

2024 USBOXLA
RULE AND SITUATIONAL BOOK

USBOXLA



The Official US Box Lacrosse Association (USBOXLA) Rule and Situational Book contains the most comprehensive set of playing rules developed for the sport of box lacrosse in the United States.

Copies of the Official USBOXLA Rule and Situational Book are distributed in a variety of ways. USBOXLA registered players, coaches and officials may obtain a personal copy by accessing their current USBOXLA membership account at www.membership.usboxla.com. Officials can access a copy of the Official USBOXLA Rule and Situational Book during their certification process at www.academy.usboxla.com.

The USBOXLA Rule and Situational Book has been designed to include both administrative rules and rules of play. Administrative rules deal with setup and preparation of the game, length of games, floor markings, arena sizes and officiating processes.

Rules of play are in-game rules that deal with goal scoring, penalty assessment, mandatory equipment and player conduct.

Administrative rules can only be changed with permission of the USBOXLA that is obtained through the league sanctioning process. Conduct rules can only be changed at the discretion of the USBOXLA board of directors and through submitting a rule change/addition form.

Sanctioned USBOXLA leagues must adhere to the rules set forth in this publication to establish consistency and uniform game-play within the sport of box lacrosse in the USA, regardless of where it is played.

*****The US Box Lacrosse Rule and Situational Book was designed to work in conjunction with both the USBOXLA Official Game Sheet and the USBOXLA Referee Certification Course. These three modules work in unison and are for USBOXLA sanctioned organizations, leagues and tournament play only.*****

Contributors

Rules Committee:

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Rule Change Submission and Addition Process:

New rule suggestions and edits to current rules can be submitted for discussion and approval to the USBOXLA Rules Committee for inclusion into the rules of play following the USBOXLA Nationals.

Submissions can be brought forth via email to any member of our Rules Committee by September 1 of each year. The new USBOXLA Rule and Situational Book will be updated and available to all members on or before November 1 of each year.

Proposed rule submissions or additions can be sent through your Club Director to USBOXLA Rules Committee members or directly to the Director of Officiating Adam Gardner via email (a.gardner@usboxla.com).

Table of Contents

| Rule # | Section | Page # |
|---------------|---|---------------|
| 1 | The Box | 5 |
| 2 | The Playing Surface | 5 |
| 3 | Dimensions and Markings | 6-8 |
| 4 | The Crease | 9-10 |
| 5 | The Players Bench and Penalty Bench | 10-11 |
| 6 | Score and Timing Devices | 11 |
| 7 | The Lacrosse Stick | 11-12 |
| 8 | The Ball | 13 |
| 9 | The Nets | 13 |
| 10 | The Uniform | 13 |
| 11 | The Players Equipment (Footwear, Helmets) | 13-14 |
| 12 | The Goaltender's Equipment | 13-14 |
| 13 | The Goaltender's Equipment Chart | 14 |
| 13A | The Designated Goaltender | 14 |
| 14 | The Team | 15 |
| 15 | The Captains and Assistant Captains | 15-16 |
| 16 | Bench Personnel | 16 |
| 17 | The Game (Overtime and Shootout Procedures) | 16-17 |
| 18 | Appointment of Officials (On floor and Off floor) | 17 |
| 19 | Referees | 17-18 |
| 20 | Game Timekeeper | 18 |
| 21 | Abuse of Officials | 19 |
| 22 | Adjustment to Equipment | 19 |
| 23 | Ball Out of Bounds | 19 |
| 24 | Possession and Awarding Possession | 19-20 |

| | | |
|----|---|-------|
| 25 | Ball Striking Referee | 20 |
| 26 | Playing with a Broken Stick | 20 |
| 27 | Dead Ball Contact | 20 |
| 28 | Minor Penalties | 20-21 |
| 29 | Major Penalties | 22 |
| 30 | Game Ejections | 22-23 |
| 31 | Match Penalties | 23 |
| 32 | Goaltenders' Penalties | 23 |
| 33 | Multiple Penalties/Penalty Shot | 23-24 |
| 34 | Calling of Penalties | 24-25 |
| 35 | Penalty Shots (Procedures and Violations) | 25-27 |
| 36 | Penalty Goals | 27 |
| 37 | Release of Penalties | 27-28 |
| 38 | Backcourt Violation and 10 Second Count | 28 |
| 39 | The Face-Off | 28-29 |
| 40 | The Infraction Chart | 29-30 |
| 41 | Point of Emphasis | 30-31 |

RULE #1 – THE BOX

- A. Box lacrosse shall be played in an area called a “box”.
- B. The box shall be enclosed by a containment device or ‘boards’ which shall be no less than 3’6”. The boards may consist of safety glass, plastic or wood and must be free from any obstructions or objects that may cause injury to the participants.
- C. The boards may or may not be topped with a containment device surrounding it.
- D. The end boards must have a uniform surface. Indoor soccer goals must be securely closed without protrusion or exposed sharp edges that may cause injury.
- E. All doors must open away from the playing surface.
- F. The box may have either one or two doors per player bench.
- G. The penalty bench must have a separate door separate from the players bench.

SITUATION #1

Question: What is the procedure if you find problems with the box that may pose a safety issue to the participants?

Answer: The game shall not start with dangerous items exposed.

SITUATION #2

Question: What is the procedure if the ball touches the safety netting that is hanging over the boards or on the ceiling?

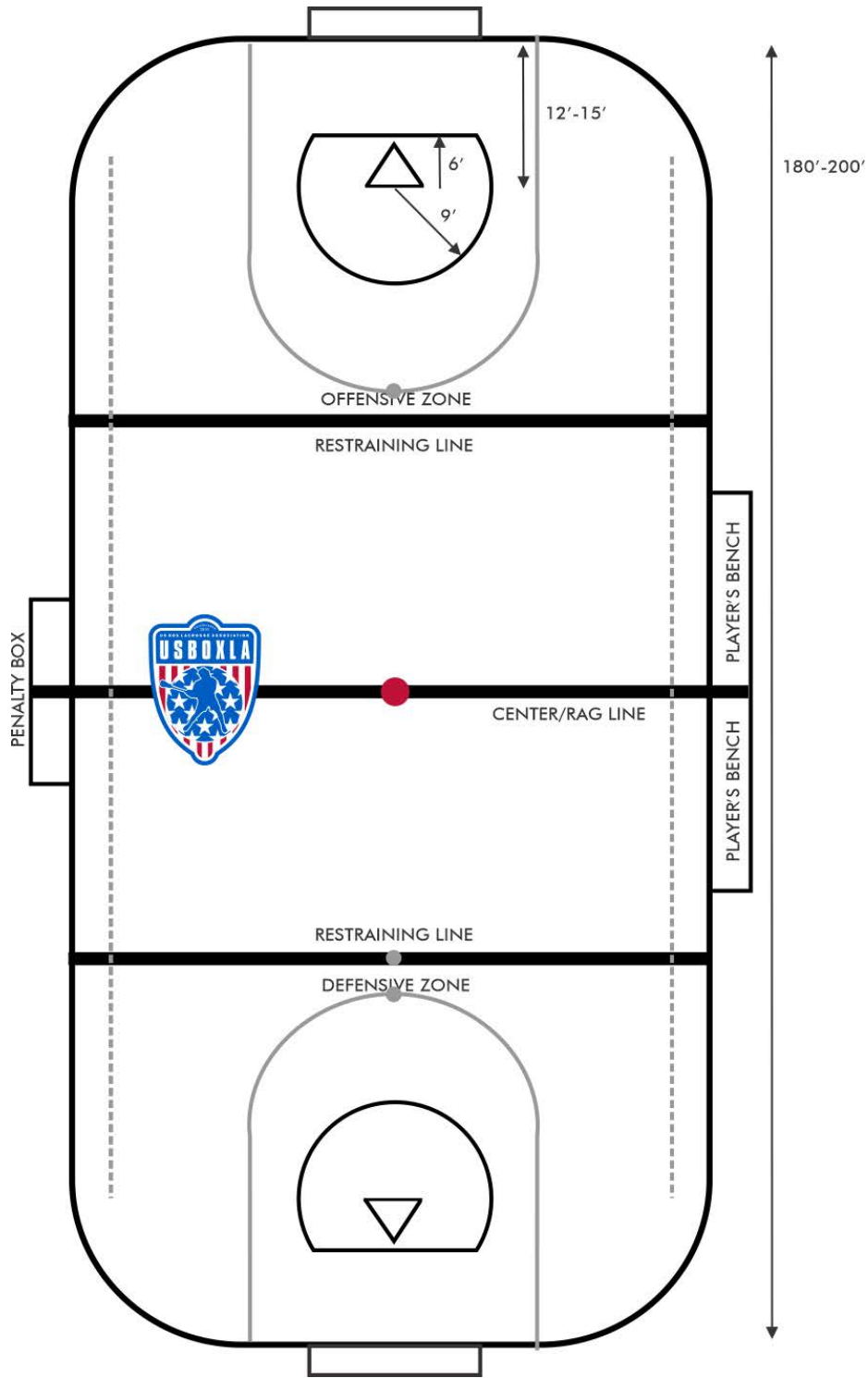
Answer: The ball shall be deemed out of bounds.

