

US LACROSSE MEN'S GAME POST-COLLEGIATE CLUB SUB COMMITTEE
RECOMMENDED RULES OF PLAY FOR 2012
WITH MODIFICATIONS FOR THE AMERICAN LACROSSE LEAGUE

The following recommended rules of play for post college club lacrosse are derived from the **Federation of International Lacrosse 2011 - 2012 Rules of Men's Field Lacrosse** and from the 2011 - 2012 NCAA Rules. **The International Rules used are those that pertain to not requiring players to have a mouth piece and having to wear arm pads and shoulder pads.** The 2011 – 2012 NCAA Rules and Interpretations used are those that pertain to the play of the game unless they are **specifically** modified in these rules.

The rule and section numbers herein are the same as those in the NCAA rule book.

Modifications Permitted by Individual Leagues

1. Player uniform and player equipment rules can be modified as long as the changes are stricter in content, but these rules may not be weakened or diluted.
2. The length of periods can be changed by using running time instead of stop time, and penalty time can also be running time or stop time.
3. The number of long sticks permitted on the field at the same time can be reduced but not increased.
4. The number of timeouts can be increased.

The American Lacrosse League has modified the following aspects of MGPC rules:

1. Game time is running time and periods are 20 minutes in length.
2. Penalty time is stopped clock.

Changes in Post-Collegiate Club Rules From 2011:

1. The minimum width of the head of the stick shall be **6 inches**.

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 *Mens Lacrosse Officials Mechanics Manual*.
2. All participants must exhibit proper sportsmanship at all times. Officials are encouraged to use all rules to strictly enforce or penalize any unsportsmanlike behavior. Obscene language is not to be tolerated and should be strictly penalized.
2. When obscene language is penalized, a **MINIMUM** of two minutes is to be assessed. The NCAA mechanic for determining obscene language shall be used.
3. Use of the **Conduct Foul**(Rule 6 - Section 7), **especially subparagraph c**, is encouraged.
4. **STRICTLY ENFORCE THE DELAY OF GAME PENALTY** as per Rule 6 - Section 6 - paragraph f-7. There must be **four** balls on the end line prior to start of each period.
5. 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 the helmet it must be worn by the player.
6. Conduct random stick checks as per Rule 4, paragraph 29 of the NCAA rules.
7. When a goalie commits a severe personal foul, a penalty of greater than one minute should be assessed. Individual may excuse goalies from serving their own penalties for routine 30 second or one minute penalties, but goalies must serve their own penalties for fouls for which a penalty in excess of one minute is 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, but do not have to be solid. All other lines and dimensions must be as stated in the 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.

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

BALL RETRIEVERS(16): They are not mandatory, but every effort should be made to provide them. If they are not provided, an adequate supply of balls(4) 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 must 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 2010 rule relating to graduated head widths is not used. The NCAA stick construction rules prior to the 2010 season are to be 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.** **If a mouthpiece is attached to a helmet it must be worn.**

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 can have the palms cut out. The manner in which gloves can be altered is described in Rule 5 - Section 6 of these rules.

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

GAME ADMINISTRATION-TIMERS HORN(25): A horn is not required.

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 each and **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 team and official time-outs, and stoppages of play during 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.

Rule 3 cont'd:

SUDDEN VICTORY OVERTIME(5): These shall be four(4) minutes in the length and the clock shall stop during all stoppages in play. The first team to score a legal goal shall be declared the winner.

AUTOMATIC STALL WARNING AT THE END OF THE FOURTH PERIOD(4): A team does not have to “Get it in” unless they are stalling as in the **ADVANCING THE BALL** section in Rule 4 and **STALLING** in Rule 6 of these rules. AR’s 59, 61, 62, and 64 shall not be used.

If the offense is being played closely, it is conceivable that they could keep the ball out of the attack area for the entire last two minutes of the fourth period. The attack area is the NCAA “**box**” as it is defined in Rule 1 - Section 6. **IT IS NOT SIDE LINE TO SIDE LINE.**

FORFEITED GAME vs NO CONTEST (8): The League shall decide the status of these games.

RULE 4

FACING OFF(3): When any player commits a pre whistle technical violation before a face-off, the NCAA rule requiring the face-off man to leave the field **shall not be used.**

Other than the above, all NCAA Rules and mechanics with respect to faceoffs shall be used.

