NATIONAL LACROSSE LEAGUE

OFFICIAL RULES
2026-27 SEASON

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NOTE: “Commissioner” in these playing rules shall mean the Commissioner of the League or any League Officer designated by him to perform duties and exercise authority set out in these rules.

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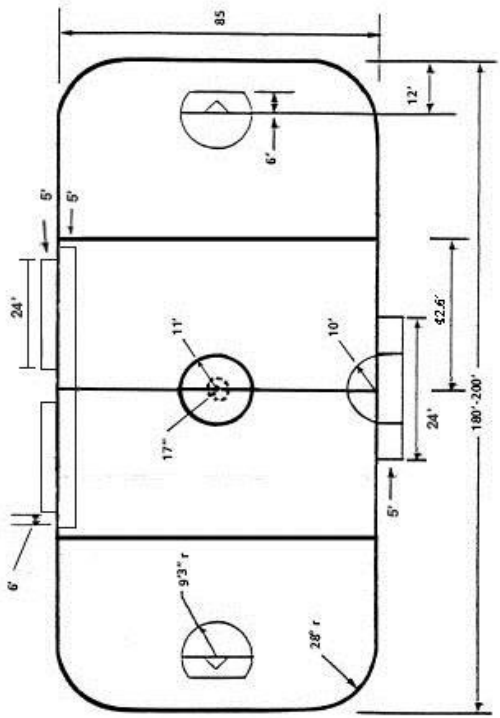
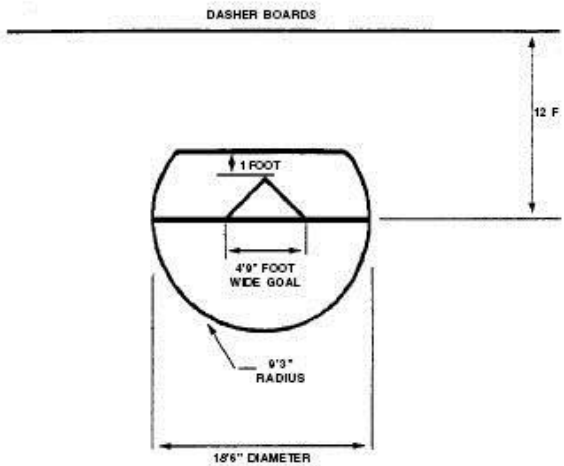
OFFICIAL DIMENSIONS OF THE FLOOR

DIAGRAM A — FULL INDOOR LACROSSE FIELD



DETAIL OF GOAL CREASE

DIAGRAM B — CREASE AREA



NATIONAL LACROSSE LEAGUE
OFFICIAL RULES

SECTION I - THE ARENA

Rule 1: THE PLAYING SURFACE

1.1 SURFACE - The indoor lacrosse playing surface shall be of artificial material as approved by the NLL. It shall be enclosed by a wall known as the "dasherboards" which may be constructed of wood, plastic, and/or other material approved by the NLL (Reference Diagram A).

1.2 BOARDS - Measured from the surface of the floor, the boards facing the playing area shall be uniform in color (excluding arena advertisers) and free from any obstructions or objects that may cause injury. The boards shall be topped by a surrounding barrier of glass or other suitable material to a minimum height of three feet (3') on the sides and six feet (6') on the ends to keep the ball in play. A ball out of bounds shall be determined when the ball makes contact with any object or person that is not within the playing surface. Players may reach beyond the boards or glass to gain possession of the ball provided contact is not made between the ball or players' body or stick with an object or person outside the playing surface. Straight glass behind the player benches is out of bounds upon contact. The curved glass at the corners of the players benches are in bounds. Should the ball hit the curved glass it will remain in play until it makes contact with any object or person that is not within the playing surface.

1.3 DOORS - All doors in the playing area shall open away from the playing surface.

1.4 LINES - Paint or tape must be used to designate line change areas in front of bench (length of bench area plus six feet (6') on either side by three feet (3').
Adjustments may have to be made to suit various arena dimensions. Only lines approved by the NLL, including the Crew Chief, may be used for NLL games.

1.5 RESTRAINING LINES - The restraining lines shall be drawn forty-two feet six inches (42'6") out from the centerline on all new floors.

Rule 2: GOALS

2.1 GOAL DIMENSIONS - Each goal shall consist of two vertical posts joined by a rigid top crossbar.
These posts shall be four feet nine inches (4' 9") apart and the top crossbar shall be four feet (4') above the playing surface. The goals shall be centered from the goal line and shall be placed twelve feet (12') from the end of the enclosure. They shall be made of one and one - half-inch (1 1/2") metal pipes and must be painted red. The League magnetic net mooring system will be used for all games.

2.2 GOAL LINE - A white line shall be drawn two inches (2") wide and between the goal posts to indicate the plane of the goal. It shall be designated as the goal line. Two poles measuring four feet six inches long (4' 6") shall run from the base of the posts until they meet behind the goal. The net shall be secured to the aforesaid poles, posts and top crossbar. A one-inch (1") by one-inch (1") line above and below the goal line will indicate the correct position of the goal posts. The back of the cross bar and posts shall be placed in line with the back edge of the goal line. A goaltender or player that intentionally positions the goal post(s) off the designated location as indicated above

shall be assessed a delay of game penalty served by the in-home.

Rule 3: GOAL CREASES

3.1 GOAL CREASE DIMENSIONS - Around each goal shall be a plainly marked circle known as the goal crease. This circle shall be marked by using the midpoint of the goal line as the center and drawing a circle around that point with a radius of nine feet three inches (9' 3").

The circle shall continue until it reaches a point of intersection with a straight line that runs parallel with the goal line one foot (1') from the point of the base of the goal. The width of the goal crease line shall be five (5") inches. The crease shall then run in a straight line parallel to the end boards (Reference Diagram B).

Rule 4: NETS

4.1 NETS - The poles, posts, and crossbars shall be fitted with a cone shape netting of not more than one and one - half-inch (1 1/2") mesh. Nets must be adjusted so as to permit the ball to pass completely through the imaginary plane of the goal at any place. League regulation game posts must be painted red with no paint chipping. Team sponsorship logos/markings may be displayed on the posts subject to League approval. Each net shall have two magnets approximately four inches behind the two vertical posts and an additional two magnets halfway along the horizontal posts that join the 'V' of the net. All magnets must be flush with the turf.

4.2 NET MESH - The mesh nets must fit the goals loosely so the ball will hit the mesh and remain inside the goal line. All goal nets will be black mesh. Home club shall supply only black repair string to the officials. Net mesh must be replaced by new mesh once there has been significant

repairs made to existing mesh. Team sponsorship logos/markings may be displayed on the mesh subject to League approval.

Rule 5: DIVISIONS OF THE FLOOR

5.1 ZONES OF FLOOR - The portion of the floor 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”.

Rule 6: FACE - OFF SPOTS

6.1 CENTER FACE OFF - A point on the center line, equidistant (approximately forty-two and one-half feet (42 1/2’) from each side of the enclosed arena shall be marked with an “X” or an “O” and designate the Center Face - Off Spot. A dotted circle with an inside radius of seventeen (17”) inches from center shall encircle the designated Center Face-Off Spot. The outside face-off circle has a dimension of eleven feet (11’) radius.

6.2 CORNER FACE-OFF - Either an “X” or an “O” shall designate four spots on the floor, each being five (5) yards from the wall (dasherboards) and five (5) yards inside the attack lines to designate alternate face - off spots.

Rule 7: TEAM BENCHES

7.1 BENCH SPECIFICATONS - The arena shall provide seats or benches for the use of players of both teams. The accommodations provided including benches and doors shall be uniform for both teams. Such seats or benches shall have accommodation for at least fourteen (14) persons of each team and shall be placed

immediately alongside the floor, in the neutral zone, as near to the center of the floor as possible, with doors opening in the neutral zone and to the rear convenient to the dressing rooms. Where possible, the benches shall include a coach's riser or step behind each bench.

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

7.2 NON-PLAYING PERSONNEL ON BENCH - Only players in uniform, the Head Coach, and five non-playing eligible personnel shall be permitted to occupy the benches so provided. Non dressed players are not permitted on the bench. Any ineligible personnel will be ordered by the officials to be removed from the bench and corridor area and a report submitted to the League. One non-lacrosse person may be added to the bench area such as a team doctor or social media person.

The Crew Chief will inform the Head Coach to order the removal of any offending individuals from the player's benches. After such warning if the team does not conform, or returns to the team bench, a bench minor penalty will be imposed on the offending team. A report of the incident will be forwarded to the Commissioner.

Rule 8: TIMER/SCORER AREA

8.1 TIMER AND SCORER LOCATION - The timer's table shall consist of the Official Timer, 30-Second Clock Official,

Official Scorer and assistants. It shall be located on the side opposite the team benches and, where possible, between the respective team penalty boxes. All non-playing personnel shall remain in this location for the game. A copy of the game sheet will be at the timer's table during the game. The entire length of
the penalty boxes and the timer's table location shall be a minimum of twenty-four feet inside (24') and a minimum width of five feet inside (5'). The only nonplaying personnel permitted in the away penalty box will be the penalty box attendant.

8.2 SHOT CLOCK OFFICIAL/STATISTICIANS - The 30-Second Clock Official shall use an electronic scoreboard buzzer which he shall activate when the rule is violated. League statisticians shall be seated in the press box or in as close proximity as possible.

SECTION II - TIME FACTORS

Rule 9: LENGTH OF GAME

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

Rule 10: INTERVALS BETWEEN QUARTERS

10.1 QUARTER BREAKS - There shall be a 2-minute interval between the first and second quarters, and between the third and fourth quarters unless League TV Broadcast requires more or less time. During these intervals all rules governing play of the game shall remain in force. Only the League Office can change the interval between quarters. Players who are serving a penalty must remain

in the penalty box between quarters, except during halftime**.**

10.2 HALF TIME LENGTH - Between the second and third quarters, there shall be a 15-minute interval (half time), unless League TV Broadcast requires more or less time. The game clock countdown at halftime begins immediately after the conclusion of the second quarter once the game officials have left the floor. The teams may leave the bench areas.

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

Rule 11: GAME CLOCK OPERATION

11.1 OFFICIAL'S WHISTLE INITIATING CLOCK - An official's whistle shall indicate clock start and stoppage accordingly. Immediately following a goal as indicated by the official, the game clock will stop. The timekeeper shall, on the face-off whistle, restart the game clock.

11.2 TIME BETWEEN GOAL AND ENSUING FACE-OFF - The referee shall endeavor to achieve a face-off between the two teams upon the expiry of thirty-five (35) seconds.
Should one team not be prepared to face-off upon the expiration of thirty-five (35) seconds, the non-offending team shall receive possession.
The shot clock shall count down after goals from thirty (30) to five (5) whenever possible.

Rule 12: SUDDEN - DEATH OVERTIME

12.1 OVERTIME LENGTH - In the event of a tie score at the end of the regulation game, play shall continue, after a two-minute interval, with sudden-death overtime. The period(s) shall be fifteen minutes (each) until a goal is scored, thus deciding a winner.

12.2 DETERMINATION OF WINNER - The game ends upon scoring of the first goal.

12.3 TIME INTERVAL BETWEEN SUDDEN DEATH PERIODS - Should more than one overtime period be needed to decide the game, there will be a two-minute interval between sudden-death periods.

Rule 13: PROPER COMMENCEMENT OF PLAY

13.1 FAILURE TO START OR RETURN TO PLAY - If a team, when off the floor at the start of the game or at the start of the quarter, or having been ordered or permitted to go off the floor by the referee, fails to go on the floor and start play within five minutes after having been ordered to do so by the referee, the offending team shall be fined Five Hundred Dollars ($500.00), the game forfeited and the matter shall be reported to the League Office for further action.

Clubs failing to start a game on time for televised games as per the agreed broadcast timing sheet are subject to fine by the League. A delay of game minor penalty will be assessed when a team fails to enter the floor before the start of the first and third quarters. The start is determined by the Crew Chief ready to begin commencement of play with a faceoff after the conclusion of pre-game ceremonies or halftime. In the event of a circumstance(s) outside the team's control which is likely to prevent the team from entering the floor at the

scheduled game time, the team shall be required to notify the League as soon as possible, and the League will then notify the Crew Chief to delay the game a reasonable amount of time as determined by the League.

The Head Coach of teams that fail to enter the floor upon their pregame introduction will be subject to a fine by the League.

13.2 FAILURE TO START PLAY WHILE ON FLOOR OR TEAM LEAVES FLOOR - If, when both teams are on the floor, one team for any reason shall refuse to start play when ordered to do so by the referee, or shall leave the floor without being ordered or permitted to do so by the referee, the referee shall warn the offending team and allow it fifteen (15) seconds which to start or resume play. If at the end of that time the team shall refuse to start play, the referee shall impose a two-minute penalty on the offending team to be served by the in-home player.
Should the offending team still refuse to start play, the referee shall warn it that it has one (1) minute to commence play, failing which it shall be fined the sum of One Thousand Dollars ($1,000.00) and the referee shall so notify the team. Should the offending team still refuse to play, the referee shall warn the team that it has five (5) minutes to commence play; failing which the game shall be forfeited and the matter shall be reported to the League for further action.

13.3 METHOD OF NOTIFICATION TO CLUB - Notification or warning a team under this rule may be given to any one of the following: Club Executive, General Manager, Coach or Captain.

13.4 PENALTY ASSESSMENT - Any Coach who takes his team off the floor and refuses to start play or complete a game upon request of the referee shall be automatically

suspended for the balance of the season and the offending Club shall be automatically subject to a fine of Five Thousand Dollars ($5,000.00).

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

13.5 GOALTENDERS POSITION IN QUARTERS - Goaltenders shall be in the goal closest to their players' bench in the first and third quarters and at the goal farthest to their respective benches in the second and fourth quarters.

Rule 14: TIME-OUTS

TIME-OUT ALLOCATION AND LENGTH - Each team shall be allowed one (1) time-out per half. No carryover time-outs are permitted. They shall be forty-five (45) seconds in duration. They cannot be carried over if not used from half to half.

During dynamic play a team must have possession in order to request a time out and during dead ball situations any team can request a time out provided the team has not used their allotted time out**.** If a team calls a timeout when they have possession of the ball inside their crease, restart will occur outside and to either side of the crease approximately 5 yards away from the boards.

14.1 TIME-OUT FOR INJURED PLAYER - A time-out for an injured player shall not count as a charged team timeout, provided the injured player is removed from the playing field. The player may not return to the floor until the next non-technical stoppage of play. Violation will result in a minor penalty to the offending player for delay of game.

14.2 TIME-OUT BROADCAST AND PROMOTION FORMAT - All games shall have promotional time-outs taken during the first stoppage of play (non-goal scored) under the ten

(10) minute mark and under the five (5) minute mark in each quarter. Length of timeouts shall be determined by the NLL.

14.3 TIME-OUTS AND PENALTIES SERVED - Players who are serving a penalty must remain in the penalty box during all time-outs.

14.4 NO TIME-OUTS REMAINING - In the event a team calls a time-out that does not possess any more timeouts, they will be assessed a two-minute delay of game penalty under Rule 92.5, and the opposing team is awarded possession of the ball. The team is not granted the time-out. A team calling a time-out can be either from the non-playing personnel on the bench or players on the floor.

Rule 15: OFFICIALS' TIME-OUTS

15.1 OFFICIALS' INJURY TIME-OUT - An official may suspend play at his discretion. If a player is injured and in the judgment of the Official, the injury is serious, play shall be suspended immediately. Otherwise, the Official shall delay sounding of the whistle until there is team possession.

15.2 OFFICIALS' TIME-OUT FOR BLEEDING - Whenever a player suffers a laceration or wound where oozing or bleeding occurs, an Official shall suspend play at the earliest possible time and the player shall leave the field of play and be given appropriate medical treatment. The injured player may not return to the floor until the next non-technical stoppage of play. Violation will result in a minor penalty to the offending player for delay of game. If the player is removed and his team takes a charged time-out, during which the problem is rectified, the player may continue to participate.

If a player has blood on his uniform or equipment, but is not bleeding, he may continue to participate so long as the affected item is not saturated with blood. If it is saturated, the player must leave the playing field and change to a clean item.

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

SECTION III - OFFICIALS

Rule 16: APPOINTMENT OF OFFICIALS

16.1 OFFICIATING CREW - The Commissioner shall appoint the Officiating Crew.

16.2 HOME CLUB MINOR OFFICIATING RESPONSIBILITIES - The host Club is responsible for securing a game timekeeper, two penalty box attendants, and an Official Scorer.

16.3 OFFICIALS' ROSTER AND TREATMENT - The Commissioner or designee shall forward to all clubs a list of Referees, all of whom must be treated with proper respect at all times during the season by all players and officials of clubs.

Rule 17: REFEREES

17.1 CREW CHIEF DUTIES - The Crew Chief shall have general supervision of the game and have full control of the game officials and players during the game, including

stoppages; and in case of any dispute, his decision will be final. The Referees shall remain on the floor until all players have proceeded to their locker rooms at halftime and the end of the game. This duty will also include adding or subtracting time on the game clock per league referee mechanics.

17.2 OFFICIALS' DUTIES REGARDING PLAYER EQUIPMENT - It shall be the Referees' duty to see that all players are properly dressed and that the approved regulation equipment (including the approved on-field branded exposure program) is in use at all times during the game.

17.3 OFFICIALS' DUTIES REGARDING MINOR OFFICIALS - The Referees shall, before the start of each game, see that the appointed Game Timekeeper, Official Scorer are in their respective places and ensure that all timing and signaling equipment are in order.

17.4 OFFICIALS' DUTIES REGARDING RULES ASSESSMENT - It shall be the Referees' duty to impose penalties as prescribed by the rules for infractions thereof and the Crew Chief shall give the final decision in matters of disputed goals as per NLL rules. The Crew Chief may consult with other officials before making his decision.

17.5 OFFICIALS' DUTIES REGARDING GOALS/PENALTY COMMUNICATION - The Referees shall announce to the Official Scorer or Penalty Timekeeper all penalties, and for what infractions such penalties are imposed.

17.6 OFFICIALS' DUTIES REGARDING SEPARATING PLAYERS IN THE PENALTY BOX - The Referee shall see to it that players of opposing teams are separated in the penalty box to prevent feuding.

17.7 OFFICIALS' DUTIES FOR REPORT SUBMISSION TO LEAGUE - The Referee shall report to the League promptly and in detail the circumstances of any of the following incidents:

- When a stick or part thereof is thrown outside the playing area.
- Every obscene gesture made by any person involved in the playing or conduct of the game whether a participant or as an official of either team or of the League, which gesture he has personally observed or which has been brought to his attention by any game official.
- When any player, Equipment Manager, Trainer, Coach or club executive becomes involved in an altercation with a spectator.
- Every infraction assessed as a game misconduct penalty that constitutes an incident report.

17.8 INSTANT REPLAY AND RELATED OFFICIALS' DUTIES

17.81 CRITERIA OF CHALLENGE

- Determination of the ball crossing the goal line;
- Determination of the ball crossing the plane of the goal prior to the end of a quarter;
- Determination of a crease violation for only the following: shooter is in the crease prior to the ball crossing the goal line, non-shooter is in the crease prior to the ball crossing the goal line (Note: the definition of the shooter shall be the player who is in possession of the ball);
- Determination of the ball crossing the plane of the goal prior to the expiration of the thirty (30) second shot clock and determining whether the ball hit the goalie prior to the expiration of the thirty (30) second shot clock;

- Determination of the ball being directed into the goal as per Rule 55.11, Directed Into Net;
- Determination of shot origin per rules 54.3 and 55.13, Stick Head Behind Goal Line Extended;
- Determination of attacking player in the crease to gain an advantage then exit through crease to be the first to receive a pass or the first to gain possession of the ball, officials will review back to the single possession by the offending team, Rule reference 67.3;
- Determination of the game clock being inaccurate thirty (30) seconds or less in the fourth quarter: the Crew Chief will review operation of the game clock at his discretion if he feels there was an inaccurate account of time elapsed during dynamic play; should there be conclusive evidence of any inaccuracies, the Crew Chief shall add or subtract time accordingly; no changes to the clock can be made upon a restart of play after a non-technical stoppage; and
- Determination if there was a violation by a defender who violates the checking in the crease rule 67.13 of an opposing runner or rule 68.1 of the opposing goalie: Should review indicate there was a violation and a goal scored by the violating team within their same shot clock possession, the goal is disallowed, no penalty is assessed, play is restarted with the non-offending team having possession in the goaltender's crease at the time of the infraction (Rule 69 Goalie Interference is not reviewable).

