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### WHAT YOU NEED TO ORGANISE

Bring your own Goalie Gear (Throat guard mandatory)

Bring your own scorer

Bring a positive attitude

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### NO CONTACT (WITH STICK OR BODY)

Consequence = Personal Foul = 1 minute penalty or until a goal is scored by the opposition

If contact occurs the following guidelines should determine who is responsible for the contact.

- a. Barging — A foul on the attacker. This occurs when an attacking player makes body contact with a defender who has adopted a stationary position with feet, arms and stick no wider than shoulder width apart.
- b. Blocking — A foul on the defender. This occurs when a defending player makes contact with an attacking player (with stick or body) by stepping across their body or reaching across with their stick.
- c. Follow through - This occurs when the attacking player makes contact with a defenders stick or body while passing or shooting.
- d. Over-guarding. This occurs when the defending player moves their stick forward of the vertical plan whilst the attacking player is passing or shooting causing contact.

Simultaneous Contact — There are some situations in which stick or body contact may occur simultaneously. The appropriate call in this situation may either be play on or a toss-up between two players (as per girls game).

### FOUR SECOND CARRY LIMIT

Consequence = Loss of possession

A player may maintain possession of the ball for a maximum of 4 seconds. The umpire will count 1001, 2001, 3001, Blow

### 2v1 TO LOOSE BALL

Consequence = Possession to the team with one player who is contesting.

A loose ball can be a ground ball or air ball being contested.

### DANGEROUS SHOT/THROW

Consequence = Personal Foul = 1 minute or until a goal is scored by the opposition

A player may not throw/shoot a ball in a manner which the umpire considers to be dangerous to other players. This may occur when players are attempting to shoot through other players. No goal may be scored from a dangerous throw.

### UNSPORTING BEHAVIOUR

Consequence = Personal Foul = 1 minute penalty or ejection from the game.

Any incident on or off the field which breaches the philosophy /spirit of the game by being unsporting in nature may incur a penalty. This includes deliberate &/or consistent roughness which may result in a player being ejected from the game after receiving a warning. Umpires should encourage and reinforce positive sporting behaviour.

### BOUNDARIES

The ball will be in play continuously. If the ball gets stuck or goes onto another court it will be awarded to the player closest to the ball when it was deemed out of play.

### GOALS

Scoring — when the ball passes over the goal line and through the face of goal, the umpire shall whistle a goal. If a player steps in the circle before the umpire signals a goal — it will be disallowed. Restart of Game — After a goal is scored, the opposition takes possession at their goal crease and as soon as both sides are in their respective defensive halves, the umpire will whistle the start of play. Teams are encouraged to return quickly to their defensive half. Goal keepers must be wearing a helmet and breast plate to play in goals, the game will not be able to start without this protective gear.

### GOAL TENDING

Consequence = Advantage, if advantage is lost ball will be awarded to attacking team player at the centre. Goal tending is not permitted.

### GOAL CIRCLE INFRINGEMENT

Consequence = Loss of possession

- a. The goal circle is an area designated for the goal keeper only. Any part of the stick or body grounded in the circle and impacting the immediate play will result in a turnover.
- b. No intentional pass back into the goal circle area is permitted.
- c. The goal keeper may not re-enter the crease while in possession of the ball.

### DEFENSIVE POSITIONING

Players are to be in front of the attacking player to play defence. Defending from the side or behind will result in the following: Consequence=Advantage, if advantage lost ball will be awarded to attacking player at centre line. Offending player will be placed out of play. Players are encouraged to keep two hands on their stick in defence. Any defender extending their stick with one hand & deemed not to have control of their stick, will result in the following: Consequence=Advantage, if advantage lost ball will be awarded to attacking player at centre line. Offending player will be placed out of play.

### 1 MINUTE PENALTIES

- a. Location of possession will be from where the penalty occurred if in the defensive half or at the centre line if in the attacking half.
- b. A player may only incur 5 penalties before being expelled for the remainder of the game.
- c. If a goal keeper incurs a 1 minute penalty a player may serve the penalty for them.