

## DELAWARE LACROSSE LEAGUE – SHORT LIST OF RULES- 2022

The 2021-2022 NCAA Rules and Interpretations are used unless they are **specifically** modified in these rules modifications. The rule and section numbers herein are the same as those in the NCAA rule book.

[NCAA 2020-21 Rules Book](#)

**Time Factors:** Regular halves are 24 minute **running time**. Overtime-1 untimed Sudden Victory Period Clock Stops during **any** stoppage of play during the last **2 minutes** of the second half when score differential is 4 goals or less.

**FINAL TWO MINUTES OF REGULATION PLAY** If a team with a 4 goal or less lead is in possession of the ball, and has satisfied the 20 second advancement count they will be placed on a 30 second Timer On and will have 30 seconds to take a valid shot that hits the frame of the goal, the goalie, or any of the goalie's equipment.

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

**Face-offs:** NCAA "mechanics" are used. . The faceoff man does not have to have contrasting tape or paint on the handle of his stick. The 30 second penalty after a third faceoff violation is not used. Kneeling and Motorcycle grip is allowed.

**Time-outs:** Each team gets one timeout per half. Live ball time-outs can be called by the team in possession of the ball with the ball anywhere on the field. **EITHER** team can call for a time-out during any stoppage in play. The clock runs for timeouts in the first half and Stops for timeouts in the second half.

**Restarts:** The goalie gets 5 seconds to return to the crease when he has **legitimately** chased a shot.

**Advancing the ball:** Whenever a team gains possession of the ball they have 20 seconds to move it into their Offensive Half. Over and Back is in effect after the 20 seconds expires.

**Over and Back:** The NCAA rule is used. See "Advancing the Ball" if the offense legally recovers it.

**Stalling:** Teams judged to be stalling are subject to a 30 second Timer-On. A team with fewer players on the field due to penalties **is not** subject to a stall warning.

**Goal Mouth Arc:** This is not required, but if it is marked it is to be used in determining "dive" violations.

**Dive rule:** The NCAA "Dive" rule is used. If "Goal Mouth" is not used, it is up to officials discretion if a player entered the goal mouth.

**Goal Mouth Arc:** This is not required, but if it is marked it is to be used in determining "dive" violations.

**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:** The NCAA shooting string rule and tape affixed to the plastic rules are not used.

**Coaches request:** Coaches can ask for a stick 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**. Arm pads and shoulder pads cannot be altered even though they are not required equipment. **Indoor (Box) helmets are not permitted under any circumstances.**

**Choice of Jersey Colors:** Players must ALL wear identical colored jersey tops. Players who do not have identical colored jerseys are NOT eligible to play in that game. This is up to the discretion of the Referee.

**Substitution Area:** The 10 yard “Substitution Area” is used.

**Obscene language:** Minimum of two minutes.

**Coaches Certification:** This is now used. Officials shall ask coaches the following question to a teams coach OR Captain: “Do you certify that all of your players are properly equipped as per Delaware Lacrosse League rules?”.

**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 fouls, gross misconduct or violating Section 14 of Rule 5 (Fighting). The assignor reports this information to the league director.