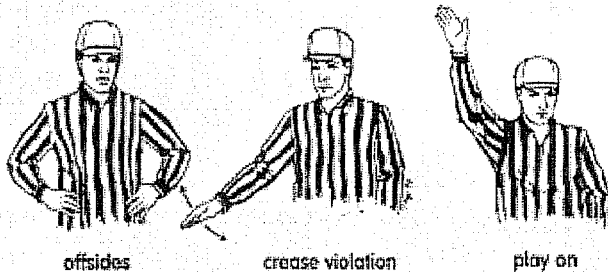
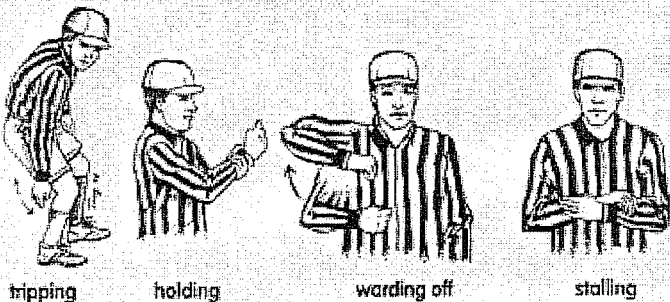
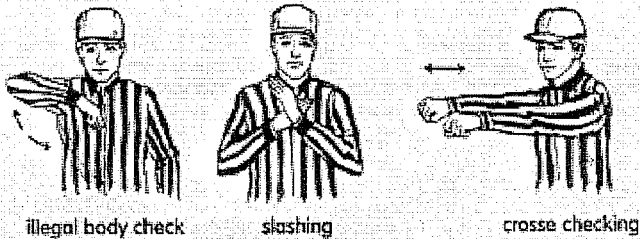


Lacrosse Personal Fouls

The penalty for a personal foul is a one to three minute suspension from play and possession to the team that was fouled. Players with five personal fouls are ejected from the game.

- **SLASHING:** Occurs when a player's stick contacts an opponent in any area other than the stick or gloved hand on the stick.
- **TRIPPING:** Occurs when a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs.
- **CROSS CHECKING:** Occurs when a player uses the handle of his crosse to make contact with an opponent.
- **UNSPORTSMANLIKE CONDUCT:** Occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, obscene language or gestures, and arguing.
- **UNNECESSARY ROUGHNESS:** Occurs when a player strikes an opponent with his stick or body using excessive or violent force.
- **ILLEGAL CROSSE:** Occurs when a player uses a crosse that does not conform to required specifications. A crosse may be found illegal if the pocket is too deep or if the crosse was altered to gain an advantage.
- **ILLEGAL BODY CHECKING:** Occurs when any of the following actions take place: (a) body checking of an opponent who is not in possession of the ball or within five yards of a loose ball; (b) avoidable body check of an opponent after he has passed or shot the ball; (c) body checking of an opponent from the rear or at or below the waist; (d) body checking of an opponent by a player in which contact is made above the shoulders of the opponent. A body check must be below the neck, and both hands of the player applying the body check must remain in contact with his crosse.
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- **ILLEGAL GLOVES:** Occurs when a player uses gloves that do not conform to required specifications. A glove will be found illegal if the fingers and palms are cut out of the gloves, or if the glove has been altered in a way that compromises its protective features.



Lacrosse Technical Fouls

The penalty for a technical foul is a thirty second suspension if a team is in possession of the ball when the foul is committed, or possession of the ball to the team that was fouled if there was no possession when the foul was committed.

- **HOLDING:** Occurs when a player impedes the movement of an opponent or an opponent's crosse.
- **INTERFERENCE:** Occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the players, or both players are within five yards of a loose ball.
- **OFF SIDES:** Occurs when a team does not have at least four players on its defensive side of the midfield line or at least three players on its offensive side of the midfield line.
- **PUSHING:** Occurs when a player thrusts or shoves a player from behind.
- **SCREENING:** Occurs illegally when an offensive player moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending.
- **STALLING:** Occurs when a team intentionally holds the ball, without conducting normal offensive play, with the intent of running times off the clock.
- **WARDING OFF:** Occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick check.