

# 2014 NCAA Rules and Mechanics Changes

## POINTS OF EMPHASIS

**Faceoff player touching his own or his opponent's crosse with any part of his body**

**Illegal tactics when defending (Cross-check/Hold)**

Thrusting the crosse, in particular

**Sideline behavior**

**Include *High-Hit* calls in the Referee's Zebraweb Game Report.**

## RULE 1

**SUBSTITUTION BOX EXPANDED TO BE 20 YARDS.**

Dimensions of the Coaches, Team and Bench Areas remain the same.

### BALLS

A minimum of six balls must be available at each end line and sideline. The number of balls in each area is to be equal. On the bench side, balls should be placed at the scorer's table and outside each bench area. The home team staff shall replenish these balls. This will assist with the pace of play and faster restarts. Repeated delays could result in technical foul delay-of-game violations against the home team.

### STICK SPECIFICATIONS

Any strings or laces (e.g., shooting strings) must be will be located within 4 inches from the top of the crosse in an arc. Also, no more than one sidewall string on each side of the crosse will be allowed.

Strings hanging longer than two inches: If detected, officials shall instruct players to cut the strings to the proper length. This provides players an opportunity to correct their sticks without penalty. If a player does not correct the issue, a one- minute non-releasable penalty shall be assessed for unsportsmanlike conduct.

All sticks must have a manufactured end-cap. Treat missing end-caps in the same manner as hanging strings longer than 2 inches.

A player may not saw the head at the throat to get his hand closer to the ball on face-offs.

### ADDED STICK CHECK FIELD TESTS

The ball is placed in the crosse (horizontal to the ground) at the deepest point of the pocket, and then the crosse is tipped forward (head down) 90 degrees so the ball rolls out at the tip of the head.

The backside rollout test has been deleted.

**NOTE: Three-minute non-releasable foul if the stick fails any of the tests or specs above, and the stick is removed from the game. A deep pocket still results in a one-minute non-releasable foul, and the stick may return to the game if corrected.**

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## ADDED STICK CHECK FIELD TESTS



## TAPE ON SHAFTS AND HEADS

No tape is allowed on the plastic of any player (except the goalkeeper).  
Penalty: 3-min. non-releasable; stick removed from game.

Traditional shaft-taping methods (including “donuts”) are allowed.

## TAPE ON THE FACE-OFF STICKS

For any player taking a faceoff, a single wrap of tape of a color contrasting with the color of the **head**, the **gloves** AND the **shaft** must be placed on the shaft from the throat (where the shaft meets the plastic head), and continuing 6 inches down the shaft. A tape violation is enforced as a pre-whistle violation. Face-off sticks may not have a tape build-up (“donut”) in the top 6 inches of the shaft.

As a point of emphasis officials are to enforce the rule that says players must keep their hands off of the plastic of the crosse. Players can gain an unfair advantage if this is not called.

## RULE 4

### FACEOFFS

After two pre or post-whistle violations in one half by a team, subsequent violations result in a 30-second technical penalty (served by in-home).

Violations by the wing players at the faceoff whistle will count toward the three per half. Wing player violation after the whistle (i.e. holding) will not count toward the three.

A.R. A1 prepares to face-off with a stick that is illegal for face-offs (no tape, etc.) but otherwise legal for play. RULING: Violation. Award the ball to Team B. A1 and his stick may remain in the game. This counts as a face-off violation.

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“Post Whistle” pertains to face-off activities only. This is meant for violations like pinning an opponent’s crosse, etc. immediately after the whistle, while the face-off men are still in a battling position. If a face off player comes out of the pile with the ball and then attempts to pass the ball to a teammate and the ball is obviously stuck and will not release from the backside of the pocket the official shall turn the ball over to the other team. This will be a post whistle violation. It will count as one of the three per half.

Once the ball skirts free from the face-off men, normal rules apply. A push or hold after the ball is in the open field would not constitute a “face-off violation.”

An Unsportsmanlike foul for touching the ball or crosse counts as a violation. If the USC is the 3<sup>rd</sup> violation in the half, 2 players serve time. F/O serves the USC, and the In-Home serves for the 3<sup>rd</sup> violation. The violation-count restarts for overtime, and accumulates through OT periods.

Face-off player is no longer required to leave the field on a violation.

### **AVOID USE OF THE “PLAY-ON” WHILE IN FACE-OFF POSITION.**

#### **SUGGESTED FACE-OFF VIOLATION MECHANICS**

“U: Bring out White Captains; Count White F/O violations.

FJ: Bring out Blue Captains; Count Blue F/O violations.”

