

AMERICAN LACROSSE LEAGUE RULES MODIFICATIONS 2016 SEASON (1-10-16)

The 2015-2016 NCAA Rules and Interpretations are used unless they are **specifically** modified in these rules modifications. The rule and section numbers herein are the same as those in the NCAA rule book.

The 2015-16 NCAA Rules that have been accepted by the League:

1. "Mechanics" and most rules relating to faceoffs in Rule 4 - Section 3-b will be used. The only exception is that players can carry the ball on the back of their stick for an unlimited number of steps.

Changes in Modifications from those in 2014:

1. (1-16) **BALLS MUST HAVE THE "NOCSAE" STAMP ON THEM.**
2. (3) The rule for the last two minutes of the fourth period has been rewritten for better clarification.
3. (4-5) The rule regarding positioning of players during faceoffs when players are out on a penalty has been rewritten for better clarification
4. (4-15) **The prior modification of "Advancing the Ball" after the defense gains possession is no longer used. Officials will not have to decide if the clearing team is stalling. The NCAA 30 second rule once the defense gains possession is what will be enforced.**
5. (4-16) The rule regarding the ball leaving the attack area and going back over the center line has been rewritten for better clarification.
6. (5-10) The rule relating to palms of gloves has been rewritten for better clarification.

POINTS OF EMPHASIS:

1. Officials are to use the field mechanics and the positioning technique set forth by the US Lacrosse Men's Game Officials Sub Committee in the *Men's Lacrosse Officials Mechanics Manual*.
2. All participants must exhibit proper sportsmanship. Officials are encouraged to use all of the rules to strictly enforce or penalize any unsportsmanlike behavior. Obscene language is not to be tolerated and should be strictly penalized. The NCAA mechanic for determining obscene language shall be used.
3. Racial and sexual orientation epithets or comments are not to be tolerated. A player or anyone connected to a team who uses racial or sexual orientation epithets or who makes a racial or sexual orientation comments should be penalized as per the "**special conditions**" in Rule 5 - Section 4.
4. **Use of the Conduct Foul(Rule 6 - Section 7), especially subparagraph c, is encouraged.**
5. **STRICTLY ENFORCE THE DELAY OF GAME PENALTY** as per Rule 6 - Section 6 - Paragraph f-6. There must be **SIX (6)** balls on the end line prior to start of each period.
6. When arm pads, shoulder pads and mouthpieces are worn, they must be worn properly. They cannot be altered and must meet NCAA specifications. **If a mouthpiece is attached to a players helmet it MUST be worn by the player**
7. Conduct a random stick check once per half as per Rule 4 - Section 29 of the NCAA rules.
8. If a goalie commits a severe personal foul more than a one minute penalty should assessed.

RULE 1

PLAYING FIELD(2): Fields may be 53 to 60 yards wide. Limit lines and the 4 inch square at the center of the field are not required. Lines on the sides of the attack areas are required. All other lines and dimensions must be as stated in NCAA rules unless the home team has a **written waiver** from the league. If there is no written waiver, the appropriate NCAA procedures and penalties are to be applied.

GOALS(3) & NETS(5): NCAA rules as to the color, and the size and shape of the pipes used in the construction of goals shall not apply. Both nets do not have to be the same color or a solid color.

Rule 1 cont'd:

TABLE AREA, TEAM BENCHES(10): The 20 yard "Substitution Box" shall be used even if the field is marked with 10 yard box lines or if there are no box lines at all.

CONES & PYLONS(15): These are not required at the end lines, center line, and "Substitution Box", but are strongly recommended especially if there are no "Substitution Box" lines.

THE BALL (16): BALLS MUST HAVE A NOCSAE STAMP. An adequate supply of six(6) balls must be placed at each end line. When a *quick whistle* is not possible because balls are not available or not on the end lines, **a delay of game penalty should be assessed**, and the **CLOCK MUST BE STOPPED** until a team is in possession of the ball.

CROSSE DIMENSIONS(17): The head of the stick at its widest shall not be less than 6 inches. The rule relating to graduated head widths is not used.

CROSSE- PROHIBITIONS(19): The "shooting string" rule and the rule relating to tape affixed to the plastic is not used.

