc., into the weaving is illegal. **RULING:** Unsportsmanlike conduct, three-minute nonreleasable penalty.

**A.R. 18.** The longitudinal weaving (net) must be attached firmly to the bottom edge of the throat construction. This can be accomplished easily by running a piece of leather, gut, nylon, linen, etc., from one side wall tightly interwoven, through the longitudinal weaving (net) along the front of the bottom edge of the throat construction and securely fastened to the opposite side wall. No other interpretations are to be construed from Rules 1-18 and 1-19.

**A.R. 19.** May a player use an altered or cambered handle? **RULING:** No. Three-minute nonreleasable penalty. Crosse removed for the duration of the game.

## Helmet, Face Mask and Mouthpiece

SECTION 20. All players shall wear a protective helmet. Both the chin pad and the chin strap shall be firmly attached to the mask, as designed. If any snaps are hanging, proper officiating technique is to request that the player fix the snaps. Repeated offenses shall be penalized. All players on a team must wear helmets of the same dominant team color or colors.

All face masks must have a center bar from top to bottom. The manufacturer's warning label must be affixed to the helmet. A plastic face shield as part of the helmet may be worn, provided the face shield is completely clear. A tinted eye shield may be worn only for a documented medical condition.

All competing players shall wear intra-oral mouthpieces of a highly visible color during play. The mouthpieces must cover all upper-jaw teeth. A clear mouthpiece may be used if the head coach certifies that it must be clear for a medical reason.

*Note: A standard for helmets and face masks has been promulgated by the National Operating Committee on Standards for Athletic Equipment (NOCSAE). Players must use helmets that meet the standard. All players shall wear helmets that carry a warning label regarding risk of injury and a manufacturer's or reconditioner's certification indicating satisfaction of NOCSAE test standards. All such reconditioned helmets shall show recertification to confirm that they meet the NOCSAE standard.*

## Personal Equipment

SECTION 21. a. **Protective Equipment.** All players shall wear protective gloves, shoes and jerseys. All players except the designated goalkeeper shall wear shoulder pads and arm pads. The designated goalkeeper shall wear protective goalkeeper equipment (see Rule 1-23-c). The altering of equipment is prohibited. All players on a team must wear gloves of the same dominant official team color unless safety reasons require a different color glove to be worn. Specialized goalkeeper gloves may be of any color. The throat protector and chest protector are required pieces of equipment for the goalkeeper, but the goalkeeper is not required to wear shoulder pads or arm pads.

b. **Jerseys.** The jerseys shall have numbers that are at least 10 inches high and centered on the front. Jersey numbers of at least 12 inches in height also must be centered on the back.

The home team shall wear white or light-colored jerseys; however, this rule may be waived if both coaches agree to do so before the game. When jersey colors are not sufficiently contrasting, the home team shall change its jerseys. By the 2016 season, all uniform numbers must clearly contrast the color of the uniform. A white or light-colored uniform must have dark-colored numbers; a dark-colored uniform must have light-colored numbers.

c. **Shorts.** All players on the same team must wear uniform shorts of the same dominant official team color.

d. **Other clothing.** Under-jerseys, compression shorts or sweat pants may be worn, but if visible to others, must be of a solid color that is limited to white, gray or one of that team's official colors. If some players on a team choose to wear under-jerseys, all of the players who choose to wear under-jerseys for that team must wear the same color of under-jersey. Under-jerseys also must be tucked in if they extend below the game jersey. If some players on a team choose to wear compression shorts, all of those players on that team must wear the same color of compression shorts. Also, if some players on a team choose to wear sweat pants, those players on that team must wear the same color of sweat pants.

**A.R. 20.** A team's official colors are orange and black. All of its players who are wearing compression shorts are wearing orange compression shorts that extend below black game shorts. All of its players who are wearing under-jerseys that are visible are wearing black under-jerseys. Some of its players are wearing gray sweat pants. **RULING:** Legal. Teammates' under-jerseys must match; teammates' compression shorts must match; and teammates' sweat pants must match.

**A.R. 21.** An official notices that A1, with possession of the ball, is wearing compression shorts, sweat pants, under-jersey, jersey, helmet or gloves that do not conform to the color provisions in this rules book.

**RULING:** Technical foul, award possession to Team B. A1 must change illegal piece of clothing to correct color to continue participation. Officials should observe players before the start of the game to prevent this foul from being assessed.

e. **Cleats.** Shoe cleats shall be no longer than 1/2 inch.

## Coaches Certification

SECTION 22. The pregame equipment certification by the head coach shall act as the team warning. The head coach shall certify to the referee before the game that all players:

- a. Have been informed what equipment is mandatory and what constitutes illegal equipment.
- b. Have been provided the equipment mandated by rule.
- c. Have been instructed to wear and how to wear mandatory equipment during the game.
- d. Have been instructed to notify the coaching staff when equipment becomes illegal through play during the game.
- e. Have had their crosses, uniforms and all other equipment inspected by the head coach for meeting specifications.

*Note: "a" through "e" can be covered by the referee asking the head coach the following: "Coach, are all of your players legally equipped by rule?"*

## Prohibited Equipment

SECTION 23. The following general prohibitions relating to equipment shall be adhered to:

- a. No player shall wear or carry equipment that, in the opinion of the officials, endangers that individual or other players.
- b. No player shall wear anything on the outside of his jersey or alter the jersey in any other way that might obstruct the view of his number.
- c. The special equipment worn by the goalkeeper shall not exceed that of a field player, plus standard goalkeeper equipment, i.e., shinguards, chest protectors and throat protectors. Throat protectors must be specifically designed for lacrosse.
- d. Duplicate numbers on jerseys shall not be permitted on the same team.

## New Equipment

SECTION 24. The NCAA Men's Lacrosse Rules Committee is responsible for formulating the official playing rules. The committee is not responsible for testing or approving playing equipment.

Equipment manufacturers have undertaken the responsibility for the development of playing equipment that meets the size and weight specifications established by the committee. The NCAA urges manufacturers to work with the various independent testing agencies to maximize the production of safe products. Neither the NCAA nor the Men's Lacrosse Rules Committee certifies the safety of any equipment. Only equipment that meets the weight and size dimensions specified in the NCAA Men's Lacrosse Rules may be used.

While the committee does not regulate the development of new equipment and does not set technical or scientific standards for testing equipment or the approval or disapproval of specific playing equipment, the committee may provide manufacturers with informal guidelines as to the equipment-performance levels it considers consistent with the integrity of the game. The committee reserves the right to intercede to protect and maintain that integrity.

The Men's Lacrosse Rules Committee suggests that manufacturers planning innovative changes in lacrosse equipment submit the equipment to the committee for review before production.

### **Game Administration**

SECTION 25. At the beginning of the game, the home team is required to provide a working horn (hand-held or as part of the scoreboard) to be used at the scorer's table, a scorebook and timing device. Failing to provide a horn or a working clock shall be penalized by illegal procedure. When there is a discrepancy between the penalty clock at the table and the game clock, the game clock shall be the official clock. If the scoreboard clock malfunctions, the referee shall designate the clock at the sideline table as the official game clock.

School bands or other organized groups that use artificial means to create noise must be situated in the stands on their respective team's half of the field. (See Rule 6-7.)

Before the beginning of the game, it is the responsibility of the host institution to determine whether or not the condition of the field is adequate for competition. Once the game begins, the referee takes responsibility for this determination and should consult with game management for assistance (e.g., weather tracking, etc.).

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# RULE 2

## Game Personnel

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### Teams

#### Number, Designation of Players

SECTION 1. Ten players shall constitute a full team. They shall be designated as follows: Goalkeeper, Defense, Midfield, Attack.

A team may have a maximum of four players using long crosses (52 to 72 inches in length), not counting the goalkeeper's crosses, in the game at any time.

If, because of injuries or team members disqualified by expulsion fouls, a team cannot keep 10 players in the game, that team may continue the game with fewer than 10 players, with on-side and stalling rules remaining in effect.

**A.R. 1.** In the official scorebook lineups, if the players are listed from top to bottom as "Attack," "Midfield," "Defense" and "Goalkeeper," then the first attack player listed is officially the In-Home. If the lineups are listed from top to bottom as "Goalkeeper," "Defense," "Midfield" and "Attack," then the bottom attack player is officially the In-Home. All players must be listed by name, position and number in the official scorebook.

**A.R. 2.** The In-Home must be a starter in the game.

**A.R. 3.** Each team must have a designated goalkeeper on the field at all times.

#### Squad Size

SECTION 2. There is no limit to the number of substitutes a team may have for each position listed in Section 1 of this rule. (For method of substitution, see Rules 4-23 and 4-24.)

#### Captains

SECTION 3. Each team shall designate a captain, who shall act as that team's sole representative on the field of play during the game. The captain's privilege does not grant a captain the right to enter into an argument with or criticize any decision of an official.

#### Coaches

SECTION 4. The head coach shall be responsible for making all decisions for that team not delegated specifically to the team's game captain. Additionally, it shall be the head coach's responsibility to see that team members are equipped properly to play.

The head coach shall act in a courteous manner and also shall endeavor in every way to achieve the same from team members. The head coach also

shall be in control of and be responsible for the actions of any and all people officially connected with his or her institution.

Coaches shall assist the officials in keeping the game under control. It shall be their duty, upon the request of an official, to control effectively actions of spectators not in conformity with standards of proper conduct.

Only the head coach will communicate with the officials. Officials shall address questions from the head coaches during halftime. A representative from each team may be present while these questions are discussed. Officials should never entertain any questions until a representative of the other team is given the opportunity to be present.

*Note: Nonplaying personnel (excluding coaches) and team members not in the game shall confine themselves to their respective bench areas (**Exceptions: Rules 6-6-b-2 and 6-7-b**).*

### **Home Coach's Responsibility**

SECTION 5. The home coach shall be responsible for seeing that the playing field is in proper condition for play (See Rules 1-2 through 1-15); that a timekeeper and scorer are on hand with all equipment required by these rules to carry out their respective functions; that balls and ball retrievers are provided; and that the assigning authority has received timely, accurate and adequate information so that officials will be on hand for the game.

When a contest is played at a neutral site, one team must be designated as the home team. This shall be done in writing, before the day of the game. The designated team and its head coach assume all the responsibilities of the home team as outlined in the rules.

## **Officials**

### **Game Officials**

SECTION 6. The game shall be controlled by officials assigned by the assigning authority. It is recommended that three officials be used to control the game (a referee, an umpire and a field judge). A minimum of three officials must be used.

### **Duties of Game Officials**

SECTION 7. The officials' authority begins when they arrive on the field and ends when they leave the field of play. Officials must be on the field at least 20 minutes before the scheduled starting time. The duties of the officials shall be equal in all respects, except that, in the settlement of all disputes, the decision of the referee shall supersede that of the umpire or the field judge and shall be final.

The officials shall have authority over the play of the game, with control and jurisdiction over the timekeeper, scorer, players, substitutes, coaches and anyone officially connected with either team, and spectators.

By sounding of the whistle, an official may suspend the play of the game for any reason deemed necessary for the proper enforcement of the rules or conduct of the game.

The officials shall keep a record of the number of goals scored by each team, the number of the player scoring each goal and the number of team timeouts. They shall check with the official scorer at the end of each period, and the officials' score shall be the official score of the game. Before the game, the name of each official must be printed by that individual in both teams' scorebooks.

The officials shall keep a count of pre-whistle & post-whistle face-off violations.

The officials shall ensure that each team has 10 players, including those in the penalty area, at the beginning of each period of the game and before each restart after a goal.

**A.R. 4.** At halftime, the officials have the score as Team A 4, Team B 2.

The official scorer has Team A 3, Team B 3. The officials are convinced that they have not made a mistake and refuse to change their scorecards.

**RULING:** Score is 4 to 2.

### **Approval of Score**

SECTION 8. At the end of each period, the referee shall check and approve the score. The referee's approval at the end of the game terminates the jurisdiction of the officials. When the referee leaves the field of play at the end of the game, the officials' jurisdiction has ended; and the score has been approved.

### **Time and Place of Jurisdiction of Officials**

SECTION 9. Jurisdiction includes the periods when the game may be stopped for any reason.

### **Officials Failing to Appear**

SECTION 10. If any of the officials fails to appear, one of them should assume the duties of the referee. That official may appoint people to assist in officiating the game. If all officials fail to appear, the authorized representatives of the competing teams should decide upon a referee and other officials, if any.

### **Timekeeper**

SECTION 11. The home team shall provide the official timekeeper, who should be on site at least 20 minutes before the game. The timekeeper will assume the following duties:

- a. Keep an accurate account of the time of each period; to keep an accurate account of penalty time; and to inform the penalized player(s) when the penalty time has expired. Where there is an accurate visible game clock with a loud automatic horn, the sounding of that horn shall mark the end of each period.

At sites where there is no accurate visible game clock with a loud automatic horn, the timekeeper shall notify the nearest official 20 seconds before the end of all periods and sound an air horn at the end of each period.

- b. Start and stop the time clock when an official sounds the whistle and at the end of each period. When available and functioning, an electronic clock shall be the official timepiece.
- c. Keep an accurate record of the time of intermission between halves, and notify each team four minutes before the start of the second half.

- d. Sound a horn, which shall be provided by the home team. A horn may not be sounded while the ball is in play, except at the end of periods. When alleged violations occur, the timekeeper must wait to sound the horn until play is suspended by the game officials. When alleged violations occur, the timekeeper and scorer shall confirm the status of the ball when the alleged violation took place.

The timekeeper will sound the horn twice at the next dead ball when:

1. A player enters the field of play from the penalty area before being permitted by the rules to do so.
2. A player, not legally in the game, enters the field of play.
3. A player legally in the game leaves the field of play and does not make an immediate effort to return.
4. A player substituting for another deliberately delays his entry onto the field.
5. A player entering the game as a substitute under the conditions of Rule 4-21 fails to comply with the rules for entering the field of play.
6. A coach requests a count of crosses.
7. A player illegally exchanges his crosse.

### Shot Clock Operator

SECTION 12. A shot clock operator shall be used in all games where a visible shot clock is available. It is recommended that the shot clock operator have this duty as the main function in the game; however, it is permissible for the shot clock operator to have other duties (e.g. timekeeper). For stadiums and facilities that do not have visible clocks the game officials will administer the shot clock procedure and use the game clock, initiating the call on an increment of 10, it will always end on an increment of 10. (See Rule 6-11.)

The shot clock operator's duties will be to:

- a. Start the visible shot clock on the game officials' verbal and visible shot clock signal.
- b. Stop and restart the shot clock in sync with the game clock until the shot warning ends with either a shot saved by the goalkeeper, a shot that hits the goalkeeper or pipe, or a goal scored. A shot from behind the goal line extended is not a shot unless it scores. A shot that hits any defensive player other than the goalkeeper does not satisfy the shotclock warning unless it scores.
- c. If the shot clock expires without satisfying the requirements of a shot, the shot clock operator shall sound a horn alerting the game officials.
- d. During an existing shot clock warning, the shot clock operator will reset the shot clock on any penalty or loose ball play-on by the defense.
- e. Stop and restart the shot clock on any timeout called by the offense. Reset the shot clock on any timeout called by the defense.

### Scorer

SECTION 13. Unless otherwise designated by the referee or an assigning authority, the home-team scorer shall be the official scorer. The scorer should

be on site at least 20 minutes before the game. The scorer will assume the following duties:

- a. Keep a record of the number of goals scored and assists made by each team and the name and number of the player making the score or the assist, and to check the score with the referee at the end of each period.
- b. Keep an accurate record of the number of timeouts taken by each team, and to notify the nearest official immediately if either team exceeds the number allowed during each half or during a sudden-victory period.
- c. Keep a record of the name and number of each player to whom a penalty is assessed, the type of the violation, the time of the quarter when the foul occurred and the duration of the penalty.
- d. Notify the nearest official immediately should any player accumulate five minutes of personal fouls.
- e. Notify the timekeeper to sound the horn at any time when, under Section 11 of this rule, it is the duty of the timekeeper to sound the horn.
- f. Assume full duties of the timekeeper if the timekeeper is on the sideline.

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# RULE 3

## Time Factors and Scoring

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### Time Factors

#### Length of Game

SECTION 1. The regulation playing time of a game shall be 60 minutes, divided into four periods of 15 minutes each.

#### Variations in Playing Time

SECTION 2. If approved by the authorized representatives of the competing teams, shorter periods may be played. Whenever possible, this arrangement should be made in writing before the day of the game.

#### Intervals

SECTION 3. There shall be two-minute intervals between the first and second periods and between the third and fourth periods of a game. During these intermissions, all rules governing play of the game remain in force.

The length of the intermission between the second and third periods shall be 10 minutes, unless another length of time is mutually agreed upon by the coaches or designated by the national governing body. The teams may leave the field during this intermission. All rules governing play of the game remain in force during intervals.

#### Sudden-Victory Overtime

SECTION 4. In the event of a tie at the end of the regulation game, play shall be continued, after a two-minute intermission, with sudden-victory overtime.

In sudden-victory overtime, teams shall play periods of four minutes each until a goal is scored, thus deciding a winner. The game ends upon the scoring of the first goal. There will be a two-minute intermission between sudden-victory periods.

For procedures governing play in sudden-victory overtime periods, see Rule 4-31.

#### Interruption of Game

SECTION 5. If a game is interrupted because of events beyond the control of the responsible authorities, it shall be continued from the point of interruption unless the teams agree otherwise, or there are conference, league or association rules to cover the situation.

## Scoring

### Goal Value, Winning Team

SECTION 6. A goal counts one point. The winning team is the team that has scored more goals during the course of the game.

### Forfeited Game vs. No Contest

SECTION 7. No forfeit is charged unless the referee or other appropriate contest official has assumed jurisdiction of the contest (see Rule 2-7). When a team does not appear (e.g., due to weather, accidents, breakdown of vehicles, illness or catastrophic causes), a forfeit is not recorded. An institution shall not, for statistical purposes, declare a forfeit for nonfulfillment of a contract. Such instances shall be considered a "no contest."

Neither the outcome nor the statistics in any completed contest are reversible by a forfeit due to postgame administrative actions, except as provided in the NCAA Manuals. The actual results of the game and the statistics shall be entered as such in both teams' all-time records, in the coaches' records and in individual statistics. Games later forfeited shall be designated by an asterisk and a footnote.

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# RULE 4

## Play of the Game

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### Pregame Procedures

#### Coin Toss

SECTION 1. The captains of each team shall be called together at the center of the field by the officials before game time. A coin shall be tossed by the referee, with a visiting-team representative making the call. The team that wins the toss shall receive choice of goals or control of the first alternate possession. The losing team shall receive the option not selected. Any special ground rules shall be explained as part of the coin-toss procedure.

#### Lineup

SECTION 2. Before the opening faceoff, the referee shall draw up the players in lines facing each other at the center of the field, with their left sides toward the goal they are defending, and explain any special ground rules.

**A.R. 1.** At the center lineup at the beginning of the game, should officials inspect equipment? **RULING:** No. Before the lineup, officials should make themselves available to inspect equipment.

#### Facing Off – Procedure

SECTION 3. a. **Definition.** Play shall be started at the beginning of each period (including sudden-victory periods) and after each goal by facing the ball at the center of the field.

**Exceptions:** (1) In the event of an extra-man or flag-down that creates an extra man at the conclusion of any period, the next period shall begin with the advantage team in possession at the same relative position on the field when the period ended. However, if the period ends with neither team in possession, except in the previously mentioned flag-down situation, the ball shall be faced off with all the normal restrictions. (2) If a player or team commits a foul before any faceoff, the ball shall be awarded to the offended team. (3) If a player at any faceoff delays resumption of play by any action or maneuver, such as backing out or standing up after the crosses are placed on the ground, the ball shall be awarded to the offended team (see Rule 6-6-n). (4) If a player moves his crosse or any part of his body after assuming the “set” position, the ball shall be awarded to the offended team with all previous restrictions behind the defensive-area lines remaining in force.

*Note: The faceoff is considered to have ended when the ball crosses the defensive-area line. If the ball crosses that line and goes out of bounds, and officials cannot determine the last player to touch the ball, the ball shall be awarded by alternate possession.*

The ball shall be re-faced in the following instances: 1) If the ball goes out of bounds in the midfield area and the officials cannot determine the last player to touch the ball; 2) An inadvertent whistle is blown while the ball is in the midfield area; 3) An injury occurs in the midfield area; 4) Simultaneous fouls occur while the ball is loose; or 5) The official calls timeout before possession is awarded.

Before a faceoff, if there are simultaneous technical fouls or if there are simultaneous personal fouls with equal penalty time, the ball shall be re-faced. (*Exception:* Rule 4, A.R. 21)

In the event of a flag-down that creates an all-even situation at the conclusion of any period, the next period will begin with a faceoff.

**b. Mechanic.** Two officials will be part of the faceoff mechanic. The official conducting the faceoff will start the procedure by holding the ball and bringing the players together.

