

Fédération Internationale d'Inter-Crosse

Rule Book

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Section 1 – The game

- 1.1 Inter-crosse is played by 2 teams with, each, 5 players on the court. 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 and scoring goals themselves.
- 1.2 The ball can be with the inter-crosse stick, passed, thrown, rolled or hit in any direction, bound by the rules and regulations in place.
- 1.3 Players can move anywhere on the court if following the out-of-bounds guidelines described in the game rules.
- 1.4 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 – The inter-crosse court

- 2.1 The court must be a rectangular, flat and skid-free hard surface, preferably made of wood and cleared of all obstacles.
- 2.2 For official FIIC competitions, the court will be 40 metres long by 20 metres wide. These dimensions will be taken from inside the lines demarcating the court.
- 2.3 The height of the ceiling or lowest object will be a minimum of 7 metres.
- 2.4 All lines will be of the same color and in contrast with the floor for maximal visibility. The lines must be a minimum of 5 cm (2") wide.
- 2.5 The lines establishing the court surface will not be a part of the game surface.
- 2.6 The sidelines will be called "lateral lines" and the goal lines will be called "end lines".
- 2.7 The playing surface will be composed of 2 zones, an offensive zone and a defensive zone, for each team.
- 2.8 The defensive zone will refer to the portion of the court where a team is defending its goal. The offensive zone will refer to the portion of the court opposite the goal being defended. Both zones will be of equal surface and will be separated by a line called "the central line".
- 2.9 The goaltender's territory will be delimited in the following fashion: using the middle of the end line as a central point, a half-circle with a radius of 2,75 m (9') will be traced with a 5cm (2") wide line.

- 2.10 The lighting for the court will be maintained at 500 foot-candles. A light metre measure will have to be taken at the centre of the court, in the goaltenders' territories and in 2 more areas in the defensive and offensive zones.
- 2.11 Orange cones will be placed in all 4 corners of the court and on both extremities of the central line. These will be placed inside the lateral and end lines and will delimit the game surface and serve as markers for the players and referees. Four more cones will be placed on either side of both teams' benches to delimitate the substitution zones.
- 2.12 A straight line of 60cm X 5cm will be traced 9 metres from the centre of each goal, indicating the starting point for a penalty shot.
- 2.13 At the middle of both end lines an inter-crosse goal will be placed.
- 2.14 The portion (1,22 m or 4") of the end line between the two goal posts will be called "the goal line".
- 2.15 A table and 4 chairs to accommodate minor officials and the equipment necessary during a game (scoreboard controller, 30 second clock, score sheet, ect...) will be located outside the playing surface, in front of the central line, 1 metre behind the lateral line.
- 2.16 A bench for the team, in addition to 2 chairs for the coach and his assistant, will be placed 3 metres away, on either side of the minor official's table. This seating area measuring 8 metres wide will be placed 1 metre behind the lateral line.

Section 3 – The equipments

3.1 The inter-crosse goal:

- The opening of the structure of the inter-crosse goal will be square and of 1,22m X 1,22m (48" X 48"). The depth of the triangular shape will be of 1,37m (54").
- The front of the one-piece structure will be welded and built with 46mm (1 ¾ ") pipes.
- The triangular shaped back structure will be built with 31mm (1 ¼ ") pipes.
- Two reinforcement pipes of 31mm (1 ¼ ") will be welded to the horizontal front pipes and the triangular shaped pipes at a 45 degree angle.
- Tie rods of 1 ¼ " 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 colored net will be made of woven nylon threads of 3mm and will be tightly braided.
- The net will take the shape of 3 triangles with an opening of 1,22m X 1,22m (48" X 48"). The net will end 1,37m (54") behind the front structure.
- The net will have to absorb the ball entering the goal so that it stays in.

3.2 The stick will consist of a basket, a guard and a handle.

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

The basket's dimensions will be:

- Interior length: 26cm – 27,5 cm
- Maximal width: 17 cm – 17,5cm
- Minimal width: 9cm – 10 cm
- Depth: 8cm – 9cm

3.4 Guard dimensions:

- Interior length: 9cm – 10cm
- Width: more or less 1cm

3.5 The handle can be made of fibreglass, metal or wood. The dimensions will be the following

- Handle length: 60cm – 75cm
- Handle circumference: 7cm – 8cm

3.6 The end of the shaft must have a cap to protect the athletes. The stick's weight will be between 280 grams and 380 grams.

