

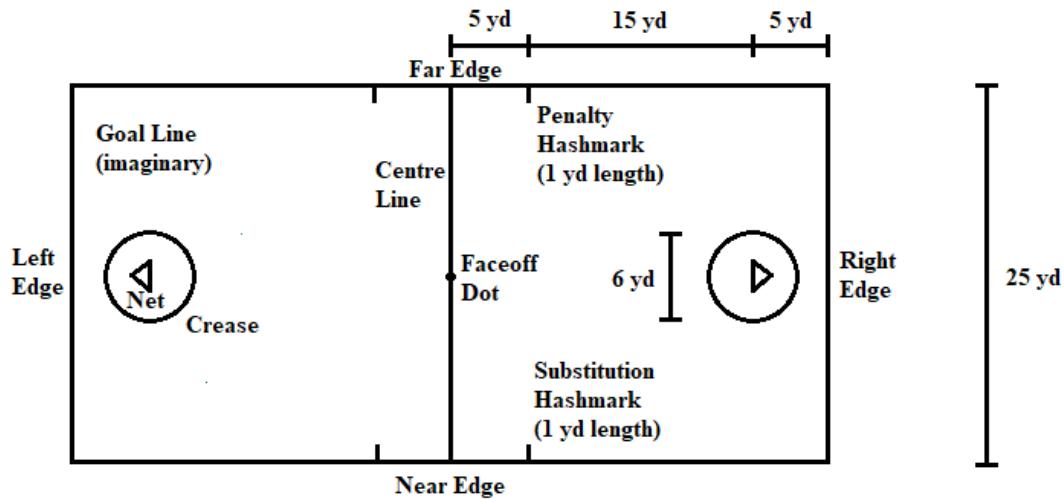
IRONCROSS BASELINE RULES

This is an experimental sport. The author of these rules waives any liability for any damages caused by participating in any activities described in these rules, in whole or in part, including but not limited to injury, illness, death, property damage, and fines or imprisonment.

Introduction. Ironcross is still a conceptual sport. These rules are intended to establish a baseline for experimenting with the game, and should be adjusted as needed.

Gameplay. A game consists of two teams playing against each other. The objective of each team is to win. A team wins by scoring more goals than the other team. A game consists of 4x 13-minute periods, with the game clock only counting down during gameplay. If necessary, as many sudden-death overtime periods as required are added until a winner is determined. Each period starts with a faceoff stoppage. Each team is randomly assigned a side at the beginning of the game, and then the sides switch after each period.

Playing Field. A game is played on a 50-yard by 25-yard turf playing field, with a minimum 4.5-foot buffer surrounding it. There are also two field lacrosse nets on the playing field, facing inwards (for greater certainty, the opening of a field lacrosse net is six feet by six feet). See diagram for the required markings on the playing field.



Teams. Each team may have a maximum of 6 players on the playing field at any one time. At most one of these players can be a goalie. Each team may also have additional players not on the

playing field for substitutions. All players on a team must wear matching colours distinct from those of the other team.

Protective Equipment. Players other than goalies must wear the following or equivalent: (1) a men's field lacrosse helmet; (2) a mouth guard; (3) lacrosse shoulder pads; (4) hip and tailbone pads; (5) a protective cup or pelvic protector; (6) cleats or turf shoes; (7) a shirt or jersey over the shoulder pads; and (8) pants or shorts over the hip pads.

Goalie Equipment. Goalies are required to wear full box lacrosse goalie equipment or equivalent, minus a stick, and with hockey goalie gloves or equivalent on both hands.

Ball. See diagram below on how to construct the ball.

Goal. A goal is scored by getting the ball into the opponent's net with the ball fully crossing through the opening under the crossbar and between the goalposts, fully crossing the goal line. If, after the goal, one team has more goals than the other, a field stoppage is called with possession given to the team with fewer goals. If both teams have the same number of goals, a field stoppage is called with possession given to the team that did not just score.

Goal Not Counted. A goal is not counted if (1) the ball was knocked in from the ground or the air by the scoring team with a body part other than the front of the hand; (2) the ball has deflected in off of a player from the scoring team in the crease; (3) the goalie has been physically impeded from stopping the ball by a player on the scoring team in the crease; (4) it was scored from fully across the centre line; (5) it was not scored during gameplay; or (6) as a result of the momentum he had before releasing the ball (excluding that which is imparted to him by an opposing player), the goal-scorer steps fully into the crease after releasing it, even if it is after the ball has gone in. A goal not counted during gameplay results in a spot stoppage, with the team other than the one that scored given possession 1 yard behind the crease.

