

KNIGHTS

LACROSSE

Canadian Box Lacrosse Rules

Equipment

The Ball:

The balls used in all matches shall conform to Canadian Lacrosse Association standards and be approved by the Canadian Lacrosse Association.

The Goalkeeper's Equipment:

- With the exception of the stick, all equipment worn by a goalkeeper must be solely constructed for the purpose of protection of the head or body, and must not include anything which would give the goalkeeper undue assistance in keeping goal.
- The goalkeeper shall wear a suitable and approved face mask and a suitable throat guard.
- The goalkeeper shall wear suitable and approved gloves for lacrosse, not altered in any manner from the manufactured form.
NOTE: Trappers and blockers are not allowed.
- The goalkeeper shall be allowed the use of regulation lacrosse leg guards, but at no time shall be allowed the use of felt or other material beyond the edge of the shin protector.
- The goalkeeper shall be allowed the use of suitable chest, shoulder and arm pads. These pads must conform to the shape of the body.
- The goalkeeper shall not be allowed the use of abdominal aprons or a sweater extending down the front of the thighs on the outside of the pants, below the crotch area. This prohibits the use of any type of material added to the team sweater.
- The goalkeeper shall be allowed the use of safety toed shoes
- All protective equipment except gloves, headgear or leg guards, must be worn entirely under the goalkeeper's uniform.
- Examination of a goalkeeper's equipment shall be performed during the first stoppage in play after requested by the Captain/Alternate Captain. A minor penalty shall be assessed to a goalkeeper using illegal equipment and this equipment shall be removed or corrected without delay. A bench minor penalty shall be assessed to a team requesting the examination, provided that the equipment is legal.

Goals:

- Each goal shall consist of two upright poles, four feet apart, joined by a rigid crossbar four feet from the playing surface. All measurements to be inside distances. The poles and crossbar shall be fitted with a cone shape netting of not more than one and one half inch mesh, fastened to the playing surface at a point four feet behind the centre of the goal line. The mesh shall not be drawn taut.
- The nominal diameter of the goal posts and crossbar shall be two inches and they shall be painted a colour other than white.

Headgear:

- All players (including goalkeepers) shall wear suitable and approved helmets for lacrosse. All players on one team shall wear helmets of the same colour.
- All helmets shall have a chin strap and it shall be properly secured during play. Any player other than the ball carrier, whose helmet becomes dislodged, must immediately remove themselves completely from active play until they put on and secure their helmet. A ball carrier whose helmet becomes dislodged, shall be given an opportunity to pass or shoot the ball before retrieving the helmet. Any infraction of this section shall result in a minor penalty.
- All players shall wear suitable face masks for Lacrosse as specified in the Canadian Lacrosse Association Safety and Equipment Policy. Players participating on the floor without a suitable face mask shall be sent to the players' bench. A player shall be assessed a ten minute misconduct penalty for repetition of this act.

The Lacrosse Stick:

- The lacrosse stick head and handle shall be designed and manufactured of a framework of wood, plastic or other materials. On this frame shall be woven a triangular netting of soft leather, nylon or other material. Replaceable handles of the lacrosse stick must be specifically designed and manufactured for the game of lacrosse.
- The Referee shall not allow the use of any Lacrosse stick which in their opinion is liable to cause injury due to its construction or repair. Referees shall report to the appropriate governing body any case where a stick has been ruled dangerous and removed from a game.
- The lacrosse stick shall measure not more than forty-six (46) inches, nor less than forty-two (42) inches in overall length, and not more than eight (8) inches, nor less than four and one half (4 1/2) in width. The measurement for width is to be inside frame measurement. Nothing may be added to or attached to the outside of the stick.
NOTE: In Pee Wee and all lower divisions, the minimum length of the stick shall be thirty-six (36) inches.
- No stick may be constructed, modified or strung in any way to withhold the ball from play or give a player an advantage over their opponent
- The goalkeeper's stick may be of any desired length, but shall not be over fifteen (15") in width. Nothing may be added to or attached to the outside of the stick. The measurement for width to be inside frame measurement.
- A minor penalty shall be assessed to any player who uses an illegal stick in a game, and that stick shall be placed in the Timekeeper's area for the remainder of the game. Measurements or other examinations shall be performed during the first stoppage in play after requested by the Captain or Alternate Captain. A bench minor penalty shall be assessed to a team requesting a stick measurement provided the stick in question is legal.

The Shoes:

Shoes that are dangerous (e.g. with metal spikes), shall not be allowed.

The Uniform:

- Each team shall wear a distinctive and matching uniform. Each player shall have conspicuous numbers, not less than ten (10) inches in height on the back, and not less than six (6) inches on the front or upper arms of the sweater. The Captain/Alternate Captain(s) shall have a four (4) inch letter, 'C' or 'A' on the front of their sweater. Numbers appearing on helmets, gloves, shoes, etc., shall correspond with the number on the player's sweater and on the official score sheet.
- Where colours of opposing team sweaters conflict, the home team shall change to sweaters of a distinctive colour.
- For Canadian Lacrosse Association semifinal and final matches the travelling team shall provide sufficient notification of their team's colours.
- All equipment worn by a player, other than the gloves, knee pads or headgear, shall be worn under the uniform.
- All players taking part in a pre-game warm up shall be dressed in a matching team uniform including helmets, face mask and gloves.

Player's Equipment:

- All players are required to wear protective gloves, shoulder and arm pads, and a back/kidney pad which must be suitable for Lacrosse as specified in the Canadian Lacrosse Association Safety and Equipment Policy.
- The use of equipment made of metal or other material likely to cause injury is prohibited. Referees shall not allow the use of any equipment that in their opinion is liable to cause injury. Referees shall report to the appropriate governing body any case where dangerous equipment has been used.
NOTE: Players shall not be allowed to wear jewellery (e.g. rings, earrings, chains). Players wearing jewellery will be sent to the dressing room and not allowed to return until the jewellery is removed. If the same player is found to be wearing the same items after the warning, a misconduct penalty shall be assessed.
NOTE: Items which identify a medical condition are exempt from this rule.
- Examination of equipment shall be performed at the first stoppage in play after requested by the Captain/Alternate Captain. A minor penalty shall be assessed to a player using illegal equipment. A bench minor penalty shall be assessed to a team requesting examination of equipment provided the equipment is legal.

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The Game

Overtime:

- If at the end of regulation time the score is tied, the Referee shall order the game to continue after a ten minute rest. The teams shall change ends and the game continue for a full ten minutes stop time. In Canadian Lacrosse Association league games, if the score is tied after the first overtime period, the game shall be declared a tie.
- In Canadian Lacrosse Association play downs if the score is tied after the first overtime period, the game shall continue. After a ten minute rest, the teams will change ends and play twenty minute stop time periods, with a ten minute rest between each period, until a goal is scored (sudden victory). Teams shall change ends prior to each period
- In round robin play, where the goal differential is used in determining final standings in the case of tied teams, all overtime periods shall be sudden victory.

