

## AMERICAN LACROSSE LEAGUE – SHORT LIST OF RULES

**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. 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 center line

**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. Penalty time for personal fouls is releasable as per NCAA rules when a goal is scored unless it is listed as being non-releasable in NCAA Rules or Rule 5-10 of the MDPCC rules.

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

**Substitution:** No horn, done on the fly and through the scorers table area, except after a goal is scored.

**Restart:** **VERY QUICK** restart, except goalie gets 5 seconds when he has **legitimately** chased a shot. When there is a served time penalty, restart 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 “box” are not used. Stalling can be called (see Rule 6, Section 11b). **The NCAA “box” is used.**

**Automatic stall warning at end of 4<sup>th</sup> period (team that is ahead):** 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 keep it out of the “box” the entire 2 minutes. The **NCAA “box”** is used, **not side line to side line.**

**Dive rule:** 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:** 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.

**Coaches 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 maligning 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 box 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 the ALL.