

SWLA MEN'S 2025 RULE MODIFICATIONS

Updated 2-4-2025

Current NCAA Rules will be used by default unless otherwise noted.
Corresponding rules from the NCAA rule book are listed in parentheses.

MAJOR CHANGES FOR 2023

Rule 4-d.i Timeouts will now stop the clock in a running clock game.

MAJOR CHANGES FOR 2021

Rule 4-a.i Clarification of offensive possession in regards to over and back

Rule 4-c To prohibit the use of the motorcycle grip during the faceoff.

Rule 4-b.iv To permit the defensive team to also call a timeout during dead ball situations without having the shot clock reset

MAJOR CHANGES FOR 2020

Rule 1-a Regarding the crease "dive"

Rule 4-a Addition of a 20 second clear

Rule 4-b Addition and definition of stalling and 30 second shot clock.

Rule 7 Clarification of registered players and penