

# NATIONAL LACROSSE LEAGUE

# JR. 2018

## JUNIOR RULEBOOK

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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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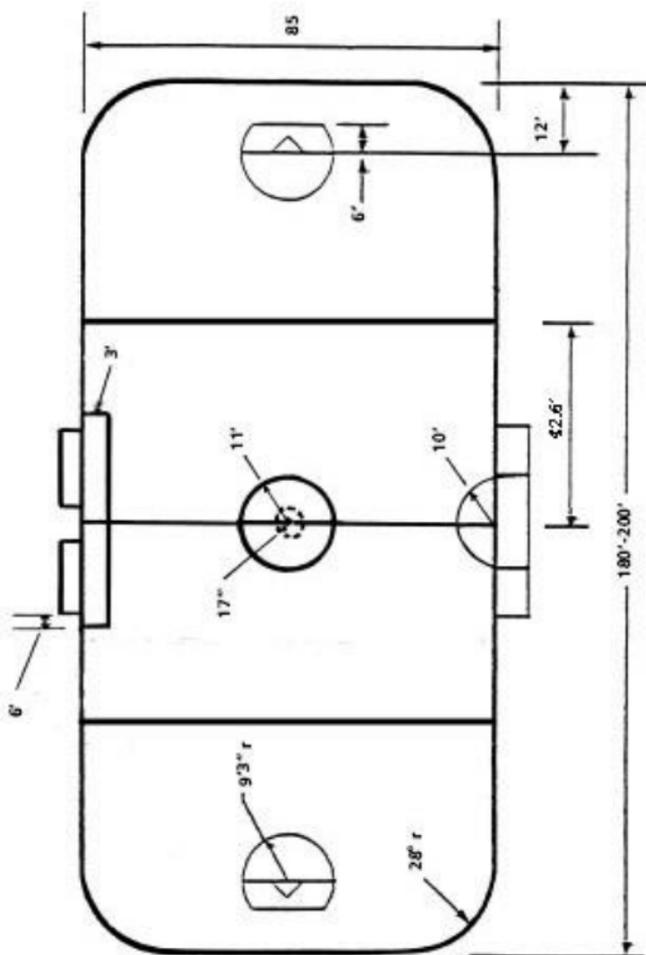
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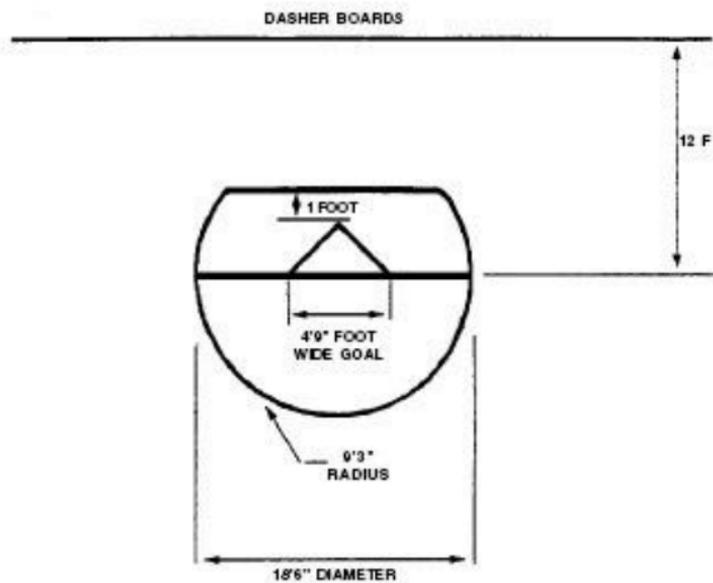
## **OFFICIAL DIMENSIONS OF THE FLOOR**

# DIAGRAM A — FULL INDOOR LACROSSE FIELD



## DETAIL OF GOAL CREASE

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# NATIONAL LACROSSE LEAGUE - JUNIOR OFFICIAL RULES

## SECTION I - THE ARENA

### Rule 1: THE PLAYING SURFACE

**NOTE:** Any facilities that do not meet the specifications as outlined in Section I may be permissible provided the Host Club and participating clubs approve of any changes.

- 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 players 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 plus six feet (6') on either side by three feet (3')). Referees shall mark proper dimensions in each arena prior to 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.

