



# 中國香港棍網球總會有限公司

CHINA HONG KONG LACROSSE ASSOCIATION LIMITED

Unit B, 16/F, North Point Industrial Building, 499 King's Road, Hong Kong

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## 兒童棍網球球例 (2024 年 1 月更新)

### Mini Lacrosse Rules (Updated January 2024)

#### 比賽簡介 The Game

棍網球比賽由兩支球隊對賽，每隊各有 4 名持有棍網的球員出場，雙方目的是於常規比賽時間內獲得更多進球。球員可以通過取得控球權來阻止對手得分。

The game is played by two teams of 4 players each carrying a legal Crosse. Objective of the game is to score a greater number of goals during regulation game time. Players may prevent opponents from scoring by securing possession.

#### 1. 比賽場地 Field

- 1.1 以寬度 18 米，長度 36 米畫作球場大小。

Field Size is 36 m \* 18 m.

- 1.2 球門為 120 厘米(高)，100 厘米(闊)，置放於離底線 5 米的位置。

Cage size is 120cm(height) \* 100cm(wide) and will be placed at 5 meters from the end line.

#### 2. 球場畫線 Lines of the Field

- 2.1 比賽場地由兩條底線、兩條邊線及一條中場線組成。

The playing area contains two end-lines, two side-lines and one midline.

- 2.2 以球門線中心點為中心畫有一個半徑為 2 米的圓形，稱為守門圈。

Goal crease (or goal circle) : A circle of 2 meters radius measured from the center point of the goal line.

- 2.3 以中場中心點為中心畫有一個半徑 2.5 米的圓形，稱為中圈。

Centre Circle: a circle of 2.5 meters radius measured from the center point of the field.

- 2.4 球門線: 兩個龍門柱之間

Goal line: between the pipes of the goal cages.

- 2.5 換人區：置於球場一邊的換人區共 8 米闊。換人區線於中場線兩側 4 米位置劃一條 1.5 米的線。後備區置於換人區兩側，計時區則置於換人區後方。

A Substitution Area is 8 meters long, 4 meters from the midline extending to both sides, and 1.5 meters in depth from the sideline. The team's bench area would be on both sides



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of the Substitution Area, and the timer's table will be behind the Substitution Area.

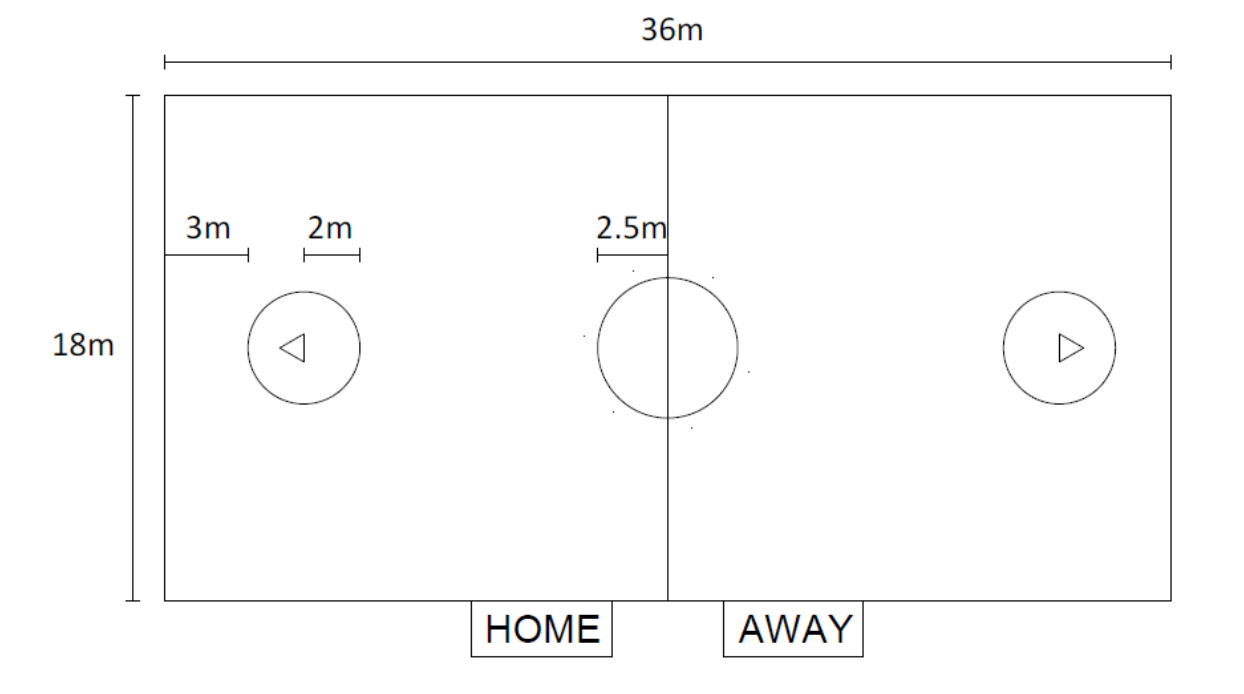


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## 場地圖 Field Diagram



(\*尺寸或與真實場地有微細差別 Size of the actual field may be different from the numbers)



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### **3. 比賽時間 Game Time**

#### **3.1 常規比賽時間 Regular Game Time**

##### **3.1.1 U12 組**

U12 組別比賽分為兩節，每節 10 分鐘，兩節之間休息時間為 3 分鐘，比賽途中不設暫停

The game time of the age group of U12 will be two 10-minute halves. The intermission between two halves will be 3 minutes. No time-out throughout the game.