RULE #2 – THE PLAYING SURFACE

- A. USBOXLA floor markings, indoor soccer floor markings or roller hockey floor markings can accommodate game play.
- B. The goal crease shall consist of a circular line around the goal and all the space within the flat circle.
- C. The goal crease area is to be a circle with a 2.74 m (9') radius that cuts off flat 1.83 m (6') behind the goal line to the back of the crease.
- D. The centre face-off location will have a centre dot.

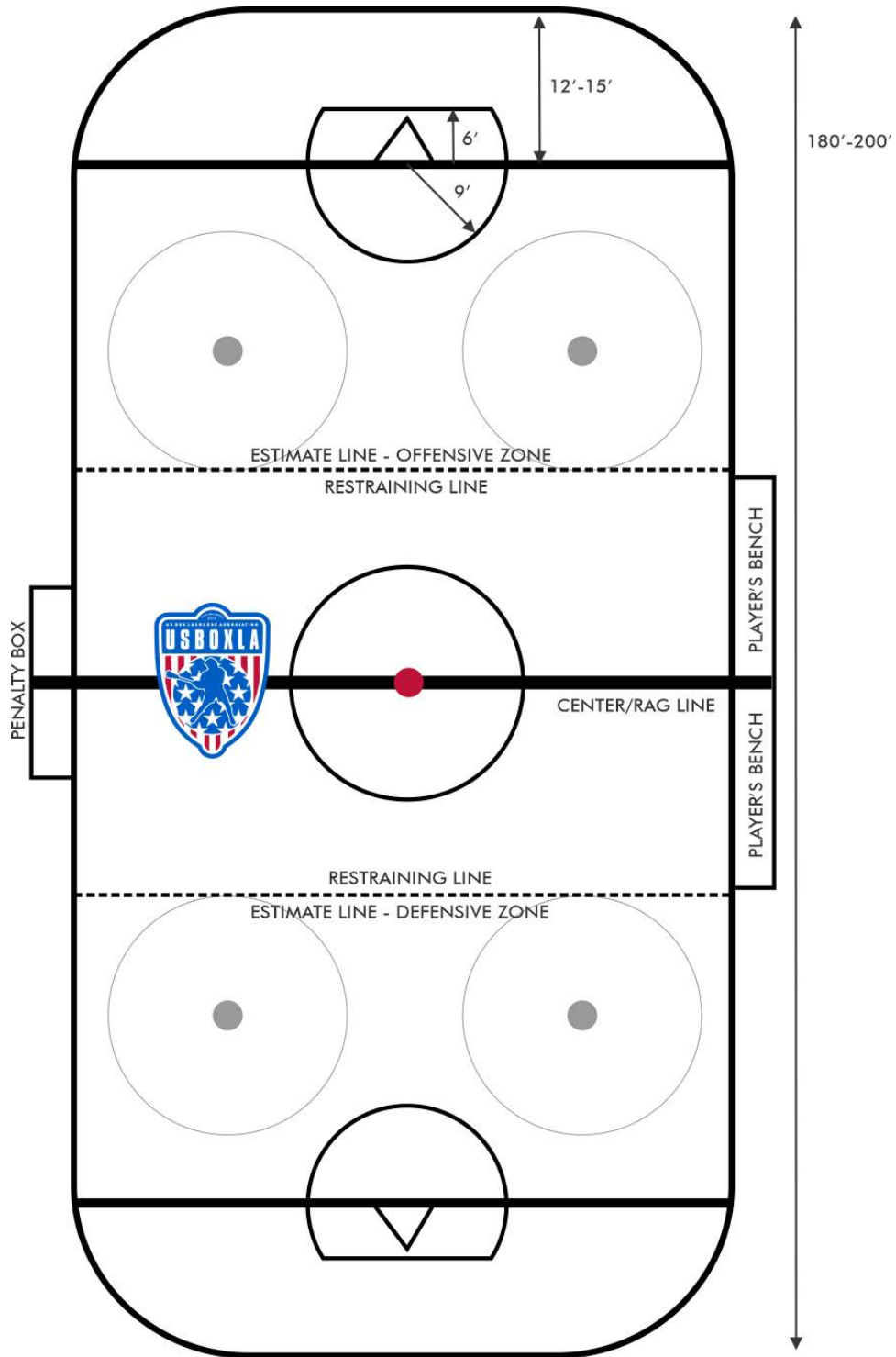
RULE #3 – THE BOX DIMENSIONS AND FLOOR MARKINGS