The Game:

- The duration of a game shall be three twenty minute stop time periods, with intermissions of ten minutes between periods. Each period shall start with a centre face off.
- The home club shall have choice of ends to start the game and the teams shall change ends to commence each subsequent period.
- The game shall be awarded to the team having scored a majority of goals.

Unusual Delay:

If any unusual delay occurs within five minutes of the end of the first or second periods, the Referee may order the regular intermission to be taken immediately and the balance of the period completed on the resumption of play. Upon returning, the teams shall defend the same goals until the end of that period. The teams shall then change ends and start the next period without delay.

Infractions

Calling of Penalties:

- Should a penalty occur by a player of the team in possession of the ball or while the ball is loose, play shall be stopped immediately and the penalty assessed to the offending player. Play shall restart with a face-off. If the infraction occurred during a stoppage in play and the non-offending team was being awarded possession, the penalty shall be assessed and play shall restart with possession to the non-offending team.
- Should a penalty occur by a player when his opposing team is in possession of the ball, except for checking in the crease, the Referee shall signify the calling of a penalty by raising his non-whistle hand straight up in the air, and on completion of the play, stop play and assess the penalty. Play shall resume with a face-off unless the play was stopped by an action of the team to be penalized that would have otherwise resulted in an infraction.

NOTE: Completion of the play shall mean:

- The ball has come into possession and control of an opposing player/goalkeeper.
- A shot or an attempted shot has been taken.
- The ball proceeds loose out of the zone.
- Any reason that would have normally caused a stoppage in play.
- Should infractions occur that require coincident minor or coincident major penalties, play shall be stopped immediately and the penalties assessed to the offending players- Play shall restart with the team that was in possession of the ball at the time of the infractions, retaining possession. If the infractions occurred during a stoppage in play, the penalties shall be assessed and the team that was being awarded possession (if applicable) would be awarded possession to restart play.
- If a goal is scored during a delayed penalty by the non-offending team, the penalty shall be recorded on the scoresheet. If the team scored on was not short-handed, the goal shall count toward the delayed penalty. If the team scored on is short-handed, the goal shall count toward the penalty that made the team short-handed at the time of the goal and the delayed penalty shall be assessed in the normal manner.
- If during a delayed penalty and before play is stopped, the ball shall enter the goal of the non-offending team as a direct result of an action of a player of that team, the goal shall be allowed. The delayed penalty shall be assessed in the normal manner.
- If during a delayed penalty, the defensive team commits a second infraction, play shall be stopped immediately and the appropriate penalties assessed. Play shall restart with possession to the non-offending team.

Coincidental Penalties:

- Coincidental penalties are penalties of equal duration assessed to players of both teams that start at the same time.
- When coincident majors, coincident penalties of equal duration including majors or coincident majors with unequal additional penalties are assessed to player(s) of both teams, the penalized players shall take their places on the penalty bench and shall not leave until the first face-off following the expiry of their respective penalties. Immediate substitution shall be permitted for any equal number of majors and associated coincident minors, and these penalties shall not be taken into account for the multiple penalty rule.
In the case of unequal penalties with coincident majors, a substitute player shall serve the unequal minor(s) and/or major penalties, and these penalties shall be taken into account for the multiple penalty rule.

Expulsions:

- Any player/goalkeeper who is assessed five penalties in the same game shall be expelled from playing the balance of the game.
- Delayed penalties cancelled by goals shall be recorded on the scoresheet and count toward the five penalty limit.
- Infractions that cause a penalty shot to be awarded that result in assessing a major penalty shall count toward the five penalty limit.

Infractions:

- The three classifications of infraction calls are:
 - Awarded Possession
 - Penalties
 - Penalty Shots.
- The five types of penalties are:
 - Minor Penalties
 - Major Penalties
 - Misconduct
 - Penalties
 - Match Penalties
 - Expulsions.

Game Misconduct Penalties:

- Game misconduct penalties require the removal of the offending player/goalkeeper for the remainder of the game. Any other penalties incurred by the player shall be served by another player. Ten minutes shall be charged in the records against any players assessed game misconduct penalties.
- Players or non-playing personnel who receive a game misconduct penalty, shall leave the arena or go to the dressing room for the balance of the game.

Goalkeeper's Penalties:

- A goalkeeper shall not be sent to the penalty bench for an infraction which incurs a minor, major or ten-minute misconduct penalty. Instead the penalty shall be served by a player who was on the floor at the time of the infraction. The player shall be identified by the coach through the Captain or Alternate Captain.
- If a goalkeeper is expelled or receives a game misconduct or match penalty, their place shall be taken by another player or the substitute goalkeeper and any associated minor, major or ten-minute misconduct penalties shall be served by a player who was on the floor at the time of the infraction.
- All penalties assessed to a goalkeeper shall be recorded on the scoresheet against their name regardless of who serves them.

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Infractions (cont'd)

Major Penalties:

- Major Penalties require the removal of the offending player (other than the designated goalkeepers) without substitute for five minutes unless terminated early by goals.
- If a team is short-handed due to receiving a major penalty and the opposing team scores two goals, the major penalty shall automatically terminate.
- Any player/goalkeeper who receives a second major penalty in the same game shall be assessed a game misconduct penalty. A substitute player shall serve the major penalty(ies) without charge.
- When a player is assessed a non-coincident major penalty and one or more minor penalties, the major penalty shall be served first. When a player is assessed a non-coincident major penalty and another player on the same team is assessed a minor penalty at the same time, the minor penalty shall be served first.

Match Penalties:

A match penalty shall be a major penalty assessed to a player/goalkeeper to be served by a substitute player. Any player/goalkeeper who receives a match penalty shall be suspended until the appropriate governing body rules on the incident.

Minor Penalties:

- Minor penalties require the removal of the offending player (other than the designated goalkeepers) without substitute for two minutes, unless terminated early by a goal.
- Bench minor penalties require the removal of any player on the offending team (other than the designated goalkeepers) without substitute for two minutes, unless terminated early by a goal.
- If a team is short-handed due to one or more minor or bench minor penalties and the opposing team scores, the penalty that made the team short-handed at the time of the goal shall terminate.
- When minor or major penalties to two players of the same team terminate at the same time, the Captain of that team shall inform the Referee-Game Timekeeper which player shall return to the floor first.

