



DLaxV Regelwerk Damen Indoor Lacrosse



Gemäß BSO §14



Inhalt

Folgende Regeln und Regelwerke gelten für den DLaxV Spielbetrieb:

S.3 Regeln für den DLaxV Spielbetrieb



DLaxV

DEUTSCHER LACROSSE VERBAND E.V.
GERMAN LACROSSE ASSOCIATION

**DAMENREGELWERK
INDOOR LACROSSE**



DLaxV Rules Women's Indoor Lacrosse

The following rules are changes to the FIL Women's Field Lacrosse Rulebook by the DLaxV and are to be practiced in all DLaxV women's indoor-lacrosse league games. Apart from the following rules the FIL Women's Field Lacrosse Rulebook will be applied.

Section 1 The Arena:

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).

Markings around the goal: The 11 Meter Area and Marking Area will be replaced with an 8 Meter Area and Marking Area. *Hash marks* (7 in total) shall be 3 meters apart. Starting with the center hash and then adding three to each side. The 15 meter fan will be replaced with an 11 meter fan.

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.

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:

Game Times

Length of Game: The duration of a game shall be four quarters of eight (8) 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.

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 is five (5) minutes.



Time-Outs

Number/Duration: Each team shall have the possibility to take two 60 second time-outs during the regular game time.

Time-Out allocation: During live ball situations the team has to have team-possession of the ball in order to request a time-out. The position of the ball can be anywhere on the field. The ball starts where it was when the time-out was called, at least 11 meters away from the opponents' goal, 3 meters away from the boundaries. All other players must move at least 3 meters away. If the ball is still in a team's defensive half, the 10 second count starts with full 10 seconds after the time out.

After a goal has been scored and after a penalty has been awarded, any team can take a time-out.

The shot clock and game clock are stopped during any time-out (team time-out, injury time-out, umpire's time-out).

Time-outs and penalties served: Players who are serving a penalty must remain in the penalty box during all time-outs.

No time-outs remaining: When a team asks for a time-out and that team has no time-outs remaining, they will be assessed a 1 minute delay of game penalty, and the opposing team shall be awarded possession of the ball.

Tie at the end of regular playing time (shoot out)

Shoot-out: If there is a tie at the end of the regular playing time, a shoot-out will take place to determine the winner. A coin toss will be administered to determine the starting team. The goalkeeper of the opposing team will be in the goal.

Each team nominates 3 players to participate in the first round of the shoot-out. The player/s who are in the penalty box at the end of the regular playing time may not participate in the shot out. If the score is still a tie, each team will nominate 1 further player to compete until a winner is determined. No player can go twice until all her teammates (besides the dressed goalkeeper/s and the player/s in the penalty box) have participated in the shoot-out.

Procedure: Alternately, a player from each team starts with the ball in the middle of the center line and moves in a forward motion towards the goal to take a shot on goal (the player shall not stop moving forward e.g. stand or move backwards).

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



Section 4 The Teams:

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

Number of players in a team: During a game, no more than 18 players including the goalkeepers shall be permitted on the roster. The 18 players shall be comprised of a maximum of 16 runners, and two 2 dressed goaltenders, if available. At no time shall a team be comprised of more than sixteen 16 runners.

In-home: The designated in-home may be any runner on the team, but not the goaltender. The in-home player will serve any illegal substitution penalty, major-foul penalty for the goaltender, penalty time for a yellow card for the goaltender (only if a team has no second-dressed goaltender), 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:

Goaltender Equipment: The same goaltender equipment as in the Men's FIL Indoor Lacrosse Rulebook may be used. Please see Appendix II for a full extract of the Rule 5.7 from the Men's FIL Indoor Lacrosse Rulebook.

Section 6: Penalty Definitions and Administration

Penalties: All minor and major fouls (referred to as penalties) are in affect as stated in the FIL Women's Field Lacrosse Rulebook with the exception of the following:

Minor Fouls not in affect: Restraining Line Violation (including the number of players on the center circle before the draw).

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

Goal Circle Fouls: A goal circle violation of the defense will be treated as a minor foul.

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

Illegal Equipment is a major foul. The player with the illegal stick needs to get a legal stick from her teams bench area before entering the penalty box.

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.



Administration of penalties (see an overview in appendix III)

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 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.

Major Fouls

Penalty: The penalty for a major foul is a 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 goaltender/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 is ended 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: Illegal deputy, Shooting space

Set up for all Major Fouls: After sending the player 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.

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 an 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.

Warning cards

All warning cards from the FIL Women's Field Lacrosse Rulebook are in effect. 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.

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.

There can't be more than two penalized players from one team in the penalty box. When the third penalty is called, the procedure is the following: the player with the fewest penalty time is released and a penalty shot takes place. One player is having a penalty shot against the goaltender.

Section 7: Flow of the game

Movement: All players may move freely at all the time (even after a whistle is blown).

Draw: A draw will take place after every goal. NOTE: Even if a penalty is administered in between the goal and the draw a draw will always take place.

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: The shot 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 extended. A shot from behind the goal line extended is not a valid shot on goal, there is no shot clock time reset. If the goalkeeper is endangered by an (attempted) shot (shot on the unprotected back or neck) a yellow card shall be given to the shooter.

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



Shot clock reset criteria:

- A team in possession takes a shot on goal; the ball is deflected by the goal keeper
- 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 time-out 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's violations occur. When 10 seconds remain on the 30-second clock, this will be announced to both benches by the shot clock operator.

10-second count (Clearing Time)

When a team gains possession in its defensive half of the floor, they must get the ball across the centerline within ten (10) seconds of 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.



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 and making contact 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 center line.

