



**DLaxV**

*DEUTSCHER LACROSSE VERBAND E.V.  
GERMAN LACROSSE ASSOCIATION*

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*DAMENREGELWERK  
INDOOR LACROSSE*



## **Major changes to the rules released in February 2019:**

### **Section 1 The Arena:**

#### **1.1 Field Markings**

Markings around the goal: 8m semi circle and hash marks removed. Update also in Appendix I.

#### **1.2 The Goals**

Dimensions: 1,45 meters between the goalposts (in align with the indoor men's rules)

### **Section 2 Time Factors:**

#### **2.1 Game Times**

Games are 4x10 stop clock

Half Time shall not exceed 10 Minutes

Overtime procedure introduced

### **Section 6 Penalty Definitions and Administration:**

#### **6.1.2 Changes to Major and Minor Fouls:**

Adding: Warding and Illegal Pick to minor fouls.

Adding: Delay of game by throwing, retaining or rolling the ball away as a major foul.

Adding **6.1.3 Goal circle rules.**

**6.2.4 Warning cards** Adding a mandatory red card for the attempt of a defender (except the dressed goaltender) to stop a shot on goal with her body.

Adding **6.4 Penalty Shot**



## ***DLaxV Rules Women's Indoor Lacrosse***

The following rules are changes to the *FEDERATION OF INTERNATIONAL LACROSSE 2018 - 2019 Women's Official Rules* by the DLaxV and are to be practiced in all DLaxV women's indoor-lacrosse league games. Apart from the following rules the above mentioned rulebook will be applied.

### **Section 1 The Arena:**

#### **1.1. Field markings (see Diagram in Appendix I)**

*Boundaries:* A wall shall be surrounding the entire playing area and mark the outer boundaries.

*Playing Area:* The overall playing area shall have a minimum of 41,30 meters in length and 24,00 meters in width. Distance between the goal line and the end line has to be at least 3,65 meters.

*Goal Line:* The goal line will be marked at each end of the field at least 3,65 meters away from the boundary and shall be 1,45 meters long.

*Crease:* A goal circle shall be marked with a radius of 2,83 meters. Behind the goal line in a distance of 1,82 meters the crease will end in a straight line parallel to the goal line ('is cut off with' a line).

*Marking Area:* An eight (8) meter marking area shall be marked, according to diagram 1.

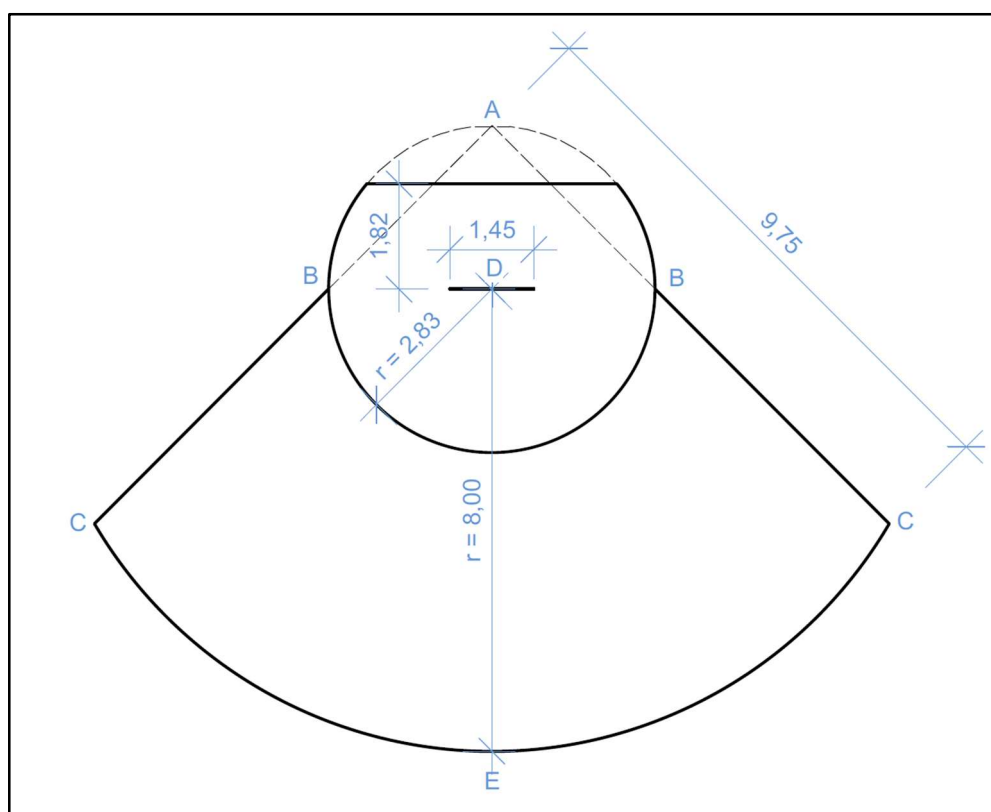


Diagram 1: Directions for marking the eight (8) meter area and markings around the goal.  
Only solid lines shall be marked.



*Center Circle:* In the center of the field, a center circle will be marked and have a radius of 5 meters. The center of the center circle will be marked with an 'X'.

*Center Line:* A center line shall be marked at exactly half of the full length.

## **1.2. The Goals**

*Dimensions:* Each goal shall consist of two vertical posts (goal posts) joined by a rigid top crossbar. These goal posts shall be 1,45 meters (4 feet 9 inches) apart, and the top crossbar shall be 1,22 meters (4 feet) from the playing surface, all inside dimensions. NOTE: Goals with the dimensions of 1,22 meters x 1,22 meter (4 feet x 4 feet) shall be tolerated for games, if regular goals are not available. Both goals shall be equal in size.