17.82 NUMBER OF CHALLENGES – The Head Coach may use a challenge up to three (3) times per game in regulation time.

The Head Coach gets one challenge in overtime, which is exclusive of the number of challenges that are used at any point in regulation time.

The Crew Chief and Assistant Referees will initiate replay reviews with less than **one minute** remaining in the fourth quarter and in overtime. Should the official deem the play is close on an awarded goal or no-goal, the official will initiate replay review. Should a Head Coach use a challenge flag with less than **one minute** in the fourth quarter or in overtime, the Head Coach will be charged with using a challenge, regardless whether the official initiates the replay review.

17.83 CHALLENGES AND TIMEOUTS - A timeout will be charged to the team requesting the challenge who loses a challenge as deemed by the official's review.

A team that requests a challenge and does not have any timeouts remaining and loses a challenge shall be assessed a bench minor penalty, served by the in-home.

17.84 OFFICIALS' MECHANICS - The game officials will determine a flag thrown by the Head Coach on the floor. The Shot Clock Official shall be the primary mechanic to determine a flag thrown by the Head Coach. The Shot Clock Official and/or Assistant Referee shall notify the Crew Chief immediately upon seeing a flag/challenge during any stoppage of play. The officials shall stop play as per below during play-on situations. In a three man on floor mechanic, should the lead official and single side official have a discrepancy in goal/non goal calls on a play, the Crew Chief will automatically review the play at any point in the game. A team is not charged a challenge in this situation. Upon review by the Crew Chief, if the review is deemed inconclusive the original call by the lead official will stand.

17.85 ALL GAME STOPPAGES - Clubs shall have a maximum of thirty (30) seconds to challenge a play should the play in question occur at the expiry of a period, any called

timeout, injury stoppage, or equipment repair, or any other stoppage permitted by the officials. The **thirty (30)** seconds will begin once play is stopped, e.g., a whistle indicating a goal scored. Officials shall use the extended replay mechanic to determine the consistency and quality of replays being shown after awarded goals per the League Casebook.

17.86 PLAY-ON SITUATIONS - During play-on game situations when a challenge flag has been thrown, the officials shall stop play once the challenging team gains possession, or any stoppage of play, or when the non-challenging team is in possession and has no immediate scoring opportunity, whichever occurs first. The challenging club must throw the flag within thirty (30) seconds of the play being challenged.

17.87 TRACKING FLAGS - For teams that have used their allotted challenges, the flag shall be given to the penalty box attendant by the official.

17.88 PENALTIES - All penalties shall be assessed and served according to NLL rules during play-on situations regardless of any replay challenge outcome. The penalty shall begin at the point of the overturn of the original ruling on the field.

17.89 UNSPORTSMANLIKE PENALTY - Should a flag be thrown under **one minute** in the fourth quarter or in overtime, with an attempt to disrupt and stop play in the referees' discretion, a minor penalty for unsportsmanlike conduct will be assessed. The in-home will serve the penalty. Should a flag be thrown at any time during the game in an attempt to hit an official in the referees' discretion, a minor penalty for unsportsmanlike conduct will be assessed.

The in-home will serve the penalty. Should the flag make contact with the official as indicated in the above situation, a minor penalty for unsportsmanlike conduct and a game misconduct will be assessed to the Head Coach or non-playing personnel who threw the flag. The League may assess further discipline and fines. Should a flag be thrown on a non-reviewable play, play will continue until the next stoppage and a bench minor penalty shall be charged against that team, subject to the officials' discretion on the intent of the head coach. The in-home serves the penalty.

The official shall be provided discretion in assessing a penalty by determining whether this was an intentional or unintentional act by the Head Coach to disrupt play.

17.90 GOAL SCORED FOLLOWING A CHALLENGE - If a goal is scored by "Team B" after a replay challenge by "Team A" during a play-on situation, and the officials' review indicates the call on the field is overturned, the goal by "Team B" shall be wiped out. The game clock shall be restarted at the point the play to be reviewed.

17.91 CONCLUSIVE EVIDENCE - As determined by the Crew Chief during Instant Replay Review, conclusive evidence must be evident to overturn the original ruling on the field. If there is no conclusive evidence, the original call will remain. Review by the officials shall be attempted to be completed within two minutes.

17.92 CHALLENGE INITIATED BY OFFICIALS - If there is less than **one minute** remaining in the fourth quarter or overtime, an instant replay may be initiated and reviewed only at the discretion of the Crew Chief and Assistant Referees. If it is a play-on situation, the officials shall stop play once the challenging team gains possession, or any stoppage of play, or when the nonchallenging team is in possession and has no immediate scoring opportunity,

whichever occurs first. Notwithstanding the foregoing, the Officials will not initiate a replay review in such instances if the goal scored results in a differential of **four** or more goals.

17.93 PUBLIC ANNOUNCER DUTIES - Upon completion of the Replay Review, the Crew Chief will verbally explain to the PA announcer the ruling on the call.
Then the Crew Chief will step on the floor at the top of the Officials' circle and manually point to the center face-off circle if review indicated a good goal. If the review indicated a no goal, the official will indicate the no-goal signal and point to the goalie of the team that will restart with possession inside the crease. The PA announcer will then verbally provide the explanation after the Crew Chief has completed his task.

17.94 ***(Intentionally Omitted)***

17.95 MAJOR, GAME MISCONDUCT, MATCH PENALTY AUTOMATIC OFFICIAL REVIEW – All Major Penalties, Game Misconduct Penalties, and Match Penalties assessed by the Officials, with the exception of Fighting and Roughing, will be automatically reviewed by the Crew Chief immediately upon the stoppage of play. Upon review, the Crew Chief may either confirm the call, modify the call to a less severe penalty, or rescind the penalty.

Rule 18: TIMEKEEPERS

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

18.2 30-SECOND CLOCK OFFICIALS' DUTIES - The 30 - Second Clock Official shall control a separate timing device that shall be used during the entire game including overtime except for the last thirty (30) seconds in each quarter. Although the 30 - Second Clock Official 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 19: SCORERS

19.1 SCOREKEEPER'S 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 assists made by each team. The Official Scorer shall record the name and number of the player scoring the goal and those credited with the assists.

The scorer shall keep an accurate record of time-outs (Team, Officials, broadcast) and notify the Officials if either team exceeds the number allowed. The scorer keeps the name and number of each player upon whom a penalty is inflicted, the type of penalty, time of the quarter when it occurred and the duration.

The scorer must notify the Officials when any player accumulates two (2) 5-minute penalties (automatic game misconduct). The scorekeeper shall keep a record of both clubs' 'in-home' player's name and number, who will serve any bench minor penalty assessed, including illegal substitution penalties.

Rule 20: PUBLIC ADDRESS ANNOUNCER

20.1 PUBLIC ADDRESS ANNOUNCER'S DUTIES FOR AWARDED GOALS – For awarded goals, the name of the scorer and any player entitled to an assist will be announced via the public address announce system.

Public address announcers shall not communicate derogatory or disparaging comments towards any individual players on the opposing team and/or the officials, or count down or announce any penalty time, shot clock time, or game time remaining in each quarter, unless instructed by the officials. Public address announcers shall not make any comments in connection with any officials' calls during the game, including any replay reviews of goals or penalties assessed. Public address announcers may engage with the fans to cheer for the home club in a positive and professional manner. Failure to adhere to this rule will result in a fine to the announcer by the League.

Rule 21: RECORD KEEPING

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

21.1 GOALIE SAVES - Anytime a shot is stopped or deflected with any part of the goalkeeper's body, lacrosse stick, or hits the goal post a save is recorded.

21.2 SHOT - A shot shall be defined as a player with possession throwing the ball at the goal in an attempt to score. The lacrosse stick of the goalkeeper is considered as being part of the goalie's body while within the crease area.

21.3 SHOT ON GOAL - A shot on goal shall be defined as a shot where the ball makes contact with any part of the goalkeeper while he is in his crease area, the goalposts or crossbar or crosses the goal line. When a shot hits a part of the goal post, does not go in and the ball continues in play, a shot on goal is awarded and a save is credited. The head of the players' stick must be equal to or in front of the goal line extended to be credited as a shot on goal.

21.4 ASSIST - Any pass or two passes, by a player or players, to a teammate who then scores a goal is an assisted goal. Only a goal or assist, however, may be credited to any one player on a scoring play. There shall be a maximum of two assists on each goal scored.

21.5 LOOSE BALL - Any ball that is non-possessed on the ground and in the field of play, which comes into the possession of either Team in live-ball play, can be a loose ball. When such a loose ball is obtained, the Player gaining the loose ball must be able to immediately perform the normal functions of possession (shoot, cradle, pass). Should any of these conditions not be met, a loose ball should not be awarded. A Player may not drop the ball of his own volition, regain possession, and be credited with a loose ball.

Loose balls should be awarded as part of the face-off play; however, a loose ball is not always awarded when the Referee signals possession on a face-off play, since his definition of possession does not rise to the standard of that of a loose ball.

21.6 TECHNICAL VIOLATIONS - A technical violation shall be defined as any loss of possession resulting from an illegal pick, crease violation, or thirty-second violation. Other violations are listed throughout the rulebook.

Rule 22: PLAY OF THE BALL

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

22.1 FREE PLAY - Whenever a player has been awarded possession for any reason, no opposing player may take a position closer than two yards.

22.2 PLAYER & GOALIE POSSESSION - A player shall be considered in possession of the ball when he has control of it and can perform any of the normal functions of control

such as carrying, cradling, passing or shooting. A defender or goalie who has clamped down with his stick on the ball while the ball is in the crease is defined as possession. A player or goalie must have possession of the ball in order for play to re-start unless, at the referee's discretion, the team being awarded possession is delaying the re-start of play for a reason other than obtaining control of the ball.

22.3 TEAM POSSESSION - A team shall be considered in possession of the ball when a player of that team has possession.

22.4 PASS - The movement of the ball caused by a player in possession, throwing or bouncing the ball to a teammate. If a player bounces the ball onto the floor and then into the board and/or glass and toward the stick of a teammate and there is continuous movement of the ball, the pass is complete.

22.5 COMPLETED PASS - A completed pass is one caught by a teammate.

22.6 BALL IN FLIGHT - A ball in flight, including a bounce pass, from one player to a teammate is a ball in team possession.

22.7 FAST RESTART - A player may be in a stationary position or moving during re-starts as signaled by the Official. For example, the restart position does not have to restart at the point of violation, e.g., a location of an illegal pick or shot clock violation, and the non-offending team may pick up the ball quickly at the location of the new position of the ball and await the restart whistle. The restart can occur within a ten yard radius of the opposing crease.

SECTION IV – COMPOSITION OF TEAMS

Rule 23: PLAYERS ON FLOOR

23.1 NUMBER OF PLAYERS TO BEGIN A GAME - A team shall be composed of six (6) players on the floor who are under contract to the Club they represent.

Rule 24: PLAYERS IN UNIFORM

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

During all games not more than nineteen (19) players, including the goalkeepers, shall be permitted. The nineteen (19) players shall be comprised of seventeen (17) runners, and two (2) goaltenders, if available. At no time shall a team be comprised of more than seventeen (17) runners. Violation is subject to a fine.

24.2 SUBMISSION OF ELIGIBLE PLAYER LIST - Two identical lists indicating the names and numbers of all 17 runners and 2 goaltenders, if available in the lineup plus other eligible players and goalkeepers must be handed to the Crew Chief at the Officials' Room no later than 45 minutes before the game and no change, with the exception of an injury or sickness during warm up, shall be permitted in the list or addition thereto. The Crew Chief will give the home game operations staff one copy each, while the club's will receive the opposing teams list at that time. The name of the Captain and the Alternate Captains of both teams shall be included in the list. Also, each clubs designated in-home player will be indicated on the lineup and penalty summary sheet.

A goaltender cannot be designated in-home. Any non-designated player penalty, bench minor, or minor penalty to the goaltender, will be served by the in-home player. Head Coaches are subject to a fine for improperly submitting the eligible player list as per above.

Should an injury/sickness occur during warm up the club must notify the Crew Chief before the end of the formal warm up in order for an eligible replacement to be made at that time. The opposing club shall be immediately notified by the Crew Chief and allowed lineup change(s) not to exceed the original clubs changes at that time. The Crew Chief shall notify the Official Scorer of any lineup changes. Any violation of roster submission will result in a fine by the League. All teams shall submit their 6 starters for the game.

24.3 ONE GOALTENDER ON FLOOR - Each Team shall be allowed one goalkeeper on the floor at one time. The goalkeeper may be removed and another player substituted. Such substitute shall not be permitted the privileges of the goalkeeper.

24.4 GOALTENDER SUBSTITUTE - Prior to the start of the game each team shall have on its bench, or on a chair immediately beside the bench, a substitute goalkeeper, if available who shall, at all times, be fully dressed and equipped and ready to play.

Rule 25: CAPTAIN OF THE TEAM

25.1 CAPTAIN PRIVILEGES - One captain shall be appointed by each Team, and he alone shall have the privilege of discussing with the Referee any questions relating to interpretation of rules which may arise during the progress of the game. No playing Coach, playing Manager or goalie shall be permitted to act as Captain or Alternate Captain.

The captain shall wear the letter “C”, approximately three inches (3”) in height and in contrasting color, in a conspicuous position on the front of his jersey. In addition, if the permanent Captain is not on the floor, Alternate Captains (not more than two (2) shall be afforded the privileges of the Captain. Alternate Captains shall wear the letter “A” approximately three (3”) in height and in contrasting color, in a conspicuous position on the front of their jerseys.

25.2 CAPTAIN NOT IN UNIFORM - Only when the captain is not in uniform, the Coach shall have the right to designate three (3) Alternate Captains. This must be done prior to the start of the game. Clubs that exceed the limits of designated captains will be subject to a fine and the officials shall make the captain designations if the limit is exceeded.

25.3 CAPTAIN COMMUNICATION WITH OFFICIALS - Only one Captain, when invited to do so by the 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.

Any player, including the captain who positions himself at the referees’ circle to converse with the officials without permission granted by the officials shall be automatically assessed an unsportsmanlike conduct minor penalty.

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

Rule 26: UNIFORM REQUIREMENTS

26.1 NUMBER AND NAME ON JERSEY - Each player and goalkeeper listed on the Club’s roster shall wear an

individual identifying number at least ten inches (10") high on the back of his jersey and, in addition, each player and goalie shall wear his surname in full block letters three inches (3") high across the back of his jersey at shoulder height. All Players of each team shall be dressed uniformly with approved design and color of their helmets, jerseys, shorts, socks, and shoes. All players wearing leggings must be in uniformity of their teammates. All players must be in uniformity to their teams colors. White or black are acceptable leggings.

26.2 ALTERED UNIFORMS - Altered uniforms of any kind will not be permitted, including but not limited to a ripped and/or re-stitched jersey, unless approved by the League. Any player or goalie not complying with this Rule shall not be permitted to participate in the game and subject to rule 90.

26.3 SPONSORSHIP EQUIPMENT REQUIREMENTS - Only NLL sponsored equipment shall be worn unless prior approval by the League and only authorized Official NLL Suppliers' logos/marks must be displayed on the player's uniform and/or equipment, which also includes the shaft and head of the stick.

Any player or goalie in violation with this rule shall be assessed a delay of game penalty immediately. Should the player or goalie be unable to comply immediately after the signal of the penalty, the in-home shall serve the penalty. The player who was assessed the penalty shall not be permitted on the floor until the penalty expires.

Any player who has been found to have marked up, blocked, or misrepresented any logos or marks shall be reported to the League office and is subject to a fine.

Rule 27: COACHES

27.1 HEAD COACH DUTIES - It shall be the responsibility of the Head Coach to see that his players and substitutes are properly equipped to play and are ready to play at all times in accordance with the pre-game and game procedures set out by NLL rules and the NLL regulations. The Head Coach is responsible for the actions of all non-playing members of his team and all persons officially connected with his team. It is the duty of the Head Coach to cooperate with the officials in keeping the game under control at all times with his players and not to entice poor sportsmanship from the spectators. **The Head Coach shall also be responsible for his players' actions during pre-game warm ups, during the game, and post-game.** Failure to adhere will result in a bench minor penalty **and the Head Coach** may be subject to League fine and/or suspension.

Rule 28: INJURED PLAYERS INJURED PLAYER DEFINITION

An *injured player* shall be defined as a player hurt requiring the official to stop play. The injured player may not return to the floor until the next non-technical stoppage of play. Violation will result in a minor penalty to the offending player for delay of game. Should a goal be scored by the offending team when the injured player is on the floor illegally it shall not count provided the infraction was assessed by the official prior to the re-start of play. Should the in-home be injured, the Head Coach shall indicate the alternate in-home.

28.1 INJURED GOALIE - The trainer may come on to the floor to tend to the goalie.

If the injury is serious or 50 seconds expire commencing from the officials acknowledgement of the injury, the goalie must be replaced by a substitute without any

undue delay and no warm-up shall be permitted for the substitute goalie.

28.2 RETURN OF ORIGINAL GOALIE - When a substitution for the regular goalie has been made, such injured regular goalie shall not resume his position until the next non-technical stoppage of play, otherwise, a bench minor for illegal substitution.

28.3 PLAYER INJURED AND PENALIZED - If a penalized player has been injured, he may proceed to the dressing room without the necessity of taking a seat in the penalty box. If the injured player receives a minor penalty, the penalized team shall immediately put the "in-home" player in the penalty box who shall serve the penalty without change.

If the injured player receives a major penalty, the penalized team shall place the "in-home" player in the penalty box immediately.

28.4 RETURN OF INJURED AND PENALIZED PLAYER -

The injured penalized player who has been replaced in the penalty box shall not be eligible to play until his penalty has expired or until such time as he would normally be released from the penalty box after serving a coincidental penalty. This violation is subject to a minor penalty for delay of game.

28.5 STOPPAGE OF PLAY DURING A PLAYER INJURY -

When a player is injured so that he cannot continue to play or go to his bench, the play shall not be stopped until the injured player's team has secured possession of the ball.

If the player's team is in possession of the ball at the time of injury, play shall be stopped immediately unless his team is in a scoring position.

In the case where it is obvious that a player has sustained a serious injury, the referee may stop the play immediately. When play has been stopped by the referee due to an injured player, such player must be substituted for immediately (except for a goalie) and the injured player may not return until the next non-technical stoppage of play. When play has been stopped by the referee and an injury also occurs during the course of the stoppage, should the injured player result in further delay of restarting the game, such player must be substituted immediately (except for a goalie) and the injured player may not return until the next non-technical stoppage of play.

28.6 POSSESSION ON RESTART AFTER INJURY - If play is stopped by reason of any injury to a player, the ball will be given to the team in possession and the shot clock shall remain as it was when play stopped. If there is no possession, a face-off will occur.

SECTION V- EQUIPMENT

Rule 29: THE BALL

APPROVED BALL - Only balls that have been approved by the NLL are permitted to be used. Specifications are a solid rubber ball measuring 7.757.80 inches in circumference, 2.5 inches in diameter and 5.00-5.25 ounces.

Balls shall be supplied by the home team and given to the Game Officials one (1) hour prior to game time.

Rule 30: PLAYER (RUNNER) STICK

30.1 STICK LENGTH - The lacrosse stick shall be an overall fixed length of forty (40") to forty-two (42") inches except the goalkeeper's lacrosse stick.

