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CT/NY MASTERS LACROSSE LEAGUE (CT/NY MLL)
OFFICIAL RULES



CT/NY MLL will adhere to the published NCAA Men's Lacrosse Rule Book, as amended by the US Lacrosse Post-Collegiate Club Council, with the following exceptions and modifications:

Core Game Rules –

Home Team Responsibilities: The home team shall be responsible for providing referees, a trainer, securing the field, ensuring that the field is properly lined, providing regulation goals, providing at least six balls on each end line, and promptly reporting the final score to the League. The home team shall also provide accurate directions to the field location. The captain of the home team is responsible for notifying the Commissioner of the time and location of the game at least five days in advance to allow adequate time for the Commissioner to schedule the referees.

Number of Referees: There shall be at least two (2) referees for all games. The home team shall be responsible for providing and paying for the referees. There shall be at least two (2) referees for all playoff and championship games. The two teams shall evenly split the cost of referees for playoff games.

Pre-Game Conference: There shall be a pre-game conference between team captains and referees to confirm the rules regarding the length and timing of quarters, breaks between quarters and halftime, clear rule, get it in and keep it in rule, number and duration of timeouts, stop time in last two minutes of each half and maximum number of long poles permitted. The referees shall also provide both team captains with the final score at the end of the game, so that there is no discrepancy regarding the reported final score.

Field – Box: The box is 10 yards on each side of the midfield line. Home teams will be responsible for marking the box.

Coin Toss: The head official shall conduct a coin toss to determine the choice of which goal to defend to start the game, or alternate possession. The visiting team shall "call" the coin toss in the air as "heads" or "tails". Goal defended will alternate by quarter.

Game Time: Games shall consist of four quarters of 20 minutes running time. However, the clock shall be stopped in the final two minutes of play of each half. There shall be two minutes between quarters, and five minutes for halftime. There shall be a single overtime period consisting of twenty (20) minutes of running time (no stop time in overtime) until sudden death. If there is no score in the single overtime period, the game shall end as a tie. The referees shall maintain both the game time and penalty times on the field. The referees shall have the option to stop time if a team appears to be intentionally delaying the restart of play after the ball has gone out of bounds, or if the home team does not provide a sufficient number of balls on the end line. The referee shall also have the option to call a delay of game technical foul (30 second foul). Time should also be stopped for any "on field" injury of a player that requires on field assistance.

Penalty Time: Penalty time does not start until the whistle is blown to start play and when the player is in the penalty box.

Time-outs: Live ball time-outs can be called with the ball **ANYWHERE** on the field. Each team shall have three timeouts per game. **Two timeouts may be called per half.** Each team will have one time out per overtime period. The time out period shall be one minute in length. The game clock shall be stopped during a time out. The player in possession of the ball does not have to be in contact with the ground when the time out is called.

Substitution: No horn, **done on the fly** and through the scorers' table area, except after a goal is scored.

Restart: VERY QUICK whistle for restart, except goalie gets 5 seconds when he has **legitimately** chased a shot. When there is a served time penalty, restart shall occur after foul is signaled to scorers' table and ball is set 20 yards from the goal.

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Advancing the ball: No time limit for clear or to get ball in the “box.” During the last two minutes of play, the team with the lead must work the ball into the box area within 30s of gaining possession. The referee may, at their discretion, may issue a stall warning at any time. The second warning shall result in a change of possession.

Get It In and Keep It In: During the last 2 minutes of the game, the team with the lead has 30s after gaining possession to get the ball into the box (**defined as the proper box, not sideline to sideline**). Once the ball enters the offensive zone the team with the lead must keep it in the zone during the last 2 minutes of the game. For clarity...there is no time limit on clearing the defensive zone or crossing mid field line, just as long as the ball enters the box area in under 30s.

Dive rule: The NCAA *dive rule* is **NOT USED**. A goal is disallowed only when an offensive player is in the crease **BEFORE** the ball crosses the goal line.

Long sticks: The allowable number of long sticks on the field is five (5).

Face Offs: Modified NCAA rule to be adopted. A violation will be called if a player picks up or carries the ball on the back of his stick. It will still be legal to clamp the ball with the back of the stick, but the ball must be moved, raked or directed within 3 steps. It is also illegal to use a body part (forearm, elbow, head etc.) to initiate contact with an opponent’s stick. It remains illegal to kick or step on an opponent’s stick.

The faceoff will now have the following consistent protocol:

1. The official will direct the players to come together and put their sticks on the ground opposite each other;
2. The official will place the ball on the ground and say “set”
3. The official will step away and blow the whistle to start play. .

