



The following is a list of Men's field lacrosse rule changes that have come into effect on January 1<sup>st</sup>, 2005. The changes are outlined in ***bold Italic and underlined***. Some of the changes alter the old rule, while others merely clear up some grammatical errors.

14.3 The home team shall supply ball ***persons*** with extra balls at each side and each ***corner*** of the field.

The ball ***persons*** shall wear helmets, gloves and, ***where appropriate***, boxes/cups.

The ball ***persons*** shall be a minimum of 10 years of age.

15.1 The crosse shall be of an overall length of EITHER 40 inches (101.6 centimetres) to 42 inches (106.68 centimetres) (short crosse) OR 52 inches (132.08 centimetres) to 72 inches (182.88 centimetres) (long crosse).

A team may have no more than four long crosses, excluding the crosse of the designated goalkeeper, ***on the field of play, excluding the penalty box and excluding the bench area***, at any one time when the ball is live.

15.3 The stick of the designated goalkeeper shall be an exception to Rules 15.1 and 15.2, above. There may be one stick up to 15 inches (38.1 centimetres) inside measurement in use by each team at any one time, and it must be used by the designated goalkeeper.

***The goalkeeper's stick shall be an overall length of between 40 inches and 72 inches.***

17.1 All players are required to wear protective gloves, suitable boots or shoes, and a protective helmet equipped with a face-mask and a chinstrap which must be properly fastened on both sides.

***In addition, the designated goalkeeper shall wear a throat guard, a chest protector and a box/cup. These shall be standard items of field lacrosse equipment.***

18.2 ***The numbers on a player's jersey must be clearly visible at all times.***

***24.3 The CBO shall be assisted by a bench manager, who shall act as the reserve referee.***

***The bench manager shall have no jurisdictional power.***

***He does not carry a whistle and he does not carry a flag.***

***The bench manager shall wear the same uniform as the referees except that he wears a black shirt or jacket.***

***If an on-field referee is unable to continue, then the bench manager shall replace him on the field of play.***

***If the referee who is unable to continue is the head referee, then the referee named second on the official assignment shall become the head referee.***

24.3 Where the CBO becomes aware of any of the above six infringements, he shall, depending on the circumstances, either throw a signal flag or blow his whistle, ***and apply the appropriate penalty.***



- 24.4 The CBO **and/or the bench manager** shall acknowledge receipt and understanding of the referees' signals relating to penalties, penalty periods or any other matters relating to the play of the game, by repeating the signal. He shall then relay the decisions of the referees to the time-keeper, penalty time-keepers and scorers, as appropriate.
- 24.5 The CBO **and/or the bench manager** shall advise the coaches, if so requested, as to the decisions of the referees.
- 24.6 The CBO shall notify each team 30 seconds before the restart of play during a team time-out, and one minute before the start of each period.
- 24.7 The CBO shall notify the nearest referee if any player has incurred 5 personal fouls.
- 24.8 **When a team requests a time-out:**  
**If the request is legal, the CBO shall blow his whistle.**  
**If the request is not legal, the CBO shall apply the provisions of Rule 50, The Penalty for Technical Fouls, and, if appropriate, Rule 82, The Slow Whistle Technique.**
- 34.5 Whilst the two players who are participating in the face-off are still down in the face-off position, and the ball is still between and in contact with their sticks, it shall be illegal for any other player to make contact with the body or crosse of either of those two players.  
**Checking either the stick or the gloved hand of either player participating in the face-off is a Technical Foul.**  
**Body checking either player participating in the face-off is a Personal Foul.**
- 37.1 When a player has been awarded the ball for any reason, no opposing player **or teammate** may take a position closer to him than 5 yards (4.57 metres).  
**The Referee shall clearly indicate the player who is going to re-start the play to the opposing goalkeeper.**
- 40.3 When a loose ball touches a boundary line or the ground outside of a boundary line, or when it touches anything on or outside of a boundary line, **or when it has irretrievably left the field of play**, then it is out-of-bounds, and the following rules shall apply:
- ii) When a loose ball goes out-of-bounds as a result of a shot or a deflected shot at goal, it shall be awarded to the **team of the nearest legal inbound player where and when the ball became out-of-bounds.**  
**The player's stick shall not count.**  
If two legal inbound players of opposite teams are equidistant from the ball when it goes out-of-bounds, then it shall be faced.



