

# LACROSSE PENALTY CHEAT SHEET



## What is a Penalty in Lacrosse?

A penalty occurs when a player violates the rule. Officials stop play and may award possession or penalty time while the team with the penalty is short-handed, and 'down-a-man.'

### PENALTY CATEGORIES

**TECHNICAL  
FOULS** 

*Minor Infractions*

**PERSONAL  
FOULS** 

*Safety Violations*

**EXPULSION  
FOULS** 

*Ejection from Game*

### TECHNICAL FOULS

✓ Offside



Push



✓ Interference

✓ Hold



✓ Interference

✓ Crease Violation

✓ Illegal Screen

✓ Delay of Game

### PERSONAL FOULS

✓ Slashing



Illegal  
Body Check



Unnecessary  
Roughness

✓ Cross-Checking

✓ Tripping

✓ Unnecessary Roughness



### SEVERE PENALTIES



Fighting



Head or Neck Contact



Major  
Misconduct

### GAME IMPACT

| Category  | Time               | Impact                      | Impact         |
|-----------|--------------------|-----------------------------|----------------|
| Technical | <b>30 seconds</b>  | Possession or short penalty | Possession     |
| Personal  | <b>1-3 minutes</b> | Team plays man-down         | Player removed |