

2024

PREMIER LACROSSE LEAGUE

RULE BOOK



Rule Changes for the 2024 Season

Description of Changes	Justification	Section
FACEOFF PERSONNEL: A player may not use a Long Crosse to Faceoff.	Player Safety, Pace of Play	IX.B
REPLAY RULES: Changed the format of challenges to allow for 2 per game instead of one per half and allowing for a 3rd challenge if both previous ones are successful. What can be challenged has also expanded to include shot clock resets, and possession calls related to the boundary of the field such as runouts and out of bounds plays. Lastly, in the final 2 minutes of the fourth quarter and all of overtime, reviews can be initiated by the officials for all plays eligible to be reviewed. Coaches are prohibited from challenging plays in overtime.	Ensure the calls are correct without significantly slowing down the pace of play. Expand end of game replay availability to ensure correct and fair conclusion is reached in every game.	XV.A
DEFENSELESS PLAYER: Better defined what a defenseless player is and gave officials a better rubric for calling or not calling personal fouls based on whether a player was defenseless.	Player Safety, clarity.	XVIII.E.2

Note: Changes are highlighted using a gray background color.

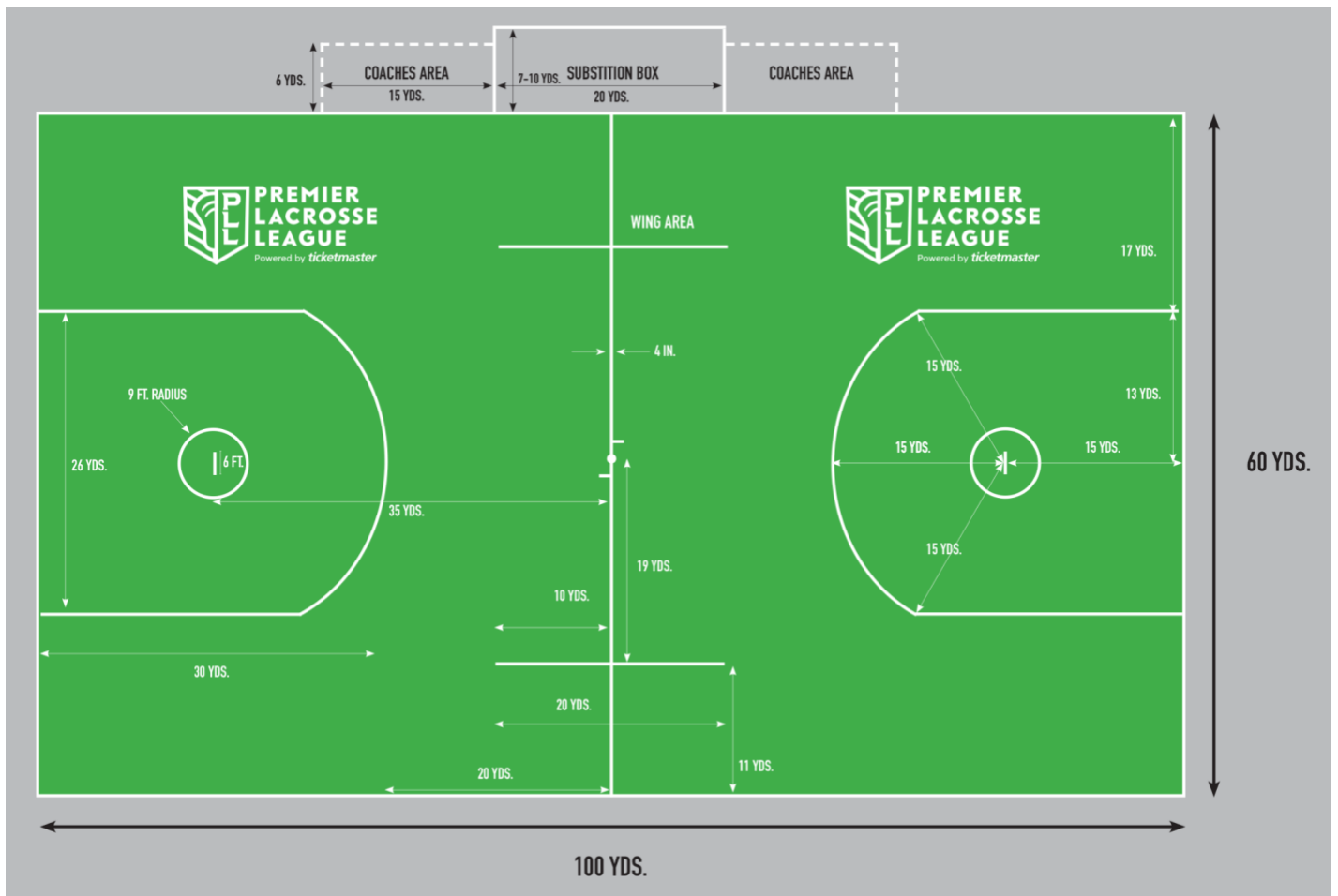
Table of Contents

I.	THE GAME	3
II.	THE FIELD	3
III.	EQUIPMENT AND CERTIFICATIONS	5
IV.	CLUB ROSTERS & STAFF	9
V.	OFFICIALS AND SCORERS	10
VI.	TIME FACTORS	12
VII.	RECORDKEEPING	14
VIII.	PRE-GAME PROCEDURES	15
IX.	INITIATING PLAY OF THE GAME	17
X.	STANDARD GAME PLAY/GAME MANAGEMENT PROCEDURES	20
XI.	SUBSTITUTIONS	28
XII.	OFFSIDE	28
XIII.	SHOT CLOCK	29
XIV.	SCORING	30
XV.	INSTANT REPLAY	31
XVI.	PERMISSIBLE PLAYER CONTACT	33
XVII.	GOAL CREASE SPECIAL RULES	34
XVIII.	PERSONAL, MISCONDUCT, AND EXPULSION FOULS	36
XIX.	TECHNICAL FOULS	42
XX.	PENALTY ENFORCEMENT	47
XXI.	OFFICIATING SIGNALS	53
XXII.	QUICK REFERENCE GUIDE FOR PENALTY ENFORCEMENT	57
XXIII.	INDEX	58

I. THE GAME

Lacrosse is played by two teams, with each team allowed a maximum of 10 players on the field simultaneously. The objective of each team is to score points by causing the ball to enter the goal of the opponent and to prevent the other team from securing the ball and scoring points. The ball is kept in play by being carried, thrown, or batted with the crosse, or rolled or kicked in any direction, subject to the restrictions described in the following rules.

II. THE FIELD



- A. **PLAYING FIELD** – The playing field shall be rectangular, 100 yards long, and 60 yards wide, excluding the outer boundary lines. All boundaries shall be marked with lines of the same color and that contrast the color of the underlying playing surface. Team areas shall be aligned on the same sideline. The center line and the two-point arc boundary lines shall be four inches wide. The goal lines shall be two inches wide. All other boundary lines shall be 2-4 inches wide.
- B. **CENTER LINE** – A line measuring four inches wide shall be marked across the center of the field from sideline to sideline. The center line (also called the midfield line or the midline) shall be equidistant from and parallel to both end lines.
- C. **GOAL CAGE** – A lacrosse goal cage shall consist of two vertical posts joined by a

rigid top crossbar, flat-iron bases, and a goal net secured to the goal cage to prevent a lacrosse ball from traveling beyond the goal cage. The crossbar and vertical posts shall be constructed of 1.5-inch nominal pipe size metal pipe and must be painted in a color that is visibly distinct from the league-approved ball color(s). The lacrosse goal shall form an opening that is six feet wide and six feet high (inside measurements).

- D. **GOAL LINE** – A six-foot line shall be drawn between the goal posts to indicate the plane formed by the back of the crossbar and the vertical posts, and this line shall be designated as the goal line. Each goal cage shall be centered between the sidelines and located 15 yards from its corresponding end line.
- E. **GOAL CREASE OR CREASE AREA** – Around each goal shall be a plainly marked circle known as the goal crease. The area within the crease shall not be painted. The crease shall be marked by using the midpoint of the goal line as the center and drawing a circle with an outer radius of nine feet. The goal crease area is the circular surface area within the crease, including the crease line.
- F. **GOAL NET** – Each goal shall be fitted with pyramidal-shaped cord netting that shall extend and be fastened to the flat-iron base at a point approximately seven feet back from the center of the goal line. The goal net shall be considered part of the goal cage. The openings within the mesh of the net shall not exceed 1.5 inches, and the net shall be securely fastened to the goal posts, crossbar, and the ground or flat-iron base to prevent passage of the ball. Nets shall be mounted such that the entirety of the ball may pass unobstructed through the imaginary plane formed by the backs of the crossbar, the vertical pipes, and the goal line. The color of the goal nets shall be approved by the league.
- G. **TWO-POINT ARC** – The arc will be 13 yards from the center of the goalline at GLE, and then proceed parallel to the sideline at each end until it reaches 15 yards from the center of the goalline. At that point it will form a uniform arc of 15 yards across the field until reaching the other parallel line. The arc shall be extended with two straight lines from goal line extended to the end line. The two-point arc lines shall be four inches wide for enhanced visibility.
- H. **WING AREAS** – Lines parallel to the sidelines shall be marked on each side of the field at a distance of 19 yards from the center of the field and extending 10 yards perpendicularly away from the center line on both sides of the field. The rectangular area interior to each wing line and its nearer sideline shall be designated as a wing area.
- I. **FACEOFF SPOT** – A point on the midfield line equidistant from each side shall be marked with PLL faceoff lines and shall be designated the faceoff spot.
- J. **SUBSTITUTION AREA** – A rectangular area measuring 20 yards in length shall be marked parallel to the team sideline. All players shall substitute during live action through the substitution area. Only players serving penalty time, players ready to substitute, and the penalty area official are allowed in the substitution area during live action.

- K. SCORER'S TABLE – A scorer's table with seating for a minimum of three game administrators shall be placed toward the back of the substitution area and centered on the midfield line.
- L. COACHES AREAS – Each team has a coaches area that is 15 yards long by six yards deep located on its side of the substitution area.
- M. PENALTY AREAS – Penalized players serve penalty time by sitting or kneeling in the part of the substitution area that lies within two yards of their coaches area. All players serving penalty time shall sit or kneel in the penalty area until 10 seconds remains on the penalty, at which time the penalized player, or his substitute, may stand up and relocate to anywhere within the substitution area for re-entry into the game.
- N. TEAM AREAS – Each team area shall be marked adjacent to and behind that team's coaches area. Each team area shall extend from the substitution area 15 yards parallel to the sideline. Benches for the players shall be placed within each team area.

III. EQUIPMENT AND CERTIFICATIONS

- A. THE BALL – The sponsor-supplied ball of use for all PLL games shall be the optic yellow "Official Ball" supplied before the season to each team by the League.
- B. THE CROSSE – All PLL players shall use a sponsor-manufactured crosse ("Official Crosse") for all PLL games. A crosse consists of the head, including its ball stop, the mesh, the shaft, and the butt end cap. All official crosses used in PLL games shall be authorized by and supplied by PLL. Players may not use any crosse other than an official crosse.
 - a. Crosse Dimensions – The crosse shall be have an overall fixed length 40-42 inches for a short crosse (aka, attack crosse, short stick, or "shorty"), 52-72 inches for a long crosse (aka, long pole or d-pole), or 40-72 inches for a goalkeeper crosse.
 - b. The circumference of the shaft shall be no more than 3.5 inches.
 - c. The head of a non-goalkeeper crosse at its widest point shall measure 6.5-8.5 inches (inside measurement) at the top and the bottom of the sidewall. The head of a goalkeeper crosse at its widest point shall measure 10-12 inches (inside measurement), at the top and bottom of the sidewall. The designated goalkeeper, and only the designated goalkeeper, shall use a goalkeeper crosse. The sidewalls of all crosses shall not be more than two inches high.
- C. GLOVES - All PLL players shall use a sponsor-manufactured and approved glove. Cutting and/or altering of glove palms is allowed. Any player who alters his league-issued gloves agrees to indemnify and hold harmless the PLL and its affiliates against any and all claims from injuries that may result as a direct result of such alterations.
- D. ARM PADS - All PLL players shall use a sponsor-manufactured and approved arm pads.
- E. SHOULDER PADS - All PLL players must wear shoulder pads that meet the new NOCSAE ND200 standard for lacrosse, which aims to reduce the risk of commotio

cordis. If the League provides players with shoulder pads, players may choose to use their own pads only if such pads include the NOCSAE logo and have been approved in advance by the League. If the League does not provide players with shoulder pads, all players must acquire NOCSAE-compliant shoulder pads prior to the event. A player may alter his pads (at his own risk) by removing the bicep and shoulder portions, but under no circumstances may the chest protector be altered. The League recommends that all players wear unaltered shoulder pads for maximum protection. Each player assumes all risks and further agrees to indemnify and hold harmless the PLL and its representatives against any claims from injuries that may result from any alterations of his equipment.

- F. **HELMETS** - All PLL players shall use a sponsor-manufactured helmet. Both the chin pad and the chinstrap must attach firmly to the helmet, and the helmet shall be worn by the on-field players at all times. If any snaps are hanging, an official shall order the player to re-snap his chin strap (one warning maximum). Repeated offenses by the same player shall be penalized. No player may alter the official helmet in any way including, but not limited to:
- a. Removal or covering of league, team, sponsor, and/or manufacturer's logos or decals.
 - b. Addition of decals or logos to the helmet.
 - c. Addition of visors or other accessories that are not league-approved.
 - d. No parts of the sponsor-supplied helmet may be interchanged with a like part from another manufacturer. This includes replacement of the chin strap or chin pad.
- G. **FOOTWEAR** - All PLL players shall use sponsor-manufactured and PLL- approved footwear and socks.
- H. **GOALKEEPER EQUIPMENT** - There must be a goalkeeper on the field at all times who is properly equipped with a PLL-approved chest protector, throat protector, protective cup, a goalkeeper crosse, gloves, helmet, and mouthpiece. Arm pads and shoulder pads are optional.
- I. **SHAFT BUTT ENDS** – A crosse that does not have sufficient covering on the butt end of a hollow shaft is illegal and must be removed from the game until corrected.
- J. **CROSSE INSPECTION TESTS** – No player shall use a crosse that does not pass the tests set forth herein:
- a. When a crosse is held upright and vertically with a ball in the mesh, as the crosse is rotated forward until it is parallel to the ground, the ball shall release from the crosse without intervention.
 - b. When a crosse facing upwards is held parallel to the ground with a ball in the mesh, as the head of the crosse is rotated toward the ground, the ball must release from the crosse without intervention.
 - c. Crosses in which the mesh has sagged to such a depth that it has become difficult for an opponent to dislodge the ball are illegal. Crosses in which the construction or stringing at the bottom is designed to ensnare or withhold the ball from play are

also illegal.

- d. No player may not use a crosse that has mesh or other implements that inhibits the normal and free dislodgement of the ball by an opponent.
- e. No player may use a stick that is not “relatively straight.” A “relatively straight” stick shall be defined as one that may be laid flat on a tabletop on the side opposite the netting so that a substantial portion of the crosse rests on the table and such that there be a distance from the tabletop to bottom edge of the head that at no point exceeds 2.75 inches.
- f. The shaft must be of a fixed, permanent length. The crosse shall meet all measurement constraints.
- g. Any strings or leathers hanging from the crosse are limited to a length of three inches.
- h. Modifications to the fixed-sized head of the crosse (e.g., bending or pinching the throat) are illegal.

