

## ***Fall 2018 Youth Box Lacrosse Rules***

### **Rule #1 – The Box**

- A. Box lacrosse is played in a BOX, a rink like area.
  - B. The BOX shall be enclosed by a containment device or boards that will be no less than 3 ft, 6 inches tall. The boards may consist of safety glass, plastics or wood boards and must be free from obstruction or objects that may cause injuries to the participants.
  - C. The boards may or may not be topped with a containment device around it.
  - D. The end boards must have a uniform surface.
  - E. All doors must open away from the playing surface.
  - F. BOXES may have either one or two doors per bench.
- A director must be notified if the BOX does not comply to these requirements **before** the game begins.

### **Rule #2 – The Playing Surface**

- A. Box or Roller Hockey markings on the floor can accommodate game play.
  - B. The goal crease shall consist of a circular line around the goal and all of the space within the flat circle.
  - C. The goal crease area is a circle with a 2.74m (9 ft) radius cut off flat, 1.83m (6 ft) behind the goal line to the back of the crease.
- A director must be notified if the BOX does not comply to these requirements before the game begins.

### **Rule #3 – The Players Bench**

- A. The BOX shall be equipped with 2 uniform players' benches.
- B. Each players' bench shall have either one or two doors.

- C. If a door is left open, give one warning. On the second and all further occurrences, assess a bench minor.
- D. If a player is checked through an unlatched door, assess a bench minor no warning.
- E. The home team must also start with their goalie closest to their labeled bench.

#### **Rule #4 – The Penalty Box**

The BOX shall be equipped with a separate bench for each team.

#### **Rule #5 – Scoring and Timing Devices**

Each BOX shall have a scoring device and a 30-second shot clock.

- A. If there is no scoring device or it is not operational, a stop-watch can be used and a referee should notify both teams.
- B. If no electric clock is available, the game timekeeper should use a manual horn or whistle.

#### **Rule #6 – The Lacrosse Stick**

The lacrosse stick must be specifically designed and manufactured for the game of men's lacrosse.

- A. The referees shall not allow the use of any lacrosse stick, which in their opinion, could cause injury due to its construction or condition.
- B. Bantam and PeeWee: The player's stick shall measure NO MORE than 46 inches or LESS than 40 inches in overall length. The head cannot be more than 8 inches or less than 4.5 inches in width.

Novice and Mites: The player's stick shall measure NO MORE than 46 inches or LESS than 34 inches in overall length. The head cannot be more than 8 inches or less than 4.5 inches in width.

- This is a measurement from the top of the head of the stick to the bottom of the shaft of the stick.
- A. Nothing can be added or attached to the outside of the stick.
- B. GOALKEEPER's stick may be any length but the head shall not be more than 17 inches in width.
- The measurement for width shall be the outside frame measurement.
- A. If a stick is illegal in a game (the player must be on the floor at the time), a minor shall be assessed and the stick is removed for the remainder of the game. Measurements shall be performed in the stop of a play after request to the referee is made. If a stick is deemed legal, then there will be a bench minor for the team requesting measurement.

- B. A goal cannot be disallowed for an illegal stick. A stick can be measured after a goal or a penalty shot but in no case can a goal be disallowed.
- C. During a head measurement, the ball must travel freely from the top of the head to the bottom of the throat. If the ball does not pass freely, a minor will be assessed and the stick will be removed for the remainder of the game.

#### **Rule #7 – The Ball**

The balls used in all games must meet NOCSAE standards. They can be yellow, orange or lime green in color. The balls in all games must be of the same color.

#### **Rule #8 – The Goal/Net**

- A. The goals must be 4ft by 4ft.
- B. The net must be safely secured to the pipes.

#### **Rule #9 – The Uniform**

Each team must have distinct and matching uniforms.

- A. Each jersey must have 10 inch numbers on the back.
- B. When teams from the same Club are playing each other, contrasting pennies must be worn.

#### **Rule #10 – The Footwear**

No dangerous footwear is allowed.

- A. Rubber-soled basketball or lacrosse shoes are the standard.

