



SIX v SIX
Draft Rules

May 2020

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WOMEN'S LACROSSE SIX v SIX

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THE GAME

Six versus six lacrosse is played by two teams of six 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 stick, or rolled or kicked in any direction, subject to the restrictions described in the following Rules.

A team that starts a game with fewer than six 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.

SECTION 1 THE PLAYING FIELD

Rule 1 Dimensions

1.1.1 **FIELD** - The playing field for all WL events and those events recognized and or approved by the WL shall be rectangular, 70 meters long and 36 meters wide.

Note: The field dimensions may be adjusted between 60 – 70 meters long and 32 -36 meters wide for events neither recognized nor approved by the WL.

1.1.2 **LINES** - 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 line shall be marked through the center of the field perpendicular to the sidelines. This line shall be known as the centerline and shall continue through any logos or other markings. The center of the field shall be marked with a 10 cm circle, square or X (the “center marking”). Through this center marking shall be a line in length, parallel to the end lines. The center marking shall be surrounded by a draw circle 5 meters in radius. All lines shall be between 5 cm -10 cm wide. The goal line shall be 5 cm wide. The center line shall be 10 cm wide. Cones or pylons shall be placed at the four corners of the field, at each end of the Substitution Area, and at that end of the half-way line which is opposite the bench area. The cones or pylons shall be at the outside edge of the boundary lines.

1.1.3 **ZONES** – The playing field shall be divided into 2 zones. The portion of the surface in which the goal is situated shall be called the “Defensive Zone” of the team defending that goal, and the portion farthest from the defended goal as the “Offensive Zone”. The center line divides the 2 zones. What is one team’s defensive zone is their opponent’s offensive zone, and vice versa.

Note: The locations of lines are as shown on the WL Regulation Sixes Surface Diagram. See Appendix A.

Rule 1.2 The Goals

1.2.1 **GOAL DIMENSIONS** – Each goal shall consist of two vertical posts joined by a rigid crossbar. These posts shall be 1.83 meters in height and width, all inside measurements. The pipes shall have an outside diameter of approximately 5 cm. The goal posts shall be supported by flat metal bars, no more than 1.27 cm thick. See Appendix B.

1.2.2 **GOAL PLACEMENT** - The goals shall be centered relative to the width of the playing surface and 25 meters from the midline.

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

1.2.4 **GOAL COLOR** – Goals shall be orange in color.

Rule 1.3 The Goal Crease

- 1.3.1 GOAL CREASE DIMENSIONS - Around each goal there shall be plainly marked a circle known as the goal crease. The goal crease is a circle with a radius of 2.74 meters. The mid-point of the goal line is the center point of the goal crease circle.

Rule 1.4 The Goal Nets

- 1.4.1 NETTING - Each goal must be fitted with a pyramidal shaped cord netting which shall be fastened to the goal posts, the crossbar and the flat metal bar so as to prevent the passage of the ball. The mesh of the net shall not exceed 3.80 cm. Goal nets may be any solid color, preferably white.

Rule 1.5 Timer/Scorer Area

- 1.5.1 TIMER AND SCORER LOCATION - The timer's table shall consist of the Official Timer, the 30-Second Clock Operator, the Official Scorer and any assistants. The timer's table shall be placed at least 5 meters from the sideline at the centerline on the same side as the Players' benches.
- 1.5.2 SHOT CLOCK OPERATOR - The 30-Second Clock Operator shall signal the expiration of the shot clock either by use of an electronic scoreboard buzzer or manual horn.

Rule 1.6 The Team Bench Area

- 1.6.1 BENCH AREA SPECIFICATONS – The Team Bench Area will extend 10 meters parallel from the Substitution Area and, where physically possible, extend at least 5 meters from the sideline. Benches for the competing teams shall be placed in a Team Bench Area at least 5 meters from the sideline.
- 1.6.2 NON-PLAYING PERSONNEL ON BENCH - Only Players in uniform, the Head Coach, and 2 non-playing personnel shall be permitted to occupy their Team Bench Area. Non-dressed Players are not permitted in the Team Bench Area. The Head Referee will instruct the Head Coach to order the removal of any offending individuals from the Team Bench Area. After such warning if the team does not conform, or the offending individuals return to the Team Bench Area, a bench minor foul will be imposed on the offending team.
- 1.6.3 THE COACHES' AREA - A dotted line shall be placed 2.5 meters from the sideline. It shall be parallel to the sideline and extend the length of the Team Bench Area.

Rule 1.7 The Penalty Area

- 1.7.1 CONTENTS - The Penalty Area shall consist of two seats for each team next to the timer's table.

Rule 1.8 Substitution Area

- 1.8.1 DIMENSIONS - A Substitution Area of 10 meters long and 5 meters in depth from the side line and situated between the Team Bench Areas. Only Players in process of imminent substitution should be moving through this area.

SECTION 2 EQUIPMENT

Rule 2.1 The Ball

- 2.1.1 DIMENSIONS - The ball shall comply with the most current NOCSAE standards.
- 2.1.2 COLOR – The ball may be white or yellow in color. Any color other than white or yellow must be agreed upon by both teams.

- 2.1.3 GAME BALL - The home team supplies the game balls and the ball in use at the end of the game shall become the property of the winning team.
- 2.1.4 END LINES - The organizers of any event, or the home team where there is no event organizer, shall supply an adequate number of extra balls on each endline throughout the game.

Rule 2.2 The Stick

- 2.2.1 LENGTH - The stick shall be of an overall length of 100 cm to 110 cm.
- 2.2.2 HEAD - The head of the stick shall measure between 15.50 cm and 25.50 cm inside measurement at its widest point. All sidewalls shall be made of plastic or synthetic material. The sidewalls shall not be above 5.50 cm in height.
- 2.2.3 GOALKEEPER - The stick of the goalkeeper shall be an exception to the above. The goalkeeper may use a stick that measures from 15.50 cm to 38.50 cm inside measurement at its widest point, and shall have an overall length from 100 cm to 183 cm.
- 2.2.4 SHAFT - The stick shaft shall be made of a hollow composite or metal-type material, with the head attached directly to the shaft. The shaft may not be filled with any substance. Any significant increase in radius on the stick shaft with tape or other material that would give undue assistance is not permitted as per the Referee's discretion.
- 2.2.5 BUTT END - The butt end of any stick must be adequately covered with plastic, rubber or tape to prevent injury. The use of metal caps is prohibited.
- 2.2.6 BALL STOP - There may be a ball stop at the throat of the stick. The ball stop must be perpendicular to the shaft and wide enough to let the ball rest loosely on the ball stop. The stop shall be constructed so that no part of the ball can be under the stop. The ball stop or, if no ball stop is fitted, the throat of the shaft, shall be a minimum of 25.4 cm from the outside edge of the head of the stick.

Rule 2.3 Prohibitions Relating to the Stick

- 2.3.1 HEAD - The inside width between the sidewalls of the head must continually increase from the center of the bridge or ball stop to the widest part at the top of the head. At the widest point at the top of the head, the inside width between the walls of a plastic/molded head will be 16 cm minimum. This prohibition shall not apply to the stick of the goalkeeper.
- 2.3.2 POCKET - Pockets may be strung with 4 or 5 longitudinal leather and/or synthetic thongs and 8 to 12 knots/stitches of cross lacing. Mesh pockets are allowed. Pockets must be attached to the head of the stick through pocket stringing holes and must be attached in one of the following ways:
- i. The pocket must be anchored along the bottom of the bottom rail of the sidewall of the head unless it is made of fused mesh; or
 - ii. The pocket nylon cord must run through the stringing holes parallel to the top and bottom of the bottom rail of the sidewall, i.e. similar to sewing stitches. The distance from the bottom of the side wall to the bottom of the stringing hole must not be more than 1.0 cm.

Pockets not have more than two separate shooting/throw strings. Shooting/throw strings will not be rolled or coiled more than twice between each thong. In a mesh pocket, the allowance is one coil per diamond of mesh. Flat hockey or boot laces may not be used as shooting/throw strings.

All strings shall be limited to a hanging length of 5.0 cm.

- 2.3.2 **STICK CHECK MEASUREMENT REQUEST PROCEDURE** - Only the Head Coach may request a stick measurement check on the opposing team and only during a timeout or normal stoppage in play. A request for a stick measurement check shall be limited to 1 request per team during the course of any stoppage of play. A request for a stick measurement check of a goal scorer's stick in sudden-victory overtime will not be granted.
- 2.3.3 **ILLEGAL STICK & SCORED GOAL** – If an attacking Player scores a goal and before play resumes, a stick check measurement is requested and the goal-scorer's stick is found to be illegal, then the goal is disallowed. If the goal is disallowed, the major foul will not be imposed.
- 2.3.4 **RANDOM STICK CHECK PROCEDURE** – The Referees, between quarters and during timeouts throughout the game, may randomly inspect the stick of any Player. Any Player who, in the discretion of the Referee, fails to timely provide the stick to the Referee upon request or who attempts to alter the stick after the request shall be assessed a major foul for unsportsmanlike conduct. Should the stick be illegal upon measurement, an additional major foul shall be assessed.
- 2.3.5 **CONFISCATION PROCEDURE OF ILLEGAL STICK** - If a stick is declared illegal it shall be removed to the scorer's table area. The team may retrieve the stick immediately after the game.

Rule 2.4 Personal Equipment

- 2.4.1 **EQUIPMENT** - All Players are required to wear suitable shoes and eye guards which must be SEI certified to the current ASTM F3077 standard.
- 2.4.2 **MOUTH GUARD** - All Players, including the goalkeeper, must properly wear an intra-oral tooth and mouth protector (mouth guard) which shall be molded to the Player's teeth and jaw, cover all teeth of the upper-jaw and protect the Player from injury. It is recommended that the mouth guard be visible in color.
- 2.4.3 **GOALKEEPER** – The goalkeeper must wear a NOCSAE-approved protective helmet equipped with a facemask and a chinstrap, which must be properly fastened on both sides, throat guard, a chest protector and a box/cup (where necessary). The facemask may include a clear shield (no tint permitted) and the Player's entire face must remain clearly visible at all times. Shin guards (soccer/football style), compression shorts or pants that conform to the body with or without pads are optional. With the exception of the goalkeeper's stick, all equipment worn by a goalkeeper must be constructed solely for the purpose of protection of the Player's head and body, and must not include anything that would assist the goalkeeper in stopping the ball. The goalkeeper's uniform, jersey and team shorts/pants shall be worn over the goalkeeper equipment and shall conform to the body such that the jersey and shorts/pants do not assist the goalkeeper in stopping the ball.
- 2.4.4 **STOPPAGE OF PLAY** - Play must be suspended immediately if a Player does not have any of the required equipment, or if during the duration of play, equipment becomes dislodged compromising safety or increasing the risk of injury. The Referee shall delay the sounding of their whistle as in the slow whistle technique, except that an arm signal is not made under these circumstances.
- 2.4.5 **UNIFORM** - All eligible Players of each team shall be dressed uniformly with, as a minimum, matching jerseys and shorts of the same dominant team color. Those Players on the team who wear sweatpants must wear the same color sweatpants. Altered uniforms of any kind will not be permitted, including but not limited to a ripped and/or re-stitched jersey. Any Player or goalkeeper not complying with this rule shall not be permitted to participate in the game.
- 2.4.6 **JERSEY NUMBERS** - Each Player and goalkeeper listed on the team's roster shall wear an individual identifying number at least 25 cm high on the front and back of their jersey. A Player's name is not a mandatory element of the jersey. The numbers on the front and back of a Player's

jersey shall be the same, and no duplicate numbers shall be permitted on the same team. The number on the jersey shall be one or two digits. The numbers must range from 0 to 99.

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

Rule 2.6 Prohibitions Relating to Personal Equipment

- 2.6.1 HELMET CAMERA - No Player shall wear any form of body or helmet mounted sports camera, or wear or carry equipment, which, in the opinion of the Referees, endangers them or other Players.
- 2.6.2 JEWELRY - A Player may not wear jewelry or body-piercings. Exceptions to this shall be a medical alert item and/or a religious item. If worn, such an item must be securely taped to the relevant part of the body to prevent it becoming entangled with the stick or equipment of another Player.

Rule 2.7 Coaches Certification

- 2.7.1 CERTIFICATION - The pregame equipment certification by the Head Coach shall act as the team warning. The Head Coach shall certify to the Head Referee before the game that all Players:
- i. Have been informed what equipment is mandatory and what constitutes illegal equipment;
 - ii. Have been provided the equipment mandated by rule;
 - iii. Have been instructed to wear and how to wear mandatory equipment during the game;
 - iv. Have been instructed to notify the coaching staff when equipment becomes illegal during the game; and
 - v. Have had their sticks, uniforms and all other equipment inspected by the Head Coach for meeting specifications.

Note: Certification is achieved by the Referee asking the Head Coach the following: "Coach, are all your Players legally equipped by the rule?"

SECTION 3 THE TEAMS

Rule 3.1 Number of Players

- 3.1.1 ROSTER – No team may be comprised of more than 12 Players on an active roster.
- 3.1.2 ELIGIBLE PLAYER LIST - At the beginning of each game, the Head Coach shall list the Players and goalkeeper(s) who shall be eligible to play in the game. During all games no more than 10 Players shall be permitted, including a minimum of 1 goalkeeper.
- 3.1.3 SUBMISSION OF ELIGIBLE PLAYER LIST - Two team rosters indicating the names and numbers of all 10 Players in the line-up must be entered into the official scorebook no later than 20 minutes before the game and no change shall be permitted in the list or addition thereto. The name of the Captain of both teams shall be included in the list. Also, each team's designated in-home Player will be indicated on the line-up and foul summary sheet. Should an injury/sickness occur during warm up, the team must notify the Head Referee before the end of the formal warm up in order for an eligible replacement to be made at that time. The opposing team shall be immediately notified by the Head Referee and permitted line-up change(s) not to exceed the original team's changes at that time. The Head Referee shall notify the Official Scorer of any line-up changes.
- 3.1.4 NUMBER OF PLAYERS TO BEGIN A GAME - A full team shall be composed of six Players on the field, which includes five field Players and one goalkeeper and must have this minimum to start

the game. Each team must have a goalkeeper on the field at all times. If, because of injuries or Players out of the game due to fouling out or expulsion fouls or other reasons, a team cannot keep six Players in the game, then it may continue the game with fewer than six Players, but no exceptions will be made to these Rules.

- 3.1.5 PLAYERS AS A GOALKEEPER – To the extent a goalkeeper becomes incapacitated, an eligible Player listed on the playing roster for that game shall be permitted to wear the equipment of the goalkeeper.
- 3.1.6 BENCH - It is the home team's decision to choose the bench area which they will occupy during the game. At a World Championship or similar major event, or at any event where the organizers deem it necessary, the home team will be allocated the bench area to the left when facing the bench area. In the case of a dispute, the visiting team is the first out of the change rooms.
- 3.1.7 IN-HOME - Before the commencement of the game, the Head Coach shall nominate an in-home to the Head Referee. The in-home may be any Player on the team except for a goalkeeper. The in-home Player will serve any non-designated Player foul, minor, major or expulsion foul, or foul to the goalkeeper. If multiple fouls of this type occur, then the penalties shall be imposed against additional Players who may be any member of the team except for the goalkeeper and shall be nominated by the Head Coach of the penalized team.

Rule 3.2 Captains

- 3.2.1 PRIVILEGES - Each team shall appoint one Captain who alone shall have the privilege of discussing with the Referee any questions relating to the interpretation of rules which may arise during the game. No playing Coach, playing manager or goalkeeper shall be permitted to act as Captain.
- 3.2.2 COMMUNICATION WITH REFEREES - Only the Captain, when invited to do so by a Referee, shall have the privilege of discussing any point relating to the interpretation of the rules. The Captain needs to ask the Referee to speak to him before discussing the interpretation of the rules. A complaint about a foul is not a matter "relating to the interpretation of the rules" and a major foul shall be imposed against any Captain or other Player making such a complaint.

Rule 3.3 Coaches

- 3.3.1 DUTIES - It shall be the responsibility of the Head Coach to see that their Players are properly and legally dressed and equipped to play and are ready to play at all times in accordance with the pre-game and game procedures set out in these rules. The Head Coach is responsible for the actions of all non-playing members of their team and all persons officially connected with their team. It is the duty of the Head Coach to cooperate with the Referees in keeping the game under control at all times with their Players and not to entice poor sportsmanship from the spectators. Any failure will result in a major foul and may be subject to expulsion from the game and additional discipline from the appropriate adjudicatory body.
- 3.3.2 RESPONSIBILITIES - It shall be the responsibility of the home Head Coach to see
- i. That the playing field is in proper condition for play;
 - ii. That the timekeepers and scorers are present and prepared with all the required equipment necessary for them to carry out their respective functions; and
 - iii. That balls and ball persons are provided.

Note: In a World Championship or similar event, the organizers of the event will be responsible for the above, including the required equipment set out in these Rules.

- 3.3.3 **PLAYER-COACH** - One or more of a team's Coaches may be a Player-Coach. The Head Referee and the opposing Head Coach must be informed of the shirt number of any such Player-Coach before the start of the game. When a Player-Coach is in the Coaches' area, no head or eye protection shall be worn.
- 3.3.4 **IN LIEU OF A HEAD COACH** - In the absence of a Head Coach, the powers, authorities and responsibilities of the Head Coach will fall to an Assistant Coach as nominated by the team. Should there be no Coaches, the powers, authorities and responsibilities of the Head Coach will fall to the one Captain who is designated the official representative of that team on the field.

