

NCAA STICK RULES



WHAT DO I DO....AND WHEN?

Pre- Game stick checks...✓

Random 5 stick checks....✓

Coach requested stick checks...✓

GENERAL STICK RULES

Pocket Depth Check now occurs on front and back of stick

Free movement (roll) now on front and back of stick

No gaps in pocket stringing larger than 1.68" (as measured by a spherical object)

Shooting string rules remain the same with some clarity

- may have 0,1 or two shooting strings
- must be attached to both sidewalls
- may NOT be hockey laces
- if thongs are present, same looping rules apply
- if mesh, one loop per mesh diamond
- must be directly attached to both sidewalls within 3.5 inches of the top outside edge of the head and the bottom shooting string **may** be an inverted "U" in shape and must be directly attached to both sidewalls within 6.5 inches, as measured from the top outside edge of the scoop.

Mesh Pockets are allowed

1.68 INCH RULE LEGAL (FRONT)

There are no stringing gaps
larger than 1.68"

Shooting strings are
properly attached to the
head on both sides



1.68" INCH RULE LEGAL (BACK)

There are no stringing
gaps larger than 1.68"

Shooting strings are
properly attached to the
head on both sides



1.68" INCH RULE ILLEGAL TOP & BOTTOM (FRONT)

There are several gaps
at top and bottom of
pocket that are larger
than 1.68"



1.68 INCH RULE ILLEGAL TOP & BOTTOM (BACK)

There are several
stringing gaps larger
than 1.68”



FULL MESH ILLEGAL SHOOTING STRINGS (FRONT)

Illegal shooting string.
No hockey laces are allowed. Same string diameter limit applies.



FULL MESH ILLEGAL SHOOTING STRINGS (BACK)

Illegal shooting string.
No hockey laces are allowed. Same string diameter limit applies.



FULL MESH LEGAL SHOOTING STRINGS (FRONT)

Mesh pockets are legal

Pocket is properly attached with no gaps larger than 1.68"

Shooting strings are legal and properly attached to both sidewalls.



FULL MESH LEGAL SHOOTING STRINGS (BACK)

Mesh pockets are legal

Pocket is properly attached with no gaps larger than 1.68"

Shooting strings are legal and properly attached to both sidewalls.



FULL MESH LEGAL NO SHOOTING STRINGS (FRONT)

Mesh pockets are legal

Shooting strings are not required

Pocket is properly attached to head with no gaps larger than 1.68"



FULL MESH LEGAL NO SHOOTING STRINGS (BACK)

Mesh pockets are legal

Shooting strings are not required

Pocket is properly attached to head with no gaps larger than 1.68"



WIDE MESH ILLEGAL SHOOTING STRINGS (FRONT)

Shooting strings are placed beyond 3.5" from top outside edge



WIDE MESH ILLEGAL SHOOTING STRINGS (BACK)

Shooting strings are attached beyond 3.5" from top of head



WIDE MESH LEGAL (FRONT)

Pocket is attached
legally

Shooting strings are
present and attached
legally

There are no gaps larger
than 1.68"



WIDE MESH LEGAL (BACK)



LEGAL DEPTH BACK POCKET

When placed in the back of the stick, the ball is visible above the sidewall



ILLEGAL DEPTH BACK POCKET

When placed on the back of the stick, the ball is not visible above the sidewall