3.7 The ball used will be made of soft rubber and will weigh between 80 grams and 100 grams. Its circumference will vary from 23 cm to 25 cm.

3.8 The players' equipment will consist of:

- An inter-crosse stick
- Running shoes
- Shorts
- A numbered jersey

3.9 The goaltender's equipment:

3.9.1 The main design of the goaltender'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 goaltender.

3.9.2 The helmet and cage
The goaltender will have to wear a helmet equipped with a cage to protect his head and face. The helmet and cage will be assembled with materials renowned for their resistance to impact.

3.9.3 The neck protector.
The goaltender must wear a neck protector that he will attach to his helmet and cage.

3.9.4 The gloves

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

3.9.5 The pants.

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

3.9.6 Leg protectors.

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

3.9.7 The chest protector, shoulder pads and arm protectors.

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

3.9.8 The goaltender's stick.

The inter-crosse stick used by the goaltender will follow the same specifications than the one used by players (see rule 3.2, 3.3, 3.4, 3.5 and 3.6).

Section 4 – Team composition

- 4.1 Teams will have a maximum of 12 players and 2 goaltenders.
- 4.2 A maximum of 4 individuals will be able to join the players at the team's bench.
- 4.3 Each team can only have 4 players and a goaltender or 5 players on the court at any given time.
- 4.4 It will be possible to substitute the goaltender with another player.
- 4.5 Each team will wear different colored jerseys. The goaltender's jersey will be of the same color as his teammates'.
- 4.6 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.
- 4.7 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.
- 4.8 The goaltender
 - 4.8.1 Each team can only have one goaltender on the court at any given moment during the game.
 - 4.8.2 No player, other than the goaltender or his substitute, will be allowed to wear the goaltender's equipment.
 - 4.8.3 Teams must dress two goaltenders for each game. One or the other can be used at any time according to the coaching staff's decisions.

- 4.8.4 When in his crease, the goaltender can block shots in any way, except by throwing his stick or any other object or by intentionally moving the goal.
- 4.9 Coaches: responsibilities and powers.
- 4.9.1 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.
- 4.9.2 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 bench during the game must also appear on the list.
- 4.9.3 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 in order to validate it by signing next to their name.
- 4.9.4 When their team has possession of the ball, only the coach or his assistant will be allowed to approach the minor officials table to ask for a time-out.
- 4.9.5 A maximum of 4 members of the registered support personnel (manager, coach, assistant coach, physiotherapist, ect...) will be allowed at a team's bench. These individuals will be restricted to the 8 metres reserved to their bench, 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).

Section 5 – The officials

- 5.1 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. Minor officials, also chosen by the committee, will assist referees. The minor officials will consist of a timekeeper for the scoreboard, a 30 seconds timekeeper, a scorekeeper and an assistant to validate the scorekeeper's notations.
- 5.2 Referees: responsibilities and powers.
- 5.2.1 Referees will see to it that the teams be present on the court at the established times for the warm-up period and for the beginning of each quarter and over-time periods.
- 5.2.2 Before the game, referees will verify all the equipment that will be used during the game: the scoreboard and its console and the 30-second clock. Minor officials will assist the referees in these verifications.
- 5.2.3 The referees will look over and verify the score sheet prepared by the official scorekeeper.
- 5.2.4 Before the game and at the end of each quarter or overtime period, referees will look over the court, the goals and the nets to make sure all are in working order.
- 5.2.5 Referees will only permit players to wear their game uniform and will demand the removal of all objects that may cause injuries.
- 5.2.6 Before the beginning of the game, the head-referee will make sure that all minor officials are in their respective places.