SECTION 4 CONTROL OF THE GAME

Rule 4.1 The Referees

- 4.1.1 **DUTIES** - The game shall be controlled by three Referees, one of whom shall be designated the Head Referee. Their duties shall be equal in all respects, except that, in the settlement of any dispute, the decision of the Head Referee shall be final. The Referees shall have authority over the play of the game, with control and jurisdiction over the Official timekeeper, Penalty Timekeepers, Official scorers, Players, substitutes, Coaches, anyone officially connected with the teams, and spectators. The Referees shall, before the start of each game, see that the appointed table personnel are in their respective places and ensure that all timing and signaling equipment are in order.
- 4.1.2 **AUTHORITY** – The authority of the Referees shall begin with their appearance on the field of play and terminate only when the Referees exit the field of play. Any of the Referees may suspend the play of the game and stop all clocks for any reason, which they deem necessary for the proper enforcement of these Rules or the safe conduct of the game.
- 4.1.3 **PENALTIES** - It shall be the Referees' duty to impose penalties as prescribed by this rulebook for infractions thereof. The Referees shall designate any minor, major, or expulsion foul and report such to the Official Scorer or Timekeeper. The Referees shall see that Players of opposing teams are separated in the penalty area to prevent any altercations.
- 4.1.4 **REPORTING OF INCIDENTS** - The Referees shall report in detail on the game sheet or special incident report any of the following incidents:
- i. Every obscene gesture or statement made by any person involved in the playing or conduct of the game, including comments of race, sexual orientation, etc. whether a participant, or a representative of either team, which gesture they have personally observed;
 - ii. Any altercation between a spectator and any Player or non-playing team member; or
 - iii. When an ejection of a Player or Coach is administered.
- 4.1.5 **REPORTING OF GOALS** - The Referees shall keep a record of the goals scored by each team. They shall check the score with the Official Scorer at the end of each period, but the Referees' score shall be the official score of the game.
- 4.1.6 **UNIFORM** - The Referees shall wear the proper and similar uniforms. For all WL events and those events recognized and/or approved by WL, the Referees shall wear:
- Vertical black and white striped shirt; and
 - Black shorts, kilt or skort, along with black ankle length socks (warm weather); or
 - Black long trousers with black socks (cold weather); and
 - Black belt; and

- Black athletic shoes; and
- Black visor or cap with white piping.

Note: For all WL events and those events recognized and or approved by the WL, the Officiating Chair in consultation with the Technical Director may approve variations to the above uniform.

Rule 4.2 Table Personnel

- 4.2.1 **TIMEKEEPER'S DUTIES** - The Official Timekeeper shall keep an accurate account of the time of each quarter and intervals between quarters and all other timeouts. The timekeeper sounds the horn to resume play when an interval or timeout has elapsed. The timekeeper's horn in and of itself never stops the play of the game.
- 4.2.2 **PENALTY TIMEKEEPER** - Two Penalty Timekeepers shall be assigned for each game and shall be equipped with timepieces, which can record time in seconds. The Penalty Timekeepers shall be positioned at either side of the timer's table, behind the penalty area. The Penalty Timekeepers shall time the period of any foul imposed by the Referees, and shall audibly count down the penalty time to the Player concerned and to any substitute who may be about to go on to the field in place of the penalized Player, as follows: "10 seconds, 5 seconds, 4, 3, 2, 1, Release".
- 4.2.3 **OFFICIAL SCORER DUTIES** - There shall be an Official Scorer and at least one assistant assigned for each game. The Official Scorer shall keep an accurate record of the goals scored, time of the goal scored and assist made by each team. The Official Scorer shall record the name and number of the Player scoring the goal and those credited with the assist, keep an accurate record of timeouts (team, Referee, television), and notify the Referees if either team exceeds the number allowed. The Official Scorer keeps the name and number of each Player upon whom a penalty is administered, the type of foul, time of the quarter when it occurred and the duration. The Official Scorer must notify the Referees when any Player accumulates two or more major fouls in the game (fouling out). The Official Scorer shall keep a record of both teams' in-home Player's name and number.
- 4.2.4 **SHOT CLOCK OPERATOR DUTIES** - The 30-Second Clock Operator shall control a separate timing device that shall be used during the entire game including overtime except for the last 30 seconds in each quarter. Although the 30-Second Clock Operator may sound a horn or electronic device when the 30-second clock expires, the Referee shall be responsible to signal any violation of the 30-second clock.

Rule 4.3 Mistakes by the Officials

- 4.3.1 **JUDGMENT** - Where a Referee, Official Timekeeper, Penalty Timekeeper, or Official Scorer becomes aware that an inadvertent error has been made which would result in a Player or a team being penalized, they shall promptly correct the error. If a goal is scored prior to the error being corrected and the error is brought to the attention of the Referees before play resumes, the Referees shall allow or disallow the goal depending on the circumstance.

Rule 4.4 Delayed Penalty Signal and Inadvertent Whistles

- 4.4.1 **PROCEDURE** - At the time of an inadvertent whistle, play must be stopped immediately. In the case of an inadvertent delayed foul situation or horn, Referees will stop play at the earliest opportunity that does not interfere with an imminent scoring opportunity. Possession shall be awarded as follows:
- i. For an inadvertent whistle, a team with, or entitled to, possession at the time of the whistle shall restart play with possession. If neither team has or is entitled to possession at the time of the whistle, the ball shall be awarded by the alternate-possession rule.

- ii. If play continues after an inadvertent flag or horn and a goal is scored, play will be restarted with a draw at center.
- iii. If one or more shots are taken with no goal scored, the ball shall be awarded by the alternate-possession rule, or if no shot is taken, the ball is awarded to the team last in possession.

SECTION 5 TIME FACTORS

Rule 5.1 Length of Game

- 5.1.1 **GAME LENGTH** - The regulation playing time is four quarters of eight minutes running time, save for any stoppage of play as set out in Rule 5.3.2 below.

Rule 5.2 Intervals Between Quarters

- 5.2.1 **QUARTER BREAKS** - There shall be a two-minute interval between the first and second quarters and between the third and fourth quarters. During these intervals all rules governing play of the game shall remain in force.
- 5.2.2 **HALF-TIME** - Between the second and third quarters, there shall be a five-minute intermission or half time. Teams may leave the bench areas during half-time.
- 5.2.3 **CHANGE OF DIRECTION OF PLAY** - At the conclusion of each quarter, including any sudden-victory periods, each team shall change their direction of play. A team's Defensive Zone from the prior quarter becomes their Offensive Zone, and vice versa.

Rule 5.3 Game Clock Operation

- 5.3.1 **START OF GAME** - The game clock shall begin when the Referee blows the whistle to start the first draw of each quarter.
- 5.3.2 **STOPPAGE** - The stoppage of all clocks will occur only:
- i. During timeouts of any kind;
 - ii. After a goal, upon the Referee's sounding whistle;
 - iii. At the end of a quarter; or
 - iv. During the last two minutes of the fourth quarter.

During sudden-victory overtime periods, the clocks will start and stop on the Referee's sounding whistle.

Rule 5.4 Shot Clock Operation

- 5.4.1 **SHOT CLOCK** - Upon a team gaining possession of the ball, there shall be a 30 shot-clock.

The shot-clock shall reset if:

- i. A shot hits the goal pipe or rebounds off the goalkeeper while standing within the crease, subject to the following:
 - 1. The head of the Player's stick must be above Goal Line Extended (GLE) when the ball is released for it to be considered a shot; and
 - 2. The ball must be released from the Player's stick prior to the shot clock expiring;
- ii. All minor fouls;

- iii. Change of possession; or
- iv. Play is stopped for a defensive injury.

The shot-clock shall not reset:

- i. If the shot does not come from above GLE;
- ii. During a team or Referee's timeout;
- iii. If the ball hits the goalkeeper or a defensive Player while outside the crease, with the exception of Rules 11.10 and 12.3.6 (Dangerous Propel); or
- iv. If play is stopped for an offensive injury.

Rule 5.5 Sudden-Victory Overtime

5.5.1 OVERTIME - When the score is tied at the end of regulation playing time, play shall continue with sudden-victory overtime.

- i. Periods are four minutes of stopped time until a goal is scored.
- ii. There shall be a two-minute break prior to the start of the first sudden-victory overtime period and between all subsequent periods of sudden-victory overtime.
- iii. If a game remains tied after the first sudden-victory overtime period (i.e., no goal is scored by either side), there shall be a two-minute break followed by a second four-minute sudden-victory overtime period. This procedure will continue until the first goal is scored.

Rule 5.6 Start of Game and Overtime

5.6.1 COIN TOSS - Initial Offensive/Defensive Zones will be determined by a coin toss prior to the start of the game. The visiting Captain shall call the toss. Winner of the coin toss chooses alternate position or the goal their team will defend for the first quarter. Prior to the first sudden-victory overtime period, an additional coin toss will be utilized to determine alternate possession or goal to defend for the first sudden-victory overtime period.

5.6.2 SWITCHING ENDS - Teams will switch their direction of play after each quarter and sudden-victory overtime period.

Rule 5.7 Interrupted or Incomplete Game

5.7.1 WEATHER INTERRUPTION - Where the Head Referee and/or the tournament's Referee-in-Chief feels that weather storms and/or lightning make it unadvisable for a game to continue, then the game shall be halted in accordance with the World Lacrosse Lightning Protocol. All participants, including Players, Referees, Bench Officials, ball persons and others, shall be required to go indoors at the earliest opportunity.

5.7.2 RE-START AFTER WEATHER INTERRUPTION - If it is subsequently possible to resume the game, then the teams shall be allowed to warm up on the field of play prior to the re-start, as follows:

- i. If the delay from leaving the field to re-entering the field is not more than 30 minutes, then a 10-minute warm up will be allowed.
- ii. By mutual consent of both Coaches, the above warm-up times may be shortened.

- 5.7.3 **INCOMPLETE GAME** - In the event of a game not being completed because of darkness, bad weather, or any circumstances whereby the Head Referee thinks the safety of players is at risk, such uncompleted game shall be referred to the governing body for adjudication of a result.

Rule 5.8 Defaulted Game

- 5.8.1 **FAILURE TO APPEAR OR FINISH** - A team shall be declared the winner of a game by default if its opponent fails to appear at the appointed time and place for the contest, or for any reason a team fails to finish a contest. The score of such a defaulted game shall be 1-0 against the defaulting team.
- 5.8.2 **FAILURE TO COMPLY** - The visiting team shall be declared the winner of the game by default if the field does not meet the specifications as set forth in these Rules. Any unavoidable local conditions must be agreed to in writing prior to the day of the game.

SECTION 6 THE PLAY OF THE GAME

Rule 6.1 Actions Prior To The Game

- 6.1.1 **WARM UP** - When a team is warming up on the field of play, it shall do so in the half of the playing field that is nearest to its own bench area.
- 6.1.2 **DISCUSSION WITH CAPTAINS** - The Referees shall call together the Captains at the center of the field approximately five minutes before the start of the game. At this time, any special ground rules shall be explained.
- 6.1.3 **LINE-UP** - The Referees shall then position the starting line-ups in lines facing each other at the center of the field, with their left sides towards the goal they are defending. Any special ground rules shall be explained.

Rule 6.2 The Status of the Ball

- 6.2.1 **LIVE BALL** - Once the whistle has blown to start or re-start play, for example at a draw, when the ball is being put back into play after going out-of-bounds, or when the ball is being put back into play after a foul has been committed, then the ball is a live ball.
- 6.2.2 **DEAD BALL** - When the whistle blows to stop play, for example because a goal has been scored, the ball has gone out-of-bounds, or a whistle has blown denoting a foul, then the ball is a dead ball.
- 6.2.3 **INFRACTION** - If a foul is called, and play continues, then the ball is still a live ball.

Rule 6.3 Possession of the Ball

- 6.3.1 **PLAYER POSSESSION** - A Player shall be considered in possession of the ball when in control of it and able to perform any of the normal functions of play such as carrying, cradling, passing or shooting. In addition, the goalkeeper shall be considered in possession of the ball when any part of their body is touching the goal crease area and the ball is possessed or under the goalkeeper's stick within the goal crease area.
- 6.3.2 **TEAM POSSESSION** - A team shall be considered in possession of the ball when a Player on that team has possession of the ball (Player possession), or when the ball is passed from a Player to a teammate.
- 6.3.3 **LOOSE BALL** - A ball not in a Player's possession or a team's possession is a loose ball.

Rule 6.4 Center Draw

- 6.4.1 **TIMING** - Each quarter and overtime period will begin with a draw at the center of the field, subject to the following exceptions:

- i. In the event of an extra-player situation at the conclusion of any quarter/period, then the next quarter/period shall be commenced by awarding the ball to the team that had possession at the conclusion of the prior period in the same relative position on the field. However, if the quarter/period ends with no team in possession, then a draw shall occur at the center line and all the usual restrictions shall apply.
 - ii. If a draw is about to take place, and a team is guilty of delaying the game, then possession shall be awarded to the non-offending team. At the discretion of the Referees, repeated delay fouls may warrant unsportsmanlike conduct.
 - iii. If a Player, substitute, Coach or non-playing member of a team commits a foul before any draw, the ball will be awarded to the non-offending team at the center of the field. All restricted Players are released from their goal areas and may enter the center circle immediately.
- 6.4.2 DRAW ELIGIBILITY – All Players except left-handed Players and goalkeepers may take part in a draw.
- 6.4.3 DRAW POSITIONING - All Players except the two taking the draw shall be positioned outside of the five-meter center circle. Two opponents shall stand with one foot toeing the center marking. Their sticks are held in the air above hip level, parallel to and above the center line. Both the head and shaft must lie along the vertical plane of the center line. The hand at the bottom of the player's shaft cannot be higher than the hand at the top of the shaft. The butt end of the shaft cannot be lower than 30° from being parallel with the ground. The sticks will be held back to back, the right sidewall is down so that each Player's stick is between the ball and the goal they are defending. A Player's top hand must not contact the throat, the pocket or the sidewall of their stick.
- 6.4.4 PLAYER POSITIONING - Players outside the center circle must remain outside until possession is gained, the ball touches or crosses the line creating the center circle, or the ball goes out-of-bounds. If any of the foregoing occur, the non-offending team will be awarded possession of the ball.
- 6.4.5 SET - Once the draw Players have assumed their positions, the Referee shall place the ball between the upper one-half of the heads of the sticks and say, "set". Once this signal is given, both Players must remain motionless (except of moving their heads) until the whistle sounds to start play.
- 6.4.6 MOVEMENT - When the Referee sounds their whistle to start the draw, each Player taking the draw must immediately draw their sticks up and away from one another. The flight of the ball must go higher than the heads of both Players taking the draw.
- 6.4.7 INADVERTENT WHISTLE - If a Referee blows their whistle by mistake, then the ball shall be re-drawn at the centerline with the same restrictions as the original draw.
- 6.4.8 OUT OF BOUNDS - If the ball goes directly out-of-bounds from a draw, and the Referee does not know who touched it last, the ball will be awarded by alternate possession.
- 6.4.9 SIMULTANEOUS FOULS - If both Players draw illegally, or it cannot be determined why the draw was illegal, or the Referee determines that the draw was unsuccessful because it was not set correctly, the Referee will reset the draw; however, if a second re-draw is necessary, the ball will be awarded by alternate possession.

Rule 6.5 Advancing the ball

- 6.5.1 BALL OVER CENTERLINE - When a team gains possession in the defensive half of the field, they must get the ball across the centerline within 10 seconds of gaining possession. Being across the centerline means both feet must be in the Offensive Zone; they may not touch the center line. The 5-second crease count is included in these 10 seconds.

- 6.5.2 10-SECOND COUNT PROCEDURE - The Referee shall keep the 10-second time count using a chopping motion with their arm.

Rule 6.6 Over and Back

6.6.1 VIOLATION - Once the ball is in the Offensive Zone, the ball shall not return to the Defensive Zone through actions of the offensive team. If this occurs, it is an over and back violation. The result is an immediate change of possession and a quick restart for the non-offending team. If the ball does not touch or go over the center line, no violation has occurred. A player from the same team may legally bat the ball to keep it in the Offensive Zone, but if it is possessed and their feet are in the Defensive Zone, it shall be a change of possession.

6.6.2 NO VIOLATION - An over and back violation does not occur in the following situations:

- i) A shot leaves the Offensive Zone.
- ii) A loose ball leaves the Offensive Zone and was last touched by the defensive team.
- iii) A loose ball is leaving the Offensive Zone and the defensive team is called for a loose ball foul (play-on) or causes the ball to go out of bounds in the Defensive Zone.

Rule 6.7 Restarts

6.7.1 TIMING – In a team's Defensive Zone, once the Referee has signaled that the ball is ready for play, the restart shall occur in the same relative position where the ball was when play was stopped. In a team's Offensive Zone, once the Referee has signaled that the ball is ready for play, the restart shall occur two meters inside the closest boundary line from where the ball was when play was stopped. The Referee shall resume play as quickly as possible. If an opposing Player is within three meters of the Player awarded possession of the ball, and the Referee blows the whistle to restart play, the opposing Player is not allowed to defend the ball until they reach a distance of at least three meters from the opponent.

