FÉDÉRATION INTERNATIONALE D'INTER CROSSE

INTER-CROSSE

RULEBOOK

VERSION 4.0 (2007.07)

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SECTION 1 – THE GAME

1.1 Inter-crosse is played by 2 teams, each with 5 players on the court.

1.2 Each team's objective is to score the most goals against their opponent and to stop the opposite team from gaining control of the ball.

1.3 The ball can be passed, thrown, rolled or bounced in any direction using the inter-crosse stick, following the rules of the game.

1.4 Players can move anywhere on the court, following the rules of the game.

1.5 The team with the most goals scored at the end of the game (with or without overtime) will be declared the winner of the game.

SECTION 2 – PLAYING AREA

2.1 The playing surface will be called the ***court***.

2.2 The court will be a rectangular, flat and skid-free hard surface, preferably made of wood and cleared of all obstacles.

2.3 The court will be 40 m long by 20 m wide. These dimensions will be taken from outside the lines demarcating the court. These lines will be a part of the court.

2.4 All lines will be of the same colour and will contrast with the floor for maximal visibility. The lines will be a minimum of 5 cm wide.

2.5 The side lines will be called ***lateral lines*** and the lines where the goals will be put on will be called ***end lines***.

2.6 The court will be composed of 2 zones of equal surface. These zones will be separated by a line called the ***central line***.

2.7 For a given team, its ***defensive zone*** will refer to the portion of the court where this team is defending its goal. Its ***offensive zone*** will refer to the portion of the court where this team is attacking the opposite goal.

2.8 At the center of both end lines an inter-crosse goal will be placed. The portion of the end line between the two goal posts will be called the ***goal line***. The goal posts will be placed directly on the goal line and the ends of the goal posts will be aligned with the ends of the goal line.

2.9 The goalkeeper's territory will be delimitated in the following fashion: using the center of the goal line as a central point, a half-circle with a radius of 2.75 m (9') will be traced with a 5 cm wide line. This territory will be called the ***goalkeeper's crease*** and will include the half-circle line itself.

2.10 A straight line of 60 cm X 5 cm will be traced 9 m from the center of each goal line, indicating the starting point for a penalty shot. This line will be called the ***penalty shot line***.

2.11 A table and 4 chairs to accommodate minor officials and the equipment necessary during a game (scoreboard controller, 30-second clock, score sheet, etc) will be located outside the court at the central line, 1 m behind the lateral line.

2.12 The portion of the lateral line where a team will be allowed to substitute players will be called the ***substitution zone***. This zone will be located on the same side as the minor officials' table, starting 3 m away from the central line and measuring 8 m in length.

2.13 A bench for the team, in addition to 2 chairs for the coach and his assistant, will be placed within the substitution zone, 1 m behind the lateral line.

2.14 Orange cones will be placed in all 4 corners of the court and on both extremities of the central line. These will be placed outside the lateral and end lines and will serve as markers of the court for the players and the referees. 4 more cones will be placed on either side of both teams' benches to mark the substitution zones.

2.15 The height of the ceiling or lowest object will be a minimum of 7 m from the court.

2.16 The lighting for the court will be maintained at 500 foot-candles. Light metre measurements will be taken at the center of the court, in the goalkeeper's creases and in 2 more areas on each side of the central line to ascertain that lighting is sufficient.

SECTION 3 – EQUIPMENT

3.1 GOALS

The inter-crosse goal will have the following specifications:

- The opening of the structure of the goal will be square and of 1.22 m X 1.22 m (48" X 48"). The depth of the triangular shape will be of 1.37 m (54").
- The front of the one-piece structure will be welded and built with 46 mm (1¾") pipes.
- The triangular shaped back structure will be built with 31 mm (1¼") pipes.
- Two reinforcement pipes of 31 mm (1¼") will be welded to the horizontal front pipes and the triangular shaped pipes at a 45-degree angle.
- Tie rods of 1¼" will be welded to the pipes to attach the net.
- The entire structure will be painted in a red enamel finish.
- The overall weight of the goal will be of a minimum of 29.5 kg (65 pounds) to maximize stability.
- The white coloured net will be made of woven nylon threads of 3 mm and will be tightly braided.
- The net will take the shape of 3 triangles with an opening of 1.22 m X 1.22 m (48" X 48"). The net will end 1.37 m (54") behind the front structure.
- The net will be able to absorb the force of the ball entering the goal, such that the ball will stay in.

3.2 STICK

3.2.1 The inter-crosse stick will be the same for both field player and goalkeeper.

3.2.2 The stick will consist of a head, a guard and a handle.

3.2.3 The head will be made of moulded plastic and will not be modified or altered in any way.

3.2.4 The head's dimensions will be:

- Interior length: 26 cm – 27.5 cm
- Maximal width: 17 cm – 17.5 cm
- Minimal width: 9 cm – 10 cm
- Depth: 8 cm – 9 cm

3.2.5 The guard's dimensions will be:

- Interior length: 9 cm – 10 cm
- Width: ± 1 cm

3.2.6 The handle will be made of fibreglass, metal or wood.

3.2.7 The handle's dimensions will be:

- Length: 60 cm – 75 cm
- Circumference: 7 cm – 8 cm

3.2.8 The end of the handle will have a cap to protect the athletes.

3.2.9 The whole stick's weight will be between 280 g and 380 g.

3.3 BALL

3.3.1 The inter-crosse ball will be made of soft rubber.

3.3.2 The ball's dimensions will be:

- Weight: 80 g – 100 g
- Circumference: 23 cm – 25 cm

3.4 JERSEY

3.4.1 All players of a team will wear jerseys of the same colour that is different from the colour worn by their opponents. In the event of a colour conflict, the away team will have to change colours.