K. ADDITIONAL PROTECTIVE EQUIPMENT - All players are required to wear and/or use PLL sponsor-manufactured supplied equipment (“Official Equipment”). Mandatory official equipment includes gloves, arm pads (optional for goalkeepers), helmets, shoes, socks, and crosses. Additional sponsor-supplied, but optional, official equipment includes shoulder pads and rib pads. Any item or garment visible to others, may not display any markings other than those of a league partner and must be of a solid color that is limited to one of that team’s official colors. Personal items not specifically included as part of the official equipment or uniform (including, but not limited to shin pads, knee bands, and wrist bands) may be worn. If players choose to wear under-jerseys or any other personal item, any brand marks that do not belong to a current league partner must not be visible (i.e., the item shall be covered with tape or cut out) unless otherwise approved by the league in writing. Failure to comply shall result in the player being asked to cover up the logo(s) and may result in further league disciplinary measures. Officials may assess a penalty for repeat violations. Note: Play shall be suspended immediately if a player loses his gloves or helmet in a scrimmage area, unless the continuation of play does not put the player at a health risk, during a viable offensive opportunity for either team.

L. UNIFORMS – The official team uniform (“Uniform”) shall consist of sponsor-supplied game jersey, shorts, and socks. Players must wear the uniform assigned to them at the beginning of the season. No player may alter or modify his uniform in any way.

M. PROHIBITED EQUIPMENT – The following general prohibitions relating to official equipment and uniform shall be adhered to:

- a. No player shall wear or carry equipment that, in the opinion of the officials, endangers that individual or other players, which includes but is not limited to a broken, fractured, or splintered crosse and/or crosse head. Any player possessing such equipment shall be subject to a one-minute nonreleasable penalty for illegal

equipment.

- b. No player shall wear anything on the outside of his game jersey, shorts, socks, helmet, or any other equipment, or alter it in any way, including but not limited to adding non-PLL sanctioned logos, marks, or advertisements. Any violation of this rule shall result in fines and/or suspensions issued by the league office.
- c. The special equipment worn or carried by the goalkeeper shall not exceed that of any other player with the exception of standard goalkeeper equipment (i.e., chest protector, throat protector, and goalkeeper crosse). Any non-sponsor-supplied apparel or protective gear worn by a goalkeeper must not display any logos or marks of non-PLL equipment providers and shall conform to the colors found in the team uniform.
- d. The goalkeeper may wear football pants or sweatpants, with or without pads, so long as the color of such pants conforms to that of the team uniform and prior approval is granted by the league.
- e. Penalties for use of illegal equipment are described under the personal foul section of this rulebook. If video or photographic evidence of the use of prohibited equipment is found after the completion of a game, suspensions and/or other disciplinary actions may still be imposed by the league.

N. COACHES CERTIFICATION – The pre-game equipment certification given by the head coach to the referee shall act as the team warning. The head coach shall certify to the head official before the game that all players:

- a. Have been informed what equipment is mandatory and what constitutes illegal equipment.
- b. Have been provided the equipment mandated by rule.
- c. Have been instructed to wear and how to wear mandatory equipment during the game.
- d. Have been instructed to notify the coaching staff when equipment becomes illegal through play during the game.
- e. Have had their crosses, uniforms and all other equipment inspected by the head coach for meeting specifications.
- f. These conditions shall be considered confirmed by each head coach when the head official receives an affirmative response to the question: “Coach, are all of your players legally equipped by rule?”

IV. CLUB ROSTERS & STAFF

A. CLUB ROSTER SIZE – The active roster size is 19 players. Only the approved active roster players can participate on game day. Players shall be designated as follows: goalkeeper, defenseman, midfielder, or attackman.

- a. Players not listed on the active roster shall not dress in league uniforms and equipment for games and shall not be permitted in the team area during the game.

Only the active roster players may take part in official warm-ups.

- b. Exception – Any adjustments to a roster can only be approved by the league office. The opposing team’s head coach must be notified, but consent is not needed from on-site league official or the opposing team’s head coach.
 - c. A team shall be permitted a maximum of four long crosses on the field during live action.
 - d. All teams shall have at least two properly-equipped goalkeepers in uniform for each game, and the goalkeepers shall be listed on their team’s game day active roster.
 - e. If a team cannot keep 10 players in the game due to injuries, fouling out, or expulsions, the team may continue the game with fewer than 10 players with all rules remaining in effect. A player listed on the active roster as a goalkeeper may not enter the field of play as a defenseman, midfielder, or attackman unless his team has fewer than 10 players available.
 - f. All players must be listed by name, position, and jersey number on the game day roster, which shall be certified by the head official.
- B. DUTIES OF COACHES** – Each team may staff a maximum of three coaches at all times during game play. Only the coaches shall be permitted in their team’s coaches area. For clarification, the term “coach” does not refer to trainers, doctors, or equipment managers. One coach shall be designated as a team’s head coach. The head coach shall be responsible for making all of his team’s decisions that are not delegated specifically to his team’s game-day captain. The head coach shall be in control of and responsible for the actions of all non-playing members of his squad and the sideline personnel officially connected with his team.
- C.** To ensure the constant pace of the game, officials shall entertain questions from the head coaches only during halftime (and only after the four-minute warning), during officials’ timeouts, or during team timeouts. A team captain from each team may be present during the discussions.

V. OFFICIALS AND SCORERS

- A. GAME OFFICIALS** – Officials assigned by the league shall control the game. All PLL games shall consist of four on-field officials and one penalty area official. One official shall be assigned as the Head Official (aka, the Referee or Crew chief). The game officials are collectively appointed to control the game. When possible and necessary, one booth official shall monitor the penalty time and the game clock time.
- B. DUTIES OF GAME OFFICIALS** – The officials’ authority begins when the officials arrive on the field and ends when they leave the field of play after the game has ended. Officials shall be on the field at least 35 minutes before the scheduled start time. The duties of officials other than the penalty and/or shot clock official shall be equal in all respects, except that in the settlement of all disputes, the decision of the head official shall supersede that of the other officials and shall be final.
- a. The officials shall have authority over the play of the game and have control and

jurisdiction over the table personnel, players, substitutes, coaches, and anyone officially connected with either team.

- b. By sounding the whistle, an official may suspend the play of the game for any reason deemed necessary for the proper enforcement of the rules or conduct of the game. Uses of video instant replay shall not be permitted to review infractions unless such infractions involve goal/no-goal decisions, shot clock resets, or possession calls involving the boundary. The use of video instant replay shall be limited to a review of goal/no-goal, shot clock reset, or possession calls involving the boundary situations and the possible overturning of the officials' decisions on those matters.
 - c. The officials shall keep a record of the number of team timeouts.
 - d. The "bench-off official" is required to signal all officials' timeouts, team timeouts, and period expirations with using a whistle, horn, or hand signal, as appropriate.
- C. APPROVAL OF SCORE – At the end of each period, the head official shall check and approve the score. The head official's approval of the score at the end of the game terminates the jurisdiction of the officials. When the head official leaves the field of play at the end of the game, the officials' jurisdiction has ended, and the score has been approved.
- D. TIME AND PLACE OF JURISDICTION OF OFFICIALS – Jurisdiction includes the periods when the game may be stopped momentarily for any reason.
- E. BOX OFFICIAL – An official acting as the penalty and/or shot clock official and serving as a game official shall have supervision over the substitution area and complete jurisdiction over the penalty areas, the coaches areas, and the team areas.
- F. TIMEKEEPERS – The official timekeeper shall be responsible for the official timing of the game. The timekeeper shall:
- a. Keep an accurate account of the game time remaining in each period.
 - b. Start and stop the game clock when required by the rules. If the game clock is not already running, the game clock starts on an official's whistle to restart play. PLL games use four quarters of 12 minutes each. The first 11 minutes of each quarter is running-clock time and the last one minute of each quarter is stop-clock time.
 - 1. First 11 minutes of each period – Once a period starts, the game uses a running clock until the last minute of each period. During the first 11 minutes of each period, the game clock continues to run, except: (i) during timeouts, (ii) after a goal is scored but before the next faceoff, or (iii) whenever play is suspended and a time-serving penalty is to be reported. For items (i) (ii) and (iii), the game clock shall restart on the next whistle resuming play.
 - 2. Last minute of each period – During the final minute of each regulation and overtime period, the game clock switches to stop-time and the game clock starts/stops on the whistle.
 - 3. At all times during the game, officials shall make best efforts to conduct restarts

that consume no more than five seconds of dead-ball time.

- c. Keep an accurate account of penalty time and to inform the penalized player(s) when the penalty time elapses and when the player is released. Notice to the penalized players shall be given at intervals of 15 seconds and counted down aloud for the final 10 seconds. Note: A separate penalty timekeeper is required to keep penalty time.
 - d. Signal the nearest on-field official and the announcer's booth in the event of a timing discrepancy.
 - e. Notify the nearest on-field official one minute before the end of each period.
 - f. Keep an accurate record of the time of intermission between periods and notify each team four minutes before the start of the second half.
- G. STATISTICIANS – A statistics crew consisting of a minimum of the scorer, a computer input person, and one spotter shall be assigned to each game by the league office. The statisticians shall complete the official scoresheet for each game and shall be responsible for keeping a record of the number of goals scored, assists made, and the name and number of the player making the score or the assist. Statisticians shall also:
- a. Keep a record of the time and period of all goals scored.
 - b. Verify the score with the head official at the end of each period.
 - c. Keep a record of the name and number of each player penalized, the infraction, the penalty time, and game clock time remaining in the period, and the period number of when the infractions occur.
 - d. Keep a record of additional game statistics, including but not limited to, shots on-goal, shots off-goal, ground balls, faceoff wins, faceoff attempts, and goalkeeper saves.
- H. SHOT CLOCK OPERATOR – The league shall assign an individual to operate the shot clock at each game. Such individual shall be seated at the scorer's table or in the press box and shall work alongside the officials to start, hold, and reset the shot clock. The shot clock operator is recognized by the league as a game official. The shot clock operator shall stop and start the shot clock with the game clock. In the event one or both shot clocks malfunction, the following procedure must be followed:
- a. Play shall be immediately suspended.
 - b. The Public Address (PA) announcer shall inform the crowd, and the PLL Onsite Operations Crew shall respond accordingly. The remaining shot clock shall be positioned at midfield opposite the player benches facing the field, visible to players and fans, if venue accommodations allow.
 - c. If both shot clocks malfunction, the shot clock shall be manually kept by a designated bench official and verbally communicated to all on-field personnel by the bench-off official.
 - d. The head official maintains final authority over all game clock management.

- e. Ball retrievers – When available, ball retrievers or a designated staff member must reset the balls as necessary throughout the game on each end line and sideline. Balls shall only be reset when the live ball is on the opposite side of the field. Any player possessing a ball for an out-of-bounds restart shall obtain the ball from the ground.

VI. TIME FACTORS

- A. **LENGTH OF GAME** – The regulation playing time of a game shall be 48 minutes, divided into four periods of 12 minutes of “running time” each. No variations in playing time are allowed unless prior written consent is granted by the league. The opening faceoff shall trigger the start of the game clock, and the game clock shall be stopped only under the following circumstances:
 - a. End of a period.
 - b. Goal scored.
 - c. Whistle signaling the stoppage of play in the final minute of each period.
 - d. When play is suspended and a penalty report is pending, the game clock does not run from the start of the official’s penalty report up through the official’s signal to resume play. If the offending player does not report to the penalty area once play has resumed, an illegal procedure penalty shall be assessed.
 - e. Television timeout, as pre-determined by the media production crew (see Section X.J, “Television Timeout” on page 23).
 - f. Team timeout.
 - g. Official’s timeout, such as to treat an injured player.
 - h. Weather or other adverse conditions that place the health of game participants at risk.
 - i. For any reason, at the discretion of the head official.
 - j. Exception: If there is a flag thrown on the team that is ahead and the whistle is blown with 10 seconds or less left in the game, 10 seconds will be added to, if any, time left on the game clock. The Penalty, if applicable, will carry into OT.

Note: Whenever the game clock is stopped, the game clock shall restart once play resumes.
- B. **INTERVAL BETWEEN PERIODS** – There shall be a three-minute interval between the first and second periods and between the third and fourth periods of a game. Halftime shall consist of a 12-minute interval between the second and third periods. At the discretion of the head official or the on-site league representative, the duration of halftime may be modified. During all intervals between periods, all rules governing play of the game remain in effect. During halftime, both teams shall leave the field and not return to the playing field until eight minutes have elapsed.
- C. **OVERTIME** – In the event of a tie at the end of the regulation game, play shall be continued after a three-minute intermission for sudden-victory overtime. A coin toss shall take place at center field to determine which goal each team defends first, but the

alternate possession arrow remains unchanged.

- a. The teams shall play one overtime period consisting of a maximum of 12 minutes of running clock time until a goal is scored, thus deciding the winner. Team timeouts are not permitted during overtime. Stop-time rules are in effect during the final minute of overtime.
- b. If no goals are scored in overtime of a regular-season game, the game ends in a tie. If no goals are scored in overtime of a playoff game, additional 12-minute overtime periods are played until a winner is decided with the teams switching goals after each overtime period.

D. **TEAM TIMEOUTS** – Each team is allotted Two 60-second team timeouts and One 30-Second team timeout per game. Team timeouts may not be called between periods. Each team may use all three of its team timeouts in the first half, but each team may use a maximum of only two of its three allotted team timeouts in the second half. No team timeouts are allowed in overtime.

- a. In order to distinguish a 30-second versus a full timeout, a 30 second timeout call by coaches is indicated by tapping on the shoulders to the lead official.

E. **INTERRUPTION OF GAME** – If a game is interrupted because of events beyond the control of the responsible authorities, the game shall be continued from the point of interruption unless the league designates otherwise. Both teams are permitted to make roster changes if the game continuation occurs on another date.

VII. RECORDKEEPING

A. **DEFINITIONS OF GAME STATISTICS** – The following definitions shall be adhered to when tracking game statistics:

- a. **Goal** – A goal is recorded when the ball is propelled into the goal and completely through the imaginary plane formed by the rear edges of the goal line, the vertical posts, and the crossbar of the goal (see Section XIV, “Scoring” on page 30, for procedures governing the determination of a goal’s point value). Players may kick a ball into the goal. Players may not use their hand(s) to propel a ball into the goal. A two-point goal counts as one goal and two points.
- b. **Winning team** – The one with more points at the end of the game.
- c. **Losing team** – The team with fewer points at the end of the game.
- d. **Save** – A save is recorded any time a ball propelled toward the goal mouth is stopped or deflected by the goalkeeper’s body, crosse, or equipment.
- e. **Assist** – A direct pass by a player to a teammate who scores a goal as part of a continuous flowing play is credited with an assist.
- f. **Own Goal** – A goal scored by a member of the defensive team in its own goal shall be credited (along with a shot on goal) to the player on the offensive team who last touched the ball, or if not known, to the player on the offensive team nearest to the ball when it scores. All own goals shall count as one point, regardless of where the “shot” originated.

