

AMERICAN LACROSSE LEAGUE – SHORT LIST OF RULES (1-14-19)

Time Factors: Regular periods are 20 minute **running time**. Sudden Victory periods 4 minute **stopped time**. The clock shall stop (1) When there is an undue delay in retrieving an out of bounds ball
(2) During any timeout (3) During **any** stoppage of play during the last **3 minutes** of the fourth period

Penalty Time: Penalty time does not start until the whistle is blown to restart play. Penalty time is **stopped** clock. The penalty clock shall stop whenever the whistle blows to stop play.

Face-offs: NCAA “mechanics” are used. The faceoff man does not have to have contrasting tape or paint on the handle of his stick. A team with less than 10 men on the field is to have a player in each wing area. The 30 second penalty after a second faceoff violation is not used. A player can carry the ball on the back of his stick for **unlimited steps**.

Time-outs: Live ball time-outs can be called by the team in possession of the ball with the ball anywhere on the field. **EITHER** team can call for a time-out during any stoppage in play.

Restarts: The goalie gets 5 seconds to return to the crease when he has **legitimately** chases a shot.

Advancing the ball: Whenever a team gains possession of the ball in their Defensive Area of the field they have 30 seconds to get it into their Offensive Attack Area (the “box”). Once it is in the Offensive Attack Area it can be brought out but not over the Center Line.

Over and Back: The NCAA rule is used. See “Advancing the Ball” if the offense legally recovers it.

Stalling: A team with fewer players on the field due to penalties is not subject to a stall warning.

Dive rule: The NCAA “Dive” rule is used.

Long sticks: The allowable number of long sticks on the field is six (6).

Stick Dimensions: The graduated stick width is not used.

Stick Prohibitions: The NCAA shooting string rule and tape affixed to the plastic rules are not used.

Random stick check: This is used, but personal equipment is not checked during any stick check.

Coaches request: Coaches can ask for stick a check, but not a check of personal equipment.

Equipment: Palms of gloves can be worn out. Arm pads, shoulder pads, and mouthpieces are **not required**. Arm pads and shoulder pads cannot be altered even though they are not required equipment. **Indoor (Box) helmets are not permitted under any circumstances.**

Choice of Jersey Colors: The home team has the choice of jersey colors.

Substitution Area: The 10 yard “Substitution Area” is used unless the **only** markings are for 20 yards.

Obscene language: Minimum of two minutes.

Automatic Stall At The End of The Fourth Period: NO LONGER USED.

Coaches Certification: This is now 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?”.

Expulsion from game: Officials **must** report to their assignor, the **name** and the **number** of any player expelled for using racial or homophobic epithets, receiving two maligning fouls, gross misconduct or violating Section 14 of Rule 5 (Fighting). The assignor reports this information to the league.

DPM 1-14-19