- 5.2.7 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 game surface or outside of the game boundaries, including behind the goals, behind the lateral lines, at the players' bench or at the minor officials' table.
- 5.2.8 The referees' power will begin when they arrive on the court and will end only when they have signed the score sheet and the players have left the court.
- 5.2.9 When an infraction is committed, the referee will blow his whistle to stop the game time. The referee will point out the faulty player by his number and jersey color 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.
- 5.2.10 If a penalty shot is required, the game clock will start only after the penalty shot has been taken. When the goaltender takes possession of the ball, the referee will whistle and the game will resume.
- 5.2.11 All fouls leading to the expulsion of a player or member of team personnel will have to be reported by the referees on the backside of the official score sheet.
- 5.2.12 At the end of each quarter, over time period or at any other time during the game if the need arises, the referees will have to check the official score sheet to validate the information appearing on the scoreboard.
- 5.2.13 Referees will validate 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.
- 5.2.14 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.
- 5.2.15 During a game, all other decisions not covered by the game rules will be taken by the head-referee.

5.3 Responsibilities of the 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 activate the sound signal to inform the teams and referees.
- 5.3.6 The timekeeper will be responsible for informing the referees when minor officials need to discuss with them. He will do so by activating the sound signal only when the ball is judged "dead" or at a stoppage in play.

5.4 Responsibilities of the 30 seconds timekeeper:

- 5.4.1 The game organizers will provide the 30 seconds timekeeper with the time measuring instrument he will have to operate in addition to a sound signal, 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 to 30-second clock for the new offensive team.

- 5.4.4 If a team takes a shot at the opponent's goal and then retakes possession of the ball, a new 30 seconds will be allotted at the referee's signal.
 - 5.4.5 If a team shoots at the opponent's goal, hits a defensive player instead and then retakes possession of the ball, no new 30 seconds will be allotted. The 30 seconds already in play will continue.
 - 5.4.6 If the goaltender has been replaced by a 5th player, and there is a shot on goal by the opposing team, and a defensive player stops the ball in the goaltender's zone, and the rebound is taken by the offensive team, a new 30 seconds will be allotted to the offensive team at the referee's signal.
 - 5.4.7 When a foul not requiring a change of possession of the ball is called by the referee, the time 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.
 - 5.4.8 When a penalty shot is called by the referee, a new 30 seconds will be given to the team putting the ball back into the game. The 30 seconds will start at the referee's signal.
 - 5.4.9 When the 30 seconds have elapsed without anyone shooting on the goal, the timekeeper will activate the sound signal to inform the referees.
- 5.5 Official scorekeeper: responsibilities.
- 5.5.1 20 minutes before the start of the game, the official scorekeeper will need to receive a list with the players' names, their number, the name of the player acting as captain as well as the names of the coaches, assistants and any other member of team personnel present on the team bench. He will write 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, he will have to keep the continued score of each team in the appropriate spaces.
- 5.5.4 He will write the goals scored by each player in the appropriate spaces.
- 5.5.5 He will write the fouls given by the referee to the concerned players in the appropriate square.
- 5.5.6 He will write down all timeouts requested by a coach or his assistant in the appropriate squares.
- 5.5.7 He will write down all fouls given to a team in the appropriate squares.
- 5.5.8 He will write down all technical fouls given by the referee to a coach, a assistant or any other member of the team personnel.
- 5.5.9 The scorekeeper will advise the referee when a player reaches a maximum of 5 fouls. The player will then leave the game and join the rest of the team on the bench. The coach will then replace him by another player.
- 5.5.10 At each half time, the scorekeeper will advise the referee if a team has reached a total of 10 fouls. From the 10th foul onwards, a penalty shot will be given to the opposing team, even if the foul in question doesn't (normally) demand it.
- 5.5.11 The scorekeeper will advise the referee if a member of team personnel is charged with a 2nd technical foul. The referees will then declare a time-out and the offending member will have one minute to leave the court and the gymnasium where the game is taking place.

5.5.12 The scorekeeper will have to advise the referee if a player is charged with a 2nd technical foul or a 2nd un-sportsmanlike conduct foul. The referees will then declare a time-out and the offending player will have one minute to leave the court and the gymnasium where the game is taking place.

5.5.13 Throughout the game, the scorekeeper will validate team scores by adding each player's goals per quarter.

5.5.14 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: responsibilities.

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 the coaches or members of team personnel. He will also keep track of the timeouts asked by coaches and their assistants.

