

RELEASE OR NOT TO RELEASE?

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KNOW THE ANSWER TO THE QUESTION

# RELEASEABLE FOULS

WHEN A TEAM IS MAN-DOWN AND ITS OPPONENTS HAVE SCORED A GOAL DURING THE MAN-ADVANTAGE, THE FOLLOWING TIME-SERVING FOULS SHALL NO LONGER BE SERVED (RELEASEABLE):

- ALL FOULS THAT WERE TECHNICAL IN NATURE
    - HOLDING
    - PUSHING
    - TOO MANY MEN
    - ILLEGAL SUBSTITUTION
    - OFFSIDE
    - ILLEGAL PROCEDURE
  - ALL OF THESE AND ANY OTHER TF ARE RELEASEABLE
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# RELEASEABLE FOULS

WHEN A TEAM IS MAN-DOWN AND ITS OPPONENTS HAVE SCORED A GOAL DURING THE MAN-ADVANTAGE, THE FOLLOWING TIME-SERVING FOULS SHALL NO LONGER BE SERVED (RELEASEABLE)

- THE FOLLOWING PERSONAL FOULS (IF NOT DEEMED FLAGRANT OR NON-RELEASEABLE BY RULE):
  - SLASHING
  - UNNECESSARY ROUGHNESS
  - ILLEGAL BODY CHECK
  - CROSS CHECK
  - TRIPPING

# NON-RELEASEABLE FOULS

WHEN A TEAM IS MAN-DOWN AND ITS OPPONENTS HAVE SCORED A GOAL DURING THE MAN-ADVANTAGE, THE FOLLOWING TIME-SERVING FOULS SHALL CONTINUE TO BE SERVED UNLESS DEEMED RELEASABLE BY RULE (NON-RELEASEABLE)

- THE FOLLOWING PERSONAL FOULS
  - EQUIPMENT VIOLATIONS
    - NO GLOVES, SHOULDER PADS, MOUTHPIECE, ETC.
    - DEEP POCKET
    - ILLEGAL STICK LENGTH OR HEAD DIMENSIONS
  - UNSPORTSMANLIKE CONDUCT
  - FLAGRANT FOULS

# NON-RELEASEABLE FOULS

THE FOLLOWING PERSONAL FOULS MAY BE NON-RELEASEABLE WHEN SPECIFIC CRITERIA HAS BEEN MET

- CROSS CHECK HIGH (ABOVE SHOULDERS)
- SLASHING HIGH – “UNCONTROLLED AND/OR DELIBERATE”
- ILLEGAL BODY CHECK
  - HIGH
  - DEFENSELESS PLAYER (VIOLENT CONTACT)
    - BLIND SIDE
    - HEAD DOWN
    - JUST TURNED

# RELEASABLE VS NON-RELEASEABLE FOULS

THE FOLLOWING PERSONAL FOULS MAY BE RELEASABLE WHEN SPECIFIC CRITERIA HAS BEEN MET

- UNSPORTSMANLIKE CONDUCT
  - COMMITTING REPEATE TFs
  - NOT RETURNING TO FIELD OF PLAY IMMEDIATELY

# RELEASABLE VS NON-RELEASEABLE FOULS

ALL SIMULTANEOUS TIME-SERVING FOULS OR FOULS SERVED CONCURRENTLY PER RULE 7-2-D SHALL BE NON-RELEASEABLE

- A12 CROSS CHECKS B1, B17 SLASHES A12.
  - A12 & B17 SERVE MINIMUM 1-MINUTE NON-RELEASEABLE EACH
- A12 PUSHES B1, B17 SLASHES A12
  - A12 & B17 SERVE 30 SECONDS NON-RELEASEABLE
  - B17 MAY BE RELEASED IF GOAL SCORED AFTER A12'S RELEASE
- A12 CROSS CHECKS B1, B17 SLASHES A12. WHILE BOTH ARE SERVING, A5 GETS SENT TO PENALTY AREA FOR BEING OFFSIDE. TEAM B SCORES WHILE ALL THREE PLAYERS ARE SERVING TIME
  - A5 IS RELEASED, A12 & B17 REMAIN IN PENALTY AREA FOR FULL TIME