

## **IRONCROSS BASELINE RULES**

*This is an experimental sport. The author of these rules waives any liability for any damages caused by participating in any activities described in these rules, in whole or in part, including but not limited to injury, illness, death, property damage, and fines or imprisonment.*

**Gameplay.** A game consists of two teams playing against each other. A team wins by scoring more goals than the other team. A game consists of 4x 13-minute periods, with the game clock only counting down during gameplay. Each team is randomly assigned a side at the beginning of the game, and then the sides switch after each period.

**Playing Field.** A game is played on a 90-yard by 60-yard turf playing field, with a minimum six-foot buffer surrounding it. There are also two field lacrosse nets on the playing field, facing inwards (for greater certainty, the opening of a field lacrosse net is six feet by six feet). See diagram below for the required markings on the playing field. The lines and edges should be marked by easily visible painted stripes.

**Teams.** Each team may have a maximum of 6 players on the playing field at any one time. At most one of these players can be a goalie. Each team may also have additional players not on the playing field for substitutions. All players on a team must wear matching colours distinct from those of the other team.

**Protective Equipment.** Players must wear a men's field lacrosse helmet or equivalent. Male players must wear a protective cup. Additional padding may be worn provided it does not give the player an unfair advantage or pose an injury risk to other players.

**Goalie Equipment.** Goalies must wear full field lacrosse goalie equipment or equivalent, minus a stick, and with baseball catching gloves or equivalent on both hands. Goalies are authorized to wear box lacrosse goalie pads or equivalent on their legs.

**Flags.** Players other than goalies must wear two football flags on their hips, with one on each side. They should be approximately 2 inches wide and 15 inches long, and must be the same for all players. They must remain visible and unobstructed at all times, and should be able to be removed with limited force. There should be nothing on the player's clothing, such as pockets of belt loops, in which a finger could get caught.

Uniforms. To maintain a consistent appearance across the sport, it is recommended that team uniforms consist of a short-sleeve shirt and shorts, with a team logo on the front of the shirt and the name of the locality or institution that the team represents written above the logo, and the player's number on the back with his name written above it. Each team should have a uniform for which the shirt is primarily white and a uniform for which the shirt is primarily a colour that is easily distinguishable from white. Flags should be white.

Ball. See diagram below on how to construct the ball.

Goal. A goal is scored by getting the ball into the opponent's net with the ball crossing through the opening under the crossbar and between the goalposts, fully crossing the goal line. If, after the goal, one team has more goals than the other, a field stoppage is called with possession given to the team with fewer goals. If both teams have the same number of goals, a field stoppage is called with possession given to the team that did not just score.

Goal Not Counted. A goal is not counted if (1) the ball was knocked in from the ground or the air by the scoring team with a body part other than the front of the hand; (2) the ball deflected in off of a player from the scoring team in the crease; (3) the goalie has been physically impeded from stopping the ball by a player on the scoring team in the crease; (4) it was scored from across the centre line; (5) it was not scored during gameplay; or (6) as a result of the momentum he had before releasing the ball (excluding that which is imparted to him by an opposing player), the goal-scorer steps into the crease after releasing it, even if it is after the ball has gone in. A goal not counted during gameplay results in a spot stoppage, with the team other than the one that scored given possession six feet behind the crease.

Moving the Ball. A player can carry the ball, throw the ball, pass the ball to a teammate, knock the ball when it is on the ground or in the air, or more generally do anything with the ball that is not otherwise prohibited. When a player is carrying the ball, he is said to be in possession of it.

Checking. A player is said to check another player when he obstructs that player's ability to throw or pass the ball. It can include grabbing the player's arm, blocking it while it is in motion, or grabbing on or shoving the player in the shoulders or the pectoral area. Checking can only be performed against the ball carrier, and only to prevent him from passing or throwing the ball.

Flagging. A player is said to flag another player when he removes a flag from that player's hips. After being flagged, a player may pick up and reattach his flag as soon as he no longer has possession of the ball.

Warding. The ball carrier is permitted to use his arm to ward off another player from checking or flagging him. However, if the ball carrier grabs another player, a spot stoppage is called where the grab occurs with the player he grabbed given possession.