Moving the Ball. A player can carry the ball, throw the ball, pass the ball to a teammate, knock the ball when it is on the ground or in the air, or more generally do anything with the ball that is not otherwise prohibited. When a player is carrying the ball, he is said to be in possession of it.

Turnover. If, as a result of legal contact from the opponent, a player in possession of the ball is brought to the ground or he is restrained such that he is unable to move freely, the referee calls a spot stoppage at the location where the ball carrier is brought to the ground or restrained, and gives possession to the player that brought down or restrained the ball carrier. Additional detailed turnover rules appear lower down in these rules.

Ground Ball. For safety reasons, a player is not permitted to pick up a contested ground ball (*penalty: ground ball penalty*). A ground ball is contested when two opposing players would both have a chance to pick up the ball if they race for it, or if one player could try to kick it away while the other player is trying to pick it up. The ground ball becomes uncontested if one of the players is between the ball and the opposing player, in which case the opposing player cannot attempt to kick it or pick it up (*penalty: ground ball penalty*).

Contact. There are two main kinds of legal contact: holding and shoving. A player is assessed a minor penalty for illegal contact (*residual penalty: roughing*), upgraded to a major penalty if it is especially dangerous or if there is intent to injure. Contact is only permitted against the ball carrier (*penalty: interference*) above the waist (*penalty: low contact*). Detailed contact rules appear lower down in these rules.

- Holding. A player holds another player by wrapping his arms or hands around part of the other player's body.
- Shoving. A player shoves another player by pushing the other player with his hands or shoulders.
- Two-Handed Touching. If a player is on the ground, the only legal form of contact is a two-handed touch (*penalty: roughing a low player*). If a player's body is lowered to pick the ball up from the ground, the only legal form of contact against the player is a two-handed touch, which must be initiated from in front of the player (*penalty: roughing a low player*). A two-handed touch is considered sufficient to be considered to be restraining a player on the ground or lowered to pick up the ball.

Stoppages. There are three kinds of stoppages: spot stoppage, field stoppage, and faceoff stoppage. As soon as the referee calls the stoppage, gameplay stops with the referee blowing his whistle. Gameplay then resumes with the referee blowing his whistle when ready.

- Spot Stoppage. After calling a spot stoppage, the referee must declare the location of the stoppage and which player or team is given possession. The player (or a player from the team) given possession takes possession of the ball at the point of the stoppage, and all other players must move to at least six feet away from that player. Once this has happened, the referee blows his whistle to signal the resumption of gameplay.

- Contact against the player given possession cannot be made from behind until the player has moved six feet or released the ball (behind is interpreted in reference to the direction that the player given possession is facing at the resumption of gameplay).
- The player given possession must be holding the ball against his chest to start gameplay.
- If the point of the stoppage is within 1 yard of the edge of the playing field, it is moved to the closest point that is 1 yard away from the edge of the playing field.
- A player from the team not given possession must be able to stand six feet away from the player given possession and still be fully outside his team's crease. If this is not the case, the point of the stoppage is moved to the minimal extent necessary to make it the case (the previous bullet point takes precedence when behind the net).
- If the point of the stoppage would be within 1 yard of the crease of the team given possession, then it is moved to the closest point 1 yard away from the crease.
- A goalie cannot be given possession.

- Field Stoppage. After calling a field stoppage, the referee must declare which team is given possession. All players must retire fully to their own side of the centre line, with one player from the team given possession holding the ball within six feet of the centre line. Once this has happened, the referee blows his whistle to signal the resumption of gameplay.
- Faceoff Stoppage. During a faceoff stoppage, the ball begins on the faceoff dot with one player from each team with the toes of one foot against the ball and their other foot fully on their side of the centre line. All other players must be fully behind their own goal lines. Once these conditions are satisfied, the referee blows his whistle to signal the start of gameplay.
- A stoppage can be either a short stoppage or a long stoppage. A spot stoppage is a short stoppage unless there is a condition that requires it to last for a prolonged length of time, in which case the referee can make it a long stoppage. All other stoppages are long stoppages. During short stoppages, gameplay must resume as quickly as possible. During long stoppages, both teams must be given enough time to substitute all players on the playing field for players off of the playing field, if desired. For a field stoppage or long spot stoppage, the team given possession must be allowed to see which players the other team is putting on the field prior to making their substitutions. For a faceoff stoppage following a tying goal, the team that did not score has that right, while for a faceoff stoppage to start a period, both teams must privately inform the referee who will be on to start the period.

