

AMERICAN LACROSSE LEAGUE – 2012 SHORT LIST OF RULES

Time Factors: 20 minute running time periods. **Exceptions are:** 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 face off man does not have to leave the field when there is a pre whistle technical violation during a face off.

Penalty Time: Penalty time does not start until the whistle is blown to restart play. The penalty clock shall stop when the whistle blows to stop play.

Time-outs: Live ball time-outs can be called with the ball **ANYWHERE** on the field.

Substitution: No horn, done on the fly and through the scorers table area, except after a goal is scored.

Restart: VERY QUICK restart, except goalie gets 5 seconds when he has **legitimately** chased a shot. When there is a served time penalty, restart after foul is signaled to scorers table and 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” stall 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 (team that is ahead): 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 keep it out of the “box” the entire 2 minutes. The NCAA “**box**” is used, **not side line to side line.**

Dive rule: NCAA *dive rule* is **NOT USED**. Our 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 six (6).

Stick dimensions: Head width not less than 6”. The graduated stick width is not used. Stick construction rules prior to the 2010 season are used.

Random stick check: This is used, but personal equipment is not checked. Player serves penalty time.

Coaches 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 pads cannot be altered even though they are not required equipment.

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 malicious of officials fouls, or violating Section 13 of Rule 5(Fighting). The assignor reports this information to the league.

Obscene language: Minimum of two minutes. The penalty time is non-releasable.

Field dimensions: Width can be 53 to 60 yards. Limit lines and the 4 inch box 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 the ALL.