3.4.2 Jerseys will be numbered.

3.5 FIELD PLAYER

The field player's equipment will consist of:

- A stick
- A jersey
- Running shoes
- Shorts

3.6 GOALKEEPER

In addition to the field player's equipment, the goalkeeper will have special equipment with the following specifications:

3.6.1 The main design of the goalkeeper's equipment will solely be to protect his head and body and should not include any extra accessories that would give him any unwarranted help in his function as a goalkeeper.

3.6.2 Helmet and facemask

The goalkeeper will have to wear a helmet equipped with a cage-type facemask to protect his head and face. The helmet and facemask will be made of materials specifically designed to resist impact.

3.6.3 Neck protector

The goalkeeper must wear a neck protector that he will attach to his helmet and facemask.

3.6.4 Gloves

The goalkeeper can use any standard ice hockey or lacrosse gloves. No material, accessory or extra protection can be added inside or outside the gloves.

3.6.5 Pants

- The pants used by the goalkeeper can either be similar to those of an American football player with inside padding for extra protection or like those of ice hockey goalkeepers. No other material can be added outside the pants.
- The maximal width for the thigh protector (exterior measure) will be 28 cm (11"). This measure will be taken 13 cm (5") from the bottom of the pants when the goalkeeper is standing straight.
- Hip protection cannot measure more than the thigh protectors.

3.6.6 Leg protectors

- The goalkeeper can use any standard ice hockey (field player), baseball (catcher) or lacrosse leg protectors.
- Leg protectors cannot measure more than 15 cm at the ankle, 20 cm at the base of the knees and 25 cm at the knee. Any extra protective material built-in by the manufacturer will be accepted.
- However, no other material, accessory or extra protection added to the original manufacturer's leg protector will be accepted.

3.6.7 Chest, shoulder and arm protectors

- What protects the upper body of the goalkeeper can be in separate pieces or in one piece. Whatever the equipment used, certain restrictions about size will have to be respected.
- Shoulder protectors will have to follow the contour of the goalkeeper's shoulder. These will have to be curved and not of squared or pointed shape to falsely add width to the goalkeeper.
- Shoulder protectors cannot be more than 8 cm wider than the goalkeeper's shoulders. This measure will be taken from the end of the goalkeeper's shoulder to the farthest exterior point of the protector.
- Shoulder protectors cannot be more than 5 cm higher than the goalkeeper's shoulders. This measure will be taken from the goalkeeper's shoulder to the highest point of his protector.
- The forearm protectors cannot be more than 20 cm wide.

SECTION 4 – TEAMS

4.1 PLAYERS

4.1.1 Teams will have a maximum of 12 field players and 2 goalkeepers dressed up for a given game.

4.1.2 Each team will have a player wearing a '***C***' on his jersey designating him as captain. The captain will be the only player allowed to seek information from the referees. These inquiries will be asked in a polite and civilized manner and only when the ball will be judged *dead* and the game time stopped.

4.1.3 Players whose names' appear on the score sheet at the beginning of the game will be the only players allowed to take part in the game.

4.2 COACHING STAFF

4.2.1 A maximum of 4 members of the registered support personnel (manager, coach, assistant coach, physiotherapist, etc) will be allowed at a team's bench. These individuals will be restricted to their bench, within the substitution zone, except for the following situations:

- During a time-out.
- To request information from the minor officials.
- To go on the court when a player is injured, only with the referees' approval.

4.2.2 The coach and his assistant are the only representatives who will be allowed to ask minor officials about statistics. These inquiries will be asked in a polite and civilized manner and only when the ball will be judged *dead* and the game time stopped as to not disrupt the game.

4.2.3 At least 20 minutes before the game, each coach (or assistant) will give a list naming each player and their number to the official scorekeeper. A '***C***' will have to appear in parenthesis next to the name of the player acting as captain. The names of the coach, his assistant and any other member of team personnel that will be seated at the team's bench during the game must also appear on the list.

4.2.4 At least 10 minutes before the start of the game, both coaches will have to verify the team roster written on the scorekeeper's score sheet and validate it by signing next to their name.

SECTION 5 – OFFICIALS

5.1 TYPES OF OFFICIALS

5.1.1 For each game, the committee responsible for the refereeing of the competition will choose two referees. One of these will be designated head-referee for the game.

5.1.2 This committee will also choose 4 minor officials:

- A timekeeper
- A 30-second timekeeper
- An official scorekeeper
- An assistant scorekeeper

5.2 REFEREES

5.2.1 The referees' power will begin when they arrive on the playing area and will end only when they have signed the score sheet and the players have left the playing area.

5.2.2 The referees will have the power to impose all sanctions required by the rules of the game for any infraction. These infractions can take place on the court or outside the game boundaries, including behind the goals, behind the lateral lines, at the teams' benches or at the minor officials' table.

5.2.3 The referees can decide to stop the play when they judge it necessary. Here are few examples where referees could stop the play:

- When a player is injured.
- When there is water on the floor.
- When a goalkeeper has a problem with his equipment.
- When there is a hole in a net.

5.2.4 If a situation on or off the court demands it, the head-referee will make the final decision. He will be allowed to consult with the other referee and the minor officials if he chooses to.

5.2.5 During a game, all other decisions not covered by the game rules will be taken by the head-referee.

5.2.6 Before the game, the referees will inspect all the equipment that will be used during the game: the scoreboard, its console and the 30-second clock. Minor officials will assist the referees in these verifications.

5.2.7 Before the game, the referees will look over the score sheet prepared by the official scorekeeper.

5.2.8 Before the game and at the end of each quarter or overtime period, the referees will inspect the court, the goals and the nets to make sure all are in working order.

