



## Mile High Lacrosse Box Rules of Emphasis

### CHECKING FROM BEHIND

(a) Major penalty or match penalty shall be assessed to a player/goalkeeper who at the discretion of the referee, based on the degree of violence of the impact, shall be assessed to any player who intentionally pushes, body-checks, illegally cross-checks or hits an opposing player from behind anywhere on the floor.

(b) Where a player is high sticked, cross-checked, body-checked, pushed in any manner from behind into the boards or goal net, in such a way that the player is unable to protect or defend him/herself, a Match penalty shall be assessed.

SITUATION 1: ? Can a check from behind ever be a possession call? A No. Checking from behind is the most dangerous check in the game and is a mandatory penalty, regardless of severity. A deliberate check from behind near the boards or goal post will be a major or match penalty. A check from behind after a stoppage in play will be a major or match penalty.

A: The minimum penalty is a Major penalty. Do not substitute with a less severe penalty! This is the most DANGEROUS CHECK in the game and must be enforced to the letter.

B: The Referee standard is: "If you see it, you will call it!" If the player turns his back to receive a check then there is no call. Be mindful of what occurs immediately after a shot on net or a goal. This rule is to be strictly applied – Send a message! This is a safety issue and must be enforced as the objective is to prevent serious neck, back and spinal cord injuries.

C: Checking From Behind is defined: intentionally pushes, body-checks, illegally cross-checks or hits an opposing player from behind anywhere on the floor; intensity of impact affects only the type of penalty assessed.



## 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. NOTE: 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 minor, 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.

NOTE: Any player/goalkeeper who swings the stick at an opponent (whether in or out of range) shall be penalized for slashing. NOTE: A player/goalkeeper may not strike an opponent with that portion of the stick not held between the hands. Stick-to-stick contact is allowed but hands (gloves) are considered part of the body and may not be touched.

(b) A minor or major penalty shall be assessed to a player/goalkeeper who while in the process of shooting or passing, follows through with the stick and slashes an opponent. Should a goal be scored on the shot, the goal shall be awarded and the penalty assessed. NOTE: If a player is assessed a major penalty under this rule, time must be served by any player (other than the designated goalkeepers). If a goalkeeper is assessed a minor or major penalty under this rule, time must be served by a player who was on the floor at the time of the infraction.

NOTE: Unintentionally striking an opponent who is moving into the range of the follow through of a shot or pass should not be penalized.

SITUATION 1 ? Does a player have to hit an opponent to be penalized for slashing?

A NO. Any player who swings the stick at an opponent whether in or out of range shall be penalized for slashing.

SITUATION 2 ? Can a slash be called a Match Penalty?

A Any slash or swing with intent to injure shall be called an Attempt to Injure.

SITUATION 3 ? Can a player slash a non-ball-carrier? A No. Non-ball carrying offensive players cannot be slashed in any way at any time. SITUATION 4

? When is a follow through slash not called? A Any player unintentionally striking



an opponent who is moving into the range of the follow through of a shot or pass shall not be penalized.

#### EMPHASIS SLASHING:

This is a safety issue and must be enforced.

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. A player/goalkeeper may not strike an opponent with that portion of the stick not held between the hands. Stick-to-stick contact is allowed but hands (gloves) are considered part of the body and may not be touched.

SLASHING: The following are slashing fouls that must be called when they occur: 1. Swing of the stick intended to intimidate opponent, with or without contact. 2. Swing of the stick towards an opponent involving any significant degree of force, with or without contact. 3. Swing of the stick towards an opponent involving a baseball or golf type grip, with or without contact. 4. Swing of the stick that results in contact to vulnerable or unprotected areas (gloves/ hands, arms, wrist, knee, hamstring, calve, ankle, foot, back, ribs,) of an opponent, regardless of the degree of violence or force. 5. Aggressive use of the stick that is not a true attempt to dislodge the ball from the stick.

#### INTERFERENCE ON LOOSE BALLS

This is a safety issue and must be enforced, players are very vulnerable when they are attempting to pick up a loose ball and they must be protected.

- . (a) when the ball is loose, all players must play only the ball. Never can there be any bodily interference with a player attempting to pick up the ball.
- . (b) The severity of the interference will determine the penalization. Less severe would be a possession call. A 'take out' hit would be a minor or a major penalty, and finally a Match penalty can be assessed for hits that are determined to be an Attempt to Injure.

#### SITUATION 1



? When the ball is loose, can 2 players play 'man ball'? A NO. Any player who doesn't play the ball will be assessed with an interference call. SITUATION 2 ? Can players away from the loose ball have any contact with an opposing player A NO. Any contact when the ball is loose shall be assessed with an interference penalty.

### SITUATION 3

? Can a player receive a Major or Match penalty for a 'clean' take out hit on a loose ball? A YES. A violent hit no matter how clean on an opposing player attempting to pick up a loose ball shall be assessed a minor or major penalty. If the hit is deemed as an Attempt to Injure the player will be assessed a Match penalty.