Blocking. Blocking refers to deliberately standing in a player's way in order to impede his movement. While blocking, a player may brace against the other player with his hands or extend his hands outwards to block with his arms. Blocking is permitted against the ball carrier, but only to make it easier for oneself or a teammate to flag him, or against an opposing player to protect a teammate who is picking up a ground ball.

Turnover. If the ball carrier is flagged, he must come to a standstill as quickly as possible. He may hold onto the ball for as long as his throwing arm is not being checked, and he may attempt to pass the ball to a teammate or throw it at the net. He may also pivot, leaving one foot in place on the ground. If his throwing arm is checked while he is in the process of throwing or passing, he may attempt to complete the throw or pass. However, if his arm is checked before he has initiated a throw or pass, if he stops the throwing or passing motion as a result of the check, if he drops the ball, or if he has not come to a standstill as quickly as possible, the referee calls a spot stoppage where he was flagged and gives possession of the ball to the player who flagged the ball carrier.

Ground Ball. When a player picks up the ball from the ground, if there is an opposing player close enough such that the referee determines the player who picks it up will immediately be flagged, the referee calls a spot stoppage at the point where the ball was picked up with the player who picked it up given possession. This only applies if the player scoops it up with his hand and stands up straight right away (rather than covering it up hockey-goalie-style). It does not apply if he is the one who put it on the ground, if it is there because he missed a pass from a teammate (unless he missed it because it was blocked), if it is there because a teammate has tossed it away, or if it was put on the ground by a teammate as he was being flagged.

Stoppages. There are three kinds of stoppages: spot stoppage, field stoppage, and faceoff stoppage. As soon as the referee calls the stoppage, gameplay stops with the referee blowing his whistle. Gameplay then resumes with the referee blowing his whistle when ready.

- Spot Stoppage. After calling a spot stoppage, the referee must declare the location of the stoppage and which player or team is given possession. The player (or a player from the team) given possession takes possession of the ball at the point of the stoppage, and all other players must move to at least six feet away from that player. If a player has been flagged, he is allowed to reattach it. Once all of this has happened, the referee blows his whistle to signal the resumption of gameplay.
  - A player cannot be flagged or checked from behind until the player has moved six feet or released the ball (behind is interpreted in reference to the direction that the player given possession is facing at the resumption of gameplay).
  - The player given possession must be holding the ball against his chest to start gameplay.
  - If the player given possession is facing towards a crease or the edge of the playing field to resume gameplay, a player from the other team must be able to stand six feet away from the player given possession and still be fully outside either crease and fully in the playing field. If the defender has his back to a crease or the edge of the playing field, the back of the foot of the player given possession should be at least six feet away from the crease or edge. If necessary, the point of the stoppage is moved to the minimal extent necessary to satisfy these conditions.
  - A goalie cannot be given possession.
- Field Stoppage. After calling a field stoppage, the referee must declare which team is given possession. All players must retire fully to their own side of the centre line, with one player from the team given possession holding the ball six feet from the faceoff dot. Once this has happened, the referee blows his whistle to signal the resumption of gameplay.
- Faceoff Stoppage. During a faceoff stoppage, the ball begins on the faceoff dot with one player from each team with the toes of one foot against the ball and their other foot fully on their side of the centre line. All other players must be fully behind their own goal lines. Once these conditions are satisfied, the referee blows his whistle to signal the start of gameplay. Until a player that did not take the faceoff has gained possession, the faceoff takers are not permitted to flag or check each other (*penalty: interference*) or score a goal (*penalty: delay of game*).
- A stoppage can be either a short stoppage or a long stoppage. A spot stoppage is a short stoppage unless there is a condition that requires it to last for a prolonged length of time, in which case the referee can make it a long stoppage. All other stoppages are long stoppages. During short stoppages, gameplay must resume as quickly as possible. During long stoppages, both teams must be given enough time to substitute all players on the playing field for players off of the playing field, if desired. For a field stoppage or long spot stoppage, the team given possession must be allowed to see which players the other team is putting on the field prior to making their substitutions. For a faceoff stoppage

following a tying goal, the team that did not score has that right, while for a faceoff stoppage to start a period, both teams must privately inform the referee who will be on to start the period.

