



US LACROSSE MEN'S GAME POST COLLEGIATE CLUB SUB COMMITTEE RECOMMENDED RULES OF PLAY FOR 2012

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 and Interpretations. The 2011 - 2012 NCAA Rules and Interpretations are used unless they are specifically modified in these POCO Recommended Rules for 2012.

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

Modifications Permitted by Individual Leagues

Individual leagues can modify the following aspects of MGPC rules:

1. Player uniform and player equipment rules may 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.

Changes in Post-Collegiate Club Rules From 2010

1. The only NCAA faceoff rule that will not be used is that the faceoff man is not required to leave the field when there is a pre-whistle technical violation during the faceoff. All other NCAA rules for faceoffs remain in effect.
2. Some aspects of the new "advancing the ball" count will be used – see Rule 4, below.

Points of Emphasis

1. The field mechanics and positioning techniques set out in the Men's Lacrosse Officials Mechanics Manual are to be used.
2. All participants must exhibit proper sportsmanship at all times. Officials are encouraged to use all of the rules to strictly enforce or penalize any unsportsmanlike behavior. Obscene language is not to be tolerated and should be strictly penalized.
3. Racial, religious and sexual orientation epithets or comments are not to be tolerated. A player or anyone connected to a team who uses a racial, religious or sexual orientation epithet or makes a racial, religious or sexual orientation comment should be penalized severely. Officials are encouraged to consider multiple minute penalties for such actions.

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4. Use of the Conduct Foul (Rule 6, Section 7) is encouraged, especially for objecting to an official's call by arguing or gesturing (subparagraph c).
5. The delay of game penalty should be strictly enforced. (Rule 6, Section 6.)
 - a. Strictly enforce the delay game of game rule after a goal is scored to avoid long delays before restarting the game – officials should use their 20 second timers.
 - b. There must be four balls on the end line prior to start of each period.
6. When arm pads, shoulder pads or mouthpieces are worn, they must be worn properly. They cannot be altered and must meet NCAA specifications. If a mouthpiece is attached to a helmet it must be worn by the player.
7. When a goalie commits a severe personal foul, a penalty greater than one minute should be assessed. Individual leagues 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: (Rule 1, Section 2)

1. Fields may be 53 to 60 yards wide.
2. Limit lines and the 4 inch square at the center of the field are not required.
3. Lines on the sides of the attack areas are required, but do not have to be solid.
4. All other lines and dimensions must be as stated in the NCAA rules unless the home team has a written waiver from the league.

Goals & Nets (Rule 1, Sections 3 & 5)

1. NCAA rules as to the color, size and shape of the pipes used in the construction of goals shall not apply.
2. Both nets do not have to be the same color or a solid color.

Cones & Pylons (Rule 1, Section 15)

Cones and pylons are not required, but are strongly recommended.

Ball Retrievers (Rule 1, Section 16)

1. Ball retrievers are not mandatory, but every effort should be made to provide them.
2. If ball retrievers are not provided, an adequate supply of balls (at least 4) must be at each end line at all times
3. If a quick restart is not possible because balls are not readily available or not on the end lines, a delay of game penalty should be assessed and if running time is being used, the clock should be stopped until the ball can be put in play.

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Crosse Dimensions (Rule 1, Section 17)

The 2010 rule relating to graduated head widths is not used. The NCAA stick construction rules in use prior to the 2010 season are to be used, except that the head of the stick at its widest point shall not be less than 6 inches.

Helmet, Face Mask, & Mouthpiece (Rule 1, Section 20)

1. NOCSAE approved lacrosse helmets are required. NOCSAE approved indoor lacrosse helmets may be used – they must have the NOCSAE warning label.
2. A team's helmets do not have to be the same dominant color or colors.
3. Mouthpieces are not required, but are strongly recommended, and if a mouthpiece is attached to a player's helmet it must be worn properly.

Personal Equipment (Rule 1, Section 21)

1. Sweat pants, garments worn under jerseys do not have to be white, gray, or the same color, nor do all of a team's players have to wear shorts of the same dominant color.
2. The home team shall have the choice of jersey color.
3. Shoulder pads and arm pads are not required, but they are strongly recommended. When arm pads or shoulder pads are worn, they cannot be altered, they must meet NCAA specifications, and they must be worn properly.
4. Gloves do not have to be the same color and can have the palms, but not the fingers, cut out, as described below in Rule 5, Section 6 of these recommended rules.