30.2 STICK WIDTH - The head of the lacrosse stick shall measure between four and one-half inches (4 1/2") and seven inches (7") at its widest point, inside measurement except for the goalkeeper's lacrosse stick.

30.3 BALL STOPPERS - A maximum of one guard stop at the throat of the stick must be a minimum of 10 inches (10") from the head to the nearest edge (closest to the handle) of the stop.

30.4 POCKET DEPTH - The depth of the pocket shall not exceed five inches (5") measured from the bottom of the sidewall of the head. Nothing may be added to or attached to the outside of the stick except as noted in Rule 32 immediately below.

Rule 31: GOALIE STICK DIMENSIONS

31.1 GOALIE STICK DIMENSIONS - The maximum width of the head shall be no more than thirteen (13") inches measured to the outside edges. The maximum length measured from the top of the head to the bottom of the throat shall be no more than sixteen and one half inches (16" 1/2) inches.

The length of the entire stick (head and shaft) shall be between forty (40") inches to seventy-two (72") inches. Any significant increase in radius on the shaft with tape or other material that would give undue assistance in goal

is not permitted. The diameter of the shaft at its widest point shall be one (1) inch; provided, however, five (5) inches length of tape or other material may be added to the lower half of the shaft (towards the head) to increase the width of such area of the shaft to no more than two (2) inches, for the sole purpose of improving the goalie's access to this position of the shaft with his bottom hand while in the goaltender save position. Additionally, two (2) inches length of tape may be added to the butt end of the stick to increase the width of such area of the shaft to no more than two (2) inches. The goalie stick must be approved and sanctioned by the League.

Rule 32: PLAYER (RUNNER) LACROSSE STICK CONSTRUCTION

32.1 STICK MATERIAL - The lacrosse stick shall be made of a hollow synthetic or metal type material, with the head attached directly to the handle. The stick handle (shaft) may not be filled with any substance. Only a lacrosse stick approved by the NLL can be used.
All other lacrosse sticks are ILLEGAL. Any significant increase in radius on the stick with tape or other material that would give undue assistance is not permitted as per the officials' discretion. A maximum of three layers of tape is permitted on the shaft and throat of the stick. At least one of the official League sponsored suppliers' logo/marking must be on display.

32.2 BUTT END MATERIAL - All stick handles (shafts) must have a plastic or rubber plug on the end or adequately taped to prevent injury.

32.3 STICK COLOR - The lacrosse stick shall be white or uniformly conform to the specific team colors or meet sponsorship requirements as specified by the NLL.

32.4 POCKET COLOR - The color(s) of the pocket shall remain consistent with the color(s) issued by the manufacturer or sponsor of the stick and approved by the NLL.

32.5 ILLEGAL POCKET AND HEAD - Lacrosse sticks shall not be permitted in play when the construction or stringing at the throat is designed to withhold the ball from play**.** The ball shall travel between the sidewall for the entire length of the head section. When the stick is turned parallel to the floor the ball must exit the stick.

32.6 STICK CHECK MEASUREMENT REQUEST PROCEDURE - Only the Captain, an assistant captain or the Head Coach may request a stick measurement and dislodgement check and only during a timeout or normal stoppage in play. A request for a stick measurement shall be limited to one request per Team during the course of any stoppage of play. If a stick check is requested and the stick is found to be legal, a two (2) minute delay of game penalty will be assessed against the Team requesting the stick check. The in-home will serve the bench minor penalty**.** An immediate stick measurement and dislodgement request following a goal in overtime will not be granted. The official will perform measurement and inspection as per Rule 30: Player (Runner) Stick or Rule 31: Goalie Stick Dimensions as applicable. The Gait D and Gait D2 stick heads shall be considered illegal.

32.7 ILLEGAL STICK - If a stick is found to be illegal the player using the illegal stick will be penalized two (2) minutes.

32.8 ILLEGAL STICK SCORED GOAL - Should any goal be scored with an illegal stick during the last "live ball" offensive possession it will be disallowed. Provided the goal is disallowed, the minor penalty will not be imposed.

32.9 RANDOM STICK CHECK PROCEDURE - The stick of any player may be randomly checked by the officials between quarters and during timeouts throughout the game. Any player who, in the discretion of the referee, fails to timely provide the stick to the official upon request or attempt to or alter the stick shall be assessed a minor penalty for unsportsmanlike conduct. Should the stick be illegal upon measurement, an additional minor shall be assessed.

32.10 CONFISCATION PROCEDURE OF ILLEGAL STICK - If an illegal stick is found, it shall be removed to the penalty box and the illegal portion(s) only shall be delivered to the League Office immediately following the game. Any legal portion of the stick shall be returned to the offending team after the game.

Rule 33: PROTECTIVE EQUIPMENT/PADS

33.1 REQUIRED EQUIPMENT LIST - All players are required to wear a protective helmet, facemask, chin cup and a mouthguard. Players must wear protective gloves, shoulder/vest pads, a chest/heart protection pad, and rib pads. Only equipment approved and sanctioned by the NLL may be used.

Straps, strings or any shirts will not hang below the hemline of the game jersey.

Tape, characters, non-sponsor logos and the like shall not be added to a player's helmet without prior League approval.

Arm guards, elbow pads, wristbands, knee or leg bands shall conform to team colors acceptable to the team.

Compression shorts may be worn so long as they are acceptable to the team.

Any player or goalie not complying with this rule will be assessed a delay of game penalty immediately. Should the player or goalie be unable to comply immediately after

the signal of the penalty, the in-home shall serve the penalty. The player who was assessed the penalty shall not be permitted on the floor until the penalty expires.

33.2 HELMET AND FACEMASK BALL AND STICK TEST - The helmet and facemask combination must meet the specifications and guidelines approved and sanctioned by the NLL (and / or the equipment sponsor) and must pass a "ball and stick test." The lacrosse ball must not be able to pass through any portion of the facemask and touch the face.

The lacrosse stick, held in a horizontal or vertical position must not be able to pass through any portion of the facemask and touch the face. The facemask must cover and protect the entire face area including the chin.

33.3 HELMET CHIN CUP - The helmet chin cup must be worn in a firmly attached position at all times during play such that there is continuous contact with the chin cup while the jaw is in its normal non-extended position. Any player or goalie not complying with this rule will be assessed a delay of game penalty immediately.

33.4 MOUTHGUARD - The mouthguard must be worn at all times during dynamic play. Failure to do so will result in removal from the floor. A subsequent violation by the same player will result in a minor penalty for delay of game to the player.

33.5 GOALIE HELMET REMOVED - Should a goalie's helmet/facemask be removed while he is in his crease as a result of a normal goalkeeping duties, play will be stopped immediately. Restart of play will be given to the team who has possession of the ball at the time of the stoppage, otherwise a faceoff will resume play. Should a goalie lose his helmet/facemask while he is outside his crease (both feet outside his crease) he is subject to the

same rule as non-goaltenders. A goalie or teammate who intentionally removes the goalie's helmet/facemask to disrupt play, will result in a penalty shot. If the opposing team is on a breakaway, the non-offending team is assessed an awarded goal.

Rule 34: EQUIPMENT SAFETY

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

Should an official deem the equipment is dangerous, the player shall receive a 2-minute minor penalty, automatic game misconduct and is subject to further discipline and/or fines by the League.

34.2 GOALTENDER EQUIPMENT REPAIR TIME LIMITATION - In the event the goaltender loses protective equipment during a stoppage which cannot be repaired within 30 seconds, goaltenders must exit the floor.

If goaltender equipment takes more than 30 seconds to repair, the goalie must be removed from the game and the substitute goalie must be prepared to enter the game no longer than 20 seconds after the original is removed or a bench minor penalty will be assessed.

If any goalie equipment repair is deemed to not be a safety concern at the discretion of the referee, the team will be immediately assessed a team timeout. If the team does not have a timeout then the team will be assessed a bench minor penalty.

Rule 35: GOALTENDER EQUIPMENT

35.1 PURPOSE OF EQUIPMENT - The prime purpose of any goalie equipment is for the protection of the goalie.

Special equipment worn by the goaltender includes the arm & chest protector, throat guard, and shin guards.
With the exception of the stick, all the equipment worn by the goaltender must be constructed solely for the purpose of protecting the head or body, and he must not wear any garment or use any contrivance, which would give him undue assistance in keeping goal.

35.2 APPROVED EQUIPMENT - The goalie may wear and use such equipment that has been sanctioned, approved, and issued by the NLL that meets the current season's standards and specifications (including the goalie stick), such as the approved arm and chest pads, shins and pants. Goalies are permitted to wear the most recent previous season's and then-current season's shin pads, arm/chest pads, and pants. The equipment specifications are standardized as follows:

35.3 GLOVES - A standard lacrosse goaltender glove, will be permitted with a maximum width of 8 1/2
inches at any point across, and 14 ½ inches maximum length, which may not be altered for purposes of adding bulk. Padding may not be added to, or on the outside of the glove unless prior approval by the League.

35.4 PANTS - No internal or external padding is permitted on the pant leg or waist beyond that to provide protection (no outside ridges).
The maximum width (straight line) of the thigh pad across the front of the leg is eleven inches (11"). If the groin and/or hip pads extend beyond the edge of the front thigh pad they are to be included in this eleven inch measurement. This measurement is to be taken while the goaltender is in an upright standing position. This measurement is to be made five inches (5") from the bottom of the pant. This measurement will include any shin pad that overlaps the pant. The goalie must wear the

correct pant size as provided to the goalie and as documented by the League. Team sponsorship logos/markings may be displayed on the pants subject to League approval. Pants must be worn in the proper position meaning the waist of the pants is to be worn at the belt line on the goalie. A goalie not wearing pants in the proper position, at the referees' discretion is subject to failure to meeting contour specifications, rule 88.

35.5 SHIN PADS - Shall not exceed eight inches (8") in extreme width from the base of the knee cap when on the leg of the goaltender.

The shin pad shall not exceed five and one half inches (5 ½") in width at the base of the ankle and taper in a straight line from the knee cap to ankle with conformity to the leg. Shin pad width at or above the knee cap shall not exceed eleven inches (11"). The measurement shall be taken from the widest points on the plastic only. Entire shin pad shall be no greater than one and one half inches (1 ½") in thickness. No attachments are permitted. Calf protector must follow the contour of the calf and ankle, and can have a thickness of no greater than one and one half inches (1 ½"). Team sponsorship logos/markings may be displayed on the shin pads subject to League approval.

Knee pads are permitted to be worn and must comply with manufacturing standards, may not be altered, and must conform to the body and not exceed any shin pad measurement. If a league sponsor is not able to provide knee pads, the club may use non sponsored knee pads provided no logos or marks are visible.

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

35.6 HELMET - Goaltenders must wear a helmet as approved by the League.

35.7 ARM & CHEST PROTECTOR - Shoulder cap protectors must follow the contour of the shoulder cap in a rounded manner without any pointed or squared projections/extensions beyond the shoulder. The contoured padding must not be more than three inches (3") in width outside the said goaltenders most outer body point on each side. In addition the padding may not climb higher than two inches (2") above the plane of said goaltenders shoulder. The arm padding may not measure more than seven inches across (7") at its greatest point. Referees will measure the arm pad when on the arm of the goaltender with a NLL approved caliper. The chest protector must follow the contour of the chest and abdomen.

The contoured padding must not be more than two and 1/2 inches (2 1/2") on each side of the chest and abdomen.

35.8 JERSEYS - No inserts or additions may be added to the standard goaltender cut jersey as produced by the manufacturer, unless approved by the League, prior to any alterations to the current season league-sized standard goaltender cut jersey. There will be two goalie jersey sizes for the current season. Goalies are required to wear their designated sized jersey as determined by the League. A violation will result in illegal equipment rule 88.

(Modifications at the manufacturer are not allowed unless approved in advance by the League).

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

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

The length of a jersey is illegal if it covers any area between the goalies' legs. No goalie shall intentionally pull the sleeves of his jersey up so to expose and attempt to expand the forearm padding. Violation will result in a minor penalty for unsportsmanlike conduct. The in-home will serve the penalty.

35.9 SURPLUS PADDING - Surplus padding worn only for bulk shall not be allowed. The protective padding shall conform to the shape of the body. Any surplus padding added must conform to measurement specifications and contour requirements. Only NLL sanctioned padding is allowed and must be approved by the League prior to any alterations.

SECTION VI: PENALTY DEFINITIONS

Rule 36: DEFINTION OF TECHNICAL PENALTIES/CHANGE OF POSSESSION

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

Rule 37: DEFINITION OF MINOR PENALTIES

37.1 MINOR PENALTY - For a "Minor Penalty", any player (except the goalie) shall be ruled off the floor for two (2) minutes.

37.2 POSSESSION AFTER PENALTY - Possession goes to the team fouled, unless the penalty occurs prior to the start of a quarter or overtime period or after the whistle has sounded denoting the scoring of a goal. If the penalties are simultaneous, possession shall be

awarded to the team with the lesser penalty time. If penalty times are equal, the ball shall be awarded based on the order of occurrence of the penalties. The team that did not foul last shall be awarded possession in this situation.

If penalties are equal and simultaneous with no order of occurrence determined, possession shall remain with the team that had possession at the time of the whistle or if the ball was loose, a faceoff will re-start play.

37.3 BENCH MINOR PENALTY - A 'bench minor' penalty involves the removal from the floor of one player of the team against which the penalty is assessed for a period of two (2) minutes. The designated 'in-home' player shall serve the penalty. Should the 'in-home' player already be serving a penalty, the coach shall designate a player from his team to serve the 'bench minor' penalty.

37.4 PENALTY RELEASE AFTER GOAL SCORED - If while a team is "short-handed" by one or more minor or bench minor penalties, the opposing team scores a goal, the first of such penalties shall be automatically terminated. "Short-handed" means that the team must be below the numerical strength of its opponents on the floor at the time the goal is scored. Thus, coincidental minor penalties to both teams do NOT cause either side to be "short-handed".

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

When the minor penalties of two players on the same team terminate at the same time, the Captain of that team shall designate to the Referee, which of such players will

return to the floor first and the Referee will instruct the Penalty Timekeeper accordingly.

37.6 COINCIDENTAL PENALTIES - When coincidental Minor Penalties of equal duration are imposed against players of both Teams, the penalized players shall all take their places in the penalty box and teams shall play 4-on-4. Such penalized players shall not leave the penalty box until the expiration of their respective penalties.

When coincidental Major Penalties of equal duration are imposed against players of both Teams, the penalized players shall all take their places in the penalty box and teams shall play 5-on-5. Such penalized players shall not leave the penalty box until the first non-technical stoppage of play following the expiry of their respective penalties.

Rule 38: DEFINITION OF MAJOR PENALTIES

38.1 MAJOR PENALTY - For a "Major Penalty" in any game, the offender shall be ruled off the floor for five (5) minutes. If two extra man goals are scored on the penalized team, the penalized team may place a player on the floor to get back to even strength. The offender shall serve the full five (5) minutes and will return to the floor on the next non-technical stoppage of play following the expiration of his penalty. If the in-home is serving and two extra man goals are scored, the in-home is released from the penalty box. Any major penalty assessed with five minutes remaining or less in regulation time (not including overtime) will also include an additional major penalty assessed to the player for accrual purposes only. The additional major is not a time served penalty and does not result in an accrual of a Game Misconduct penalty pursuant to Rule 38.2.

38.2 TWO MAJORS IN ONE GAME - For the second major penalty in the same game to the same player, the player shall be ruled off the floor for the balance of the game. He must be replaced in the penalty box by the in-home immediately. If two extra man goals are scored, the in-home is released from the penalty box.

When a player receives his second Major penalty, the player shall be assessed a Game Misconduct.

38.3 MAJOR AND MINOR ASSESSED UNDER FIVE MINUTES IN REGULATION OR IN OVERTIME -

During the last five (5) minutes of regulation time, or at any time in overtime, when a minor penalty and a major penalty are assessed to two opposing players on the same stoppage of play, the three-minute differential shall be served immediately as a major penalty. This rule only applies when penalties are assessed to one player on each team or when coincidental penalties are negated leaving one player on each team with the aforementioned penalties. The team of the player receiving the major penalty must place the player in the penalty bench. The differential will be recorded on the penalty clock as a three (3) minute penalty, and served in the same manner as a major penalty.

38.4 GOALIE MISCONDUCT - When a goalie is assessed a ten (10) minute misconduct penalty, the in-home must serve the penalty.

When a goalie is assessed a minor and a ten (10) minute misconduct penalty at the same time, the “in-home” player shall serve the misconduct penalty and an additional player shall serve the minor penalty. The Head Coach will indicate to the officials who the additional player will be.

RULE 39: DEFINITION OF MISCONDUCT PENALTIES

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

39.2 MISCONDUCT PENALTY AND MINOR ASSESSED - When a player receives a minor penalty and a misconduct penalty at the same time, the penalized team shall immediately put the "in-home" player in the penalty box and he shall serve the minor penalty.

39.3 MISCONDUCT PENALTY AND MAJOR ASSESED - When a player receives a major penalty and a misconduct penalty at the same time, the penalized team shall place the "in-home" player in the box immediately.

RULE 40: DEFINITION OF GAME MISCONDUCT PENALTY

GAME MISCONDUCT - A "Game Misconduct" penalty involves the suspension of a player for the balance of the game. A player incurring a game misconduct penalty is subject to fine and/or suspension from the League office.

For all game misconducts regardless of when imposed, a total of ten (10) minutes shall be charged in the records of the offending player. When warranted, players can receive more than one game misconduct in one game.

40.1 ACCRUAL OF MAJOR PENALTIES IN A SEASON - In regular season games or Playoff games, any player who incurs a total of three (3) major penalties, excluding fighting majors, will be assessed a game misconduct. For each subsequent two (2) major penalties, excluding fighting, a game misconduct shall be assessed and shall continue as such throughout the season. If a player is assessed a fighting major with five minutes remaining or less in regulation time, neither the fighting major nor the additional major per Rule 38.1 shall be included in the player's accrual.

40.2 ACCRUAL OF GAME MISCONDUCT PENALTIES IN A SEASON - In regular League games or Playoff games, any player who incurs a total of three (3) game misconduct penalties (exclusive of designated categories) shall be suspended for one game. The player will serve the suspension in the next regular League game or playoff game of his team.

For each subsequent game misconduct penalty, the automatic suspension shall be increased by one game. For each suspension of a player, his club shall be fined five hundred dollars ($500.00).

40.3 ACCRUAL OF GAME MISCONDUCT PENALTIES IN-SEASON FOR ABUSE OF OFFICIALS - In regular League or Playoff games, any player who incurs a total of two game misconduct penalties for Abuse of Officials related to infractions penalized under Abuse of the Official and other Misconduct, shall be suspended automatically for the next League or Playoff game of his team.

For each subsequent game misconduct penalty, the automatic suspension shall be increased by a game.

40.4 GAME MISCONDUCT ASSESSED IN TEAMS LAST

GAME - If a player receives a game misconduct in their team's last game, **the League may asses** a one (1) game suspension effective the start of the next regular season, which would be in addition to any other suspensions assessed by the League.

RULE 41: DEFINITION OF MATCH PENALTY

41.1 MATCH PENALTY - A "Match" penalty involves the suspension of the player for the balance of the game and the offended shall be ordered to the dressing room immediately. The "in-home" player is to replace the penalized player. If three extra man goals are scored on the five minute time served match penalty, the in-home player is released from the penalty box.

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

41.2 MATCH PENALTY AUTOMATIC SUSPENSION - A player incurring a Match Penalty shall automatically receive a one or two game suspension and shall be subject to further fines and/or suspensions from the League Office.

41.3 MATCH PENALTY ASSESSED IN TEAMS LAST GAME - If a player receives a match penalty in their team's last game, **the League may asses** an additional one (1) game suspension effective the start of the next regular season.