Indoor Soccer Floor Markings



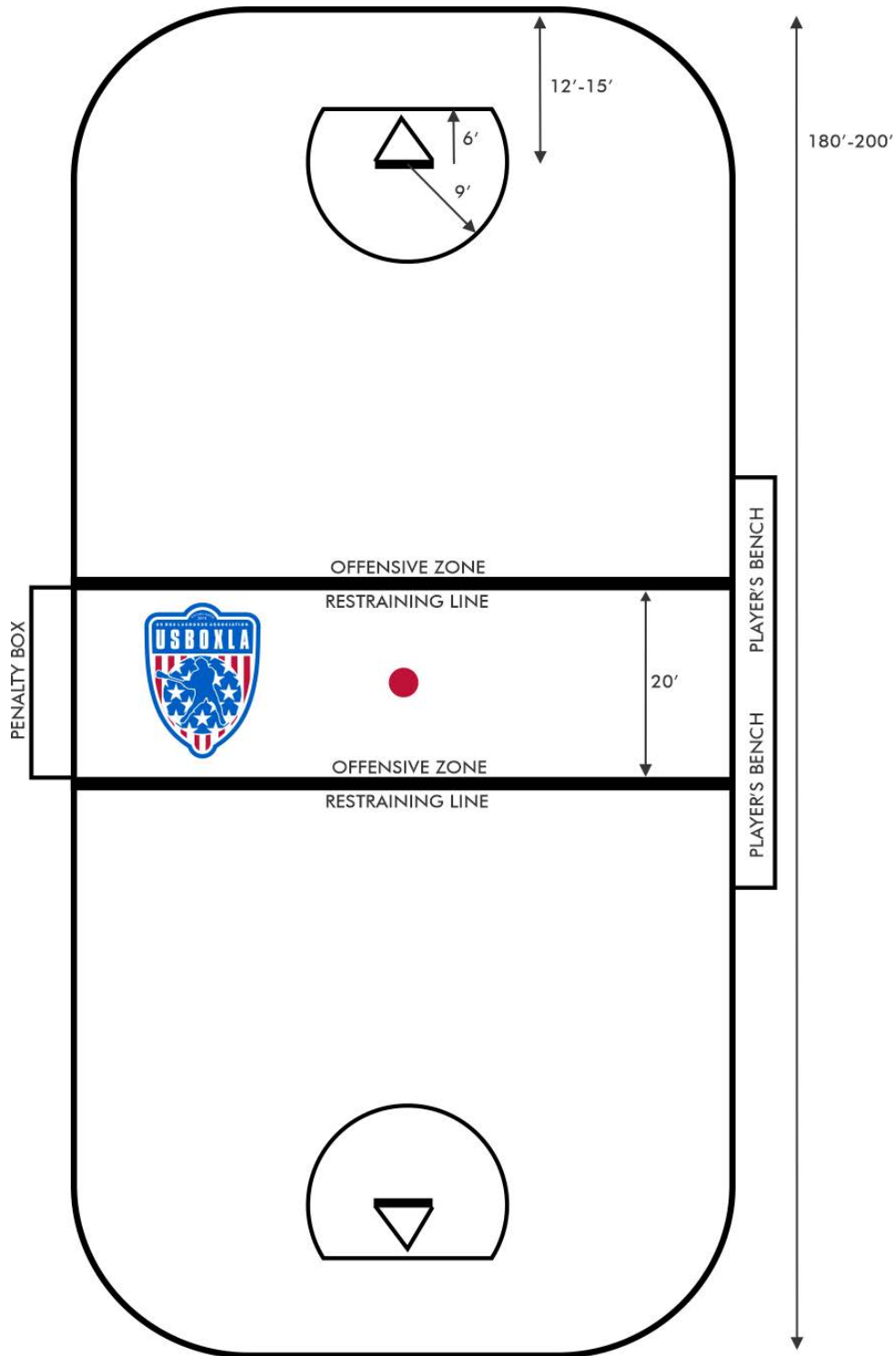
*note 'rag line' location
**grey dotted lines do not mean anything

Inline Hockey Floor Markings



*note 'rag line' location
**grey dotted lines do not mean anything

Optimum/USBOXLA Floor Markings



*note 'rag line' location

RULE #4 – THE CREASE

- A. When a player or goaltender has possession off the ball in their own crease, no contact of any kind can occur by a defensive player. If any contact is made while the team is in possession of the ball inside the crease, a penalty for interference is assessed.
- B. The defending team has five seconds to move the ball out of their crease once in possession of the ball. The player or goaltender must pick up the ball as soon as possible and cannot delay gaining possession of the ball. The ‘five second count’ starts when possible possession should be made.
- C. An attacking player may not reach into the crease to play the ball. If any contact is made with the defensive team's stick, body or the goal post/crossbar while the ball is loose, then possession is awarded to the defensive team inside the crease.
- D. Players cannot pass back to the goaltender or a player in the crease.
- E. Players in possession of the ball cannot carry the ball back into the crease. “Back in” must be an intentional movement of the ball back into the crease.
- F. Any crease call violation to the offensive team must be restarted with a quick restart behind the offensive team's defensive half. If the ball continues past the midfield the ball must be restarted at the midfield.
- G. Any offensive player entering the crease on their own accord is considered a crease violation and play is blown down immediately. If an offensive player is pushed or checked into the crease by the defensive team, the offensive player must exit the crease immediately and may not be in the crease while a ball is loose in the crease or when a goal is scored. (Official may treat this as a play on/advantage to maintain pace of play)

SITUATION #1

Question: An attacker cuts through the defender’s crease on a loose ball?

Answer: Illegal play. If the attacker runs through the crease on his/her own accord the play is blown dead and possession awarded to the non-offending team. The player cannot be the first to play the ball or be involved in the play.

SITUATION #2

Question: An attacker cuts through the defender’s crease to check the ball carrier?

Answer: Illegal play. 2 minute Interference penalty (INT).

SITUATION #3

Question: An attacker intentionally stick checks the goaltender who is in the crease and the ball is within the cylinder?

Answer: Illegal play. 2 minute Interference penalty (INT).

SITUATION #4

Question: An attacker intentionally stick checks or body checks the goaltender or player who is in the crease with possession of the ball?

Answer: Illegal play. 2 minute, 5 minute or a match penalty for Interference (INT).

SITUATION #5

Question: A goalie keeps his foot firmly planted in the crease while reaching out of the crease to pick up a loose ball. The goalie gains possession of the ball and while bringing the ball back into his/her crease the goalie is stick checked before the ball crosses the cylinder of the crease.

Answer: This is a legal play. The ball can be played by the defender until it crosses the cylinder of the crease.

SITUATION #6

Question: Can a player perform an 'Air Gait' - an acrobatic scoring move where a player jumps from behind the goal crease and scores a goal in mid-air by dunking the ball over the top goal crossbar and lands on the opposite side of the crease.

Answer: Air Gaits are allowed, but if contact is made with the goaltender before or after a goal is scored the play is immediately stopped and a penalty is assessed to the attacker based on the severity of the contact - 2 minute, 5 minute or match penalty for Interference (INT). The line is part of the crease and an attacking player cannot step on it. Contact with the post and crossbar is allowed.

RULE #5 – THE PLAYERS BENCH AND PENALTY BOX

The box shall be equipped with two uniform player benches. Each bench shall have either one or two doors.

NOTE #1

The Change Box: This area should be marked on all playing surfaces and will start 2 feet before the door closest to the net you are defending at the start of the first period and will extend 2 feet past your bench door closest to the centre line. Players must have one foot in the change box before another player may leave the change box (*If this is not the case and the team is in possession of the ball, they will lose possession. If the team is not in possession of the ball they will be assessed a penalty for Too Many Players.*). If change boxes are not marked, a legal change is defined as being no more than one stick length away from the bench door nearest your goalie or door closest to the centre line. The change box does not extend beyond your side of 20center. If the opposing team is within your change box, a penalty should be assessed for Too Many Players or Interference.

SITUATION #1

Question: What happens when one team continually leaves the door to the players' bench unlatched or open?

Answer: If the door is open, give one warning. On the second and all subsequent occurrences,

assess a bench minor (BM). If a player is checked through an unlatched door, do not give a warning, but immediately assess a bench minor.

SITUATION #2

Question: What team has the choice of benches and end to defend?

Answer: The home team gets to choose benches and must also start with their goalie in the end closest to their bench.

THE PENALTY BENCH

The box shall be equipped with separate penalty benches for each team.

RULE #6 – SCORE AND TIMING DEVICES

Each box shall have a scoring device and at least one 30-second shot clock.

SITUATION #1

Question: What happens if there is no shot clock, or it is not operational?

Answer: The officials on the floor are responsible for the 30-second count. The officials may use their field style device worn on the waist. If this device is not available then the trail official is responsible for the 30-second count. The trail official will also yell out “ten seconds” and will count out the final five seconds as follows (5,4,3,2,1, blow whistle).

RULE #7 – THE LACROSSE STICK

- A. The player's stick shall measure between 46”, nor less than 40" in overall length, and not more than 8", nor less than 4.5" in width. The measurement for width is to be inside frame measurement. Nothing may be added to or attached to the outside of the stick.
Note: In Pee Wee and all lower divisions, the minimum length of the stick shall be 34 "
- B. No stick may be constructed, modified or strung in any way to withhold the ball from play or give a player an advantage over their opponent. All sticks must be made of metal, plastic or composite.
- C. The goalkeeper's stick may be of any desired length, but shall not be more than 17" in width. Nothing may be added to or attached to the outside of the stick. The measurement for width is to be the outside frame measurement. (No use of large wall type sticks)
- D. A minor penalty shall be assessed to any player who uses an illegal stick in a game, and that stick shall be placed in the timekeeper's area for the remainder of the game. Measurements or other examinations shall be performed during a stoppage in play after a request to the Referee-in Charge by the Captain or Alternate Captain. The player must be on the floor at the time. A bench minor penalty shall be assessed to a team requesting a stick measurement provided the stick in question is legal. Bench minor penalties require the removal of the in-home player on the offending team without a substitute for two minutes, unless terminated early by a goal. *Note: If the ball becomes stuck in a player's stick other than the goaltender at any point in the game this is treated as turnover. This includes during a face-off.*

SITUATION #1

In order to measure a stick all of the following conditions must apply:

1. The stick must be on the floor and used in the play immediately prior to the request.
2. The referee must be able to obtain the stick before it leaves the floor.
3. If the player attempts to leave the floor after a measurement is requested by the official, automatically assess a 2 minute minor for Unsportsmanlike Conduct and complete the measurement of the stick.