42.1 A player may check an opponent's crosse with his own crosse, provided that the opponent has possession of the ball, the opponent is within 9 feet (2.74 metres) of a loose ball, or the ball is in flight within 9 feet (2.74 metres) of the opponent. **For the purpose of this Rule, the gloved hand holding the crosse is considered as part of the crosse.**

See Rules 71 and 72 concerning illegal checking.

45.1 A team's head coach may request the inspection of any crosse of the opposing team **which is on the field of play.** All aspects of the construction and dimensions of the crosse shall be considered. Such a request may only be made when the ball is dead.

45.5 If a goal has been scored with a stick and, before the next live ball, that stick is declared illegal for any reason, then the goal will not count.

**If a goal has been scored with a stick and a stick-check has been legally called on that stick then, if the player touches the head or the stringing of his stick prior to the carrying out of the stick-check, the goal will not count.**

AR 46.4 ***The whistle has blown to stop play for an out-of-bounds ball.***

**As there are fewer than three minutes left in the game, the clock has stopped. The referees have not called a time-out. A substitute steps onto the field of play before his team-mate has left the field.**

RULING **A technical foul, as the automatic stopping of the clock during the last three minutes is not considered to be a referees' time-out.**

49.3 A player who is in his goal crease area may not remain in the goal crease area with the ball in his possession for longer than 4 seconds.

This shall be **audibly and visually** counted by the nearest referee as "1001, 1002, 1003, 1004". If a player tries to circumvent the 4-second rule by deliberately dropping the ball and then picking it up, then he will be assessed a technical foul.

49.4 For the purpose of this section, a player is considered to be within the goal crease area when any part of his body is touching the goal crease area, and he is considered to be outside the goal crease area when no part of his body is touching the goal crease area, and part of his body is touching the ground outside the goal crease area. **The gloved hand is not considered part of the crosse, whether or not it is holding the crosse**

AR 49.10 **A goalkeeper has the ball in his possession behind his own crease. He throws the ball onto the back of the goal net, steps into the crease and picks the ball up.**

RULING: **Legal play. The count begins.**

RULING: **If the goalkeeper, having carried out the procedure outlined above, repeats the procedure before his opponents have had possession of the ball, then a technical foul has been committed.**



53.1 A player may not push an opponent with his crosse. **For the purpose of this rule, the gloved hand holding the crosse shall not be considered part of the crosse.**

53.2 **A player may push an opponent with either closed gloved hand on the handle of his crosse or with either forearm, provided that the opponent has possession of the ball, or the opponent is within 9 feet (2.74 metres) of a loose ball, or the ball is in flight within 9 feet (2.74 metres) of the opponent.**

**Both hands of the player who is doing the pushing must be on his crosse. The pushing must not be from the rear, it must not be below the hip and it must not be at or above the neck unless the pushed player turns his back or jumps or moves in such a manner as to make what started as a legal push appear illegal. Pushing an opponent who is lying on the ground, or who is down on one or both knees, is illegal. Unnecessary roughness must not be used during a push.**

55.1 A player shall not hold an opponent or an opponent's crosse except as hereinafter permitted:

- i) A player may hold off an opponent who is in possession of the ball or who is within 3 yards (2.74 metres) of a loose ball **or who is within 3 yards (2.74 metres) of a ball in flight** with either closed gloved hand on the handle of his crosse, or with either forearm. Both hands of the player who is doing the holding must be on his crosse.

55.2 A player may not hold an opponent's **body, other than the gloved hand holding the crosse,** with his own crosse. If a player holds an opponent with that portion of the handle of his crosse which is between his hands, then a cross-check hold has been committed.

55.3 **A player may hold an opponent's crosse or an opponent's gloved hand holding his crosse with his own crosse or his own gloved hand holding his crosse, provided that the opponent has possession of the ball, or the opponent is within 9 feet (2.74 metres) of a loose ball, or the ball is in flight within 9 feet (2.74 metres) of the opponent.**

AR 55.1 **A Red player checks the stick, or the gloved hand holding the stick, of an opponent who is in possession of the ball. The Red player does not release his check but forces down his opponent's stick so that the ball becomes loose.**

**RULING:** **Legal play.**



**AR 55.2** *A Red player is about to pick up a loose ball.  
An opponent traps the Red player's stick or his gloved hand holding the  
stick, with his own stick or his own gloved hand holding the stick.  
The ball is fewer than 9 feet (2.74 metres) from the Red stick.*  
**RULING** *Legal play.*