*Position:* The goals shall be centered relatively to the width of the playing area.

## **Section 2 Time Factors:**

### **2.1. Game Times**

*Length of Game:* The duration of a game shall be four quarters of ten (10) minutes stop clock periods. The game clock and the penalty clock will be stopped on every whistle of the umpires which stops play and started again with the umpires' whistle which resumes play.

*Restart Play:* Players must be ready to start the game twenty (20) seconds after a goal has been scored, following quarter times, team time outs and goals. Should one team not be prepared to draw upon the expiration of twenty seconds (20), the non-offending team shall receive possession. Whenever possible the shot clock shall count down after goals from thirty seconds (30) to ten seconds (10).

*Breaks:* There shall be a two (2) minute break in between quarter 1 and 2, and quarter 3 and 4. The half time length in between quarter 2 and 3 shall not exceed ten (10) minutes.

*Overtime Procedure (Playing off a tied game when required):*

When the score is tied at the end of the regular playing time, play shall be continued after two (2) minute intermission, with a sudden victory overtime. The game ends upon the scoring of the first goal.

Periods of ten (10) minutes of stop clock 'sudden victory' overtime will be played.

If the teams are still tied after the first ten (10) minutes of overtime, play will continue with 'sudden victory' stop clock overtime periods of 10 minutes. Teams will have 2 minutes of rest between every ten (10) minutes period until a goal is scored.

### **2.2. Timeouts**

*Number/Duration:* Each team may request two (2) ninety (90) seconds timeouts during regulation play and one (1) ninety (90) second timeout for every overtime period.

*Timeout allocation:* During live ball situations, the team has to have team-possession of the ball in order to request a timeout. The position of the ball can be anywhere on the field. The ball starts where it was when the timeout was called, at least eleven (11) meters away from the



opponents' goal, three (3) meters away from the boundaries. All other players must move at least three (3) meters away. If the ball is still in a team's defensive half, the 10 second count starts with a full 10 seconds after the timeout.

After a goal has been scored or after a penalty has been awarded, any team can take a timeout.

The shot clock and game clock are stopped during timeouts (team timeout, injury timeout, umpire's timeout).

*Timeouts and penalties served:* Players who are serving a penalty must remain in the penalty box during all timeouts.

*No timeouts remaining:* When a team asks for a timeout and that team has no timeouts remaining, they will be assessed a one (1) minute delay of game penalty, and the opposing team shall be awarded possession of the ball.

### **Section 3 Definitions:**

*Player Possession:* A player shall be considered in possession of the ball when she has control of the ball and can perform any of the normal functions of ball control such as carrying, cradling, passing or shooting. Any deputy or goalie, inside the crease, who clamps down with her stick on the ball while the ball is in the crease is defined as having player possession.

*Team Possession:* A team shall be considered in possession of the ball when a player of that team has possession. A ball being passed from teammate to teammate is considered team possession.

*Non-technical stoppage:* A timeout, the period between a goal and the restart of the game, the period when administering penalties and the time after the end of the quarter are non-technical stoppages.

### **Section 4 The Teams:**

*Number of players in the playing area:* A full team consists of six (6) players on the playing area including those players in the penalty box. One of the six (6) players may be the goalkeeper.

*Number of players in a team:* During a game, no more than twenty (20) players including the goalkeepers shall be permitted on the roster. The twenty (20) players shall be comprised of a maximum of eighteen (18) runners, and two (2) dressed goalkeepers, if available. At no time shall a team be comprised of more than eighteen (18) runners.

*In-home:* The designated in-home may be any runner on the team, but not the goalkeepers. The in-home player will serve any illegal substitution penalty, major-foul penalty for the goalkeeper, penalty time for a yellow card for the goalkeeper (only if a team has no second-dressed goalkeeper), penalty time for a Yellow card for the coach and bench personal and the penalty time for a Yellow/Red or straight Red card of any player/coach and bench personal. If a penalized player has been injured, she may leave the penalty box and the in-home player shall serve the penalty instead. The injured player must wait until the penalty expires before she can take part in the game.



If the in-home cannot serve the penalty for whatever reason, the coach, or if a team does not have a coach, the team captain shall designate a player from the team to serve the penalty.

The in-home must be marked on the list of players handed in by the team with an IH.

### **Section 5 Equipment:**

*Goalkeeper Equipment:* The same goalkeeper equipment as in the FIL Indoor Lacrosse Rulebook - 2016-2019- Version 1.0. may be used. Please see Appendix II for a full extract of the Rule 5.7 from the FIL Indoor Lacrosse Rulebook - 2016-2019- Version 1.0.

*Broken Stick:* A broken stick is one, which in the opinion of the umpire is unfit for normal play. A player without a stick may participate in the game. A player whose stick is broken may participate in the game provided she drops the stick. The player may receive a stick at her bench. A goalie may continue to play with a broken stick until a stoppage of play.

### **Section 6 Penalty Definitions and Administration:**

#### **6.1. Penalties**

**6.1.1 Penalties:** All minor and major fouls (referred to as penalties) are in effect as stated in the *FEDERATION OF INTERNATIONAL LACROSSE 2018 - 2019 Women's Official Rules* with the exception of the following and the changes in 6.1.2 and 6.1.3:

Minor Fouls not in effect: Restraining Line Violation, Numbers of players on the center circle during the (re-)start of the game

Additional Minor Fouls: Violation of the 10 second rule, Backcourt Violation, Shot clock Violation

Major Fouls not in effect: Illegal Deputy as stated in the *FEDERATION OF INTERNATIONAL LACROSSE 2018 - 2019 Women's Official Rules*. NOTE: See 6.1.3.