SITUATION #2

Question: Can a goal be disallowed for an illegal stick?

Answer: No. A stick can be measured after a goal or penalty shot but in no case can a goal be disallowed.

SITUATION #3

Question: How does a referee conduct a stick measurement?

Answer: The ball must travel freely between the sidewalls from the top of the head to the bottom of the throat. If the ball does not pass freely, assess a minor penalty and keep the stick until the remainder of the game. The stick must not be less than 4.5 inches in width at its widest point.

SITUATION #4

Question: How does a referee conduct a stick measurement during an overtime shootout?

Answer: A stick measurement request must be made prior to the referee blowing his whistle to begin the shootout attempt. If the stick is “legal” the complaining club forfeits their next shootout attempt. Should this occur during the first set of three shooters, the next shooter listed becomes ineligible to shoot until such time as all eligible players have participated in the shootout. Their next shootout attempt would be recorded as “no goal”. If the stick is “illegal”, the offending team forfeits that shootout attempt by that player and the player becomes ineligible to participate in the shootout. This shootout attempt would be recorded as “no goal”.

SITUATION #5

Question: How does a referee conduct a stick measurement during a shootout penalty shot?

Answer: A stick measurement request may be made prior to a penalty shot following the guidelines below:

If the stick is “legal” the complaining club is assessed a bench minor penalty and a player is placed in the penalty box immediately. Regardless as to the result of the penalty shot, the bench minor penalty is assessed and served.

If the stick is “illegal” the player will be assessed a minor penalty. He will be ordered to obtain a new (second) stick prior to the penalty shot. After that player takes the shot, that player will be required to serve his penalty.

RULE #8 – THE BALL

The balls used in all games must conform to NCAA rules and be USBOXLA approved. The balls used in all games must be of the same color.

RULE #9 – THE NETS

The goals must be USBOXLA approved and 4'x 4.4'. The goal post can be of any colour. The mesh can be of any colour, *but it is suggested that black mesh be used.*

RULE #10 – THE UNIFORM

Each team must have distinct and matching uniforms. There must be ten inch numbers on the back. Captains and assistant captains will have a four inch “C” or “A” on the front of the jersey. A team may have one captain and two assistants. Uniforms must have contrasting numbers and colours. Uniforms must have at least four inch numbers on both sleeves of the jersey or a four inch number on the front of the uniform.

Jersey conflicts - The home team will be required to make a change in uniform if deemed necessary by the officials and coaches.

RULE #11 – PLAYER EQUIPMENT

Mandatory player equipment includes: protective gloves, mouthpiece, shoulder pads and elbow/slash guards. Optional equipment, but highly recommended are bicep pads and rib/kidney pads. Players participating on the floor without mandatory player equipment will be assessed a game ejection and a 5 minute major penalty. Players shall not be allowed to wear jewelry other than that which identifies a medical condition.

Mouthguards: If the mouthguard is not worn or worn the way in which it was designed (worn covering the teeth and fully inside the mouth) the player will be warned to “wear it legally”. If they do not do so and the player is in possession of the ball or the ball is loose, they will lose possession of the ball to the non-offending team. If this occurs again to the same team, then assess a minor penalty for Unsportsmanlike Conduct.

1st infraction = loss of possession, **2nd infraction** = 2 minute minor penalty, **3rd infraction** = 5 min Match Penalty

Footwear: No dangerous footwear is allowed (Note: Steel toed shoes are allowed only for the goalie). Rubber sole lacrosse or basketball shoes are the standard.

Helmets: All helmets must be NOCSAE approved.

RULE #12 – GOALTENDER EQUIPMENT

1. All goaltender equipment must conform to the natural shape of the body.
2. All goaltenders must wear the corresponding numbered padding for their age group.

3. If a team asks for the referee to inspect the goalie, the referee will check to make sure that the goalie is wearing the correct number and will check to see that the goalie conforms to the natural shape of the body.
 - a. Shoulders are rounded and not square.
 - b. Leg pads taper at the knee and get smaller towards the bottom of the leg. No wings/flared-out padding from the legs and feet of the goalie are allowed.
 - c. Jersey does not hang below the crotch of the goalie causing the ball to be caught.
 - d. Jersey does not hang unnaturally from the underarms draping below and causing a net like area to stop the ball.

A violation of any of these rules will result in a 2 minute minor penalty and must be immediately corrected before returning to play.

RULE #13 – GOALTENDER EQUIPMENT CHARTS

| Chest and Arm Protectors | | | | | |
|---------------------------------|-------------|----------|---------------|-----|------|
| Red Tag #3 | 17-18 Years | HS Elite | 4" | 8" | 3" |
| Red Tag #3 | 15-16 Years | Midget | 4" | 8" | 3" |
| Red Tag #3 | 13-14 Years | Bantam | 4" | 8" | 3" |
| Red Tag #2 | 11-12 Years | Pee Wee | 2.5" | 7" | 1.5" |
| Red Tag #1 | 7-10 Years | Novice | 2.0" | 6" | 1" |
| Shin Guards and Pants | | | | | |
| Red Tag #3 | 17-18 Years | HS Elite | From 9" to 7" | 11" | 11" |
| Red Tag #3 | 15-16 Years | Midget | From 9" to 7" | 11" | 11" |
| Red Tag #3 | 13-14 Years | Bantam | From 9" to 7" | 11" | 11" |
| Red Tag #2 | 11-12 Years | Pee Wee | From 8" to 5" | 9" | 9" |
| Red Tag #1 | 7 -10 Years | Novice | From 7" to 4" | 7" | 7" |

RULE #13 A – THE DESIGNATED GOALTENDER

Each team may only have one designated goalkeeper on the floor at a time. The goalkeeper may be removed and a player substituted at any time, but that player does not have the privileges of the goalkeeper. Goalkeepers with equipment problems are not allowed to go to their bench until after the referee has inspected the equipment and granted them permission to do so.

SITUATION #1

Question: What is the procedure if the goaltender goes to their own bench without asking to do so? This includes water or adjustment to equipment.

Answer: The goalkeeper must be substituted for or assessed a delay of game penalty if the team does not want to substitute for the goalkeeper. The only exception to this rule is if there is a delayed penalty and the goalie heads to the bench to get an extra player on the floor.

SITUATION #2

Question: Are water bottles permitted on the back of a goalie's net?

Answer: No. Goalies are allowed to go to their benches for water during a stoppage in play each period as close to the period halfway point as possible. Goalies and coaches can request a water break by signaling the referee. The referee will allow both goalies to go to their benches for a quick water break. In cases of extreme heat this procedure can be repeated at the referee's discretion.

RULE #14 – THE TEAMS

Each team can consist of a maximum of 22 players - 20 runners and two goalies. The minimum is six players - five runners and one goalie, who must be wearing the appropriate goalkeeper equipment.

RULE #15 – CAPTAINS AND ASSISTANT CAPTAINS

Each team shall have one captain and no more than two assistant captains. Only captains or assistant captains shall have the privilege of asking a referee's interpretation of the USBOXLA Rule and Situational Book during a stoppage in play. Any player in violation of this rule will be assessed a 2 minute minor penalty for Unsportsmanlike Conduct.