Multiple Penalties:

- If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty assessed to the third player shall not commence until the penalty to one of the first two players already penalized has terminated. The third player shall proceed to the penalty bench and may be replaced by a substitute.
- When the multiple penalty rule is in effect, none of the affected penalized players may return to the playing floor until a face-off, provided however, that the Game Timekeeper shall permit the return to the playing floor in the order of expiry of the penalties, a player(s), when by reason of the expiration of the penalties, the penalized team is entitled to have more than four players on the playing floor.
- In the case of multiple penalties, when the penalties of the two players of the same team terminate at the same time, the Captain of that team will designate to the Referee/Game Timekeeper which player shall return to the playing floor first.

Penalty Shots:

- In cases where a penalty shot has been awarded for fouling a player, the player who has been fouled shall take the penalty shot. If by reason of injury or penalty for retaliation, the player designated to take the penalty shot is unable to do so, the shot may be taken by a player who was on the floor at the time of the infraction.
- One Referee shall place the ball on the centre face-off spot and when ready, start the penalty shot with a whistle. Once the ball has been carried by the player into the attacking zone, it shall be kept in motion toward the opponent's goal line. No goal can be scored on a rebound and once the ball has crossed the goal line, the shot shall be considered complete.
- The goalkeeper/player who is defending against the penalty shot shall remain inside the goal crease until the player shooting the penalty shot has picked up the ball and entered the attacking zone.
- If the defending goalkeeper/player commits an infraction during the penalty shot that would not have resulted in a penalty, the shot shall be repeated. Repetition shall result in also assessing a ten minute misconduct penalty to the offending goalkeeper/player. If the infraction during the penalty shot would have resulted in assessing a penalty, a goal shall be awarded to the on-offending team.
- While the penalty shot is being taken, players of both sides shall withdraw to their respective benches. If any player of the opposing team, shall have by some action interfered with or disturbed the player taking the shot, and because of such action the shot should have failed, a second attempt shall be permitted and a ten-minute misconduct penalty shall be assessed to the offending player.
- If at the time a penalty shot is awarded the designated goalkeeper had been removed from the playing floor, he shall be permitted to return prior to the penalty shot.
- If a goal is scored from a penalty shot, play shall restart with a face-off at centre. If a goal is not scored on a penalty shot, play shall restart with a face-off in the end zone face-off circle.
- The purpose of awarding a penalty shot is to restore a lost scoring opportunity. Therefore, if the infraction which caused the awarding of the penalty shot would normally have resulted in a minor penalty, the penalty shall not be assessed. If the infraction would normally have resulted in a major or match penalty, the penalty shall be assessed in the normal manner. If a goal is scored on the penalty shot, the goal shall count toward the major penalty or if the team was short-handed, the goal shall count toward the penalty that made the team short-handed at that time.

Possession and Awarding Possession:

- No player shall be allowed within nine feet of a player being awarded possession.
- Possession shall not be awarded to a player within fifteen feet of the opponent's goal crease.
- Play shall start with a whistle.

Ten Minute Misconduct Penalties:

- Ten-minute misconduct penalties require the removal of the offending player (other than the designated goalkeepers) for ten minutes. A substitute shall be permitted immediately. The player shall remain in the penalty bench until the first face-off after the misconduct has expired.
- When a player is assessed a minor/major penalty and a ten-minute misconduct penalty at the same time, a substitute player shall serve the minor/major penalty. The ten-minute misconduct penalty shall commence when the minor/major penalty terminates.
- Any player/goalkeeper who receives a second ten-minute misconduct penalty in the same game, shall be assessed a game misconduct penalty.

Officials

Appointment of Officials:

Appointment of Officials

The appropriate governing body or their delegate shall appoint two Referees and the following minor officials: Game Timekeeper, Offensive Timekeeper, Official Scorer and two Goal Judges for each game. One Referee shall be designated as the Referee-in-Charge and shall conduct the face off at the start of each period to denote his authority. In the case of any dispute his decision shall be final.

Game Timekeeping:

- The Game Timekeeper shall have control of the official playing time and all penalty times. He shall run the time clock fifteen minutes before the start of the game and during all intermissions.
- The Game Timekeeper shall indicate to the Official Scorer the times at which all penalties start and terminate. He shall upon request give to a penalized player, correct information as to the unexpired time of his penalty. The Game Timekeeper shall have the sole authority of informing penalized players when they may leave the penalty bench.
- The Game Timekeeper shall inform the Referees, who shall inform both teams, when there is three minutes remaining in each intermission.

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Officials (Cont'd)

Goal Judges:

- There shall be a properly screened cage immediately outside the playing area behind each goal. Two people that are not members of either competing club shall be appointed as Goal Judges. They shall not change ends throughout the game and may only be replaced at the Referees' discretion.
- In the event of a disputed goal the Referee may ask the Goal Judge if the ball entered the net and was entirely over the line. In all cases the decision of the Referees is final.

Offensive Timekeeper:

- The Offensive Timekeeper shall be equipped with a separate timing device (thirty second clock) and a horn with which to signal the Referees whenever a violation of the thirty second rule occurs.
- The Offensive Timekeeper shall operate the thirty second clock during a short-handed situation to assist the Referees in administering the ten second rule, however, the Referees shall stop the play (i.e., the horn will not sound).
- The offensive Timekeeper shall operate the thirty second clock during a short handed situation when the goalkeeper, or the substitute player for the goalkeeper, enters the attacking zone.

Official Scorer:

- Before the start of the game the Official Scorer shall ensure that both clubs have printed the names (first and last) of all players in uniform on the official score sheet. The Captain, Alternate Captain(s), goalkeeper, and substitute goalkeeper shall be designated on the scoresheet. The Official Scorer shall complete all applicable parts, (e.g. series, date, etc.), the coach or manager of each club shall sign the scoresheet and it shall be submitted to the Referees for inspection.
- The Official Scorer shall keep an accurate record of all penalties, goals and assists and appropriate times, as provided for on the scoresheet. He shall also indicate on the scoresheet the time and period of which the substitute goalkeeper(s) entered the game for the first time and team time outs used.
- The Official Scorer shall cause to be announced on the Public Address system, all goals, assists, penalties, penalty shots and the reason for any disallowed goals.
- The Official Scorer shall inform the Referees, in the game, when a player/goalkeeper receives his:
 - fifth penalty
 - second major penalty
 - second major penalty
 - second ten minute misconduct penalty
- The Official Scorer and score sheet shall be situated at floor level.
- At the conclusion of the game, the Official Scorer shall complete all information including summaries of penalties, goals and assists as provided for on the score sheet. He shall acquire all necessary minor official's signatures and submit the official score sheet to the Referees for their signatures. He shall then distribute copies of the score sheet to the appropriate governing body, Visiting team and Home team.

