

THE CARDINAL RULES OF PENALTY ENFORCEMENT

(Mike McGowan – February 2024)

1. You can **NEVER** serve time if your team has the ball and you commit a **TECHNICAL FOUL**.
2. You will **ALWAYS** serve time if you commit a **PERSONAL FOUL**.
3. There are only TWO TIMES when you can serve time on a **LOOSE BALL TECHNICAL FOUL**. (THE OTHER TEAM COMMITS A PERSONAL FOUL-SIMULTANEOUS FOULS, loose ball must happen first) - or If there is already a flag down.
4. If a team is going to be man up and there are only fouls on one team it will always result in the **BALL AWARDED IN OFFENSIVE HALF OF FIELD**.
5. If there is a MAN UP at the end of a QUARTER, the team in POSSESSION at the end of the quarter will START the next quarter with POSSESSION (the BALL).
If the ball is LOOSE- **FLAG DOWN denotes POSSESSION**.
6. After penalty enforcement, (TIME SERVING OR LOOSE BALL) the offense can **NEVER*** restart in the offensive box. ***7.3C**
7. If a player commits multiple fouls and one of them is NON-RELEASABLE, he must serve the non-releasable foul FIRST.
8. If a team is man up and they score, all penalties on the other team are released unless they were **NON-RELEASABLE** fouls or **STACKING** is in force.
9. If there are **LIVE BALL** fouls on both teams, the team with **LESS TOTAL PENALTY TIME** gets the ball regardless of sequence. If the time is equal, the team that had the ball keeps the ball. The ball restarts where it was when the whistle was blown.
IF FOULS ARE LIVE = RESTART IS DEAD (or Live Ball Leave it)
10. If there are **DEAD BALL** fouls on both teams, they are enforced in **SEQUENCE** regardless of penalty time. **The ball restarts according to the last foul**.
IF FOULS ARE DEAD = RESTART IS LIVE (or Dead Ball, Dead Center)
11. If there are **SIMULTANEOUS DEAD BALL** fouls the ball will restart where it was.
12. If there are live ball fouls followed by dead ball fouls, the LAST DEAD BALL FOUL will determine who gets the ball and where it starts.
IF FOULS ARE DEAD = RESTART IS LIVE (or Dead Ball, Dead Center)
13. **All penalties that occur between when the first flag is thrown and the whistle is blown to resume play, all common penalty time shall be non-releasable. (REMEMBER RULE #1 WHEN ENFORCING THESE PENALTIES) Rule 7. 2(d)**
14. The offense can't score a goal if they have a man in the crease when the ball enters the goal.