5.6.2 Throughout the game, he will validate these statistics with the 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 is called on an infraction.

Section 6 – Game progression

- 6.1 An inter-crosse game will be composed of 4 quarters of 12 minutes each.
- 6.2 After the 1st and 3rd quarter, there will be a 2 minutes break. Between the 2nd and 3rd quarter, there will be a 10 minutes break. This break will be referred to as half time.
- 6.3 After each quarter, the teams will change sides on the court but will keep the same team benches throughout the game.
- 6.4 The scoreboard's sound signal will announce the end of each quarter. If the ball is in the air as the signal is heard, the ball will be considered "dead".
- 6.5 If the score is tied after the 4th quarter, an overtime period of 10 minutes will be organized. If the score remains tied at the end of the overtime period, another period of 10 minutes will begin. This will go on until a goal is scored.
- 6.6 For each half, the teams will be given 2 timeouts of 1 minute each. These timeouts will not be transferable from the 1st half to the 2nd half. If there is overtime, each team will be given a timeout of 1 minute per overtime period.
- 6.7 Coin toss
 - 6.7.1 At the beginning of the game, a coin toss will be made to determine the possession of the court side or ball. The same will be done before the first overtime period.
 - 6.7.2 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.

- 6.7.3 The team who will have started the 1st quarter will do the same for the 3^d quarter. The other team will start the 2nd and 4th quarter with the ball.
- 6.7.4 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 goaltender's territory either by the goaltender himself or by a player on his team. Players will be allowed to cross the central line as soon as the head-referee whistles. The 5 seconds rule will also begin for the player putting the ball back into play.
- 6.8 Ball back into play
- 6.8.1 The ball will be put back into play in the following situations:
- after a goal has been scored.
 - when the ball leaves the playing area.
 - when a player has covered and gained control 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 timeout asked by a team, referee or minor official.
- 6.8.2 After a goal, the ball will be put back into play from the goaltender's territory either by the goaltender himself or by a player on the team who has been scored against
- 6.8.3 When the ball will be out of bounds, it will be put back into play according to rule 7.2.
- 6.8.4 When a ball has been covered, it will be put back into play according to rule 7.3.
- 6.8.5 After a penalty shot, at the referee's signal, the ball will be put back into play from the goaltender's crease either by the goaltender himself or by a player of the team against whom the penalty shot has been taken.

- 6.8.6 Following a foul not requiring a penalty shot, a player or the goaltender 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 lateral line, at the closest point 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 it was committed. While in his defensive territory, if a player puts the ball back into play from one of the lateral lines he will not be called back and the play will continue.
- 6.8.7 After a timeout asked by a team, a referee or a minor official, the ball will be put back into play by a player or the goaltender of the team who had possession of the ball at the moment the timeout began. The ball will be put back into play from the lateral line, at the point closest to where the ball was when the timeout was called. The ball will be put back into play from the goaltender's territory if that is where it was when the timeout was called.
- 6.8.8 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 radius of 2 metre free for the player putting the ball into play. As soon as that player takes a step, the opposing player checking him will be allowed to get closer.
 - The player putting the ball back into play will be allowed to benefit from a radius of 2 metre before the start of the 5 seconds 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 of the 2 metre radius, the violation of the 2 metre radius rule will not be called upon.
 - 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 seconds rule will apply. When putting a ball back into play from the exterior of 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.
 - A player intentionally wasting time while taking the ball to the appropriate place in order to resume the game will lose possession of the ball to the other team.

Section 7 – Rules of the game

7.1 Touching the ball

- 7.1.1 A player will not be allowed to voluntarily touch the ball with his hands or any other part of his body.
- 7.1.2 If a 5th player has replaced the goaltender, one of these players will be allowed to substitute for the goaltender. That player will have the same privileges the goaltender has.
- 7.1.3 If the goaltender is on the court, no player will be allowed to substitute for him. If that player touches the ball with his body while in the goaltender's crease, a penalty shot will be given to the opposing team.
- 7.1.4 The goaltender will not be allowed to touch the ball with his body when he is out of his crease.
- 7.1.5 Whether or not the goaltender is in his crease, any defensive player will be allowed to stop or recuperate, with his stick, a free ball heading towards the goal inside the goaltender's crease.

