



US Lacrosse Men's Game Post-Collegiate Sub Committee

Short List of Recommended Rules of Play for 2012



Time Factors: Stopped clock or running time periods can be used. Leagues can decide on the length of periods. When *running time* is used 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: The 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: When running time is used horn substitution is not used. Substitutions 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 or is *legitimately* involved in a clear. For time-serving penalties, restart shall occur after foul is signaled to scorers table and the ball is set.

Advancing the ball: The 30 second count is not used unless a clearing team is stalling. The count does not start until the team is given an "Advance the ball" warning.

Ball Returning to the Defensive Half: Instead of the 10 second count the 30 second count is used unless a 10 second count has been started after a "Get it in" or a "Keep it in" warning has been given.

Stalling: Except for the last two minutes of the fourth quarter a team with fewer players on the field than their opponent is not subject to any stall warnings, the 10 second count, or the 30 second count.

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 five (5). Individual leagues can reduce this.

Stick dimensions: Head width not less than 6". The graduated head width rule is not used. Crosse dimensions in effect prior to the 2010 season are used.

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 and arm pads cannot be altered even though they are not required equipment. **If mouth pieces are attached to the helmet they *must* be worn.**

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: This is not to be tolerated and should be strictly penalized. 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.

To send questions or comments on the Recommended Men's Post Collegiate (PoCo) Rules,
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