##### **3.1.2 U8 組別**

U8 組別比賽分為兩上下半場，每半場 8 分鐘，半場之間休息時間為 3 分鐘，比賽途中不設暫停

The game time of Age group U8 will be two 8-minute halves. The intermission between two halves will be 3 minutes. No time-out throughout the game.

##### **3.1.3 U6 組別**

U6 組別比賽分為兩上下半場，每半場 5 分鐘，半場之間休息時間為 2 分鐘，比賽途中不設暫停

The game time of Age group U6 will be two 5-minute halves. The intermission between two halves will be 2 minutes. No time-out throughout the game.

#### **3.2. 加時賽 Overtime**

當常規比賽時間完結後，雙方得分相同時，黃金入球制加時賽將根據以下原則進行：

When the score is tied at the end of regulation playing time, sudden victory overtime will happen following these guidelines.

If the game needs to play overtime, we can follow the following guidelines:

##### **3.2.1 比賽將於 1 分鐘休息後進行，加時賽為 3 分鐘，直至第一個入球決定比賽勝負。加時賽將須進行開球。**

Play will continue after a 1 minute break. Overtime periods of 3 minutes running clock will be played until the first goal is scored, deciding the winner. Each overtime period must start with "facing the center".

Game time of each overtime period is 3 minutes.



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## 3.2.2 加時賽採黃金入球賽制，於加時時間內首先取得入球的隊伍獲勝

Overtime will use the sudden victory format, the team who scores first during the extra time will win the game

## 3.2.3 假如第一次加時賽 3 分鐘內雙方仍未取得入球，將進行第二節加時賽，如此類推，直至出現入球為止。

If no team scores in the first overtime, there will be a second period of overtime, so on and so forth, until one team scores thus deciding the winner of the game.

## 3.2.4 兩節加時賽之間休息 1 分鐘。

There will be a 1-minute intermission between overtime periods.

## 3.3 除了突發情況/裁判指示外，比賽途中任何時間不設暫停及停錶

Overtime periods will be played with running clock. However, the clock may stopped when requested by the officials

## **4. 裝備 Equipment**

### 4.1 每位球員必須手持一支棍網球棍(總長度 80 厘米至 110 厘米之間)。當一個棍網球落入水平放置的棍網時，球的頂部必須超過側壁的底部邊緣。

Every player should be equipped with a Crosse with overall length within 80cm to 110m. When a lacrosse ball is dropped into a horizontally held Crosse, the top of the ball must be visible in the bottom edge of the side wall.

### 4.2 球員可選擇性戴上護目鏡。

Goggles are optional.

## **5. 隊伍 Team**

### 5.1 每隊場上只可有 4 位球員。

At most 4 players on the field.

### 5.2 後備球員數目不設限制。

No limits on total number of players.



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## 比賽規則 Play of the Game

### **6. 開球 Facing at the centre**

- 6.1 每節開始時，兩隊各派一位球員面向進攻方在中圈爭球，球證在球場中央拋起球並吹哨子示意開始。

Each period will start with one play from each team facing their attacking side at the centre circle. The official will toss the ball up in the air between both players and blow the whistle to start.

- 6.2 在球離開中圈或在中圈的其中一位球員取得球權之前，其他球員不可踏入中圈。

Until possession has been gained or the ball leaves the center circle, as indicated by officials calling "free ball" or possession", other players cannot enter the center circle.

### **7. 界外球 Ball Out of Bounds**

- 7.1 何謂球出界？

What is our of bound?

當球觸及邊線或底線或這些線外的地面時；或

The ball is considered out of bounds when the ball touches the side-line or endline or the ground outside such lines; or

持球者的身體部分觸及或跨過邊線或底線時，球將被視為出界。

the body part of the ball carrier touches or steps over the side-line or endline.

- 7.2 當球出界時，控球權將判予最後觸球的另一方。

When the ball is out of bounds, the possession will be given to the opponent of the team who last touched the ball.

- 7.3 假如球於邊線出界，比賽將於出界點內 2 米重新開始，其他球員必須離控球者 2 米外。

If the ball went out of bounds at the side-line, the ball will restart 2 meters inside the side-line from where it went out of bounds. Other players must keep a 2 meters distance from the ball carrier.

- 7.4 假如球於底線出界，比賽將於最接近出界點的角球位置 2 米內重新開始，其他球員必須離控球者 2 米外。

If the ball went out of bounds at the endline, the ball will restart 2 meters inside the field at



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the nearest corner. Other players must keep a 2 meters distance from the ball carrier.

## **8. 入球 Scoring**

8.1 當球完全越過球門線的平面時，入球有效。

A goal is scored when the ball completely passes the front plane of the cage with the goal line.

8.2 傳球計數 Pass Count

任何一方必須於重新取得控球權後，成功傳球一次，入球方為有效。成功傳球後，球證的手臂會指向進攻球門的方向。

After a team gets possession, they must make one successful pass before scoring. Otherwise, the goal does not count. The official will indicate a pass has been made with a horizontal arm at shoulder-height pointing in the direction of the attacking goal.

perform the pass count with a hand gesture.

