

## LACROSSE GLOSSARY

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|---------------------------|---|
| <b>BREAKAWAY</b>          | One-on-one (shooter on goalie) scoring opportunity.   |
| <b>CRADLE</b>             | Method used to keep the ball inside the pocket of the stick by rocking it back and forth.   |
| <b>CREASE</b>             | Only the goalie can stand in this nine-foot radius with the ball. Shooters or their teammates cannot stand on (or inside) the line or their goals won't count. Any violation of this rule will disallow the goal. |
| <b>CROSSCHECK</b>         | A defensive strategy using the shaft of the stick to push an opponent to force a missed or bad shot.  |
| <b>HIDDEN BALL PLAY</b>   | A player without the ball cradles his stick, drawing the attention of the defense, while a teammate who has the ball passes or shoots on net.   |
| <b>LOOSE BALL</b>         | Occurs when there is no possession and the ball is bouncing, rolling, or rebounding off the boards or goaltender.   |
| <b>MAJOR PENALTY</b>      | Five minutes in the penalty box for infractions such as high sticking, boarding, face masking, fighting and spearing.   |
| <b>MAN DOWN</b>           | When a team has fewer players on the floor than their opponent.   |
| <b>MINOR PENALTY</b>      | Two minute penalty for infractions such as delay of game, elbowing, holding, illegal crosschecking, slashing, and tripping, for example.  |
| <b>OFFENSIVE PICK</b>     | The legal interference by an offensive player from a set position on a defensive player who is trying to defend the ball carrier.   |
| <b>OUTLET PASS</b>        | The first pass from the goaltender or defender that begins the transition from defense to offense.  |
| <b>PENALTY BOX</b>        | Where a player goes to sit while serving a two and/or five minute penalty.  |
| <b>POWER PLAY</b>         | When a team has an extra man advantage because the other team has at least one player in the penalty box. Screen Shot: When the goaltender can't see a shot because someone is in the way.                        |
| <b>SHORTHANDED</b>        | When a team has one or more players in the penalty box and the opponent is at full-strength, or has more players on the floor.  |
| <b>LOSS OF POSSESSION</b> | Illegal screens, 30 second shot clock violation, 10 second half court violation, loose ball push, and illegal procedure during face-offs are among the acts that can cause a team to lose possession of the ball. |