Referees:

- The appropriate governing body or their delegate shall appoint two Referees and the following minor officials: Game Timekeeper, Offensive Timekeeper, Official Scorer and two Goal Judges for each game. One Referee shall be designated as the Referee-in-Charge and shall conduct the face off at the start of each period to denote his authority. In the case of any dispute his decision shall be final.
- Referees shall wear the official referees' uniform.
- Referees shall be impartial parties.
- The Referees shall notify the teams three minutes prior to the scheduled start of each period.
- It shall be the duty of the Referees to ensure that players are properly dressed and approved regulation equipment is used.
- The Referees shall ensure that all minor officials are in place and that the signal and timing devices are in order.
- The Referees shall report all penalties, goals and assists to the Official Scorer. The Referees may consult with the Goal Judge in the case of a disputed goal.
- The Referees shall ensure that players in uniform, and only players in uniform, are included on the scoresheet.
- The Referees shall ensure that players of opposing teams are separated on the penalty bench.
- Should a Referee receive an injury, which incapacitates him from performing his duties while play is in progress, the play shall be stopped immediately. Should a Referee be unable to finish the game, the second Referee shall have the power to appoint a replacement if he deems it necessary, or if required to do so by either coach.
- If neither of the appointed Referees are present at the start of the game, the coaches of the two clubs shall agree on substitute Referees. If the regularly appointed Referees appear during the progress of the game, they shall at once replace the temporary Referees.
- Referees shall report to the appropriate governing body promptly and in detail the circumstances of any of the following incidents:
 - When a player uses equipment that may cause injury.
 - When non-playing personnel enter the playing area without the Referee's permission during a period.
 - Any obscene gesture made by any person involved in the game
 - Any non playing personnel removed from the game.
 - Attempt to injure.
 - When the ball is intentionally shot outside of the playing area.
 - Persons guilty of gross misconduct.
 - When a player or any non-playing personnel become involved in an altercation with a spectator.
 - When a player(s) leaves the players' bench or penalty bench during an altercation.
 - When any person molests an official.
 - When a team refuses to start play.
 - Cases of players fighting with sticks.
 - When a stick is intentionally thrown outside the playing area
 - When anyone receives a match penalty.

Playing Area

The Box:

- Lacrosse shall be played in an area called a box. Any discrepancies between the box and the rules or the dimensions in the Floor Diagram shall be specifically sanctioned by the governing Executive.
- The box shall be enclosed by a wall known as the boards which may be constructed of wood, plastic or any other material as approved by the Canadian Lacrosse Association. Measured from the surface of the floor, the boards shall not be more than four feet nor less than three feet six inches in height. The boards facing the playing surface shall be uniform in colour and free from any obstructions or objects that may cause injury to players.
- The boards shall be topped by a surrounding fence of wire netting or other suitable material to a minimum height of six feet on the sides and twelve feet on the ends to keep the ball in play.
- All gates shall open away from the playing surface.

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Playing Area (Cont'd)

The Penalty Bench:

The box shall be provided with separate penalty benches for each team, situated on opposite sides of the Timekeeper's area. The penalty benches shall be located in the centre zone and shall be capable of accommodating ten persons including the minor officials.

The Players' Bench:

The box shall be provided with two uniform players' benches. The players' benches shall be on the same side of the playing surface, opposite the penalty bench, and shall be physically separated from each other. Each players' bench shall have a door at each end and shall be large enough including seats or benches to accommodate a full team.

The Playing Surface:

- All lines shall be 2 inches in width and white in colour. The location of all lines are as shown in the Floor Diagram.
- The playing surface shall be divided into a defensive zone, a centre zone and an attacking zone by the two lines tangent to the centre face-off circle. What is one club's defensive zone is their opponent's attacking zone.
- The goal crease shall consist of the circular line around the goal and all space within the flat circle. The area inside the goal crease may be painted a solid colour other than white.

Signal and Timing Devices:

- Each box shall be provided with a horn or other suitable device and an electric clock for the purpose of keeping the spectators, players and game officials accurately informed of all time elements at all stages of the game.
- A separate horn and timing device shall be provided for the use of the Offensive Timekeeper.
- Behind each goal electric lights shall be set up for the use of the Goal Judges.

Playing Rules

Abuse of Officials & Misconduct:

- A minor penalty for unsportsmanlike conduct shall be assessed to a player who shows disrespect for a Referee's ruling or uses obscene, profane or abusive language directed toward any person in the arena. A ten minute misconduct penalty shall be assessed to a player who persists in this behaviour after being assessed the minor penalty.
- In cases involving non-playing bench personnel, or an unidentified player on the players' bench, a bench minor penalty shall be assessed to the offending team. If any non-playing bench personnel continue their actions after having been assessed a bench minor penalty they shall be assessed a game misconduct penalty and be reported the appropriate governing body.
- A minor penalty for unsportsmanlike conduct shall be assessed to a player who attempts to incite, through gestures or verbalization, an opponent into incurring a penalty or an additional penalty. A ten-minute misconduct penalty shall be assessed to a player who continues the incitement after being assessed the minor penalty.
- A bench minor penalty shall be assessed to the offending team if any player or non-playing personnel, in the vicinity of the players' bench, throws anything on the playing floor during the progress of the game, or during a stoppage in play.
- A ten minute misconduct penalty shall be assessed to a player who intentionally knocks or shoots the ball out of reach of a Referee who is retrieving it.
- A ten-minute misconduct penalty shall be assessed to any player(s) who except for the purpose of taking their position on the penalty bench, enter or remain in the Referees' crease (located in front of the Timekeeper's bench) while the Referee is reporting to or consulting with any game official.

Adjustment of Equipment:

Play shall not be stopped nor the game delayed for adjustments to equipment or sticks. However, the goalkeeper, after a stoppage in play, with permission of the Referee, may make adjustments or repairs to his equipment or stick.

Attempt to Injure:

A match penalty shall be assessed to any player who attempts to injure an opponent, official, coach, manager or trainer and a report shall be forwarded to the appropriate governing body.

Ball out of Bounds:

- The ball is not out of bounds until it has touched something which is itself, out of bounds. A player may reach over the boards with his stick to retrieve the ball.
- If the ball goes out of bounds, or lodges in the screen, the Referee shall award possession to a nearby opponent of the player who last touched the ball prior to its going out of bounds. Possession shall be awarded at a designated place, nearest the spot where the ball went out of bounds. If the Referee is in doubt as to who last touched the ball, or the Referees disagree, there shall be a face-off in the nearest face-off circle.
- If the ball goes out of bounds as a result of a shot on goal, play shall restart with possession to the goalkeeper in his crease.

Ball Strikes Referee:

If the ball hits a Referee it shall be in play unless deflected directly into the goal or out of bounds, in which case there shall be face-off in the nearest face-off circle.