8.2.1 不計作傳球的情況 Situation not counted as a pass

將球以棍對棍方式交接「倒球」

Transfer of ball from Crosse-to-Crosse direct contact "Pouring of the ball"

傳球球員重新剷起或接住自己所傳出的球

Same player pick up the ball they threw

8.2.2 計作傳球的情況 Situation counted as a pass

- 上手、下手、彈地或滾球傳球

An upper hand pass, a flip pass, a bounce pass or a rolling pass

- 假如傳球時，球沒有碰到地上，兩名同隊球員之間的傳球就算有對手觸碰到球，亦計作「傳球」

When a pass is made between two players of the same team, if the ball is deflected/touched by an opponent in the process, but the ball never touches the ground, it will still be counted as a PASS

- 假如傳球時，球碰到地上，不論為彈地傳球、滾球又或上下手傳球，兩名同隊球員之間的傳球期間沒有任何對手觸碰到球，方可計作「傳球」



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When a pass is made between two players of the same team but the ball touches the ground in the process, no matter what kind of passes it is, if the ball is never touched by an opponent in the process, it will still be counted as a PASS

### 8.3. 入球後 After a Goal

- 8.3.1 入球後，失球一方的一名球員可進入守門圈取球，待球証吹哨子後，可傳球，或自行帶球離開守門圈，入球一方亦即時變成防守一方，防守一方必須離球 2 碼讓進攻球員重新開始比賽。

After a goal is scored, one player from the opposing team should enter their goal crease, put the ball in their Crosse and be ready to restart the game. After the official has blow the whistle, the player with the ball could either carry the ball away from the goal crease or make a pass. The team who scored would immediately become the defending team, and the defending players must keep a 2 meters distance from the ball carrier in order to restart the game.

- 8.3.2 入球後，失球一方的球員必須於 5 秒內，以傳，或自行帶球的形戈，離開守門圈，否則控球權將判予對方。

After a goal is scored, the player who pick up the ball and restart the game may not possess the ball in the goal crease for longer than five seconds, or the possession will be awarded to the opposing team.

## 9. 防守 Defense

- 9.1 鼓勵球員移動腳步，用身體以同等力量擋着持球者前進。

Players are encouraged to move their feet and use their body to apply an equal force and obstruct to block the way of offensive players.

- 9.2 當防守球員利用身體以同等力量防守時，防守球員必須雙方持棍，且完全控制球棍

When a defender wishes to apply an equal force, the player must hold the stick in both hands and have full control.

- 9.3 當防守球員利用身體以同等力量防守時，防守球員只能以他的雙手接觸對手，不能以球棍的任何一部份碰觸對方，否則將被判以犯規(slashing 或 cross-check)





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When a defensive player wishes to apply an equal force, the player must only contact the offensive player with his/her hands, but not any part his/her crosse, or a foul (slashing/cross-check) will be called

### **10. 守門圈 Goal crease**

- 10.1 所有球員不得進入守門圈。唯一例外是一名球員可以在進球後將球帶出球門圈。

No player can enter the goal crease. Only exception is one player can enter to bring the ball out of the goal crease after a goal.

- 10.2 如進攻方持球進入守門圈，控球權將判給對手。

If the ball carrier enters the goal crease, possession will be given to the opponent.

- 10.3 如防守一方進入守門圈，將判以犯規。

If any defender enters the goal crease, foul will be called.

- 10.3.1 如防守一方因嘗試阻擋對方進攻或射門以進入守門圈，將判以嚴重犯規

If any defender tried to prevent an opponent from attacking or shooting and enters the goal crease, a major foul will be called.

- 10.3.2 如防守一方並沒有因阻擋對方防守或射門，但不慎進入守門圈，將判以輕微犯規

If any defender enters the goal crease accidentally without trying to prevent an opponent from attacking or shooting, a minor foul will be called.

- 10.4 任何進攻球員在射門時或射門後進入守門圈，入球將視為無效。

If any offensive player enters the goal crease during and after a shot, the goal does not count.

### **11. 換人 Substitution**

- 11.1 比賽採取無限換人制。當場內球員完全離開球場，後備球員即可進入球場比賽。

Unlimited substitution. Players can only enter the field after both feet of the player exiting the field enters the substitution area.

Sub in can only happen after the sub-out player completely gets off the field.

- 11.2 只可在換人區內進行換人。



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Substitution can only be made in the substitution area.

## **12. 球權交替 Alternate Possession**

- 12.1 當球証無法即時判斷球權時，將採以球權交替互換的形式決定球權誰屬。第一次出現時，球權將判予客隊。

When the Officials cannot determine which team should be awarded the ball, possession shall alternate. The away team will gain the first alternate possession.

## **13. 拖延時間 Stalling**

- 13.1 如球證認為進攻隊伍沒有進攻意識，會倒數限時 8 秒。如在限時內未能出手射門，球權將會轉換。

When the official considers the offensive team had no intention to attack the net, he/she will count down for 8 seconds. If no shot is taken within the 8 second, the possession will be given to the opposing team.

- 13.2 如進攻隊伍於倒數 8 秒內出手射門，拖延時間將會取消。

If the offensive team takes the shot within the 8 seconds, stalling will be redacted.