Out of Bounds. If the ball fully leaves the playing field or a player holding the ball fully leaves the playing field, a spot stoppage is called 1 yard inwards from the point where the ball or player holding the ball exited. The team that was not the last to touch the ball before it went out of bounds is given possession (*violation: out of bounds*). If a team sends it from their side fully across the centre line and out of bounds, a field stoppage is called with the other team given possession—in this case, responsible team cannot make substitutions during the stoppage.

Offside. A team becomes offside if (1) they have players fully on the other team's side (the offensive side) while the ball is fully on their own side (the defensive side) and they are not in possession of the ball, or (2) they have players fully in the offensive side and the ball fully crosses from their offensive side into their defensive side. They then remain offside until (1) they fully return all players to the defensive side, (2) the other team moves the ball fully back into the offside team's offensive side, or (3) a stoppage is called. If, while a team is offside and the ball is fully on their offensive side, the team gains possession of the ball or touches it while it is on the ground, a field stoppage is called with the other team given possession (*violation: offside*). The responsible team cannot make substitutions during this stoppage.

Crease Possession. If a player other than a goalie has possession of the ball in a crease, a spot stoppage is immediately called with possession being given to the other team six feet behind the back of the crease (*violation: crease possession*).

Crease Block. If a player other than the goalie blocks the ball from entering the net while in his own crease, a goal is granted to the team that would have otherwise scored (*violation: crease block*). If there is a chance that the goalie would have stopped it, then a penalty shot (with no corresponding penalty) is granted instead. This does not apply if the defender blocked it incidentally while in the crease for the purpose of moving an opposing player out of a screening position in front of the goalie.

Goalie Possession. If a goalie gains possession of the ball, a spot stoppage is immediately called. If the goalie gains possession in the crease, his team is given possession six feet behind the back of the crease. Otherwise, the other team is given possession where the goalie gains possession.

Disengagement. If, in the referee's judgement, it is clear that players from one team are trying to maintain the team's possession of the ball without making any attempt to score a goal, the referee may call a field stoppage and give the other team possession (*violation: disengagement*).

Deception. If, in the referee's judgement, one team tries to deceive the other team as to who is in possession of the ball, the referee may call a spot stoppage, with the other team given possession of the ball at the point where it was when the referee called the stoppage (*violation: deception*).

Substitutions. In addition to making substitutions during long stoppages, a team may make substitutions at any time during gameplay, or during short stoppages if it does not impede the return to gameplay. A player must fully leave through the near edge between the centre line and the substitution hashmark in his side in order to be deemed off the playing field, and then his substitution must enter fully through this area (*penalty: illegal substitution*). If a team has more than the maximum number of allowed players or goalies on the playing field or has players on the playing field that are not authorized to play, they are assessed a minor penalty (*penalty: illegal substitution*).

Penalty. Upon a penalty being called, gameplay stops as soon as the team against which the penalty is called gains possession of the ball. A minor penalty lasts for 1 or 2 minutes of gameplay, while a major penalty lasts for 5 minutes of gameplay. The player receiving the penalty (or, if the penalty is against the team as a whole or against a goaltender, a player of the team's choosing) is not permitted on the playing field for the duration of the penalty, and the maximum number of players that his team is allowed on the playing field is reduced by one for the duration of the penalty.

- By default, a minor penalty is 1 minute. However, if it is for an action that creates a risk of injury or that takes away a scoring chance, it is 2 minutes.
- If two penalties for opposing teams offset (that is, start and end at the same time), the maximum is not reduced.
- If a penalty would reduce the number of players that a team is allowed to less than 4, then both sides are allowed an extra player so that no team has to play with less than 4 players.
- If one team has more ongoing penalties (including pending penalties) than the other team and lets in a goal, then their non-offsetting minor penalty with the least amount of time left is immediately ended. If there are no minor penalties to be ended by this rule, then the major penalty with the least amount of time remaining is instead reduced by 1 minute.
- At the end of a penalty, only the player serving the penalty can re-enter the playing field to increase the maximum number of players allowed on the field, and this player must fully enter through the far edge between the centre line and penalty hashmark on his side (or substitution hashmark for offsetting penalties). Violation of this rule results in the player entering the field assessed a minor penalty (*penalty: illegal substitution*).

- If a player receives a penalty for an action that prevents an opposing player from running towards the net with the ball unobstructed, then the player with the lost scoring chance (the shooter) is given a penalty shot.
- If a player receives a 2-minute or 5-minute penalty in the last minute of the fourth period, the other team is awarded a penalty shot. This is determined based on the time of the action that leads to the penalty, not when play is stopped.