Out of Bounds. If the ball or ball carrier leaves the playing field, a spot stoppage is called six feet inwards from the point where the ball or ball carrier exited. The team that was not the last to touch the ball before it went out of bounds is given possession.

### Offside

- A team becomes offside if they have players fully on the other team's side of the centre line while the ball is fully on their own side and they do not have possession.
- A team also becomes offside if they have possession of the ball fully on the other team's side of the centre line and move the ball fully back into their own side.
- If a team is offside, all of its players must partially return to their own side of the centre line. If the team moves the ball forward across the centre line before doing so, a field stoppage is called with the other team given possession. The responsible team cannot make substitutions during this stoppage.

Crease Possession. If a player other than a goalie has possession of the ball in a crease, a spot stoppage is immediately called with possession being given to the other team six feet behind the back of the crease.

Crease Block. If a player other than the goalie blocks the ball from entering the net while in his own crease, a goal is granted to the team that would have otherwise scored. If there is a chance that the goalie would have stopped it, then a penalty shot (with no corresponding penalty) is granted instead. This does not apply if the defender blocked it incidentally while in the crease for the purpose of moving an opposing player out of a screening position in front of the goalie.

Goalie Possession. If a goalie gains possession of the ball, a spot stoppage is immediately called. If the goalie gains possession in the crease, his team is given possession six feet behind the back of the crease. Otherwise, the other team is given possession where the goalie gains possession.

Disengagement. If, in the referee's judgement, it is clear that players from one team are trying to maintain the team's possession of the ball without making any attempt to score a goal, the referee may call a field stoppage and give the other team possession.

Deception. If, in the referee's judgement, one team tries to deceive the other team as to who is in possession of the ball, the referee may call a spot stoppage, with the other team given possession of the ball at the point where it was when the referee called the stoppage.

Pass Interference. If a player makes contact with a player receiving or intercepting a pass that prevents the pass from being completed, or flags the player before the pass is complete, a spot stoppage is called with the player that was interfered with being given possession at the point of interference. However, it is permissible for two players to fight for body position in order to receive or intercept a pass.

Shadowing. A player is said to shadow another player when he is within arm's reach of that other player when that other player does not have the ball. If a player is shadowing a player that receives possession of the ball, he must move out of arm's reach of the ball carrier before he can flag the ball carrier. If he flags the ball carrier without doing so, a spot stoppage is called at the point at which he flagged the ball carrier with the ball carrier given possession.

Obstruction. If the ball carrier holds his hand directly against his flag while warding or otherwise makes his flag irremovable, or if the ball carrier grabs another player, a spot stoppage is called and the other team is given possession at the point of the violation.

Double-Flagging. If the ball carrier has both flags removed by opposing players, a spot stoppage is called where his second flag is removed and he is given possession.

Substitutions. In addition to making substitutions during long stoppages, a team may make substitutions at any time during gameplay, or during short stoppages if it does not impede the return to gameplay. A player must fully leave through the near edge fully between the centre line and the substitution hashmark in his side in order to be deemed off the playing field, and then his substitution must enter through this area. If a team has more than the maximum number of allowed players or goalies on the playing field or has players on the playing field that are not authorized to play, they are assessed a minor penalty.

Breaks. There is to be a 5-minute warm-up before the game. By default, there is a 2-minute intermission between each period. Each team is allowed to call 1x 30-second timeout during a game, which can be called during any stoppage. If it is during a spot stoppage, that stoppage becomes a long stoppage.

Overtime. By default, overtime is 4 minutes long, with the maximum number of players allowed per side reduced to 5. If one team scores during overtime, the game ends immediately, and that team wins. Otherwise, the game ends tied.

Penalty. Upon a penalty being called, gameplay stops as soon as the team against which the penalty is called gains possession of the ball. A minor penalty lasts for 1 or 2 minutes of gameplay, while a major penalty lasts for 5 minutes of gameplay. The player receiving the penalty (or, if the penalty is against the team as a whole or against a goaltender, a player of the team's choosing) is not permitted on the playing field for the duration of the penalty, and the maximum number of players that his team is allowed on the playing field is reduced by one for the duration of the penalty.