Delayed Penalty Whistle: Club rules apply, meaning that the whistle will sound as soon as the ball hits the ground leaves the box (sideline to sideline) or there is a change in possession the ball leaves the box.

Alternate Possession: The alternate possession rule shall be in force.

Over and Back: Is in effect and will be regulated by officials.

Uniforms & Equipment –

Uniforms: Teams are not required to have matching jerseys or shorts. However, the jersey must be of a like color so as not to cause confusion either for the referees or the opposing team. It is the visiting team’s responsibility to confirm that there will be no uniform color conflicts when traveling to an away game. The home team has the priority for jersey color.

The Crosse: NCAA rules for the width of the stick shall not be used. The attack and midfielder stick shall have a minimum length of 40 inches. There is no mandatory random stick check each quarter by the referees and no coach request. The honor system will apply, however, the referee retains the right to check a stick at any time.

Fouls and Penalties -

Unsportsmanlike Conduct: The captains have agreed to a “No Tolerance” policy regarding sportsmanship. Fighting, hits to the head and other unsportsmanlike conduct will not be tolerated.

- **Fighting:** Defined as a player, substitute, non-playing member of a squad, coach or anyone officially connected with a team, deliberately striking or attempting to strike anyone in a malicious manner, or leaving the bench or coaches area during an altercation. The first offense for fighting shall result in a three minute, non-releasable penalty and in the player being expelled from the game, and suspended for the next two regular season or post-season games. A second offense for fighting shall result in permanent expulsion from the League.

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- **Body Checks:** A player cannot take more than three (3) steps prior to initiating a body check. “Take out” checks ARE NOT tolerated. A “take out” check shall be determined at the discretion of the official, and is in their opinion an act of flagrant “unnecessary roughness” (any act on the part of a player that is deliberate and excessively violent) so as to intentionally cause serious harm or injury to another player (such as intentionally going for an opponent’s knees or head, retaliatory contact, leading with the head). The first offense for a “take out” check shall result in a three minute, non-releasable penalty, ejection from the game and a one game suspension for the next regular season or post-season game. A second offense for a “take out” check shall result in permanent expulsion from the League.

In addition to the “Unsportsmanlike Conduct” fouls listed in Rule 5-Section 10 of the NCAA Rule Book, the following “special conditions” shall apply:

- **Racial Epithets and Remarks:** A player or anyone officially connected to a team who uses a racial epithet or makes a racial remark shall receive a three minute, non-releasable unsportsmanlike conduct penalty and shall be expelled from the game.
- **Obscene Language:** A minimum of two minutes is to be assessed for obscene language.
- **Maligning an Official:** Anyone officially connected with a team or any player who maligns an official, shall receive an unsportsmanlike conduct foul (three minutes, non-releasable). If the same person commits a second maligning foul he shall be expelled from the game and shall serve an additional one game suspension. In the event that penalty time has not started on the first foul, additional penalty time shall not be assessed, only the expulsion.

NOTE: Penalty time for all of the above “special conditions” is **non-releasable**.

Expulsion: When any expulsion occurs, the referee must notify the Commissioner within 48 hours of the occurrence. The League shall notify the team representative of the expelled player that is ineligible, as well as the opposing teams that have games scheduled in which the suspended player will not be eligible. If there are no games remaining in the season, the penalty shall carry over to the next season in which that person participates in the League. Furthermore, any player repeatedly involved in actions deemed detrimental to the game is subject to suspension or expulsion by a simple majority vote of the Captains

In the event that a player is permanently expelled from the League, the Commissioner shall notify all team representatives so that the expelled player cannot join another team. A player can be permanently expelled from the League upon the occurrence of the second incident of fighting, take out checks, or a combination of both, subject to appeal. A player does have the right to appeal a permanent expulsion from the League. Upon appeal to the League Commissioner, a Board of Inquiry shall commence, comprised of the League Commissioner and all available previous League Commissioners. The Board of Inquiry shall review and rule on the incident, with direct input from the officials involved in the incident and anyone else the Board deems appropriate. The Board of Inquiry shall make every effort to review the expulsion appeal as soon as possible. During the appeal process, the player in question shall not be permitted to play in any regular or post season games until a final ruling is reached by the Board of Inquiry.