Boarding:

- A major penalty shall be assessed to a player who body-checks, cross-checks or trips an opponent in such a manner that causes the opponent to be thrown violently into the boards.
NOTE: Rolling an opponent ball carrier along the boards where he is trying to go through too small an opening is not boarding.
- If the check was an attempt to injure the player, a match penalty shall be assessed.

Broken Stick/Playing Without a Stick:

- If a player's stick is broken, he must drop it immediately and he may continue to play. A goalkeeper may continue to play with a broken stick provided he and his stick remain entirely within the goal crease.
NOTE: A broken stick is one which in the opinion of the Referee is dangerous or unfit for normal play.
- If a player/goalkeeper becomes separated from his stick he may continue to play.
- A player whose stick is broken may not receive a stick thrown on the playing floor from any part of the box, but must obtain the stick from his players' bench. A goalkeeper whose stick is broken may not receive a stick thrown on the playing floor from any part of the box, but may receive a stick from a teammate without proceeding to the players' bench. A minor penalty plus a ten-minute misconduct penalty shall be assessed to a player who receives a stick illegally under this rule.

Butt-Ending:

A major penalty shall be assessed to a player who attempts to butt-end an opponent. A match penalty shall be assessed to a player who butt-ends an opponent.

NOTE: "Butt-Ending" shall be defined as jabbing an opponent with the butt of the stick. Butt-Ending may also be treated as attempt to injure.

NOTE: "Attempt to Butt-End" shall include all cases where a butt-ending gesture is made, regardless of whether body contact is made or not.

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Playing Rules (Cont'd)

Change of Players/Too Many Men:

- Players may be changed during any stoppage in play for a face-off. Players may be changed at any other time from the players' bench, provided the player(s) leaving the playing surface have one foot in the exchange area before the substitute player makes contact with the floor. Violation shall result in a bench minor penalty to the offending team.
- A minor penalty for illegal substitution shall be assessed to a player who after termination of his penalty proceeds to his players' bench by some route other than the playing floor.
- If a defensive team places too many players on the playing surface and, if by reason of insufficient time or penalties already assessed, the bench minor penalty cannot be served in its entirety within regulation time or the first overtime period, a penalty shot shall be awarded to the non-offending team.

Charging:

A minor or major penalty shall be assessed to a player who runs, jumps into or charges an opposing player/goalkeeper. When a violent collision results, the attempt to injure rule may be applied.

Checking from Behind:

A minor or major penalty shall be assessed to a player who body-checks or cross-checks an opponent from behind.

NOTE: If the attacking player deliberately turns his back while the defensive player is in the process of checking him, the penalty shall not apply.

Crease Play:

- The offensive team, on gaining or being awarded possession of the ball within their own goal crease, must pass or carry the ball out of the crease within five seconds or possession shall be awarded to the opposing team.
- If a player touches a loose ball, receives a pass or interferes with an opposing players'/goalkeepers' stick in his opposing team's crease, possession shall be awarded to the non-offending team.
NOTE: If a player intentionally checks a goalkeepers'/players' stick within the crease, a two-minute penalty shall be assessed to the offending player.
- If a player interferes with an opposing player/goalkeeper who is in his crease (other than stick on stick), he shall be assessed a minor or major penalty for checking in the crease. If the ball was in the crease at the time of the infraction, the penalty shall not be delayed and play shall restart with possession to the goalkeeper.
- When shooting on goal, a player may not step into the goal crease. The crease area is considered to be an imaginary vertical cylinder including the line on the floor. The stick or other parts of the body except the feet may enter the goal crease in the act of shooting or faking, but may not make contact with the floor or a defending player/goalkeeper. Any goals scored by a player, while in his opponent's crease, shall be disallowed and possession awarded to the opposing team.
- No goal shall be allowed if a player of the attacking team be within the crease. However, if a player entered the crease as a result of a check the goal shall be allowed, provided the player has made no attempt to interfere with the goalkeeper and has endeavoured to withdraw from the crease area.
- A minor penalty shall be assessed to a player who cuts through his opponent's crease to check the ball carrier. If a player cuts through his opponent's crease and gains a distinct advantage to recover a loose ball, possession shall be awarded to the non-offending team.
- The ball entering the goal crease from a teammate to a teammate intentionally, shall be awarded to the non-offending team in the nearest corner of that end zone.
NOTE: In Minor Lacrosse, a team may pass or intentionally direct the ball back to its goalkeeper in the crease once on every possession.
- A goalkeeper may leave his crease to receive a pass, provided both feet are outside of the crease, and he may not carry the ball back into the crease. If any player/goalkeeper shall enter the crease with the ball, possession shall be awarded to the opposing team. Provided he has at least one foot in the crease, a goalkeeper may reach out with his stick to retrieve a loose ball or intercept an opponent's pass and return it to the crease.

Cross Checking:

A minor or major penalty shall be assessed to a player who cross-checks an opponent, whether or not the opponent is in possession of the ball.

NOTE: A cross-check shall be defined as a check which consists of directing the stick while held rigidly in two hands in a forceful manner against the body of an opposing player, or any check of this nature applied below the waist.

Delay of the Game:

- A minor penalty shall be assessed to any player/team that delays the game including a team that is not on the playing floor ready to start the game or any period at the scheduled starting time.
- A minor penalty shall be assessed to any player/goalkeeper who does not drop the ball immediately or intentionally knocks or shoots the ball away after play is stopped.
- A minor penalty shall be assessed and a report sent to the appropriate governing body when any player/goalkeeper intentionally bats or shoots the ball outside the playing area.
- A minor penalty shall be assessed to any player/goalkeeper who deliberately displaces a goal from its normal position. If by reason of insufficient time or penalties already assessed, the minor penalty for displacing a goal cannot be served in its entirety in regular playing time or the first overtime period, a penalty shot shall be awarded to the non-offending team.
- A bench minor penalty shall be assessed to a team that fails to comply with the Referee's direction and thereby causes a delay by making additional substitutions.
- If players of one team are delaying the game by not moving quickly enough to a face-off, the Referee may face-off with only one centre man.
- An minor penalty for unsportsmanlike conduct shall be assessed to a penalized player, other than a goalkeeper, who does not run directly to and take his place on the penalty bench. A ten minute misconduct penalty shall be assessed to a player who persists in this behaviour after being assessed the minor penalty.

Elbowing:

A minor or major penalty shall be assessed to any player who uses his elbow to foul an opponent.

