

## **Illegal Body checks vs. Unnecessary Roughness**

**Safety of the participants is first and foremost our biggest duty. Protect yourself by protecting the players. The SDCLOA via Mike Hoban has been making a big push to get every member properly insured. The best insurance is great officiating that keeps players from causing undue harm upon each other.**

**You will hear many say to you after you have made a personal foul call for Illegal body checks (IBCs) or unnecessary roughness that lacrosse is a “contact sport”. This is not entirely true. Lacrosse is a game of speed and skill – fastest sport on two feet as they say – with various degrees of contact inherent.**

**Tonight we will open our training session by talking about the physical aspect of the game. The illegalities and what is allowed. We also must understand as officials what is an IBC and what is unnecessary roughness – they are not the same.**

### **IBCs clearly defined:**

- **Above the shoulders**
- **Below the waste**
- **From the rear**
- **Player without ball or more than 5 yards away from loose ball – protect the passer shooter (teams will test you on what they can get away with. Get this one early and you may not have to call it again all day)**
- **Player on the ground**
- **Goalie in crease**
- **Initiating contact with the helmet (spearing)**

## Unnecessary Roughness more subjective

- Avoidable
- Deliberate
- Violent
- Body checking of unsuspecting or vulnerable opponent (face offs, loose balls)
- Extremely physical check on goalie outside is crease (not fair game)
- The “Buddy Pass”
- Charging (running starts)
- Even a body check that is ‘legal’ by rule can be deemed unnecessary roughness if the act was **AVOIDABLE, DELIBERATE, and VIOLENT**
- **THIS IS NOT A GAME OF KILL THE MAN WITH THE BALL**

## Examples of legal body check situations

- Player looking to scoop ground ball (within 5 yards) gets ‘hip-checked’ or bumped off the ball from the side or front – not buried
- Offensive player is legally checked while in the act of or immediately after making a pass or shot. Nothing late. If you count more than one-thousand in your head after the ball was released and that player is subsequently hit in a forceful manner you most likely have an IBC
- An Attacking player runs 1-on-3 into the teeth of his opponent’s defense in front of the net. Unless there is an egregious blow to the head with the body or stick by any of the defenders you most likely have a “enter at your own risk” situation. **HOWEVER THIS DOES**

**NOT MEAN THE DEFENSE HAS FREE LICENSE TO CAUSE BODILY HARM. This simply means that if the attacker gets manhandled or banged around in there you can attribute it to play-of-the-game**

- **Player on the crease gets removed from the area by a defender in a legal manner and the ball was either in the attacker's possession or he is within 5 yards of a loose ball – think football players driving a blocking sled in practice**
- **Any offensive player (including a goaltender out of the crease) with possession or while passing/shooting gets legally body checked and the body check is not excessively violent (not a charge)**