Slashing: Slashing shall be considered to include the following actions:

- Swinging a crosse at an opponent’s crosse or body with deliberate viciousness or reckless abandon, regardless of whether the opponent’s crosse or body is struck.
- Striking an opponent in an attempt to dislodge the ball from his crosse, unless the player in possession, in an attempt to protect his crosse, uses some part of his body other than his head or neck to ward off the thrust of the defensive player’s crosse and, as a result, the defensive player’s crosse strikes some part of the attacking player’s body other than his head or neck.
- Striking an opponent in any part of the face, on the neck, in the chest, on the back, on the shoulders, in the groin or on the head with the crosse (including its butt end), except when done by a player in the act of passing, shooting or attempting to scoop the ball.

Team Rosters and Player Eligibility -

Team Rosters: All team player names, associated jersey numbers, age and USLAX ID# shall be submitted to the Commissioner by March 1st. No additions to team rosters shall be allowed after the fourth regular season game. Players can only be rostered on one team within the league. Players are not allowed to transfer to another roster,

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after the start of regular season play. A player may be on a team roster in both the >40 and >30 league as long as they are age eligible, however, they may play for only one team per league.

Minimum Age Requirement: Each player must attain the age of 30 during the calendar year in which the season falls (by 12/31 of the season year). That being said, in the 30+ division, teams are allowed to have three (3) players that are at least 28 years old. Substitute Goalies are exempt from the minimum age requirements.

Proof of Age: Upon request, all players must be able to provide proof of age if challenged by the opposing team. If a player cannot provide proof of age, they shall be disqualified and expelled from that game. If a player is determined to be under age after the game, the offending team forfeits the game. Team captains are strongly advised to maintain a notebook with photocopies of the proof of age (driver's license) for all players on the roster. A photocopy of a driver's license shall be deemed as acceptable proof of age.

Insurance / Liability: All players and teams are required to carry liability insurance and to sign a League Waiver. Insurance is provided by US Lacrosse with membership. Teams can obtain liability insurance through Bollinger's with 100% player participation in US Lacrosse membership. Guidance is provided for reference at the end of this document. All players are required to maintain a current and active membership with U.S. Lacrosse (www.uslacrosse.org). All players agree to maintain such membership at all times during which they participate in any event associated with CT/NY MLL or any of their teams, including practices, scrimmages, games and any other sanctioned or non-sanctioned event.

Schedule Changes, Forfeits and Cancelled Games -

Schedule Changes: The home team shall be responsible for and have jurisdiction over game location, date and start time. Any changes to the published regular season schedule must be communicated to both the opposing team and the Commissioner at least 5 days in advance of the scheduled game. This shall include changes of date, start time and/or location of the scheduled game.

If a team requests a change in the published schedule, the burden shall fall upon that team to find a mutually convenient and acceptable date, time and/or location in which to play the game. In the spirit of good sportsmanship, both teams shall make every effort to find an alternative date, time and/or location. If the teams are unable to find a mutually acceptable date, time and/or location to make up the cancelled game before the end of the regular season, then a 1-0 loss will be awarded to the team that requested the schedule change.

The regular season shall be considered to end on the last day that a regular season game is scheduled per the most recent published schedule.

Forfeits: In the case of a forfeit, the team that forfeits the game shall be awarded a 1-0 loss. A forfeit shall occur if a team does not have at least 8 players dressed and ready to play at the start of a game, including goalie. A forfeit shall also occur if a team requests a change in game date, time or location less than 5 days in advance of the scheduled game, and the game is not able to be played or adequately rescheduled prior to the end of the regular season. Any team forfeiting a game will be automatically eliminated from the playoffs. A team that forfeits without the above 5 day advance may also be responsible to the home team for refs, fields and trainer fees if they are paid a non-refundable for the home team.

Game Cancellation Due to Weather/Lightning: If a game is cancelled due to weather and/or lightning, it must be made up at the earliest mutual convenience of both teams. It is understood that weather conditions may preclude a team from utilizing its regular home field out of concern for damage to the field. If the teams are unable to find a mutually acceptable date, time and/or location to make up the cancelled game before the end of the regular season, then a 0-0 tie will be awarded to both teams.

In the event that a game already underway is cancelled by the referees by reason of weather and/or lightning, then either:

- 1) If the game is cancelled prior to the start of the second half of play, then the game will be rescheduled according to the Schedule Change procedures outlined above.
- 2) If the game is cancelled in the second half of play, then the score at the time of the game cancellation shall be the considered the final outcome. *For example, in the case where Team A is leading Team B by a*

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score of 6-5 in the second half of play when the game is cancelled due to lightning, then Team A shall be awarded the 6-5 win. If the score is tied 6-6, then each team shall be awarded a 6-6 tie.