#### **6.1.2 Changes to Minor and Major Fouls**

Every minor foul can be upgraded to a major foul by the umpire, if in the opinion of the umpire the foul is reckless and endangering.

Warding and Illegal pick/block are minor fouls.

Illegal Substitution: Illegal Substitution is a major foul. The in-home player will always serve this penalty for the team.

Illegal Equipment: Illegal Equipment is a major foul. The player with the illegal stick needs to get a legal stick from her team's bench area before entering the penalty box. This includes playing with a broken stick.

Illegal Crosse Request (request for a second time during a game, or any additional time, the inspection of an opponent's crosse when it meets specifications) is a major foul. The in-home player will always serve this penalty for the team.



Delay of game by throwing, retaining or rolling the ball away is a major foul. This shall include any action by a player that disrupts the restart of the game such as holding onto the ball, or tossing the ball to the umpire, rather than immediately putting the ball down directly upon expiry of loss of possession inhibiting a fast restart for the opposing team.

### 6.1.3 Goal Circle Rules

The Goal Circle Rules will be replaced by the following rule.

6.1.3.1: Apart from the goalkeeper, one of the following criteria must be met in order for a player to enter or to have her feet, body or stick on or over the goal circle line at any time:

a. An offensive player is in violation of the goal circle if any part of her body is on the line or inside the goal circle. When only an offensive players stick is in contact with the goal circle line or in the goal circle there is no violation of this rule. The offensive players stick may not make initial contact in the goal circle with the goalie, the goalies stick, a defender or a defenders stick if the goalie/defender has possession of the ball and both feet of the goalie/defender are fully inside the goal circle.

It is no goal, if a ball is loose in the goal circle and it is directed by an offensive player into the goal without having player possession. NOTE: See definition of player possession in section 3.

b. Players on the defending team in their defensive end of the field may run through any portion of the goal circle while defending. Only the defensive player who is directly marking the ball carrier within a stick's length may remain in the goal circle while defending.

c. Players on the defending team in their defensive end of the field may run through or remain in the goal circle when their team is in team possession of the ball. Defenders must immediately leave the goal circle when their team loses possession of the ball.

d. Any defender moving through the goal circle must still abide by all provisions of the shooting space rule.

e. Players on the defending team may play a ball on the goal circle line and go into the goal circle to play a ball on the ground or in the air.

f. Players on the defending team may never attempt to or stop a shot by playing the ball off of one's body. NOTE: See 6.2.4. warning cards.

6.1.3.2 The goalkeeper or any defender while within the goal circle:

a. Must remove a ball lodged in their clothing, or if the goalkeeper, their protective equipment, place it in their stick, and proceed with the game.

b. May reach out their stick and bring the ball back into the goal circle provided no part of their body is grounded outside the goal circle.

c. May cover the ball.

d. Has possession when covering the ball inside the goal circle.



6.1.3.3 While within the goal circle, only the goalkeeper may:

- a. Stop a shot with their body as well as their stick.
- b. Stop the ball with their hand; if the goalkeeper catches the ball with their hand, the goalkeeper must put it in their stick and proceed with the game.

6.1.3.4 After Clearing the ball within 10 seconds out of the goal circle:

The ball must not return to her team's goal circle until the ball has been played. Played refers to an action whereby the ball leaves a player's Crosse and is touched by another player, or her Crosse is checked Crosse to Crosse by an opponent.

6.1.3.5 When the goalkeeper or any defender is outside the goal circle:

- a. The goalkeeper/defender may only re-enter the goal circle without the ball.
- b. The goalkeeper/defender may propel the ball into the goal circle and then follow it in.
- c. The goalkeeper/defender must return to the goal circle to play the ball if it is inside the goal circle.
- d. If the goalkeeper gains possession of the ball outside the goal circle, she may return the ball to the goal circle for one 10 second count.

6.1.3.6 Penalty Goal Circle Violation

The penalty for a goal circle violation is a minor foul.

## **6.2. Administration of penalties (see an overview in appendix III)**

### **6.2.1. Minor fouls**

Minor Fouls require an immediate whistle and with this the shot clock is reset. Only if there is a direct scoring opportunity for the opposing team a 'play on' shall be called from the umpires and the shot clock will not be reset.

If the *attacking team* commits the minor foul, there is a change of possession. If the *defensive team* commits the minor foul, the attacking team stays in possession. The game restarts at the spot of the foul but at least eleven (11) meters from the goal and three (3) meters away from the boundaries, no opposing player may take a position closer than three (3) meters. The shot clock is reset.

### **6.2.2. Major Fouls**

*Penalty:* The penalty for a major foul is a one (1) minute removal of the offending player from play. The player must be in the penalty box for the duration of the penalty. The in-home player will serve all major-foul penalties of the goalkeeper/s.

*Major fouls committed by Attack:* Major fouls from the *attacking team* require an immediate whistle. The player who committed the foul is sent to the penalty box.





*Major fouls committed by Defense:* Major fouls from the *defending team* are indicated by the umpire by holding up one arm straight for a delayed penalty. The advantage play for the attacking team ends when: the defense gains possession, the ball goes out of bounds, a backcourt violation is committed, the shot clock expires, the end of quarter is reached. NOTE: When the attacking team takes a shot on goal and recovers the ball, there is a shot clock reset. The umpire's arm is still raised for the delayed penalty. If the end of a quarter is reached the penalty will be administered directly and the penalty time will start with the beginning of the new quarter.