1. The official shall indicate to the players the spot on which the faceoff will take place and instruct the players to prepare for the faceoff by saying “down.”
2. Once the players are down they are to move into their faceoff position as quickly as possible. Players may kneel or stand as they get into position for the faceoff.
3. The crosses and gloves shall rest on the ground along the center line, parallel to each other up to, but not touching, the center line.
4. The official shall make certain that the reverse surfaces of the crosses match evenly and are perpendicular to the ground. Each player must have both hands wrapped around the handle of his own crosse, touching the ground. The right hand may not touch any part of the head of the crosse. The player’s feet may not touch his crosse. Both hands and feet of each player must be to the left of the throat of his crosse. Each player must be positioned so his entire body is to the left of the throat of his crosse. It is legal to lean over the center line.
5. If the players are not positioned properly, the officials may adjust the players positioning (including crosses) to ensure the faceoff will be conducted fairly for both players.
6. Once the players are in the proper position, the official shall place the ball on the ground, in between the head of each crosse, paying close attention to placing the ball in the middle of the head of each crosse.
7. Once the official is satisfied with the placement of the ball and the positioning of the players’ crosses, he shall instruct the players to remain motionless by saying “Set.” The official will still have the hand on the ball when the command “Set” is given.
8. After the “Set” command, the official shall back out and blow the whistle when clear of the scrimmage area. The official does not have to be stationary, and in all likelihood will still be moving backwards, when he blows the whistle to start play. The whistle cadence will vary with every faceoff.

9. Violations, if they occur, are to be called by both faceoff officials and recorded. Three or more violations on a team in one half will continue to result in a time-served technical foul on the violating team.
10. A violation will be called if a player picks up and carries the ball on the back of his stick. It is still legal to clamp the ball with the back of the stick, but it must be moved, raked or directed immediately. Immediately is defined as within one step.
11. A player may not lie on the ball or trap it with his crosse longer than necessary for him to control the ball and pick it up with one continuous motion, or withhold the ball from play in any other manner.
12. It is illegal to kick, step on, or place any other body part to his crosse or the crosse of the opponent. It is illegal for a faceoff player to use his crosse to hold or pin down either player's crosse.
13. It is illegal for a player to use his hand or fingers to play the ball. This shall be enforced immediately as an unsportsmanlike conduct penalty. Inadvertent touching of the ball when the hand is grasping the stick should not be called as an unsportsmanlike conduct foul.
14. It is illegal for a player to grab an opponent's crosse with the open hand or fingers. This shall be enforced immediately as an unsportsmanlike conduct penalty.
15. A single-wrap of tape must be applied to the handle of the crosse for any player taking a face-off. The tape is to begin (but not touching) the plastic at the throat of the crosse and continuing six inches down the handle. Tape must be of contrasting color to the head, gloves, and shaft.

**A.R. 2.** Before the start of the game or while time is out between periods, including sudden-victory periods, B1 commits a personal foul. Should the official award the ball to Team A on the offensive side of the field?

**RULING:** Yes.

**A.R. 3.** Rule 4-3, Exception 1 (a period ending with an extra man and one team having possession of the ball) was intended to allow a team with such an advantage to retain this advantage at the beginning of the next period. However, it is conceivable that action between periods could nullify the extra man and, consequently, possession would be awarded based on the sequence of the dead-ball fouls.

**A.R. 4.** A1 has possession of the ball and B1 commits a time-serving foul as period ends. **RULING:** Next period starts with Team A in possession of the ball in the offensive end of the field. However, if between periods Team A commits a time-serving foul, the ball is awarded to Team B on the offensive side of the field.

**A.R. 5.** A1 has possession of the ball and B1 commits a personal foul as the period ends. However, between periods, A2 and B2 commit (1) simultaneous technical fouls, (2) simultaneous personal fouls with equal penalty time. **RULING:** In either case, the ball is awarded to Team A on the offensive side of the field.

**A.R. 6.** A1 has possession of the ball in his defensive half of the field and B1 commits a technical foul as the period ends. The next period should begin with Team A in possession of the ball and B1 serving a 30-second

penalty. However, between periods, A2 commits (1) a technical foul; or (2) a personal foul. **RULING:** (1) Award the ball to Team B on the offensive side of the field. (2) Award the ball to Team B on the offensive side of the field. (B1 and A2 in penalty box with first 30 seconds of penalty time treated as nonreleasable.)

**A.R. 7.** Team A has possession of the ball, B1 is in the penalty area with 25 seconds remaining on his penalty time as the period ends. The next period starts with Team A in possession of the ball. However, between periods, A1 commits (1) a technical foul; or (2) a personal foul. **RULING:** The next period starts with Team B in possession of the ball. Locate the ball according to Rule 7-3. (1) A1 does not serve any penalty time; (2) A1 serves penalty time.

**A.R. 8.** A1 has possession and B1 commits a penalty in the offensive half of the field; a flag is down. The ball becomes loose as the period ends. (1) The flag creates an uneven penalty situation; or (2) the flag creates an even penalty situation. **RULING:** (1) The next period starts with the ball awarded to Team A at the same relative position at the other end of the field and B1 serving penalty time. Faceoff restrictions do not apply. (2) Faceoff.

**A.R. 9.** There is an injury on a faceoff before possession is obtained. **RULING:** Re-face with original restrictions in force, except when the ball has crossed the defensive-area line; in that case, the ball shall be awarded according to the alternate-possession rule.

### **Facing Off – Violations**

SECTION 4. a. After two pre-whistle violations in one half by a team, the third and subsequent violations result in a 30-second technical penalty. This applies to both pre- and post-whistle violations that directly relate to the faceoff. On the third and subsequent violations, the in-home is the player that must serve the penalty.

b. Violations by the wing players before the faceoff will count toward the three per half. Only the faceoff players may be penalized for a postwhistle faceoff violation.

c. During the faceoff in all penalty situations, there must be four players must be in the defensive area and three players in the offensive area. Exception: When a team has three or more players in the penalty area, a player may come out of its defensive area to take the faceoff.

d. Post-whistle pertains to face-off activities only. This is meant for violations like pinning an opponent's crosse, etc. immediately after the whistle, while the face-off men are still in a battling position. Once the ball is free from the faceoff men, normal rules apply. A push or a hold after the ball is in the open field would not constitute a face-off violation.

c. The violation count resets for overtime, and accumulates through overtime periods.

**A.R. 10.** On a faceoff, A2 uses his hand to grab the ball. It is Team A's third violation of a half. **RULING:** Team B's ball. Personal foul (unsportsmanlike conduct) on A2 and the in-home must also serve the team's technical foul, putting Team A two men down.

**A.R. 11.** On a faceoff, or any other time during the game, A2 clamps the ball and the ball becomes stuck in his crosse so that the ball is withheld from play. **RULING:** Immediate whistle; award the ball to Team B.

**A.R. 12.** A1 and B1 have assumed legal faceoff positions. After the official blows the whistle to initiate play, (1) Either A1 or B1 strikes the opponent in the head or above the shoulders; or (2) Both A1 and B1 strike each other in the head or above the shoulders. **RULING:** (1) Illegal body check. If the player speared or targeted the head of the opponent, the penalty time is nonreleasable. (2) Simultaneous fouls.

**A.R. 13.** On a faceoff, A1 has his thumb around the handle of his crosse and his fingertips resting on the ground. **RULING:** Illegal faceoff position. All fingers of both hands must be gloved and wrapped around the crosse and must be resting on the ground. Award ball to Team B.

**A.R. 14.** On a faceoff, A1 meets all requirements. However, when the official blows the whistle, A1 “kicks” through the crosse rather than drawing his crosse. **RULING:** Illegal faceoff. The ball is awarded to Team B.

**A.R. 15.** On a faceoff, A1 makes an audible comment meant to cause B1 to move before the whistle is blown to initiate play. **RULING:** Unsportsmanlike conduct, one minute, nonreleasable penalty.

**A.R. 16.** On a faceoff and before possession has been declared, attackman or defenseman B1 touches or crosses the defensive-area line. **RULING:** Play on.

**A.R. 17.** On a faceoff, A1 meets all requirements of faceoff. However, he has one or both of his elbows braced against his thighs or legs. **RULING:** Legal position.

**A.R. 18.** After a faceoff, but before possession has been declared, a player loses any of the required equipment in the scrimmage area, and the player (1) Continues to play; (2) Takes himself out of the scrimmage area; or (3) Is, in the opinion of an official, in danger of injury. **RULING:** (1) Technical foul, possible play-on. (2) Play continues since the player is neither violating a rule nor is in danger. (3) The official must blow the whistle immediately. Award the ball according to Rule 6-6-z (playing without equipment).

**A.R. 19.** After a faceoff, the ball touches a player or players and goes out of bounds in the area between the defensive-area lines. Officials do not know who touched it last. **RULING:** Face off again.

**A.R. 20.** On a faceoff, the ball crosses the defensive-area line when the official inadvertently blows the whistle. **RULING:** Award the ball according to the alternate- possession rule.

**A.R. 21.** On a faceoff, the Team A faceoff player moves before the official blows the whistle. (1) Wing player A2 or B2 is across the wing line as the whistle blows. (2) Attack or defense player A3 or B3 is across the restraining line as the whistle blows. **RULING:** In all cases, because Team A had a faceoff violation, the faceoff has not taken place. Award the ball to Team B. Ignore the wing-area or restraining-line violation.

**A.R. 22.** During a faceoff, A1 covers the ball to draw it back. B1 clamps on top of A1's stick and does not allow A1 to play the ball. **RULING:** Withholding by B1. A1 is awarded the ball on a quick restart.

**A.R. 23.** During a faceoff, A1 clamps on the ball and looks for a teammate to direct the ball to. He quickly directs the ball to A2. **RULING:** Legal play. The intent of this rule is to have the faceoff be a play that is in continuous motion.

**A.R. 24.** During a faceoff, A1 clamps on the ball and withholds the ball from play. He does not have a teammate to direct it to and continues to clamp the ball, keeping it from B1. **RULING:** Withholding by A1; the ball is awarded to Team B.

**A.R. 25.** A1 prepares to take a face-off with a crosse that does not conform to face-off requirements (no single layer of contrasting color tape on the shaft), but is otherwise legal for play. **RULING:** This is counted as a face-off violation. However, A1 & his crosse may remain in the game and participate in play.

**A.R. 26.** A1 pinches the ball in the back of the stick and (1) immediately flips the ball into the front of his crosse; (2) flips the ball onto the ground and directs the ball to a teammate; or (3) takes two steps away from the center line and flips the ball into the front of his crosse. **RULING:** In (1) and (2), these are legal plays. In (3) this is a faceoff violation for withholding. Award the ball to Team B, quick restart.

## Positioning of Other Players

SECTION 5. The positions of the other players on the field, before the start of a faceoff, shall be as follows:

When a team has all of its players on the field, it shall confine its goalkeeper and three other players behind the defensive-area line in its defensive end, three players behind the defensive-area line in its offensive end and one player in each of the wing areas.

When the whistle sounds to start play, the players in the wing areas shall be released. All other players are confined to their areas until a player of either team has gained possession of the ball, the ball goes out of bounds, the ball crosses the defensive-area line, a whistle stops play for a time-serving penalty, or a whistle restarts play after a non-time-serving foul; when any of these events occurs, the faceoff has ended.

Players designated in the midfield area and players designated behind the defensive-area line may not interchange positions before the faceoff has ended, but midfield players may substitute.

**A.R. 27.** After a faceoff and before possession has been declared or the ball crosses the defensive-area line, A1 wing player runs across his defensive-area line and A2, who was behind the defensive-area line at the beginning of the faceoff, comes across the defensive-area line to play loose ball. **RULING:** Technical foul against A2. Ball awarded to Team B.

**A.R. 28.** If a non-time-serving foul is committed before, during or after a faceoff (but before possession and before the ball crosses the defensive-area

line), wing players will be released immediately, but players behind the defensive-area line will not be released until the whistle blows to resume play.

## Play of the Ball

### Play of the Ball

SECTION 6. The following definitions shall prevail in play of the ball:

- a. **Player possession.** The ball shall be considered in player possession when that player can perform any of the normal functions of control, such as carrying, cradling, passing or shooting.
- b. **Team possession.** The ball shall be considered to be in team possession when it meets the definition in paragraph b or g of this rule.
- c. **Loose ball.** A ball not in player possession is a loose ball.
- d. **Pass.** A pass is the movement of the ball caused by a player in possession throwing the ball to a teammate.
- e. **Completed pass.** A completed pass is a pass caught by a teammate.
- f. **Ball in flight.** A ball in flight from one teammate to another is a ball in team possession if the ball is caught by a teammate.

*Note: When a pass is in flight as a period ends during an extra-man situation, the team that threw the pass is ruled to have not been in possession during the flight of the ball, regardless of whether or not the ball is caught by a teammate.*

- g. **Clear.** A clear is an attempt by a team to move the ball from its defensive half of the field to its attack area.

**A.R. 29.** A1 gains possession of the ball with time remaining to gain the attack area. The ball becomes loose, then there is a push by B1 and a play-on is called. A1 regains possession. **RULING:** Play on. A new 30-second count starts.

**A.R. 30.** Team B is man-down as the period ends. A1 passes to A2. While the ball is in flight, the horn sounds to end the period. A2 then catches the ball. **RULING:** An official blows the whistle as the horn sounds to end the period. Start the next period with a faceoff because the ball was in the air when the period ended and is therefore a loose ball.

- h. **Shot.** A ball thrown or kicked at the goal with the intent of scoring, as judged by an official. A shot or deflected shot remains a shot until the ball comes to rest on the field of play, a player gains possession of the ball, the ball goes out of bounds or a player causes the ball to go out of bounds.

### Out of Bounds

SECTION 7. Play shall be suspended at any time when the ball is out of bounds.

- a. **Player in possession.** When a player with the ball in his possession steps on or outside a boundary line, or any part of his body or crosse touches the ground or any object on or outside a boundary line, the ball is out of bounds; and the player shall lose possession.

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

- b. **Loose ball.** When a loose ball touches a boundary line, the ground or any object outside a boundary line (including a player who is out of bounds), or when a shot crosses the plane of the end line or sideline (when determining which player is closest only), it is out of bounds; and the following rules apply:
1. Except on a shot or deflected shot at the goal, the ball shall be awarded at the point where it was declared out of bounds to any player on the opposing team.
  2. Should a ball that has not crossed the defensive-area line go directly out of bounds on a faceoff, when it is not known which team caused the ball to go out of bounds, or who touched it last before going out of bounds, it shall be faced off again.
  3. When a loose ball goes out of bounds as a result of a shot or deflected shot at the goal, it shall be awarded to the team that had an inbounds player's body nearest to the ball when it became an out-of-bounds ball, at the point where it was declared out of bounds.  
If two inbounds players of opposite teams are equidistant from the ball when it goes out of bounds, play shall resume according to the alternate-possession rule (see Rule 4-32).
  4. A player who is legally in bounds may catch a shot or pass after the ball has crossed the plane of the end line or sideline.
- c. **Out of bounds or specific areas.**
1. When a player in possession of the ball moves from the defensive end of the field to the offensive end of the field, and touches or steps on or across the center line, he is considered to be in the offensive end of the field.
  2. When a player in possession of the ball in his offensive end of the field touches or steps on or inside the attack-area line, he is considered to be in the attack area.
  3. When a player in possession of the ball touches or steps on or outside the sideline or end line, he is considered out of bounds.
  4. When determining whether a team is offside, a player whose body (including a gloved hand on the crosse but not including the crosse itself) touches or steps on or across the center line is considered to be in that half of the field.
- d. **An airborne player.** A player in midair, when playing a ball, is considered to be where he last was in contact with the field.
1. The goalkeeper is out of the crease without the ball and his teammate throws him a high pass. The goalkeeper jumps in the air to catch the ball and lands in the crease. This is an illegal re-entry violation. The ball shall be awarded to the other team.
  2. A player is out of bounds and his teammate throws him a pass. While the ball is in the air, the player jumps from out of bounds, catches the ball and lands inbounds. This is a violation. The ball shall be awarded to the opponent.

## Restarts

SECTION 8. Once the referee has signaled that the ball is ready for play, the official shall resume play as quickly as possible. If an opposing player is within five yards of the player that has been awarded the ball, the official shall blow the whistle to start play. The opposing player is not allowed to defend the ball until he reaches a distance of five yards from the opponent. A violation will be a flag down (slow whistle) for delay of game. On any restart, no offensive player may be within 5 yards of the player with the ball.

Officials are also instructed to get the ball in play quickly and not be as deliberate with the exact location of the violation. An unfair distance advantage gained by the team with the ball must occur to delay the restart. If officials confer on a play (e.g., goal/no goal), communication to the teams should take place before the restart.

On restarts where the ball goes out of bounds, the player who is awarded the ball cannot get a running start while out-of-bounds; he must establish himself in bounds prior to the official blowing the whistle.

Any stoppage of play that occurs while the ball is in the attack area will result in a quick restart. (Exception: When the offensive team is awarded possession in the attack area, play will be restarted anywhere outside of the attack area. The offensive team is responsible for moving the ball outside the attack area for the restart. Only one pass is permitted.)

1. When play is to be restarted after a loose ball goes out of bounds or a player in possession steps out of bounds on the sideline or end line, it will be restarted on the field of play, 1 yard laterally from the out-of-bounds spot but at least 5 yards from the table area.
2. In the case of a player in possession stepping out of bounds (or of an out-of-bounds player touching an in-bounds loose ball), the point of the restart is determined by the location of the ball when the ball was declared out of bounds.
3. In the case of a loose ball going out of bounds, the point of the restart is determined by the location where the ball last broke the plane of the boundary line before becoming an out-of-bounds ball.
4. If there is a technical or personal foul by the defense while the ball is inside the attack area, the ball must be moved outside the attack area before play is restarted. This applies to all live-ball and dead-ball fouls whether or not they are time-serving.
5. A live-ball timeout taken while the ball is in the attack area will result in the restart being at the closest point laterally outside the attack area. A dead-ball timeout does not change the location of the restart.
6. When a period ends with offensive possession carrying over, the restart location is the same relative position on the field, with a ball inside the attack area being moved outside the attack area.

**A.R. 31.** The ball is out of bounds on the sideline area within the confines of the table area or 5 yards on either side of the table area and awarded to A1. **RULING:** The official should move the ball off the sideline and into the field of play 5 yards before play is resumed.

**A.R. 32.** A shot misses the goal, and the ball comes to rest on the ground behind the goal. A2 tries to scoop the ball, but it goes out of bounds.

**RULING:** The ball is awarded to Team B.

**A.R. 33.** Team A shoots at the goal. The ball hits the goal post and goes out of bounds near the center line in Team A's offensive side of the field. A Team B player in his defensive half of the field is nearer to the out-of-bounds spot than any Team A player. **RULING:** Team B is awarded the ball.

**A.R. 34.** A1, in possession of the ball, is forced out of bounds illegally by B1. **RULING:** Technical foul. B1 serves 30 seconds. (If violent or excessive—personal foul.)

**A.R. 35.** A player throws the ball the length of the field, from midfield or from any place on the field, and yells, "I am taking a shot," and the ball goes out of bounds. **RULING:** Only the official has the responsibility of determining if a thrown ball is a shot.

**A.R. 36.** After a deflected shot at goal, the ball rolls toward the boundary line. A1, in trying to pick up the ball, does not gain possession, and the ball goes out of bounds. A1 is nearest to the out-of-bounds spot.

**RULING:** The ball is awarded to Team A.

**A.R. 37.** A1 shoots at goal, and the ball goes over the goal toward the end line. A2 tries to catch the ball in flight, and the ball hits his crosse and goes out of bounds. A2 is nearest to the out-of-bounds spot. **RULING:** The ball is awarded to Team A.

**A.R. 38.** Player A1 runs or falls out of bounds. When is he legally back inbounds? **RULING:** When any part of his body touches the ground inbounds and no part of his body touches the sideline, end line or anything else out of bounds.

**A.R. 39.** Player A1 falls so that half of his body is inbounds and half is out of bounds. The ball deflects off B1, who is inbounds, and then the ball touches a part of A1 or his crosse which is (1) inbounds; or (2) out of bounds. **RULING:** In both cases, the ball is considered to have gone out of bounds off of A1. Award the ball to Team B.

### **Ball Stuck in Crosse or Equipment**

SECTION 9. a. If the ball becomes stuck in a player's uniform or equipment other than his crosse, play shall be suspended immediately, and the ball shall be awarded according to the alternate-possession rule. (See Rule 4-32.)

b. If at any point the ball becomes stuck in the front or back of the crosse, there shall be an immediate whistle, and the ball shall be awarded to the opposing team. This rule applies when a player loses his crosse and the ball remains in the crosse.

Neither situation applies to the designated goalkeeper if he is within the goalcrease area at the time the ball becomes stuck.

## Scoring

### Goal Scored

SECTION 10. A goal is scored when a loose 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.