SITUATION #1

Question: What is the procedure if there are no captains or assistant captains listed on the score sheet?

Answer: The referee should request the coach to identify a captain and record it on the game sheet.

SITUATION #2

Question: Does there need to be two assistant captains per team?

Answer: No, there only needs to be one captain.

RULE #16 – BENCH PERSONNEL

Only players in uniform and wearing a helmet, coaches, managers and trainers shall be permitted on the player bench. A maximum of four non-playing personnel are allowed on the bench. All players must have their helmets on when not on the floor. Any non-player who enters the floor without the referee's permission will be ejected from the game and a 2 minute Bench Minor (BM) penalty will be assessed. A maximum of one team personnel is allowed to be in the penalty bench area, unless attending to an emergency situation. This includes any person present for media coverage.

RULE #17 – THE GAME

OFFICIAL USBOXLA GAME

1. Novice to High School Elite divisions consist of three 15 minute running time periods with a 2 minute intermission between each period.
2. All periods start with a face-off.
3. The last minute of each game is stop time.
4. Each team has one 30 second timeout that may be called only by a player on the floor when in possession or during a stoppage in play.

NOTE: If there is to be any deviation from official USBOXLA game time, an email must be sent prior to the start of the event and must get approval from a USBOXLA Executive Director and or Director of Officiating.

OVERTIME SHOOTOUT

Both teams shall select three different players. Players may be selected by their coach right before it is their turn to shoot and do not need to be preselected. Penalty shots shall be taken by alternating shots between teams. The total number of goals shall decide a winner after the three shooters from each team have completed their shots. If there is still a tie after the first three shooters from each team, a new sudden death single round will commence. Players can only shoot once and cannot repeat until the entire player roster has shot.

SHOOTOUT PROCEDURE

There will be a 1 minute rest after the end of regulation time in which coaches will select their first shooter.

1. The home team shall have the choice of shooting first or second. This order will not change during the course of the entire shootout.
2. The teams will not change ends for the shootout. The teams shall alternate shots.
3. Three players from each team shall participate in the shootout and they shall proceed in such order as the coach selects. All players are eligible to participate in the shootout, including those who are serving penalties and remain in the game. Any players that have received a game ejection or match penalty are not eligible to participate in the shootout.
4. Guidelines related to stick measurement requests during the shootout are outlined in Rule 7 Situation 5.
5. Once the shootout begins, the goalkeeper cannot be replaced unless he/she is injured. No warm up shall be permitted for a substitute goalkeeper.
6. Each team will be given three shots. After each team has taken three shots, if the score remains tied, the shootout will proceed to a "sudden death single round" until there is a winner. A 'round' means both the home and visiting team shoots.
7. No player may shoot twice until everyone on the roster has shot.
8. If a rostered player cannot shoot because of injury or refuses to shoot then the opposing team can choose any player on their team to take the next shot regardless of whether that player has shot already.
9. Regardless of the number of goals scored during the shootout portion of overtime, the final score recorded for the game will give the winning team one more goal than its opponent, based on the score at the end of overtime.

RULE #18 – APPOINTMENT OF OFFICIALS (On floor and off floor)

Directors shall appoint two referees and a game timekeeper for each game. One referee shall be designated as the “head referee” and conduct the face-off at the start of each period. The head referee shall have the final say in any dispute.

RULE #19 – REFEREES

- A. The referees shall have full control of the game, including all participants, and shall enforce the rules as stated in the USBOXLA Rule and Situational Book. The referee’s jurisdiction shall begin 5 minutes prior to the scheduled game time and shall continue until the teams have completely exited the box.
- B. Referees shall wear the official USBOXLA uniform shirt, black shoes, socks and black shorts or pants with minimal logos. The USBOXLA referee jersey can be worn tucked in or untucked, but all officials in each game must be matching with their partner. All black baseball hats or referee baseball hats may be worn for outside venues only. *Note: Each USBOXLA sanctioned league or tournament may make their own decision regarding the jersey being tucked in or untucked. This should be done by the league or tournament director or referee in chief.*
- C. Referees shall be impartial parties.
- D. It shall be the duty of the referees to ensure that the players are properly dressed and approved regulation equipment is used.
- E. The referees shall ensure that the game timekeeper is in place and that the signal and timing device are in proper working order.
- F. The referees shall report all penalties, goals and assists to the game timekeeper.
- G. The referees shall ensure that players in uniform, and only players in uniform, are included on the official score sheet.
- H. The referees shall ensure that players of opposing teams are separated on the penalty bench.
- I. If neither of the appointed referees are present at the start of the game, the coaches of the two teams shall agree on substitute referees.
- J. Officials may wear a black hockey helmet/visor but it is not mandatory.

HEAD REFEREE (SHOT CLOCK OPERATOR)

The head referee may be equipped with a small remote device to operate the 30-second shot clock. This role may be performed by the game timekeeper as well.

RULE #20 – GAME TIMEKEEPER

- A. Before the start of the game the game timekeeper shall ensure both clubs have filled out the score sheet of all players in uniform on the official score sheet. The captains, assistant captains and goalkeeper shall be designated on the official score sheet.
- B. The game timekeeper must keep an accurate record of all goals, penalties, assists and appropriate times when they occurred.
- C. The game timekeeper shall indicate the times at which all penalties start and end. He/she shall also indicate, upon the request of a penalized player, the correct time in which their penalty expires. The game timekeeper shall have the sole authority of informing penalized players when they may leave the penalty box.
- D. The game timekeeper shall inform the referees when a player gets his/her fourth penalty (or combination of minor/major penalties)
- E. At the conclusion of the game the game timekeeper shall complete all information required on the score sheet including referee signatures, summary of goals, assists and penalties.

SITUATION #1

Question – What penalties must the game timekeeper immediately report to the referees?

Answer – Fourth penalty which results in a game ejection.

RULE #21 – ABUSE OF OFFICIALS

- A. First infraction: A major penalty shall be assessed for unsportsmanlike conduct to any player who shows disrespect for a referee’s ruling or uses obscene, profane or abusive language directed toward any person in the arena. Second infraction: An immediate game ejection.
- B. In cases involving a coach, non-playing bench personnel or an unidentified player on the bench, a bench minor will be assessed to the offending team. If any coach or non-playing bench personnel continue their actions after being assessed with the initial bench minor, a game ejection will be assessed.
- C. A match penalty shall be assessed to any coach, non-playing personnel or player of any offending team who throws anything on the playing floor either during game play or any stoppage in play.

SITUATION #1

Question: Can a coach or non-playing personnel be assessed these penalties:

Answer: A 2 minute minor penalty? Yes.

Answer: A 5 minute major penalty? No.

Answer: A match penalty? Yes.

RULE #22 – ADJUSTMENT TO EQUIPMENT

Play shall not be delayed or stopped to make adjustments to equipment or sticks, however, the goalkeeper can request a stoppage in play from the referee in order for a coach or trainer to adjust their equipment. A player who is delaying the game or asking to make an adjustment to their equipment should be sent off the floor to do so except in the case of the goalie where stated above.

RULE #23 – BALL OUT OF BOUNDS

The ball is not out of bounds until it touches something that is not in bounds such as an on-field player, floorboards or containment system. A player may reach over the boards to catch a pass. Mesh containment soccer netting, lights, players on the bench are all considered to be out of bounds. Each USBOXLA-sanctioned league may change this rule depending on the type of containment system they are using, provided the change in rule does not put players, coaches or spectators at increased risk of injury or jeopardize the intent of said rule.

SITUATION #1

Question: What is the procedure if ...

Answer: ... a shot goes off the back boards then off the crossbar and then out of bounds? Possession is awarded to the offensive team.