Major fouls from the *defending team* which require an immediate whistle are: Shooting space

*Set up for Major Fouls:* After sending the player/s to the penalty box, the game restarts just below the middle line in the attacking half of the team in possession; no opposing player may take a position closer than three (3) meters. The shot clock is reset.

### **6.2.3 Simultaneous Fouls**

Penalties that are administered at the same time for both teams are simultaneous fouls. This includes penalties for fouls happening at the same moment and penalties that happen during the same stoppage. NOTE: Penalties that happen during the same stoppage can include a held whistle for a defensive major foul and a attack major foul that requires an immediate whistle.

If the fouls are simultaneous, possession shall be awarded to the team with the lesser penalty time, or, if penalty times are equal, the ball shall remain with the team in possession at the time of the first foul. If there is no team in possession (e.g. directly after a draw), a redraw shall take place.

### **6.2.4 Warning cards**

All warning cards from the FIL Women's Field Lacrosse Rulebook are in affect. Adding the following mandatory cards:

**Dangerous propelling towards the goaltender:** If the goaltender is endangered by an (attempted) shot (e.g. shot on the unprotected back or neck), a mandatory card shall be given to the shooter.

**Illegal body ball in goal circle (mandatory red card):** If a player, excluding the goaltender, blatantly attempts to stop a shot on goal by playing the ball off of one's body while inside the goal circle.

The cards result in the following penalty times:

A yellow card results in a three (3) minute personal penalty. The offender may re-enter the game after the penalty is expired or released.

A yellow/red card results in a three (3) minute penalty served by the in-home player. The offender is suspended from further participation in the game and must leave the team's bench area. The in-home player may re-enter the game after the penalty is expired or released.

A red card results in a six (6) minute penalty served by the in-home player. The offender is suspended from further participation in the game and must leave the team's bench area. The in-home player may re-enter the game after the penalty is expired.



### **6.3 Cards and penalty release (see examples in Appendix IV)**

*Major Foul:* The one (1) minute penalty for a major foul can be released when the penalized team is playing short-handed (with one or more player(s) down) and a goal is scored against them.

*Simultaneous fouls:* When simultaneous penalties of the same duration are imposed against players of both teams, the penalized players shall all take their places in the penalty box and teams shall play 5 on 5, full strength. Such penalized players should not leave the penalty box until the first non-technical stoppage of play following the expiry of their respective penalties.

*Yellow Card:* The three (3) minute penalty for a yellow card can be released when the penalized team is playing short-handed (with one or more player(s) down) and two goals are scored against them.

*Yellow/Red Card:* The three (3) minute penalty for a yellow/red card can be released when the penalized team is playing short-handed (with one or more player(s) down) and two goals are scored against them.

*Red Card:* The six (6) minute penalty for a red card cannot be released. The in home must stay in the penalty box for the entire duration of the penalty.

### **6.4 Penalty Shot**

A penalty shot is designed to restore a scoring opportunity which was lost as a result of a foul being committed by the offending team.

*Guidance:* This shall be used for deliberate fouls on a breakaway, where a player in control of the ball immediately transitioning from defense to offense with an unobstructed path to the goal and a reasonable scoring opportunity.

If a team is already two (2) players down from full strength and is assessed an additional time penalty to a third player, the non-offending team shall be awarded a penalty shot. Regardless of the outcome of the penalty shot, the floor strength will remain as it was prior to the penalty shot. The player with the fewest minutes on the penalty clock of the team that received the third time penalty will be released. Which results in two players down from full strength.

Any dressed player on the offended team may take the penalty shot, with the exception of the players in the penalty box or a dressed-goalie.

After a penalty shot, play will resume with a draw.

*Execution of a penalty shot:* All players except the goalie of the offending team and the player taking the penalty shot have to leave the playing area. The player taking the penalty shot starts with the ball in the middle of the center line and must move in a continuous forward motion towards the goal (the player shall not stop moving forward e.g. stand or move backwards). The player can only take one shot.



## **Section 7 Flow of the game:**

### **7.1 Movement**

All players may move freely at all times.

### **7.2 Self Start**

There will be no self starts allowed.

### **7.3 Draw**

A draw will take place after every goal. NOTE: For a held major foul before a goal for the opposing team the penalty will be administered before the draw (with the possibility of only reporting the penalty because it may have been canceled due to the goal scored). If a major foul happens after a goal is scored and before the draw, the penalty will be administered directly (the player is sent to the penalty box). The game will resume with a draw.

### **7.4 Shot Clock**

*Rule Definition:* The team in possession is required to take a valid shot on goal within 30 seconds of gaining possession. Failure to take a shot on goal will result in the 30-second clock timer sounding a horn and possession will be awarded to the non-offending team.

*Valid Shot on Goal:* A shot that hits the goalkeeper or the front/side of the goal pipes. The head of the player's stick must be equal to or in front of the goal line. If the goalkeeper is endangered by an (attempted) shot (shot on the unprotected back or neck) a mandatory card shall be given to the shooter.

*Reset of the shot clock:* The umpire signals the reset of the shot clock by extending an arm above the head and rotating it in a circular motion.

The following criteria reset the shot clock:

- A team in possession takes a shot on goal; the ball is deflected by the goalkeeper
- A team in possession takes a shot on goal; the ball is deflected by the goal post
- After a shot that resets the clock, the shot clock is held until a team gains possession
- Change in possession occurs
- Any minor/major foul is committed and penalized by the umpire
- Ball goes out of bounds

Situations that will not reset the clock:

- A team timeout is called
- A stoppage for an injury
- If a defensive player touches the ball and does not gain possession
- A shot which is initiated from behind the goal line extended and either hits the goalie or the goal post

NOTE: If a defensive player touches the ball and does not gain possession, the 30-second shot clock continues to run.