- g. Time of Goal – The time of a goal is the time remaining in the period when the game clock is stopped after a goal is scored.
- h. Shot – A ball propelled toward the goal by an offensive player, either by being thrown from a crosse, kicked, or otherwise physically directed (except by the glove/hand). A ball that enters the goal as a result of being propelled by the offensive team shall be credited as a shot. A shot is credited only when the shooter has reasonable control of the ball before the shot or when a controlled effort can be construed (i.e., a ricochet that is directed by the goal scorer). Otherwise, a ball that ricochets off another player and scores shall be awarded as a shot by the player who originated the shot. In the case of an own goal, no shot is awarded. If a shot is released from the crosse prior to the horn signaling the end of a period or expiry of a shot clock, and the ball in flight does not contact an offensive player’s body, equipment, or crosse prior to entering the goal, the goal shall count.
- i. Clear – A clear is the movement of the ball from a team’s defensive end of the field into its offensive end of the field. A clear fails when this attempt is unsuccessful. A successful clear is awarded to the clearing team only if establishes possession on its offensive half of the field after having started possession in its own defensive half of the field. Successful clears shall not be credited for the initial possession after a faceoff whistle sounds or for changes of possession that originate in a team’s offensive half of the field.
- j. Extra Man Opportunity – Any situation when a team is playing one or more players shorthanded or extra due to time-serving penalties, the situation shall be deemed an extra man opportunity. If both teams have an equal number of players on the field but are short of a full 10 players (e.g., each team is man-down by the same amount), the situation is not an extra man opportunity.
- k. Ground Ball – A player is credited with a “ground ball” any time he possesses a loose ball on the ground during live action. Possession is defined as the player being able to perform the normal functions of possession (i.e., cradle, pass, or shoot). Should possession not be obtained, a ground ball shall not be credited statistically. A player may not drop the ball of his own volition, regain possession, and be credited with a ground ball.
- l. Faceoff Win – A faceoff win shall be awarded to a team if it gains possession of the ball during live action after the faceoff whistle has sounded. This is an individual statistic, so only the faceoff player is awarded the “faceoff win” even his teammates are the ones who gain possession after the faceoff whistle has sounded, regardless of whether or not the faceoff player played a role in securing possession of the ball.
- m. Caused Turnover - A caused turnover is credited to a player when the player’s positive, aggressive action causes a turnover by the opponent. A turnover may not always emanate from a caused turnover. Thus, the number of caused turnovers by a team will always be less than or equal to the number of turnovers committed by

the opposing team. Caused turnovers shall only be awarded to an individual player, and only one caused turnover can be awarded per turnover.

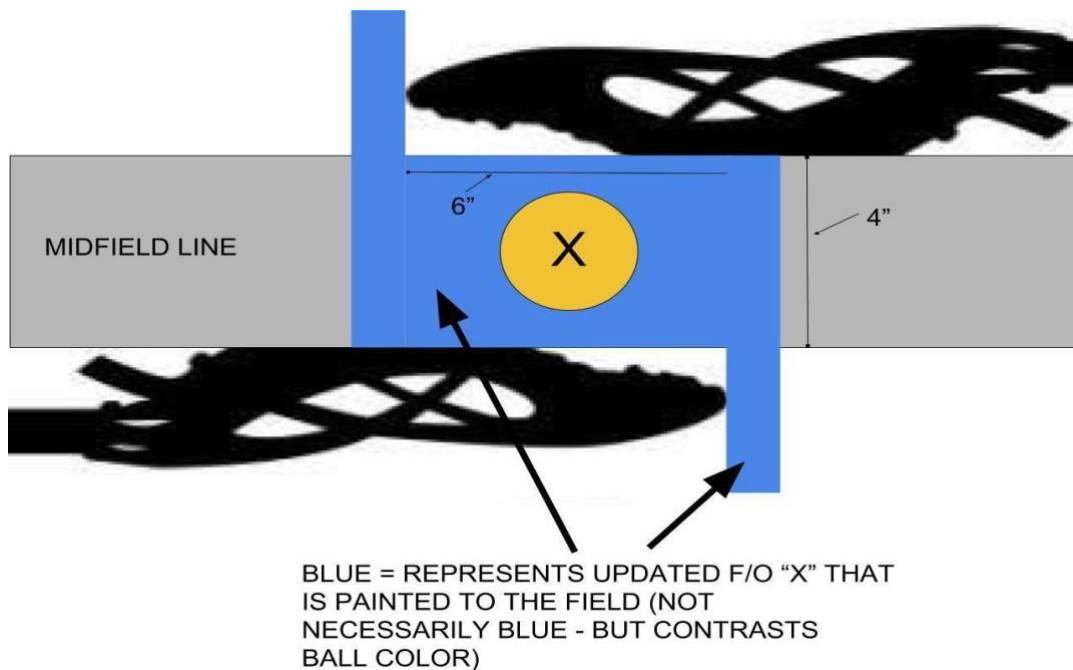
VIII. PRE-GAME PROCEDURES

- A. **CAPTAINS** – Each team shall designate one game-day team captain from the active roster at the beginning of the game, who shall act as that team’s representative on the field of play during the game. The captain’s privilege does not grant a captain the right to enter into an argument with or criticize any decision of an official. Two additional alternate captains may be designated and shall serve in the captain’s capacity if the captain is unable to perform his duties.
- B. **IN-HOME** – One designated player shall be designated by the head coach as the “in-home” prior to the game and shall subsequently serve penalties assessed against a team’s non-playing personnel or penalties assessed when the player committing the foul cannot be determined. Penalties served by a player as the in-home are excluded from that player’s totals for fouling out.
- C. **GAME DAY ROSTERS** – Prior to the opening faceoff, PLL pre-game procedures as described below shall be implemented. These procedures shall not vary, but additional activities may be included based on the game day entertainment, presentations, or other recognitions. The standard PLL-required procedures are as follows:
 - a. **Roster Delivery** – Each team shall deliver a copy of its game day team roster to on-site league designee, the broadcast partners, including the radio production crew (if applicable), the statisticians, the press box personnel, the head official, and the opposing team.
 - b. **Signed game-day rosters** shall be made available to the head official and on-site league designee by both teams at their respective locker rooms 90 minutes prior to the scheduled start time of the game.
- D. **WARM-UP** – Each team shall be entitled to a concurrent pre-game warm-up period of 30 minutes, which shall begin one hour prior to faceoff. Beginning with official warm-ups one hour prior to the game, only the game-day roster players may be in uniform and participating on the field. After the pre-game warm-up period, the field manager shall direct the teams to the locker rooms.
- E. **COIN TOSS** – Team captains shall accompany the official(s) to midfield following the team warm-up period and prior to the introduction of the teams to participate in the coin toss and hear any pre-game instructions from the head official. The visiting team shall call “Heads” or “Tails” when the coin is in the air. The winner of the coin toss shall select either: (1) First alternating possession, or (2) The goal his team wishes to defend at the start of the game. The loser of the coin toss gets the choice not selected by the winner of the coin toss. For overtime, captains meet again with the head official at midfield for a coin flip but only to decide the choice of goal to defend to start overtime. Alternate possession in overtime remains as it was at the end of regulation time.

- F. **TEAM ENTRY ONTO FIELD AND PLAYER INTRODUCTIONS** – The starting players shall enter the field prior to the start of the game for introductions and the national anthem(s). Each team’s player introductions shall follow the following procedures:
- a. Positioning of players – Players shall remove their helmets and position themselves at the midfield line in presentation formation, per the game day information provided by the home team.
 - b. Introductions – The league shall script the introductions for the announcer. The players in the starting lineups shall be announced over the PA system. The coaching staff and players shall comply with the introduction procedures designated in the game day timeline and game day information.
 1. The visiting team’s starting lineup shall be introduced in positional order.
 2. The home team’s starting lineup shall be introduced in positional order.
 3. The head coach and assistant coaches shall remain on the sidelines but may be introduced by the announcer.
 - c. National anthem(s) – The national anthem(s) shall be played at the time(s) prescribed by the game timing sheet.
 1. For the playing of the national anthems, all players shall stand at attention with helmets removed and face the flag(s).
 2. Order of national anthems – The national anthem of the United States shall be played or performed live according to the game day timeline before all games. All PLL games played in Canada shall play the US anthem first and the Canadian anthem second. While teams are on the field during the national anthems, both teams shall remain in public view, stand at attention, face the flag with helmets off, and remain in-line until the conclusion of all pre-game presentation activities.
- G. **POST-GAME PLAYER PROTOCOLS** - At the conclusion of the game, players may voluntarily recognize their opponent, sign autographs, and make requested appearances with media and sponsors prior to exiting the playing field. The league does not promulgate any formal handshake procedures for the post-game, but good sportsmanship is encouraged. Players shall clear the field of play within 10 minutes of the conclusion of the game or at a time specified by the league’s on-site designee.

IX. INITIATING PLAY OF THE GAME

- A. **FACING OFF PROCEDURE** – Unless a penalty dictates otherwise, play shall be started at the beginning of each period, including overtime, and after each goal by facing the ball at the center of the field. Faceoffs are also used to start periods that begin with a team having possession, or is entitled to possession, even when a period ends with an extra man opportunity. Teams shall have a maximum of 30 seconds to prepare for the next faceoff after a goal is scored. The faceoff procedure is as follows:



- a. The official shall indicate to the players the spot on which the faceoff shall take place, place the ball, and step 6-8 yards back from the scrimmage area. Once he is away, the official shall instruct the players to prepare for the faceoff by saying "down." Players may not reset their body position once the official has initiated the faceoff position.
- b. Once the players are down, they shall move into their faceoff position as quickly as possible. Players may kneel or stand for the faceoff. If a player delays getting into his proper position, the ball shall be awarded to the offended team.
- c. The crosses and gloves shall rest on the ground along the midfield line, parallel to each other up to, but not touching, the center line or the faceoff positioning lines.
- d. The official shall make certain that the reverse surfaces of the crosses match evenly and are perpendicular to the ground. The face of the crosse head shall be straight up and down and at a 90-degree angle to the ground. Each player must have both hands on the handle of his crosse with both gloved hands touching the ground and not touching strings or the plastic of the head of a crosse. A player's feet and gloved hands shall be to the left of the plastic head of the crosse, and the player's feet shall be behind the center line. No part of a player's crosse, body, or protective equipment shall touch the center line, the ball, or the opposing player or his equipment. Players may lean over the center line, if desired.
- e. If a faceoff player delays the faceoff sequence, such as by backing out or standing up after the crosses are placed on the ground, possession of the ball shall be awarded to the offended team on its offensive half of the field. If a player delays for any reason, including speaking to the official, after the game clock has restarted

following a goal scored, the ball shall be awarded to the offended team. The use of the “standing neutral grip” is not required.

- f. Once the official is satisfied with the placement of the ball and the position of each player, the official shall say “set,” and sound the faceoff whistle. The “set” call shall vary between 1-2 seconds AFTER the official has given the “down” command.
- g. The players who are restrained behind the two-point arcs shall remain in their restrained areas after the faceoff whistle sounds until either: (1) possession is gained by either team (“possession” is signaled by an official) or (2) the ball crosses a two-point arc (“play” is signaled by an official).
- h. Once the whistle has been blown to start a faceoff, any subsequent whistle for an infraction (e.g., faceoff violation, loose-ball technical foul, loose-ball personal foul) that occurs before possession is gained by either team triggers an immediate release of all players from behind the two-point arcs unless the rules require a re-face of the ball.
- i. The faceoff is considered to have ended when a team gains, or is awarded, possession of the ball or when the ball goes out of bounds.
- j. The faceoff has not ended and the ball shall be refaced in the following instances: (1) The ball goes out of bounds and officials cannot determine the last player to touch the ball, (2) An inadvertent whistle is blown prior to possession, (3) An injury occurs prior to possession, (4) Simultaneous fouls of equal team penalty time occur, (5) An official calls timeout before possession is awarded, or (6) The ball becomes stuck in a player’s uniform or equipment other than a crosse.

B. FACING OFF PROHIBITIONS – The following restrictions apply to the procedures for facing off:

- a. While the faceoff players are battling for control of the ball, the faceoff players’ bodies, crosses, or equipment shall not be touched or checked by any of the non-faceoff players. This restriction expires when the ball reaches a distance of at least one yard from the faceoff spot. The crosse of each player facing off is not considered part of the player and a play can be made on the ball by another player on the faceoff.
- b. During a faceoff, a faceoff player may not deliberately grab, hold, or direct the ball with the hand.
- c. During a faceoff, a faceoff player shall not make intentional contact with his opponent’s crosse with his head, arm, hand, fingers, forearm, knee, feet, or any other part of his body. Crosse-to-crosse contact is legal.
- d. During a faceoff, a faceoff player shall not make contact with the plastic head of his own crosse with his head, hand, fingers, arm, forearm, knee, feet, or any other

part of his body. Incidental contact between the upper gloved hand grasping the crosse and the bottom of the plastic head is legal.

- e. During a faceoff, a faceoff player may not pin his opponent's crosse to the ground.
- f. A violation shall be called if a player picks up and carries the ball on the back of his crosse. Only the faceoff players may pick up the ball by clamping it with the back of the crosse, but the ball must be unstuck by moving, raking, or directing it immediately. Immediately is defined as "no more than one step."
- g. Once a player wins the clamp, he is allowed a maximum of one step to unstick the ball from the back of the crosse, and the action shall be in one continuous motion.
- h. **Player(s) may not use a long crosse to faceoff.**
- i. When a player or team commits a foul before or during the faceoff, the ball shall be awarded to the offended team.
- j. When a faceoff violation occurs, the ball shall be awarded to the offended team at either:
 - 1. The spot of the foul, if the infraction occurs in the offended team's offensive side of the field.
 - 2. The center **line** if the infraction occurs in the offended team's defensive half of the field.

C. POSITIONING OF OTHER PLAYERS FOR FACEOFFS – The positioning of the other players on the field before the start of a faceoff shall be as follows:

- a. When a team has all of its players on the field, it shall have its goalkeeper and three other players behind of its defensive two-point arc, three players behind its offensive two-point arc, one player in each wing area, and one faceoff player. When the whistle sounds to start play, all on-field players are released from their restrained locations.
- b. If a team has one or more players out of the game (e.g., injuries or penalties), it shall have the required number of players behind its offensive and defensive two-point arcs, thus reducing its number of midfielders. No team shall be more than three man-down because of penalties. If three players from the same team are serving penalties and a faceoff is pending, a team shall bring one of the players from behind its defensive two-point arc to take the faceoff but with offside rules remaining in effect.

X. STANDARD GAME PLAY/GAME MANAGEMENT PROCEDURES

A. PLAY OF THE BALL – The following definitions shall prevail in play of the ball:

- a. **Player Possession** – A player shall be considered in possession of the ball when he can perform any of the normal functions of control, such as carrying, cradling, passing or shooting. A player does not need to be in contact with the ground for possession to be awarded.

- b. Team Possession – A team shall be considered in possession of the ball when a player of that team has possession of a live ball or during a dead ball when a team is entitled to possession of the ball.
 - c. Loose Ball – Any live ball that is not in the possession of a player is a loose ball. This includes passes and shots.
 - d. Clear – A successful clear occurs whenever a live ball is in a team’s offensive half of the field within 20 seconds of the start of the shot clock.
 - e. Valid Shot – A ball is defined as a valid shot when a loose ball propelled in the direction of the goal cage contacts the defending team’s goalkeeper, the goalkeeper’s equipment, the goal posts or crossbar, or the goal netting, or scores a goal.
- B. SUSPENSION/STOPPAGE OF PLAY** – Play shall be suspended any time a live-ball whistle is blown, such as when the ball is out of bounds, a goal is scored, or timeout is called.
- C. CLOCK MANAGEMENT** – Except during timeout, the game clock shall run continuously during the first 11 minutes of each regulation period. During the last minute of each regulation period, the game clock shall switch to stop-time (i.e., game clock stops and starts on the whistle), except that the game clock continues to run during the stoppage for a non-time-serving foul when the ball does not go out of bounds. During the last minute of each period, the shot clock and penalty clock shall stop whenever play is suspended, such as when the ball goes out of bounds or a goal is scored, and the clock(s) shall be restarted upon the official’s whistle resuming play.
- D. AWARDED POSSESSION OF THE BALL**
- a. Player in Possession – When a player with the ball in his possession steps on or beyond a sideline or end line or touches anything that is out of bounds, the ball is considered out of bounds and the player shall lose possession. The ball shall be awarded to any player of the opposing team who is positioned to resume play immediately at the spot where the ball was declared out of bounds. However, for any out of bounds situations that occur through either wing area, play shall be resumed at the tip of the wing line on the half of the field where the ball went out of bounds. On any restart, no other on-field player may be within five yards of the player with the ball. Repeated violations of an official’s warning shall result in a technical foul for delay of game.
 - b. Loose Ball – When a loose ball touches a sideline, an end line, or anything that is outside the sidelines or end lines, the ball is considered to be out of bounds, and the following rules apply:
 - 1. Except on a shot or deflected shot at the goal, possession is awarded to the team that did not touch the ball last before the ball was declared out of bounds.

