

Possession / Time Penalties (unless indicated penalties result in loss of possession)

Only one player from each team may compete for possession of a ground ball, a third or subsequent player may not intervene.

No Player other than the goalkeeper inside the crease (circle) may contact the ball with the hand.

No player other than the goalkeeper may enter the crease at any time.

Only one player can be acting as goalie at a time. Other defense players must be playing an Opposition player and no defense player may act as a goalkeeper in addition to the designated goalkeeper. Loss of Possession and 1 Minute Sideline

Offensive offside: Possession; Defensive offside: 1 Minute

Offensive Too Many Players on Field : Possession; Defensive Too Many Players on Field: 1 minute

A player in possession and passing the ball shall not follow through onto an opposing player. 1 Minute

There shall be no body contact although unavoidable contact is allowed at the discretion of the Referee. The offending player shall be the player who initiates the contact by movement into another player. 1 Minute

There shall be no stick contact although unavoidable contact is allowed at the discretion of the Referee. 1 Minute

No opposing player may contact the goalkeeper or the goalkeeper's crosse when the goalkeeper is inside the crease, whether the goalkeeper has possession or not. 1 Minute

No player shall "rake" the ground ball back into the stick, nor shall they "cover" the ball with their stick. 1 minute

No player, substitute, non playing member of a squad, coach or anyone connected with a competing team shall act in an unsportsmanlike manner and without limiting the generality of unsportsmanlike manner such determination shall be left to the Referee. 1 minute

Advantage Play If after an infringement in the offensive half of the field the non offending team retains possession of the ball with the potential to score, the referee shall delay sounding the whistle until either: A goal is scored on the original play; or The attacking team loses possession of the ball, or The attacking team has lost the opportunity to score on the original play. The Referee shall

indicate such an infringement has occurred by holding up a yellow flag. After the play has been completed and the whistle blown, the penalty for the infringement must be applied.