Coaches Certification (Rule 1, Section 22)

This rule is not used.

Game Administration (Rule 1, Section 25)

A horn is not used.

RULE 2

Crosse Restrictions (Rule 2, Section 1)

Five sticks between 52 and 72 inches in length can be on the field at the same time for each team, not including the goalie stick.

RULE 3

Length of Game (Rule 3, Section 1)

1. Regulation quarters are 20 minutes running time. The clock does not stop after a goal is scored.
2. The clock is stopped when there is an undue delay in retrieving an out of bounds ball.
3. The clock is stopped during team and official time-outs.
4. Stop time, rather than running time is used during the last three minutes of the fourth period if there is less than a four goal difference in the score.

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Sudden Victory Overtime (Rule 3, Section 5)

1. Overtime periods are four (4) minute stop time periods.
2. The first team to score a legal goal shall be declared the winner.

Automatic Stall Warning at the End of the Fourth Period (Rule 3, Section 4)

1. A team does not have to “get it in” unless they have been told to “get it in” as part of the stalling rule.
 - a. 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.
2. The attack area is the NCAA “box” as it is defined in Rule 1, Section 6 -. the “box” does not run sideline to sideline.

Forfeited Game - No Contest (Rule 3, Section 8)

Each league shall decide whether a game is declared to be a “forfeit” or a “no contest.”

RULE 4

Facing Off (Rule 4, Section 3)

1. 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- - all other NCAA Rules and mechanics for face-offs shall be used.
2. Two random stick checks, in accordance with Rule 4, Section 29, shall be conducted in each game.

Free Play & Restarts (Rule 4, Sections 5a & 24)

1. A quick whistle is used except when a time serving penalty has been assessed or when the goalie is legitimately out of the crease, *e.g.*, for chasing a shot or attempting to clear the ball.
 - a. In the penalty situation, play shall start as soon as the official has completed communicating the foul to the scorer/table and the ball is in the proper position for a restart (20 yards from the goal or at the center line after a free clear, etc.).
2. The goalie gets five seconds to re-enter the crease as in Rule 4, Section 18, paragraph d, only when the goalie has legitimately chased a shot or is legitimately out of the crease on an attempted clear.

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Advancing The Ball (Rule 4, Section 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 (Rule 4, Section 14)

Instead of the 10 second count, a 30 second count shall be instituted when the conditions of this rule occur.

If a 10 second count was started after a “get it in” or “keep it in” warning has been given or if a team is attempting to stall in the judgment of an official, the team may be warned to “get it in” and a ten second count may be started.

Goal-Crease Prohibitions (Rule 4, Section 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, and the goal shall be disallowed when a player enters the crease before the ball has crossed the goal line.

Substitution (Rule 4, Sections 21 & 23)

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

Team Time-Outs (Rule 4, Section 27)

1. During live play the team in possession of the ball can call a time-out anywhere on the field.
2. 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 (Rule 4, Section 28)

A head coach can request a stick check, but not a personal equipment check. During a stick check officials are not required to check personal equipment.

This does not preclude officials from taking action if they observe illegal equipment.

RULE 5

Use of Illegal Equipment (Rule 5, Section 6)

1. Palms but not fingers can be cut out of gloves. The inside of the glove must cover all fingers from the first joint above the palm to the top of each finger. Illegal gloves are to be penalized as per NCAA rules.

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2. The wearing of arm pads or shoulder pads is not required, but they are strongly recommended. (See Rule 1 – Section 21 of these rules. When arm pads or shoulder pads are worn, they cannot be altered, they must meet NCAA specifications, and they must be worn properly.