If a defensive player causes the ball to go out of bounds the 30-second shot clock shall be reset.



*Start of the shot clock:* The shot clock starts when there is a team in possession. A team is in possession when carrying, cradling, holding, passing or shooting the ball in play.

Team possession ends when:

- There is a valid shot on the goal; or
- The opponent gains possession; or
- A goal is scored
- or the ball goes out of bounds.

*Shot clock malfunction:* The 30-second clock operator shall keep track of the time and sound the horn when and if shot clock violations occur. When 10 seconds remain on the 30-second clock, this will be announced to both benches by the shot clock operator.

### **7.5 10-second count (Clearing Time)**

When a team gains possession in their defensive half, they must get the ball across the centerline within ten (10) seconds after gaining possession. Being across the centerline means both feet must be in the offensive half of the floor, they nor the ball may not touch the centerline.

The umpire shall keep track of the 10-second time count using a chopping motion of the hand for each second (the 10-second count for the goal keeper's clearing time is the same as used during the team's clearing time's 10-second count).

Violation of the 10-second count is a minor foul.

*Time-outs called in the defensive half of the floor:* In time-out situations called by the team in possession before the expiration of the 10- second count, a new 10-second count shall be awarded after the time-out.

### **7.6 Backcourt Violation**

Teams must keep the ball in their offensive half after gaining possession in their offensive half, or after crossing the centerline with the ball in the offensive half. Crossing is defined by carrying the ball over, making a pass over or touching a ball rolling on the ground behind the centerline.

Having entered the offensive half, a backcourt violation occurs when a loose ball or a player with possession of the ball comes in contact or crosses the centerline, with the following exceptions: The defensive team being the last to touch the ball or the ball crosses directly form a valid shot on goal. NOTE: For all other shots that do not meet these criteria there are no exceptions from the rule.

If the offense was the last to touch the ball prior to the ball going over the centerline, the umpire shall blow the whistle immediately, unless the non-offended team has a clear advantage, than the umpire shall hold the whistle. NOTE: A clear advantage means that there is a clear scoring opportunity with a safe possession and without interruptions from the other team.

NOTE: See Appendix III for the different possibilities of administration.

Backcourt Violation is a minor foul.



*Backcourt Violation off a draw:* Should a player gain possession of the ball immediately after a draw, then the ball and/or the player with possession of the ball is allowed to move towards her defensive zone once. However, once the player has established possession and a forward motion towards her offensive zone, the backcourt violation is in place.

### **7.7 Out of bounds**

*Out of bounds:* Play shall be suspended anytime the ball goes out of the boundary enclosure or touches the ceiling. Possession is awarded to the team that did not touch the ball last, except for a shot on goal that deflects directly off the goalpost and goes out of bounds. In this case, the offensive team will retain possession.

The ball is awarded close to the spot where the ball went out of bounds or touched the ceiling at least 11 meters away from the goal, 3 meters inside the boundary, 3 meters of space around the player in possession.

If a ball touches the ceiling, the ball is awarded to the opposing team, close to the spot where the ball went out of bounds (at least 11 meters away from the goal, 3 meters inside the boundary, 3 meters of space around the player in possession).

### **7.8 Ball out of sight**

Should a scramble take place or a player accidentally fall on the ball, where the ball is then out of sight of the umpire, the umpire shall immediately blow the whistle and stop the play. The ball is awarded to the team who wasn't covering, "hiding" the ball. If a goalie is in the goal circle and falls on the ball, the ball will be awarded to the goalie.

### **7.9 Ball caught in lacrosse stick or other equipment**

*Ball caught in goalkeepers stick or equipment:* If the ball becomes caught in a goalkeepers stick, mask or other equipment following a shot, play shall be immediately suspended and possession shall be awarded to the goalie and the shot clock shall be reset. If the ball becomes caught in the goalie's equipment following a pass from a teammate, possession shall be awarded to the goalie; however, the shot clock is not reset.

*Ball ensnared in netting:* Should the ball be continuously contacting or resting on the back of the netting (ensnared), the umpire shall stop play and the ball is given to the goalkeeper in his crease.

### **7.10 Ball striking an umpire**

Play shall not be stopped if the ball touches an umpire anywhere on the floor, regardless of whether a team is shorthanded or not.

*Ball striking an umpire then out of bound:* When a ball deflects off an umpire and goes out of play the the ball shall remain with the team in possession at the time of the out of bounds. If there is no team in possession (e.g. directly after a draw), a redraw shall take place.