- 13.3 如持球隊伍比對方較少球員在場的話，將不被視為拖延時間。

A team playing with fewer players than its opponents due to penalties cannot be guilty of stalling.

## **14.1 犯規 Foul**

- 14.1.1 球員在場上作出有違比賽規則的行為則被視為犯規。犯規球員可能要被罰暫停比賽 30

秒、1 分鐘，甚或至被罰離場，所有罰出時間應由犯規球員雙腳完全離場起計時。除了於延遲判罰情況下，因入球抵消場上的輕微犯規無須進行罰時外，所有犯規球員必須完成所有罰時。

Fouls are inappropriate acts committed by a player inconsistent with the accepted rules of the game. A 30 second, one-minute, or expulsion penalty may be called on a player who have committed a foul. The penalty time starts counting when both feet of the player committing a foul are off the field. All time serving fouls shall be served in their entirety,



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except when there is a delayed minor penalty (slow whistle technique) which is then cancelled upon the scoring of a goal.

- 14.1.2 如吹罰防守犯規，進攻方的持球員應到中線前 2 米重新開球。如吹罰防守犯規時持球員於龍門後方，持球員則到最接近的角球位置 2 米內重新開球。

When a defensive foul is committed, the team awarded with possession shall restart the play 2m in front of the center line. If the ball is behind the goal when a defensive foul is committed, the team awarded with possession shall restart the ball 2 meters the nearest corner.

## **14.2 罰出時間 Penalty Time Served**

### **14.2.1 輕微犯規的罰則 The penalty for a MINOR FOUL**

(一) 如在輕微犯規發生時，犯規的一方控有球權或沒有隊伍有控球權，控球權會在犯規的位置判給被犯規的隊伍。

(i) If the offending team has possession of the ball, or if the ball is loose at the time a minor foul is committed, then possession shall be awarded to the non-offending team at the spot of the ball when the foul occurred.

(二) 如在輕微犯規發生時，被犯規的一方控有球權，犯規球員則會被判罰暫停比賽 30 秒。

(ii) If the non-offending team has possession of the ball at the time a minor foul is committed, then the foul shall be suspended from the field of play for 30 seconds for the player committing the foul.

### **14.2.2 嚴重犯規的罰則 The penalty for a MAJOR FOUL**

(一) 嚴重犯規應被罰暫停比賽 1 分鐘。球權將判予被犯規的一隊。如同一位球員犯 3 次或以上嚴重犯規，該名球員將會被罰離場，不得再參與該場比賽。

(i) The penalty for a major foul shall be suspension from the game for a period of one minute. The ball shall be given to the non-offending team. Three or more major fouls by the same player will result in a player fouling out and may not take any further part in the



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game.

## **14.3 延遲判罰情況 Play On Technique**

14.3.1 在防守一方犯規，且進攻方於犯規一刻擁有控球權時，球證會高舉手掌示意，並同時呼叫「Flag」，然後延遲判罰，直至：

1. 進攻方取得入球
2. 球出界
3. 控球權互換
4. 進攻方犯規
5. 當進攻方沒有即時的人球機會

When a defensive Player commits a foul, and the attacking team has possession of the ball at the time that the foul occurs, then the Official will raise an arm straight into the air, yell "Flag" and hold the whistle until:

1. A goal is scored by the offended team, or
2. The ball goes out of bounds; or
3. A change of possession; or
4. The attacking team commits a foul; or
5. when the attacking team has no imminent scoring play

14.3.2 當進行延遲判罰，而進攻方取得入球時：

- i) 假如屬輕微犯規，入球有效，輕微犯規抵消而犯規球員無須離場，防守方可從新開始比賽
- ii) 假如屬嚴重犯規，入球有效，球權會判予被犯規一方/進攻方，並於中場線兩米前重新開始比賽

If during a slow whistle a goal is scored, the following occurs:

- i) If a minor foul is committed, then the goal will count. The minor foul shall not be served, and the ball is awarded to the defending team for the restart.
- ii) If a major foul is committed, then the goal will count and the ball is awarded to the



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offended team 2 meters on the offensive side of centre

## **15. 輕微犯規 Minor Foul**

### **15.1 打擊對手的棍 Stick-checking**

球員不能以他/她的球棍擊打對手的球棍或身體，無論此接觸是完全受控或無意的

A player must not use his/her stick to hit on an opponent's stick nor body, whether or not the contact is fully under-control or it's unintentional

### **15.2 輕微推撞對手 Pushing**

### **15.3 主動以手腳觸球 Intentionally touch the ball with body**

### **15.4 換人時違例 Illegal Substitution**

### **15.5 人牆 Walling**

防守隊員成群地站在球門前或組織成一道人牆的隊型，而且不是與其中一名對手處於一枝棍距離內。

Defensive players crowd in front of their goal or form a stack/ wall type formation in front of their goal without marking an opponent within a Stick's length.

允許防守隊伍對龍門前的持球球員進行雙人夾擊。

Double-teaming an on-ball attacker in front of the goal is permitted.

