



KINGSTON LACROSSE ASSOCIATION

"The Fastest Game on Two Feet"

KINGSTON JURASSIC LACROSSE PLAYING RULES

(taken from: http://www.ontariolacrosse.com/documents/content_1080.pdf and modified for KLA)

For simplicity, in this document, the terms "him" and "his" refer to both genders.

1. All participants acknowledge and agree to play the game in a gentlemanly and sportsmanlike fashion.

1a. No one is allowed on the floor who hasn't paid and signed a waiver. No player will be allowed on the floor without appropriate equipment: helmet, gloves and running shoes.

2. The referee's decision is final and inarguable.

3. NO INTENTIONAL BODY CONTACT. BASKET-ON-BASKET CONTACT ONLY: THE LACROSSE EQUIVALENT OF THE HOCKEY POKE-CHECK. A BODY-CONTACT FOUL COMMITTED BY THE OFFENSE RESULTS LOSS OF POSSESSION AT THE POINT OF THE INFRACTION. A BODY-CONTACT FOUL COMMITTED BY THE DEFENSE RESULTS IN THE BALL CARRIER BEING ALLOWED A FREE ADVANCEMENT TO THE OFFENSIVE LINE, AND A RE-SET OF THE 5-SECOND POSSESSION COUNT (SEE RULE 7). A BODY-CONTACT FOUL COMMITTED BY THE DEFENSE IN THE DEFENSIVE ZONE RESULTS IN THE BALL CARRIER BEING AWARDED A PENALTY SHOT. RULE 3 INCLUDES STICK-TO-BODY FOULS.

3a. Pursuant to rules, 1, 1a, 2 and 3, ANY conduct unbecoming, ANY attempt to injure, ANY fighting will result in your immediate dismissal from the game AND the league for the remainder of the season with no refund of fees.

4. There are absolutely no "picks" allowed.

5. No player shall deliberately hold his stick or basket in the face of his opponent. Foul on the defense (regardless of position on floor): penalty shot. Foul on the offense: loss of possession at point of foul.

6. The first player to a loose ball is awarded possession. The opposition will allow a stick-length of distance to the ball carrier to play it. The 5-second rule applies upon possession (SEE RULE 7).

7. There will be a 5 -second possession rule applied. This rule is waived if the player receives the ball on a clear breakaway with only the Goaltender to beat, or, runs past the last defender and then is on a clear breakaway with only the Goaltender to beat.

8. The ball carrier may not run past more than ONE player who is ACTIVELY DEFENDING him while he is advancing towards the net. This does not pertain to lateral movement across the floor. This rule further does not apply to the goaltender who comes out to "challenge" the ball carrier who is on a clear breakaway to the goal.

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9. No team shall play a “1-2” or “North-South” defense, i.e. the defense will not intentionally play one behind the other, thus forcing the ball carrier to pass-off when the first defense is “beat.”

10. SHOOTING THROUGH A CROWD/DANGEROUS SHOT RULE: No deliberate hard shots are to be directed through a crowd. Players are encouraged to go around an opponent before shooting. A player moving towards the net must be a step around the defender before attempting the shot and must have a clear shooting lane to the net. If the shooter is stationary, the shooter must be a body length away from the defensive player and must have a clear shooting lane to the net.

11. All violations result in loss of possession or penalty shot. Exception: Rule 3a.

11a. Penalty shot procedure: The shooter will have the ball at the centre face-off dot. All other runners will be behind the offensive line, behind the shooter. The shooter gets free advancement to his offensive line, at which time, the game, and all rules, is/are “on.” If the shooter scores, see rule 14. If the shooter does not score, the game, and all rules, continue immediately.

12. Changes “on-the-fly” only.

13. The game will start with one team in possession, by general agreement, and with free advancement to centre. The game, and rule 7, begin on the referee’s whistle.

14. After goals: the scored-upon team will have possession and free advancement to centre. Rule 7 begins when the ball crosses centre.

15. Unsportsmanlike behaviour: throwing the ball away (the lacrosse equivalent of football’s “intentional grounding”) will result in loss of possession and free advancement to the offensive line for the offense. Rule 7 begins when the ball crosses the offensive line.

16: The goaltender’s crease is sacred ground. Stay out.

Comments, questions, concerns:

dperault@kingstonlacrosse.com