

Minor Fouls – Generally, non-dangerous fouls. FP: Offending player 4m to the side of the player awarded the ball	
Empty	A player must not check an opponent's empty Crosse while the opponent is trying to gain Possession of the ball in the air. This rule only applies when an opponent is attempting to receive a pass. Incidental contact between Crosses while playing a ball in the air is NOT a foul.
Withholding the Ball	(Was Covering); If an opponent can make a legal play on the ball, a player must not trap a loose ball on the ground with their Crosse longer than is necessary to control the ball and pick it up in one continuous motion. Raking the ball is permitted.
Held	A player must not hold the Crosse of an opponent for a short time during a check.
Other Minor Fouls – Illegal Draw, Early Entry, Illegal Procedure (i.e. Illegal Equipment, Illegal Crosse Request, Illegal Substitution, Thrown Stick), Hand Ball, Offside, Delay of Game. See Rule Book for details.	

Major Fouls – Potentially dangerous; yellow = mandatory cards. FP: Offending player 4m behind the player awarded the ball, unless there is a card.	
Check to the Head	Contact by a Crosse to an opponent's head or neck on a check.
Dangerous Follow Through	A player must not follow through with their Crosse in a dangerous or uncontrolled manner.
Dangerous Propel	A player must not propel the ball with their Crosse in a dangerous or uncontrolled manner.
Swipe	A player must not make a long sweeping motion with an extended arm from high to low across the body, at their opponent with their Crosse, regardless of whether or not contact is made with an opponent's Crosse or body.
Across the Body	A player must not reach around or across their opponent's body to check the opponent's Crosse when their feet are behind or level with the opponent, with or without contact.
Block	A player moves into the path of an opponent without giving the opponent space & time to stop and/or change direction and contact occurs, creating an Illegal Pick.
Charge	A when a player uses their body or Crosse to interfere with and make body contact with a defender who is in a Legal Defensive Position. The attack player needs to move around, not through, a defender who is holding their ground/maintaining their Legal Defensive Position.
Dangerous Check	A player must not roughly or recklessly check an opponent's Crosse. 20.A.5.a Players must not check an opponent's Crosse within a field Crosse width of a player's head (approximately 18cm or the width of a player's shoulders).
Dangerous Play	A player must not use their Crosse and/or body in a forceful, dangerous or intimidating manner and/or show disregard for their own or an opponent's safety. This applies to all players regardless of whether or not they have Possession of the ball.
Detain	An opponent must not hold the player's Crosse or body, which impedes the player's movement or balance.
Illegal Contact	A player must not displace another player. They must not detain, hold, or push against an opponent's body, clothing, or Crosse with their arm, leg or body. A player must not use any part of their Crosse to hit or push an opponent on or off-ball.
Illegal Cradle	A player in Possession of the ball must not protect their Crosse by holding their Crosse near their own or a teammate's face or body, with or without cradling, making a legal check impossible.
Misconduct	A player or any team/bench staff must not act in an unsporting manner or display any other inappropriate behavior.
Shooting Space	A defender must not block or guard the goal, with any part of their body for the purpose of obstructing the shooting lane. This denies the attacking team the opportunity to shoot safely.
Three Seconds	A defender must not remain in the 11m Fan for more than three seconds unless they are marking an opponent Within a Crosse Length, approximately 1.5m.
Trip	A player must not trip an opponent.
Ward	A player must not guard their Crosse with their arm. If one hand is removed from the shaft of the Crosse, an elbow or arm must not be used to ward off an opponent, deliberately or otherwise, with or without contact.

Self-Start
Players that are awarded possession of a ball outside of the AFA may choose to start without waiting for the FP to be set-up by the official. Self-start is not permitted when: 1. The game clock is stopped for any kind of time-out, 2. Offside, 3. Illegal Draw 4. All fouls occurring in the AFA. A player may self-start under 30 sec of Q1, Q2, Q3 and 2 min of Q4 when self-start is otherwise permitted.

Boundary Ball / Out of Bounds
When a player in possession of the ball carries, propels or is the last to touch the ball before it goes OOB, the nearest opponent will be awarded the ball 2m from the boundary. Self-start on all boundary balls. If GK is in the GC and is the closest, restart in GC. Players may not take an active part in the game when OOB. OOB is a change of possession, not a foul. On a "SHOT!" = the player closest to the ball when it goes OOB will be awarded possession.

Advantage
A foul is observed by the official but play continues to give an advantage to team that was fouled. "FLAG!" - foul within AFA on a Scoring Play . Official raises yellow flag and says "FLAG!" Play continues until the scoring play is over when: 1. Shot is taken; 2. Attack team fails to continue continuous effort towards goal; 3. Defense commits a foul that requires play to be stopped; 4. Attack team fouls; 5. Attack teams loses possession. "ADVANTAGE!" – foul in midfield . Official holds their arm straight out in direction of the attacking goal and says "Advantage!"

Warning Cards = Dangerous or Misconduct personal fouls Automatic Yellow Card = Check to the Head, Dangerous Follow Through, Dangerous Propel, Swipe Discretionary: Misconduct, Repeated Major Foul, any Major Foul may be upgraded to a cardable offense.		
Yellow Card 2 min suspension	Automatic Cards, Dangerous Play, Misconduct, Repeated Major Foul	No substitution allowed; serve a full 2 min. The suspended player may return after card.
Yellow / Red Card 5 min suspension	2 nd Automatic Card, Dangerous Play, or Misconduct foul <i>by same player</i>	No substitution allowed; serve a full 5 min. The suspended player may not return.
Red Card 10 min suspension	Flagrant Foul Gross Misconduct	No substitution allowed; serve a full 10 min. The suspended player may not return.

