

Common Penalties

There are two different kinds of fouls in lacrosse: personal and technical. Fouls and infractions are enforced by removal of the offending player from the field of play, and/or awarding possession to the opposing team. Most penalties allow the offending player to be released from the penalty box if the opposing team scores a goal before the penalty time has expired. However, some personal fouls carry an “unreleaseable” penalty, where the offending player must serve the entirety of his penalty in the box, regardless of how many goals are scored.

Personal and Misconduct Fouls: Personal fouls are those of a serious nature, generally involving an infraction that has a malicious intent. Any personal foul that is malicious, or done with the intent to injure, will result in a game misconduct foul in addition to the personal foul, or an expulsion foul. The penalty for a personal foul can be ONE MINUTE (1:00) to THREE MINUTES (3:00), depending on the Official’s judgment of the severity and perceived intent of the personal foul. A Player can be assessed a misconduct penalty in addition to any personal foul(s).

Types of Personal Fouls

Illegal Cross-Check: When a player uses the handle of his crosse to strike an opponent on any portion of the opponent’s body in an off-ball situation, or when on-ball, striking an opponent on any portion of the opponent’s body other than on the arm below the shoulder.

Illegal Body-Check: When a player uses his body to block an opposing player, including any of the following actions: (a) when initial contact is made with an elbow or on the helmet; (b) body-checking of an opponent who is not in possession of the ball or within five yards of a loose ball; (c) avoidable body-check of an opponent after he has passed or shot the ball; (d) body-checking of an opponent from the rear or below the waist; (e) body-checking of an opponent by a player in which contact is made above the shoulders of the opponent. A body-check must be below the neck, and at least one hand of the player applying the body check must remain in contact with his crosse; (f) body-checking an opponent during a dead ball situation; (g) body-checking an opponent who is not in the field of play; (h) body-checking an opponent who has any part of his body, other than his feet, on the ground.

Illegal Crosse: When a player uses a crosse that does not conform to required specifications. A crosse may be found illegal if the pocket is too deep or if the crosse was altered to gain an advantage.

Use of Illegal Equipment: When a player uses equipment that does not conform to specifications.

Slashing: When a player uses his crosse to strike or swing at an opponent, making contact in any area other than the crosse or gloved hand on the crosse. To be a “strike,” the contact must be a definite blow and not merely a brush.

Tripping: When a player obstructs an opponent at or below the waist with the crosse, hands, arms, feet or legs.

Unsportsmanlike Conduct: When a player or coach commits an act which is considered unsportsmanlike by an official, including, but not limited to, taunting, obscene language or gestures, arguing and flagrant physical contact.

Technical Fouls: Technical Fouls are those of a less serious nature than personal fouls, and include all violations of the rules of the Game except those specifically listed as personal or misconduct fouls. The penalty for a technical foul is a THIRTY SECONDS (:30) suspension of the offending Player from the Game if the Team fouled had possession of the ball at the time the foul was committed. If the Team fouled did not have possession of the ball at the time the foul was committed, the ball will be awarded to the offended Team.

Types of Technical Fouls

Holding: When a player impedes the movement of an opponent or an opponent's crosse.

Illegal Procedure: Any action by a player of a technical nature that is not in conformity with the rules and regulations governing the play of the game, including, but not limited to, failure to advance, touching the ball, delaying the game, having too many players on the field and entering the game from the penalty box before penalty has been served in full.

Interference: When a player interferes in any manner with the free movement of an opponent, except when the ball is in flight and within five yards of the players, or both players are within five yards of a loose ball.

Offsides: When a team does not have at least four players on its defensive side of the midfield line or at least three players on its offensive side of the midfield line.

Pushing: When a player thrusts or shoves an opponent from behind. Pushing is permitted from the front or side when an opponent has possession of the ball or is within five yards of a loose ball. In this case, pushing must be done with a closed hand, shoulder or forearm and both hands must be on the crosse.

Ward or Warding Off: When a player in possession of the ball uses his free hand or arm to hold, push or control the direction of the movement of an opponent's crosse or body when applying a check.

Withholding Ball from Play: When a loose ball is on the ground, a player may not lie on the ball, trap it with his crosse longer than is necessary for him to control the ball and pick it up with one continuous motion, or withhold the ball from play in any other manner.