

Mile High Lacrosse Box Rules 2020
Box Lacrosse Rules

All rules are subject to change without notice. It is the teams/players responsibility to know and understand all rules, including but not limited to current and new rules posted herein, before play begins. During play the referee and bench committee member have final say on interpretation of any and all rules of the league, if such needs arise.

SECTION 1: PLAYERS

Rule 1: CAPTAIN OF THE TEAM

- a) One captain per team, and must check in with timekeeper prior to the start of play.
- b) Only the captain has the privilege to ask the referee to discuss the interpretation of the rules during stoppage of play. Time will continue to run during this discussion. No more than 20 seconds of game time will be given for such discussions, before final resolve is made and the play of the game resumes.

Rule 2: CHANGE OF PLAYERS

- a) Players may change on the fly. The exiting player must be within three feet of his team's bench before the entering player may go into the field of play.
- b) Players may enter and exit the field of play during stoppage of play provided that the changes are made before time resumes or the above rule is adhered to.
- c) Goalies may change/substitute for another player provided the above is adhered to.

SECTION 2- EQUIPMENT

Rule 3: LACROSSE STICK DIMENSIONS

- a) The lacrosse stick shall be an overall fixed length of forty (40) to forty-six inches (46) except the goalkeeper's lacrosse stick.
- b) The head of the lacrosse stick shall measure between four and one-half inches (4 ½) and seven inches (7) at its widest point, inside measurement except for the goalkeeper's lacrosse stick.
- c) The single guard stop at the throat of the stick must be a minimum of ten inches (10) from the head to the nearest edge (closest to the handle) of the stop.
- d) The depth of the pocket shall not exceed five inches (5) measured from the outside edge of the head.

Rule 4: EQUIPMENT SAFETY

- a) No player shall wear or use any equipment, which in the opinion of the game Officials, endangers himself or other players. In such cases, the referee's decision is final.

- b) When a player loses his helmet, the player must leave the floor immediately
- c) If the player does not, upon losing his helmet, proceed directly to the bench; the official is to blow the ball dead and assess a technical penalty for delay of game.

Rule 5: PROTECTIVE EQUIPMENT / PADS

- a) Mile High Lacrosse requires that all players wear: a protective helmet which meets NOCSAE standards with; face mask, which will not pass a lacrosse ball or stick through, and chin strap; and protective lacrosse style gloves. Players will also wear arm pads.
- b) It is strongly recommended players also wear shoulder pads, slash guards, rib protection, athletic cup, mouthpiece as well as chest protector with heart protector technology.

Rule 6: GOALTENDER EQUIPMENT

- a) Goalies are required to wear the following:
 1. Helmet with throat guard
 - May be field lacrosse or hockey goalie style helmet
 2. Chest and arm protector (hockey or box lacrosse)
 3. Gloves
 4. Protective athletic supporter/cup
 5. Protective pants (i.e. hockey girdle).
 6. Protective Shin Guards

SECTION 3- TIMING

Rule 7: Length of Game

Games will consist of three (3) periods. Each half will be twenty (20) minutes of running time. The clock will only stop during time-outs and when the score is within 2 and under 2 minutes to play in the 2nd half.

Rule 8: TIME-OUTS

- a) Each team will be given 1 timeout per game.
- b) Time (clock) will stop for thirty (30) seconds during the time-out.
- c) Time out can only be called in the offensive zone
- d) Time outs do not reset the shot clock

Rule 9: OFFICIALS' TIMEOUTS

A referee may stop play at any time during the game, as he sees fit. In most cases the official time will not be stopped.

Rule 10: SUDDEN - DEATH OVERTIME

During bracket play, there will be a 4-minute sudden death overtime. If the game is still tied. Proceed directly to a shootout.

There are no time outs during OT

Rule 11: TEN SECOND COUNT

a) In man down situation there will be a 10 second count in the defensive zone after the man down team gains possession of the ball. The team will have 10 seconds to cross the center line.

b) The time and count of the 10 seconds will be kept by the referee on the field. The referee will keep count with a visible chopping motion of his arm. The referee will be encouraged to count the last 5 seconds aloud. However, the verbal count is not mandatory.