- By default, a minor penalty is 1 minute. However, if it is for an action that creates a risk of injury or that takes away a scoring chance, it is 2 minutes. A penalty is upgraded to a major penalty if it is for an especially dangerous action or if there is intent to injure.
- If two penalties for opposing teams offset (that is, start and end at the same time), the maximum number of players allowed is not reduced.
- If a penalty would reduce the number of players that a team is allowed to less than 4, then both sides are allowed an extra player so that no team has to play with less than 4 players.
- If one team has more ongoing penalties (including pending penalties) than the other team and lets in a goal, then their non-offsetting minor penalty with the least amount of time left is immediately ended. If there are no minor penalties to be ended by this rule, then the non-offsetting major penalty with the least amount of time remaining is instead reduced by 1 minute.
- At the end of a non-offsetting penalty, only the player serving the penalty can re-enter the playing field to increase the maximum number of players allowed on the field, and this player must enter through the far edge fully between the centre line and penalty hashmark on his side (*penalty: illegal substitution*).
- If a player receives a penalty for an action that prevents an opposing player from running towards the net with the ball unobstructed, then the player with the lost scoring chance (the shooter) is given a penalty shot.

- If a player receives a 2-minute or 5-minute penalty in the last minute of the fourth period or overtime, the other team is awarded a penalty shot. This is determined based on the time of the action that leads to the penalty, not when play is stopped.

Penalty Shot. For a penalty shot, the shooter starts in his team's crease, the opposing goalie starts in his own crease, one player from the opposing team (the defender) stands at the faceoff dot with one foot fully on either side of the centre line, and all other players remain off of the playing field. The shooter must declare either left or right. The referee blows his whistle, and the shooter runs towards the opponent's net, crossing the centre line on the side of the faceoff dot he declared, in an attempt to score a goal. The defender cannot move until the shooter crosses the centre line, and afterwards may check or flag the ball carrier. If the shooter scores a goal, it is added to his team's goal count. The penalty shot ends once a goal is scored, once the shooter is flagged and checked or ends his forwards momentum if he is still holding the ball, or once he releases the ball and the ball either stops moving or again makes contact with him. The game clock does not count down during a penalty shot, and the penalty shot is supplemental to a penalty and does not replace the penalty.

#### Penalty: Interference

- A player may not deliberately impede another player's movement, except when legally blocking or checking that player.
- If a player has flagged the ball carrier, he must immediately drop the flag to the ground. Preventing a player from recovering a flag is not permitted, and flagging anyone other than the ball carrier is not permitted.
- Notwithstanding these rules, a player may make contact with another player unintentionally or incidentally in fighting for body position, and may use his hands or brace or himself in the case of unintentional or incidental contact.
- Notwithstanding these rules, if a player initiates legal contact and conditions change to make that contact illegal, the player may follow through with the contact to the extent that he cannot reasonably prevent the contact from occurring or continuing.

#### Penalty: Goalie Interference

- A goalie is not permitted to initiate contact except against a player that is screening him or impeding his movement.
- A player is not permitted to initiate contact against a goalie.

### Penalty: Roughing

- Excessive contact is not permitted.
- Deliberate contact to the head is not permitted.
- A jerking motion of the arm, or manoeuvring the arm in a way that can cause damage, is not permitted.
- A player may not initiate contact against a player on the other team when gameplay is paused.
- Any form of contact not explicitly permitted is prohibited, subject to a standard of reasonability.
- Notwithstanding these rules, the referee may use his discretion as to the appropriate level of roughness that players may engage in away from or after the play without penalty, provided there is no risk of injury.

### Penalty: Charging

- When checking or blocking another player, creating a rapid (as opposed to gradual) transfer of kinetic energy to the other player is prohibited.
- A player is not permitted to try to run through another player. He must attempt to go around an opposing player that is blocking him.

Penalty: Shoving. Shoving a player in the sternum area, female breast area, below the chest, or in the centre of the back is not permitted. Shoving of the chest or back is only permitted when it is part of blocking, checking, or warding a player, and cannot be used to deliberately knock the player to the ground.

Penalty: Holding. Holding a player is not permitted, except when it is part of grabbing a player's upper body while checking a player. Holding or grabbing cannot be used with the intent to restrict a player's mobility relative to the ground. Grabbing another player's equipment, clothing, or hair is also not permitted.