### **15.6 阻擋犯規 Illegal Pick :**

球員不可在對手的盲區進行單擋 A player must not set a pick that is out of an opponent's Visual Field (blind);

不可在對手沒有足夠時間或空間反應的情況下進行單擋並發生碰撞； must not set a pick that does not allow enough time or space for the opponent to stop or change direction and contact occurs;

在防守球員進行任何接觸之前，進攻球員必須靜止不動，他們必須以正常姿勢站立；及 Before the defensive Player makes any contact, the offensive Player must be stationary and motionless, and they must be standing in their normal stance; and

任何進攻球員不得將他們的球桿保持僵硬或將他們的球桿延伸到阻礙防守隊員的正常移動。

No offensive Player shall hold their stick rigid or extend their stick rigid to impede the normal movement of a defender.:



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### 15.7 蓋球 Covering:

球員不可將球按在地上妨礙對手剷球，但允許用棍背將球拉後剷起。

A player must not cover a ground ball with their Crosse or any part of their body when it prevents an opponent from making a legal play on the ball. However, it is permissible to drag the ball and scoop the ball up.

### 15.8 守門圈違例 Goal crease Violation

#### 15.8.1 防守一方並沒有因阻擋對方防守或射門，但不慎進入守門圈，將判以守門圈違例

If any defender enters the goal crease accidentally without trying to prevent an opponent from attacking or shooting, a goal crease violation will be called.

#### 15.8.2 入球後，如持球球員並沒有在 5 秒內把球傳出或帶離守門圈，將判以守門圈違例

After a goal, if the player possessed the ball does not pass the ball or carry the ball out of the goal crease within the 5 second count, a goal crease violation will be called.

#### 15.8.3 如持球球員於守門圈後，把球傳入或擊入守門圈內，以重新獲得控球權或守門圈 5 秒倒計時，將判以守門圈違例

If a player with possession of the ball outside of the circle throws or directs the ball into the goal crease in an effort to re-gain possession or re-set the five second count, a goal crease violation will be called

## **16. 嚴重犯規 Major Foul**

### 16.1 蓄意移動球門 Intentionally move the cage

### 16.2 不君子行為 Unsportsmanlike conduct

### 16.3 進入守門圈防守 Entering Goal Crease to defend

如防守一方因嘗試阻擋對方進攻或射門以進入守門圈，將判以嚴重犯規

The defender tried to prevent an opponent from attacking or shooting and enters the goal crease

### 16.4 危險射球 Dangerous shot

球員不可試圖射出危險或不受控制而有機會擊中對方防守球員的球，如球擊中防守球員膝蓋以上的身體部分，則被視作危險射球。



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指導：持球者不應在沒有機會不擊中對手的情況下射門。

A player must not shoot dangerously or without control. If a shot hits an opponent above the knees, a major foul will be called.

Guidance: the ball carrier should not shoot when they do not have an opportunity to take a shot without hitting their opponent with their Crosse or ball.

## 16.5 Slashing

球員絕不能故意或任意地揮動他/她的球棍，以擊打或假裝擊打對手的球棍。無論該揮擊動作有否擊中對手，均會被判以犯規

Under no circumstances shall a Player swing their Stick at an opponent's Stick with deliberate viciousness or reckless abandon, and a foul is committed in such circumstances whether or not the opponent's stick or body is struck.



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## Officials Manual

比賽一般由兩名裁判執法，其中一名為主裁判。主裁判將負責開球開始比賽。兩名裁判可於半場時交換位置。Games will be called by two officials with one charge/head official. The charge/head official takes first "facing at center" to begin the game. Officials may rotate during each half.

### 1. 裁判員數量 Number of officials:

正規比賽有兩名裁判員，一名主裁判和一名助理裁判。亦可以因應實際情況來採用三裁判系統。正常比賽則會採用兩裁判系統

The basic system is two officials, with one head official and one assistant official.

Depending on the situation, it is possible to adopt a 3-man mechanics positioning system. Game will be run in 2-man mechanics.

### 2. 裁判職責 Role of the officials

#### 2.1 主裁判 Chief official

- 成功傳球時，以手勢示意 Signal when a successful pass has been made
- 判斷拖延時間及倒數 8 秒 Make stalling call and perform 8 second countdown.
- 與持份者溝通，包括球員，教練，工作人員及觀眾 Communicate with stakeholders (players, coaches, staffs and audience)
- 具有最終判決權 Make final judgement in the moment of dispute.

#### 2.2 助理裁判 Assistant Official:

- 成功傳球時，以手勢示意 Signal when a successful pass has been made
- 判斷拖延時間及倒數 8 秒 Make stalling call and perform 8 second count down
- 判決犯規及執行比賽規則 Make calls and enforce rules of the game





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## 3. 計時員角色 Role of Timekeeper:

- 確保比賽時間準確 Keep accurate time of the match.
- 每半場剩餘 30 秒時通知球證及兩邊後備席 Inform the officials and both benches when 30 seconds remain in each half.
- 每半場最後 10 秒時以口頭倒數形式通知球證及兩邊後備席 Verbally count down the last 10 seconds of each period to the official and both benches.
- 中場休息及加時賽之間剩餘 30 秒時通知球證及兩邊後備席 Inform the officials and both benches when 30 seconds remain in half time and between overtime periods.
- 記錄犯規球員的離場時間，並通知該球員及其教練罰時結束 Time the penalty suspensions and inform the carded player and their coach when the penalty suspension expires.