Use of a Football Official’s elastic “down-counter” may be of help.

Since a face-off violation no longer results in a created fast break, after each violation. F/O official should signal the violation and the violation-count to the benches and to his partners before resuming play.

#### **HAND SIGNAL FOR A FACE OFF VIOLATION**

Put one hand over the other right under your chin with your elbows at shoulder height and slide one hand over the other and raise a finger for the number of face off violations that have been called in that half and throw your flag if the number is three.

#### **POSITIONING OF OTHER PLAYERS DURING FACE-OFFS**

Face off players must STAND prior to the face off and may only go to one knee after the official says the word "down" players should be reminded by the officials that they must come down to the ball at relatively the same time. Both of these statements are stated in Rule 4.

During man-down face-offs, there must be four players in the defensive area and three players in the offensive area.

Exception: When a team has three or more players serving penalties, a player may come out of its defensive area to take the faceoff.

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### SCORING

A.R. 42. If the goal cage is accidentally dislodged during play, officials shall let a scoring play continue and allow the goal if the ball enters the goal cage. Officials should stop play if/when no scoring play exists and replace the goal cage.

### OFFSIDES

A team is considered offside when it has no more than 10 players on the field (including players in the penalty box), AND:

- a. It has more than six men in its attack half of the field (between the centerline and the end line) including men in the penalty box, OR
- b. It has more than seven men in its defensive half of the field (between the centerline and the end line) including men in the penalty box.

### RULES ONCE THE ATTACK AREA HAS BEEN GAINED

If the ball returns to the defensive half of the field and the offensive team regains possession, officials shall start the 30-second TIMER-ON procedure.

Exceptions: A 30-second TIMER ON will **\*NOT\*** be awarded in these situations:

1. A shot that leaves the offensive half of the field.
2. A loose ball that leaves the offensive half of the field and was last touched (or deflected) by the defensive team.
3. A loose ball that leaves the offensive half of the field and the defense is called for loose ball violation (or play-on) or caused the ball to go out of bounds.
- 4. During uneven penalty situations. (adjusted 2/22/13)**

**In the above 4 situations, a new 30-second clearing timer will begin upon possession (with "RESET" signal.)**

### GOAL CREASE PRIVILEGES

The goalkeeper is no longer given five-seconds to return to the crease on a restart, regardless of where the ball is restarted.

### SUBSTITUTION

Substitutions will now be made on the fly. The horn signaling substitution will no longer exist.

Free substitutions are allowed in the following situations:

- End of a period.
- Scoring of a goal.
- Injury timeout.
- Equipment adjustment.
- After a time-serving penalty.

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### RESTARTS

When a turnover occurs, the player in possession of the ball should drop the ball on the ground and immediately exit the area to play defense. He may NOT roll the ball away or toss it to the nearest official. If he does, and his actions delay the restart, a delay of game penalty should be called.

The NCAA encourages players to do this on all turnovers of this nature.

Officials are encouraged to use common sense with this call. If the other team has no player in the immediate area for a quick restart, or if they also run away (to allow a faster player to come pick up the ball) do not throw your flag.

Once the referee has signaled that the ball is ready for play, the official shall resume play as quickly as possible.

If an opposing player is within five yards of the player that has been awarded the ball, the official shall blow the whistle to start play.

The opposing player is not allowed to defend the ball until he reaches a distance of five yards from the opponent. A violation will be a flag down (slow whistle) for delay of game.

Officials are instructed to get the ball in play quickly and not be as deliberate with the exact location of the violation.

An unfair distance advantage gained by the team with the ball must occur to delay the restart. If officials confer on a play (e.g., goal/no goal), communication to the teams should take place before the restart.

On restarts where the ball goes out of bounds, the player who is awarded the ball cannot get a running start while out-of-bounds; he must establish himself in bounds prior to the official blowing the whistle.

The restart in most situations will be akin to a rolling stop when driving; analogous to slowing at a stop sign, and then accelerating through the intersection, a player should step in to the field and receive a whistle to accelerate back in to play.

Any stoppage of play that occurs while the ball is in the attack area will result in a quick restart.

Exception: When the offensive team is awarded possession in the attack area, play will be restarted anywhere outside of the attack area.

The offensive team is responsible for moving the ball outside the attack area for the restart. Only one pass is permitted.

When play is restarted after a loose ball goes out of bounds or a player in possession steps out of bounds on the sideline or end line, it will be restarted on the field of play, 1 yard laterally from the out-of-bounds spot but at least 5 yards from the **substitution** area.

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### GUIDELINES FOR OPEN FIELD RESTARTS

The defending player is required to provide a 5-yard cushion to the player in possession, or get out of the way.