6.7.2 DELAY - A violation of the three-meter area will be a minor foul (slow whistle) for delay of game. On any restart, no offensive Player may be within three meters of the Player with the ball. Referees are instructed to resume play quickly and not be as deliberate with the exact location of the restart. The restart shall be delayed only if a clear distance advantage is evident.

6.7.3 OUT-OF-BOUNDS - On restarts where the ball goes out of bounds, the Player who is awarded the ball cannot get a running start from out-of-bounds. The Player must be in bounds prior to the Referee blowing the whistle. 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, play will be restarted on the field of play, at least two meters laterally from the out-of-bounds spot, but at least five meters from the scorer's table area. 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 spot of the restart is determined by the location of the ball when the ball was declared out of bounds. In the case of a loose ball going out of bounds, the legal position 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.

6.7.4 PENALTY TIME - When a foul occurs and penalty time is to be served, the ball will be awarded to the non-offending team in their Offensive Zone two meters in from the center line and must be at least five meters from the Substitution Area.

6.7.5 TIMEOUT– After a timeout, the team being awarded possession shall start the ball two meters inside the closest boundary line from where the ball was when play was stopped. The closest boundary line may also be the center line.

- 6.7.6 CARRY OVER - When a quarter ends with possession carrying over, the restart location is in the same relative position on the field at the start of the next quarter. If the ball is in a team's Offensive Zone, play will commence two meters inside the closest boundary line from where the ball was when play was stopped.
- 6.7.7 AFTER A GOAL – Following any goal, the goalkeeper must retrieve the ball from the goal and ready it for play. The Referee will give a visual five-second count with an arm motion of 45 degrees above shoulder height with a chopping motion. If the goalkeeper does not retrieve and possess the ball within five seconds, the ball will be awarded to the non-offending team. Once the Referee concludes the five-second count, they will sound a whistle to start the shot and game clock. The five-second crease count will then begin.

Rule 6.8 Scoring

- 6.8.1 DEFINED - A goal is scored when the ball, whether loose or not, passes through the plane of the goal.
- 6.8.2 SCORER - The last attacking Player who provided enough force or impetus to the ball for it to completely pass through the plane of the goal is the goal scorer and shall be credited with the goal. When a Player on the defensive team provides enough force or impetus to the ball for it to completely pass through the plane of the goal, this is considered an own goal and the goal shall be credited to the designated in-home of the offensive team.
- 6.8.3 RESULT - The team scoring the greater number of goals at the conclusion of the game shall be declared the winner of the game.
- 6.8.4 NO GOAL – A goal is not scored when the ball passes through the plane of the goal in the following circumstances:
- i. If the ball is released from the shooter's stick after the quarter/period has ended or expiration of the shot clock, regardless of whether or not a Referee's whistle has sounded;
 - ii. After a Referee's whistle has sounded for any reason, even though the sounding of the whistle may have been inadvertent;
 - iii. If a Player from the attacking team interferes with the opposing goalkeeper, while the goalkeeper is within their crease;
 - iv. If the goal scorer is an ineligible or expelled Player;
 - v. When the attacking team has more players than it should have on the actual field of play (excluding the penalty area) at the time;
 - vi. When the attacking team's goalkeeper is in their team's Offensive Zone;
 - vii. When the head of the shooter's stick comes off during the shot or the follow-through; or
 - viii. If a goal has been scored by an attacking Player and, before the next live ball, that Player's stick is declared illegal for any reason.

Rule 6.9 Ball Out-Of-Bounds

- 6.9.1 SUSPENSION OF PLAY - Play shall be suspended at any time when the ball is out-of-bounds.
- 6.9.2 WITH POSSESSION - When a Player with the ball in their possession steps on or over a boundary line, or any part of their stick or body touches the ground on or over the 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 to restart play to where where the ball was declared out-of-bounds.

- 6.9.3 **WITHOUT POSSESSION** - When a loose ball touches a boundary line or the ground outside of a boundary line, touches anything on or outside of a boundary line, or when it has irretrievably left the field of play, the ball is considered out of bounds and possession shall be awarded at the spot where it was declared out of bounds to any Player on the opposing team to that Player who last touched it. This includes a shot that leaves the playing surface directly off the goal post or a shot that misses the goal that does not touch a defensive Player before going out of bounds.

Rule 6.10 The Pick

- 6.10.1 **POSITIONING** - The use of the pick by an offensive Player is permitted, provided that the offensive Player is stationary and motionless, and standing in a normal stance, at the time the contact is made.

Rule 6.11 Timeouts

- 6.11.1 **OFFICIAL TIMEOUT** – A Referee may call a timeout for any reason which they deem necessary for the proper enforcement of these Rules or the safe conduct of the game.

- 6.11.2 **INJURY TIMEOUT** - When a Player is injured and, in the opinion of a Referee:

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

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

- i. If the attacking team is in possession of the ball and, in the opinion of the Referee, a scoring play is imminent, then the Referee shall delay the sounding of their whistle in the same manner as outlined in the section entitled the "Slow Whistle Technique".
- ii. If the ball is loose, then the Referee shall delay the sounding of their whistle until possession is secured and, if a scoring play is imminent, the play is completed, in the same manner as outlined in the section entitled the "Slow Whistle Technique".

- 6.11.3 **INJURED PLAYER** - If the clock has to be stopped to allow a bleeding or injured Player to be treated then, unless a team uses one of its timeouts, the injured Player must leave the field before the start of the next play and they may not return before the next dead ball. In the event of blood, the Player shall not re-enter the game until the wound has been treated and covered, and/or all evident blood disinfected from person, uniform and equipment. The Player need not wait for the next dead ball before returning.

- 6.11.4 **TEAM TIME OUT** - A team may request a timeout if they are in possession of the ball in their **Offensive Zone** or entitled to possession of the ball following a dead ball. A timeout may be called by a Coach or the Player who has possession of the ball. The request may be made to a Referee.

- 6.11.5 **DURATION** - A team shall be limited to two timeouts per half and one timeout for every four-minute overtime period. A team timeout shall be 30 seconds long. A timeout taken between periods is charged to the preceding period. A team may not take consecutive timeouts without resumption of play. A team may call a timeout prior to the start of the game.

Rule 6.12 Ball Stuck in Stick or Equipment

- 6.12.1 **STUCK IN UNIFORM OR EQUIPMENT** - If the ball becomes stuck in a Player's uniform or equipment, play shall be suspended immediately and possession shall be awarded by the alternate possession.
- 6.12.2 **STUCK IN STICK** - If at any point the ball becomes stuck in the front or back of a stick, there shall be an immediate whistle and the ball shall be awarded to the opposing team. This applies when a Player loses their stick and the ball remains in the stick.
- 6.12.3 **GOALKEEPER** - Neither situation above applies to the goalkeeper if they are within their goal crease at the time the ball becomes stuck. In this situation, the ball will be awarded to the defensive team at that spot.

Rule 6.13 Ball Out of Play in Goal Crease

- 6.13.1 **CONDITIONS** - Should the ball become stuck in the playing surface within the crease or ensnared in the goal netting, time shall be suspended by the Referees and the ball shall be awarded to a defensive Player.

Rule 6.14 Alternate Possession

- 6.14.1 **DETERMINATION** - When the Referees cannot determine which team should be awarded the ball, possession shall alternate. The team that wins the opening game coin toss gets the choice of goal to defend or the first alternate possession. For overtime, the team that wins coin toss gets the choice of goal to defend or the first alternate possession. The Referee and the scorer's table personnel shall keep track of the alternating possessions. In the event of a dispute, the Referee's position shall prevail.

SECTION 7 SUBSTITUTION

Rule 7.1 Substitution

- 7.1.1 **PROCESS** - Substitution may take place at any time through the Substitution Area when substitution is imminent. The substituting Player must wait in the Substitution Area for the Player whom they are replacing to leave the field of play and only then may they enter the field of play. Players may substitute on the fly and they may do so on either side of the centerline.

SECTION 8 THE GOAL CREASE AND THE GOALKEEPER

Rule 8.1 The Goalkeeper

- 8.1.1 **DESIGNATION** - Each team must have a goalkeeper on the playing field at all times. The goalkeeper is the Player wearing the goalkeeper mandatory protective equipment. Where the goalkeeper is replaced by another Player, that Player must wear the goalkeeper mandatory protective equipment and shall be deemed to be the goalkeeper.

Rule 8.2 Privileges of the Goalkeeper

- 8.2.1 **DESIGNATIONS** - While in their own crease, the goalkeeper shall have the following privileges and protections:
- i. The goalkeeper may stop or block the ball in any manner with their stick or body. When the ball is on the ground and within the crease, whether moving or at rest, the goalkeeper may bat or direct the ball with their hand. The goalkeeper may not hold the ball, catch the ball, or pick it up.
 - ii. No opposing Player may initiate contact with the goalkeeper or their stick while the goalkeeper is within the goal crease area whether the goalkeeper has possession of the ball or not. An

attacking Player may reach into the goal crease area to play a loose ball, so long as they do not initiate contact with the goalkeeper.

- iii. If any portion of the stick of the goalkeeper, when extended outside the cylinder above the goal crease area, except when the ball is in the stick, is subject to being checked under the same circumstances as the stick of any other Player.

Rule 8.3 Prohibitions Relating to the Goal Crease

- 8.3.1 CONTACT - An attacking Player shall not be in an opponents' goal crease area or touch any part of the cage while the ball is live in their opponents' half of the field.
- 8.3.2 RE-ENTRY - A goalkeeper or defending Player who is outside the goal crease area with possession of the ball may not enter the goal crease area. Once a team gains possession of the ball in the goal crease area and the ball subsequently leaves the goal crease area, the team must not intentionally return the ball to its goal crease area until the ball has been possessed by an opposing player.
- 8.3.3 FIVE-SECOND COUNT - A Player who is in the goal crease area may not possess the ball while in the goal crease area for longer than five seconds. If a Player tries to circumvent the five-second time count by deliberately dropping the ball and then picking it up, then the Player will be assessed a minor foul.
- 8.3.4 GOALKEEPER – If a goalkeeper with possession of the ball outside of the goal crease area throws or directs the ball into the goal crease area in an effort to re-gain possession or re-set the five-second count, then the goalkeeper will be assessed a minor foul.
- 8.3.5 POSITIONING - A Player is considered to be within the goal crease area when any part of their body is touching the goal crease area. The Player is considered to be outside the goal crease area when no part of their body is touching the goal crease area, and part of their body is touching the ground outside the goal crease area. The gloved hand is not considered part of the stick, whether or not the gloved hand is holding the stick.
- 8.3.6 DEFENSIVE PLAYERS
 - i. Players in their Defensive Zone may go into the crease to prevent a rolling ball from crossing the goal line.
 - ii. Players in their Defensive Zone may run through or remain in their crease when their team is in possession of the ball. Additionally, they may play the ball within the crease regardless of whether both of their feet are within the goal circle.
 - iii. When the attacking team has the ball in their opponent's Defensive Zone below goal line extended, defensive Players are permitted to run through any portion of their crease while defending; however, only the defensive player marking the ball carrier within a stick's length may remain in the crease while defending.
 - iv. When the attacking team has the ball in their opponent's Defensive Zone above goal line extended, the defensive players are only permitted to run through the portion of the crease below goal line extended while defending; however, the defensive player marking the ball carrier within a stick's length may remain in any portion of the crease while defending.

SECTION 9 FOULS

- 9.1.1 MINOR FOULS - Minor fouls are those less serious in nature and include all violations except those listed in major fouls and expulsions, even if the violation is not specifically delineated in Section 10.

9.1.2 MAJOR FOULS - Major fouls are those of a more serious nature.

9.1.3 EXPULSION FOULS - Expulsion fouls are serious in nature and result in ejection from game.

9.1.4 PENALTY FOR MINOR FOULS - The penalty for a minor foul shall be as follows:

- i. If the offending team has possession of the ball, or if the ball is loose at the time a minor foul is committed, then possession shall be awarded to the non-offending team at the spot of the ball when the foul occurred.
- ii. If the non-offending team has possession of the ball at the time a minor foul is committed, then the foul shall be suspension from the field of play for 20 seconds for the Player committing the foul.

9.1.5 FOUL FOR MAJOR FOULS – the penalty for major fouls shall be as follows:

- i. The penalty for a major foul shall be suspension from the game for a period of 40 seconds. Unless otherwise noted in these Rules, the ball shall be given to the non-offending team. Two or more major fouls by the same Player will result in a player fouling out and may not take any further part in the game.
- ii. Major fouls assessed to a Team Official or Goalkeeper but served by the in-home Player shall not count towards the accumulation of major fouls for the in-home Player for purposes of Rule 9.1.5(i).

9.1.6 FOUL FOR EXPLUSION FOULS – the penalty for expulsion fouls shall be as follows:

- i. The penalty for expulsion foul is suspension for remainder of game and the in-home to serve three minutes.

SECTION 10 MINOR FOULS

Rule 10.1 Interference

10.1.1 A Player may not interfere in any manner with an opponent in an attempt to keep him from a loose ball except when both are within three meters of such loose ball.

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

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

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

10.1.5 Charging, barging, pushing into, lowering one's head and shoulder, or backing into an opponent who has already established their position. It is not required that the opponent be in a stationary position.

Rule 10.2 Pushing

10.2.1 A Player may not push an opponent with their stick, elbow or body. This includes warding. If one hand is removed from the shaft, the elbow/arm may not be used to protect the stick.

Rule 10.3 Illegal Pick

- 10.3.1 No offensive Player shall move into or make contact with a defensive Player with the purpose of blocking that defensive Player from the other Player(s) she is defending. Before the defensive Player makes any contact, the offensive Player must be stationary and motionless, and she must be standing in a normal stance.
- 10.3.2 No offensive Player shall extend their stick in a way which impedes the normal movement of a defender.

Rule 10.4 Holding

- 10.4.1 A Player shall not hold an opponent's body, clothing or stick with any part of their body or stick.

Rule 10.5 Withholding the Ball from Play

- 10.5.1 A Player shall not withhold the ball from play in any manner.
- 10.5.2 A Player shall not lie on a loose ball on the ground.
- 10.5.3 A Player shall not trap a loose ball on the ground with their stick longer than is necessary to control the ball and pick it up in one continuous motion. Raking the ball is permitted.
- 10.5.4 A Player with the ball in their possession shall not hold their stick in close proximity to their body with the purpose of preventing an opponent from dislodging the ball.
- 10.5.5 A Player with the ball in their possession may not grasp any portion of the head of the stick with their fingers or hand so that it becomes more difficult for the opponent to dislodge the ball from the ball-carrier's stick (including "thumbing" the ball while cradling).
- 10.5.6 A Player may not cradle the ball above their shoulders and in front of their face making a legal check impossible.

Rule 10.6 Illegal Actions with the Stick

- 10.6.1 A Player shall not throw their stick under any circumstances.
- 10.6.2 No Player, other than the goalkeeper while within the crease, shall take part in the play of the game in any manner unless their stick is being held with at least one hand. A goalkeeper who loses their stick while outside the crease must first retrieve their stick before taking any further part in the game.
- 10.6.3 No Player may play with a broken stick. Should a Player's stick break during the course of play, the Player shall leave the playing surface with the broken stick immediately. If the broken stick poses a risk of injury play will be stopped.
- 10.6.4 If a Player who is on the field of play wishes to exchange his stick for another stick, which is not on the field of play, then the Player must come off the field of play before doing so. The stick-exchange is thus legal if it is made when the Player is in his Bench Area or in the Substitution Area.
- 10.6.5 Should a Player lose their stick in any legal way so that repossession of their stick would violate a rule, then the "slow whistle technique" applies. Should the stick be in the crease so as to possibly interfere with the goalkeeper's play of an attempted shot at goal, then play shall be suspended immediately.
- 10.6.6 No Player may check an opponent's stick when the ball is not in the opponent's stick so long as the opposing player is in a position to receive or gain possession of the ball. This rule does not apply to incidental, empty stick checks during equally contested balls.

Rule 10.7 Illegal Actions by Team Officials

10.7.1 A Coach, Trainer or other person officially connected with a team shall not:

- i) Enter the field of play without the permission of a Referee, except during a team timeout or between periods;
- ii) Use artificial aids to communicate with Players on the field of play;
- iii) Leave the area on his bench's side of the field between the Substitution Area and the imaginary extension of the goal area line.

10.7.2 This rule does not prohibit a Coach from communicating from the Bench Area with a Player who is on the field of play or in the penalty area.

10.7.3 The use of technology on the sideline is permitted for coaching purposes. Such technology shall not be used to dispute officiating decisions.

Rule 10.8 Illegal Procedure

10.8.1 Any action by a Player or a substitute of a minor foul that is not in conformity with these Rules and other regulations governing the play of the game shall be termed illegal procedure.

10.8.2 Leaving the penalty area before being authorized to do so by the Penalty Timekeeper is a foul. The offending Player shall be returned to the penalty area to serve out the unexpired time plus, if appropriate, any additional foul.

During any stoppage of play, except for halftime, a Player may not leave the penalty area.