## 4. 計分員角色 Role of Scorer

- 記錄每隊的得分及入球球員的號碼 The appointed scorer will keep track of each team's score and the scorer's number.
- 分牌應放於後備席旁並準確顯示分數 Keep an accurate record of the scoreboard which is used to display scores on the timers table.
- 記錄犯規球員號碼 Record the shirt number of the player who committed a foul.
- 當同一球員累積三次或以上嚴重犯規時通知球證及兩旁後備席 Notify officials and both benches when players accumulate three or more major fouls during a game



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## Appendix A

Rules changes made in Oct 2023. Most of them are some change of wording for better understanding, while others are changes that will provide a better understanding on the rules for the betterment of the game

Item	Rules	Current Rules	New rules
1	2.5	<p>換人區: 置於中場的換人區佔 4 米闊。後備席置於換人區傍。計時區則置於換人區後。</p> <p>Substitution Area lines: 4-meters-wide Substitution Area measured from midline, on one side of the field. The team's bench area would be on both sides of the Substitution Area, and the timer's table will be behind the Substitution Area.</p>	<p>換人區: 置於球場一邊的換人區共 8 米闊。換人區線於中場線兩側 4 米位置劃一條 1.5 米的線。後備區置於換人區兩側, 計時區則置於換人區後方。</p> <p>A Substitution Area is 8 meters long, 4 meters from the midline extending to both sides, and 1.5 meters in depth from the sideline. The team's bench area would be on both sides of the Substitution Area, and the timer's table will be behind the Substitution Area.</p>
2	8.2.2	<p>計作傳球的情況</p> <ul style="list-style-type: none"><li>- 兩名同隊球員之間的傳球期間沒有任何對手觸碰到球</li><li>- 上手、下手、彈地或滾球傳球</li></ul> <p>Situation counted as a pass</p> <ul style="list-style-type: none"><li>- A pass between players of the same team without any opponent touching the ball</li><li>- An upper hand pass, a flip pass, a bounce pass or a rolling pass</li></ul>	<p>計作傳球的情況</p> <ul style="list-style-type: none"><li>- 上手、下手、彈地或滾球傳球</li><li>- 假如傳球時, 球沒有碰到地上, 兩名同隊球員之間的傳球就算有對手觸碰到球, 亦計作「傳球」</li><li>- 假如傳球時, 球碰到地上, 不論為彈地傳球、滾球又或上下手傳球, 兩名同隊球員之間的傳球期間沒有任何對手觸碰到球, 方可計作「傳球」</li></ul> <p>Situation Counted as a pass</p> <ul style="list-style-type: none"><li>- Upper hand pass, flip pass, bounce pass or rolling pass</li><li>- When a pass is made between two players of the same team, if the ball is deflected/touched by an opponent in the process, but the ball never touches the</li></ul>



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			<p>ground, it will still be counted as a PASS</p> <ul style="list-style-type: none"> <li>- When a pass is made between two players of the same team but the ball touches the ground in the process, no matter what kind of passes it is, if the ball is never touched by an opponent in the process, it will still be counted as a PASS</li> </ul>
3	8.3	<p>入球後，失球一方的一名球員可進入守門圈取球，並立即帶球離開守門圈或講求傳出守門圈。</p> <p>After a goal is scored, one player from the opposing team will enter their goal crease, put the ball in their Crosse and move the ball out of the goal crease immediately by running out or making a pass.</p>	<p><b>8.3 After a goal</b></p> <p><b>8.3.1</b> 入球後，失球一方的一名球員可進入守門圈取球，待球証吹哨子後，可傳球，或自行帶球離開守門圈，入球一方亦即時變成防守一方，防守一方必須離球 2 碼讓進攻球員重新開始比賽。</p> <p>After a goal is scored, one player from the opposing team should enter their goal crease, put the ball in their Crosse and be ready to restart the game. After the official has blow the whistle, the player with the ball could either carry the ball away from the goal crease or make a pass. The team who scored would immediately become the defending team, and the defending players must keep a 2 meters distance from the ball carrier in order to restart the game.</p>



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4	8.3.2	N/A	<p>8.3.2 入球後，失球一方的球員必須於 5 秒內，以傳，或自行帶球的形戈，離開守門圈，否則控球權將判予對方。</p> <p>8.3.2 After a goal is scored, the player who pick up the ball and restart the game may not possess the ball in the goal crease for longer than five seconds, or the possession will be awarded to the opposing team.</p>
5	9.1 & 9.2	<p>9.1 鼓勵球員移動腳步，用身體以同等力量擋着持球者前進。 Players are encouraged to move their feet and use their body to apply an equal force and obstruct to block the way of offensive players.</p> <p>9.2 防守球員應用雙手持棍，並控制球棍，不可橫跨對手的身體。 Defenders should always hold their sticks in both hands and have full control. Their sticks must not reach across the body of their opponents.</p>	<p>9.1 鼓勵球員移動腳步，用身體以同等力量擋着持球者前進。 Players are encouraged to move their feet and use their body to apply an equal force and obstruct to block the way of offensive players.</p> <p>9.2 當防守球員使用同等力量防守時，防守球員必須雙方持棍，且完全控制球棍 When a defensive player wishes to apply an equal force, the player must hold the stick in both hands and have full control.</p> <p>9.3 When a defensive player wishes to apply an equal force, the player must only contact the offensive player with his/her hands, but not any part his/her crosse, or a major foul(cross-checking) will be called</p>
6	10.3	<p>如防守一方進入守門圈，將判以嚴重犯規。 If any defender enters the goal crease, a major foul will be called.</p>	<p>如防守一方進入守門圈，將判以犯規。 If any defender enters the goal crease, foul will be called.</p>