Penalty Shot. For a penalty shot, the shooter starts in his team's crease, the opposing goalie starts in his own crease, one player from the opposing team (the defender) stands at the faceoff dot with one foot fully on either side of the centre line, and all other players remain off of the playing field. The shooter must declare either left or right. The referee blows his whistle, and the shooter runs towards the opponent's net, crossing the centre line on the side of the faceoff dot he declared, in an attempt to score a goal. The defender cannot move until the shooter crosses the centre line, and afterwards may use legal contact in order to attempt to prevent a goal. If the shooter scores a goal, it is added to his team's goal count. The penalty shot ends once a goal is scored, once the shooter is restrained or ends his forwards momentum if he is still holding the ball, or once he releases the ball and the ball either stops moving or again makes contact with him.

- The game clock does not count down during a penalty shot.
- After a penalty shot, if no goal is scored, a field stoppage is called with the team granted the shot given possession. If a goal is scored, the stoppage is as per any other goal.
- The penalty shot is supplemental to a penalty and does not replace the penalty.

Remedial Powers. The referee may call a penalty for delay of game (*penalty: delay of game*), unsportsmanlike conduct (*penalty: objectionable conduct*), dangerous, unfair, or offensive equipment (*penalty: illegal equipment*), or anything else for which a penalty is reasonable (*penalty: objectionable conduct*), may remove a player from a game for egregious conduct or safety reasons, and has the authority to assess a forfeit to either team. The referee may suspend gameplay if required for safety or fairness reasons. The referee may reverse a call he made at any point before the next resumption of gameplay or he signals the end of the period, whichever comes sooner.

Breaks. There is to be a 5-minute warm-up before the game, with the start time of the warm-up being communicated to players in advance of the game. By default, there is a 2-minute intermission between each period, except before extra-time periods. Each team is allowed to call 1x 30-second timeout during a game, which can be called during any stoppage. If it is during a spot stoppage, that stoppage becomes a long stoppage.

Detailed Contact Rules

- Deliberately colliding with another player in order to create a rapid (as opposed to gradual) transfer of kinetic energy is prohibited (*penalty: charging*). When delineating between legal contact and charging, it is to be determined based on the speed of the player initiating contact relative to the player receiving the contact, not relative to the ground.
- Initiating contact with a body part other than the hands, shoulders, or arms is not permitted (*penalty: invalid contact*).
- Holding or shoving a player above the shoulders (*penalty: high contact*) or at or below the waist (*penalty: low contact*) is not permitted. However, a player initiating a hold may use his legs to knock the other player off balance or may wrap his legs around the other player.
- When initiating a hold, leading into it with the head is not permitted (*penalty: leading tackle*).
- Grabbing of the arm is permitted in order to try to restrain a player, to unbalance him, or to restrict his ability to throw or pass the ball, but not to throw him by the arm. A jerking motion of the arm, or manoeuvring the arm in a way that can cause damage, is not permitted (*penalty: arm manipulation*).
- Throwing or shoving another player directly towards the ground is not permitted (*penalty: grounding*).
- Grabbing another player's equipment, clothing, or hair is not permitted (*penalty: illegal grab*).
- A player may make contact with another player unintentionally or incidentally in fighting for body position, and may use his hands or brace himself to protect himself in the case of unintentional or incidental contact.
- A player may not make contact with a player receiving a pass in order to prevent the pass from being completed until that player has positive control of the ball (*penalty: interference*). However, it is permissible for two players to fight for body position in order to receive/intercept a pass.
- A player may not initiate contact against a player on the other team when gameplay is paused (*penalty: roughing*). However, the referee may use his discretion as to the appropriate level of roughness that players may engage in after the play without penalty, provided there is no risk of injury.

- If a player initiates legal contact and conditions change to make that contact illegal, the player may follow through with the contact to the extent that he cannot reasonably prevent the contact from occurring or continuing.
- A goalie is not permitted to initiate contact except against a player that is screening him (*penalty: goalie interference*).
- A player is not permitted to initiate contact against a goalie (*penalty: goalie interference*).
- Contact may be made against any player screening a goalie.
- Any form of contact not explicitly permitted is prohibited, subject to a standard of reasonability (*penalty: roughing*).
- Excessive contact is not permitted (*penalty: roughing*).
- Players have a responsibility to deliberately minimize the risk of injury to themselves and others (*penalty: negligence*).
- If a player is suspected of incurring or possibly incurring a concussion during the game, that player may not enter the playing field until he has been cleared to do so by a medical doctor (*penalty: negligence*).