### **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.
- 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.

### **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 the center of the floor as possible with doors opening in the neutral zone and, to the rear convenient to the dressing rooms.

## **Rule 8: TIMER / SCORER AREA**

- 8.1 TIMER AND SCORER LOCATION** - The timer's table shall consist of the Official Timer, 30-Second Clock Operator, Official Scorer and assistants. It shall be located on the side opposite the team benches and, where possible, between the respective team penalty boxes. A copy of the game sheet will be at the timer's table during the game.
- 8.2 SHOT CLOCK OPERATOR/STATISTICIANS** -The 30-Second Clock Operator 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**

**NOTE: Any time factors that do not meet the specifications as outlined in Section II may be permissible provided the Host Club and participating clubs approve of any changes.**

## **Rule 9: LENGTH OF GAME**

**9.1 GAME LENGTH – Two twenty minute halves, five minute halftime break.**

**Rule 10: GOALTENDERS POSITION**

**10.1 GOALTENDERS POSITION AT HALF** – Goaltenders shall be in the goal closest to their players' bench in the first half and at the goal farthest to their respective benches in the second half. Goalies will switch ends should the game go into overtime.

**Rule 11: GAME CLOCK OPERATION**

**11.1 OFFICIALS' WHISTLE INITIATING CLOCK** - The officials' 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 as soon as possible to a maximum of 20 seconds. Should one team not be prepared to face-off upon the expiration of twenty (20) seconds, the non-offending team shall receive possession. The shot clock shall count down after goals from thirty (30) to ten (10) whenever possible.

**Rule 12: SUDDEN - DEATH OVERTIME**

**12.1 OVERTIME LENGTH** – In the event of a tie score at the end of the regulation, overtime shall consist of one sudden death, five minute overtime period.

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

**12.3 SHOOTOUT** – If the overtime period does not produce a winner, a shootout shall commence. The shootout shall be a best of three shooters per team. If after three respective shooters the teams are still tied, the teams shall send one shooter at a time in a sudden death format until a winner is determined. Shooters from both teams will shoot simultaneously for the duration of the shootout.

**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.

One time-out shall be awarded for each period in sudden death. and they cannot be carried from period to period. 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 time-out, 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-OUTS AND PENALTIES SERVED** - Players who are serving a penalty must remain in the penalty box during all time-outs.
- 14.3 NO TIME-OUTS REMAINING** – In the event a team calls a time-out that does not possess any more time-outs, 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. 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.

### **SECTION III - OFFICIALS**

#### **Rule 16: APPOINTMENT OF OFFICIALS**

- 16.1 HOME CLUB OFFICIATING RESPONSIBILITIES** - The host Club is responsible for securing a game officials and a timekeeper, and an Official Scorer.

#### **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. 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 Junior 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.

#### **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 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 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.

#### **Rule 21: GAME DEFINITIONS**

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 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.
- 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.

## **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 officially rostered by the Club they represent.

### **Rule 24: GOALTENDERS ON FLOOR**

- 24.1 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.

### **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.
- 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.

### **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.

### **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 Junior rules. The Head Coach is responsible for the actions of all non-playing members of his squad 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.

### **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.
- 28.1 INJURED GOALIE** – The trainer may come on to the floor to tend to the 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.

**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. 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.

**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 NLL Junior are permitted to be used.

Specifications are a solid rubber ball measuring 17.75-17.80 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.

### **Rule 30: PLAYER STICK**

**30.1 STICK LENGTH** - The lacrosse stick shall be an overall fixed length of **thirty six (36") to forty-two (42")** inches except the goalkeeper's lacrosse stick. The length is subject to change due to age groups.

**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 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 a half inches (16" 1/2) inches.

The entire length of the entire stick 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 as per the officials' discretion. The diameter at its widest point shall be 2 inches. The goalie stick must be approved and sanctioned by the NLL Junior Committee.

### **Rule 32: 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.
- 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 players stick or rule 31 goalies stick as applicable.

- 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.

### **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 and rib pads. Failure to conform shall result in a delay of game penalty. The offending player serves the penalty.
- 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 Junior Committee 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. 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.
- 33.4 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 goalies' 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 goalies' 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.

- 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.

#### **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 can wear and use such equipment that has been approved by the NLL Junior Committee that meets the standards and specifications (this includes the goalie stick).