10.8.3 Delaying the game is a minor foul. A Player is guilty of delaying the game if, during a stoppage in play, the Player bats, kicks or throws the ball away. In such a case, if a time penalty is to be served, then the individual concerned must serve the penalty.

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

A team is guilty of delaying the game when:

- i. It is not ready to start the game at the beginning of a period, or after a timeout.
- ii. It is not ready to start the game when the Referees are ready to restart the game after a stoppage has occurred because of a foul or an out-of-bounds ball.
- iii. It is not ready to restart the game when the Referees are ready to restart the game after equipment has been adjusted.
- iv. It is not ready to restart the game after an injured Player has been attended to.
- v. Any type of behavior that, in the Referee's opinion, amounts to delay.

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

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

10.8.5 A team which does not have the required number of Players in each designated area at the time the whistle is blown to start a center draw has committed a minor foul.

10.8.6 Failure to be at least three meters from an opponent or a teammate having a free play is a minor foul.

10.8.7 Any breach of the rules relating to substitution is a minor foul.

- 10.8.8 Any breach of the rules relating to the goal crease is a minor foul, with the exclusion Rule 11.11 (Dangerous Crease Defending).
- 10.8.9 Any breach of the rules relating to timeouts is a minor foul.
- 10.8.10 It is a minor foul for a team to have more Players than it should have on the actual field of play (excluding the foul area) at any time, except, at the end of a period, and during a timeout of any kind.
- 10.8.11 Having more than a Head Coach and two non-playing personnel in the team bench or the Coaches area.
- 10.8.12 A Player entering or leaving the field of play must do so through the Substitution Area, except after the scoring of a goal, at the start or the end of a period and during a timeout of any kind. An exception to this rule shall be an injured Player.
- 10.8.13 Unless permission has been given by a Referee or the chief bench Official, a Player, substitute, non-playing member of a team, Coach or anyone officially connected with a competing team shall remain in their team's bench area, except when legally on the field of play or legally in the Substitution Area or legally in the penalty area.
- This rule shall apply at all times, except during the half-time interval.
- 10.8.14 A Player may not deliberately enter their opponents' bench area at any time. If, in the normal course of play, a Player inadvertently enters an opponents' bench area from the field of play, then no offence is committed, provided that the Player leaves their opponents' bench area immediately.
- 10.8.15 A goalkeeper with possession of the ball outside of the goal crease area may not throw or direct the ball into the goal crease area in an effort to re-gain possession or re-set the five-second count.
- 10.8.16 A goalkeeper may not circumvent the five-second time count by deliberately dropping the ball and then picking it up.

Rule 10.9 Over and Back

- 10.9.1 Any violation of the over and back rule is a minor foul.

Rule 10.10 Illegal Equipment

- 10.10.1 Should it come to the attention of a Referee that a Player is wearing equipment or jewelry that is illegal, then the Referee shall demand that the Player conform to specification. The first such occurrence by a Player shall not constitute a minor foul.

Should the Player fail to conform to specification, then she shall be compelled to withdraw from the game until such time as she has complied with the regulations governing equipment, a substitute being allowed for them immediately.

- 10.10.2 For a second violation by the same Player, the Referee shall inflict a minor foul, and she shall be compelled to withdraw from the game until such time as they have complied with the regulations.

Rule 10.11 Offside

- 10.11.1 A team is offside when their goalkeeper whose body (including a gloved hand on the stick but not including the stick itself) touches, steps on or crosses the center line.

Rule 10.12 Thrusting Stick at Face of Opponent

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

Rule 10.13 Lateness

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

Rule 10.14 Warding Off

10.14.1 A Player in possession of the ball may not use a free hand or arm, or any other part of their body, to hold, push or control the direction of the movement of the stick or body of an opponent.

Rule 10.15 Illegal Crease Defending

10.15.1 When the attacking team has the ball in their opponent's Defensive Zone below Goal Line Extended, and a defensive Player, not marking the ball carrier within a stick's length, remains in the crease while defending.

SECTION 11 MAJOR FOULS

Rule 11.1 Illegal Body-Check

11.1.1 Body-checking of an opponent in any form is illegal.

Rule 11.2 Slashing

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

Rule 11.3 Cross-Check

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

Rule 11.4 Tripping

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

Rule 11.5 Unnecessary Roughness

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

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

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

Rule 11.6 Illegal Stick

11.6.1 If the overall length of the stick, measurement of the stick head, or pocket depth has been determined to be illegal for any reason, or if the Referee has determined that a stick has been intentionally manipulated in violation of the Rules, it is a major foul.

11.6.2 No Player shall use a stick with trick construction or stringing/mesh which is designed to hold or camouflage the ball, or prevent the normal and free dislodgement of the ball. This shall include the dimensions of the stick.

- 11.6.3 If a stick check is requested and the stick is found to be legal, a major foul will be assessed against the team requesting the stick check. The in-home will serve the major foul.
- 11.6.4 Any Player found to be playing with a stick absent a butt-end or with strings in excess of the permitted length shall be sent off the field with a warning. Any subsequent infraction for the same violation shall result in a major foul.

Rule 11.7 Unsportsmanlike Conduct

- 11.7.1 No Player, substitute, non-playing member of a team, Coach or anyone officially connected with a competing team shall:
- i. Enter into argument with a Referee as to any decision which she has made;
 - ii. In any way attempt to influence the decision of a Referee;
 - iii. Use any obscene gesture or statement, including comments of race, sexual orientation, etc. to a Referee, any member of the opposing team, or spectator;
 - iv. Commit any act considered unsportsmanlike by the Referees; or
 - v. Deliberately use the hand or fingers to play the ball or interfere with the opponent's stick at the draw.
- 11.7.2 Where an unsportsmanlike conduct foul has been inflicted, and the penalized person continues to act in an unsportsmanlike manner, the Referees have the right to banish him/her from the bench area.
- 11.7.3 No Player shall use a stick that is constructed or strung or tampered with so as to confuse an opponent into believing that the ball is in the stick when it is not, or that the ball is not in the stick when it is. A Player using such a stick shall be given a two-minute penalty, and the stick shall be placed in the custody of the Official Scorer for the remainder of the game.
- If a Player whose stick is to be the subject of a legally requested stick-check or a teammate or any member of his team, Coach or anyone officially connected with the team touches the head or the stringing of the stick or carries out any action which is an attempt to circumvent the stick-check or an attempt to alter the result of the stick-check, prior to the stick check's being carried out, then each of those involved shall be given a two-minute penalty.
- 11.7.4 A team or Player, which repeatedly commits the same foul, may be assessed an unsportsmanlike conduct foul.

Rule 11.8 Player Committing Multiple Fouls

- 11.8.1 Any Player committing time served fouls that exceed two minutes of penalty time shall be "fouled out" of the game, and shall not be allowed to take any further part in it.
- 11.8.2 A substitute for such a Player shall be allowed to enter the game at such a time, as the fouled-out Player would have been permitted to re-enter the game.

Rule 11.9 Dangerous Follow-Through

- 11.9.1 The act of following through with one's stick that endangers the safety of an opposing Player. An exception to this is if the goalkeeper moves into the path of the follow-through.

Rule 11.10 Dangerous Propel

- 11.10.1 Any shot directed at or taken without regard to the positioning of an opposing Player, with the exclusion of the goalkeeper.

Rule 11.11 Dangerous Crease Defending

11.11.1 Entering the crease above Goal Line Extended when the ball is above Goal Line Extended. An exception to this is if a defender is marking the ball carrier within a stick's length.

Rule 11.12 Walling

11.12.1 Defensive players crowding in front of their goal or forming a stack/wall type formation in front of their goal. This is inapplicable if the defensive players are marking opponents within a stick's length. Double-teaming an off-ball attacker in front of the goal is permitted.

SECTION 12 EXPULSION FOULS

Rule 12.1 Definition

12.1.1 The act of deliberately striking or attempting to strike an opponent, a non-playing member of the opponents' team, a Coach, a spectator, or anyone controlling the play of the game with the hand, stick, ball or otherwise by a Player, a substitute, a non-playing member of a team, a Coach or anyone officially connected with a team may be an expulsion foul.

Rule 12.2 Serving the Foul

12.2.1 In the case of an expulsion foul against a Player, a Coach, non-playing member of a team, or someone officially connected with a team or a substitute, the in-home of the offending team shall serve the entire three minutes plus any other penalty time which the expelled Player has incurred prior to a substitution is allowed. The expelled Player will remain under the supervision of their team's Coaches until the end of the game regardless of whether they stay on the bench after expulsion.

12.2.2 If a Player, substitute, Coach, trainer, non-playing member of a team or any other person officially connected with a team commits an expulsion foul, then the Referee-in-Chief of the tournament shall report the incident in writing to the body controlling the game immediately after the end of the game. Where there is no Referee-in-Chief, the game's Head Referee shall write the report. The report shall indicate either that it is considered that the expulsion is sufficient punishment for the person concerned or that it is considered that further action needs to be taken. The incident shall then be dealt with under the relevant laws and/or bylaws of the governing body.

Rule 12.3 Examples of Expulsion Fouls

12.3.1 Where the Referees have "frozen" the benches because a fight has occurred on the field of play, or for any other reason, by indicating to the team personnel who are on the benches that they should remain there, then any team personnel pushing past a Referee to join in a fight, or leaving their designated bench area, must be expelled from the game. An exception to this shall be a member of a team's medical staff who leaves their team's designated bench area to attend to an injured member of his team.

12.3.2 Where two Players from competing teams are fighting and a third participant enters the altercation, then the third Player into the altercation shall also be expelled from the game.

12.3.3 Refusal to accept the authority of the Referees, or the use of threatening, foul or abusive language or gestures, or flagrant misconduct shall be an expulsion foul.

12.3.4 Players involved in fighting will automatically receive an expulsion foul.

12.3.5 The act of deliberately body checking an opponent in the head or neck area, or from behind when a Player is positioned behind their opponent.

- 12.3.6 Any shot directed at or taken without regard to the positioning of an opposing Player that directly strikes a Player above the knees, with the exclusion of the goalkeeper.

SECTION 13 EXECUTION OF PENALTIES

Rule 13.1 The Play-On Technique

- 13.1.1 Where a Player commits a loose-ball minor foul, and the offended team may be disadvantaged by the immediate suspension of play, then the Referee shall visually and verbally signal "Play-on", and shall withhold the whistle until such time as the situation involving the potential advantage has been completed, as follows:
- i. If the offended team gains possession of the ball, then the play-on situation has lapsed, and the Referee will cease the signal.
 - ii. If the offended team does not gain possession of the ball, then the whistle sounds, and the offended team is awarded the ball.
 - iii. If the offended team commits a foul after the initial play-on then the whistle blows, and the team originally offended will be awarded the ball.
- 13.1.2 If the offending team commits a second foul during a play-on, then the following rules shall apply:
- i. If the second foul is a technical foul, then a further play-on is called.
 - ii. If the offended team gains possession of the ball, then the play-on situation has lapsed, and the Referee will cease to signal.
 - iii. If the offending team does not gain possession of the ball, then the whistle sounds, the offended team is awarded the ball.
 - iv. If the second foul is a personal foul, then the Referee stops the play immediately. Foul time is served only for the personal foul.

Rule 13.2 The Slow Whistle Technique

- 13.2.1 If a defensive Player commits a foul, and the attacking team has possession of the ball at the time that the foul occurs, and in the opinion of the Referee a scoring play is imminent, and the act of fouling does not cause the attacking Player who is in possession to lose the ball, then the Referee will raise an arm straight into the air and hold the whistle until such time as the scoring play has been completed.
- 13.2.2 The scoring play is considered complete when:
- i. The attacking team has lost possession of the ball or has taken a shot which has ended.
 - ii. The attacking team has clearly lost the opportunity of scoring a goal on the initial scoring play; or
 - iii. In a slow whistle situation when the ball is in front of the defending team's goal, the attacking team, having caused the ball to go behind the goal, and having then brought it to the front of the goal, cause it to go behind their opponents' goal again; or
 - iv. In the case of a slow whistle situation when the ball is behind the defending team's goal, the attacking team, having brought the ball to the front of the goal, cause it to go behind the goal again.

- 13.2.3 The slow whistle technique shall be employed whether or not the foul is committed against the Player in possession of the ball.
- 13.2.4 A pass is a movement of the ball from a Player in control of the ball by throwing, bouncing or rolling the ball to a teammate.
- 13.2.5 During a slow whistle situation, a shot remains a shot until:
- i. It is clearly obvious that a goal will not be scored; or
 - ii. Added impetus is given to the ball by any member of the attacking team; or
 - iii. Possession is gained by a member of the defending team; or
 - iv. After hitting the goalkeeper and/or the pipe(s), the ball touches any Player of the attacking team, or any Player of the defensive team who is outside the goal crease; at such time the ball shall be declared dead immediately.
- 13.2.6 Where a slow whistle situation is mistakenly applied, when the whistle subsequently blows to stop the play, the ball shall be awarded to the team that has possession.
- 13.2.7 When a Referee inadvertently blows the whistle, the ball shall be awarded to the team that has possession. If neither team has possession, then the ball shall be drawn at the centerline.

Rule 13.3 Co-incident Fouls

- 13.3.1 Co-incident fouls are fouls called on Players of opposing teams during a live or dead ball when sequence cannot be determined.
- 13.3.2 If there is no foul or play-on in effect and if all fouls are minor, the fouls cancel each other. The ball will be awarded by alternate possession at the placement where the whistle sounded or, if the co-incident fouls occurred during a center draw prior to "Possession" or "Free Ball", re-draw at the center of the field with the same restrictions as the original draw.
- 13.3.3 During a slow whistle or play-on, any foul committed by the team in possession (or the team entitled to possession) shall result in an immediate whistle.
- 13.3.4 If a team in possession or (entitled to possession) commits:
- i. Only minor fouls, no penalty time will be served by that team.
 - ii. Any major foul, all Players involved will serve penalty time. This shall include technical and personal fouls by either team and the following rules shall apply:
 - The shorter of the penalty time if uneven will be non-releasable;
 - If one team incurs more total penalty time than the other, then the team with the lesser total penalty time shall be awarded the ball.
 - If the total penalty times are equal, then the team in possession of the ball at the time of the first foul shall retain possession of it.
 - If the total penalty times are equal, and neither team has possession of the ball at the time of the first foul, then there shall be a draw at center with the usual draw restrictions.
 - For the purpose of totaling penalty time in the case of co-incident fouls, an expulsion foul shall count as a three-minute penalty.
 - There shall be no free clear after co-incident fouls.

Rule 13.4 Player Committing Foul

- 13.4.1 A Player who has received a time serving foul shall report immediately to the timer's table. The Player must remain in the penalty area, subject to the rules below, until released by the penalty timekeeper.
- 13.4.2 Penalty time refers to the time for which the Player will be off the field and out of the game. The timing of a foul will begin when the penalized Player is seated in the penalty area, or when the whistle blows to re-start play, whichever is the later.
- 13.4.3 The penalized Player that is going to re-enter the game when penalty time has expired, may spend the last five seconds of the foul time on one knee beside the penalty area on their team's side of the centerline. The Player must then re-enter the game through the table area.
- 13.4.4 Foul time shall run concurrent with playing time. During an authorized timeout, or between periods, a penalized Player may not leave the penalty area with the exception of half time but must return at the commencement of play to complete the suspension.
- 13.4.5 Penalty time will end when the timing of the foul has expired, except that the scoring of a goal against a team having one or more Players serving foul time for minor fouls shall release the Player or Players of the team scored against from serving the balance of their penalty time. This shall not apply in the case of co-incidental (matching penalty time only), personal, or expulsion fouls, where the designated penalty time shall be served regardless of whether or not a goal is scored.
- 13.4.6 If a goalkeeper commits an expulsion foul, then the Referees shall allow time for proper substitution.

