

CHEATING

FACEOFF

- Improper initial positioning
- Movement before the whistle
- Grabbing other player's stick with free hand
- Moving the ball with free hand
- Kicking the other player's stick
- Holding the other player illegally
- Wing player leaving before the whistle
- Wing player holding his opponent before whistle or on the way to center after whistle

GENERAL

- Thumbing the ball
- Chesting the stick with the ball in it
- Holding the other player's stick with free hand or with clamped elbow
- Substitute coming on the field fractionally before his teammate is completely off
- Substitute deliberately hiding in sub box during clear and then popping out after restart while his defender is wandering around the field looking for someone to cover
- Attempting to do a restart by moving to an incorrect place that is more advantageous; moving closer to midfield line from defensive side, moving over midfield line into offensive side, moving closer to the goal, restart after a shot when defense is not ready, during man up attempting to restart right behind the goal instead of way out to the side
- Having mouthpiece partway out of mouth while playing
- Switching to an illegal stick after their stick has been checked a first time
- Crease play – offensive player pushing off defensive player to get open or defensive player subtly holding the body of attacker with hand or stick
- Defender not giving FULL 5 yards from player doing the restart. Particularly watch this when restart is in the defensive end 5 yards or less from the midline
- Two offensive players next to each other on restart – hidden ball trick. Everyone on the field from either team must be 5 yards away from the restarting player