If the person picking up the ball is on a direct path to the goal, the burden is on the defender to gain the appropriate space (5 yards) or vacate his space in the offensive path up the field. Even if he vacates, the defender must still create a 5-yard buffer before playing his opponent.

On the other hand, if the ball carrier goes off path to intentionally draw contact, then the burden is not on the defender and play should continue.

Offensive players who choose a path that takes them into a defending player forfeit the right to have a 5-yard buffer.

## RULE 5

### TARGETING THE HEAD/NECK

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.

PENALTY—One, two or three-minute nonreleasable foul, at the referee's discretion.

Excessive violation of this rule may result in an ejection from the game.

**NOTE 1: A slash to the head is not automatically a non-releasable foul. If the slash to the head is uncontrolled and/or severe; a one, two or three minute non-releasable foul shall be called.**

**NOTE 2:** Language limiting this section to "deliberate contact" has been eliminated.

## RULE 6

### ILLEGAL OFFENSIVE SCREENING

In establishing and maintaining legal screening tactics, the screener shall:

- Stay within his vertical plane with a stance no wider than shoulder width apart and shall not lean into the path of an opponent or extend hips into that path, even though the feet are stationary.
- Not be required to face in any particular direction at any time.

No player, while moving, shall set a screen that causes contact and delays an opponent from reaching a desired position.

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### STALLING

Officials should be consistent in administering the “Timer On” call throughout the entire course of the game, including the last two minutes. For example, if Team A has the lead and continues to try and create a scoring opportunity, no “Timer On” call should be given. However, if Team A changes course and shows it is no longer trying to create scoring opportunities, officials should be able to recognize this and administer the rule.

Additionally, the amount of time given to a team to work in to their offense should be consistent throughout the game; officials should not look to put a “Timer On” call more quickly based on score or time remaining. For example, if officials have given teams time to get into the flow offensively throughout the game, that amount of time should not shorten because of the score or the amount of time remaining in the game

It shall be the responsibility of the team in possession to try and create a scoring opportunity.

Exception: If the offensive team has the ball in the attack area and the defensive team is not playing the ball, no stall warning will be issued until either

- the defensive team attempts to play the ball or
- the offensive team brings the ball outside the attack area. However, a stall warning may be issued when the offensive team has the ball outside the attack area or below the goal line extended regardless of whether the defensive team is playing the ball with the following exception; During play, Team A is on offense, & no Timer-on has been initiated yet. Team B defensive player gets "Hung up" in front of the goal while Team A has possession behind the goal. Officials are reminded not to rush into a Timer-on call. Allow the play to develop. Team B should not be rewarded for their predicament, by putting a Timer-on call on Team A.

When a team is given a stall warning, a valid shot must be taken within 30 seconds.

On-field officials will administer the count and there will not be a visible clock.

A valid shot is defined as an attempt to score that is on goal (e.g., saved by the designated goalkeeper, hits the goal pipe, or goal scored). If the 30 seconds expires without a shot on goal, the ball will be awarded to the defensive team. To be valid, a shot must be initiated with the head of the stick at or above the goal line extended.

The “get it in, keep it in” call has been removed.

A shot taken from above the goal line extended that hits the goal pipe or rebounds off of the goalkeeper ends the TIMER ON situation and the game shall continue.

A shot that hits a defensive team player other than the goalkeeper does not satisfy the criteria for a shot on goal.

### PENALTIES AND TIMER-ON

In a Flag-Down situation, the TIMER ON shall continue until it expires (halt play, then administer the foul that created the flag-down) or

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a shot hits the goalkeeper or goal pipe (play will continue under the Slow-Whistle) or the slow whistle situation ends

During a TIMER-ON situation, any penalty by the defense will reset the TIMER. A "RESET" signal is given.

This applies whichever situation came first- the Flag-Down or TIMER ON.

During a Flag-Down Slow Whistle, the officials may initiate a TIMER ON stall warning.

There will be no TIMER on restart

**Neither team shall be called for stalling in a penalty situation when teams are of uneven strength.**

**CHANGE (2/22/13): A TIMER-ON may also be initiated when teams each have the same number of players serving penalties such as "9-on-9", "8-on-8" etc...since in these situations the teams are at even strength.**

### **TIMEOUTS, INJURIES, EQUIPMENT ISSUES, AND INADVERTANT WHISTLES DURING TIMER-ON**

If the offensive team calls a timeout when the TIMER is engaged, the team will be granted the timeout.

If there are more than 10 seconds remaining in the count, the TIMER will be moved to 10 seconds on the restart.