Post-Season Qualification and Ranking Criteria- The top four teams will compete for in a two game tournament to crown the league champion. Eligibility and rank shall be determined by:

1. Overall regular season record
2. Head-to-head match-ups
3. Best record versus common opponents
4. Goals allowed
5. Rock / Paper / Scissors

How to Get Liability Insurance for Your Team or League through the US Lacrosse Insurance Program

An important benefit of membership in US Lacrosse (USL) is the General Liability insurance purchased by US Lacrosse on behalf of its individual members while they participate in lacrosse activities. This liability policy also covers lacrosse teams and leagues as entities for their lacrosse operations, but only if 100% of participants are current members of US Lacrosse. These teams and leagues with 100% membership are defined as "Member Teams" and "Member Leagues."

The Importance of Liability Insurance for Member Teams and Leagues

Member Teams and Leagues with 100% membership in US Lacrosse are covered in the event the team or league is sued as a result of their lacrosse activities, or if they are involved in a liability claim (such as lawsuits from injured players or spectators, or property damage caused by errant lacrosse ball).

For Member Teams and Leagues, Liability coverage extends to all volunteers and board members if they are named individually in a lawsuit, whether or not they are members of US Lacrosse

Member Teams and Leagues are able to get Certificates of Insurance which are typically necessary in order to secure fields or facilities to play lacrosse

In the Event of a Liability Claim

- If your team or league is named in a lawsuit or involved in a liability claim, you will need to provide a copy of the roster for the team or league from the date of the claim's occurrence. If the lawsuit resulted from an incident in April 2007, for example, you would need to provide the roster from your Spring 2007 season.
- US Lacrosse will verify whether all the participants on the roster were 100% registered with US Lacrosse at the time of the incident.
- **The Claim will be Covered if:**
 - The team or league is 100% registered
 - The team or league has a few unregistered participants (fewer than 10% of the total number), AND they have implemented the 2-step guidelines below
- **The Claim will be Denied if:**
 - If the team or league has many unregistered participants (more than 10%) and does not follow the guidelines below

Liability Insurance: How to Make Sure your Team or League is Covered

Understanding the practical difficulty of verifying that every participant is a current USL member, US Lacrosse has developed the 2-Step guideline below for teams and leagues to be assured of coverage.

Member Teams shall be deemed to be insured under the USL liability insurance coverage if:

Step #1: The team has a written policy that requires each player or coach to provide proof of USL membership

in order to register for the season; that membership must be in effect for the entire season

Step #2: The team demonstrates compliance by having a systematic approach to verifying USL for each player

and coach before any participant is allowed to participate in any practices or games

Member Leagues shall be deemed to be insured under the USL liability insurance coverage if the league:

Step #1: Establishes a written policy requiring that all participants on all teams (players and coaches) be current members of US Lacrosse; and

Step #2: Requires each team in the league to follow the registration guidelines indicated above.

See next page for suggested procedures

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Suggested Procedure for Handling the 2-Step Guidelines: US Lacrosse's suggested procedure that teams can adopt in order to meet the above guidelines is to implement the following two steps:

1. Written Policy of Membership Requirement

Include written guidelines in the by-laws that all participants are required to be current members of US Lacrosse in order to participate

The registration forms for the team or league should require proof of USL membership (ID # and expiration date or copy of their card) in order to participate in any practices or games

2. Systematic Approach to Membership Verification

Appoint a Team Registrar whose job is to check that all participants have provided proof of USL membership prior to the first team practice

Team Registrar maintains copies of registrations forms and verifies membership status through US Lacrosse's website

Coaches do not permit any player to participate until they are cleared by the Team Registrar

Team Registrar performs a mid-season spot check to determine if any players are participating on the team who are not on the verified membership list

Additional Suggestions:

Note that there are 3 different methods of registering your team or league on the US Lacrosse website. Choose the one that is right for you by going to the USL web site at: www.USLacrosse.org/program_admin/forms.phtml.

It is suggested that the league require all participants to join US Lacrosse individually first, and then show their proof of membership in order to register with the league. This way, the individuals are responsible for their own memberships. This helps minimize the work of the team/league who would otherwise batch all membership forms to be sent in at a later date and, as such, eliminates the time lapse between participants signing up with the league vs. the actual effective date of their membership (which could be weeks later when the program administrator mails in the registrations to US Lacrosse).

Registration/applications for the league/team should be done prior to each season (rather than annually) to ensure that each membership is valid for the upcoming season of play.

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