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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Central Alberta Lacrosse League Penalty Option Chart** | | | | | | | | |
| **Rule#** | **Rule** | **Minor** | **Major** | **10 min.** | **Game Misc.** | **Match** | **Pen. Shot** | **A. Goal** |
| **6** | **The Lacrosse Stick** | yes |  |  |  |  |  |  |
| **11** | **Headwear** | yes |  |  | yes |  |  |  |
| **12** | **Goalkeepers equipment** | yes |  |  | yes |  |  |  |
| **13** | **Player's Equipment** | yes |  | yes | yes |  |  |  |
| **14** | **The Teams** | yes |  |  |  |  |  |  |
| **15** | **Captain of the Team** |  |  | yes |  |  |  |  |
| **17** | **Non-Playing Personnel** | yes |  |  |  |  |  |  |
| **28** | **Abuse of Officials** | yes |  | yes | yes | yes |  |  |
| **30** | **Reckless and Endangering Play-Rules 33,** |  |  |  | \*\*yes | yes |  |  |
| **33** | **Boarding** |  | yes |  | \*\*yes | yes |  |  |
| **34** | **Broken Stick/without a stick** | yes |  | yes |  |  |  |  |
| **35** | **Butt-Ending** |  | yes |  | \*yes | yes |  |  |
| **36** | **Change of Players/Too Many Players** | yes |  |  |  |  | yes |  |
| **37** | **Charging** | yes | yes |  | \*\*yes | yes |  |  |
| **38** | **Checking from Behind\*\*\*** | yesx2 | yes&game |  | \*\*yes | yes |  |  |
| **39** | **Crease Play** | yes | yes |  |  |  |  |  |
| **40** | **Cross-Checking** | yes | yes |  | \*\*yes |  |  |  |
| **41** | **Delaying the Game** | yes |  | yes |  |  | yes |  |
| **42** | **Elbowing** |  | yes |  | \*\*yes |  |  |  |
| **44** | **Falling on the Ball** | yes |  |  |  |  | yes |  |
| **45** | **Fighting** |  | yes |  | \*yes/\*\*yes |  |  |  |
| **46** | **Free Hand** | yes |  |  |  |  |  |  |
| **49** | **Handling the Ball with Hands** | yes |  |  |  |  | yes | yes |
| **50** | **High Sticking** | yes | yes |  | \*\*yes | yes |  |  |
| **51** | **Holding** | yes |  |  | \*\*yes |  |  |  |
| **52** | **Hooking** | yes | yes |  | \*\*yes |  |  |  |
| **55** | **Interference** | yes |  |  | \*\*yes |  |  | yes |
| **57** | **Kicking** |  | yes |  | \*yes/\*\*yes | yes |  |  |
| **59** | **Kneeing** | yes | yes |  | \*\*yes |  |  |  |
| **60** | **Leaving the Players/Penalty Bench** | yes |  |  | yes/\*\*yes |  | yes | yes |
| **62** | **Molesting Officials** |  |  |  |  | yes |  |  |
| **63** | **Refusing to Start Play** | yes |  |  |  |  |  |  |
| **64** | **Slashing** | yes | yes |  | \*\*yes | yes |  |  |
| **65** | **Spearing** |  | yes |  | \*yes/\*\*yes | yes |  |  |
| **67** | **Third Person in Altercation** |  |  |  | yes/\*\*yes |  |  |  |
| **69** | **Throwing the Stick \*\*\*\*** | yes | yes | yes | \*\*yes |  | yes | yes |
| **71** | **Tripping** | yes |  |  | \*\*yes |  | yes | yes |
| **72** | **Unnecessary Roughness** | yes | yes |  | \*\*yes |  |  |  |
| **73** | **Wrap Around** | yes |  |  | \*\*yes |  |  |  |
| \*\* In the exchange area, any penalty under this rule shall also be assessed a game misconduct penalty. | | | | | | | | |
| \*Special situations. In minor Lacrosse only | | | | | | | | |
| \*\*\*CFB receives double minor, major plus game, or match. Can also receive double minor and game if in exchange area. | | | | | | | | |
| \*\*\*\*Review all situations as a player cannot receive a minor | | | | | | | | |
| Review: Checking and interference outside the 24' dotted line. Review Cross-Checking in Rule Book | | | | | | | | |
| Stick measurements:40"-46" for the length. Pee Wee and lower 34"-46" 4 1/2"-8" inside head measurement | | | | | | | | |
| Review: Checking into the boards or goal net | | | | | | | | |
| Review: Restarting of play after penalties have been assessed. *No gain in territory advantage.* | | | | | | | | |
| Rule 39: Crease Play restarts in the crease, player may cut through the crease to catch player outside 24' line | | | | | | | | |
| Referees are in full control of all off floor Officials (including score sheets) and extends into the stands. | | | | | | | | |
| Overtime: CALL league games end in ties. Playoff and Tournament rules will apply. | | | | | | | | |