Answer: ... a shot goes off the back boards then off the goaltender and then out of bounds? Possession is awarded to the offensive team.

Answer: ... a shot goes directly out of bounds? Possession is awarded to the defensive team.

Answer: ... a shot hits the goalie and then goes out of bounds? Possession is awarded to the offensive team.

Answer: ... a shot hits the crossbar or post and goes out of bounds? Possession is awarded to the offensive team.

RULE #24 – POSSESSION AND AWARDED POSSESSION

- A. No player shall be within 9' of a player being awarded possession.
- B. Any crease call violation to the offensive team must be restarted with a quick restart behind the offensive team's defensive half. If the ball continues past the midfield the ball must be restarted at the midfield.
- C. Possession shall not be awarded to any player within 15' of their opponent's goal crease.
- D. Play starts with a whistle.
- E. When a shot hits the goalie's mask or throat protector play is immediately stopped, the referee checks for injury and possession is awarded to the goalkeeper or defensive team in his/her crease.

SITUATION #1

Question: What is the procedure if Player A is standing too close to Player B, who has been awarded possession?

Answer: Instruct Player A to immediately provide Player B at least 9 feet. If A refuses to provide the requested space, assess a 2 minute minor penalty for Delay of Game.

SITUATION #2

Question: What is the call if Player A is standing on the edge of Player B's crease, who was just awarded possession of the ball inside the crease?

Answer – Allow play to continue. If any contact is made with Player B (runner or goalie) inside of the crease when they are in possession of the ball, assess a minor penalty for Interference.

RULE #25 – BALL STRIKING REFEREE

If the ball strikes a referee it shall be considered in bounds unless the ball goes directly into the goal (the ball may hit the goaltender to be considered directly into the goal). If that is the case there shall be a face off.

RULE #26 – PLAYING WITH A BROKEN STICK

- A. A broken stick is defined as a stick, which in the opinion of the referee, poses a danger to anyone in the game. If a player's stick breaks he/she must drop it immediately. A minor penalty will be assessed to any player who plays with a broken stick. A goalkeeper may play with a broken stick provided they remain completely in their own crease. If any part of their body exits the crease, a minor penalty will be assessed to the goalkeeper.
- B. If a player or goalkeeper becomes separated from their stick they may continue to play without a stick.
- C. A player whose stick is broken may not receive a stick thrown to him/her from their bench. A goaltender may play with a stick passed along to him/her from another player during play. A 5 minute major penalty will be assessed to any player in violation of this rule.

RULE #27 – DEAD BALL CONTACT

After any whistle/horn or dead ball, any player who makes intentional contact with another player. Examples can be but are not limited to this are stick checks, body checks or pushing.

Note: Not to be confused with Delay of Game. Delay of Game refers to not dropping the ball after a whistle, horn or rolling the ball away from an official or an opponent.

RULE #28 – MINOR INTERFERENCE

- A. Possession awarded to non offending team.
- B. Called only when it occurs close to the ball.
- C. Occurs when players push their opponent to gain an unfair advantage.
- D. Contact is expected – but cannot gain visible advantage.

- E. Occurs most frequently with moving picks and loose ball interference.
- F. Not called when play is at the other end of the floor.
- G. Away from the play “It’s a penalty or it’s nothing”.
- H. If overly aggressive or dangerous, a referee can assess a minor, major or match penalty for interference as well.

NOTE - LOOSE BALL INTERFERENCE:

1. 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.
2. 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 would 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.

NOTE - OFFBALL CONTACT:

1. When an opposing player is in the offensive zone the defender may cross check the player pushing him anywhere in the offensive zone.
2. The offensive team must have possession of the ball in order to engage in off ball contact.
3. The offensive player must be in the offensive zone or an interference call shall be assessed.
4. 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 #29 - MINOR PENALTIES

- A. A minor penalty is a 2 minute removal of the offending player (other than the designated goalkeepers) without substitute, unless terminated early by a goal.
- B. Bench minor penalties require the removal of any player of the offending team (other than the designated goalkeepers) without substitute, unless terminated early by a goal.
- C. If a team is short handed due to one or more penalties and the opposing team scores, the penalty that has the least amount of time remaining is released.

RULE #30 – MAJOR PENALTIES

- A. A major penalty is 5 minutes in length and requires the removal of the offending player (other than the designated goalkeepers) without a substitute.
- B. If a team is short handed due to a major penalty and the opposing team scores 2 goals, the major penalty is released (players do not need to serve the full 5 minutes).
- C. A player is automatically ejected when he/she receives their third major penalty or any four total penalties. A substitute must serve the player's penalty time.
- D. When a player or goalkeeper is assessed a major penalty and one or more minor penalties the minor penalty shall be served first for the purpose of 'releasing' from a power-play goal. When a player or goalkeeper is assessed a major penalty and another player from the same team is assessed a minor penalty at the same time, the minor penalty shall be served first for the purpose of 'releasing' from a power-play goal.

RULE #31 – GAME EJECTION PENALTIES

Game ejection penalties require the removal of the player or bench personnel for the remainder of the game. Any other penalties assessed to the player will be served by another player of that team. Players, coaches or bench personnel who are assessed a game ejection penalty must stay in the dressing room or vacate the arena.

Game Ejection Penalty

- A. Rule #21 B & C Abuse of Official
- B. Bully Rule

1. Any player who is assessed four minor penalties, three major penalties or any combination of minor and major to get four total penalties will be ejected from that game. A substitute must serve the player's penalty.
2. Delayed penalties cancelled by goals will be recorded on the official score sheet and count toward the Bully Rule.
3. Infractions that cause a penalty shot will be recorded on the official score sheet and count toward the Bully Rule.

RULE #32 – MATCH PENALTY

A match penalty (MP) shall be a major penalty assessed to a player or goalkeeper for a severe action where the player is reckless in behaviour acting in complete disregard for his/her own, another player's, coach's or official's safety or the actions are seen as attempting to injure or to cause an injury. The player receiving a match penalty is removed from the game immediately and will be suspended until the USBOXLA League Director or Tournament Director rules on the incident.

- A. A match penalty requires the removal of the offending player from the game.
- B. A substitute player must serve the 5 minute match penalty time but does not count against the substitute player's penalty total.
- C. The offending player must go to dressing room or leave the rink area immediately.
- D. Referees must fill out a Special Incident Report after the game on the back of the game sheet.
- E. An automatic match penalty will be assessed to any player playing without the mandatory equipment.
- F. Local USBOXLA Director or Tournament Director is notified and will make a decision on the length of suspension.

RULE #33 – GOALTENDER PENALTIES

A goalkeeper shall not be sent to the penalty bench for any minor or major penalty. Instead, a substitute player who was on the floor at the time of the infraction will serve the penalty. The official scorekeeper will record the penalty to the goalkeeper (regardless of who serves it) on the official score sheet and count it towards the Bully Rule.

If a goalkeeper is ejected for too many penalties as per the Bully Rule or receives a match penalty a substitute player will take their place in the penalty box and a substitute goalie will now enter the game. If no substitute goaltender is available the game shall be forfeited by the offending team.