**A.R. 40.** A1 takes a shot. When the ball is within 5 yards of B2, A2 legally body checks B2 into the goalkeeper. The ball enters the goal. **RULING:** Legal goal.

**A.R. 41.** The ball goes off the foot or any other part of the body of a player and into the goal. **RULING:** Goal counts, with the exception of a shot that deflects off of an offensive player after time has expired in a period or shot clock warning.

**A.R. 42.** A goalkeeper, who is in possession of the ball in the crease, brings his crosse back through the plane of his goal and the ball becomes loose across the goal line. **RULING:** A goal is awarded to the opposing team.

**A.R. 43.** If the goal cage is accidentally dislodged during play, officials shall let a scoring play continue and allow the goal if the ball enters the goal cage. Officials should stop play if/when no scoring play exists and replace the goal cage.

### Goal Not Counted

SECTION 11. Under the following conditions, a goal shall be disallowed:

- a. When the ball is released after time has expired in a period or shot clock warning.
- b. When the ball passes through the plane of the goal and any part of the body of a player of the attacking team is in the goal-crease area.
- c. When the ball passes through the plane of the goal and the attacking team has more than 10 members (including those in the penalty area) on the field of play.
- d. When the ball passes through the plane of the goal and the attacking team or both teams are offside at the time.
- e. When the ball passes through the plane of the goal after one of the officials has sounded the whistle for any reason, even if the sounding of the whistle was inadvertent.
- f. When there is a play-on for a foul by the scoring team.
- g. After a player from the attacking team has released early from the penalty area, either on his own or due to a timekeeper's error. (1) If the attacking player left on his own, the ball shall be awarded to the defense. (2) In the case of a timekeeper's error, the ball shall be awarded to the team in possession at the time of the error or, if the ball was loose, by alternate-possession rule. In all cases, the player shall return to serve the remaining penalty time.

- h. When the scoring player's crosse is found to be illegal, after the goal but before the next live ball.
- i. After a player in the act of shooting or his teammate makes contact with the goalkeeper in the crease or touches any part of the goal or netting before the ball enters the goal.
- j. If an official recognizes a request for a timeout from the team in possession or a foul by the team in possession before the ball breaks the plane of the goal, regardless of whether the official has had time to blow the whistle.
- k. If an attacking player, in possession of the ball and outside the crease area, dives or jumps (becomes airborne of his own volition), prior to, during, or after the release of the shot and lands in the crease, the goal shall be disallowed.
- l. If the head of the shooter's crosse comes off during the shot or the follow-through. In this case, award the ball to the defensive team.
- m. When the officials notice that the goalkeeper has an equipment issue requiring play to be stopped before the shot is in flight. (See Rule 4-18-e.)
- n. When a player who scored a goal adjusts his crosse after an official asks to inspect it, provided play has not restarted since the goal was scored.
- o. When a player pulls the strings on his crosse after scoring a goal and before the official has requested that player's crosse for inspection.

**A.R. 44.** A goalkeeper, in possession of the ball, brings his crosse back through the plane of his goal. **RULING:** Legal play, no goal scored. (Only a loose ball beyond the plane of the goal counts.)

**A.R. 45.** A1 throws his crosse with the ball in it, deliberately or accidentally, into the goal. **RULING:** No goal.

**A.R. 46.** A2 shoots on goal. The ball gets stuck on the outside of the net or is loose in the crease when the official blows the whistle, thinking that a goal was scored. **RULING:** Stop play and award the ball to Team B.

**A.R. 47.** A2 shoots on goal. The ball is loose (1) outside the crease; (2) inside the crease when the official blows his whistle, thinking that a goal was scored. **RULING:** (1) Stop play and award the ball using the alternate-possession rule. (2) Award the ball to the defensive team where it was when play was stopped.

- p. If an official recognizes the goal scorer is not wearing a piece of required protective equipment before the ball breaks the plane of the goal, regardless of whether the official has had time to blow the whistle.
- q. When a goal is scored after a slow whistle and it is found that simultaneous fouls were committed before the whistle was blown signifying the scoring of the goal, regardless of the nature of the foul on the attacking team.

## Offside

### When Offside

SECTION 12. A team is considered offside when it has no more than 10 players on the field (including players in the penalty box), AND:

- a. It has more than six men in its attack half of the field (between the centerline and the end line) including men in the penalty box, OR
- b. It has more than seven men in its defensive half of the field (between the centerline and the end line) including men in the penalty box.

*Note 1: If a player, seeing that he is going to be offside before he can stop, instead runs out of bounds, no penalty shall result from the failure of that player's team to have the required number of men in either end of the field, as long as the player returns immediately to the field.*

*Note 2: If a team momentarily has fewer than the required number of men on either end of the field while players are exiting and entering the field through the substitution area, this is not considered to be an offside violation. However, if a team delays its substitution and that causes it to have too few players on either half of the field, it may be called for offside.*

**A.R. 48.** B1, while chasing A1, goes offside. B2 also goes offside. A1 takes a shot, and the goalkeeper makes the save. **RULING:** Slow whistle until goalkeeper makes the save. B1 and B2 get 30-second penalties. The ball is awarded to Team A, 20 yards laterally from goal.

**A.R. 49.** B1, while chasing A1, goes offside. B2 also goes offside. A1 takes a shot and scores a goal. **RULING:** Slow whistle. Goal counts. B1 and B2 technical fouls are canceled by the goal.

**A.R. 50.** B1 and B2 are offside chasing A1, who has possession of the ball, flag down. A2 then commits a technical foul. **RULING:** A2's foul ends the slow whistle. B1 and B2 serve 30 seconds each; A2 stays in the game, and the ball is awarded to Team A. (See Rule 7-6.)

**A.R. 51.** B1 and B2 are offside chasing A1, who has possession of the ball. A2 commits a personal foul. **RULING:** Slow whistle until A2 commits foul. B1 and B2 serve 30 seconds each, and A2 serves one minute (or more). Penalty time is to be served in accordance with Rule 7-2-d (all serve the first 30 seconds time). Team A is awarded possession of the ball at the spot of the foul unless Team A has more penalty time, in which case Team B is awarded possession.

**A.R. 52.** B1 is chasing A1. As A1 crosses the center line, B1 stops with both of his feet in his defensive half of the field. However, he falls over center line with both his hands wrapped around his crosse and his hands land across the center line. **RULING:** B1 is offside. (This also applies to crease.)

**A.R. 53.** B1 goes offside and returns to the proper half of the field, and then goes offside again and continues to play during a slow whistle. **RULING:** The same player going offside twice is one technical foul.

**A.R. 54.** The ball is rolling toward the center line. A1 is legally checked by B1, causing A1 to go offside. **RULING:** The ball is awarded to Team B.

**A.R. 55.** The ball is rolling toward the center line. A1 is pushed illegally over the center line by B1, causing A1 to be offside. **RULING:** The ball is awarded to Team A. B1 remains in the game, unless pushing was violent or excessive, in which case B1 would serve personal-foul penalty.

## Offside Enforcement

SECTION 13. When play has been suspended as a result of an offside infraction, and:

- a. Only one team is offside, a technical foul shall be called against the offending team.
- b. Both teams are offside and one of the teams has possession of the ball, the offending players shall be placed outside and play resumed with the team that was in possession of the ball before the offside call retaining possession.
- c. Both teams are offside and neither team has possession of the ball, the offending players shall be placed outside, and the ball shall be awarded according to the alternate-possession rule (see Rule 4-32).

## Offside, Goal Scored

SECTION 14. When the attacking team is offside and a goal is scored, the goal shall not count; and the ball shall be awarded to a defensive player at the spot of the violation.

If the defensive team is offside, the goal counts, and no penalty shall be assessed.

If both teams are offside, the goal shall not count, and the ball shall be awarded according to the alternate-possession rule. (See Rule 4-32.)

## Advancing the Ball

### Advancing the Ball into the Attack Area

SECTION 15. Upon gaining possession of the ball, a team must advance the ball into its attack area within 30 seconds. Failure to do so will result in a turnover, and the ball will be awarded to the opposing team at the spot of the violation.

The officials will enforce this rule using their timing devices. Once started, the 30-second count will continue until:

- a. The opposing team gains possession.
- b. A clearing team player in possession of the ball touches the attack-area line or is inside the attack area.
- c. A loose ball touches the attack-area line or the ground inside the attack area.
- d. A loose ball touches anything in contact with the ground inside the planes of the attack-area lines (such as a player, the crosse of a player who is touching the ground, an airborne player who was last in contact with the ground inside the attack area, an official, the goal or the net).
- e. The ball is loose and there is a play-on for a foul by the opposing team, after which the clearing team regains possession (thus starting a new 30-second count).
- f. The officials sound the whistle to stop play for any reason.

**A.R. 56.** May a player throw the ball into the attack area, creating a loose ball, in order to stop the 30-second count? **RULING:** Yes.

**A.R. 57.** B1, while clearing, has the ball checked out of his crosse by A1, creating a loose ball. Is a new 30-second count started with the loose ball? **RULING:** No.

## Rules Once the Attack Area is Gained

SECTION 16. Once the ball has been successfully advanced into the attack area, if the ball returns to the defensive half of the field the result will be an immediate turnover and a quick restart for the offended team.

If the ball does not touch or go over the midline, no infraction has occurred. Defensive players may legally bat the ball to keep it in the offensive half of the field, but if it is possessed and their feet are in the defensive half, it shall be a turnover.

**A.R. 58.** With possession of the ball on the offensive half of the field, A1 steps into the attack area. A1 attempts a pass to A2 that is not caught, and the ball rolls toward the midline. A3, who is standing on his defensive half, bats the ball preventing it from crossing the midline without gaining possession. A2 picks up the ball, which never crosses the midfield line. **RULING:** Play continues.

**A.R. 59.** A1 has possession of the ball on his offensive half of the field and has stepped the ball into the attack area. B1 deflects a pass by A1, and the ball crosses the midfield line. A2 picks up the ball. **RULING:** Team A has a new 30-second count to advance the ball into the attack area.

**A.R. 60.** Team A has possession of the ball in its offensive half of the field with 10 seconds remaining in the 30-second clearing count and calls timeout. What count is in effect when play is resumed? **RULING:** Team A has a new 30-second count to advance the ball into the attack area.

## Legal Player Actions

### Body Checking

SECTION 17S. Body checking of an opponent in possession of the ball or within 5 yards of a loose ball, from the front or side above the waist and below the neck, is legal.

**A.R. 61.** A1 takes a shot from midfield. While the ball is within 5 yards of A2, B1 legally checks A2, causing A2 to be in the air above the crease area. The ball enters the goal, then A2 lands in the crease. **RULING:** Legal goal, unless A2 lands in the crease before the ball enters the goal, then no goal.

### Checking With Crosse

SECTION 18. A player may check his opponent's crosse with his own crosse when that opponent has possession of the ball, when the opponent is within 5 yards of a loose ball or when the ball in flight is within 5 yards of the player.

### Offensive Screening

SECTION 19. Motionless offensive screening of an opponent is legal.

## Goal-Crease Privileges

### Goalkeeper Privileges

SECTION 20. The designated goalkeeper has the following privileges and protections:

- a. The goalkeeper, in his own crease area, may stop or block the ball in any manner with his crosse or body. The goalkeeper may block the ball or bat it away with his hand, but he may not catch the ball with his hand. However, if the ball is outside the crease, the goalkeeper may not touch it with his hand even if he is within his crease. (See Rule 6-6-a.) The goalkeeper or any other player of the defending team may receive a pass while in the crease area.
- b. The goalkeeper, upon gaining possession, may remain within the goal-crease area in possession of the ball no longer than four seconds.
- c. No opposing player may make contact with the goalkeeper or his crosse while the goalkeeper is within the goal-crease area, regardless of whether the goalkeeper has the ball in his possession. An attacking player may reach within the crease area to play a loose ball as long as he does not make contact with the goalkeeper or the goalkeeper's crosse.
- d. When the goalkeeper is in his own crease area, any portion of the goalkeeper's crosse extended outside the cylinder of the crease area, but not the goalkeeper's body, is subject to being checked under the same circumstances as the crosse of any other player, except when the ball is in his crosse.
- e. There shall be no grace period for the goalkeeper to return to the crease regardless of where the ball is restarted.

**A.R. 62.** A loose ball is on the ground in the crease or is in the air above the crease. Team B's goalkeeper, who also is in the crease, uses his hand to bat the ball into his crosse or out of the crease. **RULING:** Legal play.

**A.R. 63.** A loose ball is in the crease. The Team B goalkeeper picks up the ball with his hand and puts the ball in his crosse. **RULING:** Technical foul. The ball is awarded to Team A outside the attack area.

**A.R. 64.** Goalkeeper B1, after making a save, passes the ball to B2. B2 passes back to B1 in the crease. **RULING:** Legal play.

**A.R. 65.** Goalkeeper B1, with possession of the ball, extends his crosse outside the crease and still has one or both feet in the crease when A1 checks his crosse. **RULING:** Interference, play-on. Play continues or award the ball to Team B at the center of the field. See Rules 7-10 and 7-11.

**A.R. 66.** A loose ball is in the crease. Goalkeeper B1 has his crosse over the ball and is about to rake the ball. A1 checks through B1's crosse from the front, claiming he was playing a loose ball. **RULING:** Interference by A1, play-on. Play continues or the ball is awarded to a Team B player at the spot of the violation.

**A.R. 67.** A loose ball is in the crease. Goalkeeper B1 has his crosse over the ball and is about to rake the ball. From the side of the crease, A1 pokes his crosse at the ball; and, as B1 draws the goalkeeper's crosse back, contact is made with A1's crosse. **RULING:** Interference by A1, play-on. Play continues or the ball is awarded to a Team B player outside the attack area.

**A.R. 68.** A loose ball is in front of the crease. Goalkeeper B1 reaches out to pick up the ball, and A1 checks B1's crosse. **RULING:** Legal play. The goalkeeper does not have possession of the ball.

**A.R. 69.** Loose ball in front of the crease. Goalkeeper B1 reaches out and gains possession of the ball. A1 checks B1's crosse while it is still outside the crease. **RULING:** Interference, play-on. Play continues or award the ball to Team B at the center of the field.

**A.R. 70.** The goalkeeper is in the crease, making a pass to begin his clear. The goalkeeper's crosse collides with the crosse of A1, who is standing on the edge of the crease with his crosse in a covering position, thus causing the ball to drop to the ground. **RULING:** Interference by A1, play-on. The goalkeeper, while clearing from the crease, has protection on passes for clear, regardless of whether the attack player moves his crosse. Play continues or award the ball to Team B at the center of the field.

**A.R. 71.** Can the goalkeeper be called for a personal foul if his crosse slashes an opposing player after an outlet pass? **RULING:** Yes. The privileges and protections of the goalkeeper do not permit him to gain an unfair advantage.

**A.R. 72.** A player may reach into the crease to play a loose ball. However, he does so at the risk of being called for interference if contact is made by his crosse with the goalkeeper or the goalkeeper's crosse.

**A.R. 73.** The crease rule was not intended to give the goalkeeper an advantage by initiating contact with an offensive player's crosse to get an interference call. It was intended to give the goalkeeper added protection while in the act of making a save or gaining possession of a loose ball in the crease. In such a case, if there is contact between the offensive crosse and the goalkeeper crosse, then interference has been committed.

**A.R. 74.** A loose ball is in the crease. A1 covers the ball to rake it back. Goalkeeper B1 checks A1's crosse. **RULING:** No interference.

**A.R. 75.** A loose ball is in the crease. A1 bats the ball with his crosse, the ball enters the goal and then contact is made with goalkeeper B1's crosse. **RULING:** Legal goal—no interference. Contact occurs after play has ended.

**A.R. 76.** A loose ball is in the crease. A1 bats the ball with his crosse, but the ball is still loose in the crease. Contact is then made with goalkeeper B1's crosse. **RULING:** Interference, play-on.

**A.R. 77.** A1 is in possession of the ball on the edge of the crease. A1 breaks the plane of the goal with his shot, and then contact is made with goalkeeper B1's crosse or body, the goal or the net. **RULING:** Legal goal. Contact occurs after play has ended.

- f. During the course of play if a goalkeeper's stick becomes broken or any other required equipment becomes broken or dislodged, the officials will stop play as soon as they notice the problem, regardless of whether the goalkeeper is in or out of the crease.

When play is stopped for this reason, the ball is awarded to the team that was in possession when play was stopped or, if the ball was loose, by the alternate-possession rule. (**Exception:** If the ball is in the crease when play is stopped, possession is awarded to the defensive team.)

If the goalkeeper notices the broken equipment, he should verbally notify the officials immediately during the play.

**A.R. 78.** A1 shoots and scores. When the official goes to get the ball out of the goal, the goalkeeper shows him that his crosse or any other piece of required equipment is broken. **RULING:** The goal stands since the problem was not noticed by the officials nor acknowledged by the goalkeeper before the shot was in flight.

**A.R. 79.** Goalkeeper B1, seeking to stop play in an unsettled situation, (1) Intentionally breaks required equipment or drops a glove; or (2) Yells to the officials that he has broken equipment when he does not to get them to stop play. **RULING:** The officials stop play and assess a two-minute nonreleasable unsportsmanlike conduct penalty on B1.

**A.R. 80.** While team A is in possession, goalkeeper B1 drops his crosse. **RULING:** Play does not stop for a dropped goalkeeper crosse, only a broken one, so B1 must retrieve his crosse. If B1 plays on without a crosse, he is guilty of illegal procedure.

## Goal-Crease Prohibitions

SECTION 21. The movement of players into and out of the goal-crease area is restricted.

- a. If an attacking player, in possession of the ball and outside the crease area, dives or jumps (becomes airborne of his own volition), prior to, during, or after the release of the shot and lands in the crease, the goal shall be disallowed. An attacking player may legally score a goal and touch the crease area, provided the ball enters the goal before to the contact with the crease and his feet are grounded prior to, during and after a shot.

**A.R. 81.** A1 drives toward the goal and jumps or dives into the crease. (1) The ball goes into the goal; or (2) The ball does not go into the goal. **RULING:** (1) No goal. The ball is awarded to Team B. (2) Play-on or whistle.

**A.R. 82.** A1 dives or jumps toward the crease and, while in the air, is illegally checked into the crease. (1) The ball goes into the goal; or (2) The ball does not go into the goal. **RULING:** (1) Flag-down, no goal, assess penalty; (2) Flag-down, assess penalty.

**A.R. 83.** A1 dives or jumps into the air space over the crease and, while in the air, is legally pushed or checked, landing in the crease. (1) The ball goes into the goal; or (2) the ball does not go into the goal. **RULING:** (1) No goal. The ball is awarded to the defensive team. (2) Play-on for the defense or whistle.

**A.R. 84.** A1 jumps and is over the crease. The goalkeeper is in the crease and contacts A1 while he is in the air. **RULING:** No goal. Award the ball to Team B.

**A.R. 85.** A1, with his feet grounded prior to, during and after the shot, shoots and the ball enters the goal. During the play, he (1) Is legally pushed into the crease with the ball entering the goal before A1 lands in the crease; or (2) Is illegally pushed into the crease. **RULING:** (1) The goal counts. (2) Flag-down. The goal counts if the ball enters the goal before A1 lands in the crease.

**A.R. 86.** A1 dodges B1 and continues towards the goal crease. He shoots and scores. After the ball enters the goal, A1 runs through the crease area.

**RULING:** The goal counts. A1 did not deliberately launch himself or become airborne during the play. Running through the area of the crease is considered to be different than becoming airborne and landing in the crease.

- b. An attacking player may not be in the opponent's goal-crease area at any time.
- c. A defending player, including the goalkeeper, with the ball in his possession, may not enter the goal-crease area, nor may he remain within the goal-crease area in possession of the ball longer than four seconds.

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

A player is considered to be outside the goal-crease area when no part of his body touches the goal-crease area or when he is airborne and his last ground contact was outside the goal-crease area.

**A.R. 87.** The ball is inside the crease, and attackman A1 makes contact with the goal or netting, but not the goalkeeper or his crosse.

**RULING:** Legal play, provided the contact with the goal does not occur before the ball entered the goal as part of a shot.

**A.R. 88.** A1, an offensive player, is playing a loose ball in the crease. Neither of his feet is inside or touching the crease line, i.e., he is completely outside of the crease line. He subsequently falls over the crease line with both hands wrapped around his crosse, which comes to rest inside the crease.

**RULING:** A1 is in the crease.

**A.R. 89.** Defensive player B1 makes a save. The ball drops out of his crosse and lands in the crease, whereupon B1 picks up the ball again. **RULING:** A new four-second count is started.

**A.R. 90.** B1, in the crease, makes a save. After three seconds, he deliberately flips the ball into the air and catches it again (while still in the crease), or (after leaving the crease) rolls or tosses the ball back into the crease deliberately, hoping to get an additional four-second count. **RULING:** Loss of the ball to Team A.

