



National College Lacrosse League Rules

Please review the most recent NCAA rule book as the National College Lacrosse League rules are aligned with those of the NCAA except where unable to be enforced, due to lack of proper facilities / equipment, or as described below.

Game time	<p>20-minute quarters, running time except for time outs, injuries, or as described below Final three (3) minutes is stop/start, if score is within four (4) goals</p> <ul style="list-style-type: none"> • During the regular season, teams typically agree to shorter quarters, normally 15 minutes • Half-time is 10 minutes, unless a shorter time is agreed upon between teams • In cases where there are no scoreboards or visible clocks, officials are encouraged to keep the time
Penalty time	<p>Stop/start on a separate clock</p> <ul style="list-style-type: none"> • If penalty time must be kept by officials, the box-side official is encouraged to keep time • Officials keeping penalty time on the field must count down final 10 seconds and give “released” call to teams
Clearing time	<p>20 seconds to clear over midline after establishing possession in defensive half</p> <ul style="list-style-type: none"> • A designated officials should utilize their 20 second timer during the course of the game, for consistency • If there is a change in possession in a team’s offensive half of the field, the team can enter their defensive half but must advance the ball back to their offensive half within 20 seconds
Over & back	<p>After establishing possession in their offensive half AND the 20 second clearing time has elapsed, if the ball returns to the defensive half last touched by the offensive team, “over & back” applies and possession is awarded to the defensive team</p> <ul style="list-style-type: none"> • Officials should use their “play-on” mechanic, if applicable • Officials are reminded that a legal shot on goal, deflected back across into the defensive half negates this rule
Stalling	<p>In most cases, NCLL games will not have access to a functioning shot clock. The old shot clock mechanic should be utilized, when necessary.</p> <ul style="list-style-type: none"> • This rule should rarely be utilized, and should be almost exclusive to the fourth quarter • If officials believe a shot clock is warranted, they should provide a warning to the offensive team to make an attempt on goal • If no attempt on goal is made, officials should announce a “shot clock”, engage their 20 second timer, and visually count the remaining 10 seconds. If the offensive team fails to produce a shot that hits the goalie or a pipe of the goal before time expires, possession is awarded to the defensive team
Dive rule	<p>Players are not permitted to ‘dive’ while making an attempt to score during NCLL competition</p>
Stick checks	<p>Each team receives one stick check and keeps the stick check if the stick is deemed to be illegal</p> <ul style="list-style-type: none"> • If the stick is legal, the team cannot use a stick check again. • Stick checks can be called during stoppage of play at any time and all officials may check any stick they deem to be illegal during gameplay but not before or after the game for penalty purposes.