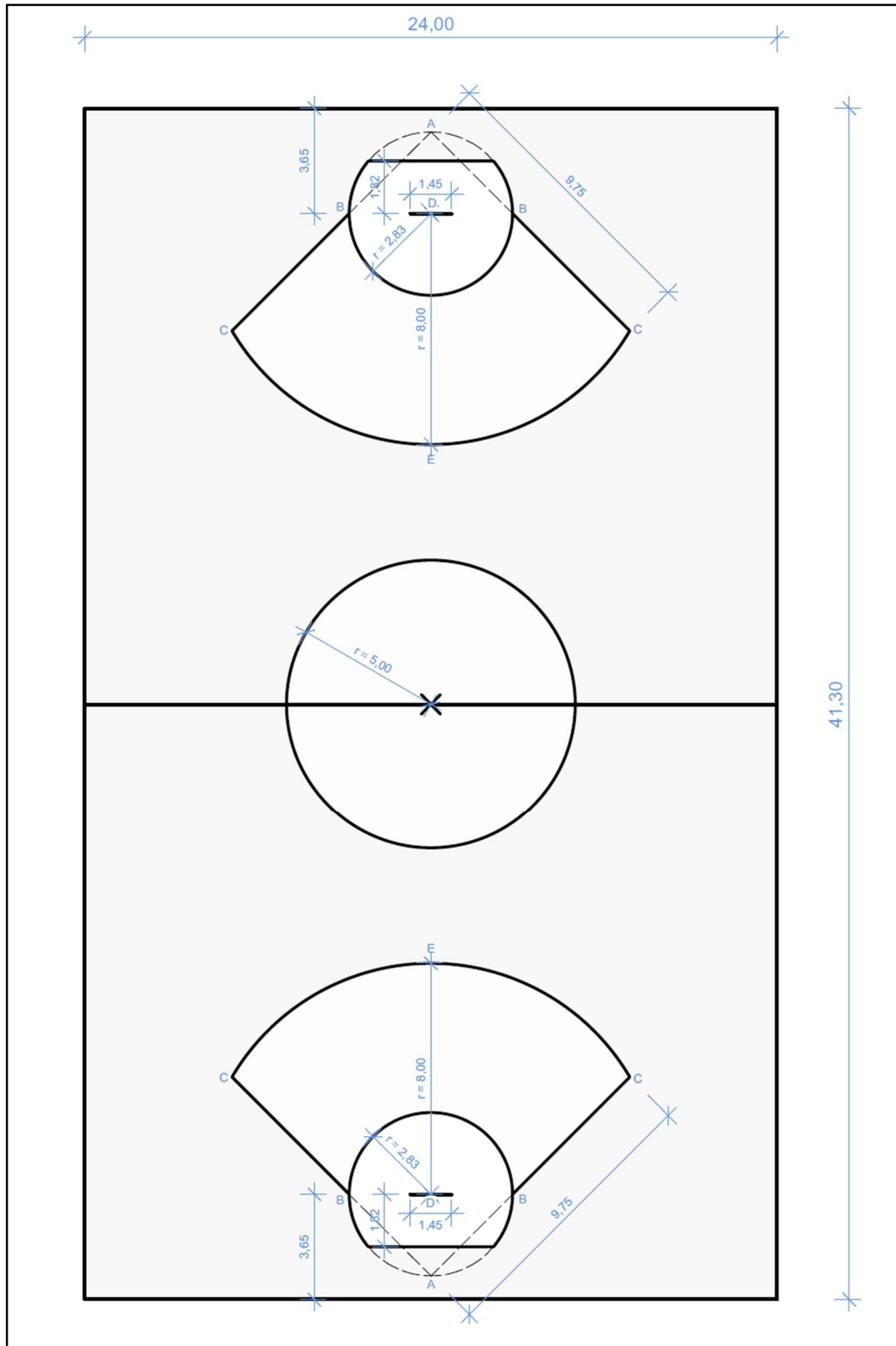
*Ball striking an umpire then into the goal:* If a goal is scored as a result of being deflected



directly or indirectly into the net off an umpire, the goal shall be disallowed. The ball shall remain with the team in possession at the time of the out of bounds. If there is no team in possession (e.g. directly after a draw), a redraw shall take place.


**Appendix I: Field markings** (only solid lines shall be marked)

**NOTE:** The overall playing area shall have a minimum of 41,30 meters in length and 24,00 meters in width. Distance between the goal line and the end line has to be at least 3,65 meters. A wall shall be surrounding the entire playing area and mark the outer boundaries.





## Appendix II: Goalkeeper Equipment

The same goaltender equipment as in the Men's FIL Indoor Lacrosse Rulebook is allowed. Please see below a full extract of the Rule 5.7 from the Men's FIL Indoor Lacrosse Rulebook.

### Rule 5.7 Goaltender Equipment

**5.7.1 PURPOSE OF EQUIPMENT** - The prime purpose of any goalie equipment is for the protection of the goalie. Special equipment worn by the goaltender includes the arm & chest protector, goaltender pants, throat guard, athletic cup, and shin guards.

With the exception of the stick, all the equipment worn by the goaltender must be constructed solely for the purpose of protecting the goalkeeper's head or body, and he must not wear any garment or use any contrivance, which would give him undue assistance in keeping goal.

**5.7.2 APPROVED EQUIPMENT** - The following equipment specifications are standardized as follows:

**5.7.3 GLOVES** - A standard lacrosse goaltender glove is permitted and may not be altered for purposes of adding bulk. Padding may not be added to the outside of the glove.

The glove may be a maximum width of eight and one-half inches (8 ½") at any point across, and fourteen and one-half inches (14 ½") maximum length.

**5.7.4 PANTS** - No internal or external padding is permitted on the pant leg or waist beyond that to provide protection (no outside ridges).

The maximum width (straight line) of the thigh pad across the front of the leg is eleven inches (11"). If the groin and/or hip pads extend beyond the edge of the front thigh pad they are to be included in this eleven-inch (11") measurement.

This measurement is to be taken while the goaltender is in an upright standing position.

This measurement is to be made five inches (5") from the bottom of the pant. This measurement will include any shin pad that overlaps the pant.

**5.7.5 SHIN PADS** - The shin pads shall not exceed nine inches (9") in extreme width from the base of the knee cap when on the leg of the goaltender. The shin pad shall not exceed seven inches (7") in width at the base of the ankle and taper in a straight line from the kneecap to ankle with conformity to leg. Shin pad width at or above the kneecap shall not exceed eleven inches (11"). The measurement shall be taken from the widest points on the plastic only. The entire shin pad shall be no greater than one and one-half inches (1 ½") in thickness and no attachments are permitted.