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			<p>10.3.1 如防守一方因嘗試阻擋對方進攻或射門以進入守門圈，將判以嚴重犯規</p> <p>10.3.1 If any defender tried to prevent an opponent from attacking or shooting and enters the goal crease, a major foul will be called</p> <p>10.3.2 如防守一方並沒有因阻擋對方防守或射門，但不慎進入守門圈，將判以輕微犯規</p> <p>10.3.2 If any defender enters the goal crease accidentally without trying to prevent an opponent from attacking or shooting, a minor foul will be called</p>
7	10.5	N/A	<p>假如球進入了守門圈，只要球員沒有進入守門圈，任何球員均可用球棍嘗試碰球</p> <p>如球停在球門後方的網上，又或停在一個人任何不能碰觸的地方，控球權將判予防守方，並且按照入球後的形式重新開始比賽</p> <p>If the ball enters the goal crease, as long as the player doesn't enter the goal crease, any players could use their stick and try to touch the ball.</p> <p>If the ball stops at the net behind, or stops at the spot that no one could reach, possession will be given to the defending team, and will restart the game according to the procedure of "after a goal".</p>
8	10.6	N/A	<p>如持球球員於守門圈外故意把球傳或擊打至守門圈內，以取得控球權或重設 5 秒時限，控球權將判予對方</p> <p>If a player with possession of the ball outside of the circle throws or</p>



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			directs the ball into the goal crease in an effort to re-gain possession or re-set the five second count, then the possession will be given to the other team
9	12	球權互換	球權交替
10	14.1.1	<p><b>14.1.1</b> 球員在場上作出有違比賽規則的行為則被視為犯規。犯規球員可能要被罰暫停比賽 30 秒、1 分鐘，甚或至被罰離場，所有罰出時間應由犯規球員雙腳完全離場起計時。除了輕微犯規可以在對方入球後抵消之外，所有犯規球員必須完成罰時。</p>	<p><b>14.1.1</b> 球員在場上作出有違比賽規則的行為則被視為犯規。犯規球員可能要被罰暫停比賽 30 秒、1 分鐘，甚或至被罰離場，所有罰出時間應由犯規球員雙腳完全離場起計時。除了於延遲判罰情況下，因入球抵消場上的輕微犯規無須進行罰時外，所有犯規球員必須完成所有罰時。</p>
11	14.3.1	<p>得益情況</p> <p><b>Play on technique</b></p>	<p>延遲判罰情況</p> <p><b>The Slow whistle technique</b></p>
12	14.3.1	<p><b>When</b> 在防守一方犯規時，球證應留意進攻得益情況，如進攻隊伍有良好射門機會，球證會高舉手掌示意，呼叫「繼續比賽」。待得益情況完成後，才吹罰該名犯規的防守球員。如該射門成為入球，防守一方的輕微犯規則取消。<b>When the defending team commits a foul, officials need to be aware if the offensive team has a good scoring opportunity. A Play On Technique can be used if the offensive team has a good scoring opportunity. Officials will raise their hand and call 'Play On'. The official will sound their whistles when the scoring play has been completed. If the shot went in, the goal stands and all the minor fouls would be cancelled.</b></p>	<p>在防守一方犯規，且進攻方於犯規一刻擁有控球權時，球證會高舉手掌示意，並同時呼叫「Flag」，然後延遲判罰，直至：</p> <ol style="list-style-type: none"> <li>1. 進攻方取得入球</li> <li>2. 球出界</li> <li>3. 控球權互換</li> <li>4. 進攻方犯規</li> <li>5. 當進攻方沒有即時的人球機會</li> </ol> <p><b>When a defensive Player commits a foul, and the attacking team has possession of the ball at the time that the foul occurs, then the Official will raise an arm straight into the air, yell "Flag" and hold the whistle until:</b></p> <ol style="list-style-type: none"> <li>1. A goal is scored by the offended team, or</li> <li>2. The ball goes out of bounds; or</li> </ol>



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			<p>3. A change of possession; or</p> <p>4. The attacking team commits a foul; or</p> <p>5. when the attacking team has no imminent scoring play</p>
13	14.3.2	N/A	<p>當進行延遲判罰，以進攻方取得入球時：</p> <ol style="list-style-type: none"> <li>1. 假如屬輕微犯規，入球有效，輕微犯規抵消而犯規球員無須離場，防守方可從新開始比賽</li> <li>2. 假如屬嚴重犯規，入球有效，球權會判予被犯規一方/進攻方，並於中場線兩米前重新開始比賽</li> </ol> <p>If during a slow whistle a goal is scored the following occurs:</p> <ol style="list-style-type: none"> <li>i If a minor foul is committed, then the goal will count. The minor foul shall not be served and the ball is awarded to the defending team for the restart.</li> <li>ii If a major foul is committed, then the goal will count and the ball is awarded to the offended team 2 meters on the offensive side of center</li> </ol>
14	15.1	<p>打擊對手的棍</p> <p>A player must not check/tackle on opponent's crosse.</p>	<p>Stick-checking</p> <p>球員不能以他/她的球棍擊打對手的球棍或身體，無論此接觸是完全受控或無意的</p> <p>A player must not use his/her stick to hit on an opponent's stick nor body, whether or not the contact is fully under-control or it's unintentional</p>
15	15.3	Cross-checking	<p>16.5</p> <p>Cross-Check</p> <p>球員不能以持棍之雙手之間的球棍部份，用力推向對手，或伸展出來以頂著對手</p> <p>Cross-check</p>