7.2 Ball out of bounds

- 7.2.1 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 playing surface.
 - It hits the floor outside of the playing surface.
 - It touches a player or an object situated outside of the playing surface (a player or object is considered out of bounds if he is in contact with any part of the floor outside the game lines).
- 7.2.2 The ball will be in play in any other situation, even 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 of the lateral lines, near the end lines. A new 30 seconds will however not be allotted.

- 7.2.3 The ball will be in play when it is in the air, outside of the court. Any player with both feet inside of the court will be allowed to recuperate it.
 - 7.2.4 When a player is inside his defensive zone and involuntarily provokes the ball to go out of bounds from the end lines (except in the case of a save from the goaltender or if the ball deflects on a defenseman's stick) the ball will be given to the opposing team from the lateral line, near the end line.
 - 7.2.5 When a player or a goaltender voluntarily makes the ball go out of bounds from the end lines, the opposing team will be given a penalty shot.
 - 7.2.6 When a ball goes out of bounds from the end lines (except in the situations described in 7.2.4 and 7.2.5), the ball will be put back into play from the goaltender's crease by the goaltender or a player of the defensive team.
 - 7.2.7 When the ball goes out of bounds from a 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 a 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.
 - 7.2.8 When the ball touches the ceiling or any other object situated over the playing surface, the last player to have touched the ball will be held responsible. The ball will be put back into play from the lateral line close to where the ball hit the ceiling or object.
- 7.3 Covering the ball
- 7.3.1 The first player to cover and immobilize a loose ball with his basket inside of the game surface will get possession of the ball. If the player traps the ball with his basket and makes it slide past the game lines, he will not have controlled it inside the game surface. If the player traps the ball with his basket while a part of his body is outside of the court, he will not have controlled it inside the game surface.
 - 7.3.2 A ball covered in a defensive zone will be put back into play from the place it was covered. If a player puts the ball back into play from one of the lateral lines, he will not be called back and the play will continue.
 - 7.3.3 A ball covered in an offensive zone will be put back into play from the point on the lateral line closest to where it was covered in the first place.

7.4 The thirty (30) seconds rule

The team in possession of the ball will have 30 seconds to shoot on the opponent's goal. If it fails to do so, the opposing team will gain possession of the ball. The rules regulating the 30-seconds rule are defined in 5.4.

7.5 The five (5) seconds rule

7.5.1 A player or goaltender cannot keep the ball in his possession for more than 5 seconds. If he does so, the ball will go to the opposing team.

7.5.2 A player who loses possession of the ball only to recuperate it, will not be allotted a new 5 seconds of possession.

7.5.3 The 5 seconds of possession will start when the player is in control of the ball.

7.5.4 A ball will be considered controlled when it stays in the basket for a brief instant. A ball entering to basket only to bounce out immediately or a ball touching or bouncing off of a player's basket will not be considered controlled.

7.5.5 A player may not directly from this defensive zone go on offense and take a shot on goal.

7.6 Offensive picks

7.6.1 The offensive pick is a legal strategy used to free a teammate from a defenseman. The pick can be used to free a player with or without possession of the ball.

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

- is stationery when the 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.

- 7.6.3 If the pick is performed in the defenseman's vision (in front or beside him), the offensive player will be allowed to take his position as close to the defenseman as possible without initiating contact.
 - 7.6.4 If the pick is performed out of the defenseman's vision (behind him), the offensive player will have to leave a distance of one step between himself and the defenseman.
 - 7.6.5 If a pick is judged illegal, the team with possession of the ball will lose the ball to the other team.
 - 7.6.6 A defensive player who will see the pick coming and who consciously provokes excessive contact with the offensive player will be called on an un-sportsmanlike conduct foul.
- 7.7 Always running or staying still
- 7.7.1 A player with possession of the ball should always be running or staying still.
 - 7.7.2 It will not be permitted to walk with the ball. It will be considered that a player has walked when he has taken more than one step. If a player with the ball walks, the ball will be given to the other team.
 - 7.7.3 The goaltender will not have to follow this rule when he is in his crease; however, when out of his crease, the goaltender becomes like any other player when he is in possession of the ball.
 - 7.7.4 The player with the ball will be allowed to pivot as much as he wants without necessarily running.

