

SECTION 0 - INTRODUCTION

The Fann Cup Tournament loosely follows the rules of play set out by the National Lacrosse League. The rules have been modified to suit non-contact recreational level lacrosse between amateur players. In the forthcoming sections, differences between Fann Cup rules, and the NLL rules are highlighted where applicable

SECTION 1 - THE FLOOR

(Playing surface, Goals, Goal Creases, Nets, Divisions of the floor, face-off spots, team benches, timer/scorer area, etc)

1. The host team will endeavour to provide an arena for play which resembles an NLL floor as closely as possible.
2. The host team will ensure that two 9 foot diameter goal creases are marked on the floor with paint or tape around the goals
3. The host team will ensure that two 24 foot radius “dangerous shot” arcs are marked on the floor with paint or tape. The focus points of the two arcs will be the midpoint of the goal line. The endpoints shall be the point where the arc intersects the goal line.

SECTION 2 - TEAMS

(Composition of teams, captains, players in uniform, coaches, change of players, injured players etc.)

1. If a participating player becomes injured during a game, play shall stop immediately and shall not be resumed until that player can be safely removed from the floor

SECTION 3 - EQUIPMENT

(The ball, lacrosse stick dimensions, stick construction, protective equipment, etc.)

1. The host team will provide suitable (CLA/NCAA) lacrosse balls for tournament play.
2. Mandatory protective equipment for all players includes – lacrosse or hockey helmet with full face-shield, and lacrosse or hockey gloves. Other equipment is considered optional.
3. If any player is found to be using equipment which is deemed by the referee to be dangerous, a penalty for delay of game will be assessed to that player, and the equipment will be taken to the scorekeeper’s area for return following the game.
4. Requests for inspection or measurement of sticks or goal equipment will not be entertained. Any captain/coach/player who requests such a measurement shall be taunted until my throat is sore.

SECTION 4 - OFFICIALS

(appointment of officials, referees, timekeepers, scorers, 30-second clock operators)

1. The host club will obtain referees and off-floor officials for the tournament. Two referees will be assigned responsibility for the on-floor officiating of each game. One or more off-floor officials will be assigned responsibility for timekeeping, scoring, and operating the shot clock

SECTION 5 - TIME FACTORS

(length of game, intervals between periods, face-offs following goals, overtime, 30-second rule, 10 second rule, backcourt violation, timeouts, etc).

1. Each game will be 30 minutes in length, divided into two fifteen minute periods
2. There will be a two minute interval between the first and second periods of each game

3. There will be no overtime periods for “round-robin” games. Where the score is tied at the end of regulation play, each team will be awarded a tie.
4. For playoff games, if the score is tied at the end of regulation play, a five minute sudden-death overtime period will be played, following a two minute interval
5. If the score is still tied following the overtime period, that game will be decided through penalty shots (five shooters per team). If the score is still tied following the first five shooters, the process will be repeated indefinitely with five different shooters from each team. No shooter may take an additional shot until all of his/her teammates have shot.
6. The 10 second count rule will not be in effect
7. The backcourt violation rule will not be in effect
8. Each team will be allowed one 30 second time-out per period (including overtime periods if applicable)
9. Officials’ timeouts may be called at any time at the discretion of the on-floor officials to allow injuries, goaltender equipment problems, etc. to be attended to.

SECTION 6 - PLAY OF THE GAME

(Facing Off, play of the ball, out of bounds, ball caught in stick or equipment, goal scored, goal not allowed, goalkeeper privileges, crease violations, substitutions, change of goals, possession/slow whistles, penalty shots, dangerous shots, etc.)

1. When a player in possession of the ball is outside of the “dangerous shot arc” (i.e. further than 24 feet from the goal), that player must not shoot on net unless there are no defenders standing between that player and the goaltender. If the attacker shoots from outside the arc without a perfectly clear shooting lane, possession will be awarded to the defending team
2. When a player with possession of the ball is within the dangerous shot arc, that player may shoot over, around, or through-the-legs of a defender.
3. Further to 1 and 2, if a defender is struck by a shot, the shooter will be assessed a penalty for dangerous shot
4. The shooter is responsible for the position of his/her stick at all times. If the shooter strikes a defender with their stick while following-through on a shot, the shooter will be assessed a minor, or major penalty for slashing.

SECTION 7 - PENALTIES

1. The Fann Cup is a non-contact tournament
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3. The only permissible contact is
 - i. stick to stick checking
 - ii. incidental contact arising from **stationary** offensive picks, blocks, or screensall other contact will be penalized appropriately, either by a possession award, minor penalty, or major penalty
4. A minor penalty will be assessed to a player who commits any of the following infractions:
 - i. Unsportsmanlike Conduct
 - ii. accidental, non-malicious, and non-reckless body checking which does not result in injury.
 - iii. accidental, non-malicious and non-reckless stick to body contact, including slashing, cross checking, hooking, etc. which does not result in injury)
 - iv. Delay of game
 - v. too many players on the floor
 - vi. too few men on the floor at face-off
 - vii. accidental, non-malicious, and non-reckless roughing which does not result in a fight or cause injury
 - viii. holding
 - ix. interference
 - x. stick-checking goalie in the crease
 - xi. throwing the stick
 - xii. accidental, non-malicious and non-reckless tripping which does not result in an injury
 - xiii. dangerous shot
 - xiv. playing with unsafe equipment¹

If a player is assessed with a minor penalty, that player shall be sent to the penalty box for two minutes, as measured on the game clock. Each team will continue 5-on-5 play for the duration of the minor penalty. The penalized player will not be released even if a goal is scored by the non-offending team.

5. A major penalty shall be assessed to any player who commits any of the following infractions:
 - i. Gross unsportsmanlike conduct
 - ii. Any deliberate attempt to injure
 - iii. Throwing stick at a player, a referee, or out of bounds

¹ The unsafe equipment is to be removed to the scorer's area and held. Equipment will be returned to the offending player following the game.

- iv. intentional or malicious body contact, which can include:
 - a. boarding
 - b. checking from behind
 - c. charging
 - d. clipping
 - e. elbowing
 - f. headbutting
 - g. kicking
 - h. kneeing
 - i. tripping
 - j. roughing
- v. intentional or malicious stick-to-body contact, which can include:
 - a. slashing
 - b. cross checking
 - c. hooking
 - d. spearing
 - e. butt-ending
 - f. high-sticking
 - g. tripping.

If a player is assessed with a major penalty, that player shall be suspended for all remaining games in that year's tournament. In the event of a major penalty, the non-offending team will be awarded two penalty shots, and the offending team will assign one of their other players to sit in the penalty box for five minutes as measured on the game clock. Each team will continue 5-on-5 play for the duration of the major penalty. The player in the penalty box will not be released even if a goal is scored by the non-offending team

If a second player on any team is assessed with a major penalty, that team shall forfeit all of their remaining games.

6. There is **NO FIGHTING** in the Fann Cup Tournament
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8. If a player(s) is involved in a fight that/those players will be barred from participation in all future Fann Cup tournaments. The offending team(s) will (each) assign one of their other players to sit in the penalty box for five minutes as measured on the game clock. Each team will continue 5-on-5 play for the duration of the five minute penalty. The player(s) in the penalty box will not be released even if a goal is scored by the non-offending team. If in an altercation only one player is penalized for fighting, the non-offending team will be awarded two penalty shots.