2. On a shot or deflected shot at the goal, possession is awarded to the team whose inbounds player is closest to the ball at the instant the ball breaks the plane of the sideline or end line. A shot or deflected shot remains classified as a shot until the ball comes to rest on the field of play, a player gains possession of the ball, the ball is declared out of bounds, or a player causes the ball to go out of bounds.
 3. Play shall be restarted at the inbounds spot nearest to where the ball was declared out of bounds and one yard away from the sideline or end line, or for safety reasons, five yards from the sideline in front of the substitution area.
 4. If the team awarded the ball fails to be ready to restart within five seconds, a technical foul for delay of game violation shall be called.
- E. **CROSSE OUT OF POSSESSION** – If a player loses possession of his crosse (i.e., a loose crosse) and in attempting to retrieve it puts his team offside or in the opponent's crease area, he shall be allowed to retrieve the stick without penalty only if:
- a. The player does not interfere with the play of game AND,
 - b. The player receives prior permission from the nearest on-field official to retrieve the crosse.
- Note 1: Failure to abide by both provisions shall result in a technical foul.*
- Note 2: A goalkeeper is permitted to reasonably remove an opponent's crosse out of the crease if the loose crosse disadvantages the defending team or presents a health risk to either team.*
- F. **BALL STUCK/CAUGHT IN UNIFORM OR EQUIPMENT** – If the ball becomes stuck in a player's crosse, except as allowed by a faceoff player's pickup technique, it shall be an immediate turnover. If the ball is caught in a player's uniform or in his equipment other than the crosse, play shall be suspended immediately and possession shall be awarded using the alternate possession rule. Neither situation applies to a designated goalkeeper if he is within his goal-crease area at the time the ball becomes stuck in his equipment or the goal netting. In this case, possession shall be awarded to a player on the defensive team laterally outside the two-point arc.
- G. **RESTARTING PLAY** – Once an official has signaled the ball ready for play, play shall resume within five seconds. Play may be resumed immediately after the ball is signaled ready for play if a player of the team awarded the ball is at the spot of the ball and the officials are in position to officiate the restart. **EXCEPTION:** See Section XX.C "Resuming Play After Penalty" on page 50) for the restart following penalty enforcement. Any violation that occurs while the ball is in the goal-crease area shall result in the ball being awarded to the offended team outside the two-point arc.
- H. **CHANGE OF GOALS DEFENDED** – At the conclusion of each period, the teams shall change goals defended.

- I. OFFICIALS TIMEOUT – An official may suspend play at his discretion if a player loses any of his required personal equipment during game play or a player is injured.
- a. If in the judgment of the official the injury is serious, play shall be suspended immediately using an official’s timeout. Teams are permitted to go to the sideline to talk to their coaches, provided none of the coaches come onto the field. The game clock shall continue to run unless an official signals for a stoppage of the game clock. Lost time shall not be restored. Officials shall restart play as soon as the injured player has been removed from the field. Player substitution is permitted. If the game clock is stopped for the injury, the player must be substituted.
 - b. If in the judgment of the officials the injury is not serious, the officials shall delay the sounding of the whistle, as follows:
 1. If the attacking team is in possession of the ball in its defensive half of the field, the whistle shall be sounded immediately.
 2. If the attacking team is in possession of the ball in its offensive half of the field, the whistle shall be withheld until the play is completed.
 3. If the ball is not in the possession of either team, the whistle shall be withheld until possession is secured, and then the previously listed steps 1 or 2 shall be followed.
- J. TELEVISION TIMEOUT – Television timeouts are mandatory in all PLL games. Television timeouts shall occur at the first available situation of a shot-clock reset AND dead-ball stoppage of play under the seven-minute mark in each quarter (excluding overtime) and shall last 90 seconds each. For certain games, a television timeout may be canceled to accommodate shorter broadcast windows. Officials and teams shall comply with all league guidelines and instructions in regard to these timeouts. Television timeouts may be moved in the case of inclement weather.
- K. BLEEDING – Whenever a player suffers a laceration or wound where bleeding occurs, an official shall stop the game at the earliest appropriate time, and the player shall be removed from the field for medical treatment and shall not reenter the game without approval of the medical personnel.
- a. If an official notices bleeding during a play in which it is apparent that a scoring attempt is imminent, the official shall delay the whistle until the play is completed.
 - b. When a player’s skin, uniform, or other personal equipment has blood on it (whether it is the player’s own blood or someone else’s), play shall be suspended at the earliest appropriate time and the player shall leave the field for treatment by medical personnel. The team’s medical personnel shall determine if any piece of the uniform or personal equipment must be changed before the player reenters the game.

- c. A team can call a timeout to keep a bleeding player in the game. However, in order for that player to remain in the game, the bleeding must be corrected before the timeout ends.
 - d. If an official stops the game for bleeding and either team calls a timeout, the player can remain in the game if the bleeding is corrected before the timeout ends.
 - e. In the event that a timeout is taken to allow a player to remain in the game but the player involved is not ready to play at the end of the timeout, the player must be replaced by a substitute.
 - f. If a change in uniform causes a jersey number change, the player must report that change to the penalty area official before being permitted to reenter the game.
- L. TEAM TIMEOUTS – A team’s head coach or any on-field player of the team in possession or entitled to possession may request an official to call timeout anywhere on the field. Team timeouts shall be limited to Two Timeouts with a maximum of one minute, and One Timeout with a maximum of 30 seconds.
- a. During live action, team timeouts may only be called by the team in possession of the ball, and such timeouts can be called when the ball is anywhere on the field.
 - b. During live action, a team timeout may be called only when the player in possession of the ball has part of his body in contact with the ground.
 - a. During a dead ball, only the team entitled to possession may call a timeout.
 - 1. Exception to this rule is when a dead ball penalty is being officiated.
 - b. Team timeouts may be called by either team following a goal.
 - c. Once a team has called timeout, that same team may not call an additional timeout unless some amount of time has elapsed on the game clock.
 - d. Timeouts called between periods are charged to the preceding period.
 - e. During timeouts and between periods (except for halftime or to tend to an injured player), coaches shall remain in their respective coaches areas.
 - f. Calling a timeout when none are available shall result in a technical foul for illegal procedure.
 - g. Both teams shall be ready to resume play within 20 seconds of the end of a timeout.
 - h. Any suspension of play because of an injured player, whether called by an official, coach, or captain, shall not be charged as a team timeout if the injured player is removed from the field without a material delay of the restart (e.g., player with a cramp hobbles off the field). A substitute for the injured player must report immediately.
 - i. The restart spot shall be where the ball was when timeout was called, as long as the ball is outside the attacking team’s offensive two-point zone and at least five yards from the substitution area.
 - j. The shot clock does not reset for any kind of timeout (i.e., team or official’s).
 - k. A team timeout shall be used if a team desires to suspend the game to warm up a

goalkeeper that the team has substituted into the game. An active roster player shall conduct the warm-up, which must be completed within the time allotted.

M. ILLEGAL EQUIPMENT AND EQUIPMENT INSPECTION – Any player is subject to having his equipment inspected by an official.

- a. Officials shall conduct random inspections of a player's equipment at the conclusion of the first and third periods. Violations found shall be penalized.
- b. The following procedures apply:
 1. Officials shall select players whom they suspect may be using illegal equipment, who are involved in the scoring, or who frequently are involved in ball-handling situations.
 2. A player need not be on the field in order to have his equipment inspected.
 3. Players or coaches shall not attempt to influence the official's decision as to which player's equipment is inspected.
 4. When a head coach requests a "stick check" or an "equipment check" of an opposing team's player, all of that player's equipment, including the crosse, shall be inspected.
 5. A crosse and/or equipment found to be illegal shall be penalized.
 6. Once a player is selected by an official or head coach for an inspection, that player shall not touch the head of his crosse or any of its strings whatsoever until the inspection is completed by the official. Any such violation shall result in an automatic one-minute nonreleasable penalty for unsportsmanlike conduct penalty, and subsequent crosse violations found are also penalized.

N. PLAYING WITH A BROKEN CROSSE OR PLAYING WITHOUT A CROSSE – A player is not permitted to be involved with the play of game while possessing a broken crosse, but can continue to play positional defense without his crosse.

- a. Any player whose crosse breaks during live action shall leave the field of play, except he may continue to play positional defense without his crosse if the other team has possession of the ball. That player may not take possession of a crosse from a teammate on the field of play. If a player who remains involved with his team's defensive efforts while still holding a broken crosse shall be assessed a technical foul for illegal procedure, but exiting the field while removing a broken crosse is legal. The officials shall use their discretion to determine if a player without a crosse remains involved with the play and may also stop play if a broken crosse causes a dangerous situation.

O. GAME DELAYS, POSTPONEMENTS, AND CANCELATIONS

- a. Procedure – A league designee shall be named, who shall be the primary league supervisor for that game. The league designee's mobile phone number and work phone number shall be included on the game "Run of Show" document. If no designee is present, at least one alternate shall be named as a contact person. Every effort shall be made to contact the league as soon as a problem develops.

- b. Authority to delay or cancel a game – The league office shall have ultimate authority to delay, postpone, or cancel any game. A game may be delayed, postponed, or canceled due to: (i) the failure of one or both teams to arrive, (ii) a lack of preparedness of one or both teams to begin or to continue playing a game, or (iii) unfavorable weather and/or other adverse conditions beyond the control of the participating teams that would make the playing of the game impractical or dangerous for the players, other participants, or spectators. It is important that the rules and procedures of this section are explicitly followed in determining whether to delay, postpone, or cancel a game.
- c. Game delay – If one of the conditions set forth above exists, the league office, in consultation with the league designee, the respective head coaches of each team, and the head official, may delay the start of the game for up to twenty minutes. If the game is televised, the television producer shall also be consulted prior to the decision.
- d. Game shortening techniques – The league designee, in consultation with the head official, may shorten or cancel timeouts in order to expedite the completion of the game. Teams shall be given as much advance notice as possible for such techniques.
- e. Plan for lightning/storm delays – The League shall confirm that each venue has a detailed lightning/storm delay plan that includes the following:
 - 1. Names and contact information of those in charge of decision-making [minimum of one per venue and one per team].
 - 2. Procedure for making direct contact with the weather bureau and/or establishing direct access to weather radar information.
 - 3. Interim entertainment plan (e.g., use of music, video board).
 - 4. Provisions, the including location, for a lightning/storm delay meeting, which shall include league designee, the head official, and the media partner’s producer.
 - 5. Contact information of league office personnel involved in any delay decisions.
 - 6. Procedure for providing updates to spectators and media.
 - 7. Formal written procedures published and posted to accomplish the above.
- f. Game cancelation (prior to game start) – Prior to the start of a game, only the league designee, the head official, and a representative of each team shall determine whether or not a game will be canceled. Every attempt shall be made to play the game regardless of the length of the corresponding delay. Cancelations shall be considered only in extreme situations (e.g., a flooded playing field, life-threatening weather, or possible structural damage to the venue). In the case of weather delays, play can generally resume after the storm has passed.

- g. Delay the start of a game – Prior to the start of a game, the league designee shall have ultimate authority on the decision to delay the start of a game for any reason, such as to accommodate other television programming. Teams and the media partner shall be informed of the potential for a delayed faceoff as soon as practicable.
- h. Game cancelation (after game start) – Once a game has commenced, only the head official shall have the authority to cancel the game, and may only do so only for one of the reasons set forth in Section X.O, “Game Delays, Postponements, and Cancelations” on page 25. If due to unfavorable weather, unless a risk to personnel and spectator safety exists, the head official shall wait a minimum of 20 minutes, excluding halftime, and consult with the league designee before canceling the remainder of a game. It is not necessary to wait an additional 20 minutes if a subsequent game stoppage is caused by the same conditions. The head official and teams shall make all efforts to play the game unless otherwise directed by the league.
- i. Game cancelation criteria – Game cancelations shall occur only in the most extreme circumstances. However, the personal safety of the game participants, game personnel, and spectators shall always be the highest priority. Other factors include whether teams have requested the cancelation, the difficulty in rescheduling the game, television or media partner broadcast considerations, current and forecasted weather conditions, travel conditions, the whereabouts of teams and officials (if not present), and the likelihood of the teams and officials reaching the venue.
- j. Rescheduling of a canceled game – The following rules govern the rescheduling of a canceled game:
 - 1. Games canceled before commencement of play – Games canceled pursuant to this section shall either be rescheduled by the league at the earliest possible time or canceled permanently.
 - 2. Games canceled after commencement of play – If a game is canceled after reaching or passing five minutes into the third quarter and one team is ahead, the game shall be considered complete, the score shall stand, and all game statistics shall be recorded. In all other scenarios (i.e., game fails to reach five minutes into the third quarter, or the game surpasses five minutes into the third quarter but is still tied), the game shall be treated as if it were canceled before it started, and the score and all game statistics shall not be recorded.
 - 3. Rescheduling considerations – The league shall have the authority to review all the facts, including fault on the part of either team, unavoidable conditions, requests by a team to take a particular action, and the best interest of the league and teams, in determining whether and when a game shall be rescheduled,

whether the game should be forfeited or canceled permanently, and/or whether fines should be levied. The integrity of the PLL shall be given considerable weight in the resolution of these matters. Unless the sanction or remedy is set forth specifically in any PLL rules or directives, the league shall decide what action to take, and this decision shall be final.

XI. SUBSTITUTIONS

- A. **SUBSTITUTION OF PLAYERS** – Substitution of players may be made at any time during play. The following rules shall govern all substitutions during game play:
- a. A player may not enter the substitution area for a pending substitution into the game until he is legally equipped.
 - b. During live action, the players leaving or entering the field of play must do so via the substitution area, and the substitute player must wait until such player leaving the field has entered the substitution area at which point the substitute player can then enter the field of play.
 - c. A player entering the field of play has the right of way over a player exiting the field. If an opposing player exiting the field interferes with a player entering the field, a technical foul shall be called.
 - d. Substitutes entering the field of play into their defensive half of the field have the right of way over any of the opposing team's players who are also in the substitution area waiting to enter the field.
 - e. Players in the substitution area may not interfere with opposing players therein.
 - f. A player in the substitution area who does not enter the field immediately upon a teammate's departure during game play shall be assessed a technical foul for illegal procedure (delayed substitution) if such delay benefits the offending team, as determined by the official.
 - g. All substitutions of crosses (such as short crosse for long pole prior to a man-down situation) shall be handed off through the substitution area or a team's own coaches area and crosses shall not be thrown onto or off of the field or between players. First violation shall result in a 30-second illegal procedure penalty to be served by the offender, or if indeterminate, the in-home.