SECTION 4 - PLAY OF THE GAME

Rule 13: FACING AT CENTER

Pace of game after goal is scored:

After a goal is scored teams must immediately complete their substitutions and be ready for the face off. We want to get the ball back in play ASAP. If a team is substituting or a player decides to change sides of the field when the whistle blows there will an illegal procedure called and ball will be awarded accordingly. Thus, we are not waiting for a "Field set". You must hustle on and off the field after a goal.

a) Players taking the face-off shall place the frames of their sticks flat along the playing surface at right angles to the length of the box. The open face of each player's stick shall face his goal and his feet shall not cross the parallel lines at the face-off circle until the ball has traveled 2 feet. NOTE: During the face-off, the players' right shoulder must face or be closer to their own goal.

b) The referee shall place the ball on the floor between the players' sticks. Play shall start with a whistle. The two players are then permitted to gain possession of the ball by a straight draw backwards, but shall not touch their opponent's stick or the netted portion of their own stick with their hand. Stepping on or kicking their opponent's stick shall not be allowed. NOTE: Draw motion must continue until both sticks clear the face-off dot. (NO CLAMPING until the ball travels 2 feet from face off dot)

c) If a player attempts to face-off in an illegal manner or moves his stick or gloves prior to the whistle, possession shall be awarded to the non-offending team

d) If a player fouls an opponent during a face-off, the appropriate penalty shall be assessed.

e) If during a face-off a player falls on the ball, possession shall be awarded to the non-offending team. If during a face-off a player intentionally withholds the ball from play, possession shall be awarded to the non-offending team.

Rule 14: - Deleted.

Rule 15: OUT OF BOUNDS

- a) If the ball goes out of bounds, play will be suspended by the referee and awarded to the team who has not touched the ball last, at the spot where the ball went out of bounds. Out of bounds is defined as over the glass, touches the net or hits the ceiling.
- b) This does not apply if the ball goes out of bounds off of the face-off. (See Rule 13)

Rule 16: Over and Back VIOLATION

- a) **A man down team must keep the ball in their offensive half after gaining possession.** If the ball is caused to go into the defensive half of the field (across the center line) for any reason other than a shot on goal, deflected or kicked by defensive team, it shall be an over and back violation. Shot on goal is defined as hitting the goalie or the goal pipe.
- b) If the offending team touches the ball after going back-court, the referee shall sound the whistle and award possession to the non-offending team.

Rule 17: BALL CAUGHT IN LACROSSE STICK OR EQUIPMENT

If the lacrosse ball becomes logged in any of the players, including the goalies, equipment, face mask or stick, play is stopped and the ball is given back to the same player at the spot where the play was stopped. Except for players facing-off, see Rule 13.

Rule 18: SCORING

Each goal is worth one (1) point. If more than a six (6) goal difference occurs between two competing teams, the trailing team will be awarded possession of the ball instead of facing off. Once the difference has been closed to 5 goals, face-offs will resume. If the difference in score of the game is two goals or less the last two minutes of the fourth period shall be stop time.

Rule 19: GOAL SCORED

- a) A goal is scored when the ball passes completely over the goal line, i.e. through the imaginary plane formed by the rear edges of the goal line, the goal posts and the crossbar of the goal, regardless of who supplied the impetus.
- b) If the goal is inadvertently moved by contact from a player or goalie and the offensive team is in possession and in position for a shot on goal; the officials will not stop play

until either the defensive team gains possession or the scoring attempt has ended. The goal position will then be corrected.

c) If a defensive goalie or a defensive player intentionally moves the goal to thwart a scoring opportunity, the plane of the goal does not move, it is an automatic goal providing the ball goes through the plane of the goal.

Rule 20: GOAL NOT COUNTED

Under the following conditions a goal shall be disallowed:

- a) When the ball passes through the plane of the net after the timekeeper's horn has sounded to indicate the end of the half or overtime period.
- b) When the ball passes through the plane of the goal and when any part of the body of a player of the attacking team is in the goal crease area at the time of his own volition.
- c) When the ball passes through the plane of the goal after one of the officials has sounded his whistle for any reason, including the sounding of an inadvertent whistle.
- d) When a player in an attempt to score makes contact with the goalie. Such contact will nullify the goal and is a time penalty foul. Deliberate contact is an unsportsmanlike foul.
- e) When the ball is kicked directly into the opponent's net.
- f) When the ball is directed into the net off the free hand of an opponent.
- g) When a ball is lodged in the throat of the pocket and the ball and stick is inadvertently or deliberately tossed into the goal.

