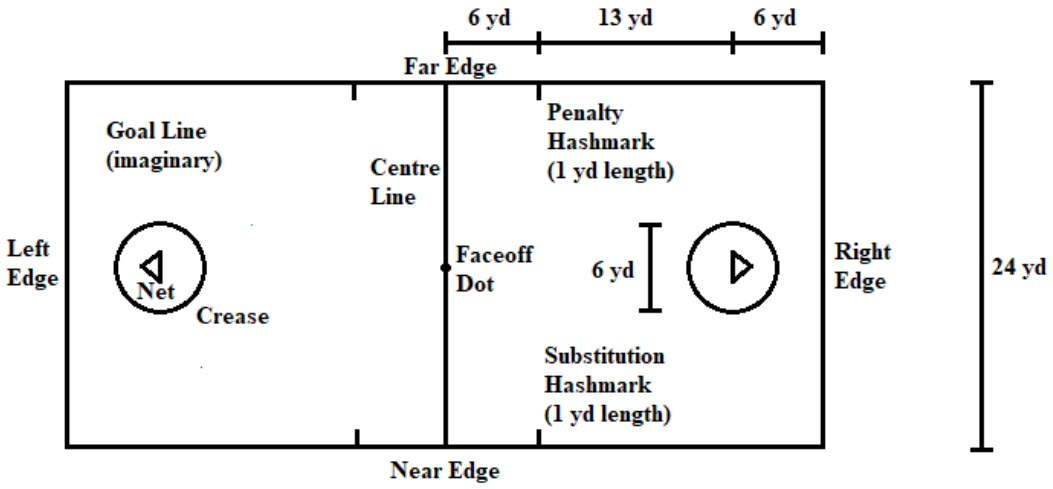
# DARCA BASELINE RULES

*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.*

Gameplay. A game consists of two teams playing against each other. A team wins by scoring more goals than the other team. A game consists of 4x 10-minute periods, with the game clock only counting down during gameplay. 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 24-yard turf playing field, with a minimum six-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. The lines and edges should be marked by easily visible painted stripes.




Teams. Each team may have a maximum of 5 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) an ice hockey helmet with full facemask; (2) a mouthguard; (3) a chest protector that satisfies the requirements below (such as an Evoshield NOCSAE protective chest guard shirt); (4) a protective cup or pelvic protector; and (5) cleats or turf shoes.

- Chest protectors must be (1) soft; (2) low-profile; and (3) NOCSAE ND200-certified. Bulky chest plates that artificially elevate the chest profile without supporting the shoulders or chest/shoulder pads with rigid plastic shells/exterior hard plates are prohibited.

- Additional padding may be worn provided it does not adversely impact safety, gameplay, or appearance.

Goalie Equipment. Goalies must wear full field lacrosse goalie equipment or equivalent, minus a stick, and with baseball catching gloves or equivalent on both hands. Goalies are authorized to wear box lacrosse goalie pads or equivalent on their legs.

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 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 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 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 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 six feet 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.

Ground Ball. 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 is not permitted to attempt to kick it or pick it up *(penalty: ground ball penalty)*.

Deliberate Player Contact. The following forms of deliberate contact with another player are allowed. Except for ground ball blocking, they are only allowed against the ball carrier.

- Holding. A player holds another player by wrapping his arms or hands around part of the other player's body above the waist.

- Checking. A player is said to check another player when he obstructs that player's ability to throw or pass the ball. It can include grabbing the player's arm, blocking it while it is in motion, or grabbing on or shoving the player in the shoulders or the pectoral area.

- Shoving. A player is said to shove another player when he pushes on that player with his hands above the waist, in order to disrupt the player's running or knock him off balance. Shoving cannot be used to push a player directly to the ground.

- Blocking. Blocking refers to deliberately standing in a player's way in order to impede his movement. A player cannot try to run through a blocking player, and must go around.