7.7.5 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 pivot in any direction.

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

7.8 Substituting players

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

7.8.2 Player substitutions can only be made inside the 8-metre surface reserved to the players' bench (see rule 2.16.)

7.8.3 Exiting players will have to touch the lateral line inside these 8 metres before the new players can enter the court of play.

7.8.4 If an offensive team does not follow rules 7.8.2 and 7.8.3, they will lose possession of the ball.

7.8.5 If a defensive team does not follow rules 7.8.2 and 7.8.3, a penalty shot will be given to their opponent.

7.8.6 When substituting a goaltender, the team initiating the substitution will be allowed to use a time out (if any is available). The goaltender will then have a 1-minute warm-up.

7.9 Penalty shots

7.9.1 The player performing a penalty shot will depart at the 9-metre line as described in rule 2.12.

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

7.9.3 At the referee's whistle, the offensive player will run towards the opponent's goal in a continuous movement. The ball will have to remain in movement. Once the shot is taken, the penalty shot is completed. The offensive player will be allowed to fake a shot during his run towards the goal.

7.9.4 During the penalty shot, if the offensive player commits a foul, the referee will cancel the shot and give the ball to the goalkeeper.

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

7.9.6 After validation from the referees, if the player required to take a penalty shot is injured and unable to perform, his coach will choose a player between the 3 other players present on the court when the infraction occurred. That player will perform the penalty shot.

7.10 Charging

7.10.1 When guarding the ball carrier, the elements of time and distance do not apply.

7.10.2 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.

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

- will be facing the offensive player or when he will be positioned sideways in reference to the offensive player.
- will have both feet on the floor
- will have taken possession of a territory on the court, before the offensive player, without provoking contact.
- will have both hands on his stick.

7.10.4 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 30cm (1') in front of his chest. This space, occupied by the defensive player, will be called "defensive bubble".

7.10.5 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, shoulders, hips, legs or stick to prevent the offensive player's progression towards the goal. If this happens, a personal foul will be given to the defensive player and a penalty shot will be given to the offensive player.

7.10.6 When moving to maintain the initial 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 player in possession of the ball.

7.10.7 When judging a charging situation, 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. A personal foul will be given to the offensive player and the ball will be given to the offensive team.

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

7.10.9 An offensive player who consciously does not try to avoid contact and charges on a defensive player in an excessive way could be called on an un-sportsmanlike conduct foul.

7.11 Both hands on the stick

7.11.1 Whether in defensive or offensive mode, players must always hold their stick with both hands.

7.11.2 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 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.

7.11.3 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 he does so, the ball will be given to the opposing team.

7.12 Man-to-man defence

7.12.1 When in its defensive zone, the team not in possession of the ball will have to play a man-to-man defence.

7.12.2 When the offensive team deploys 4 players in its offensive zone, each defensive player in his defensive zone will have to mark his opponent from a maximum of 2 metres.

7.12.3 If the defensive players do not follow rule 7.12.1 and 7.12.2, the referee will charge them with a team foul for playing a zone defence. A penalty shot will also be allotted to the offensive team. The coach will choose, between the 4 players present on the court when the infraction happened, which player will attempt the penalty shot.

7.12.4 Despite rules 7.12.1 and 7.12.2, if the team in possession of the ball deploys less than 4 players in its offensive zone, the defensive players without any player to check will be allowed to outnumber a opposing player or stand anywhere in his defensive zone.

7.12.5 When the offensive team deploys all its players in its offensive zone, the referee, if the defensive players are outnumbering the offensive players, will allow a brief period for the defensive players to react accordingly.

7.13 The advantage rule

When a foul committed by a defensive player calls for a penalty shot, the referee will signal the foul by lifting his arm and allow the offensive player to take his shot. If he scores, the penalty shot will be void. If he doesn't, the foul will be called and a penalty shot will be allotted to the offensive player.