Rule 21: GOALKEEPER PRIVILEGES

a) Within his own goal crease area, the designated goalkeeper may stop or block the ball in any manner with his lacrosse stick or body. He may block the ball or bat it away with his hand. He has four seconds to either pass the ball or vacate the crease with the ball after making a save which gives him control of the ball.

A1) A goalie or a defending player in the crease is not allowed to make contact with a ball that has been deliberately directed or passed back to the crease by a teammate. This would include a ball after being deliberately directed hits the dasherboard and then enters crease or a ball that is deliberately directed that rolls through the crease and a goalie or a defending player in the crease then makes contact with the ball. If a deliberately directed ball is deflected by an offensive player this will not be considered reentry. A defender while in the crease is allowed to pick up a nondeliberately directed loose ball outside the crease.

b) A goalkeeper may catch the ball while in his crease with the gloved hand but cannot catch with his hand and / or stick and then throw with the hand; he can only put it in the stick and throw.

c) If the ball is loose in the crease, an opposing player may not direct the ball into the goal. If the ball is loose in the crease, an opposing player must gain possession before directing the ball into the goal. Any **deliberate** crease interference will result in a time penalty as the situation warrants. No opposing player may make contact with the goalkeeper, or his stick, or the goalkeeper when he is in the goal crease area. The goalie

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

d) If the goalie has one foot in the crease and possession of the ball in his stick and both stick and ball are outside of the crease, he may not be checked. If the ball is clamped outside the crease circle by the goalie, a player may rake under the goalie's stick.

e) A goaltender who leaves the goal crease area loses all goaltender privileges.

f) *When a goalkeeper gets hit in the facemask, helmet or throat guard, play will be stopped immediately and restarted with possession to the goalkeeper in his crease. If the ball enters the goal directly off the goalkeeper's facemask, helmet or throat guard, the goal shall count.*

Note: Directly shall mean the ball entered the net without touching anything other than the goalpost or crossbar. If the ball rebounds off the goalkeeper, any player, a stick or bounces off the floor prior to entering the net, no goal shall be allowed.

Ball hits face mask, then goes in – goal?

NO GOAL

Ball hits face mask, then pipe, then goalies back then goes in – goal?

NO GOAL

Rule 22: GOAL-CREASE VIOLATIONS

a) An attacking player in possession of the ball, is in violation of the crease if any part of his body is on the line or inside the crease. A player who is in contact with the crease line or in the crease with his stick only is not in violation of this rule.

b) An attacking player who, after taking a shot on goal, or making a pass, steps by way of his momentum into the crease and then immediately out and does not interfere with play while in the crease, is not in violation of the goal-crease area restriction. The player may not be the next player to touch the ball.

c) An attacking player may dive across the goal crease in an attempt to score, but may not make contact with goalie before the ball goes into the net. Goal is disallowed and minor or major penalty would be assessed for goalie interference. A goalie must be in the act of making natural movements while attempting to make the save for interference to occur.

c) The defending player, including the goalkeeper with the ball in his possession, may not enter the goal - crease area. Nor may he remain in the goal-crease area possession longer than four (4) seconds.

d) Protection of the goalkeeper. The goalie is not "fair game" just because he leaves his crease to retrieve a loose ball. He may not be "flattened" by an opponent. Should the goalie proceed up the floor with the ball, he may be checked like any other player.

However, he cannot be charged, slashed, or unnecessarily roughed up.

Likewise, the referee has been alerted to penalize the goalie for illegal actions both in and out of the crease.

e) The goalie cannot attempt to injure a defenseless opponent by piling on top of an offensive player while they are on the ground, whether or not the player is inside or

outside of the crease area. If such attempt is deemed flagrant by the referee, a misconduct penalty will be given to the offending team.

Rule 23: CHANGE OF GOALS

At the conclusion of each half, each team shall change the direction of play and defend the goal opposite end from the goal they were previously defending.