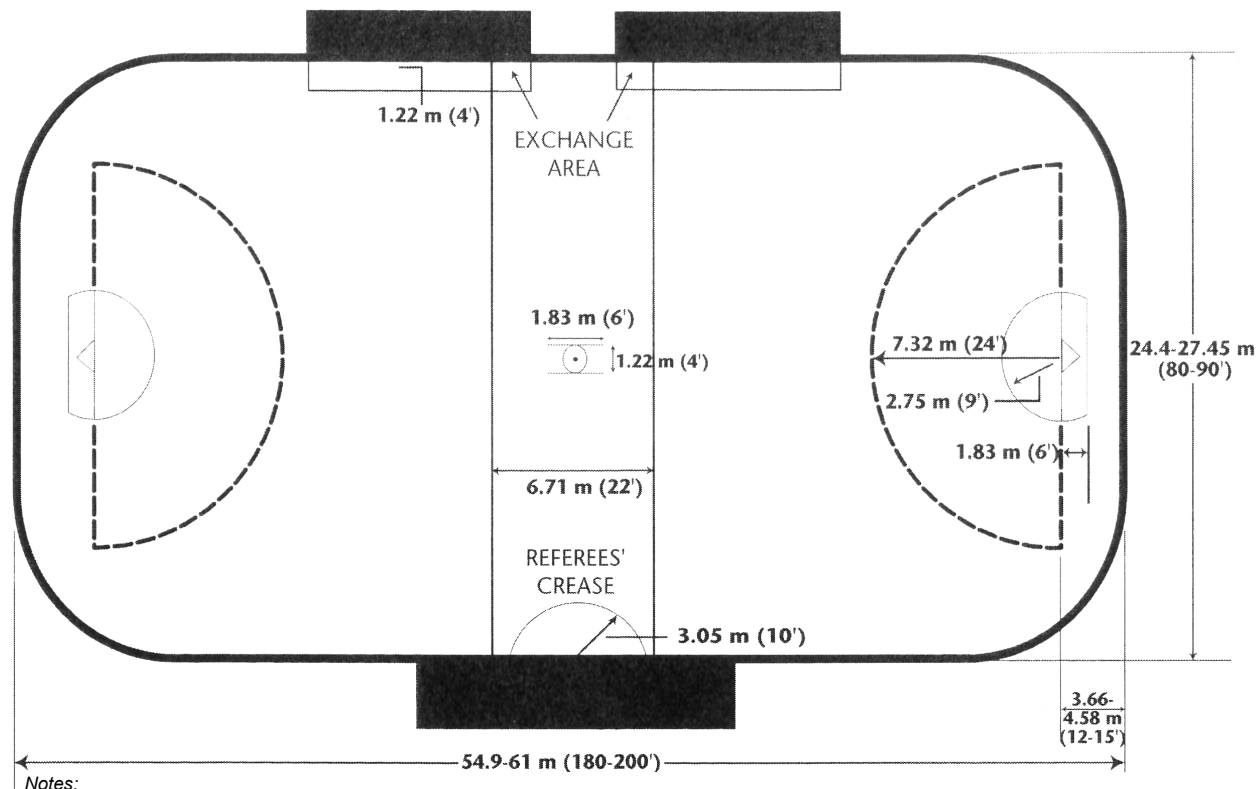
A summary of the Rules of Box Lacrosse

# LACROSSE RULES FOR DUMMIES



**A Reference for the Rest of Us!**

## Floor Diagram and Line Markings for CLA Play



Notes:

- All lines should be 5.08 cm (2") in width and white in colour.
- Dotted line specs: 5.08 cm (2") in width, 30.48 cm (7 2/8) in length, 10.16 cm (4") spacing between lines.
- The dotted line does not touch any part of the goal crease markings.
- The 5.08 cm (2") dot is marked to the centre of the 60.96 cm (2') radius face-off circle.
- The goal crease is a circle cut off 7.32 m (6') behind the goal line.
- The centre zone is 6.77 m (22') wide.

## Basic Rules

**Minor Penalties:** On two minute personal fouls, the penalized player is released from the penalty box if a goal is scored before the expiration of the two minutes.

**Major Penalties:** On five minute major personal fouls, the penalized player stays in the box for the duration of the penalty, though the offending team returns to full strength if two goals are scored against them during the five minutes. When a second major penalty is imposed on the same player in a game, an automatic game misconduct penalty shall be imposed.

**Ejection from Game:** Players can be ejected from a game for several reasons including being the third man participating in a fight or accumulating two major penalties in one game.

**Thirty Second Rule:** The offensive team (unless short-handed) shall be required to take a shot on goal within thirty-seconds of gaining possession. Failure to do so will result in the Offensive Timekeeper sounding a horn. The ball shall be immediately recovered by or possession awarded to the non-offending team.

**Ten Second Rule:** When a team is short-handed they shall advance the ball into their attacking zone within ten-seconds or possession shall be awarded to the non-offending team.

Note: Short-handed means the team is below numerical strength of its opponents on the playing floor due to penalty minutes being served.

**Coincidental Penalties:** When each team is given the same amount of penalty time arising out of the same incident, the offending players shall not be released until the expiration of the penalty. Teams do not lose floor strength, and the ball is awarded to the team who was in possession prior to the fouls.

## HIGHLIGHT OF RULES

### CLA RULE

### SUMMARY

#### THE LACROSSE STICK

a) The lacrosse stick head and handle shall be designed and manufactured of a framework of wood, plastic or other materials. On this frame shall be woven a netting of soft leather, nylon or other material. Replaceable handles of the lacrosse stick must be specifically designed and manufactured for the game of lacrosse. All designs and materials shall be approved by the CLA.

#### HEADWEAR

(a) All players (including goalkeepers) shall wear suitable and approved helmets for lacrosse. All players on one team shall wear helmets of the same colour.

#### GOALKEEPER'S EQUIPMENT

(a) With the exception of the stick, all equipment worn by a goalkeeper must be so constructed for the purpose of protection of the head or body, and must not include anything which would give the goalkeeper undue assistance in keeping goal. All designs and materials shall be approved by the CLA.

