



NCAA RULES



Greater Philadelphia Lacrosse Officials Association





FACEOFF VIOLATIONS

A violation is either prewhistle or post whistle while the ball is in the neutral zone.

ANY VIOLATION:

Whoever committed the violation will sit out of the next faceoff.

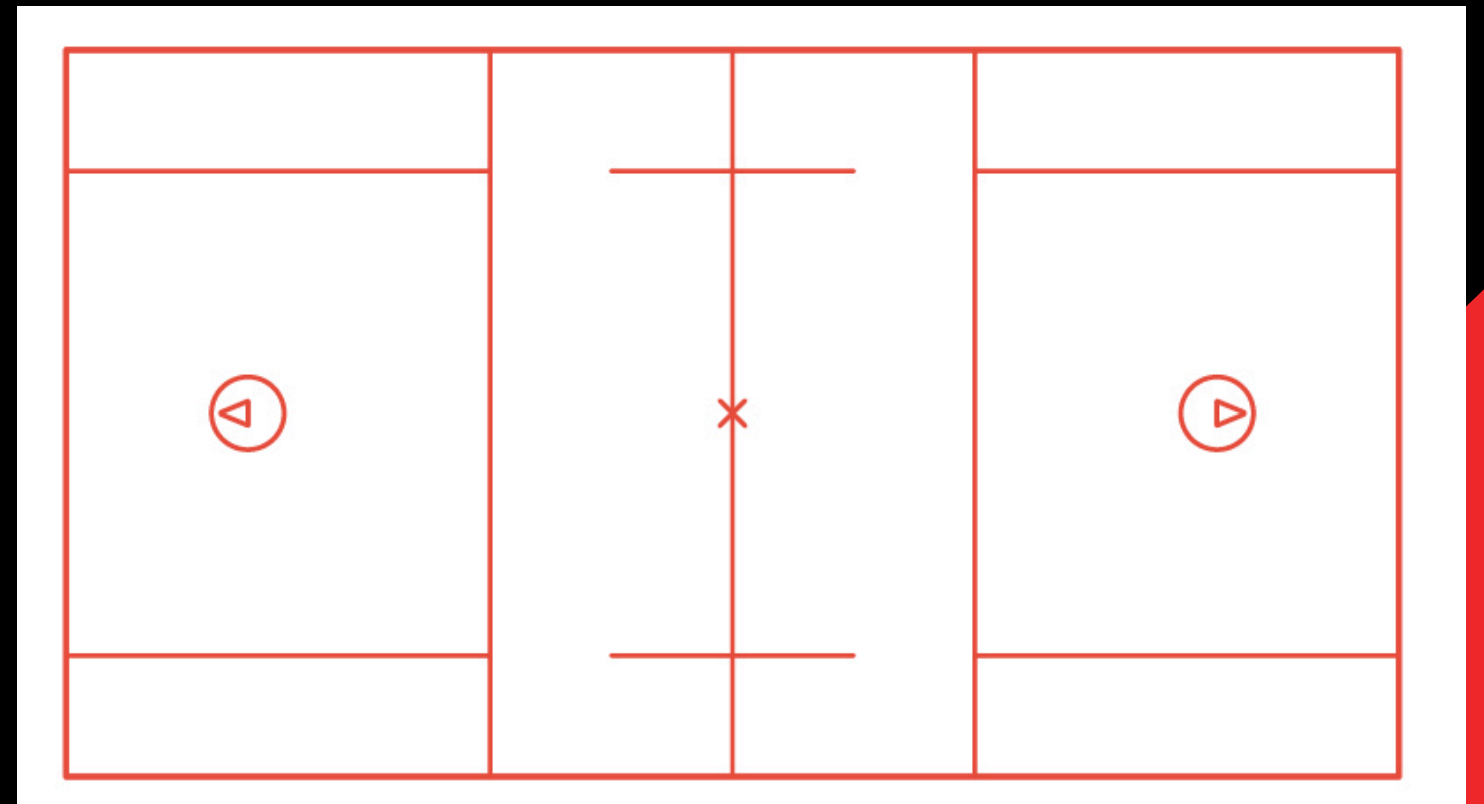
Wing violations do NOT count. They can come back
A faceoff does NOT count unless we command "Down"

COMMUNICATE:

Talk as a crew; "White 37"

Trail notify the bench when you run by
Keep track between quarters and halftime

TIMEOUTS



Offense:

Below the offensive restraining line with possession.
Any deadball.

Defense:

Deadball out of bounds, or after a good goal.