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Playing Rules (Cont'd)

Face-Offs:

- All face-offs shall be conducted at one of the face-off circles.
- Players taking the face-off shall place the frames of their sticks flat along the playing surface at right angles to the length of the box. The open face of each player's stick shall face his goal, and his feet shall not cross the parallel lines at the face-off circle until the ball has left the 2 foot face-off circle.
NOTE: When the face-off players are standing prior to the draw, facing each other on opposite sides of the ball, the player's right shoulder must face or be closer to their own goal.
- The Referee shall place the ball on the floor between the players' sticks. Play shall start with a whistle. The two players are then permitted to gain possession of the ball by a straight draw backwards, but shall not touch their opponent's stick or the netted portion of their own stick with their hand. Stepping on or kicking their opponent's stick shall not be allowed.
- If a player attempts to face-off in an illegal manner or moves his stick or gloves prior to the whistle, possession shall be awarded to the non-offending team.
- If a player fouls an opponent during a face-off, the appropriate penalty shall be assessed.
- If during a face-off a player falls on the ball, the face-off shall be repeated. If during a face-off a player intentionally withholds the ball from play, possession shall be awarded to the non-offending team.
- When the ball is being faced off, only the two players facing off are allowed in the larger circle. If another player enters the large circle before the ball leaves the two-foot face-off circle, possession shall be awarded to the non-offending team. If one player from each team should illegally enter the large circle, the face-off shall be repeated.

Falling on the Ball/Ball Out of Sight:

- A minor penalty shall be assessed to a player/goalkeeper who, while the ball is outside the crease, deliberately withholds the ball from play (except as in section 43(f)). If the player/goalkeeper accidentally falls on the ball, the ball goes out of sight of the Referee, or the ball gets inadvertently trapped against the floor or boards by a stick, play shall be stopped and the ball faced off in the nearest face-off circle.
- If any defending player except the designated goalkeeper, deliberately falls on or gathers the ball into his body when the ball is within the goal crease, a penalty shot shall be awarded to the non-offending team.

Fighting:

- A major penalty shall be assessed to any player who fights.
NOTE: In Minor Lacrosse, a game misconduct shall also be assessed to any player who fights.
- If there is an instigator or a clear aggressor in a fight, a game misconduct plus any other penalties shall be assessed to the offending player(s).
- A game misconduct penalty shall be assessed to a player who restarts a fight after once being separated.
NOTE: This does not apply to a player who is defending himself.
- A game misconduct penalty shall be assessed to any player involved in fighting off the playing surface.
- Should a fight start on the floor, those players not involved will immediately move to their respective benches. Should a fight start near the players' bench(es), those players not involved will move to their respective goal creases. Should a fight break out near the goal crease, the goalkeeper will also move to his players' bench. Failure to do so will result in the offending player(s)/goalkeeper(s) being assessed game misconduct penalties.
NOTE: This includes between periods and the end of the game.
- A game misconduct penalty plus any acquired penalties shall be assessed to a player who incites and/or instigates an altercation during a stoppage in play.

Free Hand:

- If a ball carrier pushes off a defending player or his stick with a free hand, possession shall be awarded to the non-offending team.
- A minor penalty shall be assessed to a defensive player who uses a free hand to push or manipulate an opponent or an opponent's stick.

Goals and Assists:

- A goal shall be scored when the ball is put into the goal by the stick of a player of the attacking team. The ball must enter the goal from the front and be entirely over the goal line.
A goal shall be scored if the ball is deflected into the goal by striking an attacking player, who shall get credit for the goal. A goal shall not be allowed if the ball is kicked or otherwise deliberately directed by any means other than a stick unless it is then deflected into the net by any defending player other than the designated goalkeeper, in which case no assist(s) shall be given.
- A goal shall be scored when the ball is put into the goal in any way by a player of the defending team. The player of the attacking team who last touched the ball shall be credited with the goal but no assist(s) shall be given.
- When a player scores a goal, an assist shall be credited to the player(s) taking part in the play immediately preceding the goal, but not more than two assists can be given on any goal.
- Each goal or assist credited to a player on the scoresheet shall count one point in the player's record. Only a goal or one assist may be credited to any one player on a goal.
- In case of an obvious error in awarding a goal or an assist it shall be corrected promptly, but changes shall not be made after the Referees sign the scoresheet.

Gross Misconduct:

- The Referee shall assess a gross misconduct penalty to any player or non-playing personnel who:
 - makes derogatory comments based upon race, ethnic origin, religious background or gender.
 - threatens a Referee or an official.
 - makes obscene gestures.
 - persists in such behaviour after being ejected from a game.
 - behaves in any manner to dishonour, embarrass, or disgrace the game.
- The Referee shall report the incident to the appropriate governing body.

Handling the Ball with Hands:

- If a player/goalkeeper touches the ball with his hand outside of the goal crease, possession shall be awarded to the non-offending team. A minor penalty shall be assessed to a player/goalkeeper who catches the ball with his hand while the ball is outside of the goal crease.
- The designated goalkeeper may touch or catch the ball with his hand while the ball is within the goal crease. If the goalkeeper throws the ball outside of the crease with his hand, possession shall be awarded to the opposing team.
- If any defending player except the designated goalkeeper touches or catches the ball with his hand while the ball is within the crease area, a penalty shot shall be awarded to the non-offending team; and, if the designated goalkeeper had been removed from the playing floor for a substitute player, a goal shall be awarded to the non-offending team.

High Sticking:

- A minor or major penalty shall be assessed to a player who checks an opponent in such a way that contact is made between his stick and the opponent's neck, face or helmet.
NOTE: Incidental contact with the helmet should be disregarded.
- If a player while being legally checked deliberately ducks, so as to cause the stick of an opponent to strike him on the head or neck, no penalty shall be assessed.

Holding:

- A minor penalty shall be assessed to a player who impedes an opponent's progress by holding with his hands, arms or legs.

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Playing Rules (Cont'd)

Illegal Ball:

If, at any time while play is in progress, a ball other than the one legally in play shall appear on the playing surface, the play shall not be stopped but shall continue with the legal ball until the play then in progress is completed.

Injured Players:

- When a player is injured, play shall not be stopped until the play in progress is completed. If his opposing team is in possession when play is stopped, they shall retain possession to restart play. In all other situations play shall restart with a face-off.
NOTE: When a player appears to be seriously injured, the Referee shall stop play immediately.
- When play is stopped because of an injury, the injured player (excluding the designated goalkeeper) must leave the playing floor prior to restarting play, and must remain there until play resumes.
- If a goalkeeper sustains an injury or becomes ill, he must be ready to resume play immediately or be replaced by a substitute.
- When a goalkeeper gets hit flush on the facemask and it is obvious that he is injured, play shall be stopped immediately.
NOTE: In Minor Lacrosse, when a goalkeeper gets hit on the facemask, helmet or throat guard, play shall be stopped immediately and restarted with a face-off in the nearest end zone face-off circle. If the ball enters the goal directly off the goalkeeper's facemask, helmet or throat guard, the goal shall count.

