



2016 and 2017 NCAA Women's Lacrosse Rules Changes

The following rules changes were approved by the NCAA Women's Lacrosse Rules Committee and the Playing Rules Oversight Panel (PROP). They will be incorporated into the rules book for the 2016 and 2017 seasons.

| Proposal # | Rule | Page | Rule Change and Rationale |
|------------|------|-------|--|
| 1 | 2-12 | 17 | <p>The bottom of the goalkeeper's uniform must be a solid school color, black, or gray.</p> <p>Rationale: Currently, the goalkeeper must wear a shirt that is the same color as her team and the bottom of her uniform must be "in agreement with the team's predominant color or be black or gray." This change will provide necessary clarification, assist institutions' equipment personnel and provide additional options for the bottom of the goalkeeper's uniform.</p> |
| 2 | 4-3 | 23 | <p>If a team is leading by 10 or more goals in the last two minutes of the game, the clock is not stopped.</p> <p>Rationale: Currently, the clock is stopped on every whistle in the last two minutes of each half if a team is leading by 10 or more goals. This will improve the pace of play and allow for better administration of games.</p> |
| 3 | 4-7 | 24 | <p>To make overtime sudden victory. The procedure for overtime will include the following: When the score is tied at the end of regular playing time, both teams will have a five-minute rest and toss a coin for choice of ends. Six minutes (two three-minute periods) of stop-clock overtime will be played. Teams will change ends after the first three minutes. The game will be restarted by a center draw. The team that scores the first goal wins the game. If neither team has scored after the first set of six minutes (two three-minute periods), there will be a three-minute rest followed by the teams switching ends again and beginning a second set of six minutes (two three-minute periods) of stop-clock overtime will be played. This procedure of play will continue until the first goal is scored.</p> <p>Rationale: To assist in reducing fatigue and overuse injuries, as well as provide additional excitement to the sport, pace of play and growth of the game.</p> |
| 4 | 5 | 26-29 | <p>By the 2017 season for Division I institutions, and by the 2018 season for Division II and Division III institutions, require that a visible 90-second possession clock be in place.</p> <p>After a team has gained possession of the ball, a visible 90-second possession clock will start. At the expiration of the 90 seconds, a change of possession will be awarded to the opposing team. The 90-second possession clock will be reset as a result of any of the following occurrences:</p> <ol style="list-style-type: none"> 1) Any card (yellow, red, or green) has been issued to the team without possession; 2) Shot on goal by the team with possession (this excludes a shot that goes wide of the pipes or above the crossbar); 3) Save by the goalie of the team without possession; |



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| | | | <p>4) Shot by the team with possession that hits a pipe or rebound off a save and the team who shot the ball has retained possession; and</p> <p>5) Change of possession.</p> <p>The 90-second possession clock must stop at any point the game clock is stopped.</p> <p>If the 90-second possession clock expires before any of the above occurs, the whistle must sound immediately and a free position will be awarded to the opposing team at the spot of the violation. No player may be closer than 4 meters to the free position. The spot of the violation is defined as the spot of the ball within the playing area at the time of the violation indicated by the official's whistle.</p> <p>The 90-second possession clock has no effect on Rule 5, Section 16(a).</p> <p>The Rules Committee recommends two visible clocks be utilized at either end of the field; however, one visible clock at mid-field will satisfy the requirement of this rule.</p> <p>Rationale: To increase the pace of play, contribute to the growth of the game, allow for better competitive balance between the attack and defense, and improve the safety of the game (many rough and cardable fouls often occur when the attacking team is maintaining possession of the ball for an extended duration of time).</p> |
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| 5 | 5 7 | 26-29 42-50 | <p>To allow self-starts. Following a whistle blown for a major or minor foul outside of the critical scoring area, the player who is awarded the ball may continue the course of play without waiting for an additional whistle by either passing the ball or running with the ball. The offending player must immediately move 4m behind or to the side of the ball pursuant to the immediate instruction by the official. The player with the ball has the option to wait until the penalty is fully administered. If the player with the ball self-starts, that player may be played by the defense following the self-start. If a defender moves prior to the ball carrier self-starting, that defender must then be placed 4m behind. If the penalty has been cleared and the ball carrier has not self-started then a whistle will be blown to start play.</p> <p>A self-start is not an option in the following circumstances:</p> <ol style="list-style-type: none"> 1) The ball has gone out of bounds on either sideline; 2) Offsides violation; 3) Stoppage of the game clock (which includes any cardable foul); and 4) Major or minor fouls occurring in the critical scoring area. <p>Rationale: To decrease the inefficiency that exists in administering penalties, increase the pace of play and contribute to the growth of the game.</p> |