7.14 The goaltender'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 goaltender's crease.

7.14.2 If a ball is loose in the opponent's goaltender's crease, an offensive player cannot reach in with his stick to retrieve the ball, whether it be on the floor or in the air (vertical notion for the goaltender's territory).

7.14.3 Breaking rules 7.14.1 and 7.14.2 will bring about the offensive team's loss of possession of the ball.

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 goaltender's crease.

7.14.5 When taking a shot, the ball carrier will not be allowed to fake a shot or finish his shot if one or both of his feet are in the goaltender's territory. The line delimiting the territory being a part of it. Such an action will give possession of the ball to the defensive team.

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

- 7.14.7 After a successful shot on goal, if the offensive player lands in the goaltender's crease, without any contact between the goaltender and himself, the goal will be allowed.
- 7.14.8 After a shot, if the offensive player enters the goaltender's crease and contact (whether it be voluntary or not) occurs between the 2 players:
- If there is a goal, it will be refused and the offensive player will be charged with a personal foul.
 - If there is no goal, the offensive player will receive a penalty.
- 7.14.9 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 goaltender's crease.
- 7.14.10 An offensive player who consciously charges the goaltender in his territory will be charged with an expulsion from the game.
- 7.15 The goaltender.

When in his crease, the goaltender will not be allowed to throw his stick, gloves or any other object to stop a shot. Also, he will not be allowed to intentionally move the goal to create an advantage or stop the play in progress. In this case, a penalty shot will be given to the opposing team.

7.16 Goal.

A goal will be scored when the ball completely crosses the goal line as described in rule 2.14.

Section 8 – Fouls

8.1 Referees can impose 5 kinds of fouls: personal fouls, team fouls, un-sportsmanlike conduct fouls, technical fouls and disqualifying fouls.

8.2 Contact

8.2.1 In an inter-crosse game, in which, aside from the 2 goaltenders, 8 players are moving at great speeds and in opposite directions in a limited space, personal contact cannot be totally avoided.

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

- Know 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 live or dead.

8.3.2 A player will not be allowed to hold, push, charge, trip, elbow or hit his opponent's stick or body. A defensive player will not be allowed to impede the progress of an opposing player by extending his arms, elbows, shoulders, hips, legs or knees. Players will also not be allowed to indulge in any rough or violent play.

8.4 Team fouls

8.4.1 A team foul is not given to a particular player, but is nonetheless counted in the total team fouls.

8.4.2 A team using a zone defence will be given a foul by the referees.

8.4.3 A team carrying out an illegal substitution will be given a foul by the referees.

8.4.4 A team having too many players on the game surface will be given a foul by the referees.

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

8.5 Un-sportsmanlike conduct fouls

8.5.1 An un-sportsmanlike foul is a personal foul committed by a player who's play, in the judgment of the referees, is not a legitimate attempt to directly play within the spirit and intent of the rules.

8.5.2 Un-sportsmanlike fouls will be interpreted consistently throughout the whole game.

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

8.5.4 To judge whether a foul is un-sportsmanlike, 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 un-sportsmanlike.
- If a player hits, kicks, deliberately pushes or hits with his stick an opposing player, it is an un-sportsmanlike foul.

8.5.5 A player given 2 un-sportsmanlike conduct fouls during a game will be disqualified from the game. The referees will declare a time-out and the offending player will have one minute to leave the court and the gymnasium where the game is taking place.

8.5.6 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 un-sportsmanlike conduct foul.

8.6 Technical fouls

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

8.6.2 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 incite 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 player's bench for any unauthorized reason.

8.6.3 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 incite the spectators.
- leaves the bench area in order to participate in a fight instead of helping the referees regain control of the situation if they so asked.

8.7 Disqualifying fouls

8.7.1 Acts of violence going against sportsmanlike spirit and fair-play happening before, during or after the game.

8.7.2 Any excessive violence from the players, coaches, assistant coaches and members of team personnel could result in a disqualifying foul.

8.7.3 Any person guilty of flagrant acts of physical aggression towards opponents, referees, minor officials or spectators will automatically be disqualified from the game.

