

Penalty	Personal / Technical	Description	Length
Failure to advance	T	"Failure to advance" is called if any of these time limits expire: - 20 seconds to cross midfield with the ball - 10 seconds to get the ball into the "box" in the attack area - taking the ball out of the "box" for more than 10 seconds	Loss of possession
Four-second call	T	When the goalie makes a save or assumes control of the ball in any way while in the crease he may remain in the crease for only four seconds.	Loss of possession
Warding	T	While in possession of the ball, a player may use their arm to shield the ball if he keeps it still; however, using his arm to push another player away is warding.	Loss of possession
Offside	T	Failure to have either three players on your offensive half of the field or four players on your defensive half. The normal position of these players is not significant, only the number is.	Loss of possession / or / 30 sec
Pushing	T	Pushing an opponent from the rear, or when he is not within five yards of the ball. All body contact must occur with both hands on your stick.	Loss of possession / or / 30 sec
Interference	T	Moving picks, preventing cutters free movement, etc. Also, hitting the goalie in the crease when he has possession of the ball.	Loss of possession / or / 30 sec
Miscellaneous	T	throwing the stick / lying on a loose ball / illegal substitutions / playing without a stick / delay of game	30 sec
Holding	T	Holding an opponent or his stick with your body or stick. This does not eliminate body checks or holding your position, but you may not wrap your stick around an opponent and thus stop his movement.	30 sec
Slashing	P	Striking an opponent's body other than his hand with your stick. (To an extent, striking the arms is allowed.)	1 min unreleasable
Tripping	P	Obstructing the opponent below the knee with your body or stick.	1 min unreleasable
Illegal body checking	P	Hitting an opponent from the rear, below the waist, above the shoulders, or when the opponent neither has the ball nor is within 5 yards of a loose ball.	1 min unreleasable
Cross-checking	P	Hitting the opponent with the part of the stick between your hands.	1 min unreleasable
Unsportsmanlike conduct	P	Official's discretion	1-3 min unreleasable