5.2.9 The referees will see to it that the teams be present on the playing area at the established times for the warm-up period and for the beginning of each quarter and overtime period.

5.2.10 The referees will permit players to wear only their game uniform and will demand the removal of all objects that may cause injuries.

5.2.11 Before the beginning of the game, the head-referee will make sure that all minor officials are in their respective places.

5.2.12 The referees will indicate scored goals by lifting both arms in the air. A sign from the official scorekeeper will assure them that that goal has been added to the score sheet.

5.2.13 When an infraction is committed, the referee will blow his whistle to stop the game stopwatch. The referee will point out the faulty player by his number and jersey colour to the official scorekeeper. If no penalty shot is required, the other referee will whistle and put the ball back in play, but only after the scorekeeper has logged the foul on the score sheet.

5.2.14 All fouls leading to the expulsion of any member of a team will have to be reported by the referees on the backside of the official score sheet.

5.2.15 At the end of each quarter, overtime period or at any other time during the game if the need arises, the referees will check the official score sheet to validate or correct the information appearing on the scoreboard.

5.3 TIMEKEEPER

5.3.1 The game organizers will provide the timekeeper with the console to operate the scoreboard and the sound signal.

5.3.2 The timekeeper will be responsible for the smooth functioning of his equipment and will be in charge of the official game time.

5.3.3 He will start and stop the stopwatch according to the referees' directives.

5.3.4 He will activate the sound signal announcing the end of each quarter or each overtime period at the appropriate times.

5.3.5 Two minutes before the start of the 1st and 3rd quarter, the timekeeper will alert the teams and the referees by activating the sound signal.

5.3.6 In the event that minor officials need to discuss a problem with referees, the timekeeper will be responsible for informing the referees by activating the sound signal only when the ball is judged *dead* or at a stoppage in play.

5.4 30-SECOND TIMEKEEPER

5.4.1 The game organizers will provide the 30-second timekeeper with the time measuring instrument he will have to operate in addition to a sound signal that is different to the one the game timekeeper will be using. He will be responsible for the smooth functioning of his equipment.

5.4.2 As soon as a team takes possession of the ball, he will activate the 30-second clock to indicate to the players the remaining time they have to shoot at the goal.

5.4.3 If the ball changes possession (from one team to another) before the end of the 30 seconds allotted to the offensive team, he will have to restart the 30-second clock for the new offensive team.

5.4.4 When the 30 seconds have elapsed without anyone shooting on the goal, the 30-second timekeeper will activate the sound signal to inform the referees.

5.5 OFFICIAL SCOREKEEPER

5.5.1 20 minutes before the start of the game, the official scorekeeper will need to receive from each team a list with the players' names, their number, the name of the player acting as captain as well as the names of the coach, assistants and any other member of team personnel present on the team's bench. He will write down these names on the score sheet.

5.5.2 10 minutes before the game, the official scorekeeper will have both coaches verify the list of players' names and numbers. The coaches will then sign next to their name. Except for the coaches' signatures, the players' names will need to be written in block letters to be legible.

5.5.3 During the game, the official scorekeeper will have to keep the cumulative score of each team in the appropriate spaces on the score sheet.

5.5.4 He will write down the goals scored by each player in the appropriate spaces.

5.5.5 He will write down all time-outs requested by the teams in the appropriate squares.

5.5.6 He will use the following codes to write down the fouls on the score sheet:

P : personal foul
X : team foul
T : technical foul
A : unsportsmanlike conduct foul
E : expulsion foul

5.5.7 He will write down the fouls given by the referees to the concerned players in the appropriate squares.

5.5.8 He will write down all fouls given to a team in the appropriate squares.

5.5.9 He will write down all technical fouls given by the referees to any member of a team.

5.5.10 He will advise the referees when a player reaches the maximum of 5 fouls.

5.5.11 At each half, he will advise the referees if a team has reached a total of 10 fouls.

5.5.12 He will advise the referees if any member of a team is charged with a 2nd technical foul.

5.5.13 He will advise the referees if a player is charged with a 2nd unsportsmanlike conduct foul.

5.5.14 Throughout the game, he will validate team scores by totalling each player's goals per quarter.

5.5.15 If the scores on the score sheet and on the scoreboard differ, the score on the score sheet will be adopted as the correct score and the score on the scoreboard will be corrected accordingly.

5.6 ASSISTANT SCOREKEEPER

5.6.1 Like the official scorekeeper, the assistant scorekeeper will have to write down all information regarding team scores, players' scores, players' fouls, teams' fouls and fouls given to any member of a team. He will also keep track of the time-outs requested by the teams.

5.6.2 Throughout the game, he will validate these statistics with the official scorekeeper.

5.6.3 He will be responsible for advising the coaches of the total number of fouls a player has each time that player causes a foul.

SECTION 6 – GAME FLOW

6.1 GAME'S OBJECTIVE

6.1.1 The main objective of the game is to score more goals than the other team. The team with the most goals scored at the end of the game will be declared the winner of the game.

6.1.2 A goal will be scored when the ball completely crosses the vertical plane extending up from the goal line.

6.2 REGULATION TIME

6.2.1 An inter-crosse game will be composed of 4 quarters of 12 minutes each.

6.2.2 After both the 1st and 3rd quarter, there will be a 2-minute break.

6.2.3 Between the 2nd and 3rd quarter, there will be a 5-minute break. This break will be referred to as ***half-time***.

6.2.4 The team who will have started the 1st quarter with the ball will do the same for the 3rd quarter. The other team will start the 2nd and 4th quarter with the ball.