Penalty: Playing Without a Flag. A player is not permitted to check, block or flag another player or make contact with the ball if he does not have both flags attached, except immediately after

being flagged. This penalty is waived if his own team has the ball, in which case a spot stoppage is called and the other team is given possession at the location of the ball carrier.

Remedial Powers. The referee may call a penalty for delay of game (*penalty: delay of game*), unsportsmanlike conduct (*penalty: objectionable conduct*), dangerous, unfair, or offensive equipment (*penalty: illegal equipment*), carelessness towards self or others (*penalty: negligence*), or anything else for which a penalty is reasonable (*penalty: objectionable conduct*), may remove a player from a game for egregious conduct or safety reasons, and has the authority to assess a forfeit to either team. The referee may suspend gameplay if required for safety or fairness reasons. The referee may reverse a call he made at any point before the next resumption of gameplay or he signals the end of the period, whichever comes sooner.

### Signals

- Spot stoppage: After the whistle, the referee holds one arm out with a closed fist pointed towards the side of the team given possession (or the player given possession), and points with the other arm with a knife hand towards the point of the stoppage. This signal only needs to be given when it is not clear to the players the nature of the stoppage.
- Long stoppage: If a spot stoppage becomes a long stoppage, the referee holds both hands in the air with fists closed.
- Field stoppage: After the whistle, the referee points with one arm with a closed fist towards the side of the team given possession, and keeps the other hand to his chest.
- Faceoff stoppage: Before resuming gameplay, the referee holds both arms out to the sides parallel to the ground with closed fists.
- Penalty: Upon declaring a penalty, the referee holds one arm straight up in the air with hand open. After the whistle is blown, the referee points with a knife hand to the player given a penalty (or to the net of a team given a penalty), and then holds a hand out with either one or two fingers up (to signal a minor penalty of the respective length), or five fingers up (to signal a major penalty).
- Offside: While a team is offside, the referee holds one arm straight up in the air with a closed fist.
- Goal: After blowing the whistle, the referee emphatically points with a knife hand to the net on which the goal was scored.
- Goal not counted / reversal of call: If a goal is not counted or the referee reverses a call he made, the referee places his hands immediately in front of his chest with his arms parallel to the ground and hands open, then moves his hands outwards so that his arms