8.8 Transcribing fouls on the score sheet

Fouls will be identified in the appropriate squares on the score sheet

P : personal foul
A : un-sportsmanlike conduct foul
T : technical foul
E : disqualifying foul
X : team foul

Section 9 – Penalties

9.1 Personal fouls

- 9.1.1 Any defensive player infringing rule 8.3 against a player not carrying the ball will be given a personal foul. The ball will remain in the possession of the offensive team and the 30-second clock will continue where it left off. However, if, during the infraction, the offensive player is in position to attempt a goal, the referee will signal the foul by lifting an arm in the air and will let the offensive player finish his attack by attempting a shot.
- 9.1.2 Any defensive player infringing on rule 8.3 against a ball carrier that is not progressing towards the goal to attempt a shot will be given a personal foul. The ball will remain in the possession of the offensive team and the 30-second clock will continue where it left off.
- 9.1.3 Any defensive player infringing on rule 8.3 against a ball carrier that is progressing towards the goal to attempt a shot will be given a personal foul. A penalty shot will be granted to the ball carrier if he has not scored a goal (see rule 7.13).
- 9.1.4 Any offensive player infringing on rule 8.3 against a defensive player will be given a personal foul. Possession of the ball will be given to the defensive team.
- 9.1.5 Any player cumulating 5 fouls during a game will be expelled from the game. He will stay on the team bench for the remainder of the game in process and will not be allowed to play within the present game.

9.2 Team fouls

- 9.2.1 The offensive team will be allotted a penalty shot when the defensive team is given a foul for playing a zone defence.
- 9.2.2 The defensive team will receive possession of the ball when the offensive team is given a foul for illegal substitution.
- 9.2.3 The offensive team will be allotted a penalty shot when the defensive team is given a foul for illegal substitution.
- 9.2.4 The defensive team will receive possession of the ball when the offensive team is given a foul for having too many players on the game surface.

- 9.2.5 The offensive team will be allotted a penalty shot when the defensive team is given a foul for having too many players on the game surface.
 - 9.2.6 When a delay of game foul is called on the offensive team, it will lose possession of the ball. If the foul is called on the defensive team, a penalty shot will be allotted to the opposing team.
 - 9.2.7 When a team foul calls for a penalty shot, the coach will choose, between the 4 players present on the court when the infraction happened, which player will attempt the penalty shot.
 - 9.2.8 When a team reaches a total of 10 fouls in a half, from the 10th foul onward, a penalty shot will be given to the opposing team, even if the fouls don't normally call for a penalty shot.
- 9.3 Un-sportsmanlike conduct fouls
- 9.3.1 The player against whom an un-sportsmanlike conduct foul has been committed will be allotted a penalty shot. In addition, after the shot, his team will gain possession of the ball, in the middle of the court, in front of the minor official's table.
 - 9.3.2 A player charged with 2 un-sportsmanlike conduct fouls will be expelled from the game and immediately suspended from the next game.
- 9.4 Technical fouls
- 9.4.1 Any technical foul given to a player or member of team personnel will award the opponent team with a penalty shot.
 - 9.4.2 The coach of the non-faulty team will choose, between the 4 players present on the court when the infraction happened, which player will attempt the penalty shot.
 - 9.4.3 After the penalty shot, the team who executed the shot will gain possession of the ball in the middle of the court, in front of the minor official's table.
 - 9.4.4 A player or a member of team personnel charged with 2 technical fouls will be expelled from the game.

9.5 Expulsion fouls

- 9.5.1 When a player or member of team personnel is charged with a disqualifying foul, the player or member of team personnel victim to the act of violence, physical aggression or injury will be allotted 2 penalty shots.
- 9.5.2 If the goaltender is the victim, the coach will choose between his 12 players which one will perform the 2 penalty shots.
- 9.5.3 If a member of team personnel is the victim, the coach will choose between his 12 players which one will perform the 2 penalty shots.
- 9.5.4 After the 2 penalty shots, the team who executed the shot will gain possession of the ball in the middle of the court, in front of the minor official's table.
- 9.5.5 The player or member of team personnel charged with an expulsion foul will be expelled from the game and immediately be suspended from the 3 following games.
- 9.5.6 The disciplinary committee will then review the incident and may extend the suspension.