**A.R. 91.** The defensive team has possession outside of the crease area. The offensive team steps into the crease or interferes with the goalkeeper, who is in his crease. **RULING:** Flag-down, technical foul.

**A.R. 92.** The goalkeeper leaves the crease with possession of the ball and loses it as the 30-second count winds down. He inadvertently kicks the ball back in the crease. Does the goalkeeper get a new four-second count? **RULING:** Yes, but the 30-second count continues.

**A.R. 93.** Goalkeeper B1 makes a save, takes one step out of the crease, raises his rear foot off the ground in the crease and then places his rear foot down to the ground in the crease. **RULING:** The ball is awarded to Team A outside the attack area. The goalkeeper is considered to have left and re-entered the crease while the ball was in his possession.

**A.R. 94.** Goalkeeper B1 makes a save. When out of the crease, A1 legally checks B1 back into the crease, while he is still in possession of the ball. **RULING:** The ball is awarded to Team A outside the attack area.

**A.R. 95.** The ball is loose in the air or on the ground in front of the goal. A1 bats at the ball while goalkeeper B1 is making an attempt to gain possession of ball, and the two crosses collide. Is this goalkeeper interference if the stick contact occurs (1) within the crease; (2) outside the crease? **RULING:** (1) Goalkeeper interference by A1, play-on. Play continues or the ball is awarded to Team B at the spot of the violation. (2) No interference.

**A.R. 96.** Goalkeeper B1 has possession of the ball within his crease, at which time A1 checks B1's crosse. The official signals play-on. At this time, A2 and B2 begin to fight, each striking blows. **RULING:** A2 and B2 are expelled with three-minute nonreleasable time and appropriate suspension to be served. The ball is awarded to Team B at the center of the field for a free clear.

**A.R. 97.** Defensive player B1 (not the goalkeeper) makes a save in the crease. A1 checks B1's crosse, causing the ball to enter the goal. **RULING:** Legal goal. Interference may be called only when the designated goalkeeper is involved.

### Ball Out of Play in Goal Crease

SECTION 22. Should the ball become mired in the mud within the crease or ensnared in the goal netting, time shall be suspended by the officials and the ball shall be awarded to a defensive player.

## Substitution Procedures

### Regular Substitution

SECTION 23. Substitution may take place without the necessity of waiting for suspension of play by an official. Players may enter the field of play from the substitution area under the following conditions:

- a. The player must be properly equipped.
- b. He may not enter the substitution area until his substitution is imminent.
- c. The player leaving the field of play must exit via the substitution area.
- d. The substitute must wait until such player is off the field of play, and the substitute may not delay his entry onto the field.

**A.R. 98.** During a regular substitution, or after a restart, A1 delays his entrance onto the field. The trailing official sees the delay. **RULING:** Silent play-on with an official's arm in the air unless A1 participates in the play, technical foul. This does not remove the responsibility of a team to adhere to the offside rule.

- e. The substitute must always yield his position in the substitution area to any player exiting the field.
- f. Substitution may take place while play is suspended.

*Note: Any delay of the game is to be enforced strictly. See Rule 6-6-f for method of enforcement.*

**A.R. 99.** When is a team member considered legally in the game?  
**RULING:** When the substituting team member has complied with

substitution requirements as provided by rule and when he has entered the field of play.

### Free Substitution

SECTION 24. Substitution of players may be made when play has been suspended by the officials. These situations include:

- a. End of a period.
- b. Scoring of a goal.
- c. Injury timeout.
- d. Equipment adjustment.
- e. Penalty enforcement.
- f. Man-up play.

## Other Game Procedures

### Change of Goals

SECTION 25. At the conclusion of each period, the teams shall change goals. (*Exception:* First sudden-victory period. See Rule 4-31.)

### Official Timeouts

SECTION 26. An official may suspend play at his discretion. 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 the sounding of the whistle as follows:

- a. If the attacking team is in possession of the ball in the attack half of the field, delay whistle until the play is completed.

*Note: If a player is injured and the official calls a timeout to tend to the injury, teams are permitted to go to the sideline to talk to their coaches, provided none of the coaches comes on the field (other than to assist with the injured player). Officials will restart play as soon as the injured player has been removed from the field. Free substitution is permitted.*

- b. If the ball is not in the possession of either team, delay whistle until possession is secured and the play is completed.

The signal flag is not dropped under these conditions.

**A.R. 100.** In a scrimmage area, A1 is legally checked, falls to the ground and appears to be injured. Play is continuing around him. **RULING:** The whistle is blown immediately. Any time that an injured player may be subject to further injury if play continues, play must be stopped immediately. If possession is not clear, award the ball by the alternate-possession rule.

**A.R. 101.** In a scrimmage area, B1 breaks his crosse or loses a piece of required equipment and continues to play A1. **RULING:** A flag is dropped—slow whistle. However, if B1's play creates a dangerous situation, then play is stopped. Technical foul against B1.

**A.R. 102.** B1, chasing A1 downfield, falls and appears to be injured. A1 continues toward the goal, and B1 is no longer in the scrimmage area. **RULING:** Slow whistle.

**A.R. 103.** An electrical storm develops during a game. Officials should suspend play for a minimum of 30 minutes or until such time as it is safe for all concerned to resume play. See Appendix III.

c. Bleeding.

1. Whenever a participant suffers a laceration or wound from which oozing or bleeding occurs, an official shall stop the game at the earliest appropriate time and make the player or official go to the team area and be given appropriate medical treatment. The player who has been removed shall not re-enter the game without approval of medical personnel.

**A.R. 104.** An official notices bleeding during a play in which it is apparent that a scoring attempt is imminent. **RULING:** The official shall delay the whistle until the attempt is completed (similar to slow whistle).

2. When a player's uniform, other personal equipment or skin has blood on it (whether it is the player's own blood or someone else's), an official shall stop the game at the earliest appropriate time and make the player leave the game to have the uniform and/or personal equipment evaluated by medical personnel. The team's medical personnel shall determine if any piece of the uniform or personal equipment must be changed before the player re-enters the game. Any change in equipment must comply with Rule 1-21.

3. A team can call a timeout to keep the player in the game; however, in order for that player to remain in the game, the bleeding must be corrected before the timeout ends.

4. If an official stops the game for bleeding and either team calls a timeout, the player can remain in the game if the bleeding is corrected before the timeout ends.

5. In either Nos. 3 or 4 of this section, if the player involved is not ready to play at the end of the timeout, the player must be replaced by a substitute.

6. If a change in uniform causes a jersey number change, the player must report that change to the official scorer before being permitted to re-enter the game. It is recommended that teams travel with extra uniforms.

## Team Timeouts

SECTION 27. When the ball is dead, only a member of either team who is on the field or a team's head coach may request an official to call timeout.

During play, official team timeouts may be called by a field player of the team in possession of the ball or by that team's head coach only when the player in possession of the ball has contact with the ground with at least one foot in contact with the ground on or across the restraining line in his offensive end of the field.

During dead ball situations where the stoppage is in the field of play, only the team in possession or entitled to possession is allowed to call timeout. Timeouts are allowed for both teams during all other dead ball situations.

During timeouts and between periods (except for halftime), coaches shall remain in their respective coaching areas.

A team shall be limited to two timeouts per half, and one per each sudden-victory period. No timeout may exceed two minutes. It is not legal for the same team to call two timeouts in a row without the game restarting between the two timeouts.

If a team has requested a team timeout and is ready to play in less than one minute and 40 seconds, the official will so inform the opponents. Both teams must then be ready to play in 20 seconds.

Any suspension of play because of an injured player, whether called by an official, coach or captain, shall not be charged as a timeout, if such player is removed from the field as soon as possible. A substitute for the injured player must report immediately.

**A.R. 105.** Team A calls timeout. The referee informs the team that this is its third timeout in the half, and a timeout cannot be granted. The official scorer agrees with Team A, and says it is its second timeout. **RULING:** The referee's decision shall prevail. The referee keeps the official record of team timeouts. The referee shall charge the offending team with a technical foul and resume play immediately.

**A.R. 106.** When a team takes a timeout between quarters or at halftime, how is it charged? **RULING:** The timeout is charged to the preceding period.

**A.R. 107.** During timeouts or between periods, a coach may enter the field for the sole purpose of warming up a goalkeeper.

**A.R. 108.** A ball goes out of bounds directly behind the goal and then either team calls a timeout. When play resumes, the ball shall be put in play at the spot the ball went out of bounds.

**A.R. 109.** During the fourth quarter, Team A's coach yells urgently for a timeout. The official blows his whistle to stop play before realizing that Team A has no timeouts remaining. **RULING:** No timeout is granted. The ball is awarded to Team B.

**A.R. 110.** During sudden victory, Team A is in possession of the ball in its defensive end of the field when Team A's head coach calls for a timeout and the official blows the whistle, stopping play. **RULING:** No timeout is granted. The ball is awarded to Team B.

**A.R. 111.** B1 is clearing the ball in the defensive half of the field and creates a technical-foul turnover. Team A is awarded the ball. Before the restart, Team B asks for a timeout. **RULING:** Team B shall not be granted a timeout. Only Team A has the right to call timeout since the stoppage is in the field of play and will be awarded the ball.

## **Illegal Equipment—Head Coach's Request for Official's Inspection**

SECTION 28. Any player is subject to having his equipment inspected by an official upon request by the head coach only. Once the game has commenced, a head coach may request the inspection of the equipment of any player on

the opposing team. A head coach's request for an equipment inspection must refer to a specific player and must occur during a dead ball.

The following procedures apply to the inspection of a player's crosse upon the request of a head coach:

- a. Only one player's equipment may be inspected per request, and only one request may be made by each head coach during each dead ball. All aspects of the equipment construction and dimensions will be considered.
- b. A head coach may make one request per game that fails to uncover an illegal crosse or other equipment violation (i.e., a "free" check). Further requests which fail to uncover violations will be penalized as provided for in Rule 6-6-o.
- c. A player need not be on the field in order to have his equipment inspected.
- d. The official should inspect all of a player's equipment when asked to inspect his crosse or any other specific piece.
- e. A crosse found to be illegal shall be penalized according to Rule 5-9. Any other equipment found to be illegal shall be penalized according to Rules 5-10 or 6-6.

**A.R. 112.** Officials will be available 20 minutes before the start of the game to examine any player's equipment for legality. Once the game has started, any equipment that is examined and found to be illegal shall be dealt with according to the rules.

**A.R. 113.** Team A scores to tie the game as the clock expires at the end of regulation. The head coach of Team B requests an equipment inspection to determine the legality of the goal scorer's crosse. **RULING:** Inspection is permitted because the game is not complete. If the crosse is found to be illegal, the goal shall be disallowed and the game is considered complete.

### **Illegal Equipment—Official's Random Crosse Inspection**

SECTION 29. Each half, officials shall conduct random inspections of players' crosses. These inspections shall take place in dead-ball situations. The following procedures apply:

- a. A player need not be on the field in order to have his crosse inspected.
- b. Team members or coaches may not attempt to influence the official's decision as to which player's crosse shall be inspected.
- c. A crosse found to be illegal shall be penalized according to Rule 5-9.

### **Illegal Number of Long Crosses in Game— Head Coach's Request for a Count**

SECTION 30. A head coach may request a count of the number of long crosses at any time during the contest. The head coach may request a double horn at the next dead-ball whistle so that a count may be taken once play has been suspended. If a head coach makes a second or subsequent request, and the correct number of long crosses are in the game, the requesting head

coach's team will be penalized as provided for in Rule 6-6-o, assuming that no violations were found in the previous request.

### **Sudden-Victory Overtime Play**

SECTION 31. In the event of a tie at the end of the regulation game, a coin shall be flipped by the referee, with the captain who wins the toss selecting the goal his team wishes to defend. Play shall continue after an intermission of two minutes.

All sudden-victory overtime periods shall be started with a faceoff. (*Exception:* Rule 4-3.)

Play shall proceed for a four-minute period or until a goal is scored. At the end of the four-minute period, there shall be a two-minute intermission, and the teams shall change goals. Four-minute periods shall be continued in this manner until a goal is scored. Each team is entitled to one timeout per sudden-victory period.

**A.R. 114.** Team A scores the game-winning goal in a sudden-victory period (or at the end of regulation). The head coach of Team B requests an equipment inspection after the sudden-victory goal has been scored to determine the legality of the crosse. **RULING:** The game has ended. No inspection is permitted.

### **Alternate Possession**

SECTION 32. When the officials cannot determine which team should be awarded the ball, possession shall alternate. The team that wins the opening-game coin toss gets choice of goal or first alternate possession. The referee, not the scorer's table personnel, keeps track of the alternating possessions.

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# RULE 5

## Personal and Expulsion Fouls

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### Personal Fouls

#### Description

SECTION 1. Personal fouls are those of a serious nature: illegal body checking, slashing, cross-checking, tripping, unnecessary roughness, unsportsmanlike conduct and the use of an illegal crosse or other illegal equipment.

#### Penalty

SECTION 2. The penalty for a personal foul shall be suspension from the game of the offending player for one, two or three minutes, depending on the official's judgment of the severity and perceived intent of the personal foul. The ball shall be given to the team fouled.

#### Targeting the Head/Neck

SECTION 3. A player shall not initiate contact to an opponent's head or neck with a cross-check, or any part of his body (head, elbow, shoulder, etc.) or stick. Any follow-through that contacts the head or neck shall also be considered a violation of this rule.

**PENALTY—One, two or three minute nonreleasable foul, at the referee's discretion. Excessive violation of this rule may result in an ejection from the game.**

#### Unsportsmanlike Conduct

SECTION 4. No player, substitute, nonplaying member of a squad, coach or anyone officially connected with a competing team shall:

- a. Enter into an argument with an official as to any decision that has been made or in any way attempt to influence the decision of an official.
- b. Use threatening, profane or obscene language or gestures at any time before, during or after the game.
- c. Bait, taunt, call undue attention to oneself, or commit any other act considered unsportsmanlike by the officials. Baiting and taunting is a one-to three-minute nonreleasable foul in all cases.

*Note 1: If a player continues to be abusive after the penalty is assessed, the official may add additional nonreleasable fouls. Penalty time from these fouls counts toward the 5-minute limit for fouling out. If a coach or bench players continue to be abusive after the penalty is assessed, the official may assess additional nonreleasable penalties that shall be served by an additional attack player (See Rule 7-4). Flagrant misconduct is*

*an expulsion foul. (See Rules 5-13 and 5-14.) An expelled individual is barred from being in the competition area, including the spectator area.*

- d. On a faceoff, deliberately use his hand to play the ball, either by grasping it or directing it with his fingers off the shaft or grab an opponent's crosse.
- e. Repeatedly commit the same technical foul.
- f. As a player, while legally in the game, deliberately delay returning to the field to gain an advantage.

*Note 2: A nonreleasable (one- to three-minute) penalty will be imposed for a, b, c and d. Situations e and f are releasable.*

**A.R. 1.** During a dead or live ball, the coach runs onto the field toward an official, questioning the decision of the official, etc. **RULING:** Unsportsmanlike conduct.

**A.R. 2.** For any penalty time, coupled with any mandatory nonreleasable penalty on an individual player, the nonreleasable time must be served first; the additional penalty time is releasable.

**A.R. 3.** B1 fouls A1 (personal foul). An official assesses a one-minute releasable penalty. B1 then maligns the official and receives an additional two-minute nonreleasable unsportsmanlike-conduct penalty. Does a goal by Team A erase B1's releasable personal foul? **RULING:** No, if the goal is scored during the first two minutes. Yes, if it occurs after the first two minutes.

**A.R. 4.** B1 slashes A1 and receives a two-minute personal foul. During the same play, B2 maligns an official and receives a one-minute unsportsmanlike-conduct penalty. **RULING:** The penalty on B1 is releasable at any time; B2's penalty is nonreleasable.

**A.R. 5.** A1 takes a position in front of the crease area. As A2 takes a shot, (1) A1 is facing toward A2; or (2) A1 is facing the goalkeeper. A1 waves his hands and crosse back and forth. **RULING:** (1) The goal counts. (2) The goal does not count. Unsportsmanlike conduct on A1.

**A.R. 6.** B1 drops his crosse, secures an opponent's crosse and continues to play. **RULING:** Personal foul — unsportsmanlike conduct.

**A.R. 7.** An official expels the team physician or team athletic trainer for unsportsmanlike conduct, leaving Team B without qualified medical coverage. (1) Should play continue? (2) Can officials request medical personnel of Team A to act in the same role? **RULING:** (1) Yes. (2) Yes, but Team A is not obligated to comply with the request. The physician and/or athletic trainer of Team B should be allowed reasonable access back to the playing field if medical services are needed.

## Unnecessary Roughness

SECTION 5. Unnecessary roughness includes the following:

- a. An excessively violent infraction of the rules against holding and pushing (see Rules 6-4 and 6-10).
- b. Deliberate and excessively violent contact made by a defensive player against an offensive player who has established a screening position.
- c. Any act on the part of a player that is deliberate and excessively violent, whether it be with the body or crosse.

- d. A check delivered with the gloved hand or hands may not be a punching or **thrusting motion**. This should not be construed as pushing under Rule 6-10.

**A.R. 8.** B1 is playing A1. A1, running at full speed, cuts around A2, who had set up a screening position. B1, while playing A1, contacts A2 violently. Has a foul been committed by B1? **RULING:** No, if B1 was concentrating on A1. Yes, if B1 deliberately ran into A2 (personal foul).

**A.R. 9.** B1 is playing A1. A1 dodges B1 while driving to the goal and takes a shot. B2 slides and body checks A1 after the shot is taken. **RULING:** (1) Legal play, assuming the body check is legal. (2) Unnecessary roughness if the body check is late.

## Illegal Body Check

SECTION 6. Illegal body checking includes the following actions:

- a. The body checking of an opponent who is not in possession of the ball or within 5 yards of a loose ball.
- b. Initiating contact with an opponent from the rear or at or below the waist.
- c. Initiating contact with an opponent above the shoulders of the opponent. To be legal, a body check must be below the neck, and both hands of the player applying the body check must remain in contact with his crosse.

*Note: If a player is about to be body checked turns his back, ducks or jumps in such a manner as to make what started to be a legal check appear illegal, no foul is committed by the player applying the body check. The initial contact, not any secondary contact, shall determine whether a body check is legal. No official should make the call "from the rear" or "below the waist," unless he sees the initial contact.*

- d. Initiating contact with an opponent who has any part of his body other than his feet on the ground.
- e. The blocking of an opponent with the head or initiating contact with the head, known as "spearing." A minimum of a one-minute nonreleasable penalty shall be assessed for spearing. A three-minute nonreleasable penalty shall be assessed if the spearing was violent.

## Slashing

SECTION 7. Slashing includes the following actions:

- a. Swinging a crosse at an opponent's crosse or body with deliberate viciousness or reckless abandon, regardless of whether the opponent's crosse or body is struck.
- b. Striking an opponent in an attempt to dislodge the ball from his crosse, unless the player in possession, in an attempt to protect his crosse, uses some part of his body other than his head or neck to ward off the thrust of the defensive player's crosse and, as a result, the defensive player's crosse strikes some part of the attacking player's body other than his head or neck.
- c. Striking an opponent in any part of the face, on the neck, in the chest, on the back, on the shoulders, in the groin or on the head with the crosse (including its butt end), except when done by a player in the act of passing, shooting or attempting to scoop the ball.

*Note: In all situations except when a player's gloved hand on his own crosse is in contact with a line marking or the ground, that hand shall be considered part of his crosse.*

**A.R. 10.** A1, in the act of shooting or passing, strikes B1 on the head because of his legitimate follow-through motion. Has A1 committed a foul for striking an opponent on the head? **RULING:** No.

**A.R. 11.** B1, while playing A1, makes contact on A1's head with his crosse. Has a foul been committed? **RULING:** Contact in and of itself does not constitute a foul. The contact must be a definite blow or strike.

**A.R. 12.** Can a defensive player, who does not have reasonable access to an opponent's crosse and makes no apparent attempt to dislodge the ball or prevent a feeder's pass, choose to strike repeatedly the lower gloved hand on the crosse with undue force to inflict physical damage? **RULING:** No. Slashing, personal foul.

**A.R. 13.** The one-hand wraparound check with the crosse is legal. The check must be crosse-on-crosse, and no holding may be done with the free hand.

**A.R. 14.** A1, advancing toward B1, holds his crosse back with one hand and protects his crosse with the other arm. B1 then swings his crosse and strikes A1's protecting arm. **RULING:** Personal foul, slashing against B1.

**A.R. 15.** A3 has beaten defender B2, who swings his crosse in a check attempt and strikes A3 on the shoulder or across the back in an attempt to get A3's crosse. **RULING:** Personal foul for slashing against B2. This is an illegal back check.

## Tripping

SECTION 8. A player may not trip an opponent with any part of his body or crosse.