41.4 REPEAT OFFENDER – Retroactive to the beginning of the 2017-18 season, the following will apply: Any player who is assessed a second match penalty, a second Dangerous Contact to the Head penalty (Rule 77), or a

combination thereof shall be assessed an additional two (2) game suspension.
Any player who is assessed a third match penalty, third Dangerous Contact to the Head penalty (rule 77), or a combination thereof shall be assessed an additional minimum five (5) game suspension. Any player who is assessed a fourth match penalty or Dangerous Contact to the Head penalty (Rule 77) shall be assessed an additional minimum ten (10) game suspension. The additional increments of five games shall continue should there be a player who continues to be a repeat offender.

NOTE: Any Match Penalty assessed under Rules 42 or 95 and their sub-sections as a Gross Misconduct will be accrued under rule 42.1 Repeat Offender - Gross Misconduct.

NOTE: Should a player accrue one Match Penalty under, e.g., Rule 41.4, and receive a second Match Penalty under Rule 42 Gross Misconduct, resulting in a total of two accrued Match Penalties (one in each category), an additional two (2) game suspension shall be assessed.

RULE 42: DEFINITION OF GROSS MISCONDUCT PENALTY

The referee may impose a “Gross Misconduct” penalty on any player who is guilty of a gross misconduct of any kind. Any player incurring a “gross misconduct” penalty shall be assessed a match penalty and shall be subject to fine and/or suspension from the League Office. Violation for non-playing personnel will result in a bench minor penalty and game misconduct penalty, and the offender being removed from the game and subject to fine and/or suspension from the League Office.

For all gross misconducts regardless of when imposed, a total of ten (10) minutes shall be charged in the records of the offending player. The in-home shall serve the match penalty.

The following list of infractions, but not limited to, can result in a gross misconduct being assessed:

- Interfering with or striking a spectator
- Racial, gender, religious, sexual orientation taunts and/or slurs
- Spitting on or at an opponent, spectator or referee

42.1 REPEAT OFFENDER GROSS MISCONDUCT –

Retroactive to the beginning of the 2017-18 season, the following will apply for any gross misconduct repeat offenders. Any player who is assessed a second gross misconduct penalty shall be assessed an additional two (2) game suspension. Any player who is assessed a third gross misconduct penalty shall be assessed an additional minimum five (5) game suspension. Any player who is assessed a fourth gross misconduct penalty shall be assessed an additional minimum ten (10) game suspension. The additional increments of five games shall continue should there be a player who continues to be a gross misconduct repeat offender. Violations of a gross misconduct are listed under rule 42, and rule 95 and its subsections. (95.10, 95.13-95.15)

Rule 43: DEFINITION OF PENALTY SHOT

A penalty shot is designed to restore a scoring opportunity which was lost as a result of a foul being committed by the offending team, based on the parameters as set out in these rules. Any dressed player on the offended team may take the penalty shot. Should there be a delayed penalty and game time expires prior to the administration of the penalty and the penalty administration results in a penalty shot, the penalty shot will be taken by the non-offending team.

43.1 TWO MEN DOWN AND ADDITIONAL PENALTY TO

THIRD PLAYER - If a team is already two (2) men down from full strength and is assessed an additional time penalty to a third player, the non-offending team shall be awarded a penalty shot**.** Regardless of the outcome of the penalty shot, the floor strength will remain as it was prior to the penalty shot. The team that received the third time penalty will begin play after the penalty shot, two men down from full strength.

43.2 INSUFFICIENT PLAYING TIME WHEN ILLEGAL SUBSTITUTION PENALTY IS ASSESSED - If by reason of insufficient playing time remaining, or by reason of penalties already imposed, a bench minor is imposed for illegal substitution (too many men) which cannot be served in its entirety within the legal playing time, or at any time in overtime, a penalty shot shall be awarded against the offending Team.

43.3 THROWING THE STICK - 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 on a breakaway or an attacker attempting to pick up a loose ball, 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.

A player with a *breakaway* is defined as a player in control of the ball immediately transitioning from defense to offense with an unobstructed path to the goal and a reasonable scoring opportunity. Further interpretation is as follows: the breakaway shall be in a traditional 'north-south' direction with initial separation between attacker and defender, incorporating the origin from inside two imaginary lines from the goal posts to where the closest restraining line meets the dasher boards.

43.4 CREASE VIOLATION - Should a player in his own end deliberately fall on the ball in his crease in front of his goal line extended, or deliberately close his hand on the ball in his crease in front of his goal line extended, a penalty shot will be imposed on the offending team. Any player in his own end that deliberately falls on the ball in his crease behind goal line extended or deliberately close his hand on the ball in his crease behind goal line extended shall result in possession to the non-offending team.

43.5 FOULED FROM BEHIND - When a player is on a breakaway and is tripped or otherwise fouled from behind, a penalty shot shall be awarded to the nonoffending team.

A player with a *breakaway* is defined as a player in control of the ball immediately transitioning from defense to offense with an unobstructed path to the goal and a reasonable scoring opportunity. Further interpretation is as follows: the breakaway shall be in a traditional 'north-south' direction with initial separation between attacker and defender, incorporating the origin from inside two imaginary lines from the goal posts to where the closest restraining line meets the dasher boards.

43.6 INTENTIONAL DISPLACEMENT OF THE GOAL ON A BREAKAWAY - 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. The official will stop play immediately and award the penalty shot.

A player with a *breakaway* is defined as a player in control of the ball immediately transitioning from defense to offense with an unobstructed path to the goal and a reasonable scoring opportunity. Further interpretation is as follows: the breakaway shall be in a traditional 'north-south' direction with initial separation between attacker and defender, incorporating the origin from inside two

imaginary lines from the goal posts to where the closest restraining line meets the dasher boards.

43.7 ILLEGALLY ENTERING THE GAME AND INTERFERING WITH BALL CARRIER ON A BREAKAWAY - If a player on a breakaway shall be 'interfered' with by the player of the opposing side who has illegally entered the game, the referee shall impose a penalty shot against the side to which the opposing player belongs. 'Interfered' as per this rule, does not imply physical contact by the defender.

SECTION VII: FLOW OF THE GAME

Rule 44: FACING AT CENTER

44.1 BEGINNING THE GAME - Play shall be started at the beginning of each quarter or overtime period and after each goal by facing the ball at the centerline "X" or "O". Prior to the start of a face-off at center, one (1) player from each team shall be at the center "X" or "O". If a player or team delays the game prior to any face-off, possession goes to the opposing team.

44.2 FACE-OFF POSITIONING - The drawmen shall stand on the same side of the centerline of the floor as the goal each is defending, with their lacrosse stick resting on the floor along the centerline. Both hands and feet of each player facing off must be to the left of the throat of the stick. Each must have both hands on the handle of the stick, not touching any strings and touching the floor.
Their feet may not touch the stick.
No portion of either stick may touch nor may either player be in contact with his opponent's body by encroaching in his opponent's territory. The walls of the stick must be approximately eight inches apart touching the floor. The sticks must be placed so that they are parallel to the

centerline, and the players facing off must keep their feet behind the centerline.

Officials' Mechanics: Officials will place the ball on the turf on the faceoff dot and then begin with the 'down' command. Officials will then step in and align their sticks, physically adjusting them as necessary. Should a player not adjust his position in a timely manner according to the command of the Official, the Official shall award possession to the non-offending team. Officials will then state the 'set' command, then blow the whistle.
Players must remain motionless upon the set command until the whistle is blown. Two lines shall be drawn on the turf at the center faceoff position 8 inches apart measured from the inside edges, ½ inch width and 6 inches long.

44.3 FACE-OFF VIOLATIONS - Movement by any player, facing off, after the 'set' command shall cause possession to go to the opponent. When the ball is stuck in the back of a players' stick upon facing off, possession shall be awarded to the non-offending team.
Stepping on or kicking of an opponent's stick shall be illegal and possession goes to the offended team.
When there are simultaneous multiple violations (e.g. at restraining line and face-off) the face-off violation shall determine possession.
A player who gains possession off the draw on his offensive side of the center line and begins to travel towards his opposing goal, thereby establishing his forward direction, is now subject to the over and back rule.

44.4 CONTESTING THE BALL ON THE FACE-OFF - The two players must contest the ball when the Referee blows the whistle. The ball must come out of the dotted circle. You may not trap, clamp, or "dead stick" (clamp or trap and not move your stick) the ball with the intent to withhold play inside or outside of the dotted circle or the

opponent's stick or body. This is illegal and a technical penalty for illegal procedure shall be called. Any 'overclamp' which is a stick clamping on top of the original clamp is a violation. The ball shall be awarded to the non-offending team.

Contesting the ball means specifically contesting the ball only on the faceoff. For example, a faceoff man cannot use his hand or arm or part of his body to apply pressure on an opponent's stick or body while contesting the ball on the faceoff. Violation for not contesting the ball shall result in possession to the non-

offending team. Once possession is deemed, an opponent is permitted to contest the body as well. If a player gains possession on a faceoff with the ball in the reverse side of his stick, and fails to move, rake or direct it (to a teammate or himself) and takes more than one step, a faceoff violation has occurred and the ball will be awarded to the non-offending team. **Following a faceoff violation, if the non-offending team, in the official's discretion, does not pick up the ball in a timely manner, the official will re-start play immediately.**

44.5 FLOOR STRENGTH BEFORE THE FACE-OFF - It is the responsibility of the officials to see that there are six players, including those in the penalty box, on each team, at the beginning of each quarter or overtime period and prior to each face-off following a goal.

Rule 45: POSITIONING OF ALL PLAYERS AT FACE-OFF

If a team "pulls" their goalie and replaces him with another player, that player must be positioned inside their team's offensive or defensive zone.

45.1 POSITIONING PRIOR TO WHISTLE - The remaining players must take a position inside an Offensive or Defensive Zone. Once the players have positioned

themselves in an Offensive or Defensive Zone, they must remain in those locations until the whistle sounds to start play, at which time all players are released from their respective positions. Players may be moving prior to the whistle provided they are behind the zone line and not making contact with an opponent. Players are permitted to make legal line changes immediately after the whistle.

Rule 46: FACING AT OTHER FACE-OFF SPOTS

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

Rule 47: 8-SECOND COUNT

In all situations, there shall be an eight (8) - second count half-court applicable to both teams. When a team gains possession in the defensive half of the floor,
they must get the ball across the centerline within eight (8) seconds of gaining possession.

47.1 8-SECOND COUNT PROCEDURE - The 8-second count shall be kept by the trailing referee on the floor by a chopping wave of the hand for each second. Should the faceoff man gain possession off the draw and pass the ball backcourt legally, the 8 second count begins once the ball crosses the center line.

47.2 TIMEOUTS CALLED IN THE DEFENSIVE HALF OF THE FLOOR - In time-out situations called by either team before the expiration of the 8-second count, a new 8-second count shall be awarded after the time-out.

Rule 48: BACK-COURT DEFINITION

Teams must keep the ball in their offensive half after gaining possession or carrying the ball with both feet across and making contact in that zone. Possession will be awarded to the non-offending team.

48.1 BACK-COURT VIOLATION - A loose ball or a player with possession of the ball comes in contact with the centerline of the field for any reason other than a shot on goal or the defensive team being the last to touch the ball, it shall be a back-court violation. If the offense was the last to touch prior to the ball going back-court without a reset of the shot clock, the referee shall hold the sounding of the whistle until it is apparent that the non-offending team will not gain possession. Possession shall be awarded to the non-offending team where the ball comes to rest with the exception of immediately in front of goal. Immediately in front of the goal is deemed approximately a 10 yard radius from the center point of the top of the goalie crease. The offensive team cannot intentionally direct the ball into the back-court for any reason regardless if they are considered to have possession or not. Should a goalie be pulled for an extra attacker when the ball travels across center and travels into the goal, this play is regarded as a good goal.

Rule 49: 30-SECOND SHOT RULE

49.1 30-SECOND SHOT CLOCK RULE DEFINITION - The team in possession is required to take a shot on goal within 30 - seconds of gaining possession. Failure to take a shot on goal will result in the 30 - second clock timer sounding a horn. Possession goes to the non-offending team**.** The referee shall have the authority to reset the 30-second clock to cover any unusual situation not specifically covered under these rules.

49.2 LOCATION OF CLOCK - The 30-second clock shall be located outside the playing enclosure, behind the enclosed glass, behind each goal, and resting on or on top of the side boards which are perpendicular to the benches (i.e., not on a curved corner panel), in view of the players and referees on the playing surface.

49.3 SHOT CLOCK RESET CRITERIA - The 30-second clock will be reset if the team in possession takes a shot on goal, the ball is deflected off the goalie while the goalie is in the crease (or runner while in the crease when the goalie has been pulled and is on the bench for an extra attacker) or goal post.

The shot clock starts when there is a team in possession. A team is in possession when cradling, holding, passing or shooting the ball in play. Team possession ends when there is a shot on the goal, the opponent gains possession, a goal is scored or the ball goes out of bounds.

Anytime there is a floor violation or personal penalty, the clock is to be reset.

If a defensive player touches the ball and does not gain possession, the 30-second shot clock continues to run. If a defensive player causes the ball to go out of bounds the 30-second shot clock shall be reset.

49.4 OFFICIAL RESET SIGNAL - When it is necessary for the referee to signal to reset the 30-second clock, the referee nearest the ball shall signal the 30-second clock operator to reset the clock. The signal shall be a whirling motion of the arm over the head.

49.5 SHOT CLOCK AND TIME-OUT CALLED - If a time-out is called, the time on the shot clock would remain as it was when the whistle sounded to stop play. If time stops due to an injury, the clock remains, as it was when play stopped.

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

Rule 50: OUT OF BOUNDS

Play shall be suspended anytime the ball goes out of the glass enclosure (dasher boards). Possession is awarded to the team which has not touched the ball last except for a shot on goal that deflects directly off the goalpost and goes out of bounds. In this case the offensive team will retain possession. In all cases the ball is awarded at the position (determined by the referee) where the ball left the playing surface. If awarding to the defensive team, the official may award the ball to the goalie in his crease area if closer.

Rule 51: BALL CAUGHT IN LACROSSE STICK OR EQUIPMENT

51.1 BALL CAUGHT IN PLAYERS STICK OR EQUIPMENT - If the ball becomes caught in a player's equipment, other than the player's stick play shall be immediately suspended and the ball awarded to the player at that spot**.** The shot clock is not reset.

If the ball becomes stuck in a player's stick (other than goalie) at any time during the game play will be stopped immediately and awarded to other team.

51.2 BALL CAUGHT IN GOALIES STICK OR EQUIPMENT

- If the ball becomes caught in a goalie's stick, mask or other equipment following a shot, play shall be immediately suspended and possession shall be awarded to the goalie and the shot clock shall be reset. If the ball becomes caught in the goalie's equipment following a pass from a teammate, possession shall be awarded to the goalie; however, the shot clock does not reset and the 8 second count does not reset.

51.3 BALL CAUGHT IN STICK DURING FACE-OFF - If during a face-off the ball becomes lodged in a player's stick, the referee will stop play and award the ball to the non-offending team. This is considered a technical penalty for withholding the ball from play.

Rule 52: BALL OUT OF SIGHT

Should a scramble take place or a player accidentally fall on the ball which becomes out of sight of the referee, the official shall immediately blow his whistle and stop the play. The ball is awarded to the team who wasn't on the ball. If a player is withholding the ball, by lying on it, placing their foot on it or holding the ball and his stick to his body or in any other fashion to withhold the ball as deemed at the discretion of the official, the non-offending team shall receive possession. If a goalie is in his crease and falls on the ball, the ball will be awarded to the goalie.

Rule 53: BALL STRIKING A REFEREE

Play shall not be stopped if the ball touches a referee anywhere on the floor.

53.1 BALL STRIKING REFEREE THEN OUT OF BOUNDS - When a ball deflects off a referee and goes out of play, the ensuing face-off will take place at the designated face off spot closest to where the ball deflected off the referee.

53.2 BALL STRIKING REFEREE THEN INTO GOAL - If a goal is scored as a result of being deflected directly or indirectly into the net off a referee, the goal shall not be allowed. A face-off will restart play.

Rule 54: GOAL SCORED DEFINITION

A goal is scored when the ball passes from the front completely through the imaginary plane formed by the rear edges of the goal line, the goal posts and the crossbar of the goal, regardless of who supplied the impetus. Additionally, so long as the goalposts are their proper position affixed to their respective magnets on the goal line, should the ball hit inside the goal onto the mesh without first contacting any post or cross bar, the official shall deem it an awarded goal. In the event that the goal is knocked over or excessively dislodged at the discretion of the official, the official will stop play immediately.

54.1 GOAL NET INADVERTENTLY MOVED - If the goal is inadvertently moved by contact from a defensive player or goalie and the offensive team is in possession and in position for a shot on goal, the officials will not stop play provided the goal has not been excessively dislodged until either the defensive team gains possession or the scoring attempt has ended. The plane of the goal does not move, it is an automatic goal providing the ball goes through the plane of the goal. (Refer to rule 93.4)

54.2 GOAL NET INTENTIONALLY MOVED - If a goalie or a defensive player intentionally moves the goal to thwart a scoring opportunity, as per the 'excessively dislodged rule' play will be stopped immediately and a penalty shot will be awarded to the non-offending team. If an offensive player intentionally moves the goal off its moorings, a minor penalty shall be assessed for unsportsmanlike conduct.

54.3 SHOT ORIGIN - A goal shall be awarded if a goal is scored when the attackers' stick head is equal to or in front of the goal line extended when releasing the ball during the act of shooting provided there is no crease violation or other violation prior to the ball entering the net. The attackers stick is permitted to make contact with the post and incidental contact with goalie.

54.4 PASS FROM BEHIND GOAL LINE OFF PLAYER INTO NET - When a pass is initiated from behind the goal line by an attacking player that strikes or rebounds off a player of either team and goes into the net, the goal will be allowed.

54.5 THROWING STICK OR OBJECT AT BALL OR BALL CARRIER WHEN OPPOSING GOALIE HAS BEEN REMOVED - If the opposing goalie has been removed and a player or returning goalie throws or shoots any part of his stick or any other object at the ball or ball carrier on a breakaway, a goal shall be awarded to the attacking team.

A player with a *breakaway* is defined as a player in control of the ball immediately transitioning from defense to offense with an unobstructed path to the goal and a reasonable scoring opportunity. Further interpretation is as follows: the breakaway shall be in a traditional 'north-south' direction with initial separation between attacker and defender, incorporating the origin from inside two imaginary lines from the goal posts to where the closest restraining line meets the dasher boards.

54.6 ILLEGAL ENTRY WHEN OPPOSING GOALIE HAS BEEN REMOVED - If, when the opposing goalie has been removed from the floor, a player of the side attacking the unattended goal is on a breakaway and is interfered with by a player or goalie who shall have

entered the game illegally, the referee shall immediately award a goal to the non-offending team. “Interfered” as per this rule, does not imply physical contact by the defender.

A player with a *breakaway* is defined as a player in control of the ball immediately transitioning from defense to offense with an unobstructed path to the goal and a reasonable scoring opportunity. Further interpretation is as follows: the breakaway shall be in a traditional ‘north-south’ direction with initial separation between attacker and defender, incorporating the origin from inside two imaginary lines from the goal posts to where the closest restraining line meets the dasher boards.

Rule 55: NO GOAL

Under the following conditions a goal shall be disallowed:

55.1 TIME EXPIRED - When the ball passes through the plane of the net after the game clock’s horn or shot clock has sounded to indicate the end of a quarter or overtime period or expiration of the shot clock.

55.2 CREASE VIOLATION - A Crease Violation will result in a no goal. See Crease Violation Rule 67.

55.3 TOO MANY MEN - When the ball passes through the plane of the goal when the attacking team has too many players on the floor including those in the penalty box at the time of the play.

55.4 AFTER OFFICIALS WHISTLE - 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. The specific point of reference is the officials’ intent to blow the whistle in determination of the precise point in stopping play. An exception is the application of rule 55.15.

