



LACROSSE RULES AND REGULATIONS

Players: Ten players: a goalie, three defensemen, three midfielders and three attackmen. Each team must keep at least four players, including the goalie, in its defensive half of the field and three in its offensive half. Three players (midfielders) may roam the entire field. Offensive crosses must be 40-42" in length, defensive crosses may be 52-72". Only 4 defensive sticks may be used on the field at any one time. The goalie may use a special crosse with a larger head.

Basic Rules: Play begins with a face-off. The offensive and defensive players must stay within their respective restraining boxes until one team gets possession of the ball. Face-offs are also conducted at the start of each quarter and after a goal is scored. Players must use their crosses to pass, catch and run with the ball. If the ball goes out of bounds after an unsuccessful shot, the team whose player is nearest to the ball when it goes out of bounds is awarded possession. An attacking player cannot enter the crease around the goal.

Checking: A player may dislodge the ball from an opponent's crosse with a stick check or body check. Checking is legal if a player is within 5 yards of the ball. A stick check is the controlled poking or slapping of the stick and gloved hands of the player in possession of the ball. All body contact must occur from the front or side, above the waist and below the shoulders.

Timing: Four 12-minute quarters. The defensive Team has 20-seconds to clear the ball past the midfield once they have possession. The offensive Team has 10-seconds to move the ball into the Attack Goal area once the ball has crossed midfield. A new 10-second count begins each time the offensive team brings the ball outside the Attack Goal area.

Fouls: Personal foul: 1-3 minutes penalty served. Technical foul: 30 seconds penalty served. If the ball is loose when a technical foul is committed, the fouled team is awarded possession of the ball. Penalties are released when time has been served or when a goal is scored by the team with the man advantage (some penalties are "non-releasable").

Personal Fouls

Slashing: Using your stick to make vicious contact with an opponent in an area other than their stick or gloved hand.

Tripping: Obstructions to an opponent at or below the waist with the crosse, hands, arms, feet or legs.

Cross Checking: Using the handle of the crosse between the hands to make striking contact with an opponent.

Unsportsmanlike Conduct: Unsportsman like actions. Most result in non-releasable penalties.

Unnecessary Roughness: Excessive violence or force.

Illegal Body Checking: Checking an opponent not within 5 yards of ball from behind, below the knees or in the head.

Illegal Crosse: A crosse is found illegal if the stick length is too short or too long, or the pocket is too deep.

Illegal Equipment: Missing or using altered equipment.

Technical Fouls

Holding: Occurs when a player impedes the movement of an opponent or an opponent's crosse.

Interference: Interfering with an opponent's movement further than 5 yards from a loose ball.

Offsides: Not having four players on the defensive side of the midfield line or three players on the offensive side.

Pushing: Occurs when a player thrusts or shoves a player from behind.

Stalling: Holding the ball with the intent of running time off the clock.

Warding Off: When a player with the ball uses his free hand or arm ward off an opponent