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| 6 | 5-15 5-16 | 29-30 | <p>To allow any defender to play the ball in their defensive crease. After the ball has entered the goal circle, the goalkeeper or any of the goalkeeper's teammates must clear the ball within 10 seconds after the ball has entered the goal circle.</p> <p>Rationale: Currently, players in their defending end of the field may run through any portion of the goal circle as long as their team is not in possession of the ball. Additionally, the defensive player standing in the goal circle and marking the player with the ball within a stick's length may also play the ball in the air as a result of a checked or blocked shot. This proposed change will increase the pace of play, allow for better administration of games, and help provide for more consistency, clarification, and objectivity.</p> |
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| 7 | 5-17 | 30-31 | <p>To eliminate the deputy. However, no one except the goalkeeper will have the privilege of going into the goal circle to block a shot.</p> <p>Rationale: This rule is no longer necessary in light of the previous proposal (Proposal Number 14) to allow any defender to play the ball in their defensive crease.</p> |
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| 8 | 5-19 6-1.o 5-2 | 31 37 27 | <p>To exempt goalkeepers from obstruction of free space to goal. Goalkeepers will not be permitted to shoot, score, take the draw, or be on the draw circle during the draw.</p> <p>Rationale: Currently, goalkeepers may be called for obstruction of free space to goal. Additionally, the only specified prohibition that exists is that a goal is not scored when the ball is put through the goal by the attacking team's goalkeeper. This will allow for better administration of games, improve the safety of the game and provide necessary specification for the role of the goalkeeper.</p> |
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| 9 | 5-20 | 31-32 | <p>To eliminate the throw and implement a procedure of alternate possession. At the pre-game meeting, the team that wins the coin toss will be able to choose either the side that they want to defend or whether they want the first possession after any of the events listed under Rule 5, Section 20 (a)-(h) have occurred. After the initial possession is awarded, it will then alternate. The alternate possession is continuous through any overtime period (not reestablished at the coin toss that takes place prior to the first overtime period). The record of alternate possession will be kept by the Head Official and table personnel.</p> <p>Rationale: This will eliminate inaccurate throws from the game, increase pace of play and provide for more consistency.</p> |



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| 10 | 5-28 | 34-35 | <p>Every goal scorer's stick will be checked after each goal. Coaches will still be allowed a maximum of three stick check requests per game. Coaches' requests for stick checks may be asserted during the following time periods: during timeouts, at halftime, before the game, before overtime, and prior to the start of the draw.</p> <p>Rationale: This will help eliminate much of the confusion, gamesmanship and other incidents that have begun to surround the process of stick check requests.</p> |
| 11 | 5-28 Appendix E | 34-35 65-77 | <p>During any stick check, the illegal manipulation of a stick and/or the illegal stringing of a stick will result in a non-releasable yellow card penalty. The penalty for an illegal stick as it pertains to the depth of the pocket will remain the same. The NCAA Women's Lacrosse Rules Committee is working with US Lacrosse to provide clearer guidelines and specifications for the stringing of sticks and the definition of the manipulation of sticks.</p> <p>Rationale: This will help eliminate much of the confusion, gamesmanship and other incidents that have begun to surround the process of stick manipulation and stringing of sticks.</p> |
| 12 | 6-1 | 36 | <p>To add the major foul of "Horizontal Stick" to Rule 6, Section 1. The major foul, "Horizontal Stick," will be defined as initiating crosse-to-body contact with the crosse parallel to the ground (3 and 9 o'clock) and hands apart. Eliminate Rule 6, Section 1(h) (3) which states that it is an illegal use of the crosse to lower the head of the crosse below shoulder level and initiate crosse-to-body contact.</p> <p>Rationale: The major foul of "Horizontal Stick" will enhance student-athlete safety. Additionally, this will help provide for more consistency, clarification and objectivity.</p> |
| 13 | 6-1.p | 37 | <p>To change the categorization of three seconds from a major foul to a minor foul.</p> <p>Rationale: The Rules Committee believes that this foul does not warrant an 8-meter free position shot. This will also increase the emphasis and focus on major fouls such as obstruction of free space to goal, which ultimately promotes player safety. Additionally, this change will allow for better competitive balance between the attack and defense.</p> |
| 14 | 6-2.b | 39 | <p>To eliminate the minor foul of empty stick check when a player is going for the ball.</p> <p>Rationale: Many times it is difficult for officials to accurately determine which stick is at fault for the empty stick check as this call typically occurs on a draw or in a ground ball scrum. In addition, this will eliminate unnecessary whistles and improve the pace of play.</p> |



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| 15 | 6-2.f | 39 | <p>To eliminate the minor foul of body ball. Touching the ball with the hand (except for the goalkeeper) will still be illegal pursuant to Rule 6, Section 2(d). Additionally, a minor foul establishing a head ball as illegal will be added to Rule 6, Section 2.</p> <p>Rationale: This will help remove crowded skirmishes for the ball, increase pace of play and provide for more consistency.</p> |
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| 16 | 7 1 8 | 42-46 11-12 52 | <p>To add dots on the field 4 meters above the end line as seen on page 8 (Diagram I of Field Markings) of the International Women's Lacrosse Rules (http://filacrosse.com/wp-content/themes/sportedge/downloads/FIL_WomensRuleBook2015-18.pdf). These dots will provide markings that officials can utilize when administering the free positions for fouls that take place in the critical scoring area below the goal line extended. The dots can be administered with spray paint or chalk so that permanent markings are not required on the field.</p> <p>Rationale: This proposed change will increase the pace of play, allow for better efficiency and administration of penalties in the critical scoring area below the goal line extended, and help provide for more consistency, clarification, and objectivity.</p> |
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| 17 | 8 | 51 | <p>To change the critical scoring area from 15m to 12m.</p> <p>Rationale: This will help provide for more consistency, clarification and objectivity.</p> |