HELMET, FACE MASK, & MOUTHPIECE(20): Helmets do not have to be the same dominant team color or colors. **NOCSAE approved lacrosse helmets are required. Unless an indoor lacrosse helmet is NOCSAE approved (must have a warning label), it is not legal.** Mouthpieces are not required, but are strongly recommended.

PERSONAL EQUIPMENT(21): Sweat pants and garments worn under jerseys or shorts do not have to be white, gray, or the same color. Shorts do not have to be the same dominant color. The home team shall have the choice of jersey color.

Shoulder pads and arm pads are not required, but they are strongly recommended. If shoulder pads are worn, they cannot be altered. Gloves do not have to be the same color and are legal if the palms are worn out. Part of the fingers can be exposed as described in Rule 5 - Section 6 of these rules.

COACHES CERTIFICATION (22): This rule is not used.

RULE 2

CROSSE RESTRICTIONS(1): The number of sticks over 52 inches in length that can be on the field at the same time is **SIX (6)**. The goalies stick is not included in this count.

RULE 3

LENGTH OF GAME(1): Regulation periods are 20 minutes. **Running time is used.** The clock does not stop after a goal is scored. The clock **MUST** stop when there is an undue delay in retrieving an out of bounds ball. The clock shall also stop during the last **three minutes of the fourth period** (this includes when goals are scored) and during team and official time-outs, and stoppages of play.

NOTE: Paragraph f-3 in Section 6 of Rule 6 must be **strictly** enforced. This pertains to the time that elapses after the scoring of a goal. Officials are to wear timers (beepers) to enforce this rule.

SUDDEN VICTORY OVERTIME(4): These shall be four(4) minute **STOP TIME** periods. The first team to score a legal goal shall be declared the winner.

FORFEITED GAME vs NO CONTEST (7): Any game that is not played is a "forfeit" unless it is postponed or cancelled or due to weather or field conditions. To be declared a "no contest" teams must follow the procedures on page 18 in the League Procedures Manual.

Rule 3 cont'd

FINAL TWO MINUTES OF REGULATION PLAY: During the final two minutes of regulation play, the team that is ahead is required to "keep it in" **once the ball is brought into its attack goal area.** If the offensive team has the ball outside the box the stalling rules as described in #1 of Rule 6 that were used throughout the game should be enforced. If the offensive team is being closely played outside of the attack goal area it is conceivable that they could keep the ball out for the entire two minutes.

RULE 4

FACING OFF(3): Contrasting tape does not have to be applied to the handle of the crosse. The 30 second penalty after a second pre-whistle faceoff violation **IS NOT USED.** The rule that during a faceoff in penalty situations which requires four players in the defensive area and three players in the offensive area **IS NOT USED.** The team with fewer than ten players can have one player in each wing area.

All NCAA faceoff "Mechanics" and most rules relating to faceoffs are to be used. There is only one exception to Rule 4 - Section 3-b. It is that a player may carry the ball on the back of his stick for unlimited number of steps.

NOTE: Other than the above, all NCAA Rules and Mechanics with respect to faceoffs shall be used. It should be noted that Rule 5 - Section 4-e allows for a personal foul to be assessed for repeated violation of the same technical foul. A warning must be issued before applying this rule.

RESTART(8): A *quick whistle* is used except when the goalie *legitimately* chases a shot.

ADVANCING THE BALL(15): Rule 4 - Section 15 in the NCAA rule book will be used instead of the modification used in prior years which left it up to the officials to decide if the defensive team was stalling by not making a reasonable attempt to clear the ball. The 30 second count will start as soon as the defensive team gains possession in their defensive half of the field.

RULES ONCE THE ATTACK AREA IS GAINED(16): Once the ball has advanced into the attack goal area and returns to the defensive half as a loose ball or in possession of the offensive team a 30 second count shall be started. The offensive team then has thirty seconds to return the ball over the midfield line and into the attack goal area. **Once the team has the ball in the attack goal area they are to receive a "keep it in" warning. There is no requirement to take a shot within 30 seconds.**

GOALKEEPER PRIVILEGES(20): When the goalie *legitimately* chases a shot he shall receive five (5) seconds to return to the crease. This is the **ONLY INSTANCE** he gets time to return to the crease.

