

# AMERICAN LACROSSE LEAGUE RULES MODIFICATIONS 2020 SEASON (12-17-19)

The 2019-2020 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.

## 2019-2020 NCAA Rules Not Accepted By The League:

1. The “Shot Clock”, Rule 4-Section 15 and all AR’s and other rules pertaining to it.
2. “Game Administration” - Rule 1-Section 25
3. The “Goal-Mouth Arc” is not required.

## 2019-2020 NCAA Rules Accepted By The League:

1. The NCAA “Dive” rule will be used.
2. The 10 yard Substitution Area will be used unless the field only has 20 yard markings.

## Changes in ALL Modifications from Previous Seasons:

1. The “Coaches Certification” (Rule 1-Section 22) will be conducted.
2. The “Automatic Stall Warning” at the end of the 4<sup>th</sup> quarter will no longer be used.
3. The NCAA “Over & Back” (Rule 4-Section 16-b) will be used.
4. Indoor (Box) helmets are not allowed.

## POINTS OF EMPHASIS:

1. Officials are to use the field mechanics and the positioning technique set forth by the National Intercollegiate Lacrosse Officials Association.
2. Officials are encouraged to use all of the rules to strictly enforce or penalize any unsportsmanlike behavior. 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 player’s 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 be assessed.

## RULE 1

**PLAYING FIELD (2):** Fields may be 53 to 60 yards wide. Lines on the sides of the attack areas are required. “Limit Lines”, the lines 5 yards on either side of the Center Line in the Substitution area and the “Goal-Mouth Arc” are **not 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 waiver, NCAA procedures and penalties are to be applied.

**Note:** If there is a “goal mouth arc” officials are to use it in determining “dive” violations. If there is no “goal mouth arc” officials are to use their judgement as per the rules in 2019.

**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.

**TABLE AREA, TEAM BENCHES, SUBSTITUTION AREA (10):** The 10 yard “Substitution Area” shall be used unless the field only has markings for 20 yards.

**CONES & PYLONS (15):** These are not required but are strongly recommended.

**THE BALL (16):** A 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 rules relating to graduated head widths are 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. Indoor lacrosse (Box) helmets **are NOT PERMITTED**. Mouthpieces are not required, but are strongly recommended. If they are attached to the helmet, they **MUST** be used.

**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 per Rule 5 - Section 10 of these modifications.**

**COACHES CERTIFICATION (22):** This rule is used. Officials shall ask coaches the following question: “Do you certify that all of your players are properly equipped as per American Lacrosse League rules?”.

## **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 will stop when there is an undue delay in retrieving an out of bounds ball. The clock shall also stop during team and official timeouts. Time is **stopped clock** in the last three minutes of the fourth period (this includes when goals are scored).

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 **STOPPED TIME** periods.

**FORFEITED GAME vs NO CONTEST (7):** Any game that is not played is a "forfeit" unless it is postponed or cancelled due to weather or field conditions. To be declared a "no contest" teams must follow the procedures on page 19 in the League Procedures Manual.

## **RULE 4**

**FACING OFF (3):** NCAA Mechanics and rules relating to Faceoffs are to be used **except as noted below.**

**(3-b-10)** A player can carry the ball on the back of his stick for an **unlimited number of steps.**

**(3-b-15):** Contrasting tape or paint do not have to applied to the handle of the crosse.

**(4-a)** The 30 second penalty after a second pre-whistle faceoff violation **IS NOT USED.**

**(4-c)** The rule that during a faceoff in penalty situations requiring four players in the defensive area and three players in the offensive area **IS NOT USED.** A team with fewer than ten players can have one player in each wing area.

**NOTE: 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.

**RESTARTS (8):** When a goalie *legitimately* chases a shot the *quick whistle* is **NOT used**. The goalie shall be allowed 5 seconds to return to the crease. .

**ADVANCING THE BALL (16-a):** Whenever a team gains possession of the ball in their Defensive Area of the field they have 30 seconds to move the ball into their Offensive Attack Area (the box). Once it is in the attack area it can be brought out but not over the center line.

**OVER & BACK (16-b):** The NCAA Over & Back rule is to be used. If the offense legally recovers the ball The “Advancing The Ball” time limit applies.

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

**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 the above “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 modifications). 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:** The "80 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. Failure to get it in will result in loss of possession.
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 next paragraph.

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.

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.
5. 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 to begin the next period.

**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.**

## **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 goalie's 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 before, during or 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**.

**(Cont'd on next page)**

**Miscellaneous cont'd:**

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, 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 the notification sent to the player.

The Conference Director must also notify all of the Representatives of the team's 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 is not eligible to play or participate in his next Division Game or Playoff Game. If there are no games left in the season, the penalty carries 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. The ejected person must leave the field area. This includes sideline, bench and spectator areas. Who foul out due to five personal fouls are not subject to this rule.

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 team's Division Coordinator, the reporting assignor, and the opposing team or teams that have games scheduled with that person's 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 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:** See pages 20 and 21 of the League Procedures Manual. 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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