    - Primary Blocking. Primary blocking refers to standing directly in front of the ball carrier.

    - Secondary Blocking. Secondary blocking refers to standing in a potential path the ball carrier might take to avoid a block.

    - Ground Ball Blocking. When the ball is on the ground, blocking can be used to protect a player picking up the ball.

Contingent Player Contact. The following contingent forms of contact must be used in place of deliberate contact in certain circumstances:

- Release Touching. If, when the ball carrier is attempting to evade a hold or block by one defender, he incidentally runs into a player performing a secondary block, that player

may perform a release touch. This entails pushing on the ball carrier with both hands while at the same time stepping backwards to prevent a sharp transfer of momentum.

- Two-Handed Touching. If a player is on the ground, the only legal form of contact is a two-handed touch. 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. A two-handed touch is considered sufficient to be considered to force a turnover for a player on the ground or lowered to pick up the ball.

Turnover. If a turnover occurs, the referee calls a spot stoppage where the turnover happened and gives possession of the ball to the player who forced the turnover. A turnover occurs if:

- the ball carrier is unable to break a hold for more than two seconds, with the exception that, if he has initiated a throwing or passing motion within two seconds, he may complete it;
- the ball carrier falls as a result of legal contact;
- the ball carrier runs into a blocking player, including if it is a player performing a secondary block who executes a release touch;
- the ball carrier is two-handed touched when this is the only legal form of contact; or
- while an opposing player is attempting to hold him, he falls, drops the ball, jumps, ducks, spins in a circle, or raises his elbow in the air.

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 player given possession is facing towards a crease or the edge of the playing field to resume gameplay, a player from the other team must be able to stand six feet away from the player given possession and still be fully outside either crease and fully in the playing field. If the defender has his back to a crease or the edge of the playing field, the back of the foot of the player given possession should be at least six feet away from the crease or edge. If necessary, the point of the stoppage is moved to the minimal extent necessary to satisfy these conditions.

    - 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 six feet from the faceoff dot. 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 (except for the goalie, who may be in the crease). 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.

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.

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 fully 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 through this area. 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: too many players)*.

Breaks. There is to be a 5-minute warm-up before the game. By default, there is a 2-minute intermission between each period. 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.

Overtime. Overtime rules must be specified in advance. By default, if the game is tied at the end of the fourth period, a 5-minute overtime period is played, with each team allowed only 4 players on the playing field. The game ends immediately if a goal is scored during overtime. In a game that does not require a winner, if no goal is scored during the overtime period, the game ends tied. In a game that requires a winner, as many overtime periods are played as needed to declare a winner.

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 goalie, 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. A penalty is upgraded to a major penalty if it is for an especially dangerous action or if there is intent to injure.

- If two penalties for opposing teams offset (that is, start and end at the same time), the maximum number of players allowed 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 non-offsetting major penalty with the least amount of time remaining is instead reduced by 1 minute.

- At the end of a non-offsetting 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 enter through the far edge fully between the centre line and penalty hashmark on his side *(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 or overtime, 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 defender has forced a turnover or the ball carrier 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, and the penalty shot is supplemental to a penalty and does not replace the penalty.

Deliberate Contact Penalties. The following penalties are assessed as required.

- Interference

    - A player may not deliberately impede another player's movement, except when legally making deliberate contact with that player.

    - Notwithstanding these rules, shoving can be performed against any player screening a goalie.

    - Notwithstanding these rules, a player may make contact with another player unintentionally or incidentally in fighting for body position, and may use his hands or brace or himself in the case of unintentional or incidental contact.

    - Notwithstanding these rules, 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.

- Goalie Interference

    - A goalie is not permitted to initiate contact except against a player that is screening him or impeding his movement.
    - A player is not permitted to initiate contact against a goalie.