The calf protector must follow the contour of the calf and ankle, and can have a thickness of no greater than one and one-half inches (1 ½"). Kneepads must be as from the manufacturer, may not be altered, and must conform to the body.

Referees will measure the shin pads when on the leg of the goaltender with an approved caliper.

**5.7.6 HELMET & FACEMASK** - Goaltenders must wear a helmet and facemask





approved by and bearing the certification mark of the CSA or NOCSAE. There must also be attached a throat protector

5.7.7 ARM & CHEST PROTECTOR - Shoulder cap protectors must follow the contour of the shoulder cap in a rounded manner without any pointed or squared projections/extensions beyond the shoulder. The contoured padding must not be more than three inches (3") in width outside the said goaltender's most outer body point on each side. In addition, the padding may not climb higher than two inches (2") above the plane of said goaltender's shoulder. The arm padding may not measure more than seven inches across (7") at its greatest point. Referees will measure the arm pad when on the arm of the goaltender with an approved caliper.

The chest protector must follow the contour of the chest and abdomen. The contoured padding must not be more than two and one-half inches (2 ½") on each side of the chest and abdomen.

5.7.8 JERSEYS - No inserts or additions are to be added to the standard goaltender cut jersey as produced by the manufacturer.

No "tying down" of the sweater is allowed at the wrists if it creates a tension across the jersey such that a "webbing effect" is created in the armpit area. No other tie downs are allowed that create a "webbing effect".

The length of a jersey is illegal if it covers any area between the goalie's legs.

5.7.9 SURPLUS PADDING - Surplus padding worn only for bulk shall not be allowed. The protective padding shall conform to the shape of the body. Any surplus padding added must conform to measurement specifications and contour requirements.



## Appendix III: Administration of penalties

### Minor Fouls

Action (what's happening)	where	Umpire's action	offending player/team	restart the game
Minor foul	outside the 8m fan	immediate whistle (unless it's a direct scoring opportunity, then: play on)	can move freely, at least 3m away	where the foul occurred
Minor foul	inside the 8m fan	immediate whistle (unless it's a direct scoring opportunity, then: play on)	can move freely, at least 3m away	11m away from the opponent's goal (shortest way out) often up top, all: at least 3 m away
Minor foul	behind goal	immediate whistle (unless it's a direct scoring opportunity, then: play on)	can move freely, at least 3m away	11m away from the opponent's goal, 3m away from the boundary, all: at least 3m away
Backcourt violation: player with ball steps on the line		immediate whistle	possession change	just below the middle line in the attacking half, all: at least 3m away
Backcourt violation: ball goes over the line	attacking team can pick up the ball and has quality possession	reset the shot clock		play on
	defending team touches the ball first OR prevents the attacking team from picking it up (two players competing for the ball) OR the attack does not gain quality possession	immediate whistle	can move freely, at least 3m away	where the ball was, 11m away from the opponent's goal, 3m away from the boundary, all: at least 3m away
	no one near the ball	immediate whistle	can move freely, at least 3m away	just below the centerline in the attacking half, all: at least 3m away
Simultaneous minor fouls	after a draw, no possession	immediate whistle		re-draw
	after possession	immediate whistle	can move freely, at least 3m away	team which had possession stays in possession, where the ball was, 11m away from the opponent's goal, 3m away from the boundary, all: at least 3m away



## Major Fouls & Warning Cards (1)

Action (what's happening)	where	Foul	Umpire's action	offending player/team	restart the game
major foul by <b>defending</b> team (same with: yellow and yellow/red card)	Everywhere on the field	Shooting space	immediate whistle	is sent to the penalty box	just below the centerline in the attacking half, all: at least 3m away
		Regular Major Foul	arm up for "held whistle" until the defensive team gains possession	is sent to the penalty box	just below the centerline in the attacking half, all: at least 3m away
			arm up for "held whistle" until the attacking team shoots a goal	penalty is reported but cancelled by the goal	draw
		Major Foul will be administered with a yellow card	arm up for "held whistle" until the defensive team gains possession	is sent to the penalty box	just below the center line in the attacking half, all: at least 3m away
			arm up for "held whistle" until the attacking team shoots a goal	is sent to the penalty box, but only 1 goal in man down is needed for a release	draw
major foul by <b>offending</b> team (same with: yellow and yellow/red card)	Everywhere on the field		immediate whistle	Possession change, player is sent to the penalty box	just below the center line in the offensive end, all: at least 3m away
Red card	Everywhere on the field		immediate whistle	red card player is sent away from the field, in-home is sent to the penalty box	just below the centerline in the attacking half, all: at least 3m away
			held whistle for a direct scoring opportunity	red card player is sent away from the field, in-home is sent to the penalty box	Goal is scored: Draw No goal scored: just below the centerline in the attacking half, all: at least 3m away



## Major Fouls & Warning Cards (2)

Action (what's happening)	where	Foul	Umpire's action	offending player/team	restart the game
Simultaneous major fouls	after a draw, no possession		immediate whistle	both players are sent to the penalty box, floor strength stays 5 vs. 5	redraw
	after possession		immediate whistle	both players are sent to the penalty box, floor strength stays 5 vs. 5	team in possession stays in possession, just below the centerline in the attacking half, all: at least 3m away



## **Appendix IV: Examples for penalty release**

### **Simultaneous (in the same stoppage):**

*Example:* The umpire holds a delayed major penalty (push) for the defensive team, RED player #2, by signaling the penalty with a raised arm. Within that play, a player from the attacking team, BLUE player # 4 commits a major foul (charge).