55.5 CONTACTS WITH GOALIE - See Contact While Shooting on Net Rule 69.

55.6 ILLEGAL STICK - When the ball passes through the plane of the goal from a stick that is found to be illegal by a stick check.

55.7 KICKED INTO NET - When the ball is kicked in a kicking motion directly or indirectly into the opponent's goal.

55.8 FREE HAND INTO NET - When the ball is directed into the net off the free hand of an opponent.

55.9 BALL CAUGHT IN STICK THROWN INTO NET - When a ball is lodged, or not, in the throat of the pocket and the ball and stick is inadvertently or deliberately tossed into the goal.

55.10 BALL AND GOALIE PUSHED INTO NET - In the event that a goalkeeper has been pushed into the net by his teammate on his own accord and the ball crosses the goal line after making the stop, the goal will be allowed. In the event that a goalkeeper has been pushed into the net by an opponent and the ball crosses the goal line after making the stop, the goal will be disallowed. The plays are subject to any appropriate penalties.

55.11 DIRECTED INTO NET - 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 have possession prior to any scoring attempt.
A no goal shall be called if the ball is loose in the crease, directed by an opposing player and having the ball make contact with the goalie or a defender prior to the ball going into the net.

55.12 INELIGIBLE PLAYER ON FLOOR - If a goal is scored when an ineligible player is on the floor, the goal will be disallowed. The ineligible player will be removed from the game and the club shall not be able to substitute another player on its roster. An ineligible player is a player who had been previously ejected from the game, and subject to league discipline.

55.13 STICK HEAD BEHIND GOAL LINE EXTENDED - If a goal is scored when the attackers' stick head is behind the goal line extended when releasing the ball during the act of shooting, the goal will be disallowed.

55.14 STICK HEAD DISLODGED - If a player takes a shot and the head of his stick comes off and the ball enters the goal, the goal would be disallowed and the ball awarded to the goalie.

55.15 INADVERTENT WHISTLE – Should there be an inadvertent whistle, play will be deemed stopped and no goal will result if the whistle occurred prior to the ball crossing the plane of the goal. Should a whistle be blown to stop play for a crease violation and the ball, at the referee's discretion, immediately enters the goal, and the play is reviewed conclusively indicating that there was no crease violation or any other violation on the play, the original call will be overturned and a goal shall be awarded.

Rule 56: SUBSTITUTION

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

56.2 SPECIAL SUBSTITUTION - The following special methods of substitution may be used without the necessity of awaiting suspension of play by an Official in accordance with Rule 56.1:

i) during a ball out of bounds;
ii) shot clock violation;
iii) change of possession;
iv) any technical penalty; or
v) or during live play.

56.3 SPECIAL SUBSTITUTION PROCEDURE - From a team's bench area, one player at a time may enter the game by waiting for the player he is replacing to have two feet within his team's Substitution Area.

The player may exit and enter at different doors or through the same door or over the boards.

The player exiting the floor has the right of way and substitution must be imminent. The player exiting the floor must leave the floor and enter his team box area.

56.4 SUBSTITUTION OF GOALIE - A goalie may be changed for another player or goalie at any time during a stoppage or during live play. If a substitution is made during live play it must comply with Rule 56.3. At no time is warm up allowed during a goalie substitution. When a goalie leaves his goal area and proceeds to his players' bench for the purpose of substituting another player, the official shall be responsible to see that the substitution made is not illegal by reason of premature departure of the substitute from the bench (before the goalie has entered the change area per rule).

If the substitution is made prematurely, the official shall stop the play immediately by blowing his whistle unless the non-offending team has possession of the ball, in which event, the stoppage will be delayed until the ball changes hands. A goalie who maintains stationary

position in the change area shall be deemed as a player on the floor.

All dead ball substitutions of goalies shall take no longer than 20 seconds or the offending team will receive a bench minor penalty for delay of game.

56.5 ILLEGAL SUBSTITUTION - Any illegal substitution shall be a Bench minor penalty.

56.6 DELAYED PENALTY ILLEGAL SUBSTITUTION - If the defensive team is found to have too many men on the floor, a delayed penalty shall be imposed on the defensive team.

56.7 IMMEDIATE PENALTY ILLEGAL SUBSTITUTION - If the offensive team is found to have too many men on the floor for the purpose of a "fast break", then the play should be blown down and a two-minute penalty should be imposed on the offensive team.

56.8 INSUFFICIENT PLAYING TIME WHEN ILLEGAL SUBSTITUTION PENALTY IS ASSESSED - If by reason of insufficient playing time remaining, or by reason of penalties already imposed, a bench minor is imposed for illegal substitution (too many men) which cannot be served in its entirety within the legal playing time, or at any time in overtime, a penalty shot shall be awarded against the offending Team.

Rule 57: CRITERIA FOR STOPPAGE OF PLAY ON A DELAYED PENALTY

If a defending player commits a personal penalty against an opponent, in which the non-offending team has possession of the ball, the referee shall raise his hand and withhold his whistle until such time as the completion of play by the team in possession.

"Completion of play" by the team in possession in this Rule means that the ball goes out of bounds; or a technical violation has been committed; or a goal is scored; or shot clock or game clock expire; or an offensive player commits a penalty, or the ball has come into possession and control of an opposing player. This does not mean a rebound of a goalkeeper, the goal or the boards, or any accidental contact with the body or the equipment of an opposing player.

SECTION VIII: INFRACTIONS

Rule 58: POSSESSION/TECHNICAL INFRACTIONS

58.1 DELAY OF GAME - Failing to be ready for a faceoff after a goal, at the start of the quarter or overtime period, or after the expiration of a timeout or after a penalty has been assessed. Any violation of the rules or position during a face-off.

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

58.3 ILLEGAL SCREEN/PICK/BLOCK - Any violation of Rule 59 is an illegal offensive screen/pick/block.

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

58.5 STEPPING ON A STICK - A player may not deliberately step on the stick of an opponent during a face-off.

58.6 THUMBING THE BALL - A player may not touch the ball with his hand (including "thumbing the ball" while cradling) while it's in play. The exception applies to the goalie while in the crease. The glove hand, including the thumb, cannot grasp any portion of the sidewalls, both ends of the head (the ball stopper area and its opposite end of the head) and the mesh during play. The player may grasp the plastic portion that provides for the insertion of the shaft, at any time during the game.

58.7 LYING ON BALL OR TRAPPING BALL - A player may not lie on the loose ball, trap it with his stick longer than necessary for him to gain possession and pick it up in one continuous motion, or withhold the ball from play in any manner.

58.8 WITHOLDING THE BALL FROM PLAY - A player in possession of the ball who holds his stick against any part of his body is withholding the ball from play.
The glove hand, including the thumb, cannot grasp the head of the stick as outlined in Rule 58.6.

58.9 CREASE VIOLATIONS - See Crease Violation Rule 67.

58.10 LOOSE BALL PUSH - The referee, at his discretion, may assess a change of possession, based on the degree of the illegal body check. A slight impediment of a player from behind on an opponent pursuing a loose ball would be an example of this.

58.11 OFFENSIVE WARD OFF - A player in possession of the ball cannot use the free arm to ward off, use his free hand or arm to control the direction or movement of his

opponent, but can use the free arm to absorb contact or a blow from an opponent.

58.12 OFFENSIVE TECHNICAL VIOLATION - A technical violation shall be assessed to any offensive player who slashes or uses his stick to impede or attempt to dislodge an opponents' stick.

Rule 59: OFFENSIVE SCREENS/PICKS/BLOCKS

A screen / pick / block is legal if applied to the front or back or side of an opponent or on the arms, below the shoulder and above the waist. At the discretion of the referee, screens/picks/blocks are allowed as long as forceful contact with the body, and/or excessive cross checking during the application of the screen/pick/block is not made against an opponent. "Clutching and grabbing" is not permitted. An offensive player not in possession of the ball cannot exert significant unequal pressure on his defender as an attempt to gain space away from his defender.

Contact is expected, if contact is excessive and blatant, it shall be penalized under the appropriate rule. Violation for an illegal screen/pick/block shall result in possession to the non-offending team.

59.1 OFFENSIVE SCREEN - An offensive screen is the legal action by an attacking player attempting to impede the defensive coverage of a defender, on an attacking player "without" possession, while looking to receive a pass. At the discretion of the referee, the player setting the screen shall be stationary or have limited mobility upon application of the screen when contact is made and may not excessively push off.

59.2 OFFENSIVE PICK - An offensive pick is the legal action by an attacking player attempting to impede the defensive

coverage of a defender, on an attacking player "with" possession, while looking to receive a pass.

59.3 OFFENSIVE BLOCK - An offensive "block" is the legal action by an attacking player attempting to impede the defensive coverage of a defender, on an attacking player "with" or "without" possession, with no intent of receiving a pass.

Rule 60: HANDLING THE BALL

60.1 CHANGE OF POSSESSION – A change of possession will occur when a player or goaltender uses his hand to intentionally grasp, touch, redirect or hold a ball that is outside the crease. A goaltender who places his hand on a ball on top of the mesh of his stick when the ball is outside the crease is in violation of this rule. A player who uses his glove or hand to adjust or touch any part of the head of his stick above the throat, or to adjust or touch the stick mesh while the ball is in his possession, is in violation of this rule.

60.2 PENALTY SHOT - Should a player in his own end deliberately fall on the ball in his crease in front of his goal line extended**,** or deliberately close his hand on the ball in his crease in front of his goal line, a penalty shot will be imposed on the offending team.

STICK INFRACTIONS

Rule 61: BUTT-ENDING

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

61.1 MINOR PENALTY - A Minor penalty will be imposed on a player who attempts to make contact with a butt-end an opponent, but does not make contact.

61.2 MAJOR PENALTY - The referee, at his discretion, may assess a major penalty, based on the degree of violence of the butt end, to a player who butt ends an opponent.

61.3 GAME MISCONDUCT - The referee, at his discretion, may assess a major penalty and game misconduct, based on the degree of violence of the butt end, to a player who butt ends an opponent.

61.4 MATCH PENALTY - The referee, at his discretion, may assess a match penalty, if in his judgment, the player was reckless or endangering by butt-ending.

61.5 FINES AND SUSPENSIONS - In addition to the major penalty and game misconduct under this rule, the player will be subject to further fines and/or suspensions.

Rule 62: HIGH STICKING

A “high stick” is one in which a player checks an opponent in such a way that contact is made between his stick and the opponent’s neck, face or helmet. Incidental contact with the helmet should be disregarded. If a player being legally checked deliberately ducks, so as to cause the stick of the opponent to strike him on the head or neck, no penalty shall be assessed. An attacker diving across the crease is deemed a lacrosse play and not a ducking motion. Any player moving in a manner to dodge around a player would also be considered a lacrosse play and not a ducking motion. The onus is on the defender to not high stick his opponent. The League may at their discretion, review any penalty assessed under this rule.

62.1 MAJOR PENALTY - The referee, at his discretion may assess a major penalty, based on the degree of violence of the check, to a player or goalkeeper who high sticks an opponent.

62.2 MATCH PENALTY - The referee, at his discretion, may assess a match penalty if, in his judgement, the player or goalkeeper was reckless or endangering his opponent by high sticking.

Rule 63: ILLEGAL CROSS-CHECKING

A legal cross-check 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.

An illegal cross check shall be a check on an opponent above the shoulders, below the waist or on the back. The League may at their discretion, review any penalty assessed under this rule.

A defender who cross-checks a player, who is in a stationary position and not in possession of the ball shall be assessed a penalty.

A player who uses excessive unequal pressure and force to cross check a non-stationary opponent not in possession of the ball, shall be assessed a penalty.

A player who cross-checks a player, who is lying on the turf with or without possession of the ball, shall be assessed a penalty.

63.1 MINOR PENALTY - The referee, at his discretion, may assess a minor penalty, based on the degree of violence of the check, to a player who illegally crosschecks an opponent.

63.2 MAJOR PENALTY - The referee, at his discretion, may assess a major penalty, based on the degree of violence

of the check, to a player who illegally crosschecks an opponent.

63.3 MATCH PENALTY - The referee, at his discretion, may assess a match penalty if, in his judgment, the player or goalkeeper was reckless or endangering his opponent by illegal cross checking.

Rule 64: SPEARING

Spearing shall mean a reckless stabbing motion at an opponent with the head of the stick making contact on an opponent. Referee shall use their discretion in determining the difference between a poke check as a method of dislodging the ball from an opponent and a spear.

64.1 MINOR PENALTY - The referee, at his discretion, may assess a minor penalty, based on the degree of violence of the spear, to a player who illegally spears an opponent.

64.2 MAJOR PENALTY - The referee, at his discretion, may assess a major penalty, based on the degree of violence of the spear, to a player who illegally spears an opponent.

64.3 GAME MISCONDUCT - The referee, at his discretion, may assess a major penalty and game misconduct, based on the degree of violence of the spear, to a player who illegally spears an opponent.

64.4 MATCH PENALTY - The referee, at his discretion, may assess a match penalty if, in his judgment, the player or goalkeeper was reckless or endangering his opponent by spearing.

64.5 FINES AND SUSPENSIONS - In addition to the major penalty and game misconduct under this rule, the player will be subject to further fines and/or suspensions.

Rule 65: THROWING THE STICK

65.1 NO PENALTY ASSESSED - 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.

65.2 MINOR PENALTY - A minor penalty shall be imposed on any player (offensive or defensive) on the floor who intentionally throws his stick or any part thereof or any other object, at the discretion of the referee, except when such act has been penalized by assessment of a penalty shot or the award of a goal. A minor penalty shall be imposed on any player who throws, kicks, steps on, or re-directs an opponent's stick, with the exception of a broken stick, as a means to prevent an opponent from retrieving the stick.

65.3 PENALTY SHOT - When any member of the defending team, including anyone on the bench or penalty bench, deliberately throws or shoots any part of a stick or any other object, at the ball or ball carrier on a breakaway or an attacker attempting to pick up a loose ball, 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. Any dressed player on the offended team may take the penalty shot.

A player with a *breakaway* is defined as a player in control of the ball immediately transitioning from defense to offense with an unobstructed path to the goal and a reasonable scoring opportunity. Further interpretation is as follows: the breakaway shall be in a traditional 'north-south' direction with initial separation between attacker and defender, incorporating the origin from inside two

imaginary lines from the goal posts to where the closest restraining line meets the dasher boards.

65.4 AWARDED GOAL - If, when the opposing goalie has been removed, a member of the defending team, anyone on the bench**,** or penalty 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. An "open net" is defined as one from which a goalie has been removed for an additional attacking player.

If during a penalty shot the goalie attempts to stop the penalty shot by throwing his stick or any other object a goal will be awarded.

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

Rule 66: SLASHING

Slashing is the act of swinging a player's stick on an opponent. Any forceful or powerful chop with the stick on an opponent's body or stick, shall be penalized as slashing whether the player has possession of the ball or not. Non-aggressive stick contact to the stick or hands of a ball carrier should not be penalized as slashing.

At the referees' discretion, a technical violation or a time served penalty shall be assessed to any offensive player who slashes an opponents' stick or body based on the severity of the slash.

In game situations where players are contesting a loose ball, a player is permitted to check a non-ball carriers' stick while the ball is within three yards.

66.1 MINOR PENALTY - The referee, at his discretion, may assess a minor penalty, based on the degree of violence of the slash, to a player who illegally slashes an opponent.

66.2 MAJOR PENALTY - The referee, at his discretion, may assess a major penalty, based on the degree of violence of the slash, to a player who illegally slashes an opponent.

66.3 GAME MISCONDUCT - The referee, at his discretion, may assess a major penalty and game misconduct, based on the degree of violence of the slash, to a player who illegally slashes an opponent.

66.4 MATCH PENALTY - The referee, at his discretion, may assess a match penalty if, in his judgment, the player or goalkeeper was reckless or endangering his opponent by slashing.

66.5 FINES AND SUSPENSIONS - Players are subject to further fines and suspensions from the League office.
Any player who swings his stick at another player in the course of an altercation shall be subject to a fine of not less than one hundred dollars ($100.00), with or without a suspension, to be imposed by the League Office.

CREASE INFRACTIONS

Attacking Player definition: A player who is a member of the team who currently has possession as deemed by the official.

Rider definition: A player who is in the attacking zone when his team does not have possession as deemed by the official. The opponent has possession of the ball or the ball is loose with the shot clock reset at 30 seconds.

Rule 67: GOAL-CREASE VIOLATIONS

Any attacking player who violates the privileges of the goalie and/or crease area is subject to crease violations. For the purpose of crease violations, contact is on or inside the crease line.

67.1 ATTACKING PLAYER IN CREASE - 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 on the crease line or in the crease with his stick only is not in violation of this rule.

67.2 ATTACKING PLAYER FIRST TOUCH/INTERFERE AFTER SHOT ON GOAL - If an attacking player who, after taking a shot on goal, or making a pass, steps by way of his momentum into the crease and then immediately out, is not in violation of the goal - crease area provided the attacking player is not the first to touch the ball (not including after a touch by the goalie) and or directly interferes with an opposing player who is attempting to pick up the ball.

67.3 USING CREASE TO GAIN ADVANTAGE - A player who is in contact in the opposing crease and exits, thereby gaining an advantage as deemed by the discretion of the official, and makes contact with the ball or directly interferes with an opposing player who is attempting to pick up the ball is in violation and possession shall be awarded to the non-offending team. A riding player who is in contact in the opposing crease and exits, thereby gaining an advantage as deemed by the discretion of the

official, and makes contact with the ball or directly interferes with an opposing player who is attempting to pick up the ball is in violation and possession shall be awarded to the non-offending team.

An attacking player who is not in possession of the ball and is in contact with the opposing crease must exit the crease prior to his team gaining possession of the loose ball to be eligible to be the first to receive a pass. If the player does not exit the crease prior to his team gaining possession of the ball, he may not be the first to receive a pass; receiving a pass in this instance will result in a crease violation.

An attacking player who is not in possession of the ball and is in contact with the opposing crease, then exits the crease and is the first to receive a pass after exiting the crease, is in violation and possession shall be awarded to the non-offending team.

67.4 RIDING PLAYER IN CREASE TO GAIN ADVANTAGE ON DEFENDER – A **riding** player who is in contact in the opposing crease and exits, thereby gaining an advantage as deemed by the discretion of the official, and initiates contact on an opponent who has possession of the ball is in violation and will be assessed a delay of game minor penalty.

67.5 NON-SHOOTER IN CREASE WHEN TEAMMATE SHOOTS - A non-shooter who is in the opposing crease must vacate the crease by establishing body contact on the turf outside the crease with no part of the body contacting inside the crease prior to the ball crossing the plane of the goal to be an awarded goal. The non-shooter's foot that is in the crease must entirely make contact on the turf outside the crease prior to the ball crossing the plane of the goal to be an awarded goal. Should the non-shooter be lying in the crease, then his entire body must not have any contact in the crease and

his body be established outside the crease (meaning no part of his body is touching the crease) prior to the ball crossing the plane of the goal to be an awarded goal.

67.6 SHOOTER IN CREASE PRIOR TO BALL CROSSING GOAL LINE - Any attacking player, while shooting, who makes contact with the crease prior to the ball completely crossing the goal line will result in no goal and a possession infraction.

Should an attacker shoot the ball resulting in the ball contacting the goalie and then contacting a defender and the ball travels across the plane of the goal, a goal shall be awarded provided the shooter is out of the crease prior to the ball completely crossing the goal line.

67.7 CONTACT WITH GOALTENDER - A crease violation occurs when contact is made between the attacking player and/or stick and goaltender, while the attacking player is in the crease.

Note: A goaltender who reaches out with his stick and makes contact with an attacker who is in the crease is not a crease violation.

Note: An attacking player, while in the crease who makes contact with a defender, and whereby the defender then makes contact with the goaltender, the attacking player shall be called for a crease violation.