Rule 13.5 Reporting Fouls

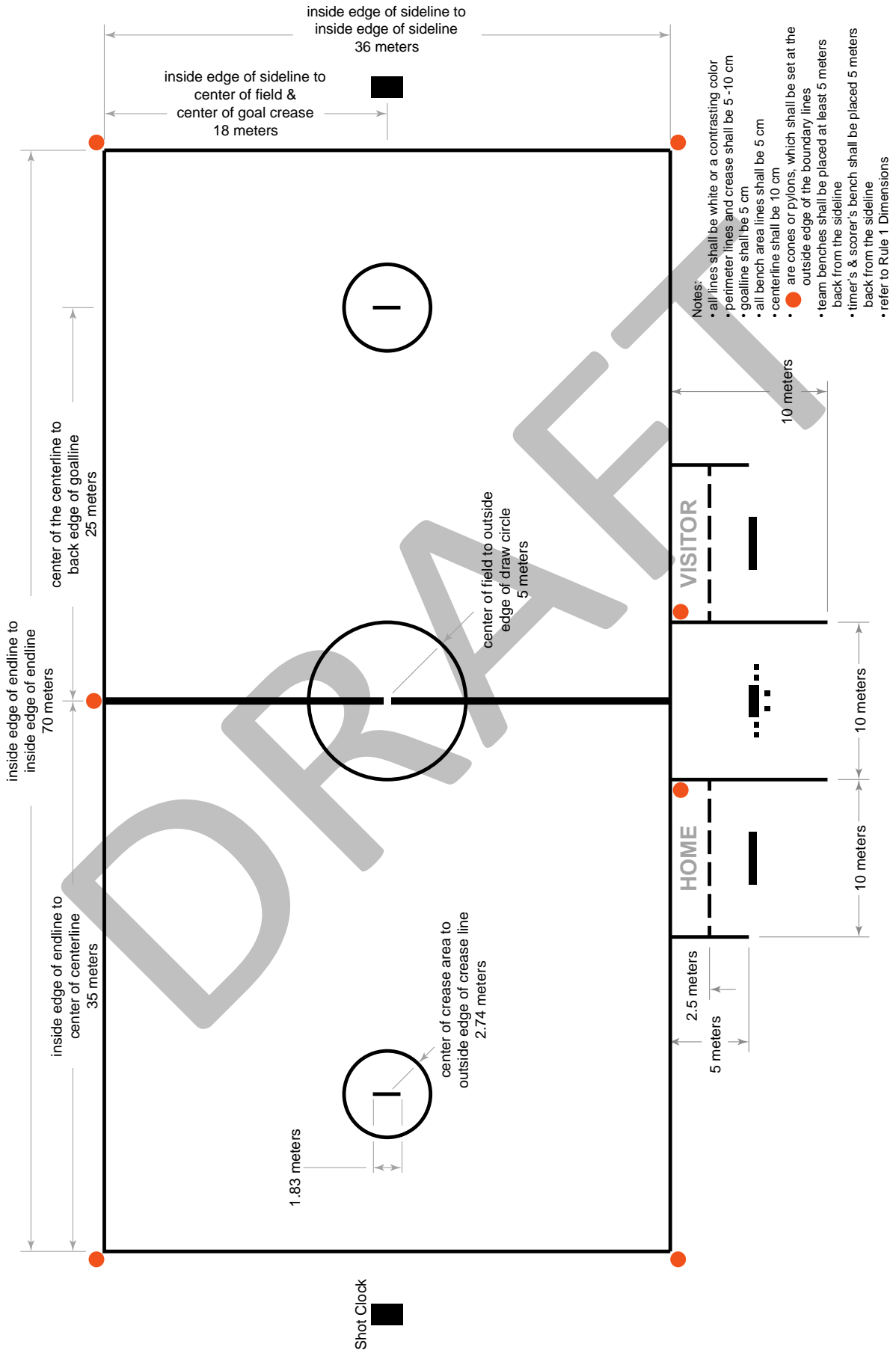
- 13.5.1 PROCEDURE – The following procedure will apply to the reporting of any penalties:
- i. The Referee designates whether a minor or major foul has been committed and reports as such to the foul timekeeper.
 - ii. The Referee designates a minor or major foul by raising a green (minor) or yellow (major) or red (major - expulsion) card.
 - iii. The penalty timekeeper will record the Referee's designation of a minor or major foul.

Referee Signals

Insert a set of Referee Signals when they become available

DRAFT

Six v Six Field Diagram





MEN'S LACROSSE SIX v SIX

Draft Rules

May 2020

THE GAME

Six versus six lacrosse is played by two teams of six 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 stick, or rolled or kicked in any direction, subject to the restrictions described in the following Rules.

A team that starts a game with fewer than six 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.

SECTION 1 THE PLAYING FIELD

Rule 1 Dimensions

1.1.4 **FIELD** - The playing field for all WL events and those events recognized and or approved by the WL shall be rectangular, 70 meters long and 36 meters wide.

Note: The field dimensions may be adjusted between 60 – 70 meters long and 32 -36 meters wide for events neither recognized nor approved by the WL.

1.1.5 **LINES** - 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 line shall be marked through the center of the field perpendicular to the sidelines. This line shall be known as the centerline and shall continue through any logos or other markings. The center of the field shall be marked with a 10 cm circle, square or X (the “center marking”). Through this center marking shall be a line in length, parallel to the end lines. The center marking shall be surrounded by a draw circle 5 meters in radius. All lines shall be between 5 cm -10 cm wide. The goal line shall be 5 cm wide. The center line shall be 10 cm wide. Cones or pylons shall be placed at the four corners of the field, at each end of the Substitution Area, and at that end of the half-way line which is opposite the bench area. The cones or pylons shall be at the outside edge of the boundary lines.

1.1.6 **ZONES** – The playing field shall be divided into 2 zones. The portion of the surface in which the goal is situated shall be called the “Defensive Zone” of the team defending that goal, and the portion farthest from the defended goal as the “Offensive Zone”. The center line divides the 2 zones. What is one team’s defensive zone is their opponent’s offensive zone, and vice versa.

Note: The locations of lines are as shown on the WL Regulation Sixes Surface Diagram. See Appendix A.

Rule 1.2 The Goals

1.2.1 **GOAL DIMENSIONS** – Each goal shall consist of two vertical posts joined by a rigid crossbar. These posts shall be 1.83 meters in height and width, all inside measurements. The pipes shall have an outside diameter of approximately 5 cm. The goal posts shall be supported by flat metal bars, no more than 1.27 cm thick. See Appendix B.

1.2.2 **GOAL PLACEMENT** - The goals shall be centered relative to the width of the playing surface and 25 meters from the midline.

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

1.2.4 **GOAL COLOR** – Goals shall be orange in color.

Rule 1.3 The Goal Crease

- 1.3.1 GOAL CREASE DIMENSIONS - Around each goal there shall be plainly marked a circle known as the goal crease. The goal crease is a circle with a radius of 2.74 meters. The mid-point of the goal line is the center point of the goal crease circle.

Rule 1.4 The Goal Nets

- 1.4.1 NETTING - Each goal must be fitted with a pyramidal shaped cord netting which shall be fastened to the goal posts, the crossbar and the flat metal bar so as to prevent the passage of the ball. The mesh of the net shall not exceed 3.80 cm. Goal nets may be any solid color, preferably white.

Rule 1.5 Timer/Scorer Area

- 1.5.1 TIMER AND SCORER LOCATION - The timer's table shall consist of the Official Timer, the 30-Second Clock Operator, the Official Scorer and any assistants. The timer's table shall be placed at least 5 meters from the sideline at the centerline on the same side as the Players' benches.
- 1.5.2 SHOT CLOCK OPERATOR - The 30-Second Clock Operator shall signal the expiration of the shot clock either by use of an electronic scoreboard buzzer or manual horn.

Rule 1.6 The Team Bench Area

- 1.6.1 BENCH AREA SPECIFICATONS – The Team Bench Area will extend 10 meters parallel from the Substitution Area and, where physically possible, extend at least 5 meters from the sideline. Benches for the competing teams shall be placed in a Team Bench Area at least 5 meters from the sideline.
- 1.6.2 NON-PLAYING PERSONNEL ON BENCH - Only Players in uniform, the Head Coach, and 2 non-playing personnel shall be permitted to occupy their Team Bench Area. Non-dressed Players are not permitted in the Team Bench Area. The Head Referee will instruct the Head Coach to order the removal of any offending individuals from the Team Bench Area. After such warning if the team does not conform, or the offending individuals return to the Team Bench Area, a bench minor foul will be imposed on the offending team.
- 1.6.3 THE COACHES' AREA - A dotted line shall be placed 2.5 meters from the sideline. It shall be parallel to the sideline and extend the length of the Team Bench Area.

Rule 1.7 The Penalty Area

- 1.7.1 CONTENTS - The Penalty Area shall consist of two seats for each team next to the timer's table.

Rule 1.8 Substitution Area

- 1.8.1 DIMENSIONS - A Substitution Area of 10 meters long and 5 meters in depth from the side line and situated between the Team Bench Areas. Only Players in process of imminent substitution should be moving through this area.

SECTION 2 EQUIPMENT

Rule 2.1 The Ball

- 2.1.1 DIMENSIONS - The ball shall comply with the most current NOCSAE standards.
- 2.1.2 COLOR – The ball may be white or yellow in color. Any color other than white or yellow must be agreed upon by both teams.

- 2.1.3 GAME BALL - The home team supplies the game balls and the ball in use at the end of the game shall become the property of the winning team.
- 2.1.4 END LINES - The organizers of any event, or the home team where there is no event organizer, shall supply an adequate number of extra balls on each endline throughout the game.

Rule 2.2 The Stick

- 2.2.1 LENGTH - The stick shall be of an overall length of 100 cm to 110 cm.
- 2.2.2 HEAD - The head of the stick shall measure between 15.50 cm and 25.50 cm inside measurement at its widest point. All sidewalls shall be made of plastic or synthetic material. The sidewalls shall not be above 5.50 cm in height.
- 2.2.3 GOALKEEPER - The stick of the goalkeeper shall be an exception to the above. The goalkeeper may use a stick that measures from 15.50 cm to 38.50 cm inside measurement at its widest point, and shall have an overall length from 100 cm to 183 cm.
- 2.2.4 SHAFT - The stick shaft shall be made of a hollow composite or metal-type material, with the head attached directly to the shaft. The shaft may not be filled with any substance. Any significant increase in radius on the stick shaft with tape or other material that would give undue assistance is not permitted as per the Referee's discretion.
- 2.2.5 BUTT END - The butt end of any stick must be adequately covered with plastic, rubber or tape to prevent injury. The use of metal caps is prohibited.
- 2.2.6 BALL STOP - There may be a ball stop at the throat of the stick. The ball stop must be perpendicular to the shaft and wide enough to let the ball rest loosely on the ball stop. The stop shall be constructed so that no part of the ball can be under the stop. The ball stop or, if no ball stop is fitted, the throat of the shaft, shall be a minimum of 25.4 cm from the outside edge of the head of the stick.
- 2.2.7 POCKET - The pocket of the stick shall be constructed of rawhide, cord, linen or synthetic material and shall be roughly triangular in shape.
- 2.2.8 POCKET STRINGS - All strings shall be limited to a hanging length of 5.0 cm.

Rule 2.3 Prohibitions Relating to the Stick

- 2.3.1 POCKET AND HEAD - No pocket shall sag to such a depth that the top surface of the ball placed therein is below the bottom edge of the sidewalls when the stick is held horizontal to the ground with the net to the bottom of the stick. The stick and pocket shall not be constructed so as to withhold the ball from play or obstruct the free dislodgment of the ball by an opponent. When the stick is turned parallel to the floor the ball must exit the stick. This prohibition shall not apply to the stick of the goalkeeper. The pocket shall not be strung and the strings of a color(s) or pattern so as to confuse an opponent into believing that the ball is in the stick when it is not, or that the ball is not in the stick when it is.
- 2.3.2 STICK CHECK MEASUREMENT REQUEST PROCEDURE - Only the Head Coach may request a stick measurement check on the opposing team and only during a timeout or normal stoppage in play. A request for a stick measurement check shall be limited to 1 request per team during the course of any stoppage of play. A request for a stick measurement check of a goal scorer's stick in sudden-victory overtime will not be granted.

- 2.3.3 **ILLEGAL STICK & SCORED GOAL** – If an attacking Player scores a goal and before play resumes, a stick check measurement is requested and the goal-scorer's stick is found to be illegal, then the goal is disallowed. If the goal is disallowed, the major foul will not be imposed.
- 2.3.4 **RANDOM STICK CHECK PROCEDURE** – The Referees, between quarters and during timeouts throughout the game, may randomly inspect the stick of any Player. Any Player who, in the discretion of the Referee, fails to timely provide the stick to the Referee upon request or who attempts to alter the stick after the request shall be assessed a major foul for unsportsmanlike conduct. Should the stick be illegal upon measurement, an additional major foul shall be assessed.
- 2.3.5 **CONFISCATION PROCEDURE OF ILLEGAL STICK** - If a stick is declared illegal it shall be removed to the scorer's table area. The team may retrieve the stick immediately after the game.

Rule 2.4 Personal Equipment

- 2.4.1 **EQUIPMENT** - All Players are required to wear protective gloves, suitable shoes, and a NOCSAE-approved protective helmet equipped with a facemask and a chinstrap, which must be properly fastened on both sides. If a shield is worn over a facemask, it must not be tinted and the Player's entire face must remain clearly visible at all times.
- 2.4.2 **MOUTH GUARD** - All Players, including the goalkeeper, must properly wear an intra-oral tooth and mouth protector (mouth guard) which shall be molded to the Player's teeth and jaw, cover all teeth of the upper-jaw and protect the Player from injury. It is recommended that the mouth guard be visible in color.
- 2.4.3 **GLOVES** - The fingers may not be cut out of a Player's gloves, and the entire finger must be encased within, and must be part of the glove. A Player may not play with their fingers outside the glove. A Player may cut the palms out of their gloves.
- 2.4.4 **GOALKEEPER** – The goalkeeper must wear a NOCSAE-approved protective helmet equipped with a facemask and a chinstrap, which must be properly fastened on both sides, throat guard, a chest protector and a box/cup (where necessary). The facemask may include a clear shield (no tint permitted) and the Player's entire face must remain clearly visible at all times. Shin guards (soccer/football style), compression shorts or pants that conform to the body with or without pads are optional. With the exception of the goalkeeper's stick, all equipment worn by a goalkeeper must be constructed solely for the purpose of protection of the Player's head and body, and must not include anything that would assist the goalkeeper in stopping the ball. The goalkeeper's uniform, jersey and team shorts/pants shall be worn over the goalkeeper equipment and shall conform to the body such that the jersey and shorts/pants do not assist the goalkeeper in stopping the ball.
- 2.4.5 **STOPPAGE OF PLAY** - Play must be suspended immediately if a Player does not have any of the required equipment, or if during the duration of play, equipment becomes dislodged compromising safety or increasing the risk of injury. The Referee shall delay the sounding of their whistle as in the slow whistle technique, except that an arm signal is not made under these circumstances.
- 2.4.6 **UNIFORM** - All eligible Players of each team shall be dressed uniformly with, as a minimum, matching jerseys and shorts of the same dominant team color. Those Players on the team who wear sweatpants must wear the same color sweatpants. Altered uniforms of any kind will not be permitted, including but not limited to a ripped and/or re-stitched jersey. Any Player or goalkeeper not complying with this rule shall not be permitted to participate in the game.
- 2.4.7 **JERSEY NUMBERS** - Each Player and goalkeeper listed on the team's roster shall wear an individual identifying number at least 25 cm high on the front and back of their jersey. A Player's name is not a mandatory element of the jersey. The numbers on the front and back of a Player's

jersey shall be the same, and no duplicate numbers shall be permitted on the same team. The number on the jersey shall be one or two digits. The numbers must range from 0 to 99.

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

Rule 2.6 Prohibitions Relating to Personal Equipment

2.6.1 HELMET CAMERA - No Player shall wear any form of body or helmet mounted sports camera, or wear or carry equipment, which, in the opinion of the Referees, endangers them or other Players.

2.6.2 JEWELRY - A Player may not wear jewelry or body-piercings. Exceptions to this shall be a medical alert item and/or a religious item. If worn, such an item must be securely taped to the relevant part of the body to prevent it becoming entangled with the stick or equipment of another Player.

Rule 2.7 Coaches Certification

2.7.1 CERTIFICATION - The pregame equipment certification by the Head Coach shall act as the team warning. The Head Coach shall certify to the Head Referee before the game that all Players:

- i. Have been informed what equipment is mandatory and what constitutes illegal equipment;
- ii. Have been provided the equipment mandated by rule;
- iii. Have been instructed to wear and how to wear mandatory equipment during the game;
- iv. Have been instructed to notify the coaching staff when equipment becomes illegal during the game; and
- v. Have had their sticks, uniforms and all other equipment inspected by the Head Coach for meeting specifications.

Note: Certification is achieved by the Referee asking the Head Coach the following: "Coach, are all your Players legally equipped by the rule?"

SECTION 3 THE TEAMS

Rule 3.1 Number of Players

3.1.1 ROSTER – No team may be comprised of more than 12 Players on an active roster.

3.1.2 ELIGIBLE PLAYER LIST - At the beginning of each game, the Head Coach shall list the Players and goalkeeper(s) who shall be eligible to play in the game. During all games no more than 10 Players shall be permitted, including a minimum of 1 goalkeeper.

3.1.3 SUBMISSION OF ELIGIBLE PLAYER LIST - Two team rosters indicating the names and numbers of all 10 Players in the line-up must be entered into the official scorebook no later than 20 minutes before the game and no change shall be permitted in the list or addition thereto. The name of the Captain of both teams shall be included in the list. Also, each team's designated in-home Player will be indicated on the line-up and foul summary sheet. Should an injury/sickness occur during warm up, the team must notify the Head Referee before the end of the formal warm up in order for an eligible replacement to be made at that time. The opposing team shall be immediately notified by the Head Referee and permitted line-up change(s) not to exceed the original team's changes at that time. The Head Referee shall notify the Official Scorer of any line-up changes.

3.1.4 NUMBER OF PLAYERS TO BEGIN A GAME - A full team shall be composed of six Players on the field, which includes five field Players and one goalkeeper and must have this minimum to start

the game. Each team must have a goalkeeper on the field at all times. If, because of injuries or Players out of the game due to fouling out or expulsion fouls or other reasons, a team cannot keep six Players in the game, then it may continue the game with fewer than six Players, but no exceptions will be made to these Rules.