Unsportsmanlike Conduct (Rule 5, Section 10)

In addition to the “Unsportsmanlike Conduct” fouls listed in Rule 5, Section 10 of the NCAA rule book, the following special rules shall apply:

1. **Racial, religious and sexual orientation epithets.** Racial, religious and sexual orientation epithets or comments are not to be tolerated. A player or anyone connected to a team who uses a racial, religious or sexual orientation epithet or makes a racial, religious or sexual orientation comment should be penalized severely. Officials are encouraged to consider multiple minute penalties for such actions.
2. **Maligning an Official.** Anyone officially connected with a team or any player who maligns an official, shall receive an unsportsmanlike conduct foul for which the penalty time is non-releasable.
 - a. If the same person commits a second maligning foul before he begins serving the penalty for the first maligning the official foul, additional penalty time may be added or he may be expelled from the game.
 - b. If the same person commits a second maligning foul after he has served the penalty for the first maligning the official foul, he may be expelled from the game.
 - c. If an unsportsmanlike conduct penalty has been called and the individual continues to act in an unsportsmanlike manner the official may expel the individual from the game and require him to leave the field and bench/team area.

Tobacco (Rule 5, Section 14): This rule is not used.

RULE 6

Stalling (Rule 6, Section 11)

All aspects of this rule shall be used except as stated below.

- a. 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 (Rule 7, Sections 1 &2)

After a penalized player has reported to the penalty area, he may be substituted for at any time, but he cannot re-enter the game until his penalty time has expired.

Penalty Time (Rule 7, Section 7)

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1. Penalty time shall not start until the whistle has blown to restart play and the penalized player has reported to the penalty area. Thereafter, the penalty clock and the game clock shall run concurrently.
2. Individual leagues may excuse goalies from serving the penalty time for fouls assessed against the goalie unless the penalty time for a single foul, or the total penalty time assessed, including any additional fouls on the goalie prior to restarting play after the penalty time for the first foul is assessed, is more than one minute.
 - a. For fouls that the goalie is not required to serve, the in-home serves the penalty, but the goalies' number is recorded.
 - b. A goalie may foul out as per Rule 5, Section 11, and may be ejected from the game as per Section 13, or for committing any other expulsion foul.

Number Of Players Serving Penalty Time (Rule 7, Section 2, paragraph f)

This rule is not used

MISCELLANEOUS

The rules in this section are "SUGGESTED". Each league should adopt procedures and penalties for the situations listed in this section. Leagues can determine the person or persons in their organization who should be notified when the situations occur. Leagues can set their own time periods for notification and action being taken.

Incidents With Officials

In order for a league to take timely action when an incident occurs, officials assigned to the game and the assignors should adhere to the procedures and time limits set by the league for reporting such incidents to the league.

1. If 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 should send a written report (letter or e-mail) to his assignor. The report should be sent (and postmarked or time stamped) within 48 hours of the incident.
2. Within 48 hours after the assignor receives the report, he should report the incident to the league for appropriate action.
3. The league 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. If a player is suspended from league play, the league must notify the opposing teams that have games scheduled in which the suspended player will not be eligible to play.

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Expulsion From A Game

1. Anyone expelled from a game, for example, for using racial, religious or sexual orientation 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 league game or playoff game, whichever comes first.
2. If there are no games left in the season, the penalty shall carry over to the next season if the player participates in the league.
3. 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.
4. When any expulsion occurs, the referee should notify his assignor as to the name of the person no later than 48 hours after the occurrence.
5. The assignor should notify the person indicated by a league within 48 hours after receiving the report from the official.
6. The league must notify the Team Representative of the expelled person and the opposing teams that have games scheduled with that persons team regarding the game(s) in which that person is not be eligible to participate.

Extreme, Flagrant (Gross) Misconduct

1. Leagues should establish procedures to deal with conduct that goes over and above that which causes a player or anyone officially connected to a team to be expelled from a game. This could occur before, during, or after a game.
2. Such extreme, 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.
3. The aforementioned actions do not exclude other actions that may be deemed extreme, flagrant (gross) by officials or opponents.
4. The penalty for flagrant misconduct should be more than a one game suspension.

Use of Ineligible or Illegal Players

A team whose opponent has used a player who is ineligible, should report the incident to the league within 48 hours after learning of the violation.

The league shall decide upon any disciplinary action that might be taken.

Problems with Officials

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 within 48 hours after it occurred.

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