#### **Rule #11 – Protective Gear**

- A. All players are required to wear protective gloves, mouthpieces, shoulder pads, elbow guards, a protective cup and a helmet.
  - Optional gear: bicep pads and kidney/rib pads are not required but **HIGHLY** encouraged. Protective knee pads will be allowed as well.
- A. Players playing on the floor without required equipment will be assessed a minor penalty. They cannot return to the game until properly equipped.
- B. GOALKEEPER equipment will be provided by each Club and will consist of chest and arm protectors, leg guards, goalie pants, throat guard and gloves. Goalkeepers will wear their own elbow pads, protective cup, mouthpiece and helmet.
- C. Goaltender Equipment

- All goaltender equipment must conform to the shape of the body
- All goaltenders must wear the corresponding numbered padding or their age group.
- If a team asks for the referee to inspect the goalie, the referee will make sure that the goalie is wearing the correct number and will check to see that the goalie equipment conforms to the natural shape of the body.
  - a. Shoulders are rounded, not square.
  - b. Leg pads taper at the knee and get smaller towards the bottom of the leg. No wings/flared-out padding from the legs and feet of the goalie are allowed.
  - c. Jersey does not hang below the crotch of the goalie causing the ball to be caught.
  - d. Jersey does not hang unnaturally from the underarms draping below and causing a netlike area to stop the ball.
- A violation of any of these rules will result in a 2 minute minor penalty and must be immediately corrected before returning to play.

D. Goaltender Equipment charts

- Chest and Arm Protectors and Shin Guards
  - a. Bantam Red Tag #3
  - b. Pee Wee Red Tag #2
  - c. Novice Red Tag #1
  - d. Mites Red Tag #1
- Any exceptions to this chart for any age group due to differing sizes of players must be approved by the league PRIOR to the excepted player with differing size equipment takes the field.

E. Mouthpieces must be colored, not clear.

F. No jewelry shall be worn unless to indicate a medical condition.

G. Eye-black can be used, but must not contain letters or numbers.

**Rule #14 – The Teams**

Each team can have no more than 20 players.

A. The minimum amount of players a team can have is 6 – with one being designated as goalkeeper.

- Only 5 players and 1 goalkeeper are allowed on the floor in any regulation time.

#### **Rule #15 – The Bench Personnel**

- A. Only players in uniform, coaches, managers and trainers shall be permitted on the player's bench.
- B. A maximum of 4 non-playing personnel are allowed on the bench.
- C. **NO PARENTS** are allowed in/on or behind the bench area. Parents **MUST** stay on the opposite side while the games are being played.
- D. All players must have their helmets on in the bench area.
- E. Any non-player who enters the floor without the referee's permission will be ejected from the game and a 5 minute penalty will be assessed.

#### **Rule #16 – The Game**

- A. Games consist of three 15 minute running time periods, with a two minute intermission between each period.
- B. All periods start with a face-off unless a team maintains possession of the ball while man up at the end of a period.
  - Mites players can play forward on face-offs.
  - Novice, Pee Wee and Bantam players must remain in the restraining circle and may not interfere with the face-off.
- A. There is a 30-second shot clock. Shot must make contact with the pipe or the goalie for the referee to signal a reset to the shot clock. Failure to do so results in a "shot clock violation and the ball will be awarded to the opposing team for possession.
- B. The over-and-back rule only applies to the man-down team (so the man-down team cannot move the ball back to burn off time), otherwise over-and-back shall not be called.
- C. The last 2 minutes of the 3rd period is STOP TIME if the game is within 3 goals.
- D. Each team has one 60 second timeout that may be called **ONLY** in possession or when a stop in play.
- E. Overtime Play:
  - a. Consists of a shootout; both teams shall select 3 players and penalty shots shall be taken alternating shots between teams. The total number of goals shall decide a winner after the 3 players from each team take shots. If there is still a tie, a new sudden-death single round will commence. Players can only shoot once and cannot repeat until the entire roster has shot.
  - b. There will be a one minute rest after the end of the regulation time in which a coach will select their shooters.
  - c. The home team has the choice of shooting first or second. This order will not change during the entire course of the shootout.
  - d. The teams will not change ends for the shootout.

- e. The goalkeeper cannot be replaced unless due to injury.
- f. Regardless of the number of goals scored during the shootout portion of overtime, the final score for the game will give the winning team one more point over the opponent.