### OFFBALL CONTACT

- . (a) When an opposing player is in the offensive zone the defender may cross check the player pushing him anywhere in the offensive zone.
- . (b) The offensive team must have possession of the ball in order to engage in offball contact
- . (c) The offensive player must be in the offensive zone or an interference call shall be assessed
- . (d) Offensive players cannot cross check back in retaliation or an interference call shall be assessed.

### SITUATION 1

? An offensive player is trying to cut through the middle to receive a pass and the defender is cross checking him keeping him outside of the middle, shall a penalty be assessed? A NO. Offball contact is allowed. SITUATION 2

? A defender is pushing the offensive team's star player out to the boards in the offensive zone when he doesn't have the ball shall a penalty be assessed? A NO. Offball contact is allowed.



## RULE 39 - CREASE PLAY

(c) If a player/goalkeeper interferes with an opposing player/goalkeeper who is in his/her crease (other than stick on stick), he/she shall be assessed a minor or major penalty for checking in the crease. If the ball was in the crease at the time of the infraction, the penalty shall not be delayed and play shall restart with possession to the non-offending team. A goalkeeper penalty shall be served by a player who was on the floor at the time of the infraction.

4. (d) When shooting on goal, a player/goalkeeper may not step into the goal crease. The crease area is considered to be an imaginary vertical cylinder including the line on the floor. The stick or other parts of the body except the feet may enter the goal crease in the act of shooting or faking, but may not make contact with the floor or a defending player/goalkeeper. Any goals scored by a player/goalkeeper, while in his/her opponent's crease, shall be disallowed and possession awarded to the opposing team in their crease.
5. (e) No goal shall be allowed if a player/goalkeeper of the attacking team is in the crease. However, if a player/goalkeeper entered the crease as a result of a check the goal shall be allowed, provided the player/goalkeeper has made no attempt to interfere with the goalkeeper and has endeavored to withdraw from the crease area.
6. (f) A minor penalty shall be assessed to a player/goalkeeper who cuts through his/her opponent's crease to check the ball-carrier. A goalkeeper penalty shall be served by a player who was on the floor at the time of the infraction. If a player/goalkeeper cuts through his/her opponent's crease and gains a distinct advantage to recover a loose ball, possession shall be awarded to the non-offending team.
7. (g) The ball entering the goal crease from a teammate to a teammate intentionally shall be awarded to the non-offending team in the nearest corner of that end zone.
8. (h) A goal keeper may leave his/her crease to receive a pass, provided both feet are outside of the crease, and he/she may not carry the ball back into the crease. If any player/goalkeeper shall enter the crease with the ball, possession shall be awarded to the opposing team. Provided he/she has at least one foot in the crease, a goalkeeper may reach out with his/her stick to retrieve a loose ball or intercept an opponent's pass and return it to the crease.



## 9. SITUATION 1 – Rule 39d

? What happens when a player shoots the ball: (A – D)	
A The proper call is: (A – D)	
?	A
a) With both feet outside the crease, leaning in and faking?	a) Allow play to continue or allow goal.
b) After he/she reached into the crease to catch a pass?	b) Allow play to continue or allow goal. In Minor – disallow goal
c) With his/her foot in the crease but not touching the floor?	c) Stop play and award possession to the goalkeeper. See Rule 75 Situation 3
d) After he/she fell with his/her arm in the crease, touching the floor but with both feet outside the crease?	d) Stop play and award possession to the goalkeeper. See Rule 75 Situation 3

## 10. SITUATION 2 – Rule 39

11. ? Can a player jump into or through the crease in the act of shooting?

12. A Yes, however as soon as the shooter's foot breaks the plane of the goal crease, play shall be stopped and possession shall be awarded to the goalkeeper in his/her crease

## RULE 43 - FACE-OFFS

(c) Players taking the face-off shall place the frames of their sticks flat along the playing surface at right angles to the length of the box. The open face of each player's stick shall face his/her goal, and his/her feet shall not cross the parallel lines at the face-off circle until the ball has left the 60.96 cm (2') face-off circle.

NOTE: During the face-off, the players' right shoulders must face or be closer to their own goal.

NOTE: In Tyke and lower divisions the persons taking the face-off are permitted to stand with their feet ON (not over) the parallel lines.

4. (d) The Referee shall place the ball on the floor between the players' sticks. Play shall start with a whistle. The two players are then permitted to gain possession of the ball by a straight draw backwards, but shall not touch their opponent's stick or the netted portion of their own stick with their hand. Stepping on or kicking their opponent's stick shall not be allowed.

NOTE: Draw motion must continue until both sticks clear the face-off dot.

5. (e) If a player attempts to face-off in an illegal manner or moves his/her stick or gloves prior to the whistle, possession shall be awarded to the non-offending team.
6. (f) If a player fouls an opponent during a face-off, the appropriate penalty shall be assessed.
7. (g) If during a face-off a player falls on the ball, possession shall be awarded to the non-offending team. If during a face-off a player intentionally withholds the ball from play, possession shall be awarded to the non-offending team.



8. (h) When the ball is being faced-off, only the two players facing-off are allowed in the center zone. If another player enters the center zone before the ball leaves the 60.96 cm (2') face-off circle, possession shall be awarded to the non-offending team.