Offensive Contact Rules

- The ball carrier is not permitted to try to run through another player (*penalty: offensive charging*). He must attempt to go around an opposing player that is blocking him.
- When an opposing player is attempting to hold onto the ball carrier, the ball carrier is not permitted to raise an arm above the opposing player's shoulder in an attempt to break free of the hold (*penalty: high elbow*).

Detailed Turnover Rules. A player is must turn over the ball under the following circumstances:

- He is brought to the ground by legal contact.
- He is restrained such that he is unable to move freely.
- He is two-handed touched when on the ground or lowered to pick up the ball.
- He is deliberately avoiding or retreating from legal contact by an opposing player, and the referee deems that he is not attempting to advance the ball or pass it to a teammate while doing so.

- He drops the ball or tosses it away (other than an attempted pass or throw at the net) in the process of being restrained or taken down.
- He has jumped or has lowered his body or head to get past an opposing player.
- Another player is holding onto him and he does not break the hold.

Signals

- Spot stoppage: After the whistle, the referee holds one arm out with a closed fist pointed towards the side of the team given possession, and points with the other arm with a knife hand towards the point of the stoppage. This signal should only be given when it is not clear to the players the nature of the stoppage.
- Long stoppage: If a spot stoppage becomes a long stoppage, the referee holds both hands straight out to his side with hands open and palms face down.
- Field stoppage: After the whistle, the referee points with one arm a knife hand towards the side of the team given possession and holds the other arm out to the side at a 90-degree angle with fist pointed upwards.
- Faceoff stoppage: Before resuming gameplay, the referee holds both arms out to the sides at 90-degree angles with fists pointed upwards.
- Penalty: Upon declaring a penalty, the referee holds one arm straight up in the air with hand open. After the whistle is blown, the referee creates a cross formation with his forearms in front of him, with fists closed. He then points with a knife hand to the player given a penalty (or to the net of a team given a penalty), and then holds a hand out with either one or two fingers up (to signal a minor penalty of the respective length), or five fingers up (to signal a major penalty).
- Offside: While a team is offside, the referee holds arm out to the side at a 90-degree angle with fist pointed upwards.
- Goal: After blowing the whistle, the referee emphatically points with a knife hand to the net on which the goal was scored.
- Goal not counted / reversal of call: If a goal is not counted or the referee reverses a call he made, the referee holds places his hands immediately in front of his chest with his arms parallel to the ground and hands open, then moves his hands outwards so that his arms are straight with his hands pointing in opposite directions, then moves his hands back to the initial position. His arms remain parallel to the ground throughout the movement.

- Penalty shot: The referee points with a knife hand first to the player given the penalty shot, then to the faceoff dot.
- End of period: The referee gives a thumbs-up to the timekeeper.

Interpretations

- When no player is in possession of the ball, the location of the ball on the playing field is considered to be every point directly below the ball.
- When a player is in possession of the ball, the location of the ball is considered to be everywhere in which the player is making contact with the ground.
- A player's location on the playing field is considered to be everywhere in which the player is making contact with the ground.
- If only part of a player's foot is in contact with the ground, the player's location includes everywhere under that foot.
- A player is considered to be on the ground when part of his body other than his feet is making contact with the ground, with the exception of the player's hands and up to one knee while picking up the ball from the ground.
- When a player is brought to the ground by legal contact, a turnover occurs if he is holding the ball when he makes contact with the ground, and when a player is restrained, a turnover occurs if he is holding the ball when the referee blows his whistle.
- A player is deemed to be in possession of the ball if he is pinning the ball against the ground such that no one else can retrieve it.
- When a team is given possession of the ball during a stoppage, the team is not considered to gain possession until gameplay resumes.
- The upper boundary of the waist is the horizontal plane at the lowest point of the ribcage.
- The goal line is an imaginary line that connects the rearmost part of a net's goal posts and runs parallel to the near edge and far edge.
- When possible, the lines and edges should be marked by easily visible painted stripes 4 inches in width painted onto the grass. The actual line or edge should be the midpoint of the stripe. Being fully on one side of the line or edge entails being fully on that side of the stripe.
- When painting the field is not feasible, adaptations may be made to the way in which the field is marked, pacing may be used to approximate distances if necessary, or distances may be adapted to existing markings on the field.