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			A Player may not check an opponent with that part of the shaft of their Stick that is between their hands, either by thrusting their Stick away from their body or by holding it extended from their body.
16	15.8	N/A	守門圈違例 Goal crease Violation
17	15.8.1	N/A	15.9.1 防守一方並沒有因阻擋對方防守或射門，但不慎進入守門圈，將判以守門圈違例 15.9.1 If any defender enters the goal crease accidentally without trying to prevent an opponent from attacking or shooting, a goal crease violation will be called
18	15.9.2	N/A	15.9.2 入球後，如持球球員並沒有在秒內把球傳出或帶離守門圈，將判以守門圈違例 15.9.2 After a goal, if the player possessed the ball does not pass the ball or carry the ball out of the goal crease within the 5 second count, a goal crease violation will be called
19	15.9.3	N/A	15.9.3 如持球球員於守門圈後，把球傳入或擊入守門圈內，以重新獲得控球權或守門圈 5 秒倒計時，將判以守門圈違例 15.9.3 If a player with possession of the ball outside of the circle throws or directs the ball into the goal crease in an effort to re-gain possession or reset the five second count, then the possession will be given to the other team
20	16.3	防守球員在進攻方射門時進入守門圈而嘗試阻擋射球。 The defender enters the goal crease when the offensive team shoots and attempts to block the shot.	進入守門圈防守 Entering Goal Crease to defend 如防守一方因嘗試阻擋對方進攻或射門以進入守門圈，將判以嚴重犯規





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			The defender tried to prevent an opponent from attacking or shooting and enters the goal crease
23	16.5	N/A	<p>Slashing</p> <p>球員絕不能故意或任意地揮動他/她的球棍，以擊打或假裝擊打對手的球棍。無論該揮擊動作有否擊中對手，均會被判以犯規</p> <p>Under no circumstances shall a Player swing their Stick at an opponent's Stick with deliberate viciousness or reckless abandon, and a foul is committed in such circumstances whether or not the opponent's Stick or body is struck.</p>



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## 球例解讀 Rules Interpretation (English version only)

Rules	Suggested interpretation
After a goal is scored, one player from the opposing team should enter their goal crease, put the ball in their Crosse and be ready to restart the game. After the official has blow the whistle, the player with the ball could either carry the ball away from the goal crease or make a pass. The team who scored would immediately become the defending team, and the defending players must keep a 2 meters distance from the ball carrier in order to restart the game.	Officials should signal the goal, and immediately look at the player who is going to pick up the ball and blow the whistle as quickly as you can after he/she has picked up the ball and ready to restart. And start making the count down.
9.1 Players are encouraged to move their feet and use their body to apply an equal force and obstruct to block the way of offensive players.	Equal force means when the offensive player is trying to move forward, he/she could use their body and their hands to stop them from doing that. Player using their hands to exert equal force to the opponent is acceptable.
9.2 Defenders should always hold their sticks in both hands and have full control. Their sticks must not reach across the body of their opponents.	This means that if a player is holding his stick with one hand when playing defense, it is ok. For example, it is OK to use one hand to hold his/her stick to make an interception. However, whenever the defender tries to initial contact and apply equal force, he/she must hold the stick in both hands. It doesn't matter if he/she initiate contact with the hand holding the stick or not.
14.3.1 When a defensive Player commits a foul, and the attacking team has possession of the ball at the time that the foul occurs, then the Official will raise an arm straight into the air, yell "Flag" and hold the whistle until: 1. A goal is scored by the offended team, or 2. The ball goes out of bounds; or 3. A change of possession; or 4. The attacking team commits a foul; or 5. when the attacking team has no imminent scoring play	Officials should raise hands and yell "FLAG", but if offensive player has no "good" scoring opportunity nor do they have any attacking intention, a.k.a imminent scoring play, it would be better to call the foul and give a man-up advantage for the offensive team



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15.6 Walling	<p>Walling is still very difficult to judge. Officials should watch if a player is staying in front of the net without doing any defensive act against an off-ball nor the on-ball player.</p> <p>If a player is marking an off-ball opponent within a stick's length and stays in front of the net, it will not be Walling.</p>
15.6 Double-teaming an on-ball attacker in front of the goal is permitted.	<p>Double-teaming should mean defenders defending the opponent side-by-side, if the "double-teaming" defenders are in a "front-and-back" position, it should not be considered as double-teaming.</p> <p>If a "front-and-back positioned double-teaming" occurred in front of the net, Walling should be called.</p>
15.6 Walling	<p>A defending player staying in front of the net while an offensive player is behind the net is permitted. The defending player must be on the same vertical plane of the offensive player behind the net, if that's the case, even if he/she stay in front of net, it should not be considered as walling.</p>