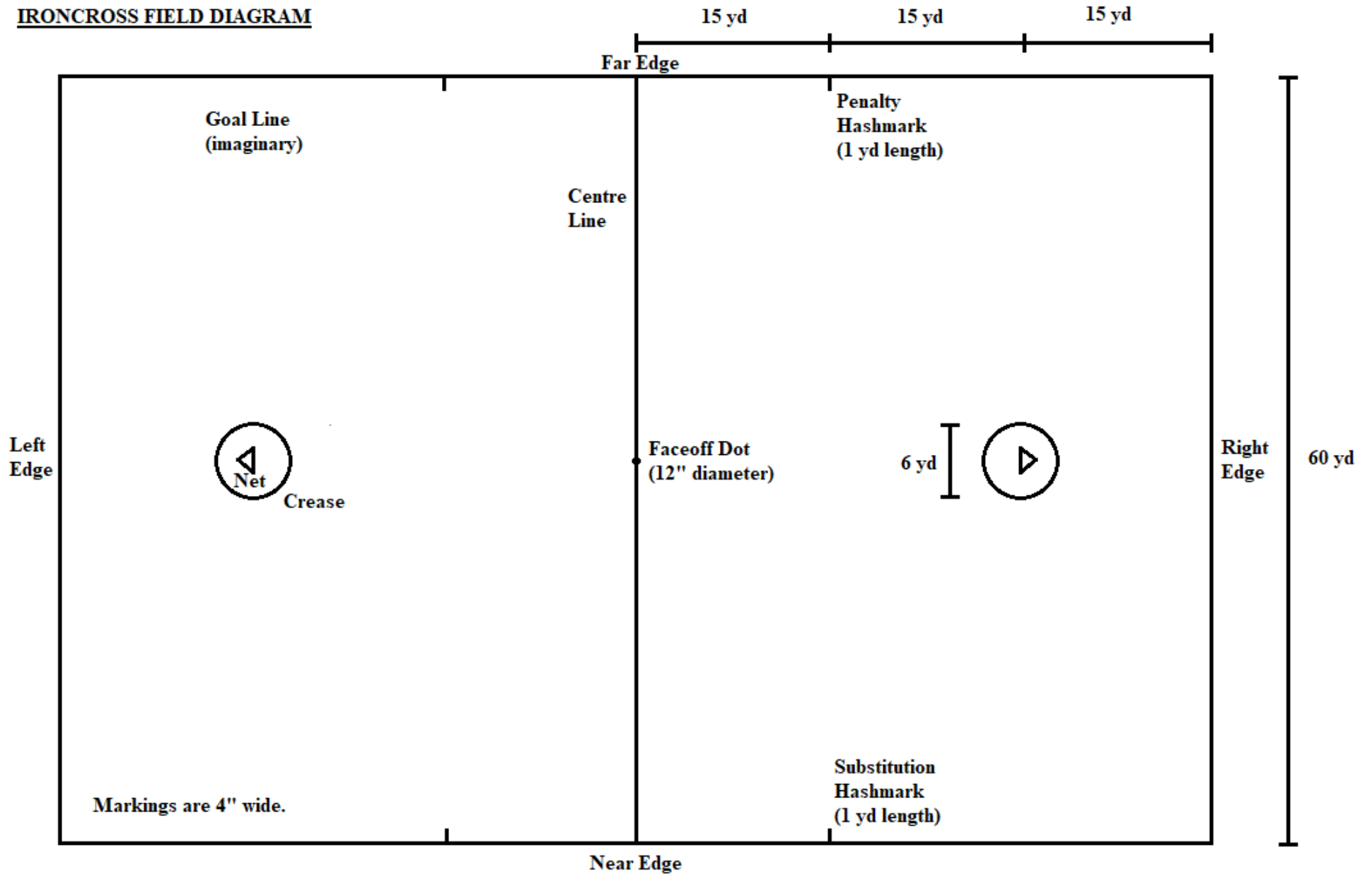
are straight with his hands pointing in opposite directions, then moves his hands back to the initial position. His arms remain parallel to the ground throughout the movement.

- Penalty shot: The referee points with a knife hand first to the player given the penalty shot, then to the faceoff dot.
- End of period: The referee gives a thumbs-up to the timekeeper.

### Interpretations

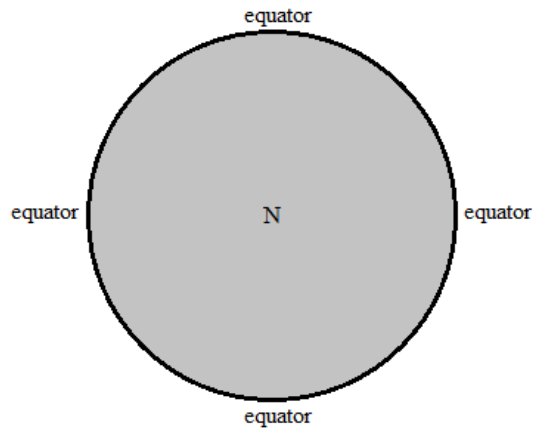
- A player is considered to be in the process of throwing the ball while winding up to throw it, but only if the wind-up is part of a continuous motion that includes the throw.
- When no player is in possession of the ball, the location of the ball on the playing field is considered to be every point directly below the ball. When a player is in possession of the ball, the location of the ball is considered to be everywhere in which the player is making contact with the ground. A player's location on the playing field is considered to be everywhere in which the player is making contact with the ground. If he is not in contact with the ground, it is the last point of the ground at which he made contact.
- A player is deemed to be in possession of the ball if he is pinning the ball against the ground such that no one else can retrieve it.
- A turnover does not automatically occur if the ball carrier falls to the ground, unless his flags become inaccessible.
- When a team is given possession of the ball during a stoppage, the team is not considered to gain possession until gameplay resumes.
- The goal line is an imaginary line that connects the rearmost part of a net's goal posts and runs parallel to the near edge and far edge.
- The edges of the playing field are the inner edges of the corresponding stipes. The edge of the crease is the outer edge of the corresponding stripe. The substitution and penalty hashmarks are the edge of the corresponding stripes closer to the centre line. The centre line is considered to include the entirety of its corresponding stripe.
- When painting the field is not feasible, adaptations may be made to the way in which the field is marked, pacing may be used to approximate distances if necessary, or distances may be adapted to existing markings on the field.
- References to other sports are assumed to refer to those sports as understood by their respective governing bodies in Canada, at the time of publication of these rules.