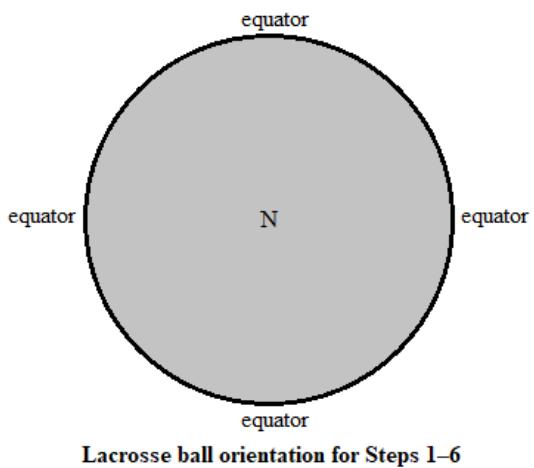
- References to other sports are assumed to refer to those sports as understood by their respective governing bodies in Canada, at the time of publication of these rules.
- Masculine pronouns are to be replaced by the proper pronouns where required.

Last updated: 22 Jan 26

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IRONCROSS BALL CONSTRUCTION

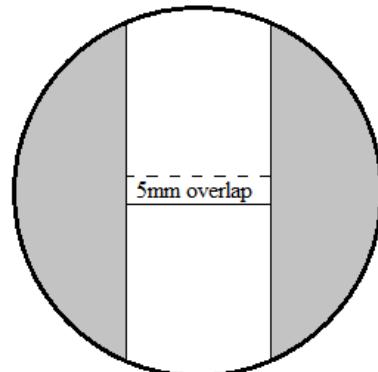
Place six great-circle strips of Renfrew Pro 24mm white hockey tape onto 2.5"-diameter lacrosse ball as per diagram.



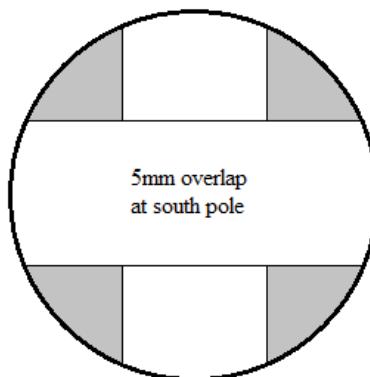
Lacrosse ball orientation for Steps 1–6

Once complete, rub baking soda onto ball to remove stickiness, then brush off and bounce against hard surface to remove excess powder.

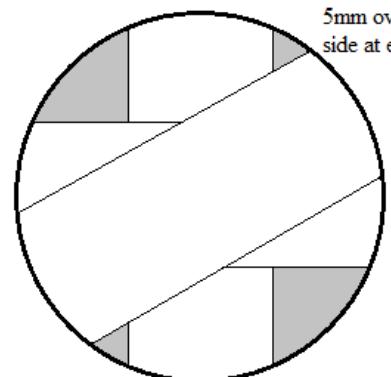
Step 1



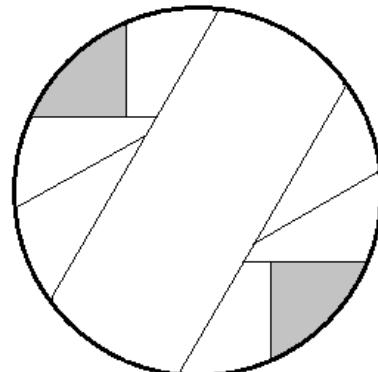
Step 2



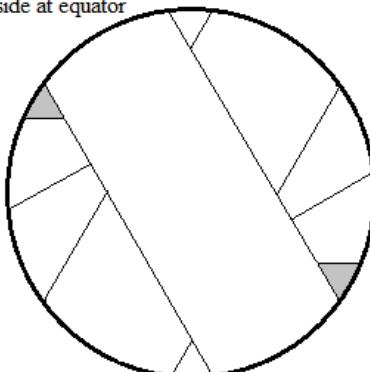
Step 3



5mm overlap this side at equator

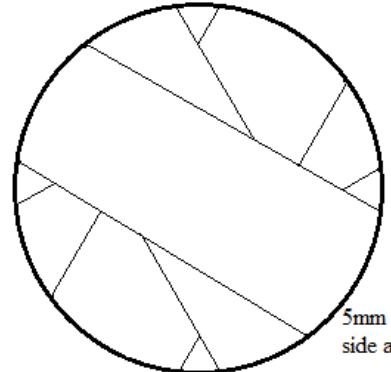


Step 4



Step 5

5mm overlap this side at equator



Step 6