6.2.5 At the start of each quarter, each player will take his position in his defensive zone. The ball will be put into play from the goalkeeper's crease either by the goalkeeper himself or by a field player of his team. Players will be allowed to cross the central line as soon as the head-referee whistles.

6.2.6 The scoreboard's sound signal will announce the end of each quarter. The ball will be considered *dead* as the signal is heard.

6.2.7 After each quarter, the teams will change sides on the court but will keep the same teams' benches throughout the game.

6.3 OVERTIME

6.3.1 If the score is tied after the 4th quarter, an overtime period of 5 minutes will be played.

6.3.2 The team with the most goals scored at the end of this overtime period will win the game.

6.3.3 If the score is still tied, the teams will change sides on the court and a second overtime period of 5 minutes will be played.

6.3.4 The team with the most goals scored at the end of this second overtime period will win the game.

6.3.5 If the score is still tied, a penalty shootout will determine the winner.

6.3.6 Penalty shootout procedure:

- The team winning a coin toss will decide which team will shoot first.
- Each team will have to identify 4 shooters who will take the penalty shots.
- The two teams will alternate turns taking penalty shots. As such, one team will take penalty shots 1, 3, 5 and 7. The other team will take shots 2, 4, 6 and 8. No player can shoot more than once.
- The team with the most goals scored after these 8 penalty shots will win the game.
- If the score is still tied, each team will have to identify one new shooter (sudden death).
- If one team scores and the other one does not, the team who scored will win the game.
- The sudden death will continue with new shooters as long as necessary to determine the winner.
- Each team has the choice to include the goalkeepers in the shooting line up.
- When all the players of a team have each taken their shot, they can go again but must do so in the same shooting order.

6.4 COIN TOSS

6.4.1 At the beginning of the game, a coin toss will be made to determine possession of the court side and the ball. The same will be done before the first overtime period if needed.

6.4.2 The team winning the draw will either decide the side of the court on which they will begin playing or decide to take first possession of the ball, in which case, the other team will decide the side of the court they will begin playing on.

6.5 TIME-OUT

6.5.1 For each half, each team will be given 2 time-outs of 1 minute each.

6.5.2 The time-outs will not be transferable from the 1st half to the 2nd half.

6.5.3 If there is overtime, each team will be given a time-out of 1 minute per overtime period.

6.5.4 A team will be allowed to ask for a time-out only when its players have possession of the ball.

6.5.5 Only the head-coach and the captain of the team will be allowed to ask for a time-out, and will be able to ask only the referees.

6.5.6 A team will be allowed to use its time-outs to warm up the goalkeeper.

SECTION 7 – RULES OF THE GAME

7.1 SUBSTITUTING PLAYERS

7.1.1 Each team will only have 5 players on the court at any given time, corresponding to one of the following combinations:

- 4 field players and 1 goalkeeper
- 5 field players and no goalkeeper

7.1.2 Players can be substituted at any time during the game.

7.1.3 Players' substitutions can only be made inside the substitution zone.

7.1.4 The exiting player will have to touch or pass the lateral line inside the substitution zone before the new player can enter the court.

7.1.5 Players can be substituted during a time-out. The teams will not have to follow rules and in this situation.

7.1.6 The goalkeeper can be substituted either by another goalkeeper or by a 5th field player, following the same rules of substitution.

7.1.7 If a player, without possession of the ball, exits the court outside the substitution zone, he will have to go back in play from the same place he went out.

7.1.8 If the offensive team commits an illegal substitution, a team foul will be given to this team, and the ball will be given to the opposing team.

7.1.9 If the defensive team commits an illegal substitution, a team foul will be given to this team, and a penalty shot will be given to the opposing team.

7.2 30-SECOND RULE

7.2.1 The team in possession of the ball will have 30 seconds to shoot on the opponent's goal. Otherwise, the ball will be given to the opposing team.

7.2.2 If a team shoots at the opponent's goal, hits the goalkeeper or a goal post, and then retakes possession of the ball, the 30-second clock will be reset at the referee's signal.

7.2.3 If a team shoots at the opponent's goal, hits a defensive field player instead and then retakes possession of the ball, the 30-second clock will not be reset.

7.2.4 When a foul not requiring a change of possession of the ball is called by the referee, the game will be stopped while the referee advises the minor officials and will start back at his signal. The 30-second clock will not be reset.

7.2.5 The 30-second clock will not be reset after a time-out.

7.2.6 When a penalty shot is called by the referee, a new 30-second period will be given to the team putting the ball back into the game. The 30 seconds will start at the referee's signal.

7.3 5-SECOND RULE

7.3.1 A player cannot keep the ball in his possession for more than 5 seconds. If this occurs, the ball will be given to the opposing team.

7.3.2 The 5-second count will start when the player is in possession of the ball.

7.3.3 A ball will be considered in possession by a player when it stays in his stick's head for a brief instant. A ball entering to stick's head only to bounce out immediately or a ball touching or bouncing off of a player's stick's head will not be considered in possession.

7.3.4 A player who loses possession of the ball only to recuperate it will not be allotted a new 5 seconds of possession. He will have only his remaining time to restart the play.

7.3.5 The ball cannot stay in the goalkeeper's crease more than 5 seconds. If this occurs, the ball will be given to the opposing team. As soon as the ball is under control of either the goalkeeper or one of his field players, the 5-second count will start.

7.4 WALKING

7.4.1 A player with possession of the ball must always be running or staying still. He will not be permitted to walk with the ball. If this occurs, the ball will be given to the opposing team.

7.4.2 It will be considered that a player has walked when he has taken more than one step.

7.4.3 The player with the ball will be allowed to pivot as much as he wants without necessarily running.

7.4.4 To pivot, the player with possession of the ball will keep the same point of contact with the floor with one foot (called pivot foot) while the other foot will be allowed to move in any direction.

