

2016 Rules Differences USL vs. NCAA



Rule 1

Playing Area

US Lacrosse

NCAA

	US Lacrosse	NCAA
Field Dimensions	10-20 yards behind goal	Exactly 10 yards behind goal
Visible Clock	recommended	required
Possession Arrow	Visible possession indicator required	Visible possession indicator optional
Coaching Area	At least 4 meters from sideline	Up to sideline



Rule 2

Equipment and Uniforms

US Lacrosse

NCAA

	US Lacrosse	NCAA
Illegal Crosse	Minor foul	Violations of Appendix E not related to pocket depth- 2 minute non-releasable yellow card
Goalkeeper Leg Pads	Shin and thigh pads required	Not required
GK Uniform Bottom	"must be in agreement with the teams' predominant color or be black or gray"	"predominantly a solid official school color, or black, gray or white"
The Ball	Yellow, bright orange or lime green	Yellow or bright orange
Jersey specs	Single, solid color with specific trim restrictions	Any color, graphics not prohibited
Mouthpiece	Not clear or white, no graphics of white teeth	Any color, graphics not prohibited
Facemasks	Not allowed	No language on this
Eye Black	Specific guidelines (p.19)	No guidelines

Rule 3 Game Personnel



US Lacrosse

NCAA

Speaking Captain	none	yes
Pre-game Coach Meeting	No specific time, but should be at least 10 mins. left on clock unless league/team protocol differs	Meet with head coach at 10 minutes on clock (minor foul if coach is late)
Coach Communication	Only head coach	Any coach
Timer- Card Release	Notify the coach on release	Notify the player on release
Timer- Live Ball TO	Do not sound horn (Timer will sound horn for dead ball possession TO)	Timer will sound horn



Rule 4 Time Factors and Scoring

US Lacrosse

NCAA

Length of Half	25 minutes	30 minutes
Halftime	Coaches may agree (if they do not agree halftime will be 10 minutes)	10 minutes
Stopping the Clock (for something other than goal, warning card, team time out, injury or at official's discretion, last 2 mins. of halves)		All fouls in the CSA, going in either direction; alternate possession; illegal draw; RL violations
Time Outs	2 in regulation, 1 in OT	3 in regulation, 1 in OT
Suspended Game (less than 80% played)	Coaches may agree to terminate	Must be completed
Suspended Game (completed on another day)	Continue from point of interruption	Start from the beginning (NCAA tournament game is played from point of interruption)

**Rule 5****Play of the Game****US Lacrosse****NCAA**

	US Lacrosse	NCAA
Draw Action	“Up from starting position”	“Up and away from one another”
Self-Start	No	Yes
Defenders in Goal Circle	No defenders in GC except the deputy	Any number of defenders may move through the goal circle. Only one defender who is marking the ball carrier may remain in the GC
Players in the goal circle when team has possession of the ball	Only one player allowed	May have any number of players
Scorer’s Crosse after a goal	No action required	Officials take Crosse and check pocket depth after each goal
Substitute after a goal	Immediate	Must wait for scorer’s stick to be checked and legal
Substituting in a suspended or ejected player	Coach misconduct	No specific language
Illegal player on attack discovered after a goal (before a draw)	Free position at center line	Free position to opposing goalkeeper
Injury	If play is stopped for an injury or suspected injury, the player must leave the field	If no medical personnel or coach comes on the field, the player may stay in the game (unless she is bleeding)
GK Injury- 2 nd dressed available	2 nd dressed GK must replace	No specific language



Equipment inspection

US Lacrosse

NCAA

	US Lacrosse	NCAA
Stick Check Requests	2 allowed	3 allowed
Stick Inspection	Pocket depth	Pocket depth with additional examination of stringing according to Appendix E
Measurements	Measure overall length at any time	Many additional measurements done either pre-game or upon coach request
When Allowed	Any stoppage in play	Team time-outs, halftime, before the start of OT, pre-game, prior to the start of a draw
Stick "In Use"	On the field of play	Bench area, on the sideline, on the field of play
Crosse at the Table	"Personnel from the team may come to the table to fix" stick may not be removed	No language



Rule 6 Fouls

US Lacrosse

NCAA

	US Lacrosse	NCAA
Sphere	May not reach into or through	No specific foul (dangerous play may be called)
Direction of Check	May NOT check toward the body	May check toward the body, if controlled and stick or ball does not go in sphere
Dangerous Contact	Specific language- Mandatory yellow card	No specific foul, though dangerous play may be called
Illegal contact/Horizontal Stick	"Stick held in a horizontal position that makes contact with an opponent body"	"Initiating Crosse-to-body contact with the Crosse parallel to the ground (3 and 9 o'clock) and hands apart"
3 Seconds	Major foul	Minor Foul with direct free position
Shooting Space	Must be in the CSA	"If the player with the ball is outside the 12 M fan she must be advancing toward the goal and looking to shoot"
Shooting Space	Applies to the Goalkeeper	Goalkeeper is exempt
Holding	Includes detaining, tagging or pressing	
Delay of Game		Includes self-start situations,
Body Ball	Deliberately impede, accelerate, or change the direction of the ball (minor foul) , applies to GK	Only when a player blatantly attempts to block a shot on goal with her body (major foul-red card if in goal circle), GK is exempt
Hand Ball	Only GK or Deputy in the goal circle	GK outside, but may not bat, throw, catch or carry ball outside goal circle
Head Ball	No specific language	Minor foul (GK is exempt)
Mouth piece/goggles	Minor foul	Delay of game
Appendix E violations	Minor foul	2 Minute non-releasable yellow card
Illegal Deputy	Major Foul	Not applicable



Rule 7 Penalty Administration

US Lacrosse

NCAA

	US Lacrosse	NCAA
Goal circle foul by the attack	Offender goes 4m behind GC	Offender goes 4m away
Three Seconds	Major foul: Free Position at the spot of the ball when foul is called or flagged	Minor foul: see p. 53 for set-ups based on where the ball is when foul is called or flag is raised
Delay of Game First Delay	Green Card given to team	Green card given to speaking captain
Second Delay	Green/Yellow-Major foul, 2 minute penalty to player(is not included in team card count)	Green/yellow- Major foul
Third Delay	Yellow card to player (is included in the team card count)	Green/Red- major foul- player sits out 2 minutes, team must sub
Yellow Card	2 minute non-releasable	2 minute releasable (not for Appendix E violations)
Red Card	4 minutes non-releasable	2 minutes non-releasable
1 player/ 2 yellow cards(on the same play)	Team plays 2 players down for 2 minutes	Player serves 2 consecutive penalties- the first is releasable the second is not
1 player/ yellow, red card (on the same play)	Team plays 2 players down for 2 minutes, then 1 player down for 2 more minutes	Player serves 2 consecutive penalties- the first is releasable, the second is not
Red Card (Player)- next game	Served in team bench area not dressed in uniform	Allowed on the field during pre-game activities, but man not be in uniform or participate. Once the game starts is restricted to designated spectator area and may not communicate with team
Red Card (Coach)- next game	Is not allowed in attendance at the site of the game	Allowed on the field during pre-game activities (warm-ups). Once the game starts is restricted to designated spectator area and may not communicate with team
Team Card Count	Yes	No