- 3.1.5 PLAYERS AS A GOALKEEPER – To the extent a goalkeeper becomes incapacitated, an eligible Player listed on the playing roster for that game shall be permitted to wear the equipment of the goalkeeper.
- 3.1.6 BENCH - It is the home team's decision to choose the bench area which they will occupy during the game. At a World Championship or similar major event, or at any event where the organizers deem it necessary, the home team will be allocated the bench area to the left when facing the bench area. In the case of a dispute, the visiting team is the first out of the change rooms.
- 3.1.7 IN-HOME - Before the commencement of the game, the Head Coach shall nominate an in-home to the Head Referee. The in-home may be any Player on the team except for a goalkeeper. The in-home Player will serve any non-designated Player foul, minor, major or expulsion foul, or foul to the goalkeeper. If multiple fouls of this type occur, then the penalties shall be imposed against additional Players who may be any member of the team except for the goalkeeper and shall be nominated by the Head Coach of the penalized team.

Rule 3.2 Captains

- 3.2.1 PRIVILEGES - Each team shall appoint one Captain who alone shall have the privilege of discussing with the Referee any questions relating to the interpretation of rules which may arise during the game. No playing Coach, playing manager or goalkeeper shall be permitted to act as Captain.
- 3.2.2 COMMUNICATION WITH REFEREES - Only the Captain, when invited to do so by a Referee, shall have the privilege of discussing any point relating to the interpretation of the rules. The Captain needs to ask the Referee to speak to him before discussing the interpretation of the rules. A complaint about a foul is not a matter "relating to the interpretation of the rules" and a major foul shall be imposed against any Captain or other Player making such a complaint.

Rule 3.3 Coaches

- 3.3.1 DUTIES - It shall be the responsibility of the Head Coach to see that their Players are properly and legally dressed and equipped to play and are ready to play at all times in accordance with the pre-game and game procedures set out in these rules. The Head Coach is responsible for the actions of all non-playing members of their team and all persons officially connected with their team. It is the duty of the Head Coach to cooperate with the Referees in keeping the game under control at all times with their Players and not to entice poor sportsmanship from the spectators. Any failure will result in a major foul and may be subject to expulsion from the game and additional discipline from the appropriate adjudicatory body.
- 3.3.2 RESPONSIBILITIES - It shall be the responsibility of the home Head Coach to see
- i. That the playing field is in proper condition for play;
 - ii. That the timekeepers and scorers are present and prepared with all the required equipment necessary for them to carry out their respective functions; and
 - iii. That balls and ball persons are provided.

Note: In a World Championship or similar event, the organizers of the event will be responsible for the above, including the required equipment set out in these Rules.

- 3.3.3 **PLAYER-COACH** - One or more of a team's Coaches may be a Player-Coach. The Head Referee and the opposing Head Coach must be informed of the shirt number of any such Player-Coach before the start of the game. When a Player-Coach is in the Coaches' area, no head or eye protection shall be worn.
- 3.3.4 **IN LIEU OF A HEAD COACH** - In the absence of a Head Coach, the powers, authorities and responsibilities of the Head Coach will fall to an Assistant Coach as nominated by the team. Should there be no Coaches, the powers, authorities and responsibilities of the Head Coach will fall to the one Captain who is designated the official representative of that team on the field.

SECTION 4 CONTROL OF THE GAME

Rule 4.1 The Referees

- 4.1.1 **DUTIES** - The game shall be controlled by three Referees, one of whom shall be designated the Head Referee. Their duties shall be equal in all respects, except that, in the settlement of any dispute, the decision of the Head Referee shall be final. The Referees shall have authority over the play of the game, with control and jurisdiction over the Official timekeeper, Penalty Timekeepers, Official scorers, Players, substitutes, Coaches, anyone officially connected with the teams, and spectators. The Referees shall, before the start of each game, see that the appointed table personnel are in their respective places and ensure that all timing and signaling equipment are in order.
- 4.1.2 **AUTHORITY** – The authority of the Referees shall begin with their appearance on the field of play and terminate only when the Referees exit the field of play. Any of the Referees may suspend the play of the game and stop all clocks for any reason, which they deem necessary for the proper enforcement of these Rules or the safe conduct of the game.
- 4.1.3 **PENALTIES** - It shall be the Referees' duty to impose penalties as prescribed by this rulebook for infractions thereof. The Referees shall designate any minor, major, or expulsion foul and report such to the Official Scorer or Timekeeper. The Referees shall see that Players of opposing teams are separated in the penalty area to prevent any altercations.
- 4.1.4 **REPORTING OF INCIDENTS** - The Referees shall report in detail on the game sheet or special incident report any of the following incidents:
- i. Every obscene gesture or statement made by any person involved in the playing or conduct of the game, including comments of race, sexual orientation, etc. whether a participant, or a representative of either team, which gesture they have personally observed;
 - ii. Any altercation between a spectator and any Player or non-playing team member; or
 - iii. When an ejection of a Player or Coach is administered.
- 4.1.5 **REPORTING OF GOALS** - The Referees shall keep a record of the goals scored by each team. They shall check the score with the Official Scorer at the end of each period, but the Referees' score shall be the official score of the game.
- 4.1.6 **UNIFORM** - The Referees shall wear the proper and similar uniforms. For all WL events and those events recognized and/or approved by WL, the Referees shall wear:
- Vertical black and white striped shirt; and
 - Black shorts, along with black ankle length socks (warm weather); or
 - Black long trousers with black socks (cold weather); and
 - Black belt; and

- Black athletic shoes; and
- Black cap with white piping.

Note: For all WL events and those events recognized and or approved by the WL, the Officiating Chair in consultation with the Technical Director may approve variations to the above uniform.

Rule 4.2 Table Personnel

- 4.2.1 **TIMEKEEPER'S DUTIES** - The Official Timekeeper shall keep an accurate account of the time of each quarter and intervals between quarters and all other timeouts. The timekeeper sounds the horn to resume play when an interval or timeout has elapsed. The timekeeper's horn in and of itself never stops the play of the game.
- 4.2.2 **PENALTY TIMEKEEPER** - Two Penalty Timekeepers shall be assigned for each game and shall be equipped with timepieces, which can record time in seconds. The Penalty Timekeepers shall be positioned at either side of the timer's table, behind the penalty area. The Penalty Timekeepers shall time the period of any foul imposed by the Referees, and shall audibly count down the penalty time to the Player concerned and to any substitute who may be about to go on to the field in place of the penalized Player, as follows: "10 seconds, 5 seconds, 4, 3, 2, 1, Release".
- 4.2.3 **OFFICIAL SCORER DUTIES** - There shall be an Official Scorer and at least one assistant assigned for each game. The Official Scorer shall keep an accurate record of the goals scored, time of the goal scored and assist made by each team. The Official Scorer shall record the name and number of the Player scoring the goal and those credited with the assist, keep an accurate record of timeouts (team, Referee, television), and notify the Referees if either team exceeds the number allowed. The Official Scorer keeps the name and number of each Player upon whom a penalty is administered, the type of foul, time of the quarter when it occurred and the duration. The Official Scorer must notify the Referees when any Player accumulates more than three major fouls in one game (fouling out). The Official Scorer shall keep a record of both teams' in-home Player's name and number.
- 4.2.4 **SHOT CLOCK OPERATOR DUTIES** - The 30-Second Clock Operator shall control a separate timing device that shall be used during the entire game including overtime except for the last 30 seconds in each quarter. Although the 30-Second Clock Operator may sound a horn or electronic device when the 30-second clock expires, the Referee shall be responsible to signal any violation of the 30-second clock.

Rule 4.3 Mistakes by the Officials

- 4.3.1 **JUDGMENT** - Where a Referee, Official Timekeeper, Penalty Timekeeper, or Official Scorer becomes aware that an inadvertent error has been made which would result in a Player or a team being penalized, they shall promptly correct the error. If a goal is scored prior to the error being corrected and the error is brought to the attention of the Referees before play resumes, the Referees shall allow or disallow the goal depending on the circumstance.

Rule 4.4 Delayed Penalty Signal and Inadvertent Whistles

- 4.4.1 **PROCEDURE** - At the time of an inadvertent whistle, play must be stopped immediately. In the case of an inadvertent delayed foul situation or horn, Referees will stop play at the earliest opportunity that does not interfere with an imminent scoring opportunity. Possession shall be awarded as follows:
- i. For an inadvertent whistle, a team with, or entitled to, possession at the time of the whistle shall restart play with possession. If neither team has or is entitled to possession at the time of the whistle, the ball shall be awarded by the alternate-possession rule.

- ii. If play continues after an inadvertent flag or horn and a goal is scored, play will be restarted with a draw at center.
- iii. If one or more shots are taken with no goal scored, the ball shall be awarded by the alternate-possession rule, or if no shot is taken, the ball is awarded to the team last in possession.

SECTION 5 TIME FACTORS

Rule 5.1 Length of Game

- 5.1.1 **GAME LENGTH** - The regulation playing time is four quarters of eight minutes running time, save for any stoppage of play as set out in Rule 5.3.2 below.

Rule 5.2 Intervals Between Quarters

- 5.2.1 **QUARTER BREAKS** - There shall be a two-minute interval between the first and second quarters and between the third and fourth quarters. During these intervals all rules governing play of the game shall remain in force.
- 5.2.2 **HALF-TIME** - Between the second and third quarters, there shall be a five-minute intermission or half time. Teams may leave the bench areas during half-time.
- 5.2.3 **CHANGE OF DIRECTION OF PLAY** - At the conclusion of each quarter, including any sudden-victory periods, each team shall change their direction of play. A team's Defensive Zone from the prior quarter becomes their Offensive Zone, and vice versa.

Rule 5.3 Game Clock Operation

- 5.3.1 **START OF GAME** - The game clock shall begin when the Referee blows the whistle to start the first draw of each quarter.
- 5.3.2 **STOPPAGE** - The stoppage of all clocks will occur only:
- i. During timeouts of any kind;
 - ii. After a goal, upon the Referee's sounding whistle;
 - iii. At the end of a quarter; or
 - iv. During the last two minutes of the fourth quarter.

During sudden-victory overtime periods, the clocks will start and stop on the Referee's sounding whistle.

Rule 5.4 Shot Clock Operation

- 5.4.1 **SHOT CLOCK** - Upon a team gaining possession of the ball, there shall be a 30 shot-clock.

The shot-clock shall reset if:

- i. A shot hits the goal pipe or rebounds off the goalkeeper while standing within the crease, subject to the following:
 - 1. The head of the Players stick must be above Goal Line Extended (GLE) when the ball is released for it to be considered a shot; and
 - 2. The ball must be released from the Player's stick prior to the shot clock expiring;
- ii. All minor fouls;

- iii. Change of possession; or
- iv. Play is stopped for a defensive injury.

The shot-clock shall not reset:

- i. If the shot does not come from above GLE;
- ii. During a team or Referee's timeout;
- iii. If the ball hits the goalkeeper or a defensive Player while outside the crease; or
- iv. If play is stopped for an offensive injury.

Rule 5.5 Sudden-Victory Overtime

5.5.1 OVERTIME - When the score is tied at the end of regulation playing time, play shall continue with sudden-victory overtime.

- i. Periods are four minutes of stopped time until a goal is scored.
- ii. There shall be a two-minute break prior to the start of the first sudden-victory overtime period and between all subsequent periods of sudden-victory overtime.
- iii. If a game remains tied after the first sudden-victory overtime period (i.e., no goal is scored by either side), there shall be a two-minute break followed by a second four-minute sudden-victory overtime period. This procedure will continue until the first goal is scored.

Rule 5.6 Start of Game and Overtime

5.6.1 COIN TOSS - Initial Offensive/Defensive Zones will be determined by a coin toss prior to the start of the game. The visiting Captain shall call the toss. Winner of the coin toss chooses alternate position or the goal their team will defend for the first quarter. Prior to the first sudden-victory overtime period, an additional coin toss will be utilized to determine alternate possession or goal to defend for the first sudden-victory overtime period.

5.6.2 SWITCHING ENDS - Teams will switch their direction of play after each quarter and sudden-victory overtime period.

Rule 5.7 Interrupted or Incomplete Game

5.7.1 WEATHER INTERRUPTION - Where the Head Referee and/or the tournament's Referee-in-Chief feels that weather storms and/or lightning make it unadvisable for a game to continue, then the game shall be halted in accordance with the World Lacrosse Lightning Protocol. All participants, including Players, Referees, Bench Officials, ball persons and others, shall be required to go indoors at the earliest opportunity.

5.7.2 RE-START AFTER WEATHER INTERRUPTION - If it is subsequently possible to resume the game, then the teams shall be allowed to warm up on the field of play prior to the re-start, as follows:

- i. If the delay from leaving the field to re-entering the field is not more than 30 minutes, then a 10-minute warm up will be allowed.
- ii. By mutual consent of both Coaches, the above warm-up times may be shortened.

5.7.3 INCOMPLETE GAME - In the event of a game not being completed because of darkness, bad weather, or any circumstances whereby the Head Referee thinks the safety of players is at risk, such uncompleted game shall be referred to the governing body for adjudication of a result.

Rule 5.8 Defaulted Game

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

SECTION 6 THE PLAY OF THE GAME

Rule 6.1 Actions Prior To The Game

- 6.1.1 WARM UP - When a team is warming up on the field of play, it shall do so in the half of the playing field that is nearest to its own bench area.
- 6.1.2 DISCUSSION WITH CAPTAINS - The Referees shall call together the Captains at the center of the field approximately five minutes before the start of the game. At this time, any special ground rules shall be explained.
- 6.1.3 LINE-UP - The Referees shall then position the starting line-ups in lines facing each other at the center of the field, with their left sides towards the goal they are defending. Any special ground rules shall be explained.

Rule 6.2 The Status of the Ball

- 6.2.1 LIVE BALL - Once the whistle has blown to start or re-start play, for example at a draw, when the ball is being put back into play after going out-of-bounds, or when the ball is being put back into play after a foul has been committed, then the ball is a live ball.
- 6.2.2 DEAD BALL - When the whistle blows to stop play, for example because a goal has been scored, the ball has gone out-of-bounds, or a whistle has blown denoting a foul, then the ball is a dead ball.
- 6.2.3 INFRACTION - If a foul is called, and play continues, then the ball is still a live ball.

Rule 6.3 Possession of the Ball

- 6.3.1 PLAYER POSSESSION - A Player shall be considered in possession of the ball when in control of it and able to perform any of the normal functions of play such as carrying, cradling, passing or shooting. In addition, the goalkeeper shall be considered in possession of the ball when any part of their body is touching the goal crease area and the ball is possessed or under the goalkeeper's stick within the goal crease area.
- 6.3.2 TEAM POSSESSION - A team shall be considered in possession of the ball when a Player on that team has possession of the ball (Player possession), or when the ball is passed from a Player to a teammate.
- 6.3.3 LOOSE BALL - A ball not in a Player's possession or a team's possession is a loose ball.

Rule 6.4 Center Draw

- 6.4.1 TIMING - Each quarter and overtime period will begin with a draw at the center of the field, subject to the following exceptions:
- i. In the event of an extra-player situation at the conclusion of any quarter/period, then the next quarter/period shall be commenced by awarding the ball to the team that had possession at the conclusion of the prior period in the same relative position on the field. However, if the

quarter/period ends with no team in possession, then a draw shall occur at the center line and all the usual restrictions shall apply.

- ii. If a draw is about to take place, and a team is guilty of delaying the game, then possession shall be awarded to the non-offending team. At the discretion of the Referees, repeated delay fouls may warrant unsportsmanlike conduct.
- iii. If a Player, substitute, Coach or non-playing member of a team commits a foul before any draw, the ball will be awarded to the non-offending team at the center of the field. All restricted Players are released from their goal areas and may enter the center circle immediately.

- 6.4.2 DRAW ELIGIBILITY – All Players except left-handed Players and goalkeepers may take part in a draw.
- 6.4.3 DRAW POSITIONING - All Players except the two taking the draw shall be positioned outside of the five-meter center circle. The Players facing shall stand on the same side of the centerline as the goal each is defending. The Referee shall indicate to both Players to assume their respective positions at the same time. The sticks and gloves shall rest on the ground up to but not touching the line on that Player's defensive half of the field, parallel to the centerline. The reverse surfaces of the sticks must match evenly, and each Player must have both hands wrapped around the handle of his own stick, not touching any strings, and both gloved hands must be on the ground. No other body part shall touch the stick. Both hands, both feet and helmet must be to the left of the throat of his stick. The heads of the stick shall be perpendicular to the field. Players may not back out and re-set their positions once the Referee has initiated the draw position.
- 6.4.4 PLAYER POSITIONING - Players outside the center circle must remain outside until possession is gained, the ball touches or crosses the line creating the center circle, or the ball goes out-of-bounds. If any of the foregoing occur, the non-offending team will be awarded possession of the ball.
- 6.4.5 SET - Once the draw Players have assumed their positions, the Referee shall place the ball between the upper one-half of the heads of the sticks and say, "set". Once this signal is given, both Players must remain motionless (except of moving their heads) until the whistle sounds to start play.
- 6.4.6 MOVEMENT - When the Referee sounds their whistle to start the draw, each Player may attempt to direct the course of the ball by movement of their stick in any manner they desire. Kicking or stepping on an opponent's stick is illegal. A Player may not "kick through" their own stick in order to move their opponent's stick. A Player may not deliberately use their hand or fingers to play the ball. A Player may not grab an opponent's stick.
- 6.4.7 INADVERTENT WHISTLE - If a Referee blows their whistle by mistake, then the ball shall be re-drawn at the centerline with the same restrictions as the original draw.
- 6.4.8 OUT OF BOUNDS - If the ball goes directly out-of-bounds from a draw, and the Referee does not know who touched it last, the ball will be awarded by alternate possession.
- 6.4.9 SIMULTANEOUS FOULS - If both Players draw illegally, or it cannot be determined why the draw was illegal, or the Referee determines that the draw was unsuccessful because it was not set correctly, the Referee will reset the draw; however, if a second re-draw is necessary, the ball will be awarded by alternate possession.

