

US Lacrosse Men's Division Post-Collegiate Club Council Short List of Recommended Rules of Play for 2008

Time Factors: 20 minute running time periods. *Exceptions:* 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. Failure to have an adequate supply of balls should result in a penalty. Sudden Victory overtime periods are stopped clock.

Face-offs: Sticks are to be next to, but not touching the ball (same rule as prior to 2005). Gloves and the crosse can touch the centerline. The 2008 NCAA rule requiring the faceoff man to leave the field when a faceoff violation occurs *is not used*.

Penalty Time: Penalty time does not start until the whistle is blown to start play.

Time-outs: Live ball time-outs can be called with the ball *anywhere* on the field.

Substitution: No horn; subs are *done on the fly* and through the scorer's table area, except after a goal is scored.

Restarts: Very quick restarts, except goalie gets 5 seconds when he has *legitimately* chased a shot. When there is a time-serving penalty, restart shall occur after foul is signaled to scorers table and ball is set.

Advancing the ball: 20 second count to clear and 10 second count to get ball in the attack area are not used.

Stalling: A stall warning may be given (see Rule 6, Section 11b), requiring the warned team to keep the ball in the NCAA attack area.

Automatic stall warning at end of 4th period: A team does not have to "get it in" unless they are stalling as stated in Section 11 of Rule 6. If they are being played closely, they could conceivably keep it out of the "box" the entire 2 minutes. *The NCAA attack area is used, not sideline to sideline.*

Dive rule: The NCAA "dive rule" is *not used*. The MDPCC 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. Individual leagues can reduce this.

Stick dimensions: Head width not less than 6 ¼". All hanging strings and leathers must be 2 inches or less.

Random stick check: This is used, but personal equipment is not checked. Player serves penalty time.

Coach's request: Can ask for stick check, but not a check of personal equipment.

Equipment: Palms of gloves can be cut 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 from a game for using racial epithets, receiving two "malignment of officials" fouls, or violating Section 13 of Rule 5 (Fighting). The assignor reports this information to the league.

Obscene language: *Minimum* of two minutes. The penalty time is non-releasable.

Field dimensions: Width can be 53 to 60 yards. 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 dimensions and lines must be as per NCAA rules unless a team has a written waiver from their league.