*If a coach calls a timeout when they cannot take one and we blow the whistle, it's an illegal procedure penalty on the coach. Try to ignore him.





SLOW WHISTLE

2 FLAGS DOWN

KEEP PLAYING!

HELMET COMES OFF



OFFENSE

*Immediate
Whistle
Turnover*

DEFENSE

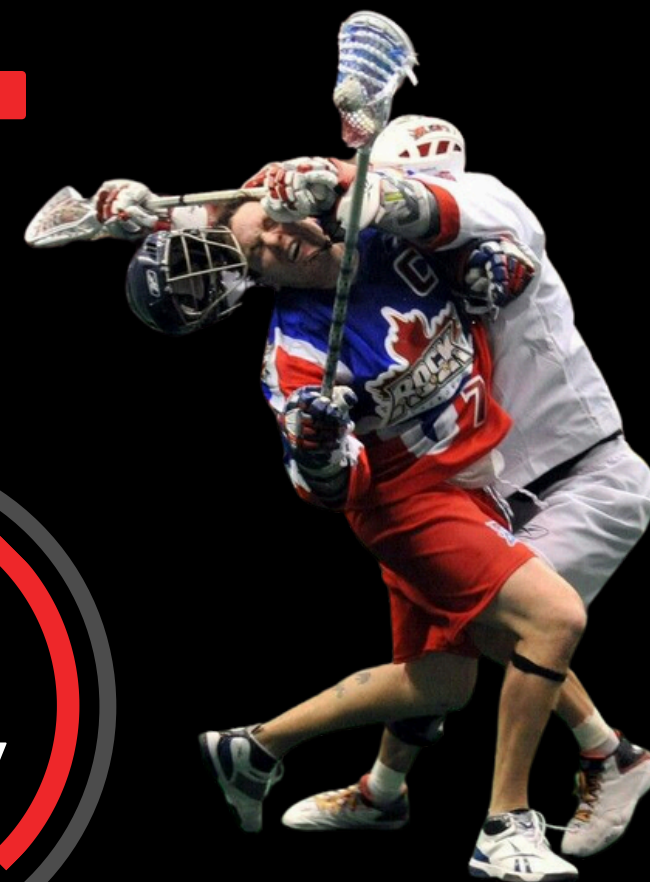
*Immediate
Whistle
30 Second Penalty*

**LOOSE
BALL**

*Immediate
Whistle
Turnover*

**RETURN
TO PLAY**

*Next Deadball
Time has to come
off the clock.*



**If a player's helmet comes off due to a penalty, immediate whistle, no turnover.
Administer the foul. Player who lost their helmet goes off till the next deadball.*

DIVE & GOAL MOUTH

Offense **CANNOT** enter the goal mouth during or after a play (unless he is fouled in).

Crease - A stroll is a goal.

Goal mouth - **NO** stroll.

Body contact with goalie in goal mouth:

Unsportsmanlike

1min, 2min or 3 min.



HEAD & NECK CONTACT

Indirect Contact:

1 minute locked in

Direct Contact:

2 minutes locked in

Excessive or Flagrant Contact:

3 minutes locked in, possible ejection



SHOT CLOCK & COUNTS

Reset 80

Every Change of Possession.

Defensive injury or foul when shotclock is **ABOVE** 60.

Shot hits goalie or post, ball goes back over the midline, offense gains possession in defensive half.

Reset 60

Shot that hits the goalie or post and is retained by the offense.

Defensive injury or foul when shotclock is at or **BELOW** 60.

80



60



Additional Facts:

"Under" when shotclock is at 60. Offense must clear the ball by 60 and keep it in the offensive half – Over and Back is on.

When reporting a penalty: "CNOTES" – S for shotclock reset.

Defense tips the ball back under 60, offense regains possession in defensive half, we have NOTHING. Let the shot clock continue.

Timeouts do NOT reset the shotclock. It stays where it is.



RESTARTS

Take your time!

No running restarts from out of bounds. Set their feet.

Player CAN be moving with a restart within the field of play. Should be within 5 yards of where play was killed.

Goalie does NOT get 5 secs.





NCAA



GPLOA



INTER-AC

LACROSSE

OTHER RULES TO NOTE

Only a stick can be used to keep the ball on the offensive side to prevent Over and Back.

A field player CAN enter the crease to make a save. No foul.

CANNOT have a ward with 2 hands on the stick.

No eye black, or targeting rule.

Deep pocket - 1min locked.

Stick can retrun.

Any other illegal stick - 3mins locked.

Cannot return.

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QUESTIONS?