Tripping is obstructing an opponent at or below the waist with the crosse, hands, arms, feet or legs — by any positive primary action if the obstructing player is on his feet or by any positive secondary action if the obstructing player is not on his feet. When a player legally checks the crosse of an opponent and the result is to cause the opponent to trip over his own crosse, no foul has been committed. Similarly, if an opponent falls over a player's crosse when that player is attempting to scoop a loose ball, no foul has been committed.

**A.R. 16.** A1, while dodging B1, falls over B1's stationary leg. Is this tripping? **RULING:** No.

**A.R. 17.** B1, while playing A1, swings his leg around as A1 is dodging him, causing A1 to stumble or fall to the ground. Is this tripping? **RULING:** Yes, personal foul.

## Illegal Crosse

SECTION 9. A player may not use a crosse that does not conform to required specifications. Use of an illegal crosse carries a one- or three-minute nonreleasable penalty. A crosse found illegal due to a deep pocket will carry a one-minute nonreleasable penalty and the crosse may be returned if adjusted.

A player using a crosse found to be illegal for any other reason will receive a three-minute nonreleasable penalty, and the illegal crosse will remain in the table area for the remainder of the game. Every crosse on a team is subject to inspection, and the crosse need not have been in the game to be inspected. (See Rule 4-28.)

**A.R. 18.** Officials should make themselves available before the game to clarify questionable construction of any crosse. A crosse found to be illegal may not be used in the game unless the necessary adjustments are made to make the crosse legal.

**A.R. 19.** During the game, an official inspects a player's equipment and finds that his crosse is of illegal length (i.e., it measures less than 40 inches; greater than 42 inches but less than 52 inches; or greater than 72 inches). **RULING:** The crosse is removed from the game. A three-minute nonreleasable penalty must be served.

**A.R. 20.** During the game, an official inspects the equipment of a player and finds the head of the player's crosse is less than 6 inches (inside measurement) and the pocket is deeper than that allowed by rule. **RULING:** The crosse is removed from the game. A three-minute nonreleasable penalty must be served.

**A.R. 21.** During the game, an official inspects the equipment of a player and finds that the longitudinal weaving of the crosse is not firmly attached to the bottom edge of the throat-stop construction. **RULING:** A one-minute nonreleasable penalty must be served. The crosse, if adjusted, may be returned to the game.

**A.R. 22.** During the game, an official asks A1 for his crosse so the official can inspect it. Before A1 hands the crosse to the official, he adjusts the strings or jams his crosse into the ground. **RULING:** A one-minute nonreleasable unsportsmanlike conduct penalty for pulling on the strings or jamming the head of the crosse into the ground shall be charged. If a goal was scored by A1 before the adjusting or jamming and play has not restarted, the goal does not count.

**A.R. 23.** During the crosse inspection, the officials discover that the ball does not roll freely from the pocket, with the ball either remaining in the pocket when the head is rotated toward the ground and held horizontally or the ball sticking momentarily before rolling out. **RULING:** Three-minute nonreleasable penalty and the stick is removed from the game whether the ball is being held by the head or by the stringing. (**Exception:** If the pocket is too deep and the officials feel that the pocket depth is the reason the ball will not release, a one-minute nonreleasable penalty may be assessed and the crosse, if adjusted, may be returned to the game.)

**A.R. 24.** A1 scores. Before the next whistle, it is discovered that A1 was playing with an illegal crosse. **RULING:** The goal does not count. A1 serves a one- or three-minute nonreleasable penalty.

**A.R. 25.** A1 scores a goal by kicking the ball into the goal. Before the next whistle, Team B's head coach requests an equipment inspection on A1. **RULING:** If the crosse is found to be illegal, the goal does not count. A1 serves a one- or three-minute nonreleasable penalty.

**A.R. 26.** A1 scores. Before the next whistle, Team B's head coach requests an equipment inspection on A2, the player who fed A1 for the score. **RULING:** Even if the crosse is found to be illegal, the goal counts. A2 serves a one- or three-minute nonreleasable penalty, if the crosse is found to be illegal.

**A.R. 27.** A1 scores a goal. After scoring, A1 pulls the strings on his crosse to alter the pocket. **RULING:** The goal does not count, one-minute nonreleasable penalty on A1. This action is clearly against the intent of the crosse rules. This is a violation whether or not a stick check is requested by an official.

## Use of Illegal Equipment

SECTION 10. A player may not use equipment that does not conform to specifications. The fingers and/or palms may not be cut out of the gloves by the player or during the manufacturing process, nor may the gloves and shoulder pads be altered in a way that compromises their protective features. Use of illegal equipment other than an illegal crosse is a nonreleasable foul. (See Rule 5-9 for illegal crosse.)

**A.R. 28.** Before a game, officials should make themselves available to clarify any questions concerning the legality of any equipment. Once the game begins, it is the officials' responsibility to enforce this rule — coaches may not request to have their team's gloves inspected, and officials shall not warn players.

**A.R. 29.** Team A, which already has called for an unsuccessful equipment check, requests another equipment check. Equipment is found to be legal. Team A has used all its timeouts. What is the penalty? **RULING:** Technical foul on Team A.

**A.R. 30.** B1, who is not the designated goalkeeper, is not wearing shoulder pads or arm pads. **RULING:** One-minute nonreleasable personal foul.

**A.R. 31.** A1 scores a goal. Before the faceoff, it is noticed that A1 is not wearing a piece of required equipment (e.g., shoulder pads and/or arm pads). **RULING:** The goal counts. A1 is assessed a one-minute nonreleasable personal foul.

**A.R. 32.** A1 scores a goal. Before the faceoff, it is noticed that: (1) A1 was not wearing a mouthpiece; (2) A1 was not wearing a legal uniform; (3) A1 was not wearing legal shoulder pads, arm pads, gloves or helmet. **RULING:** In (1) and (2), the goal counts, the game restarts with the ball awarded to Team B at the center line; in (3), the goal counts, and A1 serves a one-minute nonreleasable personal foul penalty. The game will restart with Team B in possession.

*Note: A player with both an illegal crosse and an equipment violation will be penalized for both violations.*

## Cross-Check

SECTION 11. A player may not check his opponent with his crosse in a cross-check position — that is, check him with that part of the handle of his crosse that is between his hands, either by thrusting it away from his body or by holding it extended from his body.

## Fouling Out

SECTION 12. Any player who accumulates five minutes of personal fouls shall be disqualified from the game. A substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out. An individual who accumulates five personal fouls and/or is disqualified is neither expelled from the competition or spectator areas, nor suspended for a subsequent game(s).

## Expulsion Fouls

### Penalty

SECTION 13. The penalty for an expulsion foul shall be a three-minute nonreleasable penalty, ejection for the remainder of the game in which the foul occurred and suspension from the next intercollegiate contest of that team.

### Fighting and Flagrant Misconduct

SECTION 14. Fighting is defined as a player, substitute, nonplaying member of a squad, coach or anyone officially connected with a team deliberately striking or attempting to strike anyone in a malicious manner, or leaving the bench or coaches area during an altercation.

An individual participating in a fight or any other action deemed flagrant misconduct shall be charged with a three-minute nonreleasable penalty, ejection from the game in which the violation occurred and suspension from the team's next regular-season intercollegiate game, including NCAA tournament games. If the same individual participates in a second fight or flagrant misconduct in a subsequent game, the penalty is a three-minute nonreleasable penalty, ejection from the game in which the fight occurred and suspension from the team's next two regular-season intercollegiate games, including NCAA tournament games. If the same individual is involved in a third fight or flagrant misconduct, the same sanctions apply, with the suspension extended to the entire season, including NCAA tournament games. The appropriate officiating assigning authority is responsible for notifying the officials of the suspension.

A suspended individual cannot be in the team's bench area, anywhere on the sideline or anywhere in the spectator area. The count of fighting expulsions for a given season shall end at the conclusion of that season, but if an individual is penalized for fighting in the last game of a season, the resulting suspension shall be enforced in the first intercollegiate game or games of the next season.

**A.R. 33.** After the final horn but before the officials approve the score and leave the field, a coach or player commits an act deemed to be flagrant misconduct or another expulsion foul. **RULING:** The officials still have jurisdiction and must assess the ejection and have it recorded in the scorebook even though the game has ended.

**A.R. 34.** After the final horn, or with a few seconds left in the game and Team A leading by several goals and attempting to run the clock out, B1 deliberately and violently slashes A1. **RULING:** Flagrant misconduct on B1. B1 is ejected from the game and suspended from the appropriate number of Team B's subsequent games.

**Tobacco**

SECTION 15. Team personnel shall be disqualified from a game for tobacco use that occurs between the time the officials take jurisdiction and the end of the game. Use of tobacco by game officials shall be addressed by the event administrator.

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# RULE 6

## Technical Fouls

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### Description

SECTION 1. Technical fouls are those of a less-serious nature than personal fouls, and include all violations of the rules of the game except those specifically listed as personal or expulsion fouls under Rule 5.

### Penalty

SECTION 2. The penalty for a technical foul shall be either a 30-second suspension of the offending player from the game (if the team fouled had possession of the ball at the time the foul was committed) or simply the awarding of the ball to the team fouled (if the team fouled did not have possession of the ball at the time the foul was committed). (*Exceptions:* Rules 6-3, 7-6 and 7-9.)

### Crease Violations/Goalkeeper Interference

SECTION 3. When the defensive team has possession of the ball, infringements of the rules involving the crease set forth in Rules 4-20-b, 4-21, 7-10 and 7-11 shall be penalized as follows (rather than under the general rules for technical fouls):

- a. Any interference with the goalkeeper of a technical nature while the ball is in possession of the defensive team outside of the crease shall result in a slow whistle, flag-down.
- b. Any crease violation by an attacking player while the ball is in possession of the defensive team outside the crease shall result in a slow whistle, flag-down. Any crease violation by an attacking player while the ball is in the crease shall result in a play-on.
- c. Any crease violation or interference with the goalkeeper while he and the ball are in the crease, whether or not he has possession of the ball, shall be a play-on. If the goalkeeper has possession and fails to run the ball out of the crease or successfully complete an outlet pass, the ball shall be awarded to his team at the center of the field. If the ball is loose in the crease and the goalkeeper gains possession, the play-on has ended.

**A.R. 1.** The ball is loose outside the crease when an attack player falls in the crease. **RULING:** Play-on. If the defense does not recover the ball, the ball is awarded to the defensive team where the ball is when the whistle blows.

**A.R. 2.** A1 has the ball in his attack area. B2 checks A2 illegally, causing A2 to enter the crease. Is this a slow whistle? **RULING:** No. The whistle is blown immediately when A2 is in the crease. Foul by B2, and B2 serves the penalty time.

**A.R. 3.** B1 has possession of the ball outside the crease and starts to attempt to clear the ball. Attack player A1 runs through the crease while chasing B1. **RULING:** Flag-down, slow whistle, technical foul. This cannot be a play-on since the ball is not loose. The flag-down allows the clearing team to complete a fast break.

**A.R. 4.** A1 interferes with goalkeeper B1, who has possession of the ball in the crease. Is this a slow whistle or a play-on? **RULING:** Play-on. See Rules 7-10 and 7-11.

**A.R. 5.** A1 slashes goalkeeper B1, who has possession of the ball. **RULING:** Slow whistle.

**A.R. 6.** During a slow whistle with the goalkeeper in possession of the ball in the crease, the outlet pass is not complete and the goalkeeper maligns the official. Where is the ball put in play? **RULING:** The goalkeeper serves a one-minute nonreleasable penalty and the ball is put in play at the spot where it was when the whistle was blown, unless that spot is less than 20 yards from the goal.

**A.R. 7.** While the ball is loose in the crease, A1 interferes with goalkeeper B1. **RULING:** Play-on. If B1 fails to gain possession of the ball, the ball is awarded to Team B.

**A.R. 8.** While the goalkeeper is in the crease and is in possession of the ball, A1 interferes with goalkeeper B1. **RULING:** Play-on. If B1 fails to run the ball out of the crease or successfully complete an outlet pass, the ball is awarded to Team B at center.

**A.R. 9.** Goalkeeper B1, who is in his crease with possession, throws an outlet pass while attack player A1 stands in front of the crease in a covering position. B1 releases the ball, and then after the ball is out of his crosse, the natural follow-through carries B1's crosse into A1's. **RULING:** Goalkeeper interference by A1. Play-on, and award the ball to Team B at center if the pass is not completed.

## Holding

SECTION 4. A player shall not impede the movement of an opponent or his crosse.

a. A player may not:

1. Hold an opponent with his crosse.
2. Step on the crosse of an opponent.
3. Hold or pin an opponent's crosse against the body of the opponent with his crosse.
4. Hold an opponent with his free hand that is off the crosse.
5. Hold the crosse of the opponent using any part of his body.

b. Holding is permitted under the following conditions:

1. An opponent with possession of the ball or within 5 yards of a loose ball may be held from the front or side.

**A.R. 10.** May a player use the portion of the handle of his crosse that is between his hands to hold an opponent? **RULING:** No.

2. An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts not more than equal pressure.

For (1) and (2), a hold check must be done with either closed hand, shoulder or forearm; and both hands must be on the crosse.

3. A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball.
4. A player within 5 yards of a loose ball may hold the crosse of his opponent with his own crosse.

**A.R. 11.** A1 is within 5 yards of a loose ball. B1 holds A1's crosse with his crosse, preventing A1 from participating in the play. **RULING:** Legal check.

**A.R. 12.** A1, with the ball in his possession, has his crosse held by B1's crosse, which prevents him from performing his normal function. **RULING:** Legal check.

**A.R. 13.** A1 has the ball in his possession. B1 holds A1's crosse against A1's body, restraining A1's movement. **RULING:** Holding by B1. Holding of opponent's crosse against opponent's body by a defensive player is illegal.

**A.R. 14.** B2, with his gloved hand over the end of the crosse, is exerting equal pressure from the rear against A1, who has possession of the ball, thus preventing A1 from advancing toward the goal. **RULING:** Legal play.

**A.R. 15.** B1, with his gloved hand over the end of the crosse, is exerting pressure from the rear against A1, who has possession of the ball. B1 exerts enough pressure to force A1, against his will, to move away from the goal. **RULING:** Holding by B1. Only equal pressure may be exerted.

## Illegal Offensive Screening

SECTION 5. a. No offensive player shall move into and make contact with a defensive player with the purpose of blocking a defensive player from the man he is playing, nor may the offensive player hold his crosse rigid or extend his crosse rigid to impede the normal movements of the defensive man. If contact is made between offensive and defensive players as a result of the offensive player's setting a screen, the offensive player must be motionless before the contact occurs. Illegal contact must be made by the player setting the pick, which may include contact with his crosse.

- b. In establishing and maintaining legal screening tactics, the screener shall:
  1. Stay within his vertical plane with a stance no wider than shoulder width apart and shall not lean into the path of an opponent or extend hips into that path, even though the feet are stationary.
  2. Not be required to face in any particular direction at any time.

No player, while moving, shall set a screen that causes contact and delays an opponent from reaching a desired position.

**A.R. 16.** A1 takes a post position and holds his crosse in front of him with the head of the crosse resting on the ground. A2 cuts around A1; and B2, pursuing A2, falls over A1's crosse. **RULING:** Technical foul against A1 — illegal screening position.

**A.R. 17.** A1 takes a post position and holds his crosse extended in front of him. A2 cuts around A1; and B2, pursuing A2, runs into the extended crosse and is held back by A1's crosse. **RULING:** Technical foul against A1 — holding.

### Illegal Procedure

SECTION 6. Any action on the part of players or substitutes of a technical nature that is not in conformity with the rules and regulations governing the play of the game shall be termed illegal procedure. The following are examples:

a. **Touching the ball.** A player may not touch the ball with his hands while it is in play. The exception is the goalkeeper while both he and the ball are inside the crease, as provided in Rule 4-20-a.

**A.R. 18.** A1 takes a shot. Goalkeeper B1 trips. B2 jumps in the crease and bats the ball away with his hand. **RULING:** Technical foul. The ball is awarded to Team A outside the attack area.

b. **Illegal actions with crosse.** A player shall not:

1. Throw his crosse. Throwing the crosse at the ball or at another player shall be deemed unsportsmanlike conduct.
2. Take part in the play of the game in any manner without his crosse, except for substitution.

Should a player lose his crosse or other equipment in any legal way, so that repossession of the crosse would cause him to go offside or enter the crease, the player must either substitute off the field or stay out of the play until he can legally retrieve his equipment.

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

**A.R. 19.** Whenever a goalkeeper's crosse is in the game, it must be used by the designated goalkeeper. If the designated goalkeeper must serve penalty time and gives his goalkeeper's crosse to a teammate before leaving the field, then that teammate is the designated goalkeeper until the goalkeeper's crosse has been returned to the penalized goalkeeper or his substitute, after either re-enters the field of play.

**A.R. 20.** Goalkeeper B1 is out of game on penalty. Before leaving the game, B1 exchanges his goalkeeper's crosse with teammate B2. After serving penalty time, B1 returns to the field of play while B2, with the ball in his possession, is out of the crease on a clear. B1 enters the crease and A1 intercepts B2's clearing pass and shoots at goal, whereupon B1 bats the ball away with his hand. **RULING:** Technical foul against B1. The ball is awarded to Team A.

**A.R. 21.** Goalkeeper B1 is out of the game on penalty. Before leaving the game, B1 exchanges his goalkeeper's crosse with teammate B2 who, while within the crease and having possession of the ball, has his crosse struck by A1. **RULING:** Award the ball to Team B at the center of the field. This could be a play-on.

**A.R. 22.** A broken crosse is considered as no crosse.

**A.R. 23.** Any metal or synthetic material handle that is bent, broken or split during normal play must be treated the same as a broken crosse.

**A.R. 24.** During the course of a game, the handle of a crosse becomes bent. **RULING:** The official shall instruct the player in question to correct the situation immediately, no penalty assessed unless the player participates or attempts to participate in play.

**A.R. 25.** A1 and A2 exchange crosses with each other on the field of play during (1) A live ball; or (2) A dead ball. **RULING:** (1) Legal exchange. (2) Legal exchange.

**A.R. 26.** During play, A1 runs to the bench to exchange his crosse, which is not broken; and this is not noticed by an official. Should the timekeeper or scorer blow the horn twice at the next dead-ball whistle and notify officials? **RULING:** No. This is a legal exchange (must be at coaches area or table area).

**A.R. 27.** If the head of the crosse is broken so that a player is prevented from performing the normal functions of cradling, shooting and passing, the crosse is considered broken. This includes a head that is completely broken away from the handle of the crosse or any part of the head that is separated from the remainder of the head, even though it is still attached by the weaving. The player must obtain another crosse from his bench or table area. For exception, see Rule 4-20-e.

**A.R. 28.** Any player with no crosse participates or attempts to participate in play. **RULING:** Technical foul. This applies to a goalkeeper without a crosse while in or out of the crease, but not to a goalkeeper with a broken crosse since play is stopped immediately in that situation.

**A.R. 29.** A1, with possession of the ball in his attack half of the field, is checked by B1, whose crosse breaks. A1 continues toward goal and shoots, scoring a goal. **RULING:** Legal goal. If B1 pursues A1, slow whistle and flag-down. If B1's play creates a dangerous potential-injury situation, play is stopped and a technical foul is called against B1.

**A.R. 30.** A player serving a penalty has two crosses in the penalty area so he can bring the proper crosse on the field when his penalty time expires. By mistake, he runs on the field carrying both crosses and when he realizes it, he drops one. **RULING:** Technical foul.

- c. **Crosse in face of opponent.** A player shall not push at, thrust or flick his crosse in the face of an opponent.

**A.R. 31.** B1, covering A1, keeps his crosse raised in front of A1's face mask or above his head. **RULING:** Legal (providing there is no flicking or thrusting motion).

- d. **Avoidable lateness of team.** When a team fails to appear on the field ready to play at the appointed time for the start of a contest, and this tardiness is avoidable.
- e. **Entering the game from the penalty area before authorized to do so by the timekeeper.** The player shall be returned to the penalty area to serve his remaining time, plus 30 seconds. If the ball is loose or in possession of the player's own team, it shall be awarded to the opposing team and the player leaving the penalty area early does not have to serve an additional 30 seconds.

In the event that a goal is scored by the opponent, the unexpired penalty time is nullified and the 30-second penalty is erased.

- f. **Delaying the game.** When for a team delay, the penalty shall be assigned to the in-home. Delaying the game shall be the consuming of more than 20 seconds:
1. At the start of the game or a period, the 20 seconds begins when the official blows the whistle to summon the players to position 20 seconds before the official game time, after nine minutes and 40 seconds have elapsed between the second and third periods, or after one minute and 40 seconds have elapsed between any other period.
  2. After the expiration of a timeout, the 20 seconds begins when the official blows the whistle to summon the players to position (after one minute and 40 seconds of a team's charged timeout or after the team calling the timeout returns to the field ready to play), after an injured player has been removed from the game, or whenever play is ready to be resumed after an official's timeout.
  3. After a goal has been scored, the 20 seconds begins when the official at the center line has possession of the ball.
  4. After a time-serving penalty has been assessed, the 20 seconds begins when the official assessing the penalty has notified the scorer.
  5. For adjusting of equipment authorized by officials, the 20 seconds begins when the adjusting of equipment begins.
  6. Failure to have ball retrievers or the required number of balls available in all areas. (See 1-16.)