- 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 1/2 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 NLL Junior Committee.

- 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 NLL Junior Committee.
- 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 1/2 inches (5 1/2") 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 a half-inches (1 1/2") 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 a half-inches (1 1/2"). Knee pads must comply with manufacturing standards, may not be altered, and must conform to the body. Team sponsorship logos/markings may be displayed on the shin pads subject to League approval.
- 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 NLL Junior Committee.
- 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 are to be added to the standard goaltender cut jersey as produced by the manufacturer, unless approved by the NLL Junior Committee prior to any alterations to the 2015 standard goaltender cut jersey.

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.

- 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.

## **SECTION VI: PENALTY DEFINITIONS**

### **Rule 36: DEFINITION 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, or, if penalty times are equal, ball shall remain with the team in possession at the time of the first infraction.

- 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) Are they 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 or 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 should 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.

All “major penalties” shall be subject to fine and/or suspensions.

- 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.

- 38.5 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 ASSESSED** - 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 a suspension from the NLL Junior Committee.

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.

#### **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 offending 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, the 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-game suspension and shall be subject to further suspensions from the NLL Junior Committee.

**RULE 42: DEFINITION OF GROSS MISCONDUCT PENALTY** The referee may impose a "Gross Misconduct" penalty on any player, Coach, Trainer or Equipment Manager who is guilty of a gross misconduct of any kind. Any person incurring a "gross misconduct" penalty shall be assessed a match penalty and shall be subject to suspension from the NLL Junior Committee.

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 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, or sexual orientation taunts and/or slurs
- Spitting on or at an opponent, spectator or referee

#### **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.

- 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.
- 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, 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.
- 43.6 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 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.

- 43.7 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.

- 43.8 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. Players must remain motionless 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 "down" 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.

**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.

**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.

**45.2 CONTACT AT THE FACE-OFF CIRCLE** - Players not involved in the actual face-off are allowed to enter the outside face-off circle (11' radius) while the face-off is taking place. Any player who enters the outside face-off circle (11' radius) and strikes the opponent's faceoff man prior to the player becoming upright in nature will be assessed the appropriate time penalty.

**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. The Pee wee division shall have a ten (10) second count.**

**47.1 8-SECOND COUNT PROCEDURE** – The 8 second time shall be kept by the trailing referee on the floor by a chopping wave of the hand for each second.

**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-offended 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.

**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 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. 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.
- 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 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 be 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. 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.

#### **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. Crease violation is rule 69.
- 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.
- 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 together with the ball after making the stop, the goal will be disallowed. If applicable, the appropriate penalties will be assessed.
- 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 NLL Junior Committee 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.

#### **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 method of substitution may be used without the necessity of awaiting suspension of play by an Official in accordance with Rule 56.1 immediately above.
- i) during a ball out of bounds
  - ii) shot clock violation
  - iii) change of possession
  - iv) any technical penalty
  - 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 a loose ball that crosses the centerline and is rolling toward the unattended goal; or the ball has come into possession and control of an opposing player or has

been "frozen". 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 face-off 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.
- 58.7 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.
- 58.8 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.
- 58.9 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 58.7.

**58.10 CREASE VIOLATIONS** - See Crease Violation rule 67.

**58.11 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.

**58.12 OFFENSIVE WARD OFF** - Also, 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.

**58.13 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.

Contact is expected, if contact is excessive and blatant, it shall be penalized under the appropriate rule.

**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 player or goaltender who uses his hand to grasp, touch or hold a ball that is outside the crease.
- 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 MAJOR PENALTY** – A Major 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 GAME MISCONDUCT** - A major penalty and a game misconduct shall be imposed on a player who butt-ends an opponent.
- 61.3 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.
- 61.4 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. The NLL Junior Committee 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.

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.

**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 cross-checks 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 cross-checks 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 stabbing motion at an opponent with the head of the stick whether contact is made or not.

**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.

#### **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.

- 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.

- 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, that in the judgment of the referee is not an attempt to play the ball 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.

A technical violation shall be assessed to any offensive player who slashes an opponents' stick.

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.

## **CREASE INFRACTIONS**

### **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 ATTACKING PLAYER IN CREASE TO GAIN ADVANTAGE** - An attacking 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 in the opposing crease and then exits the crease, and is the first to receive a pass immediately after exiting the crease is in violation and possession shall be awarded to the non-offending team.
- 67.4 ATTACKING PLAYER IN CREASE TO GAIN ADVANTAGE ON DEFENDER** - An attacking 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.

