

Rules and Penalty Administration Cheat Sheet – this does NOT take the place of reading your rulebook!

Major Fouls- In midfield place person committing foul 4 m behind the ball and everyone else 4 m away

Crosse in the Sphere	Blocking
Rough/Dangerous Check	Charging
Check to the Head (mandatory yellow card)	Illegal Pick
Slash (mandatory yellow card)	Detaining
Dangerous Propelling (mandatory yellow card)	Hooking
Dangerous Follow-Through (mandatory yellow card)	False Start
Illegal Contact	Tripping
Cross-Check	Holding
Illegal use of Crosse	Playing the Ball off and Opponent
3 Seconds	Illegal Shot
Shooting Space	Illegal Deputy
Dangerous Shot	Reach across the Body
Forcing Through	Pushing

Minor Fouls- In midfield place everyone 4 m away in the direction they came

Covering	Empty Stick Check
Warding	Hand Ball
Squeeze the Head of the Crosse	Body Ball
Illegal Use of Crosse	Illegal Draw
Illegal Crosse	Resumption of Play
Improper Equipment	Illegal Substitution
Delay of Game	Play From Out of Bounds
Illegal Re-entry	Illegal Timeout

Major foul within the 8 meter arc- place ball on closest hash, offender goes directly behind on the 12, clear 8 meter

Major foul anywhere between CSA and 8 meter- ball at the spot of the foul, offender 4 m behind, others 4 m away and clear the shooting lane only

Major foul to the side of the 8 meter but above the goal line extended and still within the 12 meter- ball goes to hanging hash, offender goes 4 behind, others 4 m away and clear the penalty lane only

Minor foul within the 12 meter and 8 meter- bring the ball out to the 12 meter, move others 4 m away, Indirect free position

Major or Minor fouls below the goal line extended-move ball 8 m from the goal circle, and penalize the same as in the midfield

*****No free positions are set up closer than 8 m to the goal circle**

Goal Circle Violations-

Defense- ball goes to the closest offensive player out 8 m on the goal line extended, offender goes 4 m behind

If the goalie commits a goal circle foul when inside the goal circle, she stays in the goal circle. If she is outside of the GC, she stands.

Offense- goalie gets the ball, all others 4 m from the goal circle

Restraining Line Violations (Offsides)-

By Attack- correct the offsides, ball goes to the closest defender to the ball, attack with the ball then goes 4 m behind, all others move 4 m away

By Defense – Ball is within CSA and above the goal line extended- correct the offsides, ball goes to attack player closest to the top center of the 12 meter, closest defender goes 4 m behind, all others 4 m away and clear the penalty lane

By Defense outside of CSA-correct the offsides, ball stays where it is, closest defender goes 4 m behind, all others 4 m away

Boundary Calls-ball is placed 2 m inside the side or end lines, all others 1 meter away in relative position

Boundary calls are NOT penalized as fouls but only a change of possession

Out of Bounds on a deflected shot-ball goes to the closest player to the ball when it crossed the line

Out of Bounds NOT on a deflected shot- ball goes to the closest player on the team who did NOT touch the ball last

Note for Goalies- if the goalie was closest while she was still in her goal, she gets that ball back in the goal circle. If she was outside of the goal circle, same rules apply as if she was a field player.

Youth Rules:

(highlights)

Juniors – Full checking: an attempted check that hits the head is a red card (not incidental contact)

Thunder – Modified checking: attacker's entire stick must be below the shoulder; 3 seconds closely guarded is called when the defender is in position to check, has 2 hands on her stick, and holds that position for 3 seconds

Storm/Lightening – No checking