Interference:

- When players are pursuing a loose ball, checking the opponent's stick and body contact are allowed. If the contact is a direct attempt to drive the opponent off the ball while making no attempt to play the ball, possession shall be awarded to the non-offending team for minor interference.
NOTE: Throughout this rule, the Referee shall keep in mind that any check that is covered by other rules (e.g., cross-checking, tripping, charging, checking from behind, etc.) shall be penalized under the appropriate rule.
- A defending player may interfere with the progress of an attacking non-ball carrier (not in contention for a loose ball or receiving a pass) using his body or a push checking motion with his stick.
- A minor penalty shall be assessed to a player who deliberately prevents a player who has dropped his stick from regaining possession of it.
- If a player who is checking a player is interfered with by means of a moving screen, possession shall be awarded to the non-offending team. The only permissible moving screen is when both opponents are moving in exactly the same path and same direction and the player in front slows up or stops. In all other situations, the player setting the screen shall be stationary in a normal standing position when contact is made and may not push off.
- In all screening situations contact is expected. If the contact is excessive, it shall be penalized under the appropriate rule.
- A minor penalty shall be assessed if any player or non-playing personnel, on the players' bench or penalty bench, interferes with the movement of the ball or an opposing player while play is in progress. If the designated goalkeeper had been removed from the playing floor, and a player of the side attacking the unattended goal or the ball is interfered with by any opposing player or non-playing personnel on the players' bench or the penalty bench, a goal shall be awarded to the non-offending team.

Interference by Spectators:

- If a player is interfered with by a spectator, the play in progress shall be completed if that player's team is in possession. Play shall restart with a face-off. If the opposing team is in possession, play shall be stopped and they shall retain possession to restart play. A report of the incident shall be forwarded to the appropriate governing body.
- In the event that objects are thrown on the playing floor which interfere with the progress of the game, the play shall be stopped and restarted with the team retaining possession.
- In the event that a spectator grabs or interferes with the ball while it is in play, the play shall be stopped and restarted with a face-off in the nearest face-off circle.

Kicking the Ball:

- Kicking the ball shall be permitted in all zones. However, a goal may not be scored by kicking the ball directly into the opposing team's goal.

Kneeing:

A minor or major penalty shall be assessed to a player who uses his knee to foul an opponent.

Leaving the Players' Bench:

- If a player shall illegally enter the game from his own players' bench, any goal scored by his team while he or his substitute are illegally on the playing floor shall be disallowed.
- No player shall leave the players' bench at the end of a period or at the end of a game until the Referee signals the bench to do so. A game misconduct penalty shall be assessed to the first player from each team and any non-playing personnel who leave the players' bench prior to the Referee's signal.
- No player may leave the players' bench at any time during an altercation. A game misconduct penalty shall be assessed to the first player from each team and any non-playing personnel who leave the players' bench and go on the playing surface during an altercation. The Referee shall report any such incident to the appropriate governing body.
- If a player leaves the penalty bench and goes on the playing floor before his penalty is fully served through an error of the Game Timekeeper, he shall return to the penalty bench to serve his unexpired time.
- If a player leaves the penalty bench and goes on the playing floor before his penalty is fully served, by his own error, he shall be assessed a minor penalty. He shall also be required to serve his unserved time.
- If a penalized player returns to the playing floor from the penalty bench before his penalty has expired, by his own error or the error of the Game Timekeeper, any goals scored by his team while he is illegally on the playing floor shall be disallowed.
- Any penalized player who leaves the penalty bench while an altercation is in progress shall be assessed a minor penalty plus a game misconduct penalty. The Referee shall report the incident to the appropriate governing body.
- If a ball carrier, with no opposition between him and the opposing goalkeeper, is interfered with by a player/goalkeeper of the opposing team who entered the game illegally, he shall be awarded a penalty shoot.
- If the designated goalkeeper had been removed from the playing floor, and a player of the side attacking the unattended goal or the ball is interfered with by a player who shall have entered the game illegally, a goal shall be awarded to the non-offending team.

Lodging of the Ball in the Stick:

If the ball becomes lodged in a player's stick, the Referee shall stop play, free the ball and restart play. There will be no reset of the thirty second clock.

Molesting Officials:

A match penalty shall be assessed to any player or non-playing personnel who strikes, trips or makes intentional contact with a Referee or any other game official and a report shall be forwarded to the appropriate governing body.

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Playing Rules (Cont'd)

Refusing to Start Play:

- If a team refuses to go on the floor or if on the floor is withdrawn, or refuses to start play when ordered to do so by the Referee, they shall be assessed a bench minor penalty for delaying the game. The Referee shall inform the Captain of the penalty and that they have one minute in which to resume play. If the team still refuses to start play or should there be a recurrence of the same incident later in the game, the Referee shall declare the game ended and forward a full report to the appropriate governing body.
- In National Lacrosse finals, the coach, manager or team official responsible for a game being ended under this rule shall be suspended for one year from the date of the game and their bond shall be forfeited.

Slashing:

- A minor or major penalty at the discretion of the Referee shall be assessed to any player who slashes an opponent with the stick.
NOTE: Any player who swings the stick at an opponent (whether in or out of range) shall be penalized for slashing.
NOTE: In Minor Lacrosse, a player may not strike an opponent with that portion of the stick not held between the hands. Stick-to-stick contact is allowed but hands (gloves) are considered part of the body and may not be touched.
- In addition to any penalties assessed, any player who swings the stick at another player during an altercation shall be reported to the appropriate governing body.
- A minor or major penalty shall be assessed to a player who while in the process of shooting or passing, follows through with the stick and slashes an opponent. Should a goal be scored on the shot, the goal shall be awarded and the penalty assessed.
NOTE: Unintentionally striking an opponent who is moving into the range of the follow through of a shot or pass should not be penalized.

Spearing:

- A major or match penalty at the discretion of the Referee shall be assessed to a player who spears or attempts to spear an opponent.
NOTE: Spearing shall be defined as stabbing an opponent with the mouth of the stick. Spearing may also be treated as attempt to injure (Rule 30).
NOTE: Attempt to spear shall include all cases where a spearing gesture is made, regardless of whether body contact is made or not.

Ten Second Rule:

- When a team is short-handed they shall advance the ball into their attacking zone within ten seconds or possession shall be awarded to the non-offending team.
NOTE: Short-handed means the team is below numerical strength of its opponents on the playing floor due to penalty minutes being served.
- When the short-handed team is in possession of the ball in their attacking zone, and they cause the ball to go out of the attacking zone in any manner except from a shot on goal, it shall be immediately recovered by or possession awarded to the non-offending team. The ball carrier may carry the ball outside the attacking zone provided neither the ball nor ball carrier make contact with the floor in the centre or defensive zones (including the line).