The umpire whistles the play dead with and tells both players to proceed to the penalty box. Their fouls have been in the same stoppage of play, so there is no release until the first non-technical stoppage of play **following the expiry of their penalties**. The penalty time is not shown on the boards.

A non-technical stoppage is: a time-out, after a goal, during penalty administration and when the quarter ends.

### **Possession: Severity of penalties:**

If the simultaneous fouls are the same (major, yellow card, y/r or red card), then the team which had possession stays in possession after the penalties are administered.

When there is a major foul from RED and a yellow card from BLUE in the same stoppage, the yellow card is more severe because there is more penalty time (1min < 3min). So team RED, which received the major foul, is in possession.

When there are two major fouls from RED and a yellow card from BLUE in the same stoppage, the yellow card is more severe because there is more penalty time (2min < 3min). So the team which received the major fouls is in possession.

When there are three major fouls from RED and a yellow card from BLUE in the same stoppage, the penalty time is equal (3min = 3min). So, the team which had possession stays in possession after the penalties are administered.

First in first out principle is used so that the player with the least amount of penalty time is released first.

If there are two major penalties from the same team, the umpire releases the one with the least amount of time first.

If there is a major foul and a yellow card penalty from the same team, the umpire releases the less severe penalty first. Exception: There is already one goal off the yellow card, and then a major foul penalty is called against the same team. The release for the yellow card already started, so the next goal against the short-handed team will release the player serving the yellow card penalties.



Examples for penalty releases (only the number of runners are counted in the examples below, the goaltender is excluded from the floor strength)

Team RED	Time Factors	Team BLUE
Defending team 1' delayed major penalty		Attacking team Goal scored
If the RED team commits a major foul, the umpire holds up an arm to show the delayed penalty. This advantage for the BLUE team is as long as the RED team does not gain possession. When the BLUE team now scores a goal, the penalty is automatically released and the RED player who committed the foul can continue to play .		
1' major penalty 1' delayed major penalty	5:00 in game 5:30 in game 5:35 in game	Goal scored
5:00 in game: RED player #2 is put in the penalty box for 1', Play resumes 4 vs. 5, BLUE in possession. 5:30 in game: RED player #3 commits a foul, the umpire holds up the arm to show the delayed penalty. 5:35 in game: BLUE team scores a goal. RED player #2 is released (fewer penalty time). RED player #3 is put in the penalty box for 1' (roll the box').		
3' Yellow Card 1' major penalty	5:00 in game 7:20 in game 7:30 in game	Goal scored
5:00 in game: RED player is put in the penalty box for 3' for a yellow card penalty, Play resumes 4 vs. 5, BLUE in possession. 7:20 in game: RED player is put in the penalty box for 1', Play resumes 3 vs. 5, BLUE in possession. 7:30 in game: BLUE scores a goal, major foul (less severe penalty) is released, Play resumes 4 vs. 5, Draw after Goal.		
Defending team 1' major penalty	simultaneous	Attacking team 1' major penalty
Both players spend the 1' in the penalty box. Play resumes with BLUE in possession. Field strength is 5 vs. 5. The players are released during the next non-technical stoppage (Time Out, goal, penalty, end of quarter) after the penalty time is expired. Field strength is 5 vs. 5.		
1' major penalty	5:00 in game 5:40 in game (not in the same stoppage)	1' major penalty
5:00 in game: RED player is put in the penalty box for 1', Play resumes 4 vs. 5, BLUE in possession. 5:40 in game: BLUE player is put in the penalty box for 1', Play resumes 4 vs. 4, RED in possession. Players are released from the penalty box when their 1' penalties expire.		
1' major penalty	5:00 in game	



Goal scored	5:20 in game	
5:00 in game: RED player is put in the penalty box for 1', Play resumes 4 vs. 5, BLUE in possession. 5:20 in game: RED scores a goal short-handed. RED player is not released. Draw after goal. Player is released from the penalty box when the 1' penalty expires.		
1' major penalty	5:00 in game	
Goal scored	5:20 in game	
	5:30 in game	Goal scored
5:00 in game: RED player is put in the penalty box for 1', Play resumes 4 vs. 5 5:20 in game: RED scores a goal short-handed. RED player is not released. Play resumes 4 vs. 5. Draw after Goal. 5:30 in game: BLUE scores a goal against the short-handed team. Player is released from the penalty box, Play resumes 5vs. 5. Draw after Goal.		
1' major penalty	simultaneous	3' yellow card
Both players are sent to the penalty box. RED is serving a 1' penalty, BLUE is serving a 3' penalty. Field strength is 4 vs. 4. RED team is having possession. They are released after the penalty time is expired.		
4' Y/R card		
RED Player #2 receives the second yellow card in the game. So she is fouled out (not allowed to be in the game or anywhere near the team anymore). The in-home player has to serve the penalty time. Play resumes 4 vs. 5, BLUE in possession. Can be released by 2 goals from the opposing team when RED is still short-handed.		
4' Y/R card	5:00 in game	
	5:30 in game	Goal scored
	5:40 in game	1' major penalty
	6:00 in game	Goal scored
5:00 in game: RED Player #2 receives the second yellow card in the game. So she is fouled out (not allowed to be in the game or anywhere near the team anymore). The in-home player has to serve the penalty time. Play resumes 4 vs. 5, BLUE in Possession. 5:30 in game: BLUE scores a goal, which is the first for the 2-goal-releasable Y/R-card. Play resumes 4 vs. 5, Draw after goal. 5:40 in game: BLUE receives a 1' major penalty, Play resumes 4 vs. 4, RED in possession. 6:00 in game: BLUE scores a goal. Penalty is not released, because BLUE didn't score against a short-handed team. Play resumes 4 vs. 4, Draw after goal.		