RULE #34 – MULTIPLE PENALTIES/PENALTY SHOT - USBOXLA BONUS SHOTS

At the time the delayed penalty is blown dead, team A has two players serving penalties and a third minor penalty is assessed to team A, a penalty shot will be awarded to team B. The third penalty will be recorded by the scorekeeper for the four penalty Bully Rule. Regardless of the outcome of the penalty shot, the floor strength will remain the same as it was prior to the penalty shot. The penalty shot serves as a substitution.

| Example | Team A | Team A 3rd Penalty | Answer |
|-------------------------|-------------------------------------|--|--|
| 3rd Penalty is Minor | A1, 2 Min @10:00 A2, 2 Min @9:30 | A3, 2 Min @9:00 | Clock Stops 1 Penalty Shot for B (can be any player on team) A3 Penalty is recorded for Bully rule Play |
| Major Penalty | A1, 5 Min @10:00 | Goal scored @8:50 Goal scored @8:30 | 1 goal off major 2 goals off major A1 released at 8:30 |
| Minor and Major Penalty | A1, 2 Min @10:00 A2, 5 Min @9:00 | B1, 2 Min @9:30 Goal scored @8:50 | A1 is released @8:50 |
| Major and Minor Penalty | A1, 5 Min @10:00 A2, 2 Min @9:00 | B1, 2 Min @9:30 Goal scored @8:50 | A2 is released (Less penalty time remaining) |
| Minor Penalties | A1, 2 Min @10:00 | B1, 2 Min @9:30 Goal scored @9:00 | No players released floor strength is even 4 vs 4 |

RULE #35 – CALLING OF PENALTIES

- A. Should an infraction of the rules which would call for a minor, major, or match penalty be committed by a player or goalkeeper of the team not in possession of the ball, except for checking in the crease, the referee shall raise his arm to signal the delayed calling of a penalty. When the team to be penalized gains control of the ball the referee will blow his whistle to stop play and impose the penalty on the offending player or goalkeeper. Multiple shot clock resets may occur. The play is only blown dead once the offending team gains possession or a stoppage in play.
- B. Should an infraction of the rules which would call for a minor, major or match penalty be committed by a player or goalkeeper of the side in possession of the ball, the referee shall immediately blow his whistle and penalize the offending player or goalkeeper.
- C. Calling a minor penalty - goal scored - If the penalty to be imposed is a minor penalty and a goal is scored on the play by the non-offending side, the minor penalty shall not be imposed but major and match penalties shall be imposed in the normal manner regardless of whether or not a goal is scored.
- D. Calling a penalty - short-handed team – goal scored - If when a team is “shorthanded” by reason of one or more minor or bench minor penalties, the referee signals a further minor penalty or penalties against the “shorthanded” team and a goal is scored by the non-offending side before the whistle is blown, then the goal shall be allowed. The penalty

or penalties signaled shall be assessed and the first of the minor penalties already being served shall automatically terminate. Major and match penalties shall be imposed in the normal manner regardless of whether or not a goal is scored.

- E. *On a delayed penalty the play is whistled dead when:*
1. *The opposing team's player/goaltender gains possession of the ball.*
 2. *Any reason that normally would have caused a stoppage in play.*
 3. *An attacking team may score on their own goal during this delayed penalty time.*

RULE #36 – PENALTY SHOTS

A penalty shot is given in these situations:

- A. A penalty shot is awarded to the offensive team when the defensive team is assessed a too many men penalty with less than 2 minutes remaining in the game.
- B. A penalty shot is awarded to Team B when Team A is serving two penalties and a third penalty is assessed to Team A. The third penalty will be substituted by a penalty shot. If the third penalty is a minor penalty, there will be one shot awarded. If the third penalty is a major, two penalty shots will be awarded until all the additional (two plus) penalties have been substituted by penalty shots. Goals scored on these penalty shots do not count towards releasing the serving penalties.
- C. A penalty shot is awarded to restore a scoring opportunity which was lost as a result of a foul being committed by the offending team, based on the parameters set out in these rules:
1. The infraction must have taken place in the attacking/offensive zone.
 2. The player must be in possession of the ball and must have been denied a reasonable chance to score. The fact that he/she got a shot off does not automatically eliminate this play from the penalty shot consideration criteria. If the foul was from behind and he was denied a “more” reasonable scoring opportunity due to the foul, then the penalty shot should be awarded.
 3. The player must have had no opposing player between himself and the goalkeeper.

Procedure for Penalty Shots

- A. The referee shall place the ball on the center face-off spot and the player taking the shot will, on the instruction of the referee (by blowing his whistle), pick up the ball and shall attempt to score on the goalkeeper. The player and ball must be kept in forward motion towards the opponent's goal line and once it is shot, the play shall be considered complete. No goal can be scored on a rebound of any kind (an exception being the ball off the goal post or crossbar into the net or off the goal post or crossbar and then off the goalkeeper and into the goal), and any time the ball crosses the goal line or comes to a complete stop, the shot shall be considered complete.

- B. Only a player designated as a goalkeeper or alternate goalkeeper may defend against the penalty shot.
- C. The goalkeeper must remain in his crease.
- D. The team against whom the penalty shot has been assessed may replace their goalkeeper to defend against the penalty shot, however, the substitute goalkeeper is required to remain in the game until the next stoppage of play.
- E. While the penalty shot is being taken, players of both sides shall clear the floor and stay on their bench.
- F. Designated player – In cases where a penalty shot has been awarded to a player specifically fouled, that player shall be designated by the Referee to take the penalty shot.
- G. In all other cases where a penalty shot has been awarded, the penalty shot shall be taken by a player selected by the captain of the non-offending team.
- H. Should the player in respect to whom a penalty shot has been awarded himself commit a foul in connection with the same play or stoppage, either before or after the penalty shot has been awarded, be designated to take the shot, he/she shall first be permitted to do so before being sent to the penalty bench to serve the penalty except when penalty is a match penalty or in which case the penalty shot shall be taken by a player selected by the captain of the non-offending team.

Violations During the Shot

- A. Should the goalkeeper leave his crease or any foul committed by a goalkeeper, the referee shall allow the shot to be taken and if the shot fails, he shall permit the penalty shot to be taken over again.
- B. When an infraction worthy of a minor penalty is committed by the goalkeeper during the penalty shot that causes the shot to fail, no penalty is to be assessed but the referee shall permit the shot to be taken over again.
- C. When a major penalty is committed by the goalkeeper that causes the shot to fail, the referee shall permit the shot to be taken over again and the appropriate penalties shall be assessed to the goalkeeper.
- D. The goalkeeper may attempt to stop the shot in any manner except by throwing his stick or any object, or by deliberately dislodging the goal, in which case a goal shall be awarded.
- E. If, while the penalty shot is being taken, any player, goalkeeper, coach or non-playing club personnel of the opposing team shall have by some action interfered with or distracted the player taking the shot and, because of such action, the shot should have failed, a second attempt shall be permitted and the referee shall impose a bench minor penalty to the offending team.

- F. If, while the penalty shot is being taken, any player, goalkeeper, coach or non-playing club personnel of the team taking the shot shall have by some action interfered with or distracted the goalkeeper defending the shot and, because of such action, the shot was successful, the referee shall rule no goal and shall impose a bench minor penalty to the offending team.

Face-Off Location and Time Management During Penalty Shots

- A. After every penalty shot, there is a face off at center.
- B. No penalty shall expire when a goal is scored against a team on a penalty shot.
- C. The clock will run on all penalty shot attempts except during the last 1 minute of the game.
- D. The officials should to the best of their ability work together setting up the penalty shot and preparing the shooter and goalie as quickly and professionally as possible to minimize the amount of time the penalty shot takes.

RULE #37 – PENALTY GOALS

- A. A goal will be awarded to the attacking team when the defending team has taken their goalkeeper off the floor and an attacking player has possession of the ball in the offensive zone, without a defending player between himself and the opposing goal, and he is prevented from scoring as a result of an infraction committed by the defending team.
- B. A goal will be awarded when an attacking player, in the act of shooting the ball into the goal (between the normal position of the posts and completely across the goal line), is prevented from scoring as a result of a defending player or goalkeeper displacing the goal post, either deliberately or accidentally.
- C. A goal will be awarded when a goalkeeper attempts to stop a penalty shot by throwing his stick or any other object at the player taking the shot or by deliberately dislodging the goal.