Rule 6.5 Advancing the ball

- 6.5.1 BALL OVER CENTERLINE - When a team gains possession in the defensive half of the field, they must get the ball across the centerline within 10 seconds of gaining possession. Being across

the centerline means both feet must be in the Offensive Zone; they may not touch the center line. The 5-second crease count is included in these 10 seconds.

- 6.5.2 10-SECOND COUNT PROCEDURE - The Referee shall keep the 10-second time count using a chopping motion with their arm.

Rule 6.6 Over and Back

6.6.1 VIOLATION - Once the ball is in the Offensive Zone, the ball shall not return to the Defensive Zone through actions of the offensive team. If this occurs, it is an over and back violation. The result is an immediate change of possession and a quick restart for the non-offending team. If the ball does not touch or go over the center line, no violation has occurred. A player from the same team may legally bat the ball to keep it in the Offensive Zone, but if it is possessed and their feet are in the Defensive Zone, it shall be a change of possession.

6.6.2 NO VIOLATION - An over and back violation does not occur in the following situations:

- i) A shot leaves the Offensive Zone.
- ii) A loose ball leaves the Offensive Zone and was last touched by the defensive team.
- iii) A loose ball is leaving the Offensive Zone and the defensive team is called for a loose ball foul (play-on) or causes the ball to go out of bounds in the Defensive Zone.

Rule 6.7 Restarts

6.7.1 TIMING – In a team's Defensive Zone, once the Referee has signaled that the ball is ready for play, the restart shall occur in the same relative position where the ball was when play was stopped. In a team's Offensive Zone, once the Referee has signaled that the ball is ready for play, the restart shall occur two meters inside the closest boundary line from where the ball was when play was stopped. The Referee shall resume play as quickly as possible. If an opposing Player is within three meters of the Player awarded possession of the ball, and the Referee blows the whistle to restart play, the opposing Player is not allowed to defend the ball until they reach a distance of at least three meters from the opponent.

6.7.2 DELAY - A violation of the three-meter area will be a minor foul (slow whistle) for delay of game. On any restart, no offensive Player may be within three meters of the Player with the ball. Referees are instructed to resume play quickly and not be as deliberate with the exact location of the restart. The restart shall be delayed only if a clear distance advantage is evident.

6.7.3 OUT-OF-BOUNDS - On restarts where the ball goes out of bounds, the Player who is awarded the ball cannot get a running start from out-of-bounds. The Player must be in bounds prior to the Referee blowing the whistle. 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, play will be restarted on the field of play, at least two meters laterally from the out-of-bounds spot, but at least five meters from the scorer's table area. 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 spot of the restart is determined by the location of the ball when the ball was declared out of bounds. In the case of a loose ball going out of bounds, the legal position 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.

6.7.4 PENALTY TIME - When a foul occurs and penalty time is to be served, the ball will be awarded to the non-offending team in their Offensive Zone two meters in from the center line and must be at least five meters from the Substitution Area.

- 6.7.5 **TIMEOUT**– After a timeout, the team being awarded possession shall start the ball two meters inside the closest boundary line from where the ball was when play was stopped. The closest boundary line may also be the center line.
- 6.7.6 **CARRY OVER** - When a quarter ends with possession carrying over, the restart location is in the same relative position on the field at the start of the next quarter. If the ball is in a team's Offensive Zone, play will commence two meters inside the closest boundary line from where the ball was when play was stopped.
- 6.7.7 **AFTER A GOAL** – Following any goal, the goalkeeper must retrieve the ball from the goal and ready it for play. The Referee will give a visual five-second count with an arm motion of 45 degrees above shoulder height with a chopping motion. If the goalkeeper does not retrieve and possess the ball within five seconds, the ball will be awarded to the non-offending team. Once the Referee concludes the five-second count, they will sound a whistle to start the shot and game clock. The five-second crease count will then begin.

Rule 6.8 Scoring

- 6.8.1 **DEFINED** - A goal is scored when the ball, whether loose or not, passes through the plane of the goal.
- 6.8.2 **SCORER** - The last attacking Player who provided enough force or impetus to the ball for it to completely pass through the plane of the goal is the goal scorer and shall be credited with the goal. When a Player on the defensive team provides enough force or impetus to the ball for it to completely pass through the plane of the goal, this is considered an own goal and the goal shall be credited to the designated in-home of the offensive team.
- 6.8.3 **RESULT** - The team scoring the greater number of goals at the conclusion of the game shall be declared the winner of the game.
- 6.8.4 **NO GOAL** – A goal is not scored when the ball passes through the plane of the goal in the following circumstances:
- i. If the ball is released from the shooter's stick after the quarter/period has ended or expiration of the shot clock, regardless of whether or not a Referee's whistle has sounded;
 - ii. After a Referee's whistle has sounded for any reason, even though the sounding of the whistle may have been inadvertent;
 - iii. If a Player from the attacking team interferes with the opposing goalkeeper, while the goalkeeper is within their crease;
 - iv. If the goal scorer is an ineligible or expelled Player;
 - v. When the attacking team has more players than it should have on the actual field of play (excluding the penalty area) at the time;
 - vi. When the attacking team's goalkeeper is in their team's Offensive Zone;
 - vii. When the head of the shooter's stick comes off during the shot or the follow-through; or
 - viii. If a goal has been scored by an attacking Player and, before the next live ball, that Player's stick is declared illegal for any reason.

Rule 6.9 Ball Out-Of-Bounds

- 6.9.1 **SUSPENSION OF PLAY** - Play shall be suspended at any time when the ball is out-of-bounds.

- 6.9.2 **WITH POSSESSION** - When a Player with the ball in their possession steps on or over a boundary line, or any part of their stick or body touches the ground on or over the 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 to restart play to where where the ball was declared out-of-bounds.
- 6.9.3 **WITHOUT POSSESSION** - When a loose ball touches a boundary line or the ground outside of a boundary line, touches anything on or outside of a boundary line, or when it has irretrievably left the field of play, the ball is considered out of bounds and possession shall be awarded at the spot where it was declared out of bounds to any Player on the opposing team to that Player who last touched it. This includes a shot that leaves the playing surface directly off the goal post or a shot that misses the goal that does not touch a defensive Player before going out of bounds.

Rule 6.10 The Pick

- 6.10.1 **POSITIONING** - The use of the pick by an offensive Player is permitted, provided that the offensive Player is stationary and motionless, and standing in a normal stance, at the time the contact is made.

Rule 6.11 Timeouts

- 6.11.1 **OFFICIAL TIMEOUT** – A Referee may call a timeout for any reason which they deem necessary for the proper enforcement of these Rules or the safe conduct of the game.
- 6.11.2 **INJURY TIMEOUT** - When a Player is injured and, in the opinion of a Referee:
- i. the injury is serious;
 - ii. there is bleeding or blood evident; or
 - iii. there is risk of further injury to the Player;
- then play shall be suspended immediately. Otherwise, the Referee shall delay the sounding of their whistle as follows:
- i. If the attacking team is in possession of the ball and, in the opinion of the Referee, a scoring play is imminent, then the Referee shall delay the sounding of their whistle in the same manner as outlined in the section entitled the “Slow Whistle Technique”.
 - ii. If the ball is loose, then the Referee shall delay the sounding of their whistle until possession is secured and, if a scoring play is imminent, the play is completed, in the same manner as outlined in the section entitled the “Slow Whistle Technique”.
- 6.11.3 **INJURED PLAYER** - If the clock has to be stopped to allow a bleeding or injured Player to be treated then, unless a team uses one of its timeouts, the injured Player must leave the field before the start of the next play and they may not return before the next dead ball. In the event of blood, the Player shall not re-enter the game until the wound has been treated and covered, and/or all evident blood disinfected from person, uniform and equipment. The Player need not wait for the next dead ball before returning.
- 6.11.4 **TEAM TIME OUT** - A team may request a timeout if they are in possession of the ball in their Offensive Zone or entitled to possession of the ball following a dead ball. A timeout may be called by a Coach or the Player who has possession of the ball. The request may be made to a Referee.
- 6.11.5 **DURATION** - A team shall be limited to two timeouts per half and one timeout for every four-minute overtime period. A team timeout shall be 30 seconds long. A timeout taken between periods is charged to the preceding period. A team may not take consecutive timeouts without resumption of play. A team may call a timeout prior to the start of the game.

Rule 6.12 Ball Stuck in Stick or Equipment

- 6.12.1 STUCK IN UNIFORM OR EQUIPMENT - If the ball becomes stuck in a Player's uniform or equipment, play shall be suspended immediately and possession shall be awarded by the alternate possession.
- 6.12.2 STUCK IN STICK - If at any point the ball becomes stuck in the front or back of a stick, there shall be an immediate whistle and the ball shall be awarded to the opposing team. This applies when a Player loses their stick and the ball remains in the stick.
- 6.12.3 GOALKEEPER - Neither situation above applies to the goalkeeper if they are within their goal crease at the time the ball becomes stuck. In this situation, the ball will be awarded to the defensive team at that spot.

Rule 6.13 Ball Out of Play in Goal Crease

- 6.13.1 CONDITIONS - Should the ball become stuck in the playing surface within the crease or ensnared in the goal netting, time shall be suspended by the Referees and the ball shall be awarded to a defensive Player.

Rule 6.14 Alternate Possession

- 6.14.1 DETERMINATION - When the Referees cannot determine which team should be awarded the ball, possession shall alternate. The team that wins the opening game coin toss gets the choice of goal to defend or the first alternate possession. For overtime, the team that the wins coin toss gets the choice of goal to defend or the first alternate possession. The Referee and the scorer's table personnel shall keep track of the alternating possessions. In the event of a dispute, the Referee's position shall prevail.

SECTION 7 SUBSTITUTION

Rule 7.1 Substitution

- 7.1.1 PROCESS - Substitution may take place at any time through the Substitution Area when substitution is imminent. The substituting Player must wait in the Substitution Area for the Player whom they are replacing to leave the field of play and only then may they enter the field of play. Players may substitute on the fly and they may do so on either side of the centerline.

SECTION 8 THE GOAL CREASE AND THE GOALKEEPER

Rule 8.1 The Goalkeeper

- 8.1.1 DESIGNATION - Each team must have a goalkeeper on the playing field at all times. The goalkeeper is the Player wearing the goalkeeper mandatory protective equipment. Where the goalkeeper is replaced by another Player, that Player must wear the goalkeeper mandatory protective equipment and shall be deemed to be the goalkeeper.

Rule 8.2 Privileges of the Goalkeeper

- 8.2.1 DESIGNATIONS - While in their own crease, the goalkeeper shall have the following privileges and protections:
- i. The goalkeeper may stop or block the ball in any manner with their stick or body. When the ball is on the ground and within the crease, whether moving or at rest, the goalkeeper may bat or direct the ball with their hand. The goalkeeper may not hold the ball, catch the ball, or pick it up.

- ii. No opposing Player may initiate contact with the goalkeeper or their stick while the goalkeeper is within the goal crease area whether the goalkeeper has possession of the ball or not. An attacking Player may reach into the goal crease area to play a loose ball, so long as they do not initiate contact with the goalkeeper.
- iii. If any portion of the stick of the goalkeeper, when extended outside the cylinder above the goal crease area, except when the ball is in the stick, is subject to being checked under the same circumstances as the stick of any other Player.

Rule 8.3 Prohibitions Relating to the Goal Crease

- 8.3.1 CONTACT - An attacking Player shall not be in an opponents' goal crease area or touch any part of the cage while the ball is live in their opponents' half of the field.
- 8.3.2 RE-ENTRY - A goalkeeper or defending Player who is outside the goal crease area with possession of the ball may not enter the goal crease area. Once a team gains possession of the ball in the goal crease area and the ball subsequently leaves the goal crease area, the team must not intentionally return the ball to its goal crease area until the ball has been possessed by an opposing player.
- 8.3.3 FIVE-SECOND COUNT - A Player who is in the goal crease area may not possess the ball while in the goal crease area for longer than five seconds. If a Player tries to circumvent the five-second time count by deliberately dropping the ball and then picking it up, then the Player will be assessed a minor foul.
- 8.3.4 GOALKEEPER – If a goalkeeper with possession of the ball outside of the goal crease area throws or directs the ball into the goal crease area in an effort to re-gain possession or re-set the five-second count, then the goalkeeper will be assessed a minor foul.
- 8.3.5 POSITIONING - A Player is considered to be within the goal crease area when any part of their body is touching the goal crease area. The Player is considered to be outside the goal crease area when no part of their body is touching the goal crease area, and part of their body is touching the ground outside the goal crease area. The gloved hand is not considered part of the stick, whether or not the gloved hand is holding the stick.
- 8.3.6 DEFENSIVE PLAYERS - Players in their Defensive Zone may go into the crease to prevent a rolling ball from crossing the goal line.

SECTION 9 FOULS

- 9.1.1 MINOR FOULS - Minor fouls are those less serious in nature and include all violations except those listed in major fouls and expulsions, even if the violation is not specifically delineated in Section 10.
- 9.1.2 MAJOR FOULS - Major fouls are those of a more serious nature.
- 9.1.3 EXPULSION FOULS - Expulsion fouls are serious in nature and result in ejection from game.
- 9.1.4 PENALTY FOR MINOR FOULS - The penalty for a minor foul shall be as follows:
 - i. If the offending team has possession of the ball, or if the ball is loose at the time a minor foul is committed, then possession shall be awarded to the non-offending team at the spot of the ball when the foul occurred.
 - ii. If the non-offending team has possession of the ball at the time a minor foul is committed, then the foul shall be suspension from the field of play for 20 seconds for the Player committing the foul.

9.1.5 FOUL FOR MAJOR FOULS – the penalty for major fouls shall be as follows:

- i. The penalty for a major foul shall be suspension from the game for a period of 40 seconds. Unless otherwise noted in these Rules, the ball shall be given to the non-offending team. Three or more major fouls by the same Player will result in a player fouling out and may not take any further part in the game.
- ii. Major fouls assessed to a Team Official or Goalkeeper but served by the in-home Player shall not count towards the accumulation of major fouls for the in-home Player for purposes of Rule 9.1.5(i).

9.1.6 FOUL FOR EXPLUSION FOULS – the penalty for expulsion fouls shall be as follows:

- i. The penalty for expulsion foul is suspension for remainder of game and the in-home to serve three minutes.

SECTION 10 MINOR FOULS

Rule 10.1 Interference

- 10.1.1 A Player may not interfere in any manner with an opponent in an attempt to keep him from a loose ball except when both are within three meters of such loose ball.
- 10.1.2 A Player may not, by the use of their body or stick, interfere with a Player who is in pursuit of an opponent who has possession of the ball.
- 10.1.3 A Player may not guard an opponent so closely as to prevent the opponent's free movement when the opponent is not in possession of the ball.
- 10.1.4 Nothing in this rule is intended to prohibit a legal offensive pick.

Rule 10.2 Pushing

- 10.2.1 A Player may not push an opponent with their stick. For the purpose of this rule, the gloved hand holding the stick shall not be considered part of the stick.
- 10.2.2 A Player may push an opponent with either closed gloved hand on the handle of his stick or with either forearm, provided that the opponent has possession of the ball, or the opponent is within three meters of a loose ball, or the ball is in flight within three meters of the opponent. Both hands of the Player who is doing the pushing must be on their stick.

The pushing must not be from the rear, it must not be below the hip and it must not be at or above the neck unless the pushed Player turns his back or jumps or moves in such a manner as to make what started as a legal push appear illegal.

Pushing an opponent who is lying on the ground, or who is down on one or both knees, is illegal.

Unnecessary roughness must not be used during a push.

- 10.2.3 Pushing from the rear is defined as exerting enough pressure to force an opponent to move in a direction other than that in which h/she intended to go, or at a greater speed than intended.

Rule 10.3 Illegal Pick

- 10.3.1 No offensive Player shall move into or make contact with a defensive Player with the purpose of blocking that defensive Player from the other Player(s) she is defending. Before the defensive Player makes any contact, the offensive Player must be stationary and motionless, and he must be standing in a normal stance.

10.3.2 No offensive Player shall extend their stick in a way which impedes the normal movement of a defender.

Rule 10.4 Holding

10.4.1 A Player shall not hold an opponent or an opponent's stick except as hereinafter permitted:

- i) A Player may hold off an opponent who is in possession of the ball or who is within three meters of a loose ball or who is within three meters of a ball in flight with either closed gloved hand on the handle of their stick, or with either forearm. Both hands of the Player who is doing the holding must be on their stick.
- ii) A Player in possession of the ball may protect their stick with their hand, arm, or other part of their body when an opponent makes a play to check their stick.