- Defensive Charging. When initiating contact against another player, creating a rapid (as opposed to gradual) transfer of kinetic energy to the other player is prohibited.
- Offensive Charging. A player is not permitted to try to run through another player. He must attempt to go around an opposing player that is blocking him.
- Grounding. Throwing or shoving another player directly towards the ground is not permitted. Shoving a player such that he falls directly backward to the ground is not permitted.
- Aggressing Grabbing. Grabbing another player's equipment, clothing, or hair is not permitted.
- Aggressive Shoving. Shoving a player in the sternum area, female breast area, below the waist, or in the centre of the back is not permitted.
- Arm Manipulation. A jerking motion of the arm, or manoeuvring the arm in a way that can cause damage, is not permitted.
- High Contact. Deliberate contact to the head is not permitted.
- Low Contact. Deliberate contact below the waist is not permitted, except when it is incidental when fighting for body position. A player may also wrap his legs around the ball carrier as part of a hold.
- Leading Tackle. When initiating a hold, leading into it with the head is not permitted.
- Roughing
    - Excessive contact is not permitted.
    - Using deliberate contact when contingent contact is required is not permitted.
    - A player may not initiate contact against a player on the other team when gameplay is paused.
    - Any form of contact not explicitly permitted is prohibited, subject to a standard of reasonability.
    - Notwithstanding these rules, the referee may use his discretion as to the appropriate level of roughness that players may engage in away from or after the play without penalty, provided there is no risk of injury.

Violations. Violation of the following rules does not automatically result in penalties.

- Out of Bounds. If the ball or ball carrier leaves the playing field, a spot stoppage is called six feet inwards from the point where the ball or ball carrier exited. The team that was not the last to touch the ball before it went out of bounds is given possession.

- Offside

    - A team becomes offside if they have players fully on the other team's side of the centre line while the ball is fully on their own side and they do not have possession.

    - A team also becomes offside if they have possession of the ball fully on the other team's side of the centre line and pass, carry, or toss the ball fully back into their own side.

    - If a team is offside, all of its players must partially return to their own side of the centre line. If the team moves the ball forward across the centre line before doing so, a field stoppage is called with the other team given possession. The responsible team cannot make substitutions during this stoppage.

    - After a faceoff stoppage, offside does not apply until a player who did not take the faceoff gains possession.

- 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.

- 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. 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.

- 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.

- 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.

- Pass Interference. If a player makes contact with a player receiving or intercepting a pass that prevents the pass from being completed, or holds the player before the pass is

complete, a spot stoppage is called with the player that was interfered with being given possession at the point of interference. However, it is permissible for two players to fight for body position in order to receive or intercept a pass.

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)*, carelessness towards self or others *(penalty: negligence)*, 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.

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 (or the player given possession), and points with the other arm with a knife hand towards the point of the stoppage. This signal only needs to 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 in the air with fists closed.

- Field stoppage: After the whistle, the referee points with one arm with a closed fist towards the side of the team given possession, and keeps the other hand to his chest.

- Faceoff stoppage: Before resuming gameplay, the referee holds both arms out to the sides parallel to the ground with closed fists.

- Free throw: The referee signals a free throw by making a throwing motion with his arm.

- 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 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 one arm straight up in the air with a closed fist.

- 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 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 he is not in contact with the ground, it is the last point of the ground at which he made 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.

- 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.

- 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 left edge and the right edge.

- The edges of the playing field are the inner edges of the corresponding stipes. The edge of the crease is the outer edge of the corresponding stripe. The substitution and penalty hashmarks are the edge of the corresponding stripes closer to the centre line. The centre line is considered to include the entirety of its corresponding stripe.