IRONCROSS FIELD DIAGRAM



**IRONCROSS BALL CONSTRUCTION**

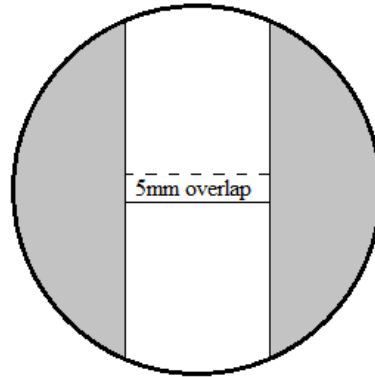
Place six great-circle strips of Renfrew Pro 24mm white hockey tape onto 2.5"-diameter lacrosse ball as per diagram.



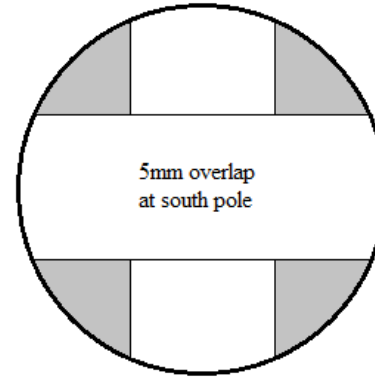
**Lacrosse ball orientation for Steps 1-6**

Once complete, rub baking soda onto ball to remove stickiness, then brush off and bounce against hard surface to remove excess powder.

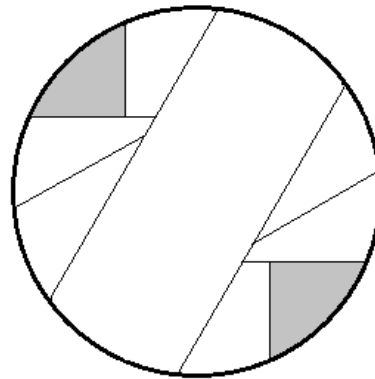
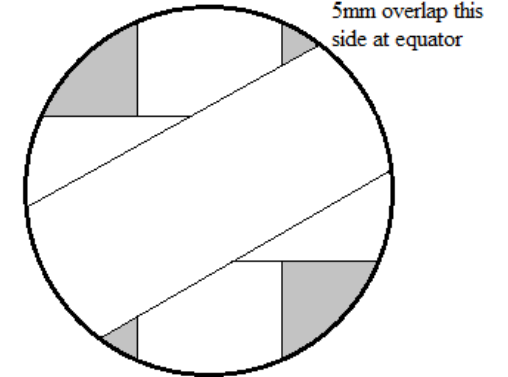
**Step 1**



**Step 2**

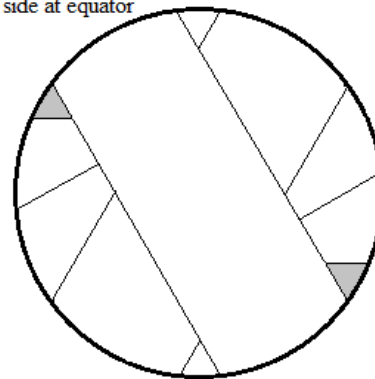


**Step 3**

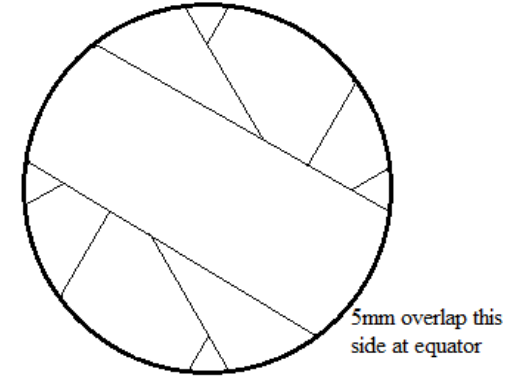


**Step 4**

5mm overlap this side at equator



**Step 5**



**Step 6**