**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.

**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 67.5.

- 67.9 CONTACT BY A DEFENDER** - A crease violation occurs when any offensive player is in the crease when a goal is scored, except when the attacker has been illegally checked by a defender.
- 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 non-offending team. A goalie is permitted to use his hand to drop the ball into a teammates stick within his crease only. A goalie can not 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.
- 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.  
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.

### **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 penalty(ies) for interference when contact with the goalkeeper, his stick, and when the goalkeeper is in the goal crease area, with the exception of rule 69.2 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.
- 69.6 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. A penalty to the attacker can be assessed if avoidable contact is made.
- 69.8 CONTACT INITIATED BY DEFENDER ON ATTACKER INTO THE CREASE** - If a player of the attacking side 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.  
A defender, who illegally interferes with an attacker while the attacker is in the act of diving or jumping into the crease, resulting in contact on the goalie solely because of the defenders actions, the defender shall be assessed appropriate penalties and the goal shall count.  
At the discretion of the referee, if the attacking player 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.
- 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. It is legal 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 there are no other violations and the check is not into the boards.

- 70.1 CONTACT WHILE PURSUING A LOOSE BALL** - When two players are pursuing a loose ball, checking the opponent's stick is allowed within three (3) yards of the loose ball. **Limited incidental body contact is permitted.**
- 70.3 CONTACT AFTER PASS OR SHOT** - The avoidable 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 take one step to gain composure after receiving the ball, before body contact is allowable.
- 70.5 CONTACT INITIATED BY A GOALIE IN THE CREASE** – A goalie may not use his crease to his advantage to delivery 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.

**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.

**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.

## **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 balance must be considered by the officials when applying 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.

### **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.

**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.

**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.

**Rule 77: DANGEROUS CONTACT TO THE HEAD**

The NLL Junior Committee 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 SUSPENSION** - A automatic one game suspension (match penalty) shall be assessed to the offending player on the first offense and be reviewed by the NLL Junior Committee to determine further suspension.

**Rule 78: ELBOWING**

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

- 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.

#### **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.

#### **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. **Any player who is assessed a major penalty for fighting shall incur an automatic game misconduct and is subject to further review by the NLL Junior Committee.**

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.

- 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/AGGRESSOR 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 and subject to the NLL Junior Committee for review.
- 80.3 OTHER FIGHTING – Any other fighting will be reviewed by the NLL Junior Committee and is subject to additional discipline.**

#### **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 attempts to head-butt an opponent, without any contact.
- 81.2 MAJOR PENALTY** - A major penalty shall be imposed on a player who head-butts an opponent with his helmet on 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 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.

#### **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.

**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 kneeling 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 kneeling 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 kneeling 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 kneeling.

**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 attempting to kick 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.

**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 cross-check 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.

**Rule 86: TRIPPING**

Shall be defined as any player who shall intentionally 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 non-offending team is awarded a penalty shot and the offending player shall serve the major penalty with a two goal releaseable 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 releaseable 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.

- 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.

#### **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 and subject to review for suspension by the NLL Junior Committee.

#### **EQUIPMENT VIOLATIONS**

##### **Rule 88: EQUIPMENT INSPECTION**

- 88.1 RANDOM EQUIPMENT INSPECTION** - A random, NLL Junior Committee-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 without their jersey and shall have no tape or any other device that would result in a retraction of

equipment for the intent to meet specifications. Application of tape after the measurement 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 NLL Junior Committee Uniform Standards. The following items shall be inspected when the referees conduct a random equipment check:

1. Helmet, Facemask, Chincup
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

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 the game. Upon said request, which must be made prior to the conclusion of the quarter, the referees shall conduct the inspection immediately following the conclusion of the quarter in which the request was made. All pieces of equipment shall be checked by the official as per rule 35.

Should a request be made and the requested goalie is to be replaced by a substitute goalie, play will be stopped followed by the inspection at that time. Only one goalie shall be measured per stoppage per team.