7.4.5 As soon as the pivot foot loses contact with the floor, the player will have to start running.

7.4.6 The goalkeeper will be allowed to walk with the ball when he is inside his crease.

7.5 ONE HAND ON THE STICK

7.5.1 Whether in defensive or offensive mode, players must always hold their stick with both hands. Otherwise, the ball will be given to the opposing team.

7.5.2 Only in the following situations will one hand on the stick be tolerated:

- To catch a pass.
- To throw a pass.
- To shoot at the goal.
- To fake a shot or a pass.
- To recuperate a loose ball.
- To intercept a ball.
- During substitutions.
- During an offensive/defensive transition (or vice-versa) by the players that are not in possession of the ball and not marking an opposing player.

7.5.3 When a player only has one hand on his stick, he will not be allowed to use his free hand to push away an opponent and gain an advantage. If this occurs, the ball will be given to the opposing team.

7.5.4 The goalkeeper will be allowed to defend his goal with one hand on his stick when he is inside his crease.

7.6 TOUCHING OR PROTECTING THE BALL

7.6.1 A player will not be allowed to intentionally use any part of his body to stop, push or deflect the ball.

7.6.2 The goalkeeper will be allowed to intentionally touch the ball with his body as long as the ball is inside his crease.

7.6.3 A player will not be allowed to intentionally use his body to protect a loose ball.

7.6.4 If a player protects or touches the ball with his body in an illegal way, the ball will be given to the opposing team.

7.6.5 In the event that a player protects or touches the ball with his body in an illegal way to prevent the opposing team to have a chance to score, a penalty shot will be given to the opposing team.

7.7 THROWING EQUIPMENT

7.7.1 Players will not be allowed to throw their stick.

7.7.2 The goalkeeper will not be allowed to throw his gloves or any other item to stop a shot.

7.7.3 Players will not be allowed to intentionally move the goal to create an advantage or stop the play in progress.

7.7.4 A penalty shot will be given to the opposing team in the event that any of these situations occurs.

7.8 BALL OUT OF BOUNDS

7.8.1 A ball will be considered out of bounds and will have to be put back into play when:

- It hits the ceiling or any object situated over the court.
- It hits the floor or any object located outside the court.
- It touches a player outside the court. A player is considered out of bounds if any part of his body is in contact with the floor outside the court.

The ball will be in play in any other situation.

7.8.2 The ball will be in play when it is in the air outside the court. Any player with both feet inside the court will be allowed to recuperate it.

7.8.3 When a player, inside his defensive zone, involuntarily makes the ball go out of bounds from the end line (except in a shot on goal situation where the goalkeeper makes the save or the ball deflects off of a defensive player's stick) the ball will be given to the opposing team from outside the lateral line, near the end line.

7.8.4 When a player voluntarily makes the ball go out of bounds from the end line, a penalty shot will be given to the opposing team.

7.8.5 When a ball goes out of bounds from the end line (except in the situations described in and), the ball will be put back into play from the goalkeeper's crease by the goalkeeper or one of his field players.

7.8.6 When the ball goes out of bounds from the lateral line, the last player to have touched the ball will be held responsible. If the ball bounces off one of the goal posts and goes out of bounds from the lateral line, the team defending the goal will be held responsible. The team not responsible for the ball going out of bounds will put the ball back into play from where it went out of bounds.

7.8.7 When the ball touches the ceiling or any other object situated over the court, the last player to have touched the ball will be held responsible. The team not responsible for the ball going out of bounds will put the ball back into play from the lateral line close to where the ball hit the ceiling or object.

7.8.8 The ball will be in play when it bounces on the court after hitting a referee standing on the court. However, if the ball enters the goal after hitting a referee standing on the court, the goal will not count and the ball will be put back into play, by the team having made the shot, from outside the lateral line, near the end line. A new 30 seconds will not be allotted.

7.9 COVERING THE BALL

7.9.1 The first player to cover and immobilize a loose ball with his stick's head inside the court will get possession of the ball.

7.9.2 If the player traps the ball with his stick's head and makes it slide past the game lines, he will not have controlled it inside the court and the ball will be given to the opposing team.

7.9.3 If the player traps the ball with his stick's head while a part of his body is outside the court, he will not have controlled it inside the court and the ball will be given to the opposing team.

7.9.4 When two players at the same time try to get possession of the ball, one by covering it and the other by picking it up, and contact occurs between the two sticks, possession of the ball will be given to the player who tried to pick the ball up.

7.9.5 When a player covers the ball within his defensive zone, the ball will be put back into play from the place it was covered. If the player puts the ball back into play from one of the lateral lines, he will not be called back and the play will continue.

7.9.6 When a player covers the ball within his offensive zone, the ball will be put back into play from the point on lateral line that is closest to where it was covered.

7.10 BALL BACK INTO PLAY

7.10.1 The ball will be put back into play in the following situations:

- After a goal has been scored.
- When the ball goes out of bounds.
- When a player has covered and gained possession of a loose ball on the floor.
- After a penalty shot.
- When the referee gives the ball to a team after a foul has been declared.
- After a time-out requested by a team, referee or minor official.

7.10.2 After a goal, the ball will be put back into play from the goalkeeper's crease either by the goalkeeper himself or by a field player of the team who has been scored against.

7.10.3 When the ball goes out of bounds, it will be put back into play according to rule .

7.10.4 When the ball has been covered, it will be put back into play according to rule .

7.10.5 After a penalty shot, at the referee's signal, the ball will be put back into play from the goalkeeper's crease either by the goalkeeper himself or by a field player of the team against whom the penalty shot has been taken.