#### **Rule # 17 – Appointment of Officials**

All staff for all Box games will be provided by The Organization

#### **Rule #18 – Referees**

- A. The referees shall maintain full control of the game, including players, coaches and personnel and shall enforce the rules as stated in this rule book. The referee has full control over the game from 5 minutes prior to the scheduled game time and shall continue until the teams have completely exited the box.
- B. The referees are required to wear an official referee shirt, black shoes, black socks and black shorts or pants with minimal logos.
- C. The referees shall be impartial parties.
- D. It is the duty of the referees to ensure that the players are properly dressed with designated uniforms and required equipment.
- E. It is the duty of the referee to ensure that the Game Timekeeper is in place, knows the requirements of their job and that the signal and timing devices are in proper working order.
- F. The referee shall report all penalties, goals and assists to the Game Timekeeper.
- G. The referees shall ensure that players of the opposing teams are separated on the penalty bench.
- H. Should a referee sustain an injury which makes him or her unable to perform their duties while a play is in progress, the play will be stopped immediately. If the referee cannot finish the remainder of the game, the second referee may designate a replacement if they deem it necessary or if requested by either coach.
- I. If neither of the appointed referees are present at the start of the game, the coaches of the 2 teams shall agree on substitute referees.
- J. The referees shall report to the Club Directors promptly and in detail the circumstances of any of the following incidents:
  - a. When a player uses equipment that may cause injury.
  - b. When non-playing personnel enter the playing area without the referee's permission during a period.
  - c. Any obscene gesture made by any person involved in the game.
  - d. Attempt to injure.
  - e. When the ball is intentionally shot outside of the playing area.

- f. Players/coaches guilty of a gross misconduct penalty.
  - g. When any person touches or verbally assaults a referee.
  - h. When a team refuses to start play.
  - i. When a stick is intentionally thrown outside of the Box.
- K. The closest ref to each goal shall notify the Game Timekeeper when to set or reset the 30 second shot clock.

#### **Rule #19 – Game Timekeeper**

- A. Before the start of the Game, the Game Timekeeper shall ensure both Clubs have submitted a roster of players with uniform numbers. If there is a change to rosters submitted at the start of the season, the coaches must notify the Game Timekeeper before the start of the game.
- B. The Game Timekeeper must keep an accurate record of all goals, penalties, assists and appropriate times when they occur.
- C. The Game Timekeeper shall indicate the time which all penalties start and stop. If asked by the penalized player, they must notify player of when the penalty time ends. The Game Timekeeper is responsible for releasing the penalized player when it is time to leave the penalty box.
- D. The Game Timekeeper must notify the referee when the player gets their 4th penalty of the game (or combination of minor/major penalties for Bully Rule #31.2).
- E. At the end of the game, the Game Timekeeper must submit a completed and accurate score sheet to the referee for a signature and allow both coaches to review completed score sheet.

#### **Rule #20 – Abuse of Officials**

- A. A major penalty shall be assessed for unsportsmanlike conduct to any player who shows disrespect for a referee's ruling or uses obscene, profane or abusive language directed towards any person in the arena. A gross misconduct penalty shall be assessed to a player who persists in this behavior after being assessed the major penalty.
- B. If the offending party is the coach or non-playing bench personnel, a bench minor will be assessed to the offending team. If the coach or non-playing bench personnel continues their actions after being assessed a bench minor, they will be ejected from the game.
- C. A game ejection penalty shall be assessed to any offending team (coach, non-playing bench personnel or player) who throws anything on the playing floor during the process of the game or stoppage in play.

#### **Rule #21 – Adjustment to Equipment**

Play shall not be delayed or stopped to make adjustments to equipment or sticks. The goalkeeper may request to a referee during a stoppage in play that a trainer/coach come out to adjust their equipment.

## **Rule #22 – Ball Out Of Bounds**

The ball is not out of bounds until it touches something that is not an on-field player, floor, boards or containment system above the boards. If the ball touches players on the bench, it is considered out of bounds.

- If a shot goes off the back boards then off the cross bar then out of bounds, possession is given to the goalkeeper in their crease.
- If a shot goes off the back boards then off the goalkeeper then out of bounds, possession is given to the offensive team.
- If a shot goes out of bounds, possession is given to the defensive team.
- If a shot hits the goalie and then goes out of bounds, possession is given to the offensive team.
- If a shot hits the cross bar or post and goes out of bounds, possession is given to the goalkeeper in their crease.