Incidental contact, at the discretion of the referee, by an attacker who is in the act of shooting on a goaltender and makes contact with his body or stick which in no way affects the ability of the goaltender to attempt to make a save or play the ball shall not result in a crease violation provided the ball enters the goal. If the ball does not enter the goal from the attacker shooting and contact is made

within the crease between the goalie and the shooter, play will be blown down immediately and possession awarded to the non-offending team.

Note: The attacker and goalie may be subject to a penalty as per rule 69 (contact on goalie initiated by attacker and contact initiated by goalie), at the discretion of the referee.

An attacking player who makes incidental contact with the goal posts and or mesh shall not constitute a crease violation. Also, refer to Displacement of Goal rule.

67.8 ATTACKER AND BALL IN CREASE - A crease violation occurs when an attacker is in the crease, at the same time as the ball, and inhibits and/or interferes with the goalies' attempt to retrieve the ball, resume play and/or perform normal duties of play. Play shall be stopped immediately and possession awarded to the non-offending team.

Should the attacker be in the crease, at the same time as the ball, and in no way affects the goalie to perform normal duties of play, play shall continue with no crease violation, however should a goal be scored in this scenario it would be disallowed due to rule 67.6.

67.9 CONTACT BY A DEFENDER - When an offensive player has been legally checked by a defender into the crease prior to the ball completely crossing the goal line, no goal will result. When the non-shooter has been illegally checked by a defender into the crease, the official will signal a delayed penalty and should a goal be scored the goal will count provided the offensive player or team is not in violation of any other rules.

67.10 GOALIE HAND BALL - A goalkeeper may catch the ball while in his crease (deemed two feet 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. If the goalie throws the ball with his hand, possession shall be awarded to nonoffending team. A goalie is permitted to use his hand to drop the ball into a teammates stick within his crease only. A goalie cannot use his hand to grasp, touch or hold the ball outside his crease. A violation results in possession to the non-offending team.

67.11 NO RE-ENTRY BY PLAYER - 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 in possession longer than four seconds.

67.12 NO RE-ENTRY BY BALL - 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 non-deliberately directed loose ball outside the crease. A defender who is outside the crease and gains possession of the ball that is in the crease, that has not been deliberately directed or passed back to the crease by a teammate, may legally step into the crease.

67.13 CHECKING A NON-GOALIE WHO HAS POSSESSION IN THE CREASE - When a defending player other than the goalie is in his own crease with possession, opposing players may not enter the crease to bodycheck said

player or make contact that directly interferes with said player. Violation for this rule shall be deemed checking in the crease, a two (2) minute penalty or more serious penalties if warranted.

Opposing players may check the stick of the ball carrier when said player has two feet in the crease and the ball and stick is outside the crease**.** This rule applies if the goaltender is in or out of the crease.

The opposing players may attempt to intercept a pass by said player and stick-on-stick contact is allowed outside the crease. Violation of this rule shall result in a two (2) minute penalty for goalie interference or more serious penalties if warranted.

67.14 BALL ENSNARED IN NETTING - Should the ball be continuously contacting or resting on the back of the netting, the referee shall stop play and the ball is given to the goalie in his crease.

67.15 PENALTY SHOT - Should a player in his own end deliberately fall on the ball in his crease in front of his goal line, or deliberately closes his hand on the ball in his crease in front of his goal line, a penalty shot will be imposed on the offending team.

67.16 PLAYER GOAL CREASE OBSTRUCTION – Should a player, who is in his own crease **and either his body or stick is positioned in the shooting lane** when the ball is above the goal line extended, act in any manner to interfere with an opponent's shot, he shall be assessed a minor penalty for delay of game **for goal crease obstruction**. This assessment shall not apply if the player is in the course of defending a dunk or dive attempt.

Should a defender be aided into the crease by an opponent, the defender is not in violation of this rule

provided he does not act in any manner to interfere with an opponent's shot and makes reasonable efforts to vacate the crease or get out of the shooting lane.

When a goalie is out of his crease, one runner **shall be eligible to assumer goaltender privileges**.

If time expires in the fourth quarter or overtime with a delayed penalty(ies) pursuant to this rule, the non-offending team will be provided a penalty shot for each respective violation. If a violation occurs with thirty seconds or less remaining in the fourth quarter or overtime, a penalty shot shall be assessed.

Rule 68: GOALKEEPER PRIVILEGES

Only a designated goalkeeper as recorded in the official scorebook has the privileges of the goalkeeper and crease area. Should there be six (6) players from the same team on the floor (outside of the crease) without a designated goalkeeper, then no one has the privileges of the goal, goalkeeper and/ or crease.

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, catch, pickup, or bat the ball away with his hand. The goalkeeper or defending player after gaining control of the ball has four seconds to either pass the ball or vacate the crease. A goaltender who leaves the goal crease area loses all goaltender privileges. Should the goalie proceed up the floor with the ball, he may be checked like any other player. However, he cannot be “charged” or “slashed”, or unnecessarily roughed up. Likewise, the referee has been alerted to penalize the goalie for illegal actions both in and out of the crease.

68.1 CONTACT WITH GOALIE IN THE CREASE - The

referee, at his discretion, shall assess appropriate penaltie(s) for interference when contact with the goalkeeper, his stick, and when the goalkeeper is in the goal crease area, with the exception of Rule 69, contact initiated by goalie.

If the goalie has two feet 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 a defender makes contact with the goalies' stick while the goalie still has possession of the ball during an outlet pass while the goalie is in his crease (deemed two feet in his crease), the defender will receive a minor penalty for goaltender interference. If the ball is clamped outside the crease circle by the goalie, a player may rake under the goalies' stick.

Rule 69: CONTACT WHILE SHOOTING ON NET CONTACT ON GOALIE INITIATED BY ATTACKER

If an attacking player in the act of diving, or jumping into the crease, physically initiates contact with the goalie and the ball enters the goal, the goal will be disallowed and an appropriate penalty to the attacker will be assessed.

Incidental contact by an attacker in the act of shooting on a goaltender with his body or stick which in no way affects the ability of the goaltender to attempt to make a save or play the ball shall not be penalized.

69.1 MINOR PENALTY - The referee, at his discretion, may assess a minor penalty, based on the severity of the infraction to a player guilty of making illegal contact on a goalie.

69.2 MAJOR PENALTY - The referee, at his discretion, may assess a major penalty, based on the severity of the infraction to a player guilty of making illegal contact on a goalie.

69.3 GAME MISCONDUCT - The referee, at his discretion, may assess a major penalty and game misconduct, based on the severity of the infraction to a player guilty of making illegal contact on a goalie.

69.4 MATCH PENALTY - The referee, at his discretion, may assess a match penalty, based on the severity of the infraction to a player guilty of making illegal contact on a goalie.

69.5 FINES AND SUSPENSIONS - Players are subject to further fines and suspensions from the League office. Any player who incurs a total of two (2) game misconducts for goalie interference in either a regular season or playoff game shall be suspended automatically for the next game of his team. For each subsequent game misconduct penalty the automatic suspension shall be increased by one game.

69.6 CONTACT INITIATED BY GOALIE - If a player of the attacking side is physically interfered with by contact solely initiated by the goaltender, the attacker shall not receive a penalty for goalkeeper interference. The goaltender may be subject to a penalty. Should the ball enter the net after this contact has been made, provided there is no crease violation, the goal shall be allowed.

69.7 TIME AND DISTANCE BETWEEN SHOT AND CONTACT ON GOALIE INITIATED BY ATTACKER - If, in the referees' judgment, the goaltender has time and distance after the shot is taken by a shooter who releases the ball legally and then travels into the crease and

contacts the goalie, the goal shall be awarded if the ball is in the goal long before contact is made. The referee shall take into consideration the pathway of the shooter, for example, whether it is a dive shot from the side of the crease or a shooter running from the top of the crease towards the goalie and the level of impending contact in each. A penalty to the attacker shall be assessed if the contact is deemed avoidable by the referee.

69.8 CONTACT INITIATED BY DEFENDER ON ATTACKER INTO THE CREASE - If a player of the attacking side **(non-shooter)** has been illegally 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.

At the discretion of the referee, if the **non-shooter** was fouled causing him to be in the crease does not use his best efforts to immediately vacate the crease, and a goal was scored, the goal shall not be allowed.

If a non-shooter is legally checked into the crease and the defender holds or impedes the non-shooter from leaving the crease, a delayed penalty shall be assessed for holding. If a goal is scored provided there are no other violations on the attacking team, the goal shall count and the penalty shall be nullified.

69.9 AVOIDABLE CONTACT BY ATTACKER ON GOALIE - A penalty shall be assessed to a player of the attacking side who, having been interfered with, fails to avoid making contact with the goalie.

Unavoidable contact by the attacker will not be penalized.

RESTRAINING INFRACTIONS

Body position shall play an important role in determination of restraining violations. Body position shall be

determined as the player in front of or beside an opponent traveling in the same direction. A player who is behind an opponent may not use his free hand or body, to restrain his opponent but must run in order to regain and establish his proper position in order to make a check. Once body position is established, the defender may use his arms and hands in only a pushing motion within the distance between his shoulders. The official may assess a possession change or served penalties as per below.

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

Rule 70: ILLEGAL BODYCHECKING

It is illegal to bodycheck an opponent from behind, above the shoulders or below the waist. It is legal to bodycheck an opponent in possession of the ball from the front or side, above the waist and below the shoulder, and to bodycheck an opponent while the player leaves his feet to shoot, pass or catch the ball, or otherwise engage legally in offensive play provided contact is legal as outlined above and below, and there are no other violations and the check is not into the boards. Officials shall consider the positioning of players when contact is initiated, specifically whether the player being checked is in a vulnerable and/or defenseless position, which may include a player's head being down or being unaware of an impending hit, and significant distance travelled by the player making the hit. An appropriate penalty for illegal body checking shall be assessed based on the severity of the illegal contact.

70.1 CONTACT WHILE PURSUING A LOOSE BALL -

When two players are pursuing a loose ball, checking the opponent's stick and body contact is allowed within three

(3) yards of the loose ball provided the player being checked is not in a vulnerable and defenseless position. When a player is attempting to receive a pass, body contact is allowed within three (3) yards of the ball provided the player being checked is not in a vulnerable and/or defenseless position, which may include a player's head being down or unaware of an impending hit, or there was significant distance travelled by the player or goalie making the hit. An appropriate penalty for illegal body checking shall be assessed based on the severity of the illegal contact.

70.2 EQUAL PRESSURE - A defending player may impede the progress of an attacking non-ball carrier who is not in contention for a loose ball or receiving a pass provided he uses an "equal pressure" motion with his body and stick on the front or side of the opponent on the arms.

70.3 CONTACT AFTER PASS OR SHOT - The bodychecking of an opponent (including the goalie) of more than two steps after the opponent has passed the ball to a teammate or taken a shot at the goal, is not allowed.

70.4 CONTACT ON A FAST BREAKING OPPONENT - A goalie or player must give a fast-breaking opponent the opportunity to gain composure after receiving the ball, provided the player being checked is not in a vulnerable and or defenseless position, which may include a player's head being down or unaware of an impending hit, or significant distance travelled by the player making the hit. An appropriate penalty for illegal body checking shall be assessed based on the severity of the illegal contact.

70.5 CONTACT INITIATED BY A GOALIE IN THE CREASE - A goalie may not use his crease to his advantage to deliver a body check to an opponent.

70.6 MINOR PENALTY - The referee, at his discretion, may assess a minor penalty, based on the degree of the illegal body check.

70.7 MAJOR PENALTY - The referee, at his discretion, may assess a major penalty, based on the degree of the illegal body check.

70.8 GAME MISCONDUCT - The referee, at his discretion, may assess a major penalty and game misconduct, based on the degree of the illegal body check.

70.9 MATCH PENALTY - The referee, at his discretion, may assess a match penalty if, in his judgment, the player was reckless or endangering his opponent by an illegal body check.

70.10 FINES AND SUSPENSIONS - Players are subject to further fines and suspensions from the League office.

Rule 71: HOLDING

Any player who impedes the progress of any player by using his arms, legs, or hands (with or without the ball). Body position, as outlined above, shall apply in assessing all holding infractions.

71.1 FREE HAND - A player checking with one hand on his stick may only make “stick-on-stick” contact on his opponent. Contact made with the off-hand that restrains the opposing player in this situation is not allowed and a minor penalty will be assessed.

71.2 HOLDING AN OPPONENT’S STICK - A player is not permitted to hold an opponent’s stick.

71.3 MINOR PENALTY - The referee shall assess a minor penalty to a player who holds an opponent.

71.4 PENALTY SHOT - When a player is on a breakaway and is held from behind, thus preventing a reasonable scoring opportunity, a penalty shot shall be awarded to the non-offending team.

A player with a *breakaway* is defined as a player in control of the ball immediately transitioning from defense to offense with an unobstructed path to the goal and a reasonable scoring opportunity. Further interpretation is as follows: the breakaway shall be in a traditional 'north-south' direction with initial separation between attacker and defender, incorporating the origin from inside two imaginary lines from the goal posts to where the closest restraining line meets the dasher boards.

Rule 72: HOOKING

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

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

72.1 MINOR PENALTY - The referee, at his discretion, may assess a minor penalty, based on the degree of the hook

72.2 MAJOR PENALTY - The referee, at his discretion, may assess a major penalty, based on the degree of the hook.

Rule 73: INTERFERENCE BY/WITH SPECTATORS

73.1 SPECTATOR ON THE FLOOR - In the event of a spectator being on the floor, play will be whistled dead immediately. The ball shall be awarded to the team in possession at the time of the whistle.

73.2 OBJECTS THROWN ON FLOOR - In the event that objects are thrown on the floor by spectators that interfere with the progress of the game, the referee shall blow the whistle, stop the play and the ball will be awarded to the team in possession.

In the event that objects are thrown on the floor during the process of the game or during the stoppage of play, including after the scoring of a goal, a bench minor penalty will be assessed to the home team.

Celebrations of certain milestones are not meant to be penalized. A warning via the public address system must first be given before assessing this penalty.

PHYSICAL INFRACTIONS

Rule 74: BOARDING

A boarding penalty shall be assessed on any player who checks an opponent in such manner that causes the opponent to be thrown violently into the boards. The onus is on the player who is applying the check to ensure his opponent is not in a vulnerable position and if so, he must avoid contact.

However, there is also the onus on the other player not to put himself in a dangerous position. This player is still permitted to carry out normal lacrosse plays, such as trying to dodge away from the opponent or make a move as a means to decrease the severity of the incoming contact. This balance must be considered by the officials when applying this rule. The League may at their discretion, review any penalty assessed under this rule.

74.1 MINOR PENALTY - The referee, at his discretion, may assess a minor penalty, based on the degree of violence of the impact into the boards to the player who is guilty of boarding.

74.2 MAJOR PENALTY - The referee, at his discretion, may assess a major penalty, based on the degree of violence of the impact into the boards to the player who is guilty of boarding.

74.3 GAME MISCONDUCT - The referee, at his discretion, may assess a major penalty and game misconduct, based on the degree of violence of the impact into the boards, to a player who is guilty of boarding.

74.4 MATCH PENALTY - The referee, at his discretion, may assess a match penalty if, in his judgment, the player or goalkeeper was reckless or endangered his opponent by boarding.

74.5 FINES AND SUSPENSIONS - Players are subject to further fines and suspensions from the League office. Any player who incurs a total of two (2) game misconducts for boarding in either a regular season or playoff game shall be suspended automatically for the next game of his team.

For each subsequent game misconduct penalty the automatic suspension shall be increased by one game.

Rule 75: SPEARING WITH YOUR HEAD

Spearing with your head is the action of a player leading with his head to attempt to or make contact on another player. A player, who in possession with the ball that lowers his shoulder in order to get past or through an opponent and makes unintentional contact with his head, shall not be penalized. The official shall have the latitude to determine the intent of the action of the player.

75.1 MINOR PENALTY - The referee, at his discretion, may assess a minor penalty, based on the degree of violence of the spearing with the head to the player who is guilty of the infraction.

75.2 MAJOR PENALTY - The referee, at his discretion, may assess a major penalty, based on the degree of violence of the spearing with the head to the player who is guilty of the infraction.

75.3 GAME MISCONDUCT - The referee, at his discretion, may assess a major penalty and game misconduct, based on the degree of violence of the spearing with the head to a player who is guilty of the infraction.

75.4 MATCH PENALTY - The referee, at his discretion, may assess a match penalty if, in his judgment, the player or goalkeeper was reckless or endangered his opponent by spearing with the head.

75.5 FINES AND SUSPENSIONS - Players are subject to further fines and suspensions from the League office. Any player who incurs a total of two (2) game misconducts for spearing with the head in either a regular season or playoff game shall be suspended automatically for the next game of his team. For each subsequent game misconduct penalty the automatic suspension shall be increased by one game.

Rule 76: CHECKING FROM BEHIND

A check from behind is a check made on the back of the body. When a player intentionally turns his body to create contact with his back, no penalty shall be assessed. The League may at their discretion, review any penalty assessed under this rule.

76.1 MINOR PENALTY - The referee, at his discretion, may assess a minor penalty, based on the degree of violence to the player who is guilty of checking from behind.

76.2 MAJOR PENALTY - The referee, at his discretion, may assess a major penalty, based on the degree of violence to the player who is guilty of checking from behind.

76.3 GAME MISCONDUCT - The referee, at his discretion, may assess a major penalty and game misconduct, based on the degree of violence to a player who is guilty of checking from behind.

76.4 MATCH PENALTY - The referee, at his discretion, may assess a match penalty if, in his judgment, the player or goalkeeper was reckless or endangered his opponent by checking from behind.

76.5 FINES AND SUSPENSIONS - Players are subject to further fines and suspensions from the League office. Any player who incurs a total of two (2) game misconducts for checking from behind in either a regular season or playoff game shall be suspended automatically for the next game of his team. For each subsequent game misconduct penalty the automatic suspension shall be increased by one game.

Rule 77: DANGEROUS CONTACT TO THE HEAD

The League may at their discretion, review the penalty assessed under this rule and the player is subject to further fines and/or suspensions and subject to player's discipline history.

77.1 MATCH PENALTY - A match penalty shall be assessed to a player who with force, strikes another player in the head and/or neck. The actions of the player shall be deemed as egregious conduct. Criteria for this penalty shall include some of the following but not limited to: no attempt to play the ball, leaving your feet to inflict more force, an upwards motion as opposed to a horizontal motion, significant distance traveled and weight transfer, the

location of contact and the level of vision of the players involved.

77.2 FINES AND SUSPENSION - A minimum $1,000 (One thousand) fine and automatic two game suspension (match penalty) shall be assessed to the offending player on the first offense. The League shall assess at minimum a two game suspension for violation of this rule.

77.3 COACH FINES AND SUSPENSION - The club's Head Coach will receive a fine if the same player commits a second offense during the same season which includes pre-season, regular season and playoffs.

Rule 78: ELBOWING

Elbowing shall mean the use of an extended elbow, forearm, bicep or shoulder in a manner that may or may not cause injury that makes contact above or below the shoulders. The league may at their discretion, review any penalty assessed under this rule.

78.1 MINOR PENALTY - The referee, at his discretion, may assess a minor penalty, based on the degree of violence to the player who is guilty of elbowing.

78.2 MAJOR PENALTY - The referee, at his discretion, may assess a major penalty, based on the degree of violence to the player who is guilty of elbowing.

78.3 GAME MISCONDUCT - The referee, at his discretion, may assess a major penalty and game misconduct, based on the degree of violence to a player who is guilty of elbowing.

78.4 MATCH PENALTY - The referee, at his discretion, may assess a match penalty if, in his judgment, the player or

goalkeeper was reckless or endangered his opponent by elbowing.

78.5 FINES AND SUSPENSIONS - Players are subject to further fines and suspensions from the League office. Any player who incurs a total of two (2) game misconducts for elbowing in either a regular season or playoff game shall be suspended automatically for the next game of his team. For each subsequent game misconduct penalty the automatic suspension shall be increased by one game.