Goal-Circle Fouls
FP: Defense fouls = ball goes to where 15m MA line & GLE meet. FP: Attack fouls = ball goes to goalkeeper and person who fouled 1m to the side on GLE. Whistle starts. Defense may <i>move through</i> GC at any time. They may not remain in the GC. Loose balls may be played by attackers unless the GK or D have " possession. " 5 seconds to clear the ball from GC. GK one foot in, 1 foot out = IN the GC.

Draw Violations – Max 3 people from each team between RL on the Draw, including Draw-takers.	
Illegal Draw	Draw-takers Crosses are horizontal, parallel to ground, above hip, no movement after " READY! " The ball must go above both heads. Players must go up and away with their Crosses at the whistle. If there is a violation, FP set-up = ball at center, offender 4m to the side. Whistle start.
Early Entry	Around the center circle or behind the RL, players must wait for " POSSESSION! " or " FREE BALL! ".

Other Major Fouls:	Dangerous Shot, Hooking, Illegal Defending. See Rule Book for details.
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FOUL OCCURS:	MINOR FOUL	MAJOR FOUL (NO FLAG); IMMEDIATE WHISTLE	MAJOR FOUL (FLAG) SCORING PLAY ENDS WITHOUT FURTHER FOUL(S)	MAJOR FOUL (FLAG) SCORING PLAY ENDS WITH FURTHER FOUL(S)
BELOW GLE IN THE AFA	BALL: Free Position set on the <u>nearest dot</u> (Whistle Start). OFFENDER: 4m to the side of the ball carrier. OTHERS: Players at least 4m away from Free Position (Crosses and bodies).	BALL: Free Position set on the <u>nearest dot</u> (Whistle Start). OFFENDER: 4m directly behind ball carrier. OTHERS: Players at least 4m away from Free Position (Crosses and bodies).		BALL: Free Position set on the <u>hash mark</u> nearest the most recent foul (Whistle Start). OFFENDER: 4m directly behind ball carrier. OTHERS: Clear 11m MA of Crosses and bodies. Defenders are entitled to adjacent hashmarks. 11m MA must be cleared.
BETWEEN 15M MA & 11M LINE	BALL: Free Position set at closest spot on the 15m line in line with foul (Whistle Start). OFFENDER: 4m to the side of the ball carrier.	BALL: Free Position set at the spot of the foul (Whistle Start). OFFENDER: 4m directly behind ball carrier. OTHERS: Players at least 4m away from Free Position (Crosses and bodies).		
INSIDE THE 11m MA	OTHERS: Players at least 4m away from Free Position (Crosses and bodies). 15m MA does not have to be cleared.	BALL: Free Position set on the <u>nearest hash mark</u> to where foul occurred (Whistle Start). OFFENDER: 4m directly behind ball carrier. OTHERS: Clear 11m MA of Crosses and bodies. Defenders are entitled to adjacent hash marks. 11m MA must be cleared.		
OUTSIDE AFA	BALL: Free Position set at spot of foul (Self-Start). OFFENDER: 4m to the side of the ball carrier. OTHERS: Players at least 4m away from Free Position (Crosses and bodies).	BALL: Free Position set at the spot of the foul (Self-Start). OFFENDER: 4m directly behind ball carrier. OTHERS: Players at least 4m away from Free Position (Crosses and bodies).	NA – flag only within the AFA	

OTHER FOUL SET-UPS:

 Three Seconds (Major Foul) – When the **ball** is:

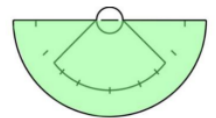
- Outside the AFA, (**Ball**) set up is at the spot of the ball, (**Offender**) the nearest **defender** to the ball moves 4m behind to serve the foul, (**Other**) players at least 4m away from the FP (**Whistle Start**).
- Inside the AFA, (**Ball**) set up is at the nearest hash to the spot of the ball, (**Offender**) the defender who fouled moves 4m behind, (**Other**) clear the 11m MA (**Whistle Start**).

Restraining-Line Violations (see previous page) (**Whistle Start**).

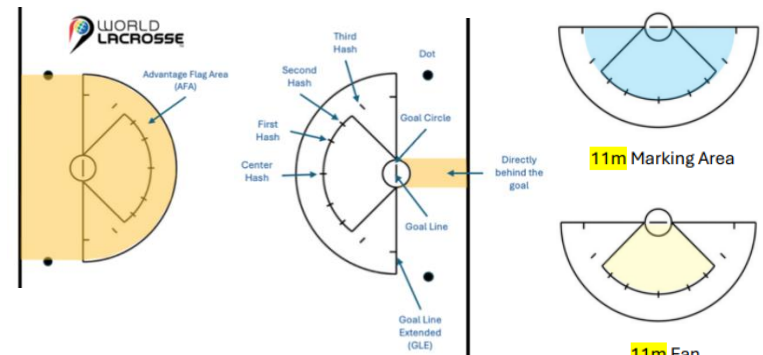
Goal-Circle Violations (see previous page) (**Whistle Start**).

LEGEND:

- MA** A Marking Area – The 15m MA is a Semi-circle lined area. The 11m MA includes the “pie shaped area” and the 11m Fan. The entire 11m MA area is cleared on all Major Foul Free Positions at the first, second or center hash marks. Third hash used for defensive placement only.
- AFA** Advantage Flag Area – **Rule 21:** Includes the 15m MA and the space below the MA that runs 12m deep to the end line of the field, between the dots.
- GLE** Goal Line Extended
- GC** Goal-Circle
- RL** Restraining-Line
- FP** Free Position – Commonly used to refer to foul set-ups on hashmarks along the 11m MA line but technically refers to all foul set-ups/penalty administrations.
- OOB** Out of Bounds
- BOO** Ball, Offender, Others, when referring to penalty administration above.



15m Marking Area



11m Marking Area

11m Fan