

**US LACROSSE MEN'S DIVISION POST-COLLEGIATE CLUB COUNCIL
RECOMMENDED RULES OF PLAY FOR 2010
WITH MODIFICATIONS FOR THE AMERICAN LACROSSE LEAGUE**

2010 NCAA rules and interpretations are used unless they are **specifically** modified in these rules. The rule and section numbers herein are the same as those in the NCAA rule book. Individual leagues can modify the following aspects of MDPCC rules:

1. Rules relating to uniform specifications and player equipment as long as the changes are stricter in content, not weaker.
2. Length of periods, clock can be stopped instead of running, penalty time can be stopped clock, and release from penalty time.
3. The number of long sticks on the field at the same time can be lowered but not increased.
4. The number of timeouts can be increased.

CHANGES IN POST-COLLEGIATE CLUB COUNCIL RULES FROM 2010:

Mechanics relating to stalling are at the end of these rules.

The American Lacrosse League has adopted the following allowable variations from the MDPCC rules:

1. Penalty time is stopped clock instead of running time.
2. Personal fouls are released after a goal is scored unless they are listed as non-releasable in the Rule 5-10 of the NCAA rules and the MDPCC rules.

POINTS OF EMPHASIS:

1. Officials are to use the field mechanics and the positioning technique set forth by the US Lacrosse Mens Division Officials Council in the *Mens Lacrosse Officials Mechanics Manual*.
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, cannot be altered, and must meet NCAA specifications.
6. Conduct two random stick checks as per NCAA rules.
7. Be more aware of goalies committing severe personal fouls. More than one minute should be 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.

Rule 1 cont'd:

CROSSE DIMENSIONS(17): The head of the stick at its widest shall not be less than 6 1/4 inches. The 2010 rule relating to graduated head widths is not used. NCAA stick construction rules prior to the 2010 season are to be used.

CROSSE-PROHIBITIONS(19): All stings and leathers a limited to a hanging length of 2 inches.

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.**

PERSONAL EQUIPMENT(21): The home team has the choice of jersey color. Sweat pants and garments worn under jerseys or shorts do not have to be white, gray, or the same color. Shorts do not all have to be the same dominant color.

Shoulder pads and arm pads are not required, but they are strongly recommended. Although shoulder pads are not required, 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).

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 during all stoppages of play during the last **three** minutes of the fourth period (this includes when goals are scored during that time).

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.

SUDDEN VICTORY OVERTIME(5): These shall be four(4) minutes in the length and the clock shall stop during all stoppages in play.

AUTOMATIC STALL WARNING AT THE END OF THE FOURTH PERIOD(4): This rule states that the warning is given **after** the ball is brought into the attack area. A team does not have to “get it in” unless they are stalling as stated in the **ADVANCING THE BALL** section in Rule 4 and **STALLING** in Rule 6 of these rules.

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 ALL shall decide the status of these games.

DPM 2-20-10

RULE 4

FACING OFF(3): The NCAA rule as to the distance between sticks and the ball shall not be used. The distance between sticks prior to 2005 shall be used. Gloves and the crosse can touch the center line during face-offs. All other aspects of this rule are used.

If any player commits a technical violation before or during a face-off, the ball shall be awarded to the offended team and play shall be restarted immediately. The NCAA rule requiring the face-off man to leave the field when a face-off violation occurs **shall not 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 & 14): These rules are not used. But, if a team is not making an attempt to advance the ball out of their defensive half of the field, or into their attack area, they shall be warned to “clear the ball” if clearing or “get it in” if they have the ball over the center line. Once the ball is in the attack area after the “get it in” warning, it must stay in as per Section 11 of Rule 6. Except for the last two minutes of the fourth quarter a team with fewer players than its opponent shall not receive a stall 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(26): 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 happen to observe illegal equipment. **Officials are to conduct 2 “random stick checks”.** **This rule was accidentally deleted from the 2009-10 NCAA Rule Book, but it is still in force.**

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 EPITHETS & REMARKS: A player or anyone officially connected to a team who uses a racial epithet or makes a racial remark shall receive a three minute unsportsmanlike conduct penalty and shall be expelled from the game.