XII. OFFSIDE

- A. **WHEN OFFSIDE** – A team is considered offside when it has more than six players on its offensive half of the field (including players in the penalty area) or more than seven players on its defensive half of the field (including players in the penalty area).
- B. **OFFSIDE ENFORCEMENT** – Offside is a technical foul that is adjudicated as follows:

- a. If only one team is offside, a technical foul is assessed against the offending team.
- b. If both teams are offside, play shall be suspended immediately, and both teams shall be placed onside. If one team had possession of the ball, that team shall retain possession. If neither team had possession of the ball, the alternate possession rule shall be used.

C. OFFSIDE, GOAL SCORED

- a. If the offensive team goes offside and a goal is scored, the goal shall not count, and the ball shall be awarded to the opposing team laterally outside its defensive two-point arc.
- b. If only the defensive team is offside and a goal is scored, the goal shall count, and the penalty is erased.
- c. If both teams are offside and a goal is scored, the goal shall not count. Both teams shall be placed onside, and the ball shall be awarded according to the alternate possession rule.

XIII. SHOT CLOCK

A. SHOT CLOCK TIMING

- a. Reset Procedures. During the shot clock, the shot clock shall start and stop with the official's whistle and be reset on the official's signal. The following conditions will start or reset the shot clock to 52 or 32 seconds:
 - b. Possession gained or awarded after a faceoff (32 seconds).
 - c. Change of possession (52 seconds).
 - d. A valid shot retained in the offensive half of the field by the offense shall be reset to 32 seconds if the shot clock is at or below 32 seconds at the time of the shot. If the shot clock is above 32 seconds, the reset shall be 52 seconds.
 - e. A valid shot that returns to the defensive half of the field and is possessed by either team (52 seconds).
 - f. A loose ball technical foul where possession is retained by the offense in the offensive half, and when adjudicated the shot clock is at or below 32 seconds, the shot clock shall be reset to 32 seconds; if the shot clock is above 32 seconds, the shot clock shall be reset to 52 seconds.
 - g. In a flag-down slow-whistle situation, the shot clock does not reset. However, once adjudicated, the shot clock shall reset to 52 seconds.
 - h. If there is a stoppage of play for a defensive injury, the shot clock shall be reset to 32 seconds if the shot clock is at or below 32 seconds at the time of the stoppage. If the shot clock is above 32 seconds, the reset shall be 52 seconds.
 - i. If officials stop the game because of a challenge by the defense (most notably, a challenge from their previous offensive possession), and the shot clock is at less than 32 seconds, if the challenge is unsuccessful, the shot clock will be reset to 32

seconds.

XIV. SCORING

- A. **GOAL VALUE** – A goal counts as one point if scored from anywhere that is not outside the designated offensive two-point arc. A goal counts as two points if scored from anywhere outside the designated offensive two-point arc.
- a. A player’s body must have last contacted the ground entirely behind the designated offensive two-point arc at the release point of the shot to be considered a two-point attempt. If any part of the player’s body is in contact with the ground inside or on the two-point arc, the shot shall be considered a one-point attempt.
 - b. All own goals count as one point, regardless of where the “shot” originated.
 - c. If a shot taken from outside of the two-point arc contacts any part of an offensive teammate (equipment or body) who is not fully outside the two-point arc, then the attempt shall be reclassified as a one-point attempt.
 - d. If a shot taken from outside the two-point arc contacts any part of a defending player (equipment or body), the point status of the attempted shot remains unchanged.
 - e. Any goal scored shall be credited to the offensive player (equipment or body) who last contacted the ball prior to it scoring. If an own goal is scored (i.e., no offensive player touched the “shot”), the goal is credited to the offensive player whose body part is nearest to the ball when it scores.
- B. **GOAL SCORED** – A goal is scored when a loose 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.
- a. A goal shall be counted after the period-ending horn sounds if both of the following provisions are met:
 1. The shot is released from the player’s crosse before the horn sounds.
 2. The ball does not make contact with the crosse of any offensive player after the horn has sounded. An unintentional ricochet of the ball off of any player’s body, including that of an offensive player, is allowed. However, an offensive player may not make intentional contact with the ball using his body (e.g., kick the ball into the goal).
- C. **GOAL NOT COUNTED** – A goal shall be disallowed when:
- a. The provisions of Section XIV.B, “Goal Scored” on page 30 have not been met.
 - b. A foul exists against the attacking team.
 - c. The offensive team has more than 10 players on the field, including its players serving time in the penalty area.
 - d. The offensive team is offside.
 - e. Both teams are offside.

- f. One of the officials sounds the whistle for any reason, even if the sounding of the whistle is inadvertent.
- g. When an offensive player throws his crosse with the ball in it, deliberately or accidentally, into the goal.
- h. When the head of the shooter's crosse comes off, either before or after the ball scores.
- i. An offensive player makes unavoidable contact with the goalkeeper or the crease before the ball scores.
- j. An official recognizes an offensive team's request for a timeout, even if the official does not have enough time to blow his whistle prior to the ball scoring.

XV. INSTANT REPLAY

A. REPLAY RULES

- a. Instant replay shall be used via a challenge system by the teams.
- b. Each team is allotted two challenges per game. If a team has no timeouts remaining, it cannot issue a challenge. Only the head coach can request a challenge. This is done by contacting any official during a dead ball. However, only the head official has the authority to grant the challenge.
- c. In the last two minutes of the fourth quarter head coaches may still request a replay challenge, but plays may also be reviewed at the discretion of the head official for any scoring play or potential scoring play.
- d. In all overtime periods no team challenges are allowed. Rather, replay challenges shall be reviewed at the discretion of the head official for any scoring play or potential scoring play.
- e. If an official acknowledges a request for a challenge but that team has no timeouts remaining, that team shall be assessed a technical foul and no challenge is conducted.
- f. When a challenge has been granted, the evidence is reviewed and the resolved by the head official in coordination with the game administrators.
- g. Outcome of the challenge:
 1. If the challenge is successful, the situation is fixed, no timeouts are lost.
 - If both challenges are successful, the coach earns the right for a third challenge under the same rules as all other challenges.
 2. If the challenge is unsuccessful, a team loses ones of its unused timeouts, and the lost timeout is not usable (i.e., the timeout is merely taken away).
 3. If, in the discretion of the head official, and due to a technical error or malfunction with the replay system, no visual evidence is available upon which to base a review, the challenging team shall not be charged a timeout or a challenge. Examples include, but are not limited to, malfunctioning replay equipment or the available camera angles fail to capture the action being

challenged (e.g., a player shooting a two-point shot is completely out of the frame). This is a much higher standard to meet than a mere “lack of visual evidence” when reviewing a play.

B. REPLAYS (WHEN ALLOWED) - A scoring replay may be used to determine the following:

- a. Whether the ball has completely crossed the plane of the goal.
- b. Whether a goal scored should be counted as a one- or two-point goal.
- c. Whether any offensive player prior to the shot on goal has committed an illegal crease violation prior to the ball crossing the plane of the goal.
- d. Whether the ball has been released from the crosse prior to the expiration of the period/audible sounding of the horn signal.
- e. Whether the attacking player makes bodily contact with the goalkeeper prior to the ball crossing the plane. The game broadcast shall show the actual, in-stadium game clock and shot clock on the screen for its game broadcasts.
- f. Whether any of the conditions were met to merit a shot clock reset.
- g. Whether a call award possession relating to a boundary was determined correctly.
 1. Included, but not limited to run outs, deflections out of bounds, last touched prior to out of bounds, or anything else involving the determination of possession by the boundary of the playing surface.
 2. This does not include subjective calls, including but not limited to, a shot versus a pass, loose ball push, moving pick, etc.

C. CHALLENGE PROCESS

- a. Red Flag: Only a red challenge flag can be used to initiate a replay request; no other item may be substituted. Coaches and teams are expected to bring challenge flags as provided by the PLL Onsite Operations Crew.
 1. Only the head coach can throw the challenge flag.
 2. If the head coach has been ejected from the game or is otherwise unavailable, one of the team’s assistant coaches shall be designated as the head coach, and he shall be responsible for throwing the challenge flag.
 3. If a goal is scored and a team requests a challenge, the head coach must throw its challenge flag on the field and have it seen by one of the officials prior to the ensuing faceoff whistle.
 4. If the challenge of a goal takes place at a break (e.g., media timeout, quarter break, or end of game) then the challenging team shall have a maximum of 30 seconds from either the official’s whistle signaling a goal or from an official’s call of no-goal to throw a red challenge flag for the play to be reviewed. This 30-second time limit shall be monitored by the head official.
 5. If play resumes without an official seeing the thrown challenge flag or if the challenge flag is thrown late after play has already resumed, then the red flag shall be picked up, and the play shall not be reviewed.

- b. Challenging a non-scoring play for consideration by the head official as a goal scored: The following process is used to consider awarding a goal that was not credited during live action.
 - 1. If a team wishes to challenge a non-goal call, the head coach must throw its challenge flag in the field of play and have it seen by one of the officials. The head coach must throw the flag within 30 seconds of the first restart that shall result from the no-goal call. The trail official shall use the shot clock to time the 30-second allowable period for the head coach to throw the challenge flag. The flag must be thrown within 30 seconds of this restart regardless of any other whistle resulting from the non-goal decision.
 - 2. If the no-goal call is followed by a break (e.g., media timeout, quarter break, or end of the game), then the challenging team shall still have a maximum of 30 seconds from an official's call of no-goal to issue its challenge flag for the play to be reviewed. This 30-second time limit shall be monitored by the head official.
 - 3. If within the 30-second time period, a goal is scored by either team and the challenge is affirmed, then the goal scored during that 30-second period of time shall be disallowed.
 - 4. However, if within the 30-second time period, a time-serving infraction is committed and the challenge is affirmed, then the penalty for that time-serving infraction shall still be served.

D. OFFICIALS REVIEW OF CHALLENGED PLAYS

- a. The head official shall pick up the red challenge flag and confirm the play being challenged.
- b. The head official shall go to the monitor at the scorer's table and review the play through video replays provided by the television production team.
- c. If any member of either team approaches the head official while at the scorer's table at any point once the review process has begun (i.e., the head official arrives at the monitor to view the play) or attempts to watch the monitor while the review process is in progress, the team in violation shall be assessed a one-minute nonreleasable penalty for unsportsmanlike conduct.
- d. After arrival at the replay monitor, the head official shall have a maximum of 90 seconds to review the play.
- e. The broadcast partner shall have the option during this review period of taking a media timeout, even if the play does not occur at a normal commercial break. If the break is taken, it shall replace the next planned media break.
- f. The head official, at his discretion, may request assistance from his co-officials to review or discuss a goal decision.

E. OVERTURNING A CHALLENGED CALL

- a. The call that is made on the field shall stand as originally called unless the head

- official views indisputable evidence that the original call, or no-call, was incorrect.
- b. In the case of a non-scoring play where a team is challenging that it should have been credited with a goal, if an official's whistle has blown prior to the ball crossing the plane of the goal (e.g., on an illegal crease violation or an inadvertent whistle), then a goal shall not be awarded, but the challenging team shall not be charged a timeout and shall be awarded possession of the ball five yards from the center line in the center on its offensive half of the field and with a shot clock reset.

XVI. PERMISSIBLE PLAYER CONTACT

- A. **BODY CHECKING** – Body checking of an opponent in possession of the ball or within five yards of a loose ball, from the front or side, above the waist and below the neck, while leading with the shoulder, is legal. Exception: The two players engaged in a faceoff may not be body-checked while the ball is between their crosses or loose at their feet until the ball has moved at least one yard from the faceoff spot.
- B. **CHECKING WITH THE CROSSE** – A player may check his opponent's crosse with his own crosse when that opponent has possession of the ball or when the player is within five yards of a loose ball.
- C. **OFFENSIVE SCREENING** – A player may position himself directly outside of a goalkeeper and/or goal crease area maintaining a position and behavior that does not physically impair a goalkeeper's ability to make a save, so long as the goalkeeper is positioned inside the goal crease area.
- D. **CROSS-CHECKING (LEGAL)** – A legal cross-check shall be a check on the arms below the shoulders, above the waist, and with both hands on the crosse, and the cross-check shall be on an opponent either with possession of the ball or within five yards of a loose ball.
 - a. A penalty, at the discretion of the official, shall be imposed on a player who uses excessive physical force during the cross-check. If an illegal cross-check is used, the player may be assessed a three-minute nonreleasable penalty with an additional five-minute misconduct penalty possible.
 - b. A player may use against the opposing team's ball carrier a cross-check hold (i.e., a player uses the portion of the handle that is between his hands which are not more than shoulder width apart to hold an opponent on the torso with not more than equal pressure and no thrusting motion).
- E. **PLAYER PICKS**– A pick, defined as a player preventing an opponent from reaching a desired position, is legal when the player setting the pick:
 - a. Has both feet in a set position on the ground, and
 - b. Maintains a protective stance with arms in front and with the heels of both feet no more than shoulder width apart.

XVII. GOAL CREASE SPECIAL RULES

- A. **GOALKEEPER PRIVILEGES** – The designated goalkeeper has the following

privileges and protections within the goal crease area, so long as any part of his body maintains continuous contact with the interior of his goal crease:

- a. The goalkeeper may stop or block the ball in any manner with his crosse, equipment, or body. He may block the ball or bat it away with his free hand, but he may not catch the ball with his hand. Any player of the defending team may receive a pass while in the crease area. However, only a properly equipped goalkeeper is entitled to the privileges granted to the goalkeeper in his own crease.
- b. No opposing player may make contact with the goalkeeper or his crosse while the goalkeeper is within the goal crease area cylinder, regardless of whether the goalkeeper has the ball in his possession. An attacking player may reach within the crease area to play a loose ball as long as he does not make contact with the goalkeeper or the goalkeeper's crosse. If contact is made and the goalkeeper is not in possession of the ball, play-on for a free clear to the offended team. If contact is made and the goalkeeper is in possession of the ball, flag-down slow whistle for a time-serving technical foul for "goalkeeper interference with possession."
- c. The portion of the goalkeeper's crosse that is extended outside the cylinder of the crease area, but not the goalkeeper's body, is subject to being checked under the same circumstances as the crosse of any other player, except when the ball is in the goalkeeper's crosse.

B. GOAL CREASE PROHIBITIONS – The movement of players into and out of the goal crease area is restricted.

- a. If an offensive player deliberately leaves his feet by diving or jumping and his own momentum carries him into the crease, and his shot goes into the goal, the goal is allowed so long as the entirety of the ball crosses the imaginary plane formed by the rear edges of the goal line, the goal posts, and the crossbar of the goal, prior to any part of the offensive player's body touching the crease, the goal cage, or the goalkeeper's body or equipment. An airborne shooter may contact any of the three pipes of the goal with either the head or shaft of his stick prior to the ball entering the goal. The shooter may not have any other body part touch anything in the crease prior to the ball entering the goal.
- b. "Unavoidable" contact made with the goalkeeper. If a player, while in the act shooting, enters the crease area and makes contact with the goalkeeper solely due to actions of the goalkeeper (e.g., goalkeeper attempts to make a save or body check the player in the act of shooting), the goal shall be disallowed only if the contact occurs before the ball crosses the plane of the goal. The principle is: "but for the actions of the goalkeeper, the player would not have made contact with the goalkeeper when the player entered the crease for a jump/dive shot."
- c. "Deliberate, avoidable" contact made with the goalkeeper is a more severe level of contact, which occurs when, in the opinion of the official, contact has been made between the goalkeeper and the player because the player has entered the crease with the intention to "take out" the goalkeeper. In this case, contact is made whether

the goalkeeper is reacting to the player or not. The goal shall be disallowed regardless of timing of when the ball crosses the plane of the goal. The principle is “regardless of the actions of the goalkeeper, the player would have made contact with the goalkeeper when the player entered the crease for a jump/dive shot.” In addition to the goal being disallowed, a personal foul shall be assessed.