## **Rule #23 – Possession and Awarding Possession**

- A. No player shall be within 9 ft of a player being awarded possession. The referee will ask that opposing player move to a distance of 9 ft away.
  - B. Possession for offensive crease calls will be started from within that crease.
  - C. Possession shall not be awarded to any player within 15 ft of their opponent's goal crease.
  - D. Play starts with a referee's whistle.
  - E. A shot hits the goalkeeper's mask or throat guard – play is immediately stopped and the referee must check for injury and possession goes to that goalkeeper in their crease.
- If any player refuses to give appropriate distance, they will be assessed a minor delay of game penalty.

## **Rule #24 – Ball Striking Referee**

If the ball strikes the referee, it shall be considered in bounds unless the ball goes directly into the goal or hits the goalkeeper. If this occurs, play will resume with a face-off.

## **Rule #25 – Playing With a Broken Stick**

- A. A minor penalty will be assessed for any player who plays with a broken stick. If a player's stick breaks, they must drop it immediately. A goalkeeper may play with a broken stick provided they remain within their own crease. If any part of their body leaves the crease, a minor penalty will be assessed to the goalkeeper.
- B. If a player becomes separated from their stick, they may continue to play.
- C. A player whose stick is broken may NOT receive a stick thrown to them from the bench. A goalkeeper may play with a stick passed along to them from another player during play.

- A broken stick is defined as a stick who, in the opinion of the referee, poses a danger to the game.
- A 5 minute major penalty will be assessed to any player in violation of this rule.

#### **Rule #26 – MINOR Penalties**

- A. A minor penalty is a 2 minute removal of the offending player (other than the designated goalkeepers) without substitution, unless terminated early by a goal.
- B. Bench Minor penalties require the removal of any player of the offending team (other than designated goalkeeper) without substitution, unless terminated early by a goal.
- C. If a team is short-handed due to one or more penalties and the opposing team scores, the penalty that made the team short-handed is released first.

#### **Rule #27 – MAJOR Penalties**

- A. A major penalty is a 5 minute removal of the offending player (other than the designated goalkeeper) without substitution, unless terminated early by a goal.
- B. If a team is short-handed due to a major penalty and the opposing team scores 2 goals, the major penalty is released.
- C. Any player or goalkeeper who receives a second major penalty will be given a game ejection. A substitute player will serve the penalty(ies).
- D. When a player or goalkeeper is assessed a non-coincidental major penalty and one or more minor penalties, the minor penalty shall be served first for the purpose of “releasing” from a power play goal. When a player or goalkeeper is assessed a non-coincidental major penalty and another player from the same team is assessed a minor penalty at the same time, the minor penalty shall be served first for the purpose of “releasing” from a power play goal.

#### **Rule #28 – Game Ejection Penalties/Game Misconduct**

Game Ejection penalties require the removal of the player/bench personnel for the remainder of the game. Any other penalties assessed to the player will be served by another player of that team. Players/coaches or bench personnel who are assessed a game ejection penalty must vacate the premises. If a Parent is disorderly, the game will be stopped by the referee and the offending teams coach will be warned and asked to talk to the sidelines. If it occurs a second time, the ref has the ability to stop the game again, assess a major penalty and both parent and coach will be ejected from the game. The Parent will possibly be suspended from the next game (Up to AYL discretion)

#### **Game Ejection Penalties**

1. Rule #20 B & C
2. Bully Rule

- a. Any player who is assessed 4 minor penalties or major penalty combinations in one game will be ejected from that game. **A major penalty counts as 2 minor penalties.**
  - i. Delayed penalties cancelled by goals will be recorded on the official score sheet and count towards the Bully Rule.
  - ii. Infractions that cause a penalty shot will be recorded on the official score sheet and count towards the Bully Rule.

#### **Rule #29 – Gross Misconduct Penalty**

A gross misconduct penalty shall be a major penalty shall be a major penalty assessed to a player or goalkeeper for a severe action that calls upon a game misconduct and additional suspension as well. A substitute player must serve the major penalty as the original player will be expelled from the game. **Any player who receives a gross misconduct penalty will be suspended until the Directors rule on the incident.**

#### **Rule #30 – Goalkeeper Penalties**

A goalkeeper shall not be sent to the penalty bench for any minor or major penalty. Instead, a substitute player who was on the floor at the time of the infraction will serve the penalty. The official Game Timekeeper will record the penalty to the goalkeeper (regardless of who serves it) on the official score sheet and count it towards the Bully Rule.

- If a goalkeeper is ejected or receives a gross misconduct their place shall be taken by a substitute goalkeeper.

