

Hurling-Lacrosse-Compromise Rules

1 The Field of Play

- 1.1 The field of play is a standard sized soccer pitch with all its markings. The goals stand on the 16.5 m line (boundary line of the penalty box) with the semi-circle in front of them.
- 1.2 The area behind the goal line (behind the 16.5 m line) is called *ex* (marked yellow in the diagram below). [L]
- 1.3 The goals are juvenile soccer goals with posts attached to give it the typical hurling H-shape. [H]
- 1.4 The semi-circle in front of the goals represents the *crease* in Lacrosse. [L]

2 The Ball

- 2.1 The ball used is a sliotar size 4 (camogie sliotar).

3 The Teams

- 3.1 Each team consists of 9 players on the field of play.
- 3.2 Substitution may happen as often and whenever wanted [L] and should happen though a substitution zone in the middle of one of the side lines.

4 The Scoring

- 4.1 A score in the goal (between the posts and under the crossbar) counts 3 points. A score above the crossbar and between the posts counts 1 point.
- 4.2 While goals can only be scored from the front, it is allowed to score points also from behind the goal line (from the *ex*).

5 The Playing Time

- 5.1 4 quarters of 10 minutes each are played. In between each quarter the teams change sides and the game is paused for at least 5 minutes.
Following scheme is recommended: [1/4] 10 min play – (5 min pause) – [2/4] 10 min play – (10 min pause) – [3/4] 10 min play – (5 min pause) – [4/4] 10 min play. In that way a match takes exactly 60 minutes. [L]

6 The Commencing of Play

- 6.1 The ball is thrown along the ground between two players from opposite teams. [H]
- 6.2 Both players stand in the middle of the field of play in their respective half.
- 6.3 All other players have to stay outside the centre circle but may enter the opposing half. The centre circle may only be entered by anyone other than the two players starting the play as soon as either of these touched the ball.

7 The Play

- 7.1 The ball may be carried, passed and played as it is fashion in each of the two sports. Hurling players may carry the ball in their hands for two periods of 4 steps and may not lift the ball from the ground with their hands (following hurling rules).
- 7.2 Players may only tackle the player in possession of the ball or approaching the ball.
- 7.3 Tackles are only permitted if done shoulder to shoulder or stick to stick. [H]
- 7.4 Hits on the hands are strictly forbidden! [H] [L]

[L] Origin: Lacrosse rules

[H] Origin: Hurling rules

- 7.5 A player receiving the ball in his own half may not carry the ball (either with his hurl, pocket or in his hand) over the centre line. Instead, the ball has to be passed or struck over this line.
- 7.6 A player attacking this end may not enter the ex-zone of his opponent before the ball has not entered it. If the ball is played out of this area before the player had the chance to leave it and played back into the zone the player may play it.
- 7.7 The crease may only be entered by the defending team. The ball may not be carried into their own zone by the defending team. Scores played from the crease by an attacking player do not count and result in a puck out to be performed by the defending goalkeeper.[L]
- 7.8 If the ball crosses the side line a player from the opposite team receives the ball at this point. This player has to play the ball into the field before he is allowed to move. Hurlers perform a *side line-cut*.
- 7.9 If the ball crosses the end line and was last played by an attacking player or if a score (goal or point) is made, the defending goalkeeper receives the ball and performs a *puck out*. [H]
- 7.10 If the ball crosses the end line but was last played by a defending player the attacking team receives the ball at the centre line directly inward where the ball has crossed the end line. One player performs a *free* at this spot (see 8.1). [H]
- 7.11 For a puck out the goalkeeper receives the ball inside the crease and has to play it while staying inside the crease. [H]

8 Foul play/Free

- 8.1 In case of a foul a player from the fouled team receives the ball where the foul occurred. The ball is placed on the ground and may be lifted and played straight away. Hurlers may not touch the ball with their hands before it is struck. All other players have to keep a distance of at least 7 m from the spot where the *free* is performed.
- 8.2 The ball shall be played in the same fashion if awarded to the attacking team following rule 7.10.

