

US Lacrosse Men's Division Post-Collegiate Club Council Recommended Rules of Play for 2010

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 rulebook. Changes to last year's rules are listed in **gray**.

Individual leagues can modify the following aspects of MDPCC Rules:

1. Anything 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 2009: No Changes

Points of Emphasis:

Officials are to use the field mechanics and the positioning technique set forth by the US Lacrosse Men's Division Officials Council in the *Men's Lacrosse Officials Mechanics Manual*.

When obscene language is penalized, a *minimum* of two minutes is to be assessed. The NCAA mechanic for determining obscene language shall be used.

Use of the *conduct foul* (Rule 6-7), *especially subparagraph c*, is encouraged.

Strictly enforce the delay of game penalty as per Rule 6-6-f-7. There must be *four* balls on the end line prior to start of each period.

When arm pads, shoulder pads and mouthpieces are worn, they must be worn properly, cannot be altered, and must meet NCAA specifications.

Conduct two random stick checks as per NCAA rules.

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) and 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 and 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.

Crosse Dimensions (17): The 2010 rules regarding graduated width of the head will not be used. NCAA stick construction rules prior to 2010 season will be used. The head of the stick at its widest shall not be less than 6 ¼ inches.

Crosse—Prohibitions (19): All strings and leathers are limited to a hanging length of 2 inches.

Helmet, Face Mask, and 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 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 5-6 of these rules.

Coaches Certification (22): This rule is not used.

Game Administration—Timer's 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.

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:** Rule 6-6-f-3 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 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 1-6: *it is not side line to side line*.

Forfeited Game vs. No Contest (8): Each league shall decide the status of these games.

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 centerline during face-offs. All other aspects of positioning in 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) and 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 and 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 Rule 6-11. Except in 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 and 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 (27): 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. *The two “random stick checks” Must be conducted.* The paragraph containing this rule was accidentally deleted from the 2009 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.

Although the wearing of shoulder pads is not required (see Rule 1-21 of these rules), 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 and 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.

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 Rule 6-11. With the ball already in the attack area the “*keep it in*” aspect of Rule 6-11 can be applied.

Note: A.R. 58 (p. 80) is not used: a team with fewer players than its opponent cannot be given a stall warning.

NOTE: Mechanics for stalling situations in MDPCCC games shall be distributed by the assignors.

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. Thereafter, the penalty clock and the game clock shall run concurrently Penalty time for all personal fouls shall be “full time served.” Technical fouls are the only fouls that are released when goals are scored against the team of a player serving them unless a “simultaneous foul” situation exists.

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 the whistle 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 goalie’s number is recorded. A goalie is subject to fouling out as per Rule 5-11 and to expulsion as per Rule 5-13 or the other expulsion rules in these modifications.

Number of Players Serving Penalty Time (2-f): This rule is not used

Miscellaneous

The rules in this section are “suggested.” Each league should adopt their own procedures and penalties for the situations listed below. Leagues can determine the person or persons in their organization who should be notified when the situations occur and can set their own time periods for notification and the taking of action.

Incidents with Officials: In order for a 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.

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 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 league. 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. The league 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 who is expelled from a game for using racial epithets, making racial remarks, maligning an official, or violating the conditions in Rule 5-13, shall not be eligible to play in the next game that his team plays that counts towards a playoff berth, or a playoff game, whichever comes first. If there are no games remaining 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 within *48 hours* of the occurrence. The assignor then notifies the person indicated by a league within *48 hours* after receiving the report.

The league must notify the team representative of the expelled person and the opposing teams that have games scheduled with that persons team that the person in not eligible to participate.

Flagrant (gross) Misconduct: Leagues are should establish protocols to deal with misconduct that goes over and above that which would cause a player or anyone officially connected to be expelled from a game. This could occur before, during, or after a game. The action could be striking an opponent multiple times, continual maligning of an official, etc.. The penalty for such conduct should be more that a one game suspension. League should set up their own reporting, investigating, penalty, and appeals process. The American Lacrosse league rule dealing with the situation is on the league website (www.americanlacrosseleague.org).

Use of Ineligible or Illegal Players: A team whose opponent has used an ineligible or illegal player should report the incident to the league. 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: 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.

This space can be used to list the contact information for the persons in the league who are to be notified when any of the above situations occur.