Rule 79: FACEMASKING

Any player who grabs the facemask of an opponent.

79.1 MINOR PENALTY - The referee, at his discretion, may assess a minor penalty, based on the degree of violence, to a player who is guilty of face masking.

79.2 MAJOR PENALTY - The referee, at his discretion, may assess a major penalty, based on the degree of violence, to a player who is guilty of face masking.

79.3 GAME MISCONDUCT - The referee, at his discretion, may assess a major penalty and game misconduct, based on the degree of violence, to a player who is guilty of face masking.

79.4 MATCH PENALTY - The referee, at his discretion, may assess a match penalty if, in his judgment, the player or goalkeeper was reckless or endangered his opponent by face masking.

79.5 FINES AND SUSPENSIONS - Players are subject to further fines and suspensions from the League office. Any player who incurs a total of two (2) game misconducts for face masking in either a regular season or playoff game

shall be suspended automatically for the next game of his team. For each subsequent game misconduct penalty the automatic suspension shall be increased by one game.

Rule 80: FIGHTING

A fight is an incident where at least one player is penalized for throwing a punch, punches or blows at an opposing player. Referees have the discretion to assess minor penalties for roughing (see roughing rule) or a major penalty for fighting based on the degree of violence of the punches or blows thrown at an opposing player along with any other appropriate penalties. Players who engage to fight shall be assessed appropriate penalties. 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.

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

Referees are directed to employ every means provided by these rules to stop “brawling”.

Unwilling Combatant: For definition purposes an ‘unwilling combatant’ is a player who attempts to defend himself against his opponent by protecting himself from incoming blows and or punches. The unwilling combatant will use his best efforts to deflect any incoming blows or punches. The unwilling combatant criteria will

include not dropping his gloves, not taking his helmet off on his own accord, or any other actions that would constitute the player being deemed as willing to engage in the fight.

Also, the unwilling combatant does not initially counter with any return punches or blows. The unwilling combatant may be subject to appropriate penalties, if any, for his actions.

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

80.1 INSTIGATOR - 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; substitution direct from bench; menacing attitude or posture; verbal instigation or threats; conduct in retaliation to a prior game incident.

80.2 INSTIGATOR PENALTY ASSESSMENT - A player who is deemed to be the instigator of a fight shall be assessed an instigating minor penalty, a major for fighting and a game misconduct**.**

80.3 AGGRESSOR - A player who is an outright aggressor of a fight, is one who continues to fight while not adhering to the verbal commands and physical force of the officials indicating the player to stop fighting.

80.4 AGGRESSOR PENALTY ASSESSMENT - A minor**,** major, and game misconduct.

80.5 SECOND INSTIGATOR/AGGRESSOR IN ONE

SEASON - A player who is deemed to be the instigator or aggressor or combination thereof for a second time in one season shall be suspended for one game (excluding exhibition games). The player will serve the suspension in the next regular League game or playoff game of his team. For each subsequent instigator penalty in the same regular season, the player will be suspended for the next game of his team. For each suspension the player shall be fined the sum of one hundred dollars ($100.00).

80.6 SWEATER REMOVAL DURING A FIGHT - Shall be a player who deliberately removes his sweater prior to participating in a fight.

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

80.7 EQUIPMENT REMOVAL *PRIOR TO* OR DURING A FIGHT PENALTY ASSESSMENT - A player who removes his equipment prior to or during a fight on his own accord shall be assessed a minor penalty for unsportsmanlike conduct. Any combination of the jersey removal and equipment removal will result in a minor penalty being assessed.

This is in addition to other penalties to be assessed to the participants of a fight.

80.8 INSTIGATOR WITH FACEMASK ON - Any player who instigates a fight with a face mask on against an opponent who already has his facemask off will be deemed an instigator.

80.9 RETALIATION AFTER BEING STRUCK - 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.

80.10 TAPE ON HANDS - Any player wearing tape or any other material on his knuckles or fingers that cuts or injures an opponent during a fight will receive a match penalty.

80.11 FIGHT OFF THE PLAYING FLOOR - A 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 and the players are subject to further discipline by the League.

80.12 INTERVENTION IN A FIGHT ALREADY IN PROGRESS - A game misconduct penalty shall be imposed on any player or goalie who is first to intervene at the discretion of the referee, 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 is in violation of this section will be automatically suspended for his team's next game.

80.13 GOALIE LEAVING HIS CREASE DURING A FIGHT - During a fight, goalies must remain in their crease. If a goalie leaves his crease during a fight he will be assessed a minor penalty. If he gets involved in a fight he will be assessed a major and a game misconduct.

80.14 NON-FIGHTING PLAYERS FLOOR POSITIONING - 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, as directed by the Officials' instructions. A misconduct penalty shall be assessed to any player who is in violation.

80.15 SECOND FIGHT AFTER THE ORIGINAL FIGHT - A game misconduct penalty and a one game suspension shall be imposed on a player who is assessed a major penalty for fighting after the original fight. At the discretion of the referee or the league, the game misconduct penalty shall be waived for an unwilling combatant in the fight, if the opposing player was clearly the instigator of the incident.

80.16 FIGHTING OTHER THAN DURING PERIODS OF THE GAME - Any player or goalie who becomes involved in a fight**,** as per this rule, to warrant a Major, Misconduct or Match penalty other than during the periods of the game shall automatically be assessed a Game Misconduct Penalty under this rule and shall be automatically suspended for the next regularly scheduled League and Playoff games of his team.

The first and third quarters shall be deemed started effective once the players have retreated from
their respective 'team gathering" towards the bench or face-off circle for the purposes of this rule.

Note: This rule also applies should the fight occur after 2nd and the 4th quarter has been expired.

In the case of fight taking place before the game or after the game, the fine under this rule shall be assessed only in the event that the incident commenced before the game or after the game is terminated.

A fight, as deemed by punches or blows thrown, that begins prior to the expiration of a quarter, half or the end of the game shall be penalized as per normal rules within the game. For each subsequent violation by the same

player, the automatic suspension shall be increased by two (2) games.

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

80.17 NON-PLAYER STRIKING AN OPPONENT - Any Club Executive, Manager, Coach or Team Staff who holds or strikes an opponent, shall be automatically suspended from the game, ordered to the dressing room, and the matter shall be referred to the League for further disciplinary action (fine and/or suspension). A bench minor will be assessed against the offending team.

80.18 FIGHTING FIVE MINUTES OR LESS IN THE FOURTH QUARTER - Any player who is assessed a Major Penalty for Fighting with five minutes or less remaining in the fourth quarter shall be assessed an additional Game Misconduct unless the player is considered an Unwilling Combatant. Any player who is considered an Instigator or Aggressor is subject to being assessed a Game Misconduct under Rules 80.2 or 80.3.

Rule 81: HEAD-BUTTING

Head-butting is the action of a player using his head to attempt to or make contact on another player. A player who is in possession with the ball and lowers his shoulder in order to get past or through an opponent and makes unintentional contact with his head, shall not be penalized. The official shall have the latitude to determine the intent of the action of the player.

81.1 MINOR PENALTY - A minor penalty shall be imposed on a player who head-butts an opponent, with contact based on the severity.

81.2 MAJOR PENALTY - A major penalty shall be imposed on a player who head-butts an opponent with his helmet on or off based on the severity.

81.3 GAME MISCONDUCT - A major and a game misconduct penalty may be imposed on a player who head-butts an opponent with his helmet on or off based on the severity.

81.4 MATCH PENALTY - A match penalty shall be imposed on a player who head-butts an opponent with or without his helmet based on the severity.

81.5 FINES AND SUSPENSIONS - Any player who head-butts an opponent is subject to further discipline by the League.

Rule 82: INTENTIONAL CONTACT DURING DEAD BALL SITUATIONS

The referee, at his discretion, shall assess a penalty to any player who intentionally makes contact with another player after the whistle has blown and during dead ball situations.

82.1 MINOR PENALTY - The referee, at his discretion, may assess a minor penalty, based on the degree of violence of the intentional contact by the player during dead ball situations.

82.2 MAJOR PENALTY - The referee, at his discretion, may assess a major penalty, based on the degree of violence of the intentional contact by the player during dead ball situations.

82.3 GAME MISCONDUCT - The referee, at his discretion, may assess a major penalty and game misconduct, based on

the degree of violence of the intentional contact by the player during dead ball situations.

82.4 MATCH PENALTY - The referee, at his discretion, may assess a match penalty if, in his judgment, the player or goalkeeper was reckless or endangered his opponent by intentional contact during dead ball situations.

82.5 FINES AND SUSPENSIONS - Players are subject to further fines and suspensions from the League office. Any player who incurs a total of two (2) game misconducts for intentional contact during dead ball situations in either a regular season or playoff game shall be suspended automatically for the next game of his team. For each subsequent game misconduct penalty the automatic suspension shall be increased by one game.

Rule 83: KNEEING

Kneeing is the act of a player leading with his knee and/or lower leg to make contact with his opponent.

83.1 MINOR PENALTY - The referee, at his discretion, may assess a minor penalty, based on the severity of the infraction to a player guilty of kneeing an opponent.

83.2 MAJOR PENALTY - The referee, at his discretion, may assess a major penalty, based on the severity of the infraction to a player guilty of kneeing an opponent.

83.3 GAME MISCONDUCT - The referee, at his discretion, may assess a major penalty and game misconduct, based on the severity of the infraction to a player guilty of kneeing an opponent.

83.4 MATCH PENALTY - The referee, at his discretion, may assess a match penalty, based on the severity of the

infraction to a player who was reckless or endangered his opponent by kneeing.

83.5 FINES AND SUSPENSIONS - Players are subject to further fines and suspensions from the League office. Any player who incurs a total of two (2) game misconducts for kneeing in either a regular season or playoff game shall be suspended automatically for the next game of his team. For each subsequent game misconduct penalty the automatic suspension shall be increased by one game.

Rule 84: KICKING A PLAYER

The action of a player deliberately using his foot with a kicking motion to make contact with an opponent.

84.1 MINOR PENALTY - The referee, at his discretion, may assess a minor penalty, based on the severity of the infraction to a player guilty of kicking an opponent.

84.2 MAJOR PENALTY - The referee, at his discretion, may assess a major penalty, based on the severity of the infraction to a player guilty of making contact by kicking an opponent.

84.3 GAME MISCONDUCT - The referee, at his discretion, may assess a major penalty and game misconduct, based on the severity of the infraction to a player guilty of making contact by kicking an opponent.

84.4 MATCH PENALTY - The referee, at his discretion, may assess a match penalty, based on the severity of the infraction to a player who was reckless or endangered his opponent by making contact by kicking.

84.5 FINES AND SUSPENSIONS - Players are subject to further fines and suspensions from the League office. Any player who incurs a total of two (2) game misconducts for

kicking in either a regular season or playoff game shall be suspended automatically for the next game of his team. For each subsequent game misconduct penalty the automatic suspension shall be increased by one game.

Rule 85: ROUGHING

Shall be defined as any excessively violent holding, pushing or punching motion with or without the glove on. Any deliberate or excessively violent contact or crosscheck by a defensive player against an offensive player who has established a legal screen/pick position. Any avoidable act on the part of a player, which is deliberate or excessively violent whether it be with the body or stick.

85.1 MINOR PENALTY - The referee, at his discretion, may assess a minor penalty, based on the severity of the infraction to a player guilty of roughing an opponent.

85.2 DOUBLE MINOR PENALTY - The referee, at his discretion, may assess a double minor penalty, based on the severity of the infraction to a player guilty of roughing an opponent.

85.3 MAJOR PENALTY - The referee, at his discretion, may assess a major penalty, based on the severity of the infraction to a player guilty of roughing an opponent.

85.4 GAME MISCONDUCT - The referee, at his discretion, may assess a major penalty and game misconduct, based on the severity of the infraction to a player guilty of roughing an opponent.

85.5 MATCH PENALTY - The referee, at his discretion, may assess a match penalty, based on the severity of the infraction to a player who was reckless or endangered his opponent by roughing.

85.6 FINES AND SUSPENSIONS - Players are subject to further fines and suspensions from the League office. Any player who incurs a total of two (2) game misconducts for roughing in either a regular season or playoff game shall be suspended automatically for the next game of his team. For each subsequent game misconduct penalty the automatic suspension shall be increased by one game.

Rule 86: TRIPPING

Shall be defined as any player who shall place his stick or any portion of his body in such manner that will cause his opponent to trip. Should the player be tripped and not completely fall down, an appropriate penalty shall still be assessed.

86.1 MINOR PENALTY - The referee, at his discretion, shall assess a minor penalty on a player who intentionally places his stick or any portion of his body in such a manner that will cause his opponent to trip.

86.2 PENALTY SHOT - When a player is on a breakaway and 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.

The intention of this rule is to restore a reasonable scoring opportunity which has been lost by reason of a foul from behind. Should a major be assessed, the nonoffending team is awarded a penalty shot and the offending player shall serve the major penalty with a two goal releasable regardless of outcome of the penalty shot.

Should a match be assessed, the non-offending team is awarded a penalty shot and the offending player is assessed the match penalty with a three goal releasable regardless of the outcome of the penalty shot.

A player with a *breakaway* is defined as a player in control of the ball immediately transitioning from defense to offense with an unobstructed path to the goal and a reasonable scoring opportunity. Further interpretation is as follows: the breakaway shall be in a traditional 'north-south' direction with initial separation between attacker and defender, incorporating the origin from inside two imaginary lines from the goal posts to where the closest restraining line meets the dasher boards.

86.3 AWARDED GOAL - A goal shall be awarded to the attacking team when, with the opposing goalkeeper removed, a defensive player trips or otherwise fouls a player on a breakaway, thus denying him a reasonable scoring opportunity.

A player with a *breakaway* is defined as a player in control of the ball immediately transitioning from defense to offense with an unobstructed path to the goal and a reasonable scoring opportunity. Further interpretation is as follows: the breakaway shall be in a traditional 'north-south' direction with initial separation between attacker and defender, incorporating the origin from inside two imaginary lines from the goal posts to where the closest restraining line meets the dasher boards.

Rule 87: PHYSICAL ABUSE OF OFFICIALS

The referee at his discretion, may assess appropriate penalties if, in his judgment, a player 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 for the purpose of returning to or engaging in another altercation shall receive a game misconduct penalty.

87.1 GAME MISCONDUCT - Any player assessed a physical abuse of officials penalty shall be assessed a game misconduct penalty. In addition the following disciplinary penalties shall apply:

87.2 Category I - The referee, at his discretion, shall assess a Category I Physical Abuse of Officials penalty to any player, if in the referees' judgement, the player 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.)

87.3 Category II - The referee, at his discretion, shall assess a Category II Physical Abuse of Officials penalty to any player, if in the referees' judgement, the player 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 two (2) games to no more than five (5) games.

87.4 Category III - The referee, at his discretion, shall assess a Category III Physical Abuse of Officials penalty to any

player, if in the referees' judgement, the player, by his actions, applies physical force to an official solely for the purpose of getting free of such an official during or immediately following an altercation for the purpose of returning to or engaging in another altercation shall be suspended for not less than one (1) game.

87.5 OFFICIALS CONSULTATION ON CATEGORY OF THE OFFENSE - 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.

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

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

Sustain the number of games within the category and/or fine the player;
Increase the number of games within the category and/or fine the player; and/or
Change to a lower category and increase the number of games within the category and/or fine the player.

87.7 NON-PLAYER STRIKING AN OFFICAL - Any Club Executive, Manager, Coach or Team Staff who holds or strikes an official, shall be automatically suspended from the game, ordered to the dressing room, and the matter shall be referred to the League for further disciplinary action (fine and/or suspension). A bench minor will be assessed against the offending team.

EQUIPMENT VIOLATIONS

Rule 88: EQUIPMENT INSPECTION

88.1 RANDOM EQUIPMENT INSPECTION - A random, League-mandated equipment inspection may be conducted by a league official or game official before, during, or after any game. Any player not conforming to standards shall be subjected to all applicable subsections of Rule 88.

88.2 PREGAME INSPECTION PROCEDURE - During the pregame inspection, goalies may be measured with or without their jersey on. Application of tape is permissible provided it is not deemed as bulk being added and results in no other violations.

88.3 EQUIPMENT INSPECTION LIST - All players will be required to conform to league Uniform Standards. The following items shall be inspected when the League or referees conduct a random equipment check:

1. Helmet, Facemask, Chin cup
2. Gloves
3. Shoulder /Vest and Rib Pads
4. Goalie Pants / Arm & Chest Pads
5. Goalie Shin Pads
6. Any other equipment worn by the player
7. Mouthguard-intra oral mouth piece
8. **Goalie stick**

The following other pieces are recommended to be worn: arm pads, elbow pads, knee pads and athletic support.

88.4 INSPECTION REQUESTS BY COACHES DURING GAME FOR GOALIES ONLY - Opposing coaches may request the referees to conduct a measurement and contour equipment goalie inspection during any nontechnical stoppage in the game. Upon said request, the referees shall conduct the inspection immediately at the referees' circle. All pieces of equipment shall be checked by the official as per Rule 35.

Only one goalie shall be measured per stoppage per team.

88.5 PRE-GAME INSPECTION ILLEGAL GOALIE EQUIPMENT - If an inspection conducted before the game finds the goalie to be using illegal equipment (failure to meet measurement and contour specifications, Rule 35) the goalie must be deemed legal by the officials before entering in a game.

88.6 DURING/AFTER GAME INSPECTION ILLEGAL GOALIE EQUIPMENT - If an inspection conducted during the game or after the game finds the goalie to be using illegal equipment, (failure to meet measurement and contour specifications, Rule 35) the referee will assess the goalie a major penalty, the in-home will serve the penalty with the goalie not being able to return to play until the expiry of the major penalty. Note: Goal stick is not included in this inspection.

88.7 GOALIE ADJUSTING EQUIPMENT BEFORE INSPECTION - Should a goaltender adjust his equipment in an effort to retract the size or shape of his equipment after an official has announced the requested inspection, the goalie will receive a five minute penalty. The official will discontinue measuring and assess the penalty.

88.8 DURING GAME GOALIE INSPECTION LEGAL GOALIE EQUIPMENT - If an inspection conducted during the game finds the goalie to have used legal equipment, the referee will assess a 2-minute bench minor penalty to the requesting team.

88.9 FAIR PLAY - The equipment regulations in the rulebook are written in the spirit of "fair play". If at any time NLL feels that this spirit and or competitive nature is being abused, the League has a right to conduct a hearing regarding the legality of the equipment and may issue supplementary discipline to the player and/or club.

Rule 89: BROKEN STICK

A broken stick is one, which, in the opinion of the referee, is unfit for normal play. 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. The player may be handed one from a teammate on the floor or receive a stick at his bench.

89.1 GOALIE PLAYING WITH A BROKEN STICK - A goalie may continue to play with a broken stick within his crease only until a stoppage of play or until he has been legally provided a stick.

89.2 MINOR PENALTY - PLAYING WITH A BROKEN STICK - A minor penalty shall be imposed for any player who continues to play with a broken stick.

Rule 90: EQUIPMENT OR CLOTHING ADJUSTMENT

The onus of maintaining clothing and equipment in proper condition shall be upon the player. The player shall leave the floor and play shall continue with a substitute. Play shall not be stopped nor the game delayed by reasons of adjustments to clothing, equipment or sticks.

90.1 MINOR PENALTY - A minor penalty shall be assessed to a player who, having been notified by an official of improper condition of equipment, fails to remove himself by preventing a restart of play.

Rule 91: HELMET LOST DURING PLAY

When a player loses his helmet, the player must immediately either re-assemble his helmet while in the game or leave the floor.

When a player in possession of the ball loses his helmet he must immediately release the ball by passing or shooting.

91.1 MINOR PENALTY - Failure to immediately re-assemble the helmet or leave the floor shall result in a minor penalty to the offending player.