#### **Rule #31 – Coincident Minor Penalties**

When coincident minor penalties or coincident minor penalties of equal duration are imposed against players of both teams, the penalized players shall all take their places on the penalty benches and such penalized players shall not leave the penalty bench until the first stoppage of play following the expiring of their respective penalties. Immediate substitution shall be made for an equal number of minor penalties or coincident minor penalties of equal duration to each team so penalized and the penalties of the players for which substitutions have been made shall not be taken into account for the purpose of the delayed penalty rule.

- This rule only applies when at least one team is already serving a time penalty in the penalty bench that causes them to be short-handed.
  - A. When one minor penalty is assessed to one player or goalkeeper of each team at the same stoppage of play, these penalties will be served without substitution provided there are no other penalties in effect and visible on the penalty clocks. Both teams will therefore play four players vs four players for the duration of the minor penalties.
  - B. Should one or both of these players also incur a major penalty in addition to their one minor penalty, this rule shall apply and the teams would still play four vs. four (the player incurring the major penalty would have to serve the entire 7 minutes – minor plus major).

#### **Rule #32 – Multiple Penalties**

At the time the delayed penalty is called, when the coincident rule is not in effect, and team A has 2 players serving penalties and a third minor penalty is assessed to team A, a penalty shot will be awarded for team B. The third penalty will be recorded for the 4 penalty limit rule (Bully Rule) but that player will not serve time whether or not a goal is scored on the penalty shot. Any goal scored on the penalty shot will not be counted

towards a release for either of the 2 current penalties. If a major penalty is assessed, 2 penalty shots are awarded. If a major and a minor penalty are assessed, 3 penalty shots are awarded.

- For a penalty shot to occur, these conditions must be met:
  1. The coincident rule must not be in effect.
  2. There must be 2 players serving a penalty at the same stoppage of play.

### **Rule #33 – Calling of Penalties**

- A. Should an infraction of the rules which would call for a minor, major or Gross Misconduct penalty be committed by a player or goalkeeper of the team not in possession of the ball, except for checking in the crease, the referee shall raise his arm to signal the delayed calling of the penalty.
- When the team to be penalized gains control of the ball, multiple shot clock resets may occur, the referee will blow his whistle to stop play and impose the penalty on the offending player or goalkeeper.
- A. Should an infraction of the rules which would call for a minor, major or Gross Misconduct be committed by a player or goalkeeper of the side in possession of the ball, the referee shall immediately blow the whistle and penalize the offending player or goalkeeper.
- B. If the penalty to be imposed is a minor **penalty and a goal is scored** on the play by the non-offending side, the **minor penalty shall not be enforced** but **major and match penalties shall be enforced in the normal manner regardless of whether or not a goal is scored.**
- C. If, when a team is short-handed by reason of one or more minor or bench minor penalties, the referee signals a further minor penalty or penalties against the short-handed team and a goal is scored by the non-offending side before the whistle is blown, then the goal shall be allowed. The penalty or penalties signaled shall be assessed and the first of the minor penalties already being served shall automatically terminate. Major and Gross Misconduct penalties shall be imposed in the normal manner regardless of whether or not a goal is scored.
- On a delayed penalty the play is whistled dead when:
  - The opposing team's player/goalkeeper gains possession of the ball.
  - Any reason that normally would have caused a stoppage in play.
  - An attacking team may score on their own goal during this delayed penalty time.

### **Rule #34 – Penalty Shot**

A penalty shot is awarded in these situations:

- To the offensive team when the defensive team is assessed a too many men penalty with less than 2 minutes remaining in the game.