#### PLAYER'S EQUIPMENT

(a) All players are required to wear protective gloves, shoulder and arm pads, and a back/kidney pad, which must be approved for Lacrosse as specified in the CLA Safety and Equipment Policy. Players participating on the floor without all of the above equipment shall be assessed a two-minute minor and a game misconduct penalty.

#### OFFENSIVE TIMEKEEPER

(a) The Offensive Timekeeper shall be equipped with a separate timing device (thirty-second clock) and a horn with which to signal the Referees whenever a violation of the thirty-second rule occurs.

#### BALL OUT OF BOUNDS

(a) The ball is not out of bounds until it has touched something, which is itself, out of bounds. A player may reach over the boards with his stick to retrieve the ball.

#### BALL STRIKING REFEREE

(a) If the ball hits the Referee it shall be in play unless deflected directly into the goal or out of bounds, in which case there shall be a face-off.

#### BOARDING

(a) A major penalty shall be assessed to a player/goalkeeper who body-checks, cross-checks, trips, pushes or otherwise causes an opponent to be thrown violently into the boards.

#### BUTT-ENDING

(a) A major penalty shall be assessed to a player/goalkeeper who attempts to butt-end an opponent. A match penalty shall be assessed to a player/goalkeeper who butt-ends an opponent.

#### CHECKING FROM BEHIND

(a) A double minor or major penalty plus a game misconduct shall be assessed to a player/goalkeeper who, at the discretion of the Referee, based on the degree of violence of the impact, intentionally pushes, body-checks, illegally cross-checks or hits an opposing player from behind anywhere on the floor.

#### CREASE PLAY

(a) The offensive team, on gaining or being awarded possession of the ball within their own goal crease, must pass or carry the ball out of the crease within five seconds or possession shall be awarded to the opposing team.

#### CROSS-CHECKING

(a) A minor or major penalty shall be assessed to a player/goalkeeper who illegally cross-checks an opponent, whether or not the opponent is in possession of the ball. A goalkeeper penalty shall be served by a player who was on the floor at the time of the infraction.

NOTE: A LEGAL CROSS-CHECK SHALL BE DEFINED AS A CHECK APPLIED WITH THE PORTION OF THE STICK HELD BETWEEN THE HANDS, ON AN OPPONENT.

#### FACE-OFFS

(a) All face-offs shall be conducted at the centre face-off circle.

#### INJURED PLAYERS

(a) When a player is injured, play shall not be stopped until the play in progress is completed. If his/ her opposing team is in possession when play is stopped, they shall retain possession to restart play. In all other situations play shall restart with a face-off.

#### INTERFERENCE

NOTE: Throughout this rule, the Referees shall keep in mind that any check that is covered by other rules (e.g. cross-checking, tripping, charging, checking from behind, etc.) shall be penalized under the appropriate rule.

NOTE: The dotted line will apply in Pee Wee and all lower age divisions. In Bantam and all higher age divisions, the reference to the dotted line will be replaced by the defensive zone.

#### KICKING A PLAYER

(a) A major or match penalty at the discretion of the Referee shall be assessed to a player/goalkeeper who kicks or attempts to kick an opponent. A goalkeeper penalty shall be served by a player who was on the floor at the time of the infraction.

#### LEAVING THE PLAYER'S BENCH/PENALTY BENCH

(a) If a player/goalkeeper shall illegally enter the game from his/ her own player's bench, any goal scored by his/ her team while he/she or his/ her substitute are illegally on the playing floor shall be disallowed.

#### SLASHING

(a) A minor, major or match penalty at the discretion of the Referee shall be assessed to any player who slashes an opponent with the stick. If a player is assessed a major or match penalty under this rule, time must be served by any player (other than the designated goalkeepers). If a goalkeeper is assessed a major or match penalty under this rule, time must be served by a player who was on the floor at the time of the infraction.

#### SPEARING

(a) A major or match penalty at the discretion of the Referee shall be assessed to a player/ goalkeeper who spears or attempts to spear an opponent. If a player is assessed a major or match penalty under this rule, time must be served by any player (other than the designated goalkeepers). If a goalkeeper is assessed a major or match penalty under this rule, time must be served by a player who was on the floor at the time of the infraction.