Third Man In Altercation:

- A game misconduct penalty plus any acquired penalties shall be assessed to a player/goalkeeper who is the first to intervene in an altercation then in progress.

Thirty Second Rule:

- The offensive team (unless short-handed) shall be required to take a shot on goal within thirty seconds of gaining possession. Failure to do so will result in the Offensive Timekeeper sounding a horn. The Referees will stop the play and award possession to the non-offending team. If, while short-handed, a team's goalkeeper or the substitute player for their goalkeeper, enters the attacking zone, the Offensive Timekeeper shall start the thirty second clock and the thirty second rule shall remain in effect for that possession.
NOTE: The thirty second horn does not stop the play, only the Referees' whistle stops the play.
NOTE: A shot on goal shall be defined as the ball making contact with the goalkeeper (while the goaltender is within the crease), goalposts or crossbar prior to crossing the goal line. The shot must originate from the front or side of the goal.
- Any stoppage in play (except for time outs or a ball lodged in a stick) shall cause the thirty second clock to reset.
- The thirty second clock shall reset when the defensive team gains possession.
- It shall be ruled that the Referee's whistle sounded simultaneously with the Timekeeper's horn if a goal is scored (i.e., the goal shall be disallowed if the horn sounded before the ball was in the goal).

Throwing the Stick:

- A major penalty shall be assessed to a player who throws a stick or any other object at an opponent or the ball.
- A bench minor penalty shall be assessed when a stick is thrown from the players' bench to the playing area for the purpose of replacing a broken or dropped stick.
NOTE: If the stick is picked up, the player receiving the stick shall be assessed a minor penalty plus a ten-minute misconduct penalty and the bench penalty shall be waived.
- In all other cases, a player shall be assessed a ten-minute misconduct penalty for throwing a stick or any other object. If the stick or other object is intentionally thrown out of the playing area, in addition to the ten-minute misconduct penalty, the Referee shall report the incident to the appropriate governing body.
NOTE: When a player discards the broken portion of a stick, tossing it to the side of the playing floor (and not over the boards) in such a way that will not interfere with the play or an opposing player, no penalty shall be assessed.
- If a ball carrier in the attacking zone, having no opponent to pass other than the designated goalkeeper, is fouled from behind by a stick or any other object being thrown thus preventing a reasonable scoring opportunity, a penalty shot shall be awarded when the play in progress is completed.
- If the designated goalkeeper has been removed from the floor for a substitute player, and an opposing ball carrier in the attacking zone, having no opponent to pass, is fouled from behind by a stick or any other object being thrown thus preventing a reasonable scoring opportunity, the Referee shall award a goal to the non-offending team.

Time Outs:

- Each team shall be allowed one thirty second time out in the regular playing time of the game. The time out shall be granted by the Referee only if requested by a player on the floor during a stoppage in play or when his team has possession of the ball. If a team was in possession, or being awarded possession of the ball when time out was called, they shall retain possession to restart play. In all other cases, play shall restart with a face-off. When time out is called with play in progress, the thirty second clock will not reset when play restarts.
- At the Junior and Senior levels, two (2) time outs per game are allowed. Only one time out may be used per period. If the game goes into overtime and a team has a time out left, it may be used.
- If a team is granted a time out to which it is not entitled, possession shall be awarded to the non-offending team and the time out shall not be allowed.

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Playing Rules (Cont'd)

Tripping:

- A minor penalty shall be assessed to a player who uses his stick or any part of his body to trip an opponent. This includes a defending player dropping in front of an opponent.
- If a ball carrier in the attacking zone, having no opponent to pass other than the designated goalkeeper, is tripped or otherwise fouled from behind, thus preventing a reasonable scoring opportunity, a penalty shot shall be awarded to the non-offending team when the play in progress is completed if no goal was scored.
- If the designated goalkeeper has been removed from the floor and an opposing ball carrier, in the attacking zone, having no opponent to pass, is tripped or otherwise fouled from behind, thus preventing a reasonable scoring opportunity, the Referee shall award a goal to the non-offending team.

Unnecessary Roughness:

- A minor or major penalty shall be assessed to a player who uses unnecessary roughness during a game.
- A major penalty shall be assessed for grabbing the facemask, helmet, or chinstrap, hair pulling or head butting.

Wraparound:

- A minor penalty shall be assessed to a player who impedes the progress of an opponent with his stick and/or arms in a holding fashion.

Teams Section

Teams:

- Each team shall be composed of five players, one designated goalkeeper, up to thirteen substitute players and one substitute goalkeeper (i.e., a maximum of twenty). For infraction of this rule, a two minute bench minor penalty shall be assessed to the offending team and the extra player(s) removed from the game.
- Only players in uniform shall be included on the score sheet. A player may enter the game at any time provided they are properly registered to that team and their name was entered on the score sheet prior to his entering the game.

Captain of the Team:

- Each team shall select a Captain and not more than two Alternate Captains. They shall be identified by the letter "C" or "A" on the front of their sweater and on the score sheet.
- Only one of the Captain or Alternate Captains who was on the floor at the time of the stoppage in play shall have the privilege of asking for the referee's interpretation of a rule which has been applied. For infringement of this sub-section, a ten minute misconduct penalty shall be assessed.
- Goalkeepers or playing coaches/managers shall not be entitled to the privileges of Captain/Alternate Captain.

Goalkeepers:

- Each team shall be allowed one designated goalkeeper on the playing floor at one time. The designated goalkeeper may be removed and an attacking player may be substituted. Such substitute shall not be permitted the privileges of a goalkeeper.
- Each team shall have on, or in the immediate vicinity of its bench, one substitute designated goalkeeper who is ready to play. At no time shall a team have more than two designated goalkeepers on the score sheet.
- Except for the purposes of defending against a penalty shot any substitute goalkeeper entering the game for the first time shall be permitted a warm-up not exceeding two minutes and must remain in the crease until play resumes.
- Goalkeepers seeking to go to their bench for equipment repairs must not do so without permission of the Referee, after the Referee has inspected the equipment.

Non-playing Personnel:

- Only players in uniform, the coach, manager and trainers who are suitably attired, shall be permitted on the players' bench. A maximum of four non-playing personnel shall be allowed on the players' bench.
- A bench minor penalty shall be assessed to the offending team if any non-playing personnel go on the playing floor during the game, without the Referee's permission, and the Referee shall forward a report to the appropriate governing body.
- Any team executive who goes on the playing floor during a game, without permission of the Referee shall be reported to the appropriate governing body.

Police Protection:

- The home club shall provide adequate police or other protection for all players and officials at all time.