- To Team B when Team A is serving 2 penalties and a 3rd penalty is assessed to Team A. The 3rd penalty will be substituted by a penalty shot. If the 3rd penalty is a minor penalty, there will be one shot awarded until all the additional (2+) penalties have been substituted by penalty shots. **Goals scored on these penalty shots do not count towards releasing the serving penalties.**
- To restore a scoring opportunity which was lost as a result of a foul being committed by the offending team, based on the parameters set out in these rules:
  - i. The infraction must have taken place in the attacking/offensive zone.
  - ii. The player must be in possession of the ball and must have been denied a reasonable chance to score - the fact that he got a shot off does not automatically eliminate this play from the penalty shot consideration criteria. If the foul was from behind and he was denied a “more” reasonable scoring opportunity due to the foul, then the penalty shot should be awarded.
  - iii. The player must have had no opposing player between himself and the goalkeeper.
- – The referee shall place the ball on the center face-off spot and the player taking the shot will, on the instruction of the Referee – by blowing whistle – pick up the ball from there and shall attempt to score on the goalkeeper. The ball must be kept in motion towards the opponent’s goal line and once it is shot, the play shall be considered complete. No goal can be scored on a rebound of any kind (an exception being the ball off the goal post or crossbar, then the goalkeeper and then directly into the goal) and any time the ball crosses the goal line or comes to a complete stop, the shot shall be considered complete.
- A. Only a player designated as a goalkeeper or alternate goalkeeper may defend against a penalty shot.
- B. The goalkeeper must remain in his crease until the player taking the penalty shot has touched the ball.
- C. The team again whom the penalty shot has been assessed may replace their goalkeeper to defend against the penalty shot, however, the substitute goalkeeper is required to remain in the game until the next stoppage of play.
- D. While the penalty shot is being taken, players of both sides must remain to the sides of the BOX and in front of their own player’s bench.

**Designated Player** – In cases where a penalty shot has been awarded, the penalty shot shall be taken by a player selected by the coach of the non-offending team from the players on the floor at the time when the foul was committed.

- Should the player in respect to whom a penalty shot has been awarded himself commit a foul in connection with the same play or circumstances, either before or after the penalty shot, he shall first be permitted to do so before being sent to the penalty bench to serve the penalty except when such penalty is for a match penalty in which case the penalty shot shall be taken by a player selected by the coach of the non-offending team from the players on the floor at the time when the foul was committed.

**Violations During the Shot** - Should the goalkeeper leave his crease prior to the player taking the penalty shot has touched the ball, and in the event of violation of this rule or any foul committed by a goalkeeper, the Referee shall allow the shot to be taken and if the shot fails, he shall permit the penalty shot to be taken over again. When an infraction worthy of a minor penalty is committed by the goalkeeper during the penalty shot that causes the shot to fail, no penalty is to be assessed but the Referee shall permit the shot to be taken over again.

- When a minor or major penalty is committed by the goalkeeper that causes the shot to fail, the Referee shall permit the shot to be taken over again and the appropriate penalties shall be assessed to the goalkeeper.
- The goalkeeper may attempt to stop the shot in any manner except by throwing his stick or any object, or by deliberately dislodging the goal, in which case a goal shall be awarded.
- If, while the penalty shot is being taken, any player, goalkeeper, Coach or non-playing Club personnel (including spectators, directors) of the opposing team shall have by some action interfere with or distract the player taking the shot and, because of such action, the shot should have failed, a second attempt shall be permitted and the Referee shall impose a bench minor penalty to the offending team.
- If, while the penalty shout is being taken, any player, goalkeeper, Coach or non-playing Club personnel (including spectators, directors) of the team taking the shot shall have by some action interfered with or distracted the goalkeeper defending the shot and, because of such action, the shot was successful, the Referee shall rule no “no goal” and shall impose a bench minor penalty to the offending team.

**Face-off Location** – After every penalty shot, there is a face-off at the center line.

The clock will run on all penalty shot attempts except during the last 1 minute of the game.

No penalty shall expire when a goal is scored against a team on a penalty shot.

#### **Rule #35 – Penalty Goals**

A goal will be awarded to the attacking team when the opposing team has taken their goalkeeper off of the floor and an attacking player has possession of the ball in the offensive/attacking zone, without a defending player between himself and the opposing goal, and he is prevented from scoring as a result of an infraction committed by the defending team.

- A goal will be awarded when an attacking player, in the act of shooting the ball into the goal (between the normal position of the posts and completely across the goal line) is prevented from scoring as a result of the defending player or goalkeeper displacing the goal post, either deliberately or accidentally.
- A goal will be awarded when a goalkeeper attempts to stop a penalty shot by throwing his stick or any other object at the player taking the shot or by deliberately dislodging the goal.

#### **Rule #36 – Infractions**

**MINOR** – a minor penalty shall be 2 minutes in length releasable early by the scoring of one goal against the offending team.

**MAJOR** – a major penalty shall be 5 minutes in length releasable early by the scoring of 2 goals against the offending team. The offending player must serve the full 5 minutes of a major penalty, but in the event of 2 goals scored, can be substituted on the floor only at the stoppage of play.