Rule 24: POSSESSION / SLOW WHISTLES

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

Rule 25: PENALTY SHOT

- a) If a team is already two (2) men down and is assessed an additional time penalty to a third player, the non-offending Team shall be awarded a penalty shot.
- b) If three players on a Team are each assessed a time penalty at the same stoppage of play (while no penalties on the opposing Team are assessed), a penalty shot shall be awarded to the non-offending Team. Regardless of whether a goal is scored on the penalty shot, the offending Team shall begin play two men down.
- c) If a goal post is deliberately displaced by a goalkeeper or player during the course of a breakaway, a penalty shot will be awarded to the non-offending Team, which shot shall be taken by the player last in possession of the ball.

SECTION 5: PENALTIES

Rule 26: TECHNICAL PENALTIES

Technical penalties are less serious in nature and include all violations of the rules of the game except those specifically listed as minor penalties, major penalties or misconduct penalties. The ball should be given to the offended team.

- A) Illegal Screen/Pick/Block**
- B) Illegal Procedure**
- C) Withholding the Ball from Play**
- D) Crease Violations**

Rule 27: MINOR PENALTIES

- a) For a Minor Penalty, any player (except the goalie) shall be ruled off the floor for 2 minutes.
- b) Possession goes to the team fouled, unless the penalty occurs prior to the start of a half or overtime period or after the whistle has sounded denoting the scoring of a goal. If the penalties are simultaneous, there shall be a face off to resume play.

c) If while a team is short-handed by one or more minor penalties, the opposing team scores a goal, the first of such penalties shall be automatically released. This rule shall also apply when a goal is scored on a penalty shot, or when an awarded goal is given.

RULE 28: MISCONDUCT PENALTIES

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

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

c) When a player receives a major penalty and a misconduct penalty at the same time, the penalized team shall place a substitute player in the box before the major penalty expires and no replacement for the penalized player shall be permitted to enter the game except from the penalty box.

RULE 29: GOALKEEPERS PENALTIES

If a goalie is given a minor, major, or misconduct penalties, a substitute player is placed in the penalty box in his stead. Goalies may be placed in the penalty box or ejected from the game for misconduct penalties, as the referee sees fit.

RULE 30: MAXIMUM PENALTIES

Any player/goalkeeper who is assessed five penalties in the same game shall be expelled from playing the balance of the game.

(b)Delayed penalties cancelled by goals or penalty shots shall be recorded on the official score sheet and count toward the five penalty limit.

(c)Infractions that cause a penalty shot to be awarded that result in assessing a major penalty shall count toward the five-penalty limit.

SITUATION 1 – Rule 81a

If a player serves a bench minor penalty does this count as one toward his maximum of five penalties?

No.

SITUATION 3 - Rule 81a

If it is brought to the attention of the Referee that a player has been Inadvertently playing with five penalties, what do you do?

Expel the player at that point and write a report on the incident. Any goals scored by that player shall be allowed.

SECTION 6: PLAYING RULES

Rule 31: UNSPORTSMANLIKE CONDUCT

- a) A misconduct penalty shall be imposed on any player who uses obscene, profane or abusive language to any person, or to any person who intentionally knocks or shoots the ball out of the reach of an Official who is retrieving it or who deliberately throws any equipment out of the playing area.
- b) A misconduct penalty shall be imposed on any player or players who bang the boards with their sticks or other objects at any time, showing disrespect for an Official's decision.
- c) Any player who persists in continuing or attempting to continue a fight or altercation after he has been ordered by the Referee to stop, or who resists a referee in the discharge of his duties shall, at the discretion of the referee, incur a misconduct or game misconduct penalty in addition to any other penalties incurred.
- d) A misconduct penalty shall be imposed on any player who, after warning by the referee, persists in any course of conduct (including threatening or abusive language or gestures or similar actions) designed to incite an opponent into incurring a penalty. If, after the assessment of a misconduct penalty, a player persists in any course of conduct for which he was previously assessed a misconduct penalty, he shall be assessed a game misconduct penalty and be subject to ejection of the game.