7.10.6 Following a foul not requiring a penalty shot, a player of the non-faulty team will put the ball back into play. If the ball was in that team's offensive zone during the foul, the ball will be put back into play from the point on lateral line that is closest to where the foul was committed. If the ball was in that team's defensive zone during the foul, the ball will be put back into play from where the foul was committed. While in his defensive territory, if the player puts the ball back into play from one of the lateral lines he will not be called back and the play will continue.

7.10.7 After a time-out requested by a team, a referee or a minor official, the ball will be put back into play by a player of the team who had possession of the ball at the moment the time-out began. The ball will be put back into play from the point on lateral line that is closest to where the ball was when the time-out was called. The ball will be put back into play from the goalkeeper's crease if that is where it was when the time-out was called.

7.10.8 When putting a ball back into play, the following rules will have to be respected:

- When putting a ball back into play, the defensive players will leave a 2-m radius free around the player putting the ball into play. As soon as that player takes a step, the opposing player marking him will be allowed to get closer.
- The player putting the ball back into play will be allowed to benefit the 2-m radius before the start of the 5-second rule.
- If, in order to put the ball back into play in a fast manner to create an advantage, the player putting the ball back into play does not leave time for the opposing players to station themselves outside the 2-m radius, the violation of the 2-m radius rule will not be called.
- The player who will be given the ball will position himself at the appropriate location to put the ball back into play. The game will then restart and the 5-second rule will apply. When putting a ball back into play from outside the court, the player will be allowed to stand still or run back into the court. The player will not be allowed to move with the ball from outside the court. If this occurs, the ball will be given to the opposing team.
- If a player intentionally wastes time while taking the ball to the appropriate place in order to resume the game, the ball will be given to the opposing team.

7.11 OFFENSIVE PICK

7.11.1 The offensive pick is a legal strategy used to free a team-mate from a defensive player. The pick can be used to free a player with or without possession of the ball.

7.11.2 The offensive pick will be legal when the player performing it:

- Is stationary when contact takes place.
- Has both feet on the floor when contact takes place.
- Is holding his stick with both hands at a 45-degree angle or vertically when contact takes place.

7.11.3 If the pick is performed in the defensive player's vision (in front or beside him), the offensive player will be allowed to take his position as close to the defensive player as possible without initiating contact.

7.11.4 If the pick is performed out of the defensive player's vision (behind him), the offensive player will have to leave a distance of one step between himself and the defensive player.

7.11.5 If a pick is judged illegal, the ball will be given to the opposing team.

7.11.6 If a defensive player, seeing the pick coming, consciously provokes excessive contact with the offensive player, an unsportsmanlike conduct foul will be given to him.

7.12 DEFENSIVE POSITION

7.12.1 The ball carrier must expect to be guarded and must be prepared to stop or change his direction whenever an opponent takes an initial legal defensive position in front of him, even if this is done within a fraction of a second.

7.12.2 A defensive player will have established a legal defensive position when he:

- Is facing the offensive player or when he is positioned sideways in reference to the offensive player.
- Has both feet on the floor.
- Has taken possession of a space on the court before the offensive player without provoking contact.
- Has both hands on his stick.

7.12.3 Once the legal defensive position is established, the defensive player will occupy a space on the court that will belong to him. This space will be defined on the sides by the width of the player's legs, arms and stick which will be at a 45-degree angle; in the back by his buttocks and in the front by his stick which will be placed 30 cm in front of his chest. This space, occupied by the defensive player, will be called ***defensive bubble***.

7.12.4 Once the defensive player has established an initial legal defensive position, he will be allowed to move in order to mark his opponent, but he will not be allowed to extend his arms, elbows, shoulders, hips, legs, knees or stick to prevent the offensive player's progression towards the goal.

7.12.5 The player covering the ball carrier, in a legal defensive position, will be allowed to put his head's stick in front of his opponent's to prevent a shot or a pass, as long as he does not extend his arms in the ball carrier's direction.

7.12.6 When moving to maintain the initial legal defensive position, a player's defensive *bubble* will also move. During the movement, one or both feet can be off the floor for an instant, as long as the movement is lateral or backwards, but not towards the offensive player.

7.12.7 If the defensive player is in ***illegal defensive position***, a personal foul will be given to him. If the ball carrier was progressing towards the goal to attempt a shot, a penalty shot will be given to the offensive player who is the victim of the foul.

7.12.8 To determine whether a player has committed an offensive charge, the referee will use the following principles:

- Has the defensive player established his legal defensive position?
- Is the defensive player in possession of his territory?
- Is the offensive player in contact with the defensive player's defensive *bubble*?

If so, the referee will declare a charge by the offensive player. The ball will be given to the opposing team.

7.12.9 Having established his defensive *bubble*, the defensive player will be allowed to turn within his *bubble* to cushion any blow or to avoid injury.

7.12.10 If an offensive player does not try to avoid contact and consciously charges a defensive player in an excessive way, an unsportsmanlike conduct foul will be given to him.

7.13 MAN-TO-MAN DEFENSE

7.13.1 When in its defensive zone, the team not in possession of the ball will have to play a man-to-man defense. Each defensive player in his defensive zone will have to mark a different opponent at a distance no greater than 2 m. Referees will allow a brief period for the defensive players to set the man-to-man defense.

7.13.2 If a defensive player, in his defensive zone, marks his opponent from a distance greater than 2 m, a team foul will be given to his team for playing a ***zone defense***, and a penalty shot will be given to the opposing team.

7.13.3 If two or more defensive players, in their defensive zone, mark the same opponent, a team foul will be given to their team for playing a ***double defense***, and a penalty shot will be given to the opposing team.