*Note 1: To enforce strictly the provisions of this rule and to move the game along at a fast pace, each official must carry a timing device and ensure that there are no delays of the game without resulting penalties. If both teams are guilty of delay of the game simultaneously, the official shall consider such breaches grounds to warn both benches that any such future conduct will lead to unsportsmanlike penalties.*

*Note 2: The official responsible for initiating the 20 seconds to start shall do so by giving an arm signal (raising an arm clearly over the head and then dropping the arm) and using the timing device to immediately start to time 20 seconds.*

**A.R. 32.** Goalkeeper B1 leaves the field of play due to an injury or a penalty. Should the 20-second delay of game be strictly adhered to?  
**RULING:** No. When a substitute goalkeeper is involved, the officials shall be reasonably lenient. If Team B wishes to warm up the goalkeeper, it must call a timeout.

**A.R. 33.** After the scoring of a goal, an official has the ball for a faceoff. Team A sends in a new midfielder, taking 20 seconds to complete the substitution. Team B then decides to substitute a different midfielder, taking another 20 seconds to do so. **RULING:** Technical foul against Team B. All substitutions must be completed during the prescribed time, and the team causing the delay is the violator.

- g. Participation in the play of the game by a player out of bounds.
- h. Any player not being in his restraining area at the time the whistle is blown to start play at the time of a faceoff.

- i. Failure to remain 5 yards from a player having a free play.
- j. Any violation of the rules for substituting players as provided for in Rule 4-23.
- k. Any violation of the rules relating to the goal-crease area as provided for in Rules 4-20-b and 4-21. Repeated abuses to be penalized under Rule 5-4-e (unsportsmanlike conduct).
- l. Any violation of the rules for timeouts as provided for in Rule 4-27.
- m. Having more than 10 men in the game at any time, including a man or men in the penalty area.
- n. Violation of the rules on positioning for a faceoff.
- o. Any head coach making more than one request for the counting of any crosses or inspecting of any opponent's equipment for legality does so at the risk of a charged timeout, or a technical foul if no timeouts remain in the half or sudden-victory period, if no violations are found.

**A.R. 34.** A team is charged with a timeout as a result of requesting that more than one crosse be inspected. (1) Does the team get a full timeout? (2) During the timeout, may this team have additional crosses inspected?

**RULING:** (1) No. (2) No.

- p. Failure of the home team to notify its opponent at least 24 hours in advance of any activity that might affect the starting time of the game and to ensure that halftime does not exceed the agreed-upon or designated length of time.
- q. Having more than four long crosses in the game.
- r. Failure of the player in possession of the ball to place the ball directly on the field. An example is if the player rolls the ball away or creates a delay or disadvantage to the team being awarded the ball.
- s. Failure to advance the ball into the attack area in 30 seconds.
- t. Taking a dive or feigning a slash to the head or body in order to deceive the official and draw a penalty.
- u. Failure to have a properly equipped designated goalkeeper on the field of play.

**A.R. 35.** Goalkeeper B1 commits a personal or technical foul. Can the in-home serve the penalty? **RULING:** No. B1 must serve the penalty, and a legally equipped substitute goalkeeper must report into the game. If Team B has only one set of goalie equipment, B1 will be given a reasonable amount of time to switch his equipment to another player; in this situation, if Team B wants to get its original goalkeeper back into the game, it must do so during a timeout or between periods.

**A.R. 36.** Goalkeeper B1 must leave the game due to an injury or expulsion. Team B refuses to send in another player to play that position. **RULING:** Team B must put a legally equipped goalkeeper on the field or it forfeits the game.

- v. Failure to wear required mouthpiece (unless it comes out during play).
- w. Failure of the home team to provide a scorebook, timing device, table and working horn.
- x. Failure to comply with any rules for entering the field of play, either intentionally or unintentionally.

- y. Failure to comply with the uniform provisions covering jerseys, helmets, shorts, compression shorts, sweat pants and under-jerseys.
- z. Participating in the play after losing required equipment on the field other than the mouthpiece, or participating in the play after being warned to re-snap chinstrap.

*Note: Officials are instructed to differentiate between an offensive and a defensive player when it comes to the loss of equipment. If the offensive player in possession loses his equipment, play should be stopped immediately and the ball is awarded back to Team A. If a defensive player loses a piece of equipment, he must discontinue playing. If he continues to play, flag down slow whistle. If the official judges that any player is in danger, play should be stopped immediately.*

**A.R. 37.** A1, with possession, is going to the goal and loses a glove, a shoe or his helmet. He shoots at the goal and scores. **RULING:** No goal, award the ball to Team A. This applies to any player in possession anywhere on the field.

**A.R. 38.** During a loose ball, any player involved in the scrimmage area loses a piece of required equipment and continues to play. **RULING:** A play-on or an immediate whistle and a technical foul if the player who has lost the required equipment creates a dangerous situation for himself or another player.

**A.R. 39.** A1 has the ball and A2 or B1, who are not near the ball, lose a piece of required equipment. **RULING:** If the player immediately goes to retrieve this equipment, no foul. If he continues to play without retrieving his equipment, technical foul.

- aa. When no player from the team awarded possession picks up the ball and moves to the position of the restart within five seconds of when the officials are ready to restart play. (*Note: This only applies to situations in which Rule 6-6-f does not apply.*)

## Conduct Foul

SECTION 7. A coach shall not enter the field of play without the permission of an official, except to attend to an injured player or to warm up a goalkeeper, or during halftime.

During play, the coaches area is restricted to coaches. All other personnel must stay in their respective bench areas.

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

- a. Use artificial aids (i.e., electronic devices, megaphones) in communicating with players on the field.
- b. Leave the team area and/or coaches area on his side of the field. Players must be within the confines of the bench area while the clock is running and the ball is in play, except when reporting to the table area for substitution or for serving penalty time. A coach or player may leave the team/coaches area and enter the table area only (1) To exchange a crosse with a player on the field in the opposite end of the field from that team's bench during a live ball or dead ball; or (2) To seek information from the timer or scorekeeper during a dead ball.

- c. Object to an official's decision by arguing or gesturing. This includes actions between opposing players and the timekeeper and scorer.
- d. Situate school bands or other organized groups that use artificial means to create noise on the opponent's side of the field.

## Interference

SECTION 8. A player may not interfere in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within 5 yards of the players, or both players are within 5 yards of a loose ball. (**Exception:** Interference with the goalkeeper in the crease.) (See Rule 6-3-a, c).

*Note 1: This rule is not intended to prohibit a legal offensive screen.*

*Note 2: A player may not kick, step on or grasp his opponent's crosse.*

**A.R. 40.** A1 attempts to pass to A2, cutting around the crease. Before the ball has left A1's crosse or is within 5 yards of A2, goalkeeper B1 checks A2's crosse. **RULING:** Interference by goalkeeper B1.

**A.R. 41.** A1 is running away from B2, who is playing A2; B2 establishes contact with A1 while pursuing A2. Is this interference on A1? **RULING:** Yes, provided that A1 was moving at the time of contact by B2.

**A.R. 42.** A1 screens for A2, who has possession of the ball. A1 runs toward B2, who is playing A2, but does not establish contact with B2. Is this interference? **RULING:** No.

**A.R. 43.** In a typical weave play, B1 makes contact in any fashion with A1. Is A1 guilty of a foul (interference)? **RULING:** Yes, if B1 definitely was in pursuit of an opponent. No, if B1 was not in pursuit of an opponent.

**A.R. 44.** A1 drops his crosse, which is not broken, and B1 (1) Accidentally steps on or kicks A1's crosse; or (2) Intentionally steps on, kicks or otherwise moves A1's crosse to try to keep A1 from recovering it. **RULING:** (1) No foul for interference because the crosse is not in A1's possession. (2) Unsportsmanlike conduct on B1.

## Offside

SECTION 9. Any violation of the offside rule (see Rule 4-12) is a technical foul. Enforcement shall be in accordance with the provisions of that rule.

## Pushing

SECTION 10. A player shall not thrust or shove an opponent from the rear. A push is exerting pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 5 yards of a loose ball. In this case, pushing must be done with either closed hand, shoulder or forearm, and both hands must be on the crosse.

*Note: If a player, who is about to be pushed, turns his back in such a manner as to make what started to be a legal push appear illegal, no foul is committed by the player applying the push.*

## Stalling

SECTION 11. a. **Description.** It shall be the responsibility of the team in possession to initiate and create a scoring opportunity.

The shot clock is a 30-second period that stops and starts in sync with the game clock. A visible shot clock is permissible for use in all games. By the 2016 season, all Division I institutions and by the 2017 season, all Division II and III institutions must have a visible shot clock available for competition. It is recommended that two clocks be utilized at either end of the field; however, one clock may be used at midfield to satisfy the rule.

**Exception:** If the offensive team has the ball in the attack area and the defensive team is not playing the ball, no stall warning will be issued until either (1) the defensive team attempts to play the ball or (2) the offensive team brings the ball outside the attack area. However, a stall warning may be issued when the offensive team has the ball outside the attack area or below the goal line extended regardless of whether the defensive team is playing the ball.

**PENALTY – When a team in possession of the ball in its offensive half of the field is given a stall warning, the team is required to take a shot within 30 seconds. The stall warning will be initiated by the officials verbally & visually issuing a “shot clock” call. A shot is defined as an attempt to score that is on goal (saved by the goalkeeper, rebound off of the goalkeeper, hits the goal pipe, or goal scored). If the 30 seconds expires without a shot on goal, the ball is awarded to the defensive team. A shot must be taken at or above the goal line extended to satisfy the criteria. A shot taken from behind the goal line extended does not satisfy this criteria, unless that shot results in a goal.**

- b. Officiating Mechanics (With Visible Shot Clock).**
1. Trail official signals stall warning, verbalizes “Shot clock!”
  2. During the 30-second period, the shot clock shall start and stop in sync with the game clock.
  3. Any penalty or loose ball play-on by the defense will reset the shot clock during an existing stall warning (shot clock). A reset signal shall be used by the officials.
  4. A shot that hits the goal pipe or rebounds off of the goalkeeper nullifies the stall warning and the game shall continue.
  5. In an existing flag down situation (prior to any shot clock warnings), an offensive team can be called for stalling. In this situation the shot clock will continue until it expires, a shot is taken on goal, or is reset upon another defensive foul.
  6. Neither team shall be called for stalling during a man advantage.
  7. If a shot hits a defensive team player other than the goalkeeper does not satisfy the criteria for a shot on goal.
  8. Once the shot criteria is met, an audible “Shot clock off” command and wave-off signal shall be given by the officials.

c. **Officiating Mechanics (With No Visible Shot Clock).** For stadiums that do not have visible shot clocks available, the game officials will administer the shot clock using the following mechanics:

1. When a shot clock is initiated, the officials are to begin the shot clock on an increment of 10 seconds and use the game clock for timing. When officials initiate the shot clock mechanic, the call will start at an increment of zero on the game clock. This results in the shot clock expiring on an increment of zero. By initiating the call on an increment of zero, the shot clock will almost always end on an increment zero.
2. In situations where the rules require a reset of a shot clock (e.g., defensive foul), the officials will use the game clock and verbalize the expiration time to both teams.

d. **Timeout situations.** If the offensive team calls a timeout when the shot clock is engaged, the team will be granted the timeout and the shot clock count will continue from the point of the timeout. If the defensive team calls timeout, the shot clock will be reset to 30 seconds on the restart.

e. **Injuries, Equipment, and Inadvertent Whistles during a shot clock situation:**

1. Injury timeouts will be handled in the same manner as the timeout procedures listed above.
2. Offensive equipment problems during shot clock: Stop play, possession stays with the offensive team. The shot clock period will continue at the restart.
3. Defensive equipment problems during shot clock: If a defensive player continues to participate in the play after losing equipment, a flag down will result. The shot clock will be reset to 30 seconds and play shall continue. If there is a safety issue, officials shall stop play immediately. The foul (or fouls) will be administered and play will restart with a man advantage and therefore the shot clock is no longer in effect.
4. Inadvertent whistles during shot clock: The shot clock period will restart at the point of the stoppage.

**A.R. 45.** Early in the game, Team A has fewer goals than Team B and is using a deliberate ball-control offense as its offensive strategy. May Team A be called for offensive stalling? **RULING:** Yes.

## Warding Off

SECTION 12. A player in possession of the ball may not use his free hand or arm, or any other part of his body, to hold, push or control the direction of the movement of the crosse or body of an opponent.

A player in possession of the ball may protect his crosse with his hand, arm or other part of his body when his opponent makes a play to check his crosse.

**A.R. 46.** B1 swings at A1's crosse. A1 pulls his crosse back with one hand and with the other arm absorbs the blow by B1. A1 continues around B1 while (1) Holding off B1's crosse without moving his protecting arm toward B1; or (2) Moving his protecting arm toward B1. **RULING:** (1) Legal play. (2) Technical foul against A1. A1 may not use his free arm to push or control the crosse or body of B1.

**A.R. 47.** A1, advancing toward B1, pulls his crosse back with one hand and protects his crosse with the other arm. A1 contacts B1's crosse with his protecting arm and continues to drive against B1 and his crosse. **RULING:** Technical foul against A1.

### **Withholding Ball from Play**

SECTION 13. When a loose ball is on the ground, a player may not lie on the ball, trap it with his crosse longer than is necessary for him to control the ball and pick it up with one continuous motion, or withhold the ball from play in any other manner. No player may pick the ball up by jamming the reverse side of the crosse on top of the ball. All ground balls are to be picked up by scooping the ball with the front of the crosse. A player, players or team may not deliberately withhold the ball from play. Repeated actions of this nature may be ruled unsportsmanlike conduct. (See Rule 5-4-e.)

*Note: A player in possession of the ball who holds his crosse against any part of his body, thus preventing the normal dislodgment of the ball, is illegally withholding the ball from play. The glove hand cannot grasp any portion of the head of the crosse. This is intended to cover faceoffs and a player in possession of the ball who is "thumbing" the ball or choking up and grasping the plastic portion of the crosse.*

**A.R. 48.** The ball is loose in the crease and the goalkeeper covers it with his crosse and draws back to scoop it in one continuous motion. **RULING:** Legal.

**A.R. 49.** The ball is loose in the crease and the Team B goalkeeper covers the ball with his crosse and makes no effort to draw back and pick it up. **RULING:** Withholding the ball from play. The ball is awarded to Team A.

**A.R. 50.** A1, with possession of the ball, is dodging B1, and slides his upper glove hand above the handle and on to the head of the crosse so that the thumb of the glove is touching the frame of the stop. **RULING:** Withholding the ball from play, technical foul.

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# RULE 7

## Penalty Enforcement

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### Player Committing Foul

#### Procedure

SECTION 1. a. A player who has committed a violation of the rules and must serve penalty time shall:

1. Leave the field of play at once.
  2. Report immediately to the substitution area and remain in the substitution area until informed by the timekeeper that he may re-enter the game. When re-entering the game, the player must enter the field of play through the substitution area.
  3. Sit or kneel directly in front of the scorer's table.
  4. Wait until possession is gained during a faceoff before entering the field through the substitution area even when his penalty time has expired.
- b. When an official recognizes a violation of the rules, he shall sound a whistle to stop play or delay the whistle, depending upon the situation:
1. For a personal foul or technical foul committed by the team with possession, the whistle is sounded immediately.
  2. For any foul committed against the team in possession, the slow whistle technique is employed. (See Rule 7-8.)
  3. For a technical foul during a loose ball when the offended team would be disadvantaged by an immediate whistle, the play-on technique is employed provided there is no flag-down. (See Rule 7-10.) If stopping the play will not disadvantage the offended team, the whistle is sounded immediately.
  4. For a personal foul during a loose ball, the whistle is blown immediately.  
**Exception:** If there is a loose-ball personal foul while the flag is down, a second flag is thrown and play continues. (See Rule 7-8, A.R. 36.)

#### Penalty Time

SECTION 2. The following rules shall apply in determining the beginning and end of penalty time:

- a. Penalty time begins at such time as play is resumed after the calling of the penalty.
- b. Any player serving a releasable penalty shall be released when his penalty time ends or after the scoring of a goal against the penalized team.  
**Exceptions:** Simultaneous fouls, expulsion fouls, nonreleasable penalties and Rule 7-2-d.

Nonreleasable penalties (e.g., maligning the official) remain nonreleasable until full time is served.

- c. A player receiving a penalty for a period of time in excess of that remaining in any period shall remain out of the game in the next period (including sudden-victory periods) until the full length of his penalty time has expired, except as described in Rule 7-2-b.
- d. For the purpose of determining when a player or players may be released from a penalty, for all time-serving penalties called on players of opposing teams from the time the flag is dropped or the whistle sounds stopping play (whichever occurs first), until the sounding of the whistle resuming play, the longest common penalty time between players of opposing teams is nonreleasable, as is all penalty time of a shorter or equal duration.
- e. If a penalty is called on a player and the same player incurs other penalties before his release occurs under Rule 7-2-b, the player penalized is not compelled to remain in the substitution area for consecutive penalty time if his release occurs under Rule 7-2-b. However, if one of the penalties is designated nonreleasable, the nonreleasable time shall be served first and the releasable time next.
- f. A maximum of three players from the same team can be in the substitution area serving penalties at the same time. The penalty time of additional players will not start until the penalty time of one of the three players in the substitution area expires. A player's penalty cannot be released by a goal until he is in the substitution area and the time on his penalty has started to elapse.

**A.R. 1.** A1, A2, A3 and A4 receive one-minute releasable penalties that are all reported during the same dead ball. A1, A2 and A3 begin to serve their penalties at the same time, while A4 waits in the bench area immediately next to the scorer's table but not in the substitution area. Team A restarts play with seven players on the field. (1) Team B scores a goal after 30 seconds. (2) Team B does not score a goal in the next minute.

**RULING:** (1) A1, A2 and A3 are released, and A4 begins serving his one-minute penalty. (2) A1 and A2 may enter the field. A3 must exit to the bench area, and A4 steps into the substitution area and begins serving his penalty. Team A is now playing with nine players on the field. A3 may now substitute into the game in the normal manner, if desired.

**A.R. 2.** Between the time the first flag is thrown and the time the whistle is blown to restart play, A1 is assessed three minutes in penalty time, A2 is assessed 30 seconds, B1 is assessed one minute, and B2 is assessed 30 seconds. All penalties would normally have been releasable. **RULING:** The longest common penalty time between players of opposing teams is one minute. Thus, the first minute of A1's three-minute penalty is nonreleasable, while the other three players' penalties will be nonreleasable.

**A.R. 3.** B1 leaves the substitution area before his time has elapsed and without being released by the timekeeper. (1) Team A has possession; or (2) Team A does not have possession. **RULING:** (1) B1 must return to the substitution area to serve the remaining time, plus an additional 30 seconds. (2) B1 must return to the substitution area to serve the remaining time, and Team A gains possession.

**A.R. 4.** A1 has possession of the ball. B1, on his way to the substitution area, is given another penalty; and this is followed by another personal foul (none of the penalties is declared a nonreleasable penalty). A1 scores a goal. **RULING:** Unexpired penalty time for B1 is erased with the scoring of the goal.

**A.R. 5.** A1 has possession of the ball. B1 commits a technical foul. On his way to the substitution area, B1 is assessed an additional one-minute personal foul for maligning the official. During the first minute of B1's 1-1/2-minute penalty, A1 scores a goal. **RULING:** B1 must serve the full one minute of nonreleasable time. The penalty is releasable for the final 30 seconds.

**A.R. 6.** B1's penalty time expires just after the faceoff whistle is blown. May B1 enter the field and initiate contact with an unsuspecting player? **RULING:** No, B1 must wait for possession to be called and may then enter the field in the normal manner from the substitution area and must avoid hitting an unsuspecting player.

**A.R. 7.** B1 commits personal foul; while that penalty is being served, a foul is called against a Team B squad member on the bench (neither penalty is nonreleasable). (1) Who serves the bench penalty? (2) What happens if Team A scores a goal? **RULING:** (1) B2 (in-home) serves penalty time, but this foul is not charged to B2 for disqualification purposes. (2) Both B1 and B2 are released from the substitution area when Team A scores goal.

**A.R. 8.** B1 commits a personal foul. While in the substitution area and before the whistle resuming play, B1 receives an additional penalty of one minute (not a nonreleasable penalty). (1) Does B2 (in-home) serve the additional one-minute penalty? (2) What happens if Team A scores a goal? **RULING:** (1) No. B1 has one minute added to his original penalty. (2) B1's unexpired penalty time is erased if Team A scores a goal.