Rule 5-10 cont'd:

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): If a team is not making any effort to advance the ball out of their defensive half of the field, they shall be warned to **“clear the ball”**, and if the ball is in their offensive half of the field and they not making any attempt to bring the ball in to their attack area they shall be warned to **“get it in”**. Once the ball is in the attack area after the **“get it in warning”**, it must stay in as per Section 11 of Rule 6.

With the ball already in the attack area the **“keep it in”** aspect of Rule 11 can be applied.

NOTE: AR 58 on page 80 is not used. A team with fewer players than its opponent cannot be given a stall warning.

RULE 7

PLAYER OUT ON A PENALTY(1-a-2): After a penalized player has reported to the penalty area he 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. The ALL has elected to have penalty time be stopped clock. The penalty clock shall stop whenever the whistle blows to stop play and shall not restart until the whistle blows to restart play.

Personal fouls are released when a goal is scored as per NCAA rules unless they are listed as being non-releaseable in the NCAA rules or Rule 5-10 of the MDPCC rules.

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

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.

Miscellaneous cont'd:

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 appropriate **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 of notifying the person from his team who was involved.

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.

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.

Commissioner

Dave Miller
2378 Pine Grove Court
Yorktown Hts., NY 10598
(H) 914-737-6854
(E) laxcomm@juno.com

Conference Directors

Blue

Michael Quinn
Contact with Michael is to be made by sending an e-mail to Dave Miller
(H)
(C)
(E)

Gray

Patrick Kelly
114 Windham Road
Norfolk, VA 23505
(H) 757-275-9224
(C) 703-408-4028
(W) 757-533-9368
(E) pat.kelly@alphacorporation.com

STALLING MECHANICS

General Statements:

- 1. Except for the last two minutes of the fourth quarter, a team cannot be given a stall warning if they have fewer players on the field than their opponent.**
- 2. Not moving the ball while awaiting substitutions shall not be considered to be stalling, unless it exceeds 20 seconds.**

Section 1 -Defensive Stalling:

It shall be the responsibility of the clearing team to clear the ball. If they are not being closely played and are not making an attempt to clear the ball, this is defensive stalling. This is not meant to discourage a clear that is deliberate, but to stop the clearing team from continually passing the ball backward when they are not being closely played. When defensive stalling is obvious the official nearest the player in possession of the ball shall give a verbal warning of “clear the ball”.

The defensive team must immediately attempt to clear the ball or move it to within 5 yards of the opposing team. If they do not do so, a stalling violation shall be called and the ball shall be awarded to the opposing team.

Section 2 - Offensive Stalling:

A team in possession of the ball in the offensive half of the field but not in its attack goal area shall be given the stall warning “get it in and keep it in” when it is **obvious** that they are keeping the ball from play and not making any attempt to attack the goal.

When a team has the ball outside its attack goal area and is warned to “get it in and keep it in”, the official nearest the player in possession of the ball will give that player a visual 10 second count.

If at the end of the count and the ball is **not being closely played by the defense** and the team has not brought the ball into its attack goal area, a stalling violation shall be called and the ball shall be awarded to the opposing team.

After the warning is given and the ball is brought into the attack goal area it must be kept in as per NCAA rules when a team is warned to “keep it in”.

With the ball already in the attack goal area a team that is given a “keep it in” warning must keep it in as per NCAA rules.

NOTE: If a team has cleared the ball into their offensive half of the field and then without being played closely by the defense, passes or carries the ball back to their defensive half of the field they shall be immediately warned to “Clear the ball” as per the Defensive Stalling mechanic in Section 1.

In this situation, once the ball in possession is back in the offensive half of the field, the offensive team shall be given a verbal warning of “get it in and keep it in”. After which the “Offensive Stalling” mechanics in Section 2 shall apply.

DPM 2-20-10