7.14 GOALKEEPER'S CREASE

7.14.1 Under no circumstances can an offensive player, whether or not he is carrying the ball, touch or cross the line delimiting the goalkeeper's crease.

7.14.2 A suspension shot, as seen in handball, will not be tolerated. Even if the offensive player is not touching the floor, he will be considered as being in the goalkeeper's crease.

7.14.3 If a ball is loose in the opponent's goalkeeper's crease, an offensive player cannot reach in with his stick to retrieve the ball or to push it through the goal, whether it is on the floor or in the air (vertical extension of the goalkeeper's crease).

7.14.4 When attempting a shot, the ball carrier will be allowed to fake a shot or finish his shot with his stick in the goalkeeper's crease.

7.14.5 After taking a shot at the goal, the offensive player will have to avoid entering the goalkeeper's crease.

7.14.6 After a successful shot on goal, if the offensive player lands in the goalkeeper's crease, without any contact between the goalkeeper and himself, the goal will be allowed, as long as the ball was in the goal before the player lands in the crease.

7.14.7 After a shot, if the offensive player enters the goalkeeper's crease and makes contact (whether it be voluntary or not) between the goalkeeper and himself, a personal foul will be given to the offensive player. If the shot on goal was successful, it will not be counted.

7.14.8 A player cannot put his stick over the opponent's goalkeeper's crease in order to restrain the goalkeeper or any opposing field player.

7.14.9 If a player is judged to be in his opponent's goalkeeper's crease the ball will be given to the opposing team.

7.14.10 Even if an offensive player has been in the goalkeeper's crease, the referee will not stop the play if the goalkeeper's team already has possession of the ball, in order to not disadvantage it.

7.14.11 If an offensive player consciously charges the goalkeeper in his crease, an expulsion foul will be given to that offensive player.

7.14.12 Any defensive field player will be allowed to stop or recuperate, with his stick, a free ball heading towards the goal inside his goalkeeper's crease.

7.15 ADVANTAGE RULE

7.15.1 When a foul committed by a defensive player requires a penalty shot and the offensive team still has possession of the ball, the referee will signal the foul by lifting his arm but will let the play continue until the offensive team either takes a shot on goal or loses possession of the ball.

7.15.2 If there is a goal, the need for a penalty shot will become void. If there is no goal, the foul will be called and the penalty shot will be allotted to the offensive team.

7.15.3 If the defensive team commits another foul during the advantage, the referee will stop the play and 2 penalty shots will be allotted to the offensive team.

7.16 PENALTY SHOT

7.16.1 The player performing a penalty shot will begin at the penalty shot line.

7.16.2 The goalkeeper will have to remain in his crease until the referee's whistle.

7.16.3 At the referee's whistle, the offensive player will have 5 seconds to take a shot on goal.

7.16.4 The offensive player will run towards his opponent's goal in a continuous movement. The ball will have to remain in movement. He will not be allowed to stop running without shooting at the same time.

7.16.5 The offensive player will be allowed to fake shots during his run towards the goal.

7.16.6 The penalty shot will be completed when one of the following situation occurs:

- There is a goal.
- The offensive player commits a foul.
- The goalkeeper commits a foul.
- The ball goes out of the goalkeeper's crease.
- The goalkeeper takes possession of the ball.

7.16.7 If the offensive player commits a foul, the referee will cancel the shot and give the ball to the goalkeeper.

7.16.8 If the goalkeeper commits a foul and no goal is scored, the offensive player will be given a second penalty shot.

7.16.9 After a penalty shot, the game clock will start only when the goalkeeper has taken possession of the ball in his crease. The referee will whistle and the game will resume.

7.16.10 After validation from the referees, if the player required to take a penalty shot is injured and unable to perform the shot, his coach will choose another player from among the other field players present on the court when the infraction occurred. That player will perform the penalty shot.

SECTION 8 – FOULS

8.1 TYPES OF FOULS

Referees can impose 5 types of fouls:

- Personal fouls
- Team fouls
- Technical fouls
- Unsportsmanlike conduct fouls
- Expulsion fouls

8.2 CONTACT

8.2.1 During an inter-crosse game, aside from the 2 goalkeepers, 8 field players move at great speeds and in opposite directions within a limited space, and personal contact cannot be totally avoided.

8.2.2 In determining whether or not to penalize such contact, the referees will in each instance consider the following fundamental principles:

- Follow the spirit and intent of the rules and the need to uphold the integrity of the game.
- Be consistent in applying the concept of *advantage*/*disadvantage*. Referees should not seek to interrupt the flow of the game unnecessarily, in order to penalize personal contact that is incidental and which does not give the player responsible an advantage nor place his opponent at a disadvantage.
- Apply common sense to each game, bearing in mind the abilities of the players concerned and their attitude and conduct during the game.
- Maintain a balance between game control and game flow, having a *feeling* for what the participants are trying to do and calling what is right for the game.

8.3 PERSONAL FOULS

8.3.1 A personal foul will be given to a player who initiates illegal contact with an opposing player, whether the ball is *alive* or *dead*.

8.3.2 A personal foul will be given to a player who holds, pushes, charges, trips, elbows or hits his opponent's stick or body.

8.3.3 A personal foul will be given to a player who is in illegal defensive position.

8.3.4 A personal foul will be given to an offensive player who, after a shot, enters the goalkeeper's crease and makes contact (whether it be voluntary or not) between the goalkeeper and himself.