- d. Contact with goalkeeper on goal/no-goal calls is a reviewable play.
 - e. A defending player, including the goalkeeper, with the ball in his possession, may not enter the goal crease area, nor may he remain within the goal crease area in possession of the ball longer than four seconds.
 - f. A player is considered to have entered the goal crease area when any part of his body touches the goal crease area.
 - g. Any player, including the goalkeeper, is considered to be outside the goal crease area when no part of his body touches the goal crease area.
- C. BALL OUT OF PLAY IN GOAL CREASE AREA – Should the ball become mired in the mud within the goal crease area or ensnared in the goal netting, time shall be suspended by the officials and the ball shall be awarded to a defensive player laterally outside the two-point arc.
- D. DEFENDING A GOALKEEPER’S OUTLET PASS – A goalkeeper in possession of the ball inside the goal crease area shall have the right to attempt a pass outside the crease area to a teammate, and an opposing player shall have the right to defend a goalkeeper attempting such a pass under the following guidelines:
- a. The defending player must establish a body and crosse position that is outside the goal crease area cylinder.
 - b. If an opposing team player makes an attempt to intercept such a pass and interferes with (i.e., makes physical contact with) a goalkeeper’s crosse prior to the ball being released, a free clear will be awarded, and the offending player shall be assessed a 30-second technical foul.
 - c. The goalkeeper may not attempt, as determined by the official, to make deliberate contact with an opposing player in order to secure a goalkeeper interference call. The goalkeeper may be assessed a personal foul if the contact is deemed to be illegal.

XVIII. PERSONAL, MISCONDUCT, AND EXPULSION FOULS

- A. PERSONAL FOULS – Personal fouls are those of a serious nature: illegal body checking, slashing, cross-checking, tripping, unsportsmanlike conduct, unnecessary roughness, illegal crosse, or the use of illegal equipment.
- a. Any personal foul that is malicious or done with the intent to injure shall result in a game misconduct foul in addition to the personal foul, or an expulsion foul.
 - b. Any player accumulating five separate personal fouls or 10 minutes of penalty time during the course of a game shall be suspended for the remainder of the game and subject to possible suspension from future games, at the discretion of the league.

B. PENALTY FOR PERSONAL AND MISCONDUCT FOULS

- a. The penalty for a personal foul shall be suspension from the game of the offending player for 1-3 minutes, depending on the official's judgment of the severity and perceived intent of the personal foul.
- b. The penalty for a misconduct foul shall be five minutes of non-participation. A player shall serve his personal foul penalty time plus his misconduct time. However, a substitute may enter the game for the player during the misconduct time.
- c. The player committing the misconduct shall not be allowed to participate for the entire misconduct time. The misconduct time shall be start/stop time, which is the same treatment used for penalty time.
- d. A player can be assessed an additional misconduct penalty in addition to any personal foul(s) at the discretion of the officials.
- e. Possession of the ball shall be awarded to the offended team in its offensive half of the field or laterally outside the two-point arc.
- f. The penalty clock shall stop during all dead-ball situations even if the game clock continues to run during the dead-ball time (e.g., the last minute of a period), and the penalty clock shall restart with the subsequent restart whistle.
- g. If a nonreleasable foul is assessed, the offending player may not return to the field of play until the full time is served.

C. DESCRIPTIONS OF PERSONAL FOULS

- a. Illegal Checking, Spearing, Slashing, and Tripping – A player shall be assessed a personal foul for engaging in any of the following:
 1. Cross-check (illegal): The checking of an opponent with the offending player's stick in a cross-check position – that is, checking an opponent with that part of the handle of the offending player's crosse that is between his hands, either by thrusting it away from his body or by holding it extended from his body, or when on-ball, on any portion of an opponent's body other than on the arm below the shoulder.
 2. Illegal Body Check: Body checking of an opponent when the initial contact is made with an elbow or on the helmet.
 - a) Body checking of an opponent who is not in possession of the ball or within five yards of a loose ball.
 - b) Avoidable body checking of an opponent after he has passed or shot the ball.
 - c) Avoidable body checking of an opponent who is attempting to set a legal pick.
 - d) Body checking of an opponent from the opponent's rear or below the opponent's waist.
 - e) Body checking of an opponent by a player, in which contact is made above

- the shoulders of the opponent.
- f) Body checking of an opponent during a dead-ball situation.
 - g) Body checking of an opponent who is not in the field of play, such as in the substitution area.
 - h) Body checking of an opponent who has any part of his body, other than his feet, on the ground.
3. Spearing: The blocking of an opponent with the head or initiating contact with the head, known as “spearing,” shall result in a minimum of a three-minute nonreleasable penalty. A game misconduct penalty shall be assessed if the spearing was determined to be malicious and intentional.
 4. Jump/Dive into Crease: Deliberately leaving one’s feet for a shot on goal and making avoidable contact with a goalkeeper who is in his goal-crease area, regardless of the timing of the shot or the goal scored. The goalkeeper must be able to perform the act of making a save without having to defend himself from a jumping or diving player.
 5. Turning Rule: If a player who is about to be body checked turns his back or jumps in such a manner as to make what started to be a legal push or body check appear illegal, no foul is committed by the player applying the push or body check. The initial contact, not any secondary contact, shall determine whether a body check is legal. The turning rule does not apply to slashes.
 6. Slashing of an opponent. In all situations, the player’s gloved hand on his own crosse shall be considered part of his crosse, except when the glove is touching the ground. For the purpose of this rule, mere contact is not a “strike.” To be a strike, the contact must be a definite blow and not merely a brush. A player shall not:
 - i) Deliver deliberate and repeated strikes to a player in possession of the ball on the player’s “free-hand” or any portion of a player’s arm when, as determined by the official, no attempt is being made to dislodge the ball.
 - j) Swing a crosse at an opponent’s crosse or body without regard for player safety, regardless if contact is made to the opponent’s crosse, hand, or body.
 - k) Strike an opponent in any part of the face, on the neck, in the chest, on the back, on the shoulders, in the groin, on the leg or foot, or on the head/neck with the crosse, including its butt end, except when committed by a player in the act of passing, shooting, or attempting to scoop the ball.
 7. Tripping of an opponent. A player may not trip an opponent with any part of his body or crosse. Tripping is defined as obstructing an opponent at or below the waist with the crosse, hands, arms, feet, or legs by any positive primary action if the obstructing player is on his feet, or by any positive secondary action if the obstructing player is not on his feet. When a player legally checks the crosse of

an opponent and the result is to cause the opponent to trip over his own crosse, no foul is committed. Similarly, if an opponent falls over a player's crosse when that player is attempting to scoop a loose ball, no foul has been committed. If a player falls over another player's stationary leg, no foul has been committed.

8. Checks to the head or neck. Striking an opponent in the head or neck area with a body check, cross-check, or violent slash shall result in a 1-3 minute, nonreleasable penalty, at the discretion of the officials.
- b. Unsportsmanlike Conduct – Violations may result in suspensions and or fines being imposed by the league, in addition to the penalties assessed by an on-field official. All unsportsmanlike conduct infractions shall be assessed as nonreleasable penalties and the penalty time may range from a minimum of one minute up to a maximum of three minutes plus five minutes of misconduct time plus game expulsion for the remainder of the current game and subsequent games (see Section XVIII.E, “Expulsion Fouls” on page 42). No player, substitute, non-playing member of a squad, coach, or anyone officially connected with a competing team shall:
1. Malign an official.
 2. Use language or gestures for the purpose of instigating, taunting, or humiliating a player, coach, official, league/team personnel, or spectator.
 3. Use threatening, profane, racially insensitive, or obscene language or gestures at any time during the game, including to the players, officials, and game administrators.
 4. Intentionally move the goal cage to prevent a goal from being scored.
 5. Repeatedly commit the same technical foul.
 6. Engage in flagrant physical contact whereby the safety and health of a player, official, spectator, or team personnel is threatened.
 7. Use artificial aids (i.e., megaphones or electronic devices) in communicating with players on the field. Signs boards are legal.
 8. Touch the head of one's crosse once a crosse inspection or a full equipment inspection is requested (see Section X.M, “Illegal Equipment and Equipment Inspection” on page 25).
 9. Throw one's crosse at the ball, the goal cage, a player, or game personnel. Otherwise, throwing one's crosse is a technical foul.
 10. Engage in any act deemed unsportsmanlike by the officials.
 11. If a player or coach continues to be verbally or physically abusive after any penalty is assessed, an official may assess additional penalties and/or a game misconduct foul.
 12. Flagrant misconduct is an expulsion foul. An expelled individual is barred from being in the competition area (field, bench areas, sidelines, etc.), including stadium seating, and is required to return to his locker room immediately upon

being expelled.

c. Unnecessary Roughness – Unnecessary roughness shall be defined as an excessive infraction of any action by one player to another that is deliberate, dangerous, and/or violent, including the following:

1. Punching/Striking, Tackling, or Kicking a player – Should any player, coach or anyone officially connected with a team deliberately punch in a malicious and combative manner, strike with an elbow or forearm in a malicious and combative manner, tackle to the ground, or kick anyone in a malicious and combative manner, the offender shall be assessed a personal foul plus an additional five-minutes of misconduct penalty time. In the event that equipment is removed in association with any of these actions, the player shall also be assessed a game misconduct penalty and expulsion.

2. Defenseless Player - players in a defenseless position are: (1) Any player immediately following the reception of a pass who has not had time to establish possession. If the player has taken two steps, established possession with a cradle, or is capable of avoiding or warding off the impending contact of an opponent, he is no longer a defenseless player. (2) Any player who has just released a shot, a defender may make direct contact with the shooter only up through the defender's first step after the shot is released.

a) Prohibited contact against a player who is in a defenseless position is defined as forcibly hitting the defenseless player's head or neck area with the helmet, forearm, shoulder, or crosse, even if the initial contact is lower than the player's neck, and regardless of whether the defensive player also uses their arms.

b) Excessive force into a defenseless opponent:

- It is excessive force if a player (i) leaves both feet prior to contact to spring forward and upward into his opponent and (ii) uses any part of his helmet or crosse to initiate forcible contact against any part of his opponent's body, and/or (iii) takes more than three strides to accelerate through a body check for the purpose of punishing the opponent.

c) The onus is on the player applying the hit to ensure his opponent is not in a defenseless position, and if so, he must avoid or minimize contact.

- In determining whether such contact could have been avoided, the circumstances of the hit, including whether the "Defenseless" player put himself in a vulnerable position immediately prior to or simultaneously with the check or whether the check was unavoidable can be considered.

3. Excessively violent infractions of the rules against holding and pushing.

4. Deliberate and excessively violent contact against a player who has set a legal pick or screen.

Note: Extreme violations of unnecessary roughness can be adjudicated as unsportsmanlike conduct and/or misconduct foul, at the discretion of the officials.

- d. **Illegal Crosse** – A player may not use a crosse that does not conform to required specifications. A player shall be assessed a one-minute nonreleasable penalty for his first instance of a deep pocket infraction, and the crosse may not be returned to the game until the next period and only if the crosse is corrected and re-inspected, as follows:
1. The head official at the conclusion of a period shall allow a crosse found illegal due to a deep pocket back into the game only upon the player requesting a re-check and upon the crosse passing an official's inspection.
 2. A player using a crosse head found illegal because the crosse head has been altered to gain an advantage (e.g., narrow throat, ball fails its ball rollout tests, ball stop is not legal for whatever reason) shall not be allowed to use that crosse head for the remainder of the game. If the overall length of the crosse is too short but the crosse head is otherwise legal, the crosse head can be allowed to come back into the game on a longer shaft if the overall length of the crosse is confirmed to be legal.
 3. Before the player enters the game with a replacement crosse, the crosse must be checked by an official.
 4. Every crosse on a team is subject to inspection, and the crosse need not have been in the game to be inspected.
 5. If, after a player scores and before the next whistle to resume play is blown, it is discovered the player was playing with an illegal crosse, the goal shall be disallowed, and the offending player shall be penalized for the illegal crosse. At the discretion of the head official, any attempt made to conceal the use of an illegal crosse by hiding it immediately after a goal is scored may be construed as the use of an illegal crosse. Also see Section XVIII.C.b, "Unsportsmanlike Conduct" on page 39, relating to unsportsmanlike conduct.
 6. Any player penalized twice for an illegal crosse (for any type of crosse violation) during one game shall be subsequently issued a five-minute misconduct penalty, and the team shall serve a three-minute nonreleasable penalty for unsportsmanlike conduct. If a player is penalized twice for illegal alterations to the crosse, he shall also be subject to league review and possible fine and/or suspension.
- e. **Use of Illegal Equipment** – A player may not use equipment that does not conform to specifications. The use of any equipment other than the league-permitted equipment shall result in a one-minute nonreleasable penalty to each player involved, plus immediate removal of the non-conforming equipment. The offending player may also be suspended for his next game, including playoffs or the first game of the following season.

D. FIGHTING

- a. Fighting is defined as two players who each are engaged, throw a punch, punches, blows, or wrestle with each other while wearing full equipment.
 - b. Players who engage in fighting will be automatically assessed a five minute penalty, with the ability for the referee to add additional personal or misconduct man down penalties for any actions that are deemed beyond a normal fight.
 - c. Using a stick, helmet, or any other piece of equipment as a weapon during a fight will result in an automatic expulsion and discipline committee review.
 - d. Players must not remove their own or their opponents equipment at any time. If a player does, the fight must stop immediately for player safety reasons. If the fight continues following equipment removal, misconduct penalties will be assessed and the player(s) will be subject to additional discipline and conduct committee review.
 - e. If a player is deemed defenseless, the fight must end immediately or additional penalties, including expulsion, can be assessed. Defenseless would include but is not limited to a player on the ground on his back, has no arms free, or is pinned by another player.
 - f. If another player joins a fight between two other players already in progress (i.e. the third man in), that player will be automatically ejected from the game and subject to additional discipline via the league discipline and conduct committee.
 - g. If a player or players leave their team bench during a fight, they will be assessed a minimum fine of \$500 up to the maximum allowed including suspension.
 - h. There shall be no automatic penalty imposed for crossing the midline, penalties shall be adjudicated pending conduct on the other side of the field. If a player crossing the midline engages an opponent or is deemed to have a negative impact on the situation, a penalty may be assessed and they will be subject to discipline and conduct committee review.
- E. EXPULSION FOULS – The penalty for an expulsion foul shall be a three-minute nonreleasable penalty, suspension of the offending player for the remainder of the game in which the foul occurred, and possible suspension from future games at the discretion of the league. All subsequent game suspensions are without pay. Actions that result in immediate expulsions shall include the following:
- a. A player incurs two misconduct fouls in the same game.
 - b. Removal of any equipment before, or in the act of committing, a personal foul or other on field altercation, including fighting.
 - c. Any player or coach enters the field as an illegal substitute to participate in a fight or an on-field altercation.
 - d. Any player or coach enters a fight or on-field altercation as a “third or more” participant shall be subject to similar penalties, fines, and/or suspensions.
 - e. Retaliatory strikes – Strikes with a crosse by one player directed at an opposing player whereby the safety of a player, coach, or official is threatened may result in the offending player being suspended, at the discretion of the officials.