**GROSS MISCONDUCT** – a gross misconduct penalty shall be 5 minutes in length. The offending player is immediately expelled from the game area and any player, at the coach's discretion, must serve the 5 minute penalty which is releasable after 2 goals or time is served against the penalized team.

**COINCIDENTAL PENALTIES** – coincidental penalties are never released due to a goal being scored against their team.

#### **Releasable Penalties**

1. If a team is short-handed due to one or more minor or bench minor penalties and the opposing team scores, the penalty that made the team short-handed at the time of the goal shall terminate.
  2. Minor Penalty released after goal:
    - a. Is the team scored against short-handed?
    - b. Are they serving a minor penalty on the clock?
- If the answer is yes to both of the above then you are to delete the minor penalty with the least amount of time on the clock.
  - No goals will affect coincidental penalties being served.

The Referee, at his discretion based on the severity of the violation, shall assess a penalty to any player who incurs the following infractions:

INFRACTION NAME	DESCRIPTION	SEVERITY
Attempt to Injure	<p>Any player or goalkeeper who attempts to injure an opponent, coach, or official.</p> <p>NOTE: can be boarding, butt ending, charging, checking from behind, cross checking, fighting, high sticking, kicking a player, kneeing, slashing, spearing, roughing.</p>	Major plus a GM or Gross
Boarding	Any player or goalkeeper who body- checks, cross checks, pushes or causes an opponent to be thrown violently into the boards. If a player takes more than 3 steps before making contact with the player causing them to be boarded.	Minor Major Gross
Butt Ending	Jabbing an opponent with the butt end of a stick. Doesn't need to make contact with player – it can be an attempt. Ice picks would be considered a butt end.	Major Gross
Charging	Any player or goalkeeper who runs, jumps into or charges an opposing player where a violent collision occurs. this includes lowering of the helmet to make contact while driving/dodging	Minor Major Gross
Check From Behind	<p>Any player who intentionally pushes, body-checks, illegally cross checks or hits an opposing player from behind anywhere on the floor.</p> <p>NOTE: The most dangerous infraction in the game. All incidents are a penalty, regardless of severity. A deliberate check from behind near the boards or goal posts will be a major or match penalty.</p>	Major Gross

Cross Checking	A cross check applied below the waist, on top of the shoulder, applied when an opponent is not on their feet, applied to an opponent outside of the offensive zone. A major extension of the defenders arms in delivering a 'blow'.	Minor Major Gross
Elbowing	Assessed to any player who used their elbow to foul their opponent.	Minor Major Gross
Fighting	Any altercation including a player who incites or instigates a fight. Retaliation will not be tolerated	Gross
Grabbing the Face Mask, Pulling Hair, Helmet,	Penalty will be given for grabbing the face mask, pulling hair, helmet, chin strap	Major Gross
Goaltender Interference	Penalty will be given for any offensive player who makes any contact with the opposing team's goalie while that goalie is contained within the cylinder of the crease.	Minor Major
Hand Ball	Any player or goalkeeper who catches (not touches) the ball outside of their goal crease	Minor
High Sticking	Any contact to an opponent's neck, face or helmet.  NOTE: Incidental contact with the helmet should be disregarded. If a player deliberately ducks causing the high sticking this should be disregarded as well	Minor Major Gross
Holding	Any player or goaltender who impedes an opponent's progress by holding with his/her arms, hands or legs	Minor
Kicking or Kneeing	Any player or goalkeeper who deliberately kicks or attempts to kick an opponent	Major Gross

Slashing	<p>Any player or goalkeeper who deliberately slashes an opponent with his/her stick. Contact does not need to be made.</p> <p>A player may not strike an opponent with that portion of the stick not held between the hands. Stick to stick contact is allowed but hands are considered part of the body and may not be touched.</p>	<p>Minor</p> <p>Major</p> <p>Gross</p>
Spearing	Spearing is the stabbing of an opponent with the head/mouth of the stick	<p>Major</p> <p>Gross</p>
Throwing Stick	Any player or goalkeeper who throws their stick or any other piece of equipment at the ball or opponent	Major
Tripping	Any player or goalkeeper who uses their stick or any part of their body to trip an opponent.	Minor
Roughing	Any player or goalkeeper who uses unnecessary roughness during a game	<p>Minor</p> <p>Major</p> <p>Gross</p>