8.3.5 A personal foul will be given to a player who indulges in any rough or violent play.

8.4 TEAM FOULS

8.4.1 A team foul will not be given to a particular player, but will be nonetheless counted in the total team's fouls.

8.4.2 A team foul will be given to a team committing an illegal substitution.

8.4.3 A team foul will be given to a team using a zone defense.

8.4.4 A team foul will be given to a team using a double defense.

8.4.5 A team foul will be given to a team voluntarily delaying the game.

8.5 TECHNICAL FOULS

8.5.1 Technical fouls are fouls that do not involve contact with an opposing player.

8.5.2 A technical foul will be given to a player when he:

- Disrespectfully communicates with the referees, the minor officials or his opponents.
- Uses language or gestures likely to offend or anger the spectators.
- Verbally provokes an opponent.
- Uses his hands or his stick to obstruct an opponent's vision.
- Voluntarily delays the game.
- Leaves the court or his team's bench for any unauthorized reason.

8.5.3 A technical foul will be given to a coach, his assistant or any other member of team personnel when he:

- Disrespectfully communicates with the referees, the minor officials or his opponents.
- Uses language or gestures likely to offend or anger the spectators.
- Leaves his team's bench area in order to participate in a fight instead of helping the referees regain control of the situation if they so asked.

8.6 UNSPORTSMANLIKE CONDUCT FOULS

8.6.1 An unsportsmanlike conduct foul is a personal foul committed by a player whose play, in the judgment of the referees, is not a legitimate attempt to directly play within the spirit and intent of the rules.

8.6.2 Unsportsmanlike conduct fouls will be interpreted consistently throughout the whole game.

8.6.3 The referees must only judge the actions of the players.

8.6.4 To judge whether a foul is unsportsmanlike, the referees will apply the following principles:

- If a player, in playing within the rules provokes an excessive contact, then the contact will be judged to be unsportsmanlike.
- If a player hits, kicks, deliberately pushes or hits an opposing player with his stick, this will merit an unsportsmanlike conduct foul.

8.6.5 If a player commits a foul, but is playing following the rules and the spirit of inter-crosse, this foul will not be counted as an unsportsmanlike conduct foul.

8.7 EXPULSION FOULS

8.7.1 Any act of violence lacking sportsmanlike spirit and a sense of fair play that occurs before, during or after the game will result in an expulsion foul.

8.7.2 Any excessive violence from the players, coaches, assistant coaches and members of team personnel will result in an expulsion foul.

8.7.3 Any person guilty of flagrant acts of physical aggression towards opponents, referees, minor officials or spectators will be charged with an expulsion foul.

SECTION 9 – PENALTIES

9.1 PERSONAL FOULS

9.1.1 If a personal foul is committed by a defensive player against an offensive player (who is carrying the ball or not), the ball will remain in the possession of the offensive team. If the ball carrier was progressing towards the goal to attempt a shot, a penalty shot will be given to the offensive player who is the victim of the foul.

9.1.2 If a personal foul is committed by an offensive player against a defensive player, the ball will be given to the opposing team.

9.1.3 Any player accumulating 5 personal fouls during a game will be retired from the game. He will stay on his team's bench for the remainder of the game in process and will not be allowed to play again during that game.

9.2 TEAM FOULS

9.2.1 If a team foul is given for an illegal substitution by the offensive team, the ball will be given to the opposing team. If it is given for an illegal substitution by the defensive team, a penalty shot will be given to the opposing team.

9.2.2 If a team foul is given for a zone defense, a penalty shot will be given to the opposing team.

9.2.3 If a team foul is given for a double defense, a penalty shot will be given to the opposing team.

9.2.4 If a team foul is given for a delay of game by the offensive team, the ball will be given to the opposing team. If it is given for a delay of game by the defensive team, a penalty shot will be given to the opposing team.

9.2.5 When a team foul requires a penalty shot, the opposing coach will choose, from among the field players present on the court when the infraction occurred, the player who will attempt the penalty shot.

9.2.6 When a team reaches a total of 10 fouls within a half, from the 10th foul onward, a penalty shot will be given to the opposing team, even if the fouls do not normally require a penalty shot.

9.3 TECHNICAL FOULS

9.3.1 If a technical foul is given to any member of a team, a penalty shot will be given to the opposing team.

9.3.2 The opposing coach will choose, from among the field players present on the court when the infraction occurred, the player who will attempt the penalty shot.

9.3.3 After the penalty shot, the ball will remain in the possession of the team who executed the shot and will be put back into play from outside the lateral line, in front of the minor officials' table.

9.3.4 Any member of a team charged with 2 technical fouls will be expelled from the game. He will have 1 minute to leave the court and the gymnasium where the game is taking place.

9.4 UNSPORTSMANLIKE CONDUCT FOULS

9.4.1 If an unsportsmanlike conduct foul is given to a player, a penalty shot will be given to the victim of the foul.

9.4.2 After the penalty shot, the ball will remain in the possession of the team who executed the shot and will be put back into play from outside the lateral line, in front of the minor officials' table.

9.4.3 A player charged with 2 unsportsmanlike conduct fouls will be expelled from the game. He will have 1 minute to leave the court and the gymnasium where the game is taking place.

9.4.4 The offending player will immediately be suspended from the next game.

9.4.5 The disciplinary committee will then review the incident and may extend the suspension.

9.5 EXPULSION FOULS

9.5.1 If an expulsion foul is given to any member of a team, 2 penalty shots will be given to the victim of the foul.

9.5.2 If the victim is not a field player, the opposing coach will choose which player among his 12 field players will perform the 2 penalty shots.

9.5.3 After the 2 penalty shots, the ball will remain in the possession of the team who executed the shots and will be put back into play from outside the lateral line, in front of the minor officials' table.

9.5.4 Any member of a team charged with an expulsion foul will be expelled from the game. He will have 1 minute to leave the court and the gymnasium where the game is taking place.

9.5.5 The offending person will immediately be suspended from the next game.

9.5.6 The disciplinary committee will then review the incident and may extend the suspension.