GOAL-CREASE PROHIBITIONS(21): The NCAA "dive rule" is not used. A goal shall be **allowed** if a player enters the crease **after** the ball crosses the goal line. A goal shall be **disallowed** only when a player enters the crease **before** the ball has crossed the goal line.

TEAM TIME-OUTS(27): During live play the team in possession of the ball can call a time-out in both the defensive and offensive half of the field. The player in possession of the ball does not have to be in contact with the ground when the time-out is called.

During any stoppage in play **EITHER** team can request a timeout.

ILLEGAL EQUIPMENT-HEAD COACHES REQUEST(28): A head coach can request a stick check, but not a personal equipment check. During a stick check officials **are not** to check personal equipment. This does not preclude officials from taking action if they observe illegal equipment.

RULE 5

UNSPORTSMANLIKE CONDUCT(4): In addition to the “Unsportsmanlike Conduct” fouls listed in Rule 5 - Section 4 of the NCAA Rule Book, the following "**special conditions**" shall apply:

RACIAL AND SEXUAL ORIENTAION EPITHETS & REMARKS: A player or anyone who is officially connected to a team who uses a racial epithet, makes a racial remark, or any statement regarding sexual orientation shall receive a **three minute unsportsmanlike conduct penalty and shall be expelled from the game.**

OBSCENE LANGUAGE: A minimum of two minutes is to be assessed for obscene language.

MALIGNING AN OFFICIAL: Anyone officially connected with a team or any player who maligns an official, shall receive an unsportsmanlike conduct foul. If the same person commits a second maligning foul he shall be expelled from the game. In the event that penalty time has not started on the first maligning foul, additional penalty time shall not be assessed, only the expulsion.

CONTINUED UNSPORTSMANLIKE CONDUCT: If an unsportsmanlike conduct foul has been called and the individual continues to act in an unsportsmanlike manner, the officials have the right to eject the individual from the bench/team area and the field.

NOTE: Penalty time for all of these “special conditions” is non-releasable

USE OF ILLEGAL EQUIPMENT(10): If the palms of gloves are worn out they are legal as long as the palm side covers the fingers from the first joint above the palm to the top of each finger. Illegal gloves are to be penalized as per NCAA rules.

The wearing of shoulder pads is not required (see Rule 1 - Section 21 of these rules). But, if they are worn they cannot be altered. If they are altered, they are illegal.

TOBACCO(15): This rule is not used.

RULE 6

STALLING(11): The "30 second shot clock" is not used. The following stalling rules are used:

1. When it is obvious that the team with the ball outside of the attack goal area is not making a reasonable attempt to attack the goal, a “Get it in” warning shall be given. At that time a visual ten (10) second count shall begin for the team to get the ball into the attack goal area.
2. If the ball is in the attack goal area and the team in possession is not making a reasonable attempt to attack the goal, a “Keep it in” warning shall be given.
3. Once the ball is in the attack goal area after being given either a “Keep it in” or a “Get it in” stall warning, it is a technical violation if the offensive team that is in possession of the ball carries or passes the ball out of the attack goal area, or the ball leaves the area without being caused by any of the conditions in the paragraph below.

If the ball goes out of the attack goal area as the result of a deflected pass by the defense or a shot by the offense and it is touched or picked up by the offense there is no technical violation, but the offense has 10 seconds to return the ball to the attack goal area.

3. The stall warnings are no longer in effect when a goal is scored, the defensive team gains possession of the ball, or a period ends resulting in a faceoff.

Rule 6-Stalling cont'd

- 4. This rule shall not prevent a team in possession of the ball in their offensive half of the field from employing a careful passing game for the purpose of maneuvering the defensive team out of position.**

NOTE: A team with fewer players than its opponent due to penalties shall not be given a stall warning and is not subject to any stalling counts except for the last two minutes of the fourth quarter.

RULE 7

PLAYER OUT ON A PENALTY(1-a-2): After a penalized player has reported to the penalty area he can be substituted for at any time, but he cannot reenter the game until his penalty time expires.

PENALTY TIME(2): Penalty time shall start when the whistle blows to restart play. The penalty clock shall stop during **ALL** stoppages of play.

