

# **AMERICAN LACROSSE LEAGUE – SHORT LIST OF RULES-2016**

**Time Factors:** 20 minute running time periods. **Exceptions are:** the clock stops on all whistles during the last **3 minutes** of the fourth period and when there is an undue delay in retrieving an out of bounds ball. **Sudden Victory overtime periods are stopped clock.**

**Face-offs:** The faceoff man does not have to have contrasting tape on the handle of his crosse. If a team has less than 10 men on the field they are allowed to have 1 player in each wing area. Players can carry the ball on the back of the stick for unlimited steps. **NCAA MECHANICS ARE TO BE USED.**

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

**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.

**Restart:** The goalie gets 5 seconds when he has **legitimately** chased a shot.

**Clearing the ball:** The NCAA 30 second count starts as soon as the clearing team gains possession.

**Ball Returning to the Defensive Half:** Once the ball is in the Attack Goal area and is returned to the defensive half of the field the offensive team has 30 seconds to get the ball back into its "Attack Goal Area" and they will be given a "Keep It In" warning. There is no requirement to take a shot within 30 seconds.

**Automatic stall warning at end of 4th period:** This is still used. A team does not have to "get it in" unless they are stalling as stated in Section 11 of Rule 6 in the long version of the Rules Modifications. If they are being played closely, they could keep it out of the "box" the entire 2 minutes.

**Stalling:** The requirement to take a shot within 30 seconds after a stall warning is given is not used. A team with fewer players on the field due to penalties is not subject to any stall warnings, the 10 second count, or the 30 second count **except during the last two minutes of the fourth period.**

**Dive rule:** **THE NCAA DIVE RULE IS NOT USED.** Our rule is simple: a goal is disallowed only when an offensive player is in the crease **BEFORE** the ball crosses the goal line.

**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 rule are not used.

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

**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.** Shoulder pads cannot be altered even though they are not required equipment.

**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 of officials fouls, or violating Section 14 of Rule 5(Fighting). The assignor reports this information to the league.

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

**Obscene language: Minimum of two minutes.**