**A.R. 9.** B1 is serving a penalty for a personal foul. During a dead ball, and with 23 seconds remaining in B1's penalty, B1 receives a one-minute nonreleasable unsportsmanlike-conduct penalty. **RULING:** The one-minute nonreleasable penalty must be served first. After that, the remaining 23 seconds of penalty time from the first penalty shall be releasable.

## Execution of Penalties

### Resuming Play After Penalty

SECTION 3. When a foul occurs and the ball is in the offended team's offensive half of the field, the ball shall be put in play by the team awarded the ball, at the spot where the ball was when play was suspended or laterally across the field outside the attack area.

When a foul occurs and the ball is in the offended team's defensive half of the field and penalty time is to be served, the ball shall be awarded to any player of the offended team on its offensive side of the field.

When no penalty time is to be served, the ball will be put in play at the spot where the ball was when the whistle blew or 20 yards laterally from the goal. (**Exceptions:** Rule 6-3. For simultaneous fouls for which time is to be served

by each team, the ball will be put in play at the spot where the ball was when the whistle blew or 20 yards laterally from the goal.)

**A.R. 10.** A ball is loose in Team A's defensive half of the field, and B1 commits a violation: (1) A technical foul. (2) A personal foul. **RULING:** (1) Possible play-on. If Team A fails to gain possession, the ball is awarded to Team A at the spot where the ball was when the whistle blew. (2) The ball is awarded to Team A on its offensive side of the field.

**A.R. 11.** When the whistle blows to stop play for a technical or personal foul against Team B, the ball is just outside the top of the attack area, directly in line with the goal. The Team B coach wants the officials to move the ball to the corner of the attack area. The Team A coach wants the ball to start where it was when the whistle blew. **RULING:** When the ball is outside the attack area when the whistle stops play, play restarts with the ball where it was when the play was stopped.

**A.R. 12.** B1 gains possession in his defensive end and is fouled by A1, flag-down. B1 passes to goalkeeper B2 who is in his crease. A2 checks the ball out of B2's cross while B2 is still in the crease. **RULING:** A second flag is thrown for interference on A2. If Team B regains possession, play continues. If Team A gains possession the whistle will sound stopping play. A1 & A2 will both serve fouls.

## Team Penalties

SECTION 4. If a foul is called against a team when no definite player is involved or when the penalty is against someone other than a player in the game, the official shall select the in-home (see Rule 2-1, A.R. 1) and assess the penalty time.

When the person committing the foul is a substitute, the penalty shall be assessed against him insofar as the record is concerned; and he only may re-enter the game subject to the same restrictions he would be under if he had been a legal player on the field at the time the foul was committed.

If multiple fouls of this type occur, or if the in-home is already serving a penalty, the referee shall assess the penalty time against an additional attack player. (See Rule 2-1, A.R. 1.)

## Dead-Ball Fouls

SECTION 5. Dead-ball fouls are enforced in the sequence in which they occur. If penalty time is to be served by both teams, releasability is in accordance with Rule 7-2-d. Fouls occurring at the same time during a dead ball (when sequence cannot be determined) shall be considered simultaneous.

**A.R. 13.** After the whistle blows suspending play (Team A in possession of the ball), B1 slashes A1. A1 then retaliates and slashes B1. **RULING:** B1 and A1 serve nonreleasable one-minute penalties. The ball is awarded to Team B on its offensive side of the field.

**A.R. 14.** After the whistle suspending play to end the first half, B1 slashes A1. B1 then maligns the official. Before the start of the second half, Team A delays the game. **RULING:** B1 serves a two-minute penalty. The first minute is nonreleasable. The ball is awarded to Team B on its offensive side of the field, with no faceoff to begin the second half.

**A.R. 15.** There is a dead ball with Team A in possession in its defensive half of the field. B1 argues with the official (nonmaligning), and the ball is awarded to Team A at center. Then Team A delays the game. **RULING:** B1 serves 30 seconds. The ball is awarded to Team B on its offensive side of the field.

**A.R. 16.** The first half ends with B1 in the substitution area with 20 seconds remaining on his penalty time and Team B in possession of the ball in its defensive side of the field. Immediately after the whistle blows ending the first half, A1 argues with the official (nonmaligning). During halftime, A2 and B2 are penalized for unsportsmanlike conduct (simultaneous fouls). Before the resumption of play, Team B delays the game. **RULING:** A1 serves 30-second penalty (conduct foul). A1's penalty is nonreleasable. A2 and B2 serve one minute each for unsportsmanlike conduct. A2's and B2's penalties occurred simultaneously and also are nonreleasable. The ball is awarded to Team A on its offensive side of the field.

### Simultaneous Fouls

SECTION 6. Simultaneous fouls are fouls called on players of opposing teams during (1) a live ball; or (2) a dead ball when sequence cannot be determined.

- a. During a slow whistle or play-on, any foul committed by the team in possession (or entitled to possession) shall result in an immediate whistle.
- b. Penalty time:
  1. If there is no play-on or flag-down in effect and if all fouls are technical, the fouls cancel.
  2. If the team in possession (or entitled to possession) commits:
    - a) Only technical fouls, no penalty time will be served by that team.
    - b) Any personal foul, all players involved will serve penalty time. This shall include technical and personal fouls by either team.
  3. Releasing players shall be in accordance with Rule 7-2-d.

**A.R. 17.** During a loose ball, B1 pushes A1 from behind and a play-on is called. While the ball is still live, A1 turns and slashes B1. **RULING:** These are simultaneous fouls. Since Team A was entitled to possession, all players involved serve penalty time. B1 serves 30 seconds and A1 serves one minute, with the first 30 seconds of each penalty being nonreleasable.

- c. Award the ball:
  1. When penalty time is assessed and one team incurs less total penalty time than its opponent, that team shall be awarded the ball.
  2. When penalty times are equal or all fouls cancel:
    - a) If a team has possession or is entitled to possession at the time of the flag or whistle, that team shall retain possession.
    - b) If neither team has possession at the time of the fouls, the ball shall be awarded according to the alternate-possession rule. (See Rule 4-32.) (**Exception:** When a faceoff is pending in this situation, a faceoff will be held.)
- d. When play is resumed either by award or possession, field position of the ball shall be provided for as in Rule 7-3.

**A.R. 18.** On simultaneous fouls, A1 receives 30 seconds and B1 receives one minute. Twenty seconds after play is resumed, B2 scores a goal. Is A1 released from the substitution area? **RULING:** No. On simultaneous fouls, any goal scored during the shorter penalty time has no bearing in releasing players from the substitution area.

**A.R. 19.** B1 commits a live-ball technical foul (30 seconds to be served). Before the ball is put back into play, A1 commits a technical foul. **RULING:** B1 serves 30 seconds. The ball is awarded to Team B in accordance with the provisions of Section 3 of this rule. This is not a simultaneous foul.

**A.R. 20.** Team B commits a technical foul (slow whistle). Team A scores. The technical foul is canceled by the goal. Then A1 commits a personal foul. **RULING:** A1's penalty is enforced. The ball is awarded to Team B at center. These are not to be considered simultaneous fouls. Team B's foul is canceled by the goal.

**A.R. 21.** Team B delays the game before a faceoff. As Team A is awarded the ball, A1 commits a personal foul before the whistle. **RULING:** A1 serves one minute; Team B is awarded the ball. This is not a simultaneous foul.

**A.R. 22.** Team B delays game before a faceoff. The ball is awarded to Team A. Before the whistle resuming play, Team A delays the game. **RULING:** The ball is awarded to Team B. This is not a simultaneous foul.

**A.R. 23.** B1 commits a personal foul. Slow whistle, Team A scores. A1 commits a technical foul. **RULING:** B1 serves one minute. A1 serves no time. Team B is awarded the ball at center. This is not a simultaneous foul.

**A.R. 24.** At the faceoff, B1 moves. The ball is awarded to Team A. Team A calls a timeout, but the team already has used its allotment. **RULING:** The ball is awarded to Team B.

**A.R. 25.** Goalkeeper B1 is interfered with while he has possession of the ball inside the crease, possible play-on. A free clear is allowed at the center line, but before the ball is put into play, Team B commits a (1) Personal foul; or (2) Technical foul. **RULING:** (1) Team A possession at the center line, and Team B is penalized for a personal foul. (2) Team A possession at the center line.

**A.R. 26.** B1 commits a technical foul with Team A in possession of the ball in Team A's defensive half of the field, flag-down. Before the whistle resuming play, Team A commits two technical fouls (e.g., delay of game and a conduct foul). **RULING:** First award the ball to Team A at center, and B1 serves 30 seconds. Then for Team A's delay of game, award the ball to Team B at center, and penalize Team A 30 seconds for a conduct foul. The penalties on Teams A and B are nonreleasable.

**A.R. 27.** B1 slashes A1, slow whistle. Team A scores. Immediately after the whistle, an official realizes that A2 was offside. **RULING:** The goal is disallowed. B1 serves a one-minute penalty. The ball is awarded to Team A according to Section 3 of this rule.

**A.R. 28.** B1 pushes A1, creating a play-on. While the ball is loose, A2 goes offside. **RULING:** The whistle is blown when A2 goes offside. Simultaneous fouls; award the ball to Team A.

**A.R. 29.** B1 commits a personal foul, creating a slow whistle. B2 then slashes A1 (second flag-down), who retaliates and slashes B2. **RULING:** The official blows the whistle, ending the flag-down, when A1 slashes B2. B1, B2 and A1 each serve one-minute penalties, which are simultaneous. B1, B2 and A1's penalties are nonreleasable. Team A, with lesser penalty time, is awarded the ball.

**A.R. 30.** B1 slashes A1, flag-down. A2 then slashes B2, stopping play. **RULING:** Sim-ultaneous fouls. Both B1 and A2 serve one-minute fouls. The ball is awarded to Team A since flag-down indicated possession. Both fouls are nonreleasable in accordance with Rule 7-2-d.

**A.R. 31.** (a) A1 gets pushed while in possession of the ball by B1. Before the play is stopped, A1 slashes B1. A1 gets one minute for the slash and B1 serves 30 seconds for the push. (b) A1 interferes with the goalkeeper, play-on. B1 then slashes A1 and the play is stopped. A1 serves 30 seconds for interference and B1 serves one minute for the slash. **RULING:** In both cases, play shall be resumed with the ball being put back into play from the spot where the second foul occurred, with the 20-yard rule in effect.

## Fouls After End of Period

SECTION 7. When any foul occurs before the start of a period or after the official's period-ending whistle has sounded, the penalty shall be assessed; and play shall be resumed as provided for in Rule 4-3.

## Slow-Whistle Technique

SECTION 8. If a defending player commits a foul against an attacking player and an attacking player has possession of the ball, the official must drop a flag, make the verbal signal "flag-down" and withhold his whistle until:

- a. A goal is scored by the attacking team.
- b. The ball goes out of bounds.
- c. A player on the defending team gains possession of the ball.
- d. A player loses any of the required equipment in a scrimmage area, or a player is injured in a scrimmage area, and the official is required under the rules to blow the whistle.
- e. The attacking team commits a foul.
- f. The attacking team requests a team timeout.
- g. The period ends.

The slow whistle shall be used whether the foul is committed against the player in possession of the ball or some other member of the attacking team.

In such a flag-down situation, all technical fouls against the defensive team are time-serving. **Exception:** A goal scored during the flag-down situation eliminates any time-serving technical fouls.

**A.R. 32.** Flag-down, slow whistle. A2, who is outside the attack area, throws a bounce pass to A8, who is inside the attack area. Does the slow whistle continue? **RULING:** Yes. Further, a ball that bounces outside the attack area will also continue the slow whistle.

**A.R. 33.** Flag-down, slow whistle. A1, who is in the attack area, takes a shot on Team B's goal. The shot hits the post, rebounds onto the ground and A2 picks up the ball. Does the slow whistle continue? **RULING:** Yes.

**A.R. 34.** B1 is bringing the ball up the field in his defensive end and is slashed by A1, causing him to drop the ball. **RULING:** A flag is thrown for the slash by A1. Play continues.

**A.R. 35.** B1 is bringing the ball up the field in his defensive end and is slashed by A1, flag-down. B1 passes to B2, in his defensive end, who drops the ball and then picks it up. **RULING:** Play continues.

**A.R. 36.** A1, in the attack area, is slashed by B1, flag-down, and A1 drops the ball as a result of the slash. During the resulting loose ball, B2 pushes A2. Then A1 scoops up the ball and (1) Shoots the ball out of bounds or out of the attack area; or (2) Scores a goal. **RULING:** Play continues on the loose ball because there was Team A possession. A second flag is thrown on B2 for the loose-ball push since it occurred during a flag-down. (1) The whistle blows. Team A is awarded the ball outside the attack area. (2) The goal counts. B1 serves one minute, and B2's foul is canceled by the goal. Faceoff.

## Enforcement After Slow Whistle

SECTION 9. A player or substitute committing a personal foul always shall be suspended from the game for the designated penalty time, regardless of whether a goal is scored during the slow whistle.

If a goal is scored after a slow whistle on a technical foul, no penalty is assessed; if a goal is not scored, the penalty is suspension from the game for 30 seconds for each foul.

When a goal is not scored, the ball is awarded to the team fouled (the attacking team), at the spot where the ball was when play was suspended or (if the ball was inside the attack area when play was suspended) at the closest point outside the attack area (as in Section 3 of this rule). [**Exceptions:** (1) A flag-down at the end of the period that creates an even situation (see Rule 4-3); (2) A simultaneous-foul situation in which the team in possession accrues more penalty time than the opponent; and (3) A subsequent dead-ball foul against the team entitled to possession awards the ball to the opponent.]

*Note: If a goal is scored after a slow whistle and it is found that simultaneous fouls were committed before the whistle was blown signifying the scoring of a goal, the goal shall be disallowed, regardless of the nature of the foul on the attacking team; and Section 6 of this rule shall be followed.*

**A.R. 37.** A1 throws the ball to teammate A2. When is the pass considered completed? **RULING:** When A2 gains possession of the ball.

**A.R. 38.** A1 takes a shot from the midfield area. B2 illegally checks A2, and the ball enters the goal. **RULING:** Slow whistle. The goal counts. B2's violation, if technical, is erased; if a personal foul, B2 serves penalty time. Faceoff.

**A.R. 39.** Goalkeeper A1, out of the crease with the ball, makes a pass upfield for a clear, which is intercepted by B2, who shoots at the open goal. Goalkeeper A1 (or any defensive player) seeing the loose ball going toward

the goal, throws his crosse at the ball. Should the official blow the whistle to stop play? **RULING:** No. If the ball enters the goal, the goal counts, but an unsportsmanlike-conduct penalty is assessed regardless.

**A.R. 40.** A1 has possession of the ball in his offensive half of the field and is running toward the goal. A1 shoots at the goal and B1, who was chasing him, throws his crosse at the ball. The ball goes past the goalkeeper into the goal. A1, after scoring a goal, commits a personal foul. **RULING:** Slow whistle until the goal is scored. B1 is penalized one minute for unsportsmanlike conduct. A1 serves one minute for his personal foul. The ball is awarded to Team B at center, no faceoff.

**A.R. 41.** A1 is wide open in front of the goal. As a pass from A2 is in flight toward A1, goalkeeper B1 runs out of the crease and fouls A1 or throws his crosse at the ball in the air. **RULING:** Slow whistle. If the ball enters the goal, the goal counts, and the official assesses a penalty against goalkeeper B1. (If a technical foul, then the goal eliminates the foul. If a personal foul, then B1 serves penalty time.)

**A.R. 42.** B1 and B2 are offside, chasing A1 across the center line. A1 shoots and scores a goal. A3 then commits a personal foul against B3, who was guarding him closely. **RULING:** Slow whistle. The goal by A1 eliminates technical fouls against B1 and B2. A3 serves penalty time, and it is Team B's ball on its offensive side of the field.

**A.R. 43.** A1 has the ball in his attack area. B2 checks A1 (1) legally; or (2) illegally, causing A1 to enter the crease. Is this a slow whistle? **RULING:** No. The whistle is blown immediately when A1 is in the crease. (1) Foul by A1, and the ball is awarded to Team B. (2) Foul by B2, and B2 serves penalty time.

**A.R. 44.** During a slow whistle, A1 completes a pass to A2, who shoots at the goal. A3, who is cutting in front of the goal, is hit on some part of his body by the ball; and the ball enters the goal. **RULING:** The goal counts (unless time has expired at the end of a quarter or shot clock, and the release of the shot was after the expiration of time.).

**A.R. 45.** A1 interferes with goalkeeper B1, who has possession of the ball in the crease. Is this a slow whistle or a play-on? **RULING:** Play-on. See Rules 7-10 and 7-11.

**A.R. 46.** A1 slashes goalkeeper B1, who has possession of the ball. **RULING:** Slow whistle.

**A.R. 47.** During a slow whistle with the goalkeeper in possession of the ball in the crease, the pass is not complete and the goalkeeper maligns the official. Where is the ball put in play? **RULING:** The goalkeeper serves a one-minute nonreleasable penalty and the ball is put in play at the spot where it was when the whistle was blown unless that spot is less than 20 yards from the goal.

**A.R. 48.** During a slow whistle (flag down, slash on A1) in the defensive half the field, the clearing player (B1) throws the ball back to his goalkeeper (B2) to continue the clear. The goalkeeper misses the ball and it enters the goal. **RULING:** The goal counts. Administer the penalty and conduct a face-off.

## Play-On Technique

SECTION 10. If a player commits a loose-ball technical foul or crease violation and an offended player may be disadvantaged by the immediate suspension of play, the official shall visually and verbally signal “play-on” and withhold the whistle until such time as the situation of advantage gained or lost has been completed.

The play-on shall elapse and the official shall cease to signal when:

- a. In the case of a loose-ball technical foul, the offended team gains possession.
- b. In the case of a crease violation in which the goalkeeper has possession, the offended team maintains possession of the ball and continues to play on.
- c. The offended team commits a violation or penalty.
- d. When the offending team commits a personal foul.

## Enforcement of Play-On Technique

SECTION 11. If the offended team gains possession of the ball, the whistle is not blown and no penalty is given. If the offended team fails to gain possession of the ball, then the whistle is blown and the ball is awarded to the team fouled, at the spot where the ball was when play was suspended.

If, in the case of a crease violation, the goalkeeper, who has possession of the ball, continues to play on, the whistle shall not be blown. No penalty is called if the offended team maintains possession of the ball (i.e., the goalkeeper’s outlet pass is completed or the goalkeeper elects to run the ball out of the crease). If the goalkeeper, in possession of the ball, does not play on, the whistle is blown and the ball is awarded to the offended team at the center line, with no penalty to be served.

The play-on technique shall be used for loose-ball infractions at the center line and the defensive-area lines. After goalkeeper interference, play shall continue after the goalkeeper’s outlet pass hits the ground, provided that the offensive team maintains possession by quickly picking up the ball.

**A.R. 49.** A1 controls the faceoff, directs the loose ball and is about to scoop the ball. B1 illegally pushes A1 while the ball is loose. **RULING:** Play-on. If A1 gains possession, play-on is completed. If A1 fails to gain possession, the whistle is blown, and the ball is awarded to Team A.

**A.R. 50.** While A1 is about to scoop the ball, B2 interferes with A2. **RULING:** Play-on.

**A.R. 51.** While A1 is about to scoop the ball, the coach of Team B argues with an official. **RULING:** The official may suspend play immediately—unsportsmanlike conduct (personal foul), or signal play-on—conduct foul (technical foul). An official’s call depends on the seriousness of the infraction.

**A.R. 52.** A1 and B1 are playing a loose ball, with B1 legally holding A1’s crosse. While A2 is about to scoop the ball, A1 and B1 have moved a distance greater than 5 yards from the play. **RULING:** Play-on. Holding against B1 if A2 fails to gain possession of the ball.

**A.R. 53.** While several players from both teams are playing a loose ball, B1 pushes A1. **RULING:** The official should suspend play immediately if there is no clear situation of advantage gained for Team A or if there is a potentially dangerous situation (e.g., ball mired in the mud).

**A.R. 54.** While the ball is loose in the crease, A1 interferes with goalkeeper B1. **RULING:** Play-on situation. If B1 fails to gain possession of the ball, the ball is awarded to Team B where the ball is when the whistle blew.

**A.R. 55.** While the goalkeeper is in the crease and is in possession of the ball, A1 interferes with goalkeeper B1. **RULING:** Play-on situation. If B1 fails to run the ball out of the crease or successfully complete an outlet pass, the ball is awarded to Team B at center.

**A.R. 56.** During a man-down at the close of a period, there is a loose-ball, play-on push. The period ends as the whistle is to sound for the play-on. **RULING:** The play-on signifies possession, so when the period ends, the offended team gets possession of the ball to start the next period.

**A.R. 57.** While A1 is about to scoop the ball, B1 goes offside. At the same time, A2 pushes B2. **RULING:** Simultaneous fouls. The whistle is blown immediately. The ball is awarded according to the alternate-possession rule. (See Rule 4-32.)