With less than 10 seconds remaining, the count will continue from the point where it was stopped at the timeout.

The official shall communicate the amount of time remaining prior to the restart.

If the defensive team calls timeout, the TIMER will be reset to 30 seconds on the restart.

Injury timeouts follow the same guidelines. Offensive player injury: follow offensive timeout above. Defensive player injury, follow defensive timeout procedures.

Offensive equipment problems during TIMER ON: Stop play, possession stays with offense. If there are more than 10 seconds remaining in the count, let the timer run. If the equipment isn't fixed at the time of the buzzer, the TIMER will continue from 10 seconds on the restart. Offensive equipment timeout with less than 10 seconds remaining, the count will continue from the point where it was stopped at the timeout.

Defensive equipment problems during TIMER ON: If player participates in play, flag down, reset the 30. Kill play if a safety issue. Administer foul. No TIMER on restart.

Inadvertent whistle during TIMER ON: If there are more than 10 seconds remaining in the count, the TIMER will be reset to 30 seconds on the restart. With less than 10 seconds remaining, the count will continue from the point where it was stopped at the timeout.

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### STALLING MECHANICS

ALL officials signal the stall warning and verbalize "TIMER ON!" Immediately following the warning, Trail official chops his arm and starts the 20-second timer.

At the end of the 20-second timer, Trail official administers a 10-second hand count when the timer expires. The official shall announce "ten seconds" as an audible warning. This official has responsibility for the count until a shot is taken or the time expires.

During the 30-second period, a ball that goes out of bounds with the offensive team maintaining possession shall be handled in this manner:

- With more than 10 seconds remaining in the count, the timer continues to run and the procedure continues.
- If the timer expires before the restart, a 10-second hand count will be administered starting on the restart.
- With less than 10 seconds remaining, the official shall hold the hand count when the whistle blows and continue the count on the restart. Example, if the ball goes out of bounds with 8 seconds remaining on the count, that count continues on the restart. The official shall communicate the amount of time remaining prior to the restart.

- **NOTE: The first 20 seconds of the shot clock is "running time". The last 10 seconds is "stop time". As a result...**

**A TIMER-ON may be initiated with less than 30 seconds remaining in any quarter.**

### "TIMER OFF"

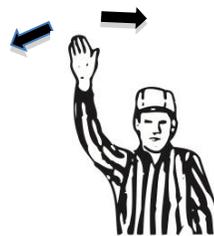
With the conclusion of a valid shot (hits the goalie or pipe), ALL officials waive an arm back and forth overhead ("Fair catch" signal) and verbalize "TIMER OFF!"

When an even penalty situation (i.e. 9-on-9) is made uneven by a penalty release during a TIMER-ON, the TIMER-ON will terminate ("TIMER OFF!) and play will continue normally. **(ADDED 2/22/13)**

### TIMER SIGNALS



"TIMER VIOLATION!"



"TIMER OFF"

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## LAST 2-MINUTES OF REGULATION PLAY

The automatic requirement in the last two minutes of the game requiring a team to keep the ball in the box has been removed.

## RULE 7

### PENALTY ENFORCEMENT

*For any foul committed against the team with possession, the slow-whistle technique is employed.*

*For a personal foul during a loose ball, the whistle is sounded immediately.*

- *Exception: If there is a loose-ball personal foul while a flag is down, a second flag is thrown and play continues.*

**NOTE: The slow whistle technique applies to the entire field, not just to the attack area as it did in previous years.**

### SLOW-WHISTLE TECHNIQUE

In flag-down situation, all loose-ball technical and personal fouls against the defensive team are time-serving.

- Exception: A goal scored during the flag-down situation eliminates any time-serving technical fouls.
- All fouls or play-ons committed against a team playing under any timer (TIMER-ON or 30-second Clearing Timer) will reset that timer.

A.R. 32. Flag-down, slow whistle. A2, who is outside the attack area, throws a bounce pass to A8, who is inside the attack area. Does the slow whistle continue? RULING: Yes. Further, a ball that bounces outside the attack area will also continue the slow whistle.

A.R. 50. During a slow whistle in the defensive area, the clearing player throws the ball to his goalkeeper to start the clear. The goalkeeper misses the ball and it enters the goal. **\*RULING: THE GOAL COUNTS. After the goal, administer the penalty and conduct a faceoff.**

### QUESTIONS/COMMENTS?

Contact your District Rules Interpreter.

(If necessary, contact Tom Abbott at [laxstripes@hotmail.com](mailto:laxstripes@hotmail.com) )

### HAVE A GREAT SEASON!!