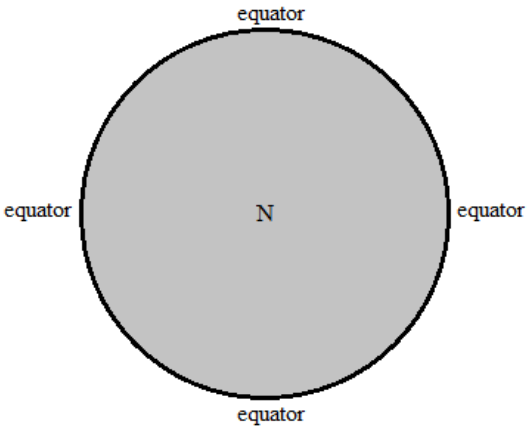
- When painting the field is not feasible, adaptations may be made to the way in which the field is marked, pacing may be used to approximate distances if necessary, or distances may be adapted to existing markings on the field.

- 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.

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## DARCA BALL CONSTRUCTION

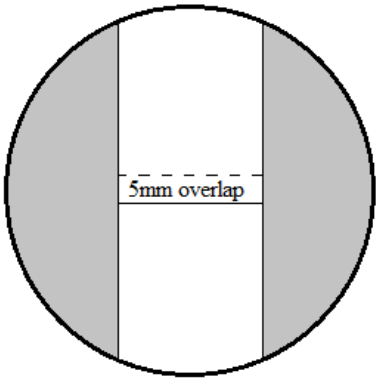
Place six great-circle strips of Renfrew Pro 24mm white hockey tape onto 2.5"-diameter lacrosse ball as per diagram.



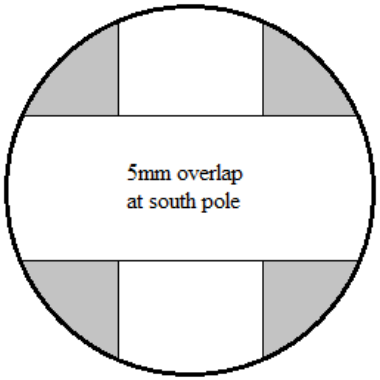

**Lacrosse ball orientation for Steps 1–6**

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

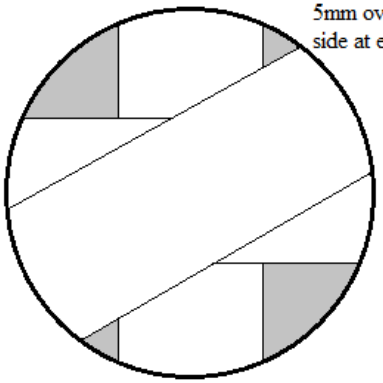
**Step 1**

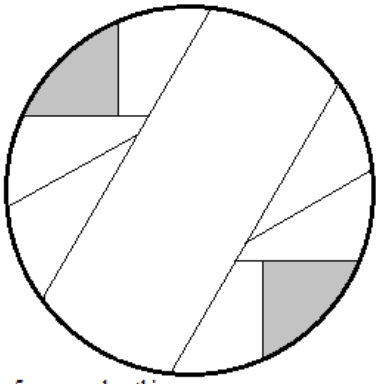



**Step 2**

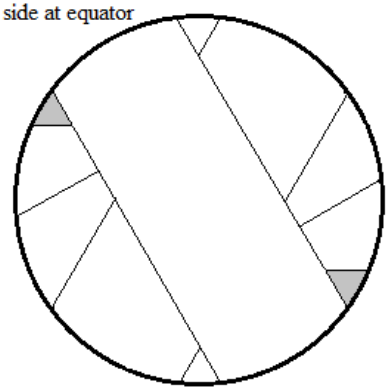



**Step 3**

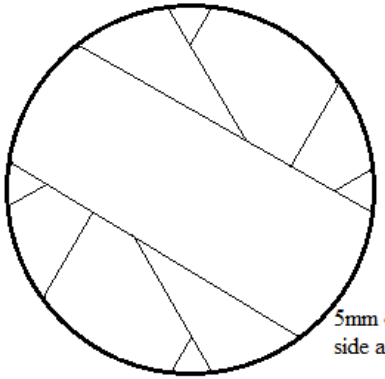



**Step 4**




**Step 5**




**Step 6**