The hand, arm, or other part of their body may only be used to stop the stick check, and it must not be used to hold, push, or control the direction of the movement of the checker's stick or body.

10.4.2 A Player may not hold an opponent's body, other than the gloved hand holding the stick, with their own stick. This includes holding an opponent with that portion of their stick that is between their hands.

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

Rule 10.5 Withholding the Ball from Play

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

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

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

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

10.5.5 A Player with the ball in their possession may not grasp any portion of the head of the stick with their fingers or hand so that it becomes more difficult for the opponent to dislodge the ball from the ball-carrier's stick (including "thumbing" the ball while cradling).

Rule 10.6 Illegal Actions with the Stick

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

10.6.2 No Player, other than the goalkeeper while within the crease, shall take part in the play of the game in any manner unless their stick is being held with at least one hand. A goalkeeper who loses their stick while outside the crease must first retrieve their stick before taking any further part in the game.

10.6.3 No Player may play with a broken stick. Should a Player's stick break during the course of play, the Player shall leave the playing surface with the broken stick immediately. If the broken stick poses a risk of injury play will be stopped.

- 10.6.4 If a Player who is on the field of play wishes to exchange their stick for another stick, which is not on the field of play, then the Player must come off the field of play before doing so. The stick-exchange is thus legal if it is made when the Player is in his Bench Area or in the Substitution Area.
- 10.6.5 Should a Player lose their stick in any legal way so that repossession of their stick would violate a rule, then the "slow whistle technique" applies. Should the stick be in the crease so as to possibly interfere with the goalkeeper's play of an attempted shot at goal, then play shall be suspended immediately.

Rule 10.7 Illegal Actions by Team Officials

- 10.7.1 A Coach, Trainer or other person officially connected with a team shall not:
- i) Enter the field of play without the permission of a Referee, except during a team timeout or between periods;
 - ii) Use artificial aids to communicate with Players on the field of play;
 - iii) Leave the area on his bench's side of the field between the Substitution Area and the imaginary extension of the goal area line.
- 10.7.2 This rule does not prohibit a Coach from communicating from the Bench Area with a Player who is on the field of play or in the penalty area.
- 10.7.3 The use of technology on the sideline is permitted for coaching purposes. Such technology shall not be used to dispute officiating decisions.

Rule 10.8 Illegal Procedure

- 10.8.1 Any action by a Player or a substitute of a minor foul that is not in conformity with these Rules and other regulations governing the play of the game shall be termed illegal procedure.
- 10.8.2 Leaving the penalty area before being authorized to do so by the Penalty Timekeeper is a foul. The offending Player shall be returned to the penalty area to serve out the unexpired time plus, if appropriate, any additional foul.
- During any stoppage of play, except for halftime, a Player may not leave the penalty area.
- 10.8.3 Delaying the game is a minor foul. A Player is guilty of delaying the game if, during a stoppage in play, the Player bats, kicks or throws the ball away. In such a case, if a time penalty is to be served, then the individual concerned must serve the penalty.

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

A team is guilty of delaying the game when:

- i. It is not ready to start the game at the beginning of a period, or after a timeout.
- ii. It is not ready to start the game when the Referees are ready to restart the game after a stoppage has occurred because of a foul or an out-of-bounds ball.
- iii. It is not ready to restart the game when the Referees are ready to restart the game after equipment has been adjusted.
- iv. It is not ready to restart the game after an injured Player has been attended to.
- v. Any type of behavior that, in the Referee's opinion, amounts to delay.

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

- 10.8.4 Participation in the play of the game by an out-of-bounds Player is a minor foul.
- 10.8.5 A team which does not have the required number of Players in each designated area at the time the whistle is blown to start a center draw has committed a minor foul.
- 10.8.6 Failure to be at least three meters from an opponent or a teammate having a free play is a minor foul.
- 10.8.7 Any breach of the rules relating to substitution is a minor foul.
- 10.8.8 Any breach of the rules relating to the goal crease is a minor foul.
- 10.8.9 Any breach of the rules relating to timeouts is a minor foul.
- 10.8.10 It is a minor foul for a team to have more Players than it should have on the actual field of play (excluding the foul area) at any time, except, at the end of a period, and during a timeout of any kind.
- 10.8.11 Having more than a Head Coach and two non-playing personnel in the team bench or the Coaches area.
- 10.8.12 A Player entering or leaving the field of play must do so through the Substitution Area, except after the scoring of a goal, at the start or the end of a period and during a timeout of any kind. An exception to this rule shall be an injured Player.
- 10.8.13 Unless permission has been given by a Referee or the chief bench Official, a Player, substitute, non-playing member of a team, Coach or anyone officially connected with a competing team shall remain in their team's bench area, except when legally on the field of play or legally in the Substitution Area or legally in the penalty area.
- This rule shall apply at all times, except during the half-time interval.
- 10.8.14 A Player may not deliberately enter their opponents' bench area at any time. If, in the normal course of play, a Player inadvertently enters an opponents' bench area from the field of play, then no offence is committed, provided that the Player leaves their opponents' bench area immediately.
- 10.8.15 A goalkeeper with possession of the ball outside of the goal crease area may not throw or direct the ball into the goal crease area in an effort to re-gain possession or re-set the five-second count.
- 10.8.16 A goalkeeper may not circumvent the five-second time count by deliberately dropping the ball and then picking it up.

Rule 10.9 Over and Back

- 10.9.1 Any violation of the over and back rule is a minor foul.

Rule 10.10 Illegal Equipment

- 10.10.1 Should it come to the attention of a Referee that a Player is wearing equipment or jewelry that is illegal, then the Referee shall demand that the Player conform to specification. The first such occurrence by a Player shall not constitute a minor foul.

Should the Player fail to conform to specification, then she shall be compelled to withdraw from the game until such time as she has complied with the regulations governing equipment, a substitute being allowed for them immediately.

10.10.2 For a second violation by the same Player, the Referee shall inflict a minor foul, and she shall be compelled to withdraw from the game until such time as they have complied with the regulations.

Rule 10.11 Offside

10.11.1 A team is offside when their goalkeeper whose body (including a gloved hand on the stick but not including the stick itself) touches, steps on or crosses the center line.

Rule 10.12 Lateness

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

Rule 10.13 Warding Off

10.13.1 A Player in possession of the ball may not use a free hand or arm, or any other part of their body, to hold, push or control the direction of the movement of the stick or body of an opponent.

SECTION 11 MAJOR FOULS

Rule 11.1 Illegal Body-Check

11.1.1 Body-checking of an opponent in any form is illegal.

Rule 11.2 Slashing

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

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

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

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

Rule 11.3 Cross-Check

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

Rule 11.4 Tripping

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

Rule 11.5 Unnecessary Roughness

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

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

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

Rule 11.6 Illegal Stick

11.6.1 If the overall length of the stick, measurement of the stick head, or pocket depth has been determined to be illegal for any reason, or if the Referee has determined that a stick has been intentionally manipulated in violation of the Rules, it is a major foul.

11.6.2 No Player shall use a stick with trick construction or stringing/mesh which is designed to hold or camouflage the ball, or prevent the normal and free dislodgement of the ball. This shall include the dimensions of the stick.

11.6.3 If a stick check is requested and the stick is found to be legal, a major foul will be assessed against the team requesting the stick check. The in-home will serve the major foul.

11.6.4 Any Player found to be playing with a stick absent a butt-end or with strings in excess of the permitted length shall be sent off the field with a warning. Any subsequent infraction for the same violation shall result in a major foul.

Rule 11.7 Unsportsmanlike Conduct

11.7.1 No Player, substitute, non-playing member of a team, Coach or anyone officially connected with a competing team shall:

- i. Enter into argument with a Referee as to any decision which he has made;
- ii. In any way attempt to influence the decision of a Referee;
- iii. Use any obscene gesture or statement, including comments of race, sexual orientation, etc. to a Referee, any member of the opposing team, or spectator;
- iv. Commit any act considered unsportsmanlike by the Referees; or
- v. Deliberately use the hand or fingers to play the ball or interfere with the opponent's stick at the draw.

11.7.2 Where an unsportsmanlike conduct foul has been inflicted, and the penalized person continues to act in an unsportsmanlike manner, the Referees have the right to banish him/her from the bench area.

11.7.3 No Player shall use a stick that is constructed or strung or tampered with so as to confuse an opponent into believing that the ball is in the stick when it is not, or that the ball is not in the stick when it is. A Player using such a stick shall be given a two-minute penalty, and the stick shall be placed in the custody of the Official Scorer for the remainder of the game.

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

11.7.4 A team or Player, which repeatedly commits the same foul, may be assessed an unsportsmanlike conduct foul.

Rule 11.8 Player Committing Multiple Fouls

- 11.8.1 Any Player committing time served fouls that exceed two minutes of penalty time shall be “fouled out” of the game, and shall not be allowed to take any further part in it.
- 11.8.2 A substitute for such a Player shall be allowed to enter the game at such a time, as the fouled-out Player would have been permitted to re-enter the game.

Rule 11.9 Walling

- 11.9.1 Defensive players crowding in front of their goal or forming a stack/wall type formation in front of their goal. This is inapplicable if the defensive players are marking opponents within a stick's length. Double-teaming an off-ball attacker in front of the goal is permitted.

SECTION 12 EXPULSION FOULS

Rule 12.1 Definition

- 12.1.1 The act of deliberately striking or attempting to strike an opponent, a non-playing member of the opponents' team, a Coach, a spectator, or anyone controlling the play of the game with the hand, stick, ball or otherwise by a Player, a substitute, a non-playing member of a team, a Coach or anyone officially connected with a team may be an expulsion foul.

Rule 12.2 Serving the Foul

- 12.2.1 In the case of an expulsion foul against a Player, a Coach, non-playing member of a team, or someone officially connected with a team or a substitute, the in-home of the offending team shall serve the entire three minutes plus any other penalty time which the expelled Player has incurred prior to a substitution is allowed. The expelled Player will remain under the supervision of their team's Coaches until the end of the game regardless of whether they stay on the bench after expulsion.
- 12.2.2 If a Player, substitute, Coach, trainer, non-playing member of a team or any other person officially connected with a team commits an expulsion foul, then the Referee-in-Chief of the tournament shall report the incident in writing to the body controlling the game immediately after the end of the game. Where there is no Referee-in-Chief, the game's Head Referee shall write the report. The report shall indicate either that it is considered that the expulsion is sufficient punishment for the person concerned or that it is considered that further action needs to be taken. The incident shall then be dealt with under the relevant laws and/or bylaws of the governing body.

Rule 12.3 Examples of Expulsion Fouls

- 12.3.1 Where the Referees have “frozen” the benches because a fight has occurred on the field of play, or for any other reason, by indicating to the team personnel who are on the benches that they should remain there, then any team personnel pushing past a Referee to join in a fight, or leaving their designated bench area, must be expelled from the game. An exception to this shall be a member of a team's medical staff who leaves their team's designated bench area to attend to an injured member of his team.
- 12.3.2 Where two Players from competing teams are fighting and a third participant enters the altercation, then the third Player into the altercation shall also be expelled from the game.
- 12.3.3 Refusal to accept the authority of the Referees, or the use of threatening, foul or abusive language or gestures, or flagrant misconduct shall be an expulsion foul.
- 12.3.4 Players involved in fighting will automatically receive an expulsion foul.

- 12.3.5 The act of deliberately body checking an opponent in the head or neck area, or from behind when a Player is positioned behind their opponent.

SECTION 13 EXECUTION OF PENALTIES

Rule 13.1 The Play-On Technique

13.1.1 Where a Player commits a loose-ball minor foul, and the offended team may be disadvantaged by the immediate suspension of play, then the Referee shall visually and verbally signal "Play-on", and shall withhold the whistle until such time as the situation involving the potential advantage has been completed, as follows:

- i. If the offended team gains possession of the ball, then the play-on situation has lapsed, and the Referee will cease the signal.
- ii. If the offended team does not gain possession of the ball, then the whistle sounds, and the offended team is awarded the ball.
- iii. If the offended team commits a foul after the initial play-on then the whistle blows, and the team originally offended will be awarded the ball.

13.1.2 If the offending team commits a second foul during a play-on, then the following rules shall apply:

- i. If the second foul is a technical foul, then a further play-on is called.
- ii. If the offended team gains possession of the ball, then the play-on situation has lapsed, and the Referee will cease to signal.
- iii. If the offending team does not gain possession of the ball, then the whistle sounds, the offended team is awarded the ball.
- iv. If the second foul is a personal foul, then the Referee stops the play immediately. Foul time is served only for the personal foul.

Rule 13.2 The Slow Whistle Technique

13.2.1 If a defensive Player commits a foul, and the attacking team has possession of the ball at the time that the foul occurs, and in the opinion of the Referee a scoring play is imminent, and the act of fouling does not cause the attacking Player who is in possession to lose the ball, then the Referee will raise an arm straight into the air and hold the whistle until such time as the scoring play has been completed.

13.2.2 The scoring play is considered complete when:

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

- 13.2.3 The slow whistle technique shall be employed whether or not the foul is committed against the Player in possession of the ball.
- 13.2.4 A pass is a movement of the ball from a Player in control of the ball by throwing, bouncing or rolling the ball to a teammate.
- 13.2.5 During a slow whistle situation, a shot remains a shot until:
- i. It is clearly obvious that a goal will not be scored; or
 - ii. Added impetus is given to the ball by any member of the attacking team; or
 - iii. Possession is gained by a member of the defending team; or
 - iv. After hitting the goalkeeper and/or the pipe(s), the ball touches any Player of the attacking team, or any Player of the defensive team who is outside the goal crease; at such time the ball shall be declared dead immediately.
- 13.2.6 Where a slow whistle situation is mistakenly applied, when the whistle subsequently blows to stop the play, the ball shall be awarded to the team that has possession.
- 13.2.7 When a Referee inadvertently blows the whistle, the ball shall be awarded to the team that has possession. If neither team has possession, then the ball shall be drawn at the centerline.

Rule 13.3 Co-incident Fouls

- 13.3.1 Co-incident fouls are fouls called on Players of opposing teams during a live or dead ball when sequence cannot be determined.
- 13.3.2 If there is no foul or play-on in effect and if all fouls are minor, the fouls cancel each other. The ball will be awarded by alternate possession at the placement where the whistle sounded or, if the co-incident fouls occurred during a center draw prior to "Possession" or "Free Ball", re-draw at the center of the field with the same restrictions as the original draw.
- 13.3.3 During a slow whistle or play-on, any foul committed by the team in possession (or the team entitled to possession) shall result in an immediate whistle.
- 13.3.4 If a team in possession or (entitled to possession) commits:
- i. Only minor fouls, no penalty time will be served by that team.
 - ii. Any major foul, all Players involved will serve penalty time. This shall include technical and personal fouls by either team and the following rules shall apply:
 - The shorter of the penalty time if uneven will be non-releasable;
 - If one team incurs more total penalty time than the other, then the team with the lesser total penalty time shall be awarded the ball.
 - If the total penalty times are equal, then the team in possession of the ball at the time of the first foul shall retain possession of it.
 - If the total penalty times are equal, and neither team has possession of the ball at the time of the first foul, then there shall be a draw at center with the usual draw restrictions.
 - For the purpose of totaling penalty time in the case of co-incident fouls, an expulsion foul shall count as a three-minute penalty.
 - There shall be no free clear after co-incident fouls.

Rule 13.4 Player Committing Foul

- 13.4.1 A Player who has received a time serving foul shall report immediately to the timer's table. The Player must remain in the penalty area, subject to the rules below, until released by the penalty timekeeper.
- 13.4.2 Penalty time refers to the time for which the Player will be off the field and out of the game. The timing of a foul will begin when the penalized Player is seated in the penalty area, or when the whistle blows to re-start play, whichever is the later.
- 13.4.3 The penalized Player that is going to re-enter the game when penalty time has expired, may spend the last five seconds of the foul time on one knee beside the penalty area on their team's side of the centerline. The Player must then re-enter the game through the table area.
- 13.4.4 Foul time shall run concurrent with playing time. During an authorized timeout, or between periods, a penalized Player may not leave the penalty area with the exception of half time but must return at the commencement of play to complete the suspension.
- 13.4.5 Penalty time will end when the timing of the foul has expired, except that the scoring of a goal against a team having one or more Players serving foul time for minor fouls shall release the Player or Players of the team scored against from serving the balance of their penalty time. This shall not apply in the case of co-incidental (matching penalty time only), personal, or expulsion fouls, where the designated penalty time shall be served regardless of whether or not a goal is scored.
- 13.4.6 If a goalkeeper commits an expulsion foul, then the Referees shall allow time for proper substitution.

Rule 13.5 Reporting Fouls

- 13.5.1 PROCEDURE – The following procedure will apply to the reporting of any penalties:
- i. The Referee designates whether a minor or major foul has been committed and reports as such to the foul timekeeper.
 - ii. The Referee designates a minor or major foul by raising a green (minor) or yellow (major) or red (major - expulsion) card.
 - iii. The penalty timekeeper will record the Referee's designation of a minor or major foul.

Referee Signals

Insert a set of Men's Referee Signals when they become available

DRAFT