

## 2015 European Box and AHM Tournament Rules Primer

The April tournaments in Radotin will feature the use of the recently published indoor rules of the Federation of International Lacrosse (FIL). These are the same rules that will be used in September at the WILC. There will be technical exceptions around game length, , bench personnel, suspension criteria, etc. The rules can be found on the Federation of International Lacrosse website by following this link:

[http://filacrosse.com/wp-content/themes/sportedge/downloads/FIL\\_IDL\\_Rulebook\\_v0-3.pdf](http://filacrosse.com/wp-content/themes/sportedge/downloads/FIL_IDL_Rulebook_v0-3.pdf)

The rules are modelled directly on the National Lacrosse League (NLL) rules. The NLL updates the rules every year to fine tune the nature of the game so there are changes that you might see while watching a game in the NLL that aren't in the FIL rules. Always check the rule book to get the answer if there is something you're not sure about. Good example: NLL rules require the ball to be advanced over the centre line in eight seconds while the FIL rule remains ten seconds. Here are some key rules to consider:

**Contact to the head and neck or from behind is a serious violation of the rules and will draw serious penalties.** For instance - anything except the light contact to the neck and head will result in a minimum of a major penalty and could carry a MATCH penalty. Even contact that starts on the arm/shoulder and moves to the head will result in a minimum major penalty.

**Put the ball down:** Don't touch it after a whistle - give two metres space so the opposing team can pick it up and start play. The idea is to keep the game flowing and that means fast restarts after technical violations (any whistle other than a goal, penalty or timeout). If you hold the ball or interfere with play restarting, you will get a minor penalty for delay of game.

**Equal pressure off ball:** There is no legal cross check on an offensive player who does NOT have the ball. A defender can only apply equal pressure to push or guide the offensive player.

**No slashing off ball:** There is no circumstance where a slash applied on a non-ball carrier is appropriate. It will result in at least a minor penalty.

**Loose balls:** When the ball is loose, bodycheck contact against an opponent or stick against stick is permitted within three (3) metres of the loose ball. The contact must be legal in every other way and cannot result in a player being thrown violently into the boards (results in boarding penalty).

**Crease play:** Incidental contact by the shooter on the goalie or the net in the act of shooting is allowable. Contact preventing the goalie from making a save will result in a crease violation and possible penalties. Contact on the goalie is taken VERY seriously and can result in major penalties or more. A goalie with both feet in the crease cannot have their stick touched even if the stick is outside the crease.

**Coincidental penalties:** Equal penalties taken at the same time to both teams result in no loss of floor strength. Players remain in penalty box until first goal, penalty or time out after time has been served.

**Penalty shots:** These can occur when a breakaway scoring chance has been lost because of a foul. They can also occur if a team already has two players in the penalty box and they are assessed another penalty (penalties do not stack).

**Unsportsmanlike Conduct:** Will not be tolerated. Abuse directed at other players, bench personnel or officials will result in penalties.

**Face-offs:** Take place with the sticks four inches (10 cm) away from the ball. Rules: sticks must be set, no one can move before the whistle, no player can withhold the ball/over clamp the other player's stick.

**Goaltender measurement:** this won't be done at the tournaments. HOWEVER, for those teams moving on to WILC, it is recommended that you start to get used to the measurements. Referees will have a measuring device and will be happy to do checks.

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