

## Crease Play

- ❖ When we are awarded possession of the ball within our own goal crease the ball must be passed or carried out of the crease within Five seconds. Either by a player or the goalie.
- ❖ If you touch a loose ball in the other teams crease possession is awarded to the other team.
- ❖ If you interferes with an opposing player or goalie's stick in their crease possession is awarded to the other team.
- ❖ If you intentionally checks a player's or goalie's stick within their crease a penalty will be assessed to the player.
- ❖ If you interferes with an opposing player or goalie who is in their crease (other than stick on stick) a penalty or major penalty for checking in the crease will be assessed to you
- ❖ When shooting on goal you cannot step into the crease. The crease is considered to be an imaginary vertical cylinder coming up from the line on the floor. The stick or other parts of the body except the feet may enter the goal crease in the act of shooting or faking, but may not make contact with the floor, goalie or any part of the net with any part of your body or stick.
- ❖ You cannot cut through an opponent's crease to check the ball-carrier. A penalty will be given.
- ❖ You cannot cut through an opponent's crease to recover a loose ball. Possession will be awarded to the other team.
- ❖ You can however cut through our crease to gain position on a ball carrier or loose ball.
- ❖ If you have the ball, you cannot enter our crease, possession will be given to the other team.
- ❖ You cannot pass to our goalie or a player if they are inside our crease, both feet have to be outside of the crease.
- ❖ A goalie or player can enter the crease with the ball provided they have one foot in the crease when intercepting a pass from the other team.
- ❖ Only a goalie can rake the ball into the crease provided they have one foot in the crease.