XIX. TECHNICAL FOULS

- A. **TECHNICAL FOULS** – Technical fouls are those of a less serious nature than personal fouls, and include all violations of the rules of the game, except those specifically listed as personal or expulsion fouls under Section XVIII “Personal, Misconduct, and Expulsion Fouls” on page 37.
- B. **PENALTY FOR TECHNICAL FOULS** – If a technical foul results in a time-serving penalty, the penalty time shall be 30 seconds, served by the offending player, if known, or by the in-home, if not known.
- C. **LIST OF TECHNICAL FOULS**
- a. **Crease Violation/Goalkeeper Interference** – When the offensive team has possession of the ball, violations of the rules involving the crease shall be applied as follows (rather than under the general rules for technical fouls):
 1. Any crease violation by a player while the opposing team is in possession of the ball outside the crease shall result in a flag-down, slow whistle.
 2. Any act of goalkeeper interference committed by a player against the goalkeeper while both the goalkeeper and a loose ball are in the crease may result in a play-on with at least a free clear at midfield.
 3. Any crease violation or goalkeeper interference committed by a player while the goalkeeper has possession inside the crease shall result in a flag-down, slow whistle for a technical foul for “goalkeeper interference with possession.”
 4. Any crease violation by an offensive player shall be deemed a technical foul and shall result in an immediate change of possession. **EXCEPTION FOR TEAMMATE OF THE BALL CARRIER:** If minimal or incidental contact between a defensive player and offensive player (not the ball carrier) causes the offensive player to briefly enter his opponent’s crease while his teammate has possession of the ball and this action has no material effect the offensive team’s attacking opportunity, the action is deemed NOT a foul, and play shall continue until the attacking opportunity is complete. If the offensive player interferes with the goalkeeper in any manner while in the crease, officials shall, in their judgment, call either: (1) a crease violation against the offensive player if the crease entry was caused by the actions of the offensive player, or (2) interference against the defensive player if the crease entry was caused by the actions of the defender.
 5. A defending team player may legally stand in front of the crease to defend against the goalkeeper’s outlet pass as long as the player maintains “verticality” (i.e., the defender maintains his body and crosse in the vertical plane). If goalkeeper’s crosse contacts the defending team player during the follow-through of the outlet pass, interference shall not be called against the player.
 - b. **Holding** – A player shall not impede the movement of an opponent or an opponent’s crosse, except under certain conditions as follows:

1. A player may not:
 - a) Hold an opponent with the crosse.
 - b) Step on the crosse of an opponent.
 - c) Hold or pin an opponent's crosse against the body of the opponent with the crosse.
 - d) Hold an opponent with his free hand that is off the crosse.
 - e) Hold an opponent's crosse using any part of one's body.
2. Holding is permitted under the following conditions:
 - a) An opponent in possession of the ball may be played with a "hold check" from the rear if the hold exerts no more than equal pressure.
 - b) For (1) the holding shall be done with either one's closed hand, one's forearm, or any part of one's torso that is above one's waist and below one's neck; and both hands shall be on one's own crosse.
 - c) A player may hold the crosse of an opponent using one's crosse when that opponent has possession of the ball or is within five yards of a loose ball.
 - d) A player may use the portion of the handle that is between one's hands when they are not more than shoulder width apart to hold an opponent on the torso with not more than equal pressure and no thrusting motion. This is known as a "hold check" or a "cross-check hold," and it is legal.
- c. Illegal Procedure – Any action on the part of players or substitutes of a technical nature that is not in conformity with the rules and regulations governing the play of the game shall be termed illegal procedure. The following violations, delineated here in this section are examples of illegal procedure:
- d. Failure to Advance – Upon gaining possession of the ball in for a new offensive sequence, the team gaining possession shall have a maximum of 20 seconds to clear the ball across the midfield line. The ball shall be considered successfully cleared across the midfield line once it has broken the plane of the midfield line if the ball is loose, or when the player in possession carries the ball across the midfield line and that player is no longer physically in contact with the midfield line or his defensive side of the field. Failure to advance the ball within 20 seconds shall result in a technical foul for illegal procedure. The 20-second count shall be maintained simultaneously by the shot clock operator and the trail official. The 20-second count does NOT reset after a team timeout.
- e. Over and Back – Once a team possesses the ball completely over the center line in its offensive half of the field, that team shall not allow the ball to touch on or across the center line.
 1. An offensive team player standing in his defensive half of the field may bat the ball or force the ball to stay in the offensive half of the field to avoid an over and back infraction. Over and back shall only be called if the ball completely crosses the midfield line or if possession is gained by an offensive team player

standing in his defensive half of the field. Over and back violations shall be adjudicated using the play-on technique if the offended team has an attacking advantage.

2. Should the ball ricochet from the offensive half to the defensive half of the field as a result of a valid shot, no violation shall result. Should the ball travel from the offensive to the defensive half of the field and was last touched by a player from the defending team, no violation shall result.
 3. If possession is gained in the offensive half during a faceoff scrum, the first player to secure possession of the ball may pass or run the ball into his defensive half of the playing field, but only once, on that offensive series without penalty.
- f. Illegal Touching of the Ball – A player may not touch a live ball with his free hand, except for a goalkeeper who can bat a ball with his free hand when both he and the ball are inside the crease cylinder (see Section IX.B, “Facing Off Prohibitions” on page 19 for other violations specific to faceoffs).
- g. Throwing the Crosse – A player shall not throw his crosse at the ball, the goal cage, a player, or game personnel shall be deemed unsportsmanlike conduct. Throwing the crosse in any other manner (e.g., into empty space or during a crosse exchange) shall result in a technical foul. Should the crosse be in the crease so as to possibly interfere with the goalkeeper’s play of an attempted shot at the goal, or land on the opposite side of the field whereby retrieval of the crosse would result in offsides, play shall be suspended immediately. If a goal is scored in the former case, the goal shall be disallowed.
- h. Early Release from Penalty Area / Entering the game from the penalty area before being released – The player shall be returned to the penalty area to serve his remaining time. If the ball is loose or in possession of his team, the ball shall be awarded to the opposing team and the player leaving the penalty area early does not have to serve an additional 30 seconds, but he must return to the penalty area to finish serving his unserved penalty time.
- i. Delay of game – When it is a team delay, the penalty shall be assigned to the in-home. Delaying the game shall be the consuming of more than 20 seconds, unless specified otherwise:
1. At the start of the game or a period, the 20 seconds begins when the official blows the whistle to summon the players to position 20 seconds before the official game time; or after one minute forty seconds has elapsed between the first and second periods or between the third and fourth periods, or after 11 minutes 40 seconds has elapsed between the second and third periods.
 2. After the expiration of a timeout, the 20 seconds begins when the official blows the whistle to summon the players to position.
 3. After stoppage of the game for an injury, the 20 seconds begins after the injured player has been removed from the field.
 4. Whenever play is ready to be resumed after an official’s timeout.

5. After a goal has been scored, the 20 seconds begins when the faceoff official is ready at the faceoff spot and a television timeout or hold is no longer in effect.
6. After a time-serving penalty has been assessed, the 10 seconds for restarting play begins when the official assessing the penalty has completed his penalty report to the table staff. If a penalized player fails to report to the penalty area within 10 seconds of the completion of the official's penalty report, the action shall result in an additional technical foul against the offending player for delay of game.
7. After a sideline out-of-bounds ball, the five seconds begins when the ball is in possession of a player or official at the restart spot.
8. For adjusting of equipment, the 20 seconds begins when the adjusting of equipment begins.
9. For any non-ball carrier player within five yards of the ball carrier on a restart, the five seconds begins when the restart player and the officials are ready for the restart.
- j. Any player not in his designated area of the playing field when the faceoff whistle sounds.
- k. Failure to establish five yards of separation prior to engaging the ball carrier on a restart.
- l. Any violation of the rules for substitution.
- m. Any violation of the rules relating to the goal-crease area.
- n. Any violation of the rules for timeouts.
- o. A team having more than 10 players on the field of play during live action, including its players serving time in the penalty area.
- p. Violation of the rules on positioning for a faceoff.
- q. Any head coach making more than one request for the counting of long crosses or for equipment inspections, and no violations are found, does so at the risk of losing one timeout or being assessed a technical foul if no timeouts remain.
- r. A team having more than four long crosses on the field of play during live action.
- s. Taking a dive or feigning a foul in order to deceive the official and draw a penalty.
- t. Failure to have a properly equipped goalkeeper on the field of play during live action. Goalkeepers may substitute during live action if the player possessing the goalkeeper's crosse is a properly equipped goalkeeper while in the field of play. Goalkeepers may also substitute during live action by running one goalkeeper off the field and immediately running a substitute goalkeeper onto the field, albeit at the risk of the goal cage being temporarily unguarded.
- u. Failure of the player in possession of the ball to place the ball directly on the field or hand it to the nearest official after a change of possession. An example is if the player rolls the ball away or creates a delay or disadvantage to the team being awarded the ball.

- v. Pushing – A player shall not thrust or shove an opponent from the rear. A push is exerting pressure after contact is made and shall not be a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball or is within five yards of a loose ball. Pushing must be done with either a closed hand, the forearm, or the portion of the torso that is above the waist and below the neck; and both hands must be on one’s crosse.
- w. Stalling – A team in possession of the ball cannot be penalized for stalling.
- x. Warding Off – A player in possession of the ball may not use his free hand or the arm of his hand not on the crosse to hold, push, or control the direction of movement of the crosse or body of an opponent. A player with possession of the ball may hold, push, or control the direction of movement of the crosse or body (not the head/neck) of an opponent (aka, the “bull dodge”) if both hands of the player with possession of the ball are grasping his own crosse. A player in possession of the ball may protect his crosse with a fixed free hand or arm of the hand not on the crosse (aka, a “chicken wing”), or other part of his body (not the head/neck) when an opponent makes a play to check his crosse. However, the ball carrier may not drive against his opponent with his fixed hand or arm.
- y. Withholding Ball from Play – When a loose ball is on the ground, a player may not lie on the ball, trap it with his crosse longer than is necessary for him to control the ball and pick it up with one continuous motion, or withhold the ball from play in any other manner. Players shall not pick up the ball in the back of their crosses, except as allowed by faceoff players during the initial pickup of the ball on a faceoff. A player in possession of the ball, who holds his crosse against any part of his body, thus preventing the normal dislodgment of the ball, is illegally withholding the ball from play. The gloved hand cannot grasp any portion of the head of the crosse. This rule is intended to cover faceoffs and a player in possession of the ball who is “thumbing” the ball or choking up and grasping the plastic portion of the stick.
- z. Conduct Foul – A player, coach, athletic trainer or any other person officially connected with a team or organization shall not:
 1. Leave one’s team area and/or coaches area, except at halftime, unless for prescribed game procedures (e.g., substitution on/off the field, service of penalty time) or for medical treatment.
 2. Enter into an argument with an official (non-maligning) as to any decision that has been made or in any way attempt to influence the decisions of the officials.
 3. Bait, taunt, call undue attention to oneself, or commit any other act considered unsportsmanlike by an official. The severity of the actions shall determine whether the infraction is to be assessed as a conduct foul or an unsportsmanlike conduct foul, at the discretion of the officials.

EXCEPTION: If a conduct foul occurs after a goal and before the whistle signaling play for the next faceoff, the offender shall be assessed a 30-second

penalty, but a faceoff shall be pending with all rules for that faceoff in effect.
4. If an opposing player forcibly/intentionally removes another players' helmet it is a 30 second technical foul.

XX. PENALTY ENFORCEMENT

A. PROCEDURE – The player who serves penalty time shall:

- a. Leave the field of play at once.
- b. Report immediately to the penalty area and remain in the penalty area until informed by the penalty area official that the player may reenter the game. When reentering the game during live action, the player must enter the field of play through the substitution area.
- c. Remove his helmet while serving time in the penalty area if the player is serving misconduct time.

B. PENALTY TIME

- a. The following rules shall apply to the enforcement of penalty time:
 1. All of a player's nonreleasable penalty must elapse prior to any of his releasable penalty time beginning (or continuing) to elapse.
 2. Penalty clocks and shot clocks always run during live action, and penalty clocks and shot clock never start (or restart) until play resumes.
 - a) Whenever play is suspended and a time-serving penalty is to be reported to the table area, the game clock, the shot clock, and any existing penalty clocks shall be stopped immediately. Once the penalty has been reported to the scorer's table and a period of not more than 10 seconds has elapsed, allowing both teams time to execute substitutions and get their penalized players to the penalty area, the following clock actions shall be taken: (1) a running-time game clock (but not a stop-time game clock) shall be restarted, and (2) the shot clock shall be reset but not started.
 - b) Once play is resumed, the following actions shall be taken: (1) the game clock shall restart if it is not already running (i.e., a running-time game clock would already be running), (2) the new shot clock shall start, (3) all of the new penalty time shall begin to elapse, and (4) all of the existing penalty time shall continue to elapse from the points of stoppage. If a penalized player fails to report to the penalty area within 10 seconds of the completion of the official's penalty report, the action shall result in an additional technical foul against the offending player for delay of game.
 - c) If a goal is scored by the opposing team and a player serving time in the penalty area has any nonreleasable penalty time remaining, the player is not released, and all penalty time on that player remains intact. If a goal is scored by the opposing team, and a player serving time in the penalty area

has no more nonreleasable penalty time remaining, the player is released.

- d) A player is always released from the penalty area whenever all of his penalty time has elapsed.

NOTE: The penalty clock shall always stop during a dead ball, such as after a goal is scored or the ball goes out of bounds. The penalty clock shall be restarted on the next restart whistle.

b. Penalty Time Special Situations:

1. A player receiving a penalty for a period of time in excess of that remaining in any period shall remain out of the game in the subsequent period, including overtime), until the full length of his penalty time has expired, except as described above.
2. If a player is assessed a penalty but is unable to report to the penalty area due to an injury, the head coach shall nominate another one of his players to serve the injured player's penalty time.
3. If a time-serving penalty is assessed against any coach or non-playing member of the team, the penalty time shall be served by the in-home.

C. RESUMING PLAY AFTER PENALTY – When a time-serving penalty occurs (not on simultaneous fouls) and the ball is in the offended team's offensive half of the field, the ball shall be restarted at the spot where the ball was when play was suspended or laterally outside the two-point arc. When a time-serving penalty occurs in the offended team's defensive half of the field, possession shall be awarded five yards past the center line on the offensive side of the field and shall be considered established in the offensive half of the field for purposes of over and back restrictions. Exception: For simultaneous fouls, the restart location of the ball is not improved and the ball restarts where it was when play was suspended or laterally outside the two-point arc (if in the goal area).

- a. Over and Back exemption after a faceoff violation – The first member of the team awarded the ball after a faceoff violation shall be able to throw or run the ball back over the center line ONCE into his defensive half of the field. This player shall NOT be considered to have been established in the offensive half of the field, even if the initial possession after the faceoff violation occurs in his team's offensive half of the field.

D. FOULS BY AN INDIVIDUAL

- a. If a player commits a foul, the following guidelines shall be enforced in identifying the foul, alerting players if a play-on is in effect, and/or suspending play:
1. Officials shall throw a flag noticeably high and in the general direction of the foul but away from the flow of play.
 2. Officials shall continue all officiating responsibilities, including the guidelines set forth in "Slow Whistle Technique" (Section XX.H.).
 3. When a play-on is called, the official shall make the "play-on" hand signal and

verbally announce “play-on” in a substantially loud voice to be heard by the on-field players, and continue to maintain the “play-on” hand signal until the play-on elapses.