OTHER INFRACTIONS

Rule 92: DELAYING THE GAME

All violations under this rule shall have resulted in players' action causing a delay of the game, such as on any quick restart (i.e. shot clock violation, crease violation, etc.).

92.1 DELIBERATELY SHOOTS BALL OUT OF BOUNDS - The referee, at his discretion, may assess a minor penalty, if in his judgment, the player or goalie delays the game by deliberately shooting or batting the ball outside the playing area.

When the goalie deliberately shoots the ball directly (non-deflected) out of the playing surface, except where there is no glass, a penalty shall be assessed for delaying the game. A ball shot during play that hits any infrastructure above the playing surface that is "inside" the glass around the arena, shall result in a possession, not a penalty. No delay penalty shall be assessed should the violation occur after a stoppage which directly leads to a broadcast

timeout under ten minutes and under five minutes in each quarter.

92.2 THROWS, RETAINS OR ROLLS BALL AWAY - A minor delay of game penalty shall be imposed on any player or goalkeeper who throws, retains or rolls the ball away that results in a delay of game. This shall include any action by a player that disrupts the restart of the game such as holding onto the ball, or tossing the ball to the official, rather than immediately putting the ball down directly upon expiry of loss of possession inhibiting a fast restart for the opposing team.

The onus is on the defender to be beyond two yards during a settled or fast restart situation as per rule 22.1. Violation shall result in a minor penalty. Should the offensive player attempt to get closer to the defensive player inside two yards as a means to draw a delay, the offensive player shall be penalized for a delay of game, accordingly. The official shall be cognizant of the game situation, specifically recognizing the distance between opponents during fast restarts and shall restart play fairly and accordingly.

92.3 THROWS BALL AWAY FOR STALLING PURPOSES - Teams shall not deliberately throw the ball down to their defensive zone with time remaining in the 30-second clock strictly for “stalling” purposes to allow their defensive unit on the floor. A delay of game penalty to the player will be assessed to the offending team.

92.4 FAILING TO COMPLY WITH PLACING CORRECT NUMBER OF PLAYERS ON FLOOR - A bench minor penalty shall be imposed upon any team which, after warning by the referee 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.

92.5 NO TIMEOUTS REMAINING - 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 (also see Rule 14). The team is not granted the time-out.

92.6 NON-PLAYING PERSONNEL ON BENCH - No one but players in uniform, the Head Coach, and five nonplaying personnel shall be permitted to occupy the benches so provided.

The Crew Chief will inform the Head Coach to order the removal of any offending individuals from the player's benches. After such warning and if the individual does not leave, or returns to the team bench, a bench minor penalty will be imposed on the offending team. A report of the incident will be forwarded to the Commissioner.

92.7 LATE COMMENCEMENT OF PLAY - The teams shall be on the floor for **the opening faceoff and subsequent faceoffs for the remaining quarters as directed by the Crew Chief.** A violation of this rule shall result in a delay of game and a minor penalty to the offending team. If for any other reasons unrelated to the teams, there is a delay in the commencement of the game or delay in the re-start of the game following halftime, the Crew Chief will note it in the game report.

92.8 GOALTENDER EQUIPMENT REPAIR TIME LIMITATION - In the event the goaltender loses protective equipment which cannot be repaired within 30-seconds, the goaltender must exit the floor.
If the goaltender equipment takes more than 30-

seconds to repair, the goalie must be removed from the game and the substitute goalie must be prepared to play no longer than 20 seconds or a bench minor penalty will be assessed.

92.9 FAILURE TO CLOSE SUBSTITUTION DOORS - The Crew Chief will inform team personnel that the substitution doors cannot be left open. After such warning, and if the team does not comply, a bench minor penalty will be imposed on the offending team.

92.10 DEBRIS ON PLAYING SURFACE - If the floor becomes littered with debris, the crew chief will have a public address announcement made warning that a bench minor for delay of game may be assessed if situation continues or happens again. Note: This rule does not apply to the celebration of milestones.

92.11 DELAYING GAINING POSSESSION AFTER A TECHNICAL VIOLATION BY NON-OFFENDING TEAM - Following a technical violation or other change of possession, if the non-offending team or team being awarded possession, in the official's discretion, does not pick up the ball in a timely manner, the official will re-start play immediately.

Rule 93: DISPLACEMENT OF GOAL

In the event that a goal post is deliberately displaced by the defending player or goalkeeper, the referee, at his discretion, may assess a minor penalty under the rule, award a penalty shot, or award a goal. Play shall continue under all circumstances until the official stops play accordingly.

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

93.2 PENALTY SHOT - 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 nonoffending team. The official will stop play immediately and award the penalty shot.

A player with a *breakaway* is defined as a player in control of the ball immediately transitioning from defense to offense with an unobstructed path to the goal and a reasonable scoring opportunity. Further interpretation is as follows: the breakaway shall be in a traditional 'north-south' direction with initial separation between attacker and defender, incorporating the origin from inside two imaginary lines from the goal posts to where the closest restraining line meets the dasher boards.

93.3 AWARDED GOAL - An automatic goal will be awarded to the non-offending team when the designated goalie is on the bench and a defender deliberately displaces his own net in an attempt to thwart a scoring opportunity, in the discretion of the referee.

93.4 GOAL NET INTENTIONALLY MOVED - If a goalie or a defensive player intentionally moves the goal to thwart a scoring opportunity, as per the 'excessively dislodged rule' play will be stopped immediately and a penalty shot will be awarded to the non-offending team. If an offensive

player intentionally moves the goal off its moorings, a minor penalty shall be assessed for unsportsmanlike conduct.

Rule 94: OBSCENE OR PROFANE LANGUAGE OR GESTURES BY PLAYERS

Players shall not use obscene gestures on the floor or anywhere in the arena, before, during or after any game. It is the responsibility of all game officials and all club officials to send a confidential report to the League setting out the full details concerning the use of obscene gestures or language by any player. The League shall take such further disciplinary action as deemed appropriate.

94.1 OBSCENE AND PROFANE LANGUAGE BY PLAYERS - Players shall not use profane language on the floor or anywhere in the arena before, during or after a game.

A minor penalty shall be imposed to the offending player. Should the player continue to use obscene and profane language, at the discretion of the referee, the player shall be additionally assessed a misconduct penalty.

94.2 OBSCENE GESTURES BY PLAYERS - A **game misconduct** penalty shall be imposed on a player who uses obscene gestures on the floor or anywhere in the arena, before, during or after a game. The referee shall report the circumstances to the League for further disciplinary action.

94.3 PROFANE LANGUAGE BY NON-PLAYING PERSONNEL - Club Executives, Coaches or other Team Staff shall not use obscene or profane language anywhere in the arena. For violation of this Rule, a bench

minor penalty shall be imposed on the first offense by any non-playing personnel in the game.

A second offense by any non-playing personnel in the same game shall result in a bench minor penalty and game misconduct to the latest violator, plus a report to the Commissioner for further disciplinary action. If any club executive, Coach, Equipment Manager, or Trainer is removed from the bench by order of the referee, he must not sit near the bench of his club nor in any way direct or attempt to direct the play of his club. Any obscene, profane or verbal abuse toward the officials post game shall result in a fine.

94.4 OBSCENE GESTURES BY NON-PLAYING PERSONNEL - Club Executives, Coaches or other Team Staff shall not use obscene or vulgar gestures anywhere in the arena. For violation of this rule, a bench minor penalty and game misconduct shall be assessed. For violation of this rule, the nonplaying personnel is subject to further league discipline.

94.5 DISCRIMINATORY LANGUAGE - Any player that uses discriminatory language based on race, religion, sexual orientation or gender identity shall be assessed a match penalty and shall be reported to the League and subject to further review and discipline.

Any non-playing personnel that uses discriminatory language based on race, religion, sexual orientation or gender identity shall be assessed a bench minor penalty and a game misconduct and subject to further review and discipline by the league.

Rule 95: UNSPORTSMANLIKE CONDUCT

In the enforcement of this rule, the Referee has the option of imposing a minor penalty, misconduct or a game misconduct penalty. Penalties should be assessed in ascending order beginning with a minor. A minimum of a

bench minor penalty shall be imposed on any non-playing personnel or player who is guilty of unsportsmanlike conduct.

95.1 DISPUTES RULINGS OF OFFICIAL - A minor penalty shall be assessed to any player who challenges or disputes the rulings of any Official during the game.
If the player persists in such challenge or dispute, a misconduct penalty shall be assessed and any further dispute will result in a game misconduct penalty being assessed to the offending player.

95.2 THROWS BALL AWAY/THROWS EQUIPMENT AWAY - A misconduct penalty shall be imposed on any player who intentionally knocks or shoots the ball out of the reach of an Official who is retrieving it provided there is no delay in the game or who deliberately throws any equipment out of the playing area.

95.3 ATTEMPTING TO DRAW A PENALTY - A minor penalty for unsportsmanlike conduct shall be imposed on a player who attempts to draw a penalty by his actions "taking a dive" or embellishing a legal or illegal hit by an opponent. **The first violation and any further violations during the same season will result in a fine.**

95.4 DISPUTES CALL BY BANGING THE BOARDS - A minor penalty for unsportsmanlike conduct shall be imposed on any player or players who bang the boards with their sticks or other objects at any time, showing disrespect for an Official's decision.

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

Any violations of this nature by the minor officials or game operations staff shall be subject to review by the League and subject to fines.

95.5 FAILS TO PROCEED DIRECTLY TO THE PENALTY BOX - Any player who, following a fight or other altercation in which he has been involved is broken up and for which he is penalized, fails to proceed directly and immediately to the penalty box, or who causes any delay by retrieving his equipment (gloves, sticks. etc. shall be delivered to him at the penalty box by teammates), shall be subject to a fine and/or suspension in addition to all other penalties incurred. Where coincidental penalties are imposed on players of both teams, the penalized players of the visiting team shall take their positions in the penalty box first.

95.6 CONTINUING TO FIGHT AFTER ORDERED TO STOP - Any player who persists in continuing or attempting to continue a fight or altercation after he has been verbally ordered by the Referee to stop, or who resists a referee in the discharge of his duties shall, at the discretion of the referee, incur a misconduct or game misconduct penalty in addition to any other penalties incurred. Also, the player will be subject to fine and/or suspension.

95.7 PERSISTS IN INCITING AN OPPONENT INTO A PENALTY - A minor penalty shall be imposed on any player who, partakes 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 minor penalty, a player persists in any course of conduct for which he was previously assessed a minor penalty,
he shall be assessed a misconduct.

95.8 PERSISTS IN SAME COURSE OF CONDUCT - 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 a fine and/or suspension. Any player who threatens an official shall be reported to the League and subject to fine and/or suspension.

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

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

95.10 INTERFERENCE BY PLAYERS OR NON-PLAYING PERSONNEL WITH ANY OFFICIAL - A bench minor penalty shall be imposed against the offending team if any player, Coach, Equipment Manager, Trainer or club executive interferes in any manner with any game official including the Referees, Timekeepers and or game operations personnel in performance of their duties within the confines of the playing surface, players benches, penalty box areas and immediate exit and entry of the playing surface. The Crew Chief may assess a major, major and game misconduct, match or gross misconduct in his judgement based on the severity of the conduct.

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

The Crew Chief shall report to the League Office for disciplinary action all cases in which a player becomes involved in interfering with the above noted personnel. The League shall review any conduct within the confines of the game as outlined in this rule as well as any other incidents that may have occurred as per Rule 97.

95.11 PLAYERS REMAINING IN THE REFEREES CREASE - At the discretion of the referee a minor penalty shall be imposed on any player or players, who, except for the purpose of taking their positions in the penalty box, enter or remain in the referees crease while he is reporting to or consulting with any game official including the other referees, Timekeeper, Penalty Timekeeper, Official Scorer or Announcer. The player is subject to further penalties if his actions persist.

95.12 COMMUNICATION WITH OFFICIALS - Any player, including the captain who positions himself at the referees' circle to converse with the officials without permission granted by the officials shall be automatically assessed an unsportsmanlike conduct minor penalty.

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

95.13 UNSPORTSMANLIKE ACTIONS BY A PLAYER ON AN OPPONENT - A minor penalty shall be imposed on any player who is guilty of unsportsmanlike conduct including, but not limited to, hair pulling, biting, grabbing

hold of facemask, throwing a ball at a player, throat slash gesture, etc.

The referee, at his discretion, may apply a major penalty, or major penalty and game misconduct, depending on the nature or severity of the incident**.** The referee, at his discretion, may assess a gross misconduct or match penalty if, in his judgment, the player attempted to or deliberately injured his opponent by unsportsmanlike actions. Actions by players who display this unsportsmanlike conduct on opponents who are clearly unaware of any impending violence against them are deemed as more severe and shall be dealt with accordingly. Actions by players who are not on the playing surface and become involved with players on the playing surface, or by players who are on the playing surface and become involved with players on the opposing Team's bench, shall be considered more severe and will be adjudicated accordingly. Players are subject to further fines and/or suspension.

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

95.15 PHYSICAL INTERFERENCE BY PLAYER WITH SPECTATORS - Any player who physically interferes with the spectators shall automatically incur a gross misconduct penalty and the referee shall report all such infractions to the League Office, who has such power to impose fines and/or suspensions. The referee shall report to the League Office for disciplinary action all cases in

which a player becomes involved in an altercation with a spectator.

95.16 OPPONENTS NEAR OR IN OTHER TEAMS HUDDLES - Is not permitted. Players must remain on their side of the floor or away from other teams huddles during stoppages. Violation is an unsportsmanlike minor penalty.

95.17 PLAYERS STANDING ON PLAYERS BENCH - Players are not permitted to stand on the top of the bench seating at any time during the course of the game. Failure to abide by this rule will result in an unsportsmanlike conduct penalty to the player. In the event coaches or non-playing personnel are deemed to be deliberately obstructing fans they are also subject to an unsportsmanlike conduct bench minor penalty.

Rule 96: LEAVING PLAYERS BENCH OR PENALTY BOX

No player may leave the players' bench or penalty box for the purpose of starting an altercation or to enter an existing altercation.

A player who has entered the game on a legal line change from the players' bench and starts an altercation is subject to discipline in accordance with appropriate rules.

Substitutions made prior to the altercation shall be permitted, provided the players so substituting do not enter the altercation.

Should an altercation continue after game play has stopped by the Official, players are not permitted to leave their respective bench. Upon the conclusion of the altercation which is determined by the game officials

beginning to report the penalty(ies) to the penalty keeper in the penalty box, players are now permitted to leave their bench.

No player may leave the penalty box except at the end of the half or expiration of his penalty. Should a penalty box attendant dismiss a player from the penalty box prior to the expiration of his penalty, the player will not be penalized.

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

96.1 MINOR PENALTY - Players who leave the players' bench and proceed onto the floor during an altercation and prior to the conclusion of the altercation including at the end of the quarters, halftime and at the end of the game, shall receive a bench minor penalty on the offending player(s). The rule does not preclude players from celebrating individual, team, or league milestone events.

96.2 GAME MISCONDUCT AND GAME SUSPENSION - The referee shall assess a game misconduct penalty, if in his judgment, the player(s) who was the first or second player to leave the players' bench or penalty box from either or both teams for the purpose of starting an altercation or to enter an existing altercation. The player(s) who leave the players' bench or penalty box shall be assessed an automatic game suspension without pay for one (1) regular season and/or playoff game of his team. The player(s) is also subject to further fines and/or suspensions.

96.3 TEAM FINES & SUSPENSIONS - The team of a player(s) penalized shall incur a fine of five hundred

($500.00) for the first such incident, seven hundred fifty ($750.00) for the second such incident and one thousand ($1,000.00) for the third and subsequent such incidents.

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

96.4 PLAYER FINES - All players, including the initial players leaving the players' bench or penalty box for either or both teams shall incur a fine of one hundred dollars ($100.00).

96.5 LEAVING PENALTY BOX PRIOR TO PENALTY TIME EXPIRED - A penalized player who leaves the penalty box on his own accord before his penalty has expired, whether play is in progress or not, shall incur an additional minor penalty and game misconduct, in addition to serving the unexpired penalty time.

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

He shall also be automatically suspended for the next game whether regular or post-season.

96.6 LEAVING PENALTY BOX PRIOR TO PENALTY TIME EXPIRED, TIMEKEEPER ERROR - In case of a player returning to the floor before his time has expired through an error of the Penalty Timekeeper, he is not to serve an additional penalty, but must serve his unexpired time.

96.7 ILLEGALLY ENTERING THE GAME AND INTERFERING WITH BALL CARRIER ON A BREAKAWAY - If a player of the attacking side in possession of the ball shall be on a breakaway, and while in that position he shall be interfered with by the player of the opposing side who has illegally entered the game, the referee shall impose a penalty shot against the side to which the opposing player belongs. "Interfered" as per this rule, does not imply physical contact by the defender.

A player with a *breakaway* is defined as a player in control of the ball immediately transitioning from defense to offense with an unobstructed path to the goal and a reasonable scoring opportunity. Further interpretation is as follows: the breakaway shall be in a traditional 'north-south' direction with initial separation between attacker and defender, incorporating the origin from inside two imaginary lines from the goal posts to where the closest restraining line meets the dasher boards.

96.8 NON-PLAYING PERSONNEL ON FLOOR DURING PLAY - If a Coach or Manager gets on the floor after the start of a quarter and before that quarter is ended, **or** steps towards the officials and engages them at halftime, the referee shall impose a bench minor penalty against the team and report the incident to the League for disciplinary action. The Crew Chief shall deem when the game is officially over and shall have the authority to remove the non-playing personnel off the players' bench and corridor. At the officials' discretion, the referee may permit a coach or manager on the floor under extreme circumstances i.e. serious player injury. Any club executive member or coaching staff member committing the offense shall be subject to a fine and/or suspension.

96.9 ILLEGALLY ENTERING GAME WHEN THE TEAM IN

VIOLATION SCORES - If a player shall illegally enter the game from his own players' bench or from the penalty box, any goal scored by his own team while he is illegally on the floor shall be disallowed, provided play has not been restarted, but all penalties imposed on either team shall be served as regular penalties.

96.10 ILLEGALLY RETURNING TO GAME AFTER BEING REMOVED FROM THE GAME BY AN OFFICIAL - Any player or non-playing personnel who has been ordered to the dressing room by the referee and returns to his bench area or to the floor for any reason shall be assessed an additional game misconduct penalty and shall be suspended automatically without pay for the next game, regular and/or playoff games. He is also subject to further fines and/or suspensions.

RULE 97: DISCIPLINE

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

97.1 INCIDENT REVIEW SUBMISSION DEADLINE - If a Club requests an investigation regarding any incidents as well as officiating, it must be initiated by Tuesday 5:00 PM EST following the completion of the previous weekend's game in which the incident occurred.

RULE 98: SUSPENSIONS ARISING FROM PRE-SEASON AND EXHIBITION GAMES

Whenever suspensions are imposed as a result of infractions occurring during pre-season and exhibition

games, the League shall exercise its discretion in scheduling the suspensions to ensure that no team shall be short more players in any regular season League game than it would have been had the infraction occurred in a regular season League game.

RULE 99: CLUB DISCIPLINARY APPEAL

A member Club may request the League's Player Safety Committee to reconsider a suspension or fine of a player or non-playing personnel by filing a written request to the league within 48 hours of issuance of the disciplinary action. A member club may use the services of the player pending the appeal of the incident. After consulting with the Player Safety Committee, the league may uphold, modify or deny the appeal. If the appeal is denied or withdrawn, the member club may be assessed an administrative fee by the league in the amount of $250.00.

RULE 100: GENERAL APPLICATION OF THE RULES - All of the rules contained in this book shall be applicable in all Pre-Season, Regular Season, Playoff and Exhibition games. Game misconducts shall be accrued throughout all games in the regular season and playoffs for the entire season. Further, all suspensions incurred during the regular season shall carry into the Playoffs. Further, all suspensions incurred at the end of the season or playoffs shall carry over to the next season.