**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 player will receive a two-minute penalty and a game misconduct.

**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 Junior Committee feels that this spirit and or competitive nature is being abused, the NLL Junior Committee 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 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.
- 92.2 THROWS, RETAINS OR ROLLS BALL AWAY** - A minor 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.
- 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).
- 92.6 NON-PLAYING PERSONNEL ON BENCH** -No one but players in uniform, the Head Coach, and five non-playing 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 at the appointed time for the beginning of the game and commencement of each quarter. 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 can not 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 can not 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.

### **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 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.

**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 NLL Junior Committee setting out the full details concerning the use of obscene gestures or language by any player. The NLL Junior Committee 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 game misconduct penalty.

**94.2 OBSCENE GESTURES BY PLAYERS** - A match 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 NLL Junior Committee 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 or vulgar gestures or derogatory gestures 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.

**94.5 DISCRIMINATORY LANGUAGE** – Any player or non-playing personnel that uses discriminatory language based on race, religion, or gender shall be assessed a match penalty, be reported to the NLL

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

**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 unidentified 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.

**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.

**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 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.
- 95.7 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 NLL Junior Committee for disciplinary action all cases in which a player becomes involved in interfering with the above noted personnel. The NLL Junior Committee 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.
- 95.8 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.
- 95.9 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.
- 95.10 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 are deemed as more severe and shall be dealt with accordingly. Players are subject to further fines and/or suspensions.

**95.11 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 subject to discipline by the NLL Junior Committee.

**95.12 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 NLL Junior Committee, who has such power to impose fines and/or suspensions. The referee shall report to the NLL Junior Committee for disciplinary action all cases in which a player becomes involved in an altercation with a spectator.

**95.13 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.

**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, except at the end of the half or expiration of his penalty, no player may, at any time, leave the penalty box.

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

At the start of the altercation the benches shall be deemed frozen until a game official shall indicate when players are permitted to enter the floor.

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

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' benches and proceed onto the floor at the start of an altercation or during altercations prior to such time the benches are released by an official, 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 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.
- 96.4 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.
- 96.5 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.
- 96.6 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 NLL Junior Committee 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 ie serious player injury.

Any club executive member or coaching staff member committing the offense shall be subject to a fine and/or suspension.

**96.7 ILLEGALLY ENTERING GAME WHEN THE TEAM IN VIOLATION SCORE** - 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.

**RULE 97: TIE-BREAKING FORMULA** – In the event of a tie in the standings at the conclusion of round robin play, the following criteria shall be used to determine the order of finish among teams with the same amount of points:

1. Head-to-Head Record
2. Total Wins
3. Goals For / (Goals For + Goals Against)  
*-In this tie-breaker, the higher percentage prevails*
4. Least Number of Penalty Minutes
5. Most Goals For

**RULE 98: GENERAL APPLICATION OF THE RULES** - All of the rules contained in this book shall be applicable in all NLL Junior games. The NLL Junior Committee may review any incidents that occur prior to, during, and after a game and subject players and/or member clubs to discipline per the decision of the Committee. All decisions made by the Committee are final.

## **Referee Signals**



SHOT CLOCK VIOLATION



8 SECOND COUNT



GOAL



TECHNICAL VIOLATION



LOOSE BALL PUSH



## Referee Signals



CREASE VIOLATION



ILLEGAL PICK/SCREEN



TIME OUT



NO GOAL

## Referee Signals



WITHHOLDING BALL



WITHHOLDING BALL/PINNING



INTERFERENCE BY GOALTENDER



ROUGHING



ILLEGAL SUBSTITUTION TOO MANY MEN



DELAY OF GAME

## Referee Signals



ILLEGAL CROSS-CHECKING



SLASHING



HOOKING



TRIPPING



HOLDING



HOLDING THE STICK

## Referee Signals



UNSPORTSMANLIKE CONDUCT



BUTT ENDING



PENALTY SHOT



FIGHTING



BOARDING



MATCH PENALTY

## Referee Signals



FACE MASKING



HIGH STICKING



DANGEROUS CONTACT TO HEAD



MISCONDUCT



SPEARING



ELBOWING

## Referee Signals



CHECKING FROM BEHIND



HANDLING THE BALL



ILLEGAL BODYCHECK



HEAD BUTTING / SPEARING  
WITH HEAD



INTENTIONAL DEAD BALL CONTACT

## Referee Signals



**OVER AND BACK VIOLATION**

**NOTES**

## **NOTES**