RULE #38 – RELEASE OF PENALTIES

In the case of an opposing team’s goal ‘work on’ (count against) the penalties that were first recorded.

| Example | Team A | Team B | Answer |
|-----------------|------------------|--|--|
| Minor Penalty | A1, 2 Min @10:00 | Goal scored @8:50 | A1 released @8:50 |
| Major Penalty | A1, 5 Min @10:00 | Goal scored @8:50 Goal scored @8:30 | 1 goal off major 2 goals off major A1 released at 8:30 |
| Minor and Major | A1, 2 Min @10:00 | B1, 2 Min @9:30 | A1 is released @8:50 |

| | | | |
|-------------------------|-------------------------------------|--------------------------------------|---|
| Penalty | A2, 5 Min @9:00 | Goal scored @8:50 | |
| Major and Minor Penalty | A1, 5 Min @10:00 A2, 2 Min @9:00 | B1, 2 Min @9:30 Goal scored @8:50 | A2 is released (Less penalty time remaining) |
| Minor Penalties | A1, 2 Min @10:00 | B1, 2 Min @9:30 Goal scored @9:00 | No players released floor strength is even 4 vs 4 |

RULE #39 – BACKCOURT VIOLATION AND 10 SEC COUNT

- A. Upon possession, a team that is shorthanded has 10 seconds to clear the ball past the 'rag line'. If they do not clear the ball in 10 seconds, the play is stopped and the ball awarded to the defending team.
- B. Once the 'rag line' is crossed or if the shorthanded team is awarded possession in the attacking zone, the 'rag line' becomes 'hot' and the ball may not cross over into the shorthanded team's defensive zone.
- C. If the ball does cross, play is stopped and the defending team is awarded possession.
- D. The 'rag line' must be agreed upon by each coach before the game commences and is determined by the line markings used by the particular facility.
- E. A shot on net that would cause the shot clock to be reset and goes back over the "rag line" would not be back over and the short handed team would have 10 seconds to get the ball back over the "rag line".
- F. If the ball is intentionally batted or deflected back over by the opposing team this would not be a violation. The short-handed team would still have 10 seconds to get the ball back over the "rag line".

RULE #40 – THE FACE-OFF

- A. Occur at the start of each period of play and after every goal scored.
- B. Players will stand on their own side of the centre line with their right shoulder facing their defensive end.
- C. Both hands and feet of the player must be to the left of the head of the stick and not touching the head of the stick
- D. Both hands must be on the stick at the start of the face-off.

- E. The stick must be on the ground in a straight line with the head of the stick being held straight up and down parallel to the centre line.
- F. The ball will be placed on the ground between the two sticks, the players' pockets will be pushed out and the sticks can be touching the ball.
- G. The referee will place his hands/point down at the sticks and say "set", after which any movement will result in possession awarded to the non offending team. The referee then blows the whistle.
- H. The first motion of the sticks must be pulling back and away from the ball before the ball can be clamped and raked out.

RULE #41 –POINT 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.
- 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.

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.

NOTE: 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.

NOTE: 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. This is a safety issue and must be enforced as the objective is to prevent serious neck, back and spinal cord injuries.

RULE #42 –RULE #41 –POINT OF EMPHASIS 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.

B. A slash shall be defined as:

- a. Swing of the stick intended to intimidate opponents, with or without contact.
- b. Swing of the stick towards an opponent involving any significant degree of force.
- c. Swing of the stick towards an opponent involving a baseball or golf type grip.
- d. 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.
- e. Aggressive use of the stick that is not a true attempt to dislodge the ball from the stick.
- f. One hand stick checks are legal as long as the above conditions do not occur.

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.

C. 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: 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 a Match Penalty.

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.

RULE #43 – INFRACTION CHART

The referee, at his discretion based on the severity of the violation, shall assess a penalty to any player who incurs the following infractions below.

| INFRACTION | DESCRIPTION | SEVERITY |
|----------------------------------|--|-------------------------|
| BOARDING (BRD) | Any player or goalkeeper who body-checks, cross checks, pushes or causes an opponent to be thrown violently into the boards. If a player takes more than THREE hard steps to 't-bone' a player into the boards. | Minor Major Match |
| BUTT ENDING (BE) | Jabbing an opponent with the butt end of a stick. Doesn't need to make contact with the player – it can be an attempt. Ice picks would be considered a butt end. | Major Match |
| BENCH MINOR (BM) | Any coach, bench personnel, or players on the bench who verbally abuse an official or opposing player. After a warning a Bench Minor (BM) may be assessed for keeping the gate open. | Minor Match |
| CHARGING (CHG) | Any player or goalkeeper who runs, jumps into or charges an opposing player where a violent collision occurs. | Minor Major Match |
| CHECKING FROM BEHIND (CFB) | Any player who intentionally pushes, body-checks, illegally cross checks or hits an opposing player from behind anywhere on the floor. NOTE: The most dangerous infraction in the game. All incidents are a penalty, regardless of severity. A deliberate check from behind near the boards or goal posts will be a major or match penalty. If a player is vulnerable and cannot protect himself by getting his hands up, you must assess a Match penalty. | Major Match |
| CROSS CHECKING (CC) | A cross check applied below the waist, on top of the shoulder, applied when an opponent is not on their feet, applied to an opponent outside of the offensive zone. A major extension of the defender's arms in delivering a 'blow'. | Minor Major Match |
| INFRACTION | DESCRIPTION | SEVERITY |
| DELAY OF GAME (DG) | A delay of game shall be given to any player in possession of the ball who does not immediately place the ball on the ground on a shot clock violation, or does not give the proper space to an offensive player on a newly awarded possession, or deliberately stops the progress of play. | Minor |
| ELBOWING (EB) | Assessed to any player who used their elbow to foul their opponent. | Minor Major Match |

| | | |
|-------------------------------|---|--------------------------|
| FIGHTING (MP) | Any altercation including a player who incites or instigates a fight. Any punch thrown is a Match Penalty(MP). | Match |
| GOALTENDER INTERFERENCE (INT) | Penalty will be given for any offensive player who makes any contact with the opposing team’s goalie/player while that goalie/player is contained within the cylinder of the crease. | Minor Major Match |
| HANDBALL (HB) | Any player or goalkeeper who catches (not touches) the ball outside of their goal crease. | Minor |
| HIGH STICKING (HS) | Any contact to an opponent’s neck, face or helmet. NOTE: Incidental contact with the helmet should be disregarded. If a player deliberately ducks causing the high sticking this should be disregarded as well. | Minor Major Match |
| HOLDING (HLD) | Any player or goaltender who impedes an opponent’s progress by holding with his/her arms, hands or legs. | Minor |
| INTERFERENCE (INT) | When a player purposely prevents an opponent from regaining their stick. When a player violently hits another player when the ball is loose (without possession). When checking players who are either coming on or off of the floor for line change. violent checks into open gates will result in a Match penalty (MP). | Minor Major Match |
| ROUGHING (RO) | Any player or goalkeeper who uses unnecessary roughness during a game. | Minor Major Match |
| SLASHING (SL) | Any player or goalkeeper who deliberately slashes an opponent with his/her stick. Contact does not need to be made. The purpose of a stick check is to dislodge the ball | Minor Major Match |
| SPEARING (SP) | Spearing is the stabbing of an opponent with the head/mouth of the stick. | Major Match |
| THROWING STICK (TS) | Any player or goalkeeper who throws their stick or any other piece of equipment at the ball or opponent. | Major Match |
| INFRACTION | DESCRIPTION | SEVERITY |
| TOO MANY PLAYERS (TMP) | If on defense, Too many players on the floor will be assessed a penalty. If the violation occurs with less than 2 minutes in the game a penalty shot will be awarded. | Minor Penalty Shot |
| TRIPPING (TR) | Any player or goalkeeper who uses their stick or any part of their body to trip an opponent. | Minor Major Match |

| | | |
|----------------------|--|-------------------------|
| DEAD BALL CONTACT | After any whistle/horn or dead ball, any player makes intentional contact with another player. | Minor Major Match |
|----------------------|--|-------------------------|