

## 2022 – 2023 Rules Adjusted for Old Guy Lacrosse

These rules are based primarily on the NCAA Lacrosse Rules, except where changed herein. Some of the variations are based on other established rules, including prior NCAA, International, and other rules. For clarity, certain rules are repeated or summarized herein. The USA Lacrosse Men's Game Committee has approved these rules.

Rules	Notes		
<b>Game Time</b>	12 Minute Running Clock Quarters unless otherwise agreed upon by both teams.	1 Time-Out Per Half (Time outs do not carry over)	2 Minutes between Quarters 5 Minute Half-Time
<b>Over-time</b>	4 Minute Quarter and No Time-Outs. (Only 1 OT period during regular season) First to score wins.		
<b>Fouling Out</b>	4 Personal Fouls or 5 Minutes of Personal Fouls results in disqualification of the game		
<b>Scoring</b>	A 2-point line will be in effect where fields allow. The 2-point arc will be 15 meters from the center of the goal line. Both feet must be outside the line during the shot.		
<b>Penalty Enforcement</b>	1. For a personal foul or technical foul committed by the team with possession, the whistle is sounded immediately. 2. For any foul committed against the team in possession, the slow whistle technique is employed. (See Rule 7-8.) 3. For a technical foul during a loose ball when the offended team would be disadvantaged by an immediate whistle, the play-on technique is employed provided there is no flag-down. (See Rule 7-10.) If stopping the play will not disadvantage the offended team, the whistle is sounded immediately. 4. For a personal foul during a loose ball, the whistle is blown immediately. Exception: If there is a loose-ball personal foul while the flag is down, a second flag is thrown and play continues. (See Rule 7-8, A.R. 36.) 5. Penalty time is called time multiplied by 1.5 (30 sec is 45, 1 minute is 1.5 minutes) unless Final 2 minute rule in effect		
<b>1-Handed Checks</b>	Excessive 1-handed checks will be called as slashes if contact is made to the body		
<b>Mercy Rule</b>	6 Goal lead, the losing team is offered ball in hand in lieu of faceoff, reverts back to normal on 4 Goal lead.		
<b>Body Checking</b>	<b><u>No Body Checking allowed</u></b> ; all legal pushes and holds are allowed.		
<b>Stoppage of Play</b>	Managers may request a stoppage of play, 1 per half, if there is an unclear call or a firm belief that an official misunderstood a play or call on the field.		
<b>Advancing The Ball</b>	4 Sec – Goalie in Crease	30 Sec – Advance Ball to Offensive Box Line	
<b>Defenseless Player</b>	Body checking a player from his "blind side"	Body checking a player who has his head down in an attempt to play a loose ball	Body checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check
<b>Targeting Head/Neck</b>	A player shall not initiate contact to an opponent's head or neck with a cross-check, or any part of his body (head, elbow, shoulder, etc.) or stick. Any follow-through that contacts the head or neck shall also be considered a violation of this rule		1, 2 or 3 Minute non-releasable foul Excessive violation may result in ejection
<b>Crosses</b>	Maximum of 5 Long Sticks	Minimum of 6" wide cross head	SS: 40-42 & LS: 52-72
<b>Required Equipment</b>	Equipment is to be in accordance with NCAA Rules, except as noted. Shoulder Pads, Arm Pads, Gloves, and Helmets meeting the NOCSAE standard are required. However, Mouth Guards are recommended, but not required, as are Rib Pads, and Protective Cups. Goalies are not required to wear Arm Pads, but must wear all other equipment required for goalies including Throat Protectors and Chest Protectors. Failure to wear equipment will result in a 2 minute non-releasable penalty.		
<b>Face-Offs</b>	A violation will be called if a player picks up and carries the ball on the back of his stick. It is legal to clamp the ball with the back of the stick, but it must be moved, raked or directed immediately. Immediately is defined as within one step. Standing Face-Off rules will apply.		
<b>Restarts</b>	If awarded to the defense, play may restart within 20 yards of the goal. However, no player may be within 5 yards of the player with the ball on any restart, and no "running restarts" are permitted. The goalkeeper shall be given a maximum of five seconds to reenter the crease on any restart.		
<b>Team Timeouts</b>	When the ball is dead, any member of either team (on or off the field) or a team's head coach may request an official to call timeout. During play, a team timeout may be called for, anywhere on the field, by a player of the team (on or off the field) in possession of the ball, or by that team's head coach. This can be done at any time during the game.		
<b>Goalie Penalties</b>	In-Home shall server Goalie penalty unless: The penalty time is for Unsportsmanlike Conduct or 4 minutes or more of Personal Foul time is assessed against the goalie during the game.		
<b>Final 2 Minutes</b>	During the final 2 minutes of regulation, stalling rules will be in effect for the team that is ahead unless ahead by 4 or more goals. It doesn't matter if the winning team is man up or man down. If lead is less than 4 game clock will change to Stopped Clock format and penalties revert to standard time.		