Rule 32: ATTEMPT TO INJURE

- a) Players that attempt to physically cause harm or intentionally injure any player, referee, committee member, scorekeeper, or timekeeper, will be ejected from the game and subject to suspension from the league.
- b) The offending player's team will be assessed a major non-releasable misconduct penalty or maybe subject to forfeiture of game.

Rule 33: BALL OUT OF SIGHT

Should a scramble take place or player accidentally fall on the ball which becomes out of sight of the referee, the ball shall be immediately blown dead, and the ball will be awarded to the team that wasn't on the ball.

Rule 34: BALL STRIKING A REFEREE

- a) Play shall not be stopped if the ball touches a referee anywhere on the floor, regardless of whether a team is shorthanded or not.
 - b) When a ball deflects off a referee and goes out of play, a face-off will take place at the center "X" or "O".
- (NOTE): If a goal is scored as a result of being deflected directly into the net off a referee, the goal shall not be allowed.*

Rule 35: BOARD CHECKING (BOARDING)

A major penalty of one to three minutes, at discretion of the referee, based upon the degree of violence of the impact with the boards, shall be imposed on any player who

checks an opponent in such manner that causes the opponent to be thrown violently into the boards.

Rule 36: BROKEN STICK

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

- a) A player without a stick may participate in the game. A player whose stick is broken may participate in the game provided he drops the stick. A minor penalty shall be imposed for an infraction of this rule.
- b) If a goalie breaks his stick during the course of play; the official should stop play immediately and allow the goalie time to get another stick.
- c) A player who has lost or broken his stick may only receive a stick at his own player's bench or be handed one from a teammate on the floor. A minor penalty shall be imposed for a player using an opposing player's stick.

Rule 37: BUTT-ENDING

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

- a) A Major penalty will be imposed on a player who attempts to butt-end an opponent.
- b) A Major penalty and a game misconduct shall be imposed on a player who butt-ends an opponent and causes injury to the opponent. See also Attempt to Injure.

Rule 38: CHARGING

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

- a) A minor or major penalty shall be imposed on a player who runs into, or charges an opponent in any manner.
- b) A minor, major or a major and a game misconduct shall be imposed on a player who charges a goalkeeper while the goalkeeper is within his goal crease.

Rule 39: CHECKING FROM BEHIND

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

- a) Any player who cross-checks, pushes, or charges from behind an opponent into the boards, who is unable to defend himself, shall be assessed a major penalty. This penalty applies anywhere on the floor. If the hit is a blatant check from behind
- b) A minor or major penalty, at the discretion of the referee shall be imposed on any player who checks a player from behind.

Rule 40: CLIPPING

- a) Clipping is the act of throwing the body, from any direction, across or below the knees of an opponent. A player who commits these fouls will be assessed a minor or

major penalty for clipping. If an injury occurs during a result of this clipping check, the player shall be assessed a major and a game misconduct.

b) A player may not deliver a check in a clipping manner, nor lower his own body position to deliver a check on or below an opponent's knees.

c) An illegal low hit is a check that is delivered by a player who may or may not have both feet on the floor, with his sole intent to check the opponent in the area of the knees.

Rule 41: CHECKING WITH THE LACROSSE STICK

a) A player may check his opponent's stick with his own stick when the said opponent has possession of the ball.

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

c) It is legal to check the opponents stick or glove(s) that are in contact with the stick.

Rule 42: ILLEGAL CROSS-CHECKING

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

a) A minor or major penalty, at the discretion of the referee, shall be imposed on a player who uses excessive physical force during the check. If an injury occurs as a result of this cross-check the player shall be assessed a major and a game misconduct penalty.

b) A minor or major penalty, or a major and a game misconduct at the discretion of the referee, shall be imposed on the player who "cross-checks" an opponent above the shoulders, below the waist, or on the back.

c) Cross-checking off-ball is not allowed.

Rule 43: DELAYING THE GAME

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

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

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

c) A bench minor penalty shall be imposed upon any team which, after warning by the referee to its Captain or Alternate Captains to place the correct number of players on the floor and commence play, fails to comply with the referee's direction and thereby causes any delay by making additional substitutions.

d) In the event a team calls a timeout that does not possess any more timeouts, they will be assessed a two-minute delay of game, and the other team is awarded possession of the ball.

e) If a team delays the game for five (5) minutes of clock time, the game will be forfeited. After two (2) minutes of clock time the offended team is awarded possession. Play is only resumed if the offending team has enough players to proceed.

