



## 2016 WOMEN'S SUMMER LEAGUE RULES

- The XCEL Lacrosse Women's League will adhere to NCAA Collegiate Rules. **Goggles are mandatory.** Players who show up without will not be allowed to play and mouth guards are strongly encouraged. Players are required to use their best judgment during play with regards to checking and physical contact. Intentional harm or use of excessive force will not be tolerated and may result in immediate suspension from the league without refund. Players failing to adhere to this policy will be penalized and face possible suspension or expulsion from the league
- All games are 12 vs. 12 format and will be governed by a version of NCAA Lacrosse Rules. In the event one or both teams are short on players, a 10 v 10 or 8 vs 8 format may be used. This will be a game by game decision based on amount of players available for each game.
- 30 yard line restraining rule is in effect 4 players must stay back at all times. This rule will be modified if a 10v10 or 8v8 format is being used.
- On the draw, a maximum of 3 players from each team may be between the restraining lines until the whistle blows to start the draw.
- The game will consist of two halves, each 25 minutes of running time. There will be 1, 30 second timeout for each team per half. The length of the halftime will be 5 minutes
- When a whistle blows, all players must stop in place. When a ball is ruled out of play after a shot, the player closest to the ball gets possession when play is resumed. Loss of possession may occur if a player deliberately runs or throws the ball out of play. All other balls that go out of bounds will be a change of possession with ball awarded to team that didn't cause ball to go out of bounds.
- Field players may pass, catch or run with the ball in their crosse. A player may gain possession of the ball by dislodging it from an opponent's crosse with a check. A check is a controlled tap with a crosse on an opponent's crosse in an attempt to knock the ball free.
- The player must be one step in front of her opponent in order to check. No player may reach across an opponent's body to check the handle of a crosse when she is even with or behind that opponent. A player may not protect the ball in her crosse by cradling so close to her body or face so as to make a legal, safe check impossible for the opponent.
- All legal checks must be directed away from a seven-inch sphere or "bubble" around the head of the player. No player is allowed to touch the ball with her hands except the goalkeeper when she is within the goal circle. A change of possession may occur if a player gains a distinct advantage by playing the ball off her body.
- Rough checks, and contact to the body with the crosse or body, are not allowed.
- All NCAA carding procedures will be followed. **YELLOW CARD:** A player receiving a yellow card will leave the field for 2 minutes with the penalty being



released if the opposing team scores. A player receiving a 2<sup>nd</sup> yellow card in the same game will leave the field for 2 minutes and will not be allowed to return for the remainder of the game. Another player may enter in her place if the opposing team scores or at the completion of the two minutes whichever occurs first. **RED CARD:** A player receiving a red card will serve a non-releasable 2 minute penalty and may not return for the remainder of the game. Another player may enter in her place only after the two minute penalty has been served. The carded team will play down a player at both ends of the field while a penalty is being served.

- Fouls are categorized as major or minor, and the penalty for fouls is a “free position.” For major fouls, the offending player is placed four meters behind the player taking the free position. For a minor foul, the offending player is placed four meters off, in the direction from which she approached her opponent before committing the foul, and play is resumed. When a minor foul is committed in the critical scoring area, the player with the ball has an indirect free position, in which case the player must pass to a teammate before a shot is taken or the player’s crosse must be checked by an opponent before a shot is taken.
- A slow whistle occurs when the offense has entered the critical scoring area and the defense has committed a major foul. A flag is thrown but no whistle is sounded so that the offense has an opportunity to score a goal. A whistle is blown when a goal is scored or the scoring opportunity is over. An immediate whistle is blown when a major foul, obstruction or shooting space occurs, which jeopardizes the safety of a player
- All goalies must be equipped with all required padding no exceptions.
- All teams must have a minimum of 8 players to avoid a forfeit.
- If a team cannot field a goalie for a scheduled game, the team will be permitted to use a substitute. However, the substitute goalie must sign an XCEL waiver.
- All players including goalie must wear a league jersey. If you do not have your jersey on a given week, please speak to Nicole Poli, Field Director, prior to the game.
- If a game ends in a tie, teams will play a two minute sudden death overtime period. If the game is still tied at the end of the first two minutes, the game will be recorded as a tie.
- Teams are ranked by wins, losses, and goals scored. Tiebreaker is point differential goals for minus goals against. Team with lowest point differential wins tie breaker.



## LEAGUE POLICIES

There is Zero Tolerance policy in effect for all league officials. Respect the calls, the division managers and play the game. Players who cannot follow this rule will be removed from the XCEL Women's League

XCEL Lacrosse and Mount Ida College cannot be held liable for any player(s) lost, stolen or damaged property.

Drug Use and Alcohol Consumption is strictly prohibited anywhere on the campus of Mount Ida College. Verbal Referee Confrontations, Fighting and Deliberate Personal Fouls with intent to injure are strictly prohibited. Abuse of officials will absolutely not be tolerated. Any player found in violation of these policies or is deemed impaired by a league official due to drug or alcohol use will result in a team penalty. **1st Offense** - expulsion for the remainder of the existing game. **2nd Offense** - expulsion from the league.

XCEL Lacrosse and our directors reserve the right to review, modify, and interpret any rule established without prior notice. Any disputes will be address on a case-by-case basis and any decision(s) made by XCEL Lacrosse directors is final.



### **Inclement Weather/Field Conditions**

If there are any unforeseeable problems with the field or inclement weather, the XCEL staff will contact each player as soon as it is brought to the attention of the league. An attempt to reschedule game at a later date will be made. We do not guarantee nor do we state a guarantee of makeup games for inclement weather.

XCEL Lacrosse will make every attempt to contact players through the following channels:

- Website update
- Updated XCEL Phone Message at (508) 202-0546
- Email to all players
- Automated call to the phone number you provided at registration
- Text message (if you opted-in to receive texts from XCEL Lacrosse)
- Social Media

In the case of dangerous weather during play (lightning), league officials will call an officials time out and wait 30 minutes to determine if the game can be continued. In order to continue there must be at least 30 minutes from the last lightning strike. If games are unable to be continued an attempt to make up games at a later date will be made. We do not guarantee nor do we state a guarantee of makeup games for inclement weather.

It is the responsibility of the players and team captains to check emails and website prior to games on days of inclement weather. All decisions for cancellation will be posted and emailed out by 4pm at the latest on game days. **You can also call (508) 202-0546 on game days for a status update.**