4. Penalties, if any, shall be reported at the first dead-ball opportunity following the infraction.

5. Each team shall resume play with 10 players on the field of play minus the number of its players in the penalty area.

E. **FOULS BY A TEAM** – If a penalty is called against a team when no definite player is involved or when the penalty is against someone other than a player in the game, the in-home shall serve the penalty time.

a. Dead-ball fouls are served in the order in which they are committed (i.e., if multiple dead-ball fouls are committed, the team which committed the last foul shall resume play on defense).

F. **SIMULTANEOUS FOULS AND FOULS TREATED AS SIMULTANEOUS** –Fouls are treated as simultaneous when fouls are committed by opposing teams either: (1) during a live ball or (2) during a dead ball when sequence cannot be determined. Dead-ball fouls are NOT treated as simultaneous if the order of the fouls can be determined.

a. During a slow whistle or play-on, any foul committed by the team in possession (or entitled to possession) shall result in an immediate whistle.

b. **Penalty Time**

1. If there is no flag-down in effect and if all fouls are technical in nature, no penalty time shall be served by either team.

2. If the team in possession (or entitled to possession) commits:

a) Only technical fouls, no penalty time will be served by that team.

b) Any personal foul, all players involved will serve penalty time. This shall include technical and personal fouls by either team, and the longest common penalty time committed by players from opposing teams shall be treated as nonreleasable.

c. **Awarding of the Ball**

1. When penalty time is awarded and one team incurs less total penalty time than its opponent, that team shall be awarded the ball.

2. When penalty times are equal or when all fouls cancel:

a) If a team has possession or is entitled to possession at the beginning of the simultaneous fouls sequence, that team shall retain possession.

b) If neither team has possession, or is entitled to possession, at the beginning of the simultaneous fouls sequence, the ball shall be awarded according to the alternate-possession rule. **EXCEPTION:** When a faceoff is pending or incomplete in this situation, a faceoff shall be held in lieu of using alternate possession (i.e., never use alternate possession when a faceoff is pending or incomplete).

- d. Location of the restart – For simultaneous fouls, the restart location is where the ball was when play was suspended or laterally outside the attacking team’s offensive two-point arc (i.e., never improve the position of the ball on simultaneous fouls).

G. FOULS BETWEEN PERIODS – When fouls occur between periods, all actions associated with these dead-ball fouls shall be enforced, and play shall be resumed as applicable.

H. SLOW-WHISTLE TECHNIQUE

- a. If the defending team commits a live-ball foul while the attacking team has possession of the ball, or if the defending team commits a live-ball foul while the attacking team is entitled to possession of the ball by an existing flag-down, the official shall drop a penalty flag and make the verbal signal “flag-down” and withhold the whistle until:
 - 1. A goal is scored by the attacking team.
 - 2. The ball goes out of bounds.
 - 3. A player on the defending team gains possession of the ball.
 - 4. A player loses any of the required equipment in a scrimmage area, and the official is required under the rules to blow the whistle.
 - 5. An injury occurs to a player on either team and is deemed by an official to be serious enough for an immediate whistle.
 - 6. The attacking team commits a foul.
 - 7. The attacking team requests a team timeout.
 - 8. The period ends.
- b. The slow whistle shall be used whether the foul is committed against the player in possession of the ball or against another member of the attacking team or is team foul committed by the defending team.

I. ENFORCEMENT AFTER SLOW WHISTLE –

- a. A player committing a personal foul shall be suspended from the game for the designated penalty time, regardless of whether a goal is scored by the opposing team during the slow whistle.
- b. If a goal is scored during a slow whistle after one or more defensive technical fouls, all of the defensive technical fouls are canceled by the goal scored. However, personal fouls are always enforced. If an offensive goal is not scored, the defensive penalties shall all be enforced.
- c. During an existing flag-down situation, all subsequent defensive fouls committed shall result in an additional flag-down and shall be time serving, regardless if the subsequent defensive fouls are personal fouls or technical fouls. Exception: A goal scored during the flag-down situation erases all of the defensive team’s technical fouls.
- d. When a goal is not scored, play is resumed at the spot where the ball was when play

was suspended or laterally outside the two-point arc.

J. PLAY-ON TECHNIQUE

- a. If a player commits a loose-ball technical foul or crease violation and the offended team may be disadvantaged by the immediate suspension of play, the official shall visually and verbally signal “play-on” and withhold the whistle until such time as the situation of advantage gained or lost has been completed.
- b. The play-on shall have elapsed and the official shall cease to signal when:
 1. In the case of a loose-ball technical foul situation, the offended team gains possession.
 2. In the case of a loose-ball crease violation (or goalkeeper interference), the offended team maintains possession of the ball and continues to play on but does not achieve a successful clear. In this situation, a free clear is granted on the offended team’s offensive side of the field.
 3. The offended team commits a foul.

K. ENFORCEMENT OF PLAY-ON TECHNIQUE – If the offended team gains possession of the ball without a disadvantage, the whistle is not blown, the foul is erased, the official points in the direction of play and announces the color of the team with possession, and play continues. If the offended team fails to gain possession of the ball or if the offended team gains possession of the ball with a disadvantage, then the whistle is blown, and the ball is awarded to the team fouled at the spot the ball was when play was suspended. Exception: For crease violations (or goalkeeper interference) while the goalkeeper has possession in the crease, the goalkeeper has the opportunity to either run the ball out of the crease or complete an outlet pass, either of which terminate the slow whistle. If the goalkeeper elects not to run the ball out of the crease or if the goalkeeper does not complete a successful outlet pass in which his team suffers no disadvantage in continuing the play, then play is suspended and the offended team is awarded possession of the ball on its offensive side of the field (i.e., a free clear) with no penalty time to be served.

L. MISTAKES BY OFFICIALS – When a timekeeper, scorer, or official makes a mistake that would result in a team or player being unfairly disadvantaged and an official becomes aware that a mistake is being made, that official shall promptly correct the mistake. If a goal is scored during the ensuing play and the mistake is brought to the attention of the head official before the next live ball, the head official shall allow, disallow, or reassess the appropriate point value of the goal, depending on the circumstances.

XXI. OFFICIATING SIGNALS¹



PERSONAL FOUL



ILLEGAL BODY CHECK



TIMEOUT



ILLEGAL EQUIPMENT



UNSPORTSMANLIKE CONDUCT



TRIPPING



SLASHING



DEEP POCKET



ILLEGAL CROSSE

¹ Graphics used for officiating signals are used with the permission of Premier Lacrosse League founding partner, US Lacrosse, Inc.



UNNECESSARY ROUGHNESS



EJECTION



TECHNICAL FOUL



CREASE VIOLATION



ILLEGAL OFFENSIVE SCREENING



HOLDING



PUSHING



ILLEGAL PROCEDURE



CONDUCT FOUL



INTERFERENCE



OFFSIDE



DELAY OF GAME



WARDING OFF



WITHHOLDING BALL FROM PLAY



GOAL



NO GOAL



TWO-POINT GOAL



DIRECTION OF POSSESSION



**FAILURE TO ADVANCE
OR
SHOT CLOCK VIOLATION**



LOOSE BALL



**PLAY-ON
OR
STOP THE CLOCK
(PLAY IS SUSPENDED)**

XXII. QUICK REFERENCE GUIDE FOR PENALTY ENFORCEMENT

Most penalties can be classified within one of four basic categories (listed in ascending order of severity):

(1) **TECHNICAL FOUL** – Fouls of a generally less serious nature (including all rule violations not specifically listed as personal, misconduct, or expulsion fouls). If the team that is fouled has possession of the ball at the time of the technical foul, 30 seconds of penalty time is assessed against the offending player or team. If, however, the team that is fouled does not have possession of the ball at the time of the foul, the ball is awarded to the team that was fouled, either immediately (if the team with possession of the ball committed the foul) or using the play-on technique (if the ball was loose).

(2) **PERSONAL FOUL** – Fouls of a serious nature, penalized by 1-3 minutes of penalty time, at the official's discretion, based on the severity and perceived intent of the personal foul.

(3) **MISCONDUCT FOUL** – Serious fouls that are committed with perceived malice or intent to injure. The offending player is assessed five minutes of non-participation time (i.e., the team is not “man-down” during the misconduct portion of the penalty time, but the player might have to serve personal foul time as well).

(4) **EXPULSION FOUL** – Serious fouls involving flagrant misconduct may result in ejection of the offenders from the game, at the discretion of the officials.

A more detailed list of penalties and their corresponding times is found below.

XXIII. INDEX

Arm pad specifications	8	Delay, postponement, or cancelation of game	
Assist	16	(allowable reasons)	28
Authority to delay, postpone or cancel a game	28	Deliberate and excessively violent contact	42
Awarding possession of the ball	23	Early release from penalty area	47
Ball out of play in goal crease area	38	Enforcement after slow whistle	54
Ball retrievers	14	Enforcement of play-on technique	55
Ball specifications	7	Equipment inspection	27
Ball stuck/caught in uniform or equipment	24	Excessively violent infractions	42
Bleeding	25	Expulsion	44
Body checking	36	Expulsion fouls (penalty for)	44
Booth official	12	Extra man opportunity	17
Box official	12	Faceoff (positioning of players for)	22
Cancelations	27	Faceoff (procedure for)	19
Captains	17	Faceoff prohibitions)	21
Caused turnover	17	Faceoff spot	7
Center line	6	Faceoff win	17
Challenge (at discretion of head official)	33	Failure to advance	46
Challenge outcomes	33	Field diagram	5
Challenge procedure	33	Field dimensions	5
Challenges (number allowed)	33	Fighting (involving retaliatory strikes)	44
Challenges (process for)	34	Fighting (penalty for person who is the	
Challenging a non-scoring play for consideration by		Defender)44 Fighting (penalty for the instigator)	44
the head official as a goal scored	35	Fighting (penalty for)	44
Change of goals defended	24	Fighting (penalty if players removes an opponent's	
Checking with the crosse	36	helmet or other equipment)	44
Checks to the head or neck	41	Fighting (when expulsion applies)	44
Clear.....	16, 23	Fighting (when no player is identified as an	
Clock management	23	instigator)	44
Club roster size	11	Footwear specifications	8
Coaches (duties of)	11	Fouls between periods	53
Coaches areas	7	Fouls by a team	52
Coaches certification	10	Fouls by an individual	52
Coin toss	18	Fouls treated as simultaneous	52
Conduct Foul	50	Game cancelation (after game start)	29
Crease area	6	Game cancelation (prior to game start)	28
Crease violation	45	Game cancelation criteria	29
Crew chief	12	Game day roster	18
Cross-check (illegal)	39	Game delays	27
Cross-checking (legal)	36	Game rescheduling considerations	29
Crosse head altered	43	Game shortening techniques	28
Crosse inspections/tests	8	Game statistics (definitions of)	16
Crosse out of possession	24	Glove specifications	8
Crosse re-inspection (procedure for)	43	Goal	16
Crosse specifications	7	Goal (when considered scored)	32
Crosses subject to inspection	43	Goal cage	6
Decals	8	Goal crease	6
Defending a goalkeeper's outlet pass	38	Goal crease prohibitions	37
Defenseless Player	42	Goal crease special rules	37
Delay of game	47	Goal line	6
Delay the start of a game	29	Goal net	6

Goal not counted	33	Officials (jurisdiction of)	12
Goal scored (credit for)	32	Officials review of a challenged play (process for)	35
Goal value	32	Offside	30
Goalkeeper equipment	8	Offside (enforcement for violations of)	30
Goalkeeper interference	45	Offside (when offside)	30
Goalkeeper privileges	37	Offside, goal scored	31
Ground ball	17	Over and back	46
Halftime	15	Over and back (exemption after a faceoff violation)	52
Head coach	11	Overtime	15
Head official	12	Overtuning a challenged call (process for)	36
Helmet specifications	8	Own goal	16
Helmet visors	8	Own goal (point value for)	32
Holding	46	Pants	10
Illegal Body Check	40	Penalty against coach or non-playing member	51
Illegal crosse	43	Penalty areas	7
Illegal crosse (procedure if same player is penalized twice)	43	Penalty clock (when starts/stops)	39
Illegal crosse, goal scored	43	Penalty enforcement	50
Illegal equipment	27	Penalty for concealing the use of an illegal crosse ⁴³	50
Illegal equipment (penalty for)	43	Penalty Time Special Situations	51
Illegal procedure	46	Permissible player contact	36
Illegal touching of the ball	47	Personal and misconduct fouls (penalty for)	39
In-home	17	Personal foul (penalty for)	39
Injury (procedure for)	25	Personal fouls	39
Injury (who serves in place of player if he cannot serve)	51	Personal fouls (list of)	39
Instant replay	33	Player designations	11
Interruption of game	15	Player introductions	18
Interval between periods	15	Player picks	37
Jump/dive into crease	40	Players (minimum number to continue a game)	11
Jurisdiction of officials (time and place of)	12	Playing with a broken crosse	27
Kicking a player	42	Playing without a crosse	27
Knee bands	9	Play-on	52
Length of game	14	Play-on technique	54
Lightning/storm delays	28	Possession (by a player)	22
Logos	8	Possession (by a team)	23
Loose ball	23	Post-game player protocols	19
Loose crosse	24	Postponements	27
Losing team	16	Prohibited equipment	10
Loss of required personal equipment (procedure for)	25	Protective equipment specifications	9
Misconduct foul (penalty for)	39	Punching	42
Mistakes by officials	55	Pushing	49
National anthem (when played)	19	Red challenge flag	34
National anthems (order of)	19	Red flag	34
Nonreleasable and releasable penalty time on same player (when player can be released)	51	Referee	12
Nonreleasable penalty (when player can be released)	51	Replay rules	33
Offensive screening	36	Replays (when allowed)	34
Officials	11	Rescheduling of a canceled game	29
Officials (duties of)	12	Restarts	24
		Resuming play after penalty	51
		Roster adjustments	11

Save	16	Team areas	7
Score (approval of)	12	Team challenges (when not allowed)	33
Scorer's table	7	Team entry onto field	18
Scoring (procedure for)	32	Team timeout	15
Shaft butt end specifications	8	Technical fouls	44
Shin pads	9	Technical fouls (list of)	45
Shot (definition of)	16	Technical fouls (penalty for)	45
Shot clock	31	Throwing the crosse	47
Shot clock (when turned off)	32	Time of goal	16
Shot clock hold (after valid shot)	31	Timekeeper (duties of)	12
Shot clock hold (during play-on)	31	Timeout (official's timeout)	25
Shot clock operator (duties of)	14	Timeout (team timeout)	26
Shot clock reset	31	Timeout (television timeout)	25
Shot clock timing	31	Tripping	41
Simultaneous fouls (awarding of possession)	53	Turning Rule	40
Simultaneous fouls (definition of)	52	Two-point arc	6
Simultaneous fouls (location of restart)	53	Two-point attempt	32
Simultaneous fouls (penalty time for)	53	Under-jerseys	9
Slashing	40	Uniform specifications	9
Slow-whistle technique	53	Unnecessary Roughness	42
Spearing	40	Unsportsmanlike Conduct	41
Stalling	49	Valid shot	23
Statisticians (duties of)	13	Video (restrictions on use of)	12
Striking	42	Warding Off	49
Strings or leathers hanging (maximum length)	9	Warm-up	18
Substitution area	7	Wing areas	6
Substitution of players	30	Winning team	16
Suspension/stoppage of play	23	Withholding Ball from Play	49
Sweatpants	10	Wrist bands	9
Tackling	42		
Taunting	50		

<END>