A rebound from a valid shot on goal is excluded from the backcourt violation. For all other shots that do not meet these criteria there are no exception from the rule.

A violation occurs when the ball or the player with the ball goes over or touches the center line. This will result in possession awarded to the non-offending team. Backcourt Violation is a minor foul. Umpires should look if the new attacking team gains an advantage and holds the whistle if this applies. NOTE: See Appendix III for the different possibilities of administration.

Out of bounds

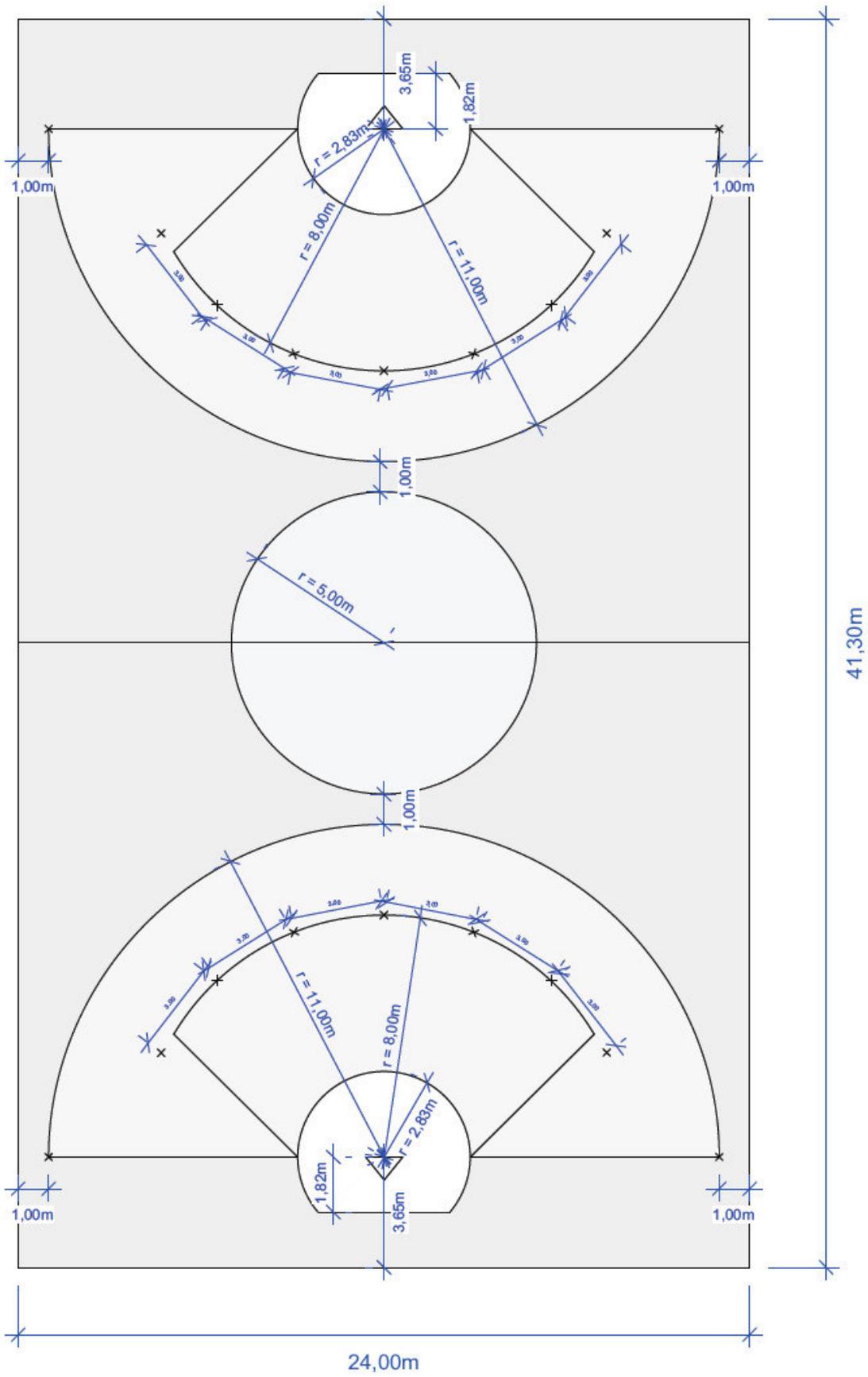
Out of bounds: Play shall be suspended anytime the ball goes out of the boundary enclosure or touches the ceiling. Possession is awarded to the team that did not touch the ball last, except for a shot on goal that deflects directly off the goalpost and goes out of bounds. In this case, the offensive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



Appendix I: Field markings





Appendix II: Goaltender 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 un due 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 11m 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 11m fan	immediate whistle (unless it's a direct scoring opportunity, then: play on)	can move freely, at least 3m away	on the 11 (shortest way out) often up top
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 center line 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

Action (what's happening)	where	Foul	Umpire's action	offending player/team	restart the game
major foul by defending team (same with: yellow and yellow/red card)	Everywhere on the field	Shooting space, illegal deputy	immediate whistle	is sent to the penalty box	just below the center line 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 center line 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 offending 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 center line 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 center line in the attacking half, all: at least 3m away



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 center line 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 Goal scored	5:00 in game 5:20 in game	



<p>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.</p>		
1' major penalty Goal scored	<p>5:00 in game 5:20 in game 5:30 in game</p>	Goal scored
<p>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.</p>		
1' major penalty	simultaneous	3' yellow card
<p>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.</p>		
4' Y/R card		
<p>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.</p>		
4' Y/R card	<p>5:00 in game 5:30 in game 5:40 in game 6:00 in game</p>	<p>Goal scored 1' major penalty Goal scored</p>
<p>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.</p>		