Goalies will not serve penalty time unless the time for a single foul, or the total time assessed for a foul and any additional fouls prior to restarting play after the penalty time for the first foul is assessed, is two or more minutes. The In-home serves the penalty, but the goalies number is recorded. A goalie is subject to fouling out as per Rule 5 - Section 12, and expulsion as per Rule 5 - Section 14 or the other expulsion rules listed in these modifications.

NUMBER OF PLAYERS SERVING PENALTY TIME(2-f): This rule is not used

MISCELLANEOUS

INCIDENTS WITH OFFICIALS: In order for the League to take action when an incident occurs, the officials assigned to any game or scrimmage and the assignors **MUST** adhere to the procedures and time limits set forth in this section.

When an official is touched before, during or after any game or scrimmage, or is verbally abused after any game or scrimmage, by a player or anyone officially connected to a League team, the official must send a **written report or e-mail** to his assignor. The report must be postmarked or time stamped within **48 hours** of the incident. Within **48 hours** after the assignor receives the report, he must forward it to the **Conference Director and the League Commissioner.**

The Conference Director or his representative will conduct an investigation. The findings and any action taken will be reported to the entire League Executive Committee, the official, his assignor, the and the team representative of the person involved. The team representative has the responsibility of notifying the person from his team that is involved. The Conference Director is to receive a copy of this notification.

The Conference Director must also notify all of the Representatives of the teams opponents if the person is suspended from any League games and is therefore ineligible to participate.

EXPULSION: Anyone expelled from any game or scrimmage for using racial epithets, making racial remarks, maligning an official, or violating the "Special Conditions" in Section 4 of Rule 5 will not be eligible to play or participate in his next Division Game or Playoff Game, whichever comes first. If there are no games left in the season, the penalty shall carry over to the next season in which that person participates in the League.

Anyone who has already been expelled from any game or scrimmage, or violates any of the expulsion situations in the preceding paragraph is subject to being declared ineligible for more than one game.

Miscellaneous cont'd

When an expulsion occurs, the referee must notify his assignor as to the name of the person no later than **48 hours** of the occurrence. The assignor must notify the appropriate **Conference Director and the League Commissioner** within **48 hours** after receiving the report from the referee.

The Conference Director must notify the Team Representative of the expelled person, that teams Division Coordinator, the reporting assignor, and the opposing team or teams that have games scheduled with that persons team as to what games that the person is not eligible to participate in. The Team Representative has the responsibility of notifying the person involved.

FLAGRANT (GROSS) MISCONDUCT: Any player or person officially connected to a team who commits any act of “flagrant (gross)” misconduct before, during, or after a game can be declared ineligible to participate in League Games for a period set forth by a committee appointed by the Conference Director.

“Flagrant (gross)” misconduct could include such actions as assaulting an opponent or official, continued use of foul language or racial epithets, continued maligning of an official, or striking an opponent multiple times with hands, feet, crosse, or otherwise. The aforementioned acts do not exclude other acts that may be deemed “flagrant (gross)” by officials or opponents.

When “flagrant (gross)” misconduct occurs, **the Conference Director and the League Commissioner** must be notified in **writing or by e-mail** within 48 hours of the incident. The Conference Director shall appoint an investigating committee within 48 hours after being notified of the incident. The investigating committee shall complete their investigation within 96 hours after receiving the information regarding the incident.

The decision of the investigating committee is subject to appeal as specified in Article IV, Section A, Subsection 4 of the American Lacrosse League Bylaws. Notice of appeal must be made by person involved or his team within 48 hours after the Conference Director notifies the Team Representative as to the penalties imposed by the investigating committee.

USE OF INELIGIBLE OR ILLEGAL PLAYERS: If after a game a team suspects that an opponent has used an ineligible or illegal player they should report the incident to the Conference Director. This must be done within 48 hours after learning of the violation. The League shall make all decisions as to any disciplinary action that might be taken.

QUESTIONS ABOUT THESE RULES OR PROBLEMS WITH OFFICIALS:

The League Commissioner should be contacted if there are any questions about these modifications or there is a problem with an official. When a team thinks that a situation has occurred where an official should be disciplined, the incident must be reported to the League Commissioner in writing or by e-mail within **48 hours** after it occurred.

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