

HOWARD COUNTY MEN'S LACROSSE – SHORT LIST OF RULES-2024

Maryland Masters Lacrosse League 2021 NCAA Rules with Modifications

Helmet Off: Enforce the 2024 NCAA mechanic of a technical foul and player must stay out until the next dead ball.

Time Factors: **15 minute running time periods.** Exceptions are: the **clock stops on all whistles during the last 3 minutes of the fourth period if a game is within 3 goals, 4+ goals and the clock runs per usual,** and when there is an undue delay in retrieving an out of bounds ball. Sudden Victory **overtime periods are 4 minutes each** of running time.

Face-offs: NCAA 2021 Standup faceoff. The faceoff man does **NOT** have to have contrasting tape on the handle of his crosse. **OFFICIAL FACEOFF RULE AND RATIONALE – NCAA 2021**

Personnel: If a team has less than 10 men on the field they **must** leave 1 wing area without a player on faceoffs. NCAA mechanics are used. Players can **NOT** carry the ball on the back of the stick more than 1 step.

Age Exemption (50+ division): Each team is allowed five (5) age exemption players in the 50+ Division. **Each exception MUST be between ages 45 – 49 as of September 23, 2021 for the Summer season. PLEASE NOTE: The team roster MUST be submitted prior to game 1 or the game is a forfeit. No additions to Roster after Week 3 (October 7)**

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. The main clock continues to run during penalties, it's **ONLY** the penalty time that is start/stop.

Time-outs: Live ball time-outs can be called with the ball **ANYWHERE** on the field and by **EITHER** team during any stoppage in play.

Restart: The goalie gets **5 seconds** before restart **ONLY** when he has legitimately chased a shot.

Clearing the ball: The 2021 NCAA 20-second clear count to advance the ball over the midfield line will be enforced.

Over and Back: Once the 20-second clear count is complete and the ball is returned to the defensive half of the field, there is an automatic change of possession.

Stalling: A team will be ordered to “get it in and keep it in” the restraining box inside of 2 minutes **of the end of game.**

A team with fewer players on the field due to penalties **MUST FOLLOW** all stall procedures and the “get it in and keep it in” under 2 minutes

Dive rule: **THE 2018 NCAA DIVE RULE WILL BE ENFORCED. NO DIVING!**

Long sticks: The allowable number of **long sticks on the field is five (5)**. Stick Dimensions: The graduated stick width is not used. Stick Prohibitions: **NCAA or Federation sticks are legal.** The NCAA shooting string rule and tape affixed to the plastic rule are not used. **No RANDOM stick checks or equipment checks.** Coaches request: Coaches can ask for stick a check, but not a check of personal equipment. Equipment: Palms of gloves can be worn out. Arm pads, shoulder pads, and mouthpieces are not required.

Expulsion from game: Officials must report to their assignor, the name and the number of any player expelled for using racial or homophobic epithets, receiving two maligning of officials fouls, or violating Section 14 of Rule 5(Fighting). The assignor reports this information to the league. Obscene language: Minimum of two minutes. Any expulsion from game results in at least a one (1) game suspension for the following game(s) per league review.