FREE PLAY(5-a) & RESTART(24): A *quick whistle* is used except when the goalie *legitimately* chases a shot and when a served time penalty is assessed. The five second restart count for the goalie in paragraph “d” in Section 18 of Rule 4 is not applied unless the goalie has *legitimately* chased a shot.

In the penalty situation, play shall start as soon as the official has completed signaling the foul to the scorers table area and the ball is set 20 yards from the goal. If there is a *free clear*, play shall start as soon as the foul is signaled to the scorers table and the player with the ball is at the center line.

ADVANCING THE BALL(13): The 30 second count **is not used** unless it is obvious that the team clearing the ball not making an effort to advance the ball over the center line and into the goal area. If this occurs, a warning of “Advance the ball” must precede the initiation of the 30 second count.

BALL RETURNING TO THE DEFENSIVE HALF(14): Instead of the 10 second count the 30 second count shall be instituted when the conditions of this rule occur. The only exception is if a 10 second count was started after a “Get it in” or a “Keep it in” warning.

GOAL-CREASE PROHIBITIONS(19): 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.

SUBSTITUTION(21 & 23): A horn is not used. All substitutions during *live play* shall be *on the fly* through the *special substitution area* as per Section 23. Following the scoring of a goal, players may leave and enter the field through the bench area.

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.

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.

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RULE 5

USE OF ILLEGAL EQUIPMENT(6): Palms can be cut out of gloves. The palm side must cover 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

UNSPORTSMANLIKE CONDUCT(10): In addition to the “Unsportsmanlike Conduct” fouls listed in Rule 5-Section 10 of the NCAA Rule Book, the following special conditions shall apply:

RACIAL, RELIGIOUS, & SEXUAL ORIENTATION EPITHETS & REMARKS: A player or anyone officially connected to a team who makes uses a racial, religious, or sexual orientation epithet or remark 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

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

TOBACCO(14): This rule is not used.

RULE 6

STALLING(11): All aspects of this rule shall be used except as stated in the NOTE below.

NOTE: AR 57 on page 80 is not used. Except for the last two minutes of the fourth period a team with fewer players than its opponent cannot be given a stall warning and is not subject to the 30 second or 10 second counts.

RULE 7

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

PENALTY TIME(2): Penalty time shall not start until the whistle has blown to restart play and the penalized player reports to the penalty area. **Thereafter the penalty clock shall be stopped during all stoppages in 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 11, and expulsion as per Section 13 or the other expulsion rules in these modifications.

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

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MISCELLANEOUS

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

When an official is touched during or after a game, or is verbally abused after a game, 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**.

The Conference Director or his representative will conduct an investigation. The findings and any action to be taken will be reported to the official, his assignor, and the team representative of the person involved. The team representative has the responsibility to notify that person from his team.

The Conference Director must also notify the opposing teams that have games scheduled in which the suspended player will not be eligible to play.

EXPULSION FROM A GAME: Anyone expelled from a game for using racial epithets, making racial remarks, maligning an official, or violating the conditions in Section 13 of Rule 5, will not be eligible to play or participate in the next Division Game or a 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 a game and violates any of the expulsion situations in the preceding paragraph is subject to being declared ineligible for more than one game.

When any 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 within **48 hours** after receiving the report.

The Conference Director must notify the Team Representative of the expelled person and the opposing teams that have games scheduled with that persons team that the person is not be eligible to participate.

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

“Flagrant (gross)” misconduct would include actions such 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 actions do not exclude other actions that may be deemed “flagrant (gross)” by officials or opponents.

When “flagrant (gross)” misconduct occurs, the Conference Director must be notified 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 and decide upon penalties within 96 hours after it has received 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 the player or his team within 48 hours after receiving notification as to the penalties imposed by the investigating committee.

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Miscellaneous con t'd:

USE OF INELIGIBLE OR ILLEGAL PLAYERS: If after a game a team suspects that an opponent has used an ineligible or illegal player 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 CONCERNING THESE RULES, AND PROBLEMS WITH OFFICIALS:

The League Commissioner should be contacted if there are 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 in writing to the League Commissioner within **48 hours** after it occurred.

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