**AR 55.3** *A Red player is about to pick up a loose ball.  
An opponent lifts the Red player's stick or his gloved hand holding the stick,  
with his own stick or his own gloved hand holding the stick.  
The ball is fewer than 9 feet (2.74 metres) from the Red stick.*  
**RULING** *Legal play.*

**59.2** *No player, other than the designated goalkeeper when he is in his crease, shall  
take part in the play of the game in any manner unless he is grasping his crosse with  
at least one hand.*

***No player may play with a broken crosse.***

61.2 Leaving the penalty box before being authorised to do so by the penalty time-keeper is a foul.  
The offending player shall be returned to the penalty box to serve out his unexpired time plus, *if appropriate, any additional penalty as specified in Rule 50, The Penalty For Technical Fouls.*  
During an authorised time-out or between periods, a player may leave the penalty box, but he must return at the commencement of play to complete his suspension.

61.7 Failure to be at least 5 yards (4.57 metres) from an opponent *or a team-mate* having a free play is a technical foul.

61.14 It is a technical foul for a team to have more than four long crosses, excluding the crosse of the designated goalkeeper, *on the field of play, excluding the penalty box and excluding the bench area,* at any one time when the ball is live.

**61.15** *A player entering or leaving the field of play must do so through the gate, except  
after the scoring of a goal, at the start or the end of a period and during a time-out of  
any kind.*

*An exception to this Rule shall be an injured player, as specified in Rule 46.4 ii).*



**AR 61.1** Red are in possession and Blue have ten men on the field. A Blue player enters the field illegally. Realising his error, he goes back off the field, but his offence is spotted and a flag is thrown. As he is going to serve a penalty anyway, he re-enters the field and drops back into defence, thus committing a "second foul". Red fail to score.

**RULING:** The Blue player serves a 30 second penalty, as one player cannot be guilty of causing too many men twice in the same play.

**RULING:** Had the second offence been committed by a different Blue player, then a second flag would have been thrown.

**AR 65.4** A Blue player is trying to prevent himself from going off-side. He keeps both his feet in the required half of the field, but falls over the centre line. His gloves, still wrapped round his crosse, touch the other half of the field.

**RULING:** As the gloved hand holding the crosse is not considered part of the crosse for the purposes of the off-side rules, he is off-side.

**RULING:** These considerations also apply to the crease and at a centre face-off.

**65.5.1** For the purpose of the off-side Rules, the gloved hand is not considered part of the crosse, whether or not it is holding the crosse.

**75.3** No player or substitute shall use a crosse with trick construction or stringing which is designed to hold the ball and to retard the normal and free dislodgement of the ball by an opponent. This shall include the dimensions of the crosse, as specified in Rule 15.

A player using such a stick shall be given a 3-minute penalty, and the stick shall be placed in the custody of the official scorer for the remainder of the game.

If a player whose stick is to be the subject of a legally requested stick-check touches the head or the stringing of his stick prior to the stick check's being carried out, then he shall be given a 3-minute penalty.

**79.6** Penalty time will end when the timing of the penalty has expired, except that the scoring of a goal against a team having one or more players serving penalty time for technical fouls shall release the player or players of the team scored against from serving the balance of their penalty time.

**80.1** When a penalty occurs in the offended team's defensive half of the field and penalty time is to be served, the ball shall be awarded to any player of the offended team on the offensive side of the nearest point of the centre line.



82.2 The scoring play shall be considered to have been completed when:

- ii) **The attacking team has clearly lost the opportunity of scoring a goal.**
- vi) **The attacking team, having had possession in their attack goal area, bring it out of their attack goal area.**

82.4 A pass is a movement of the ball caused by a player in control throwing or bouncing **or rolling** the ball to a team-mate.

84.1 Where an official is called upon to inflict a penalty against a team where no definite player is involved, or where the penalty is against someone other than a player in the game, **a player in the penalty box or a player in the bench area**, then he shall inflict the suspension upon the In-home. If multiple fouls of this type occur, then the penalties shall be inflicted against additional attack players.

84.2 Where the person committing the foul is a **player in the bench area or a player in the penalty box**, then the foul shall be assessed against him so far as the record is concerned, **and he must serve the penalty himself.**

84.3 If the ball becomes caught in any part of a player's crosse, then a referee shall **immediately blow his whistle. The ball shall be faced at the point at which the ball became trapped, subject to the usual face-off rules.**

84.6 Should the ball become mired in the mud within the goal crease, the ball shall be **awarded to the defensive team 20 yards (18.29 metres) laterally from the cage.**