



Personal Fouls



Personal Fouls

- Referred to as “ the felonies” ...
- ALWAYS time serving
- Typically call themselves as they are usually obvious
- 1-2-3 minute depending on severity and at the officials discretion.
- No such thing as a 1 minute non-releasable where contact is involved



Personal Fouls

- Checks involving Head and Neck contact
 - These are not brushes or garden variety slashes or holds that slip vertically
 - These MUST be called.
 - MUST be 2 or 3 minute Non Releasable
 - MUST be consistent
 - Can be UNR, IBC, USC – call them what you want, but call them

Personal Fouls / Cross Checking

“The player may not check his opponent with his crosse in a crosse check position - that is check him with that part of the handle of his crosse that is between his hands, either by thrusting it away from his body or by holding it extended from his body”



Watch for

- a] extension / thrusting
- b] hands apart

Can be confused with a hold ...

- Early in a game, a cross check can be a hold
- If a defender “stops” an attacking player with the metal between his hands, it has to be either a hold or a cross check
- Coming up over the back of the attacking player is the same thing.

Personal Fouls / Cross Checking



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Personal Fouls / Cross Checking



Northview Cross Check on Chase Perry.mp4



Crosscheck 1 Slow Motion.mp4



Crosscheck 2.mp4



Personal Fouls / Cross Checking

Penalty:

- 1 Minute, releasable
- can be multi-minute due to severity
- contact with the head / neck is multi-minute, NR

Signal: color / # / cross-check / time

- For it to be legal, a body check must be below the neck and both hands of the player applying the body check must remain in contact with his crosse
- An Illegal body check includes the following actions:
 - checking of an opponent who was not possession of the ball or within 5 yards of a loose ball
 - initiating contact from the rear or at or below the waist
 - initiating contact with an opponent above the shoulders of the opponent.
 - Initiating contact with opponent was any part of his body other than his feet on the ground
 - The blocking of an opponent the head or initiating contact with the head known as spearing
 - Can be Offense or Defense



Personal Fouls / Illegal Body Check



Kent Denver Lacrosse Hit.mp4



HUGE LACROSSE HIT - Prodigy Launch.mp4



BIG HIT by High School Lacrosse Player.mp4



HUGE Blindside Lacrosse Hit.mp4



Keys

These usually happen in transition

- LEAD – must be in position, ahead of the ball
- HEAD UP – don't ball watch
- ANTICIPATE THE PLAY
- FIND THE DEFENSE
- HEAD UP and ACTIVE



Personal Fouls / IBC

Penalty:

- 1 Minute, releasable
- can be multi-minute, non-releasable due to severity
- contact with the head / neck is multi-minute, NR

Signal: color / # / Illegal Body Check / time