**A.R. 58.** B1 (not the goalkeeper), in the crease, touches a ball with his hand. The ball crosses the goal line and enters the goal. **RULING:** Play-on. Goal counts.

**A.R. 59.** A1 crosses the center line and loses the ball. B1 pushes A1 from the rear (play-on). A1 picks up the ball as the 30-second count is expiring. **RULING:** Because the play-on would give Team A the ball with a new count if the official blew the whistle to stop play, Team A is awarded the ball and a new 30-second count.

**A.R. 60.** A1 is going for the ball and is pushed by B1. Before A1 can pick up the ball, A2 pushes B2. **RULING:** The whistle shall be blown immediately, and the ball shall be awarded to A1.

## Mistakes by Officials

SECTION 12. When a timekeeper, scorer or official makes a mistake that would result in a team or player being unfairly disadvantaged an official becomes aware that a mistake is being made, that official shall promptly correct the mistake. If a goal is scored during the ensuing play and the mistake is brought to the attention of the referee before the next live ball, the referee must allow or disallow the goal, depending on the circumstances. In such situations:

- If all officials are fully aware of the ruling and have sufficient time to call attention to the mistake, the correction must be made before the next live ball.
- If the officials do not have sufficient time to call attention to the mistake prior to play restarting (e.g., when the mistake itself is an improper restart), the correction must be made before the second live ball.
- Once a faceoff occurs, no prior goal may be disallowed.

**A.R. 61.** B1 is serving a one-minute penalty. After 30 seconds of play, the official timekeeper releases B1 to return to the game. A1 scores a goal. **RULING:** The goal counts, and B1 remains in the game as the goal erases his remaining 30 seconds.

**A.R. 62.** B1 is serving a one-minute penalty. After 30 seconds of play, he is released by the official timekeeper and B2 scores a goal. Team A notifies officials of the timekeeper's mistake. **RULING:** The goal does not count, and B1 returns to the substitution area to serve his remaining 30 seconds. The ball is awarded to the team in possession at the time the player is released (or, if the ball was loose, by the alternate-possession rule).

**A.R. 63.** B1 is serving a one-minute penalty. After 30 seconds of play, B1 is released from the substitution area by the official timekeeper or returns to the game without being released. B2 scores a goal. After the faceoff after the goal, Team A protests to the officials. **RULING:** The goal counts. B1 remains in the game.

**A.R. 64.** B1 receives a 30-second penalty. After 30 seconds of play, B1 remains in the substitution area and A1 scores a goal. **RULING:** The goal counts. It is the responsibility of the player in the substitution area to return to the field of play when his penalty time has expired.

**A.R. 65.** After the opening faceoff, an official notices that the clock has not started. **RULING:** The official should wait for possession, blow the whistle to stop play, then go to the official timekeeper to have correct time put on the clock.

**A.R. 66.** B1 throws a clearing pass when A1 steps offside, creating a play-on situation. B2 picks up the ball with A1 still in the zone. **RULING:** If A1 participates in the play while offside, flag down, technical foul, 30-second penalty.

**A.R. 67.** B1 is serving a one-minute penalty. After 30 seconds of play, B1 is released from the substitution area by the official timekeeper or returns to the game without being released. There is a stoppage of play and then a quick restart, after which B2 scores. After the goal and before the faceoff, Team A protests. **RULING:** The goal does not count. The error is correctable because it was brought to the officials' attention before the second live ball or ensuing faceoff.

## Inadvertent Flags and Whistles

SECTION 13. At the time of an inadvertent whistle, play must be stopped immediately. In the case of an inadvertent flag or horn, officials will stop play at the earliest opportunity that does not interfere with an imminent scoring opportunity. Possession shall be awarded as follows:

- a. For an inadvertent whistle, a team with, or entitled to, possession at the time of the whistle shall restart play with possession. If neither team has or is entitled to possession at the time of the whistle, the ball shall be awarded by the alternate-possession rule.
- b. If play continues after an inadvertent flag or horn and:
  1. A goal is scored, play will be restarted with a faceoff;
  2. One or more shots are taken with no goal scored, the ball shall be awarded by the alternate-possession rule outside the attack area; or
  3. No shot is taken, the ball is awarded to the team last in possession.

Except in the case of a faceoff, play shall be restarted at the spot where the ball was when the whistle blew or outside the attack area.

# Official Lacrosse Signals

## Procedural Signals



### 1. Timeout

For discretionary or injury timeout, follow the signal above with tapping of hands on chest.



### 2. Score



### 3. No Score



### 4. Faceoff



### 5. Alternate Possession

Arm points to the side of team with the ball

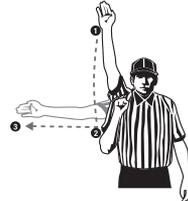


### 6. Ball in Possession

Faceoff and start the clock for the halftime intermission



### 7. Ball Has Entered Attack Area



### 8. Out Of Bounds

Steps 2 and 3 point to direction of play



### 9. Failure To Advance Ball



### 10. Loose Ball



### 11. Simultaneous Fouls

# Official Lacrosse Signals

## Procedural Signals



12. Nonreleasable Penalty



13. Counts



14. Stall Warning/  
Shot Clock On



15. Stall Warning/  
Shot Clock Off



16. Re-entry of the Crease



17. Play On or Dead Ball  
Followed by the  
appropriate foul signal



18. Inadvertant Whistle  
Face press box



19. Disregard Flag  
Followed by the  
appropriate foul signal



20. Free Clear



21. Tipped/Deflection



22. Reset

# Official Lacrosse Signals

## Personal Fouls



23. Personal Foul



24. Illegal Body Check



25. Slashing



26. Cross-Checking



27. Tripping



28. Unnecessary Roughness



29. Unsportsmanlike Conduct



30. Illegal Equipment  
(Crosse)



31. Deep Pockets



32. Illegal Gloves  
(or point to other illegal equipment)



33. Expulsion Foul

# Official Lacrosse Signals

## Technical Fouls



**34. Technical Foul**  
(Time served)



**35. Interference**



**36. Illegal Offensive Screening**



**37. Holding**



**38. Warding Off**



**39. Pushing**



**40. Withholding Ball From Play**



**41. Stalling or Delay of Game**



**42. Offsides**



**43. Crease Violation**



**44. Conduct Foul**



**45. Illegal Procedure**



**46. Substitution Infraction**



**47. Illegal Touching of the Ball**

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# Appendix I

## Stick Check

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*The following illustrations show how officials conduct stick checks to determine the legality of crosses regarding dislodgment of the ball and minimum dimensions.*



Two field tests are required when conducting checks:

1. The ball placed in crosse (perpendicular to the ground) at the throat, then the crosse is tipped forward 90 degrees;
2. The ball is placed in the crosse (horizontal to the ground) at the deepest point of the pocket, then the crosse is tipped forward 90 degrees so the ball rolls out at the tip of the head; and

**PENALTY—If the ball does not come out of the crosse in any of these tests, it is an illegal crosse and a three-minute non-releasable foul. The crosse may not be used during play and will be kept at the scorer's table until the conclusion of the game.**



**A.** As the crosse is rotated forward from 90 degrees, the ball should roll out of the head forward to the ground.

**B.** If one can see daylight between the top of the ball and the bottom edge of the side wall, this is an illegal deep pocket.

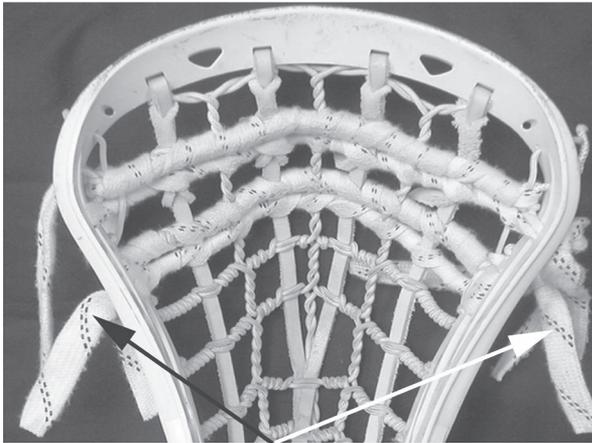


**Figure B**



### Shooting Strings Measurement

Additional strings or laces (e.g., shooting strings) must be located within 4" of top of the crosse.



### Strings on Outside of Crosse

Any strings that are hanging from the crosse are not allowed to be longer than two inches.

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# Appendix II

## Records Keeping

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### **NCAA Statistics**

All official NCAA statistics policies must be utilized, in accordance with NCAA Bylaws.

In the sport of men's lacrosse, a NCAA statisticians manual is produced and maintained on the NCAA's website in the "Statistics" section. A direct link to this section is below:

<http://www.ncaa.org/championships/statistics/ncaa-statisticians-manual-and-resources>

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# Appendix III

## Guidelines for Game Officials and Game Management to Use Regarding Lightning

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Lightning is the most consistent and significant weather hazard that may affect intercollegiate athletics. Within the United States, the National Oceanic and Atmospheric Administration (NOAA) estimates that 40 fatalities and about 10 times that many injuries occur from lightning strikes every year. NOAA estimates that as many as 62 percent of lightning strike fatalities occur during outdoor organized sport activities. While the probability of being struck by lightning is low, the odds are significantly greater when a storm is in the area and proper safety precautions are not followed.

Education and prevention are the keys to lightning safety. The references associated with this guideline are an excellent educational resource. Prevention should begin long before any intercollegiate athletics event or practice occurs by being proactive and having a lightning safety plan in place. The following steps are recommended to mitigate the lightning hazard:

1. Develop a lightning safety plan for each outdoor venue. At a minimum, that plan should include the following:
  - a. The use of lightning safety slogans to simplify and summarize essential information and knowledge. For example, the following slogan from the National Lightning Safety Institute is an effective guide: “If you see it, flee it; if you can hear it, clear it.” This slogan reflects the fact that upon the first sound of thunder, lightning is likely within eight to 10 miles and capable of striking your location. No punishment or retribution should be applied to someone who chooses to evacuate if perceiving that his or her life is in danger due to severe weather.
  - b. Designation of a person to monitor threatening weather and to notify the chain of command who can make the decision to remove a team, game personnel, television crews, and spectators from an athletics site or event. That person must have recognized and unchallengeable authority to suspect activity.

- c. Planned instructions/announcements for participants and spectators, designation of warning and all clear signals, proper signage, and designation of safer places from the lightning hazard.
  - d. Daily monitoring of local weather reports before any practice or event, and a reliable and accurate source of information about severe weather that may form during scheduled intercollegiate athletics events or practices. Of special note should be National Weather Service-issued thunderstorm “watches” or “warnings,” and the warning signs of developing thunderstorms in the area, such as high winds or darkening skies. A “watch” means conditions are favorable for severe weather to develop in an area; a “warning” means that severe weather has been reported in an area and for everyone to take the proper precautions. It should be noted that neither watches nor warnings are issued for lightning. An NOAA weather radio is particularly helpful in providing this information.
  - e. Identification of, and a mechanism for ensuring access to, the closest safer buildings, vehicles, and locations to the field or playing area, and an estimate of how long it takes to evacuate to that location for all personnel at the event. A safer building or location is defined as:
    - i. Any fully enclosed building normally occupied or frequently used by people, with plumbing and/or electrical wiring that acts to electrically ground the structure. Avoid using the shower, plumbing facilities, and electrical appliances, and stay away from open windows and doorways during a thunderstorm.
    - ii. In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (neither a convertible nor a golf cart) with the windows shut provides a measure of safety. The hard metal frame and roof, not the rubber tires, are what protects occupants by dissipating lightning current around the vehicle and not through the occupants. It is important not to touch the metal framework of the vehicle. Some athletics events rent school buses as safer locations to place around open courses or fields.
2. For large-scale events, continuous monitoring of the weather should occur from the time pre-event activities begin throughout the event.
  3. Venue-specific activity-suspension, venue evacuation, and activity-resumption plans:
    - a. Upon the first sound of thunder, lightning is likely within eight to 10 miles and capable of striking your location. Please note that thunder may be hard to hear if there is an athletics event going on, particularly in stadia with large crowds. Lightning can strike from blue sky and in the absence of rain. At least 10 percent of lightning occurs when there is no rainfall and when blue sky is often visible somewhere in the sky, especially with summer thunderstorms. Lightning can, and does, strike 10 (or more) miles away from the rain shaft. Be aware of local weather patterns and review local weather forecasts prior to an outdoor practice or event.

- b. Ensure a safe and orderly evacuation from the venue with announcements, signage, safety information in programs, and entrances that can also serve as mass exits. Planning should account for the time it takes to move a team and crowd to their designated safer locations. Individuals should not be allowed to enter the outdoor venue and should be directed to the safer location.
  - c. Avoid using landline telephones except in emergency situations. People have been killed while using a landline telephone during a thunderstorm. Cellular or cordless phones are safe alternatives to a landline phone, particularly if the person and the antenna are located within a safer structure or location, and if all other precautions are followed.
  - d. To resume athletics activities, lightning safety experts recommend waiting 30 minutes after both the last sound of thunder and last flash of lightning. A useful slogan is “half an hour since thunder roars, now it’s safe to go outdoors.” At night, be aware that lightning can be visible at a much greater distance than during the day as clouds are being lit from the inside by lightning. This greater distance may mean that the lightning is no longer a significant threat. At night, use both the sound of thunder and seeing the lightning channel itself to decide on re-setting the 30-minute “return-to-play” clock before resuming outdoor athletics activities.
4. Emergency care protocols: People who have been struck by lightning do not carry an electrical charge. Therefore, cardiopulmonary resuscitation (CPR) is safe for the responder. If possible, an injured person should be moved to a safer location before starting CPR. Lightning-strike victims who show signs of cardiac or respiratory arrest need prompt emergency help. If you are in a 911 community, call for help. Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strike. Automatic external defibrillators (AEDs) are a safe and effective means of reviving persons in cardiac arrest. Planned access to early defibrillation should be part of your emergency plan. However, CPR should never be delayed while searching for an AED.

Note: Weather watchers, real-time weather forecasts and commercial weather-warning and lightning monitoring devices or services are all tools that can be used to aid in the monitoring, notification, and decision-making regarding stoppage of play, evacuation and return to play.

(Information taken from the NCAA Sports Medicine Handbook)

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# Appendix IV

## Ball and Crosse Specifications

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### Crosse Specifications

The measurements for the crosse shall include the following (see Rule 1 for complete information):

Measurement from throat (inches)	Minimum distance between narrowest point of head
1.25	3 (all measurements)
3.0	3 (all measurements)
5.0	3.5 to 4 on front; 3.5 on back
Widest point	6 (all measurements)

From the 1.25-inch measurement to the top of the crosse, the distance between the sidewalls of the crosse must be at least 3 inches.

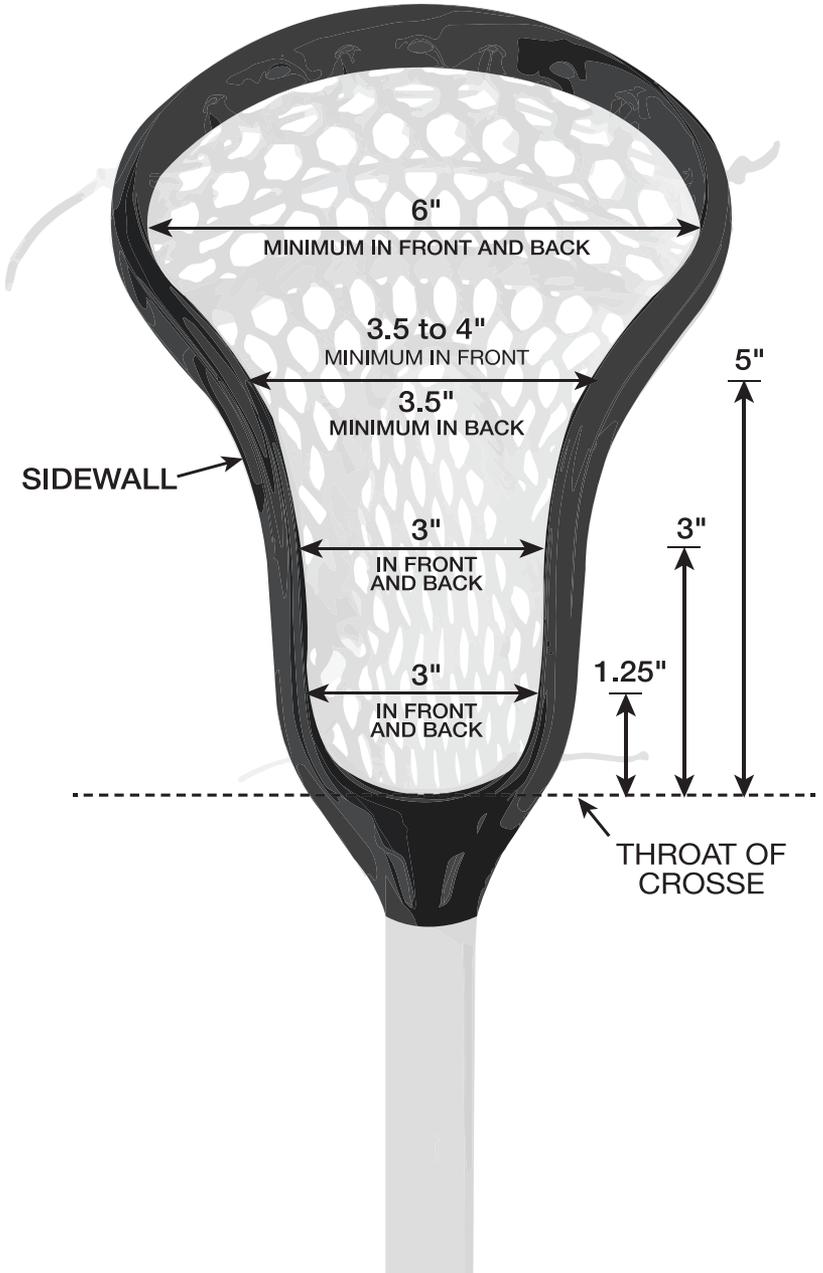
### Ball Specifications

*The measurements for the ball shall include the following:*

The ball shall be of white, yellow, or orange solid rubber. The ball may measure between 7 3/4 and 8 inches in circumference. The ball may weigh between 5 and 5 1/4 ounces in weight.

# Crosse Construction

Note: Drawing not to scale



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# Appendix V

## Concussions

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A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head. **Concussions can occur without loss of consciousness or other obvious signs.** A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.

**Recognize and Refer:** To help recognize a concussion, watch for the following two events among your student-athletes during both games and practices:

1. A forceful blow to the head or body that results in rapid movement of the head.

-AND-

2. Any change in the student-athlete’s behavior, thinking or physical functioning (see signs and symptoms).

### SIGNS AND SYMPTOMS

#### Signs Observed By Coaching Staff

- Appears dazed or stunned.
- Is confused about assignment or position.
- Forgets plays.
- Is unsure of game, score or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows behavior or personality changes.
- Can’t recall events before hit or fall.
- Can’t recall events after hit or fall.

#### Symptoms Reported By Student-Athlete

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light.
- Sensitivity to noise.
- Feeling sluggish, hazy, foggy or groggy.
- Concentration or memory problems.
- Confusion.
- Does not “feel right.”

An athlete who exhibits signs, symptoms or behaviors consistent with a concussion, either at rest or during exertion, should be **removed immediately from practice or competition** and should not return to play until cleared by an appropriate health care professional. Sports have injury timeouts and player substitutions so that student-athletes can get checked.

### IF A CONCUSSION IS SUSPECTED:

1. **Remove the student-athlete from play. Look for the signs and symptoms of concussion if your student-athlete has experienced a blow to the head.** Do not allow the student-athlete to just “shake it off.” Each individual athlete will respond to concussions differently.

2. **Ensure that the student-athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. Immediately refer the student-athlete to the appropriate athletics medical staff, such as a certified athletic trainer, team physician or health care professional experienced in concussion evaluation and management.
3. **Allow the student-athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.** Allow athletics medical staff to rely on their clinical skills and protocols in evaluating the athlete to establish the appropriate time to return to play. A return-to-play progression should occur in an individualized, step-wise fashion with gradual increments in physical exertion and risk of contact. Follow your institution's physician supervised concussion management protocol.
4. **Develop a game plan. Student-athletes should not return to play until cleared by the appropriate athletics medical staff.** In fact, as concussion management continues to evolve with new science, the care is becoming more conservative and return-to-play time frames are getting longer. Coaches should have a game plan that accounts for student-athletes to be out for at least the remainder of the day.

For further details please refer to the “NCAA Sports Medicine Handbook Guideline on Concussions” or online at [www.NCAA.org/health-safety](http://www.NCAA.org/health-safety) and [www.CDC.gov/Concussion](http://www.CDC.gov/Concussion).

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