Rule 44: ELBOWING

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

- a) A minor or major penalty, at the discretion of the referee, shall be imposed on any player who uses his elbow to foul an opponent.
- b) When a major penalty is imposed under this Rule for a foul resulting in an injury to the face of head of an opponent, a game misconduct penalty shall be imposed.
- c) All elbowing penalties are subject to suspensions from the League Committee.

Rule 45: FACEMASKING

Any player who deliberately grabs the facemask of an opponent.

A minor or a major, or major and game misconduct shall be imposed on any player who is penalized for facemasking.

Rule 46: FIGHTING

A fight is an incident where at least one player is penalized for throwing punches or blows at an opposing player. An instigator of a fight shall be a player who by his actions or demeanor demonstrates any/some of the following criteria: distance traveled; gloves off first; first punch thrown; menacing attitude or posture; verbal instigation or threats; conduct in retaliation to a prior game incident.

- a) A minor (roughing) or a double minor for roughing, a major or a major and a game misconduct at the discretion of the referee, shall be imposed on any player involved in fighting.
 - b) A minor penalty shall be imposed on a player who, having been struck, shall retaliate with a blow, or attempted blow. However, at the discretion of the referee, a major or major and a game misconduct penalty may be imposed if such player continues his fight.
- (NOTE): The referee is provided very wide latitude in the penalties, which he may impose under this Rule. This is done intentionally to enable him to differentiate between the obvious degrees of responsibility of the participants either for starting the fighting or persisting in continuing the fighting. The discretion provided should be exercised realistically.*

c) A misconduct or game misconduct penalty shall be imposed on any player involved in a fight off the playing floor or with another player who is off the floor. These penalties are in addition to any other time penalties assessed.

d) A game misconduct penalty, at the discretion of the referee, shall be imposed on any player or goalie who is first to intervene in a fight already in progress except when a match penalty is being imposed in the original fight. This penalty is in addition to any other penalty incurred in the same incident. Any player who intervenes with any fight will be automatically suspended for his Team's next game.

e) When a fight occurs, all players not engaged shall go immediately to their players' bench and in the event the fight takes place at their players' bench, players on the floor from their team shall go to their defensive end. A bench minor or misconduct penalty may be added at the discretion of the Referee.

Rule 47: HEAD-BUTTING

A major penalty shall be imposed on a player who attempts to head-butt an opponent. An ejection and/or game suspension may be imposed.

Rule 48: HOLDING

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

b) A player in possession of the ball cannot use the free arm to ward off, use his free rule shall result in possession of the ball to the non-offending team.

c) A minor penalty shall be assessed on a player who holds, pushes, or grabs an opponent while pursuing a loose ball or defending a player who has possession of the ball. Using a hand or arm to hold or control the direction or movement of his opponent, but can use the free arm to absorb contact or a blow from an opponent.

Rule 49: HOLDING AN OPPONENT'S STICK

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

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

Rule 50: Deleted (see Holding)

Rule 51: Deleted (see Checking)

Rule 52: LEAVING PLAYERS BENCH OR PENALTY BOX

No player may leave the players' bench or penalty box at any time during an altercation, or for the purpose of starting an altercation. Substitutions made prior to the altercation shall be permitted, provided the players so substituting do not enter the altercation. A player who has entered the game on a legal line change and starts an altercation is subject to discipline in accordance with Supplementary Discipline.

For violation of this Rule, a game misconduct penalty shall be imposed on the player(s) who was the first or second player to leave the players' bench or penalty box from either or both teams.

Rule 53: OBSCENE OR PROFANE LANGUAGE OR GESTURES

a) Players shall not use obscene gestures on the floor or anywhere in the arena, before, during or after any game. For a violation of this rule, a game misconduct penalty shall be imposed and the referee shall report the circumstances to the League for further disciplinary action. Any player assessed a game misconduct penalty under this section shall automatically be suspended for the next game of his team.

b) Players shall not use profane language on the floor or anywhere in the arena before, during or after a game. For violation of this Rule, a misconduct penalty shall be imposed except when the violation occurs in the vicinity of the player's bench in which case a bench minor shall be imposed.

Rule 54: PHYSICAL ABUSE OF OFFICIALS

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

Category I

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

Category II

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

Category III

Any player who, by his actions, physically demeans an official or who applies physical force to an official solely for the purpose of getting free of such an official during or immediately following an altercation shall be suspended for not less than one (1) game. Immediately following the game in which such game misconduct penalty is imposed, the referee shall, in consultation with the other officials, decide the category of the offense.

Rule 55: PROTECTION OF THE GOALIE

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

(NOTE): A goalie is not "fair game" just because he is outside the goal crease area.

A penalty for interference (minor or major and game misconduct) should be called in every case where an opposing player makes unnecessary contact with the goalie. Likewise, the referees should be alert to penalize goalies for tripping, slashing or spearing in the vicinity of the goal.

- b) Players from the attacking team shall not stand in the goal crease area. If the ball should enter the net while such conditions prevail the goal shall not be allowed. If an attacking player has physically interfered with the goalie, prior to or during the scoring of the goal, the goal will be disallowed and a penalty for (the) goalkeeper interference will be assessed. The ball will be awarded to the defending team.
- c) If a player of the attacking side has been physically interfered with by the action of a defending player so as to cause him to be in the goal crease and the ball should enter the net while the player so interfered with is still in the goal crease, the goal shall be allowed.
- d) A minor penalty shall be assessed to a player of the attacking side who, having been interfered with, does not make an attempt to avoid making contact with the goalie. In addition, if a goal is scored it shall be disallowed.
- e) A minor penalty for interference shall be imposed on any attacking player who makes deliberate contact with a goalie, whether in or out of the crease. At the discretion of the referee a major penalty may be imposed under Rule 96-Roughing.
- f) In the event that a goalkeeper has been pushed into the net together with the ball after making the stop, the goal will be disallowed. If applicable, the appropriate penalties will be assessed.

Rule 56: ROUGHING

Roughing is an altercation that is worthy of a minor or major penalty to either participant.

(An altercation is a situation involving two (2) players, with at least one to be penalized.)

- a) Any excessively violent holding or pushing.
- b) Any deliberate or excessively violent contact or cross check by a defensive player against an offensive player who has established a legal screen/pick position has committed a penalty.
- c) Any avoidable act on the part of a player, which is deliberate or excessively violent whether it be with the body or stick.

Rule 57: SLASHING

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

- a) A minor or major, or major and a game misconduct penalty, at the discretion of the referee, shall be imposed on any player who impedes the progress of an opponent by "slashing" with his stick.
- b) A major and a game misconduct penalty shall be imposed on any player who injures an opponent by slashing.

Rule 58: THROWING THE STICK

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

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

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

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

Rule 59: TRIPPING

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

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

a) A minor penalty shall be imposed on any player who shall place his stick or any portion of his body in such manner that will cause his opponent to trip and fall.

b) When a player in control of the ball on the opponent's side of the center line and having no other opponent to pass than the goalie, is tripped or otherwise fouled from behind, thus preventing a reasonable scoring opportunity, a penalty shot shall be awarded to the non-offending team. Nevertheless, the referee shall not stop play until the attacking side has lost possession of the ball to the defending side.

Rule 60: INTERFERENCE

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

a) When player/goalkeepers are pursuing a loose ball, checking the opponent's stick is allowed. If the contact is a direct attempt to drive the opponent off the ball while making no attempt to play the ball, possession shall be awarded to the non-offending team for minor interference. (no penalty time)

SITUATION – Rule for Interference

What criteria should be used when considering minor interference?

The player being interfered with must have a reasonable chance to obtain the ball. If that player could not have obtained the ball had the interference not existed do not award him/her the possession. The offending player's illegal actions must be the reason that the player was unable to get the ball. The offending players' action prevented a defensive player from having a reasonable opportunity to be involved in the play. If the non-offending team is about to get possession of the ball then minor interference is not called.

NOTE:

Too many plays are called back by a minor interference call away from the play. If it is severe enough to be called away from the play, it must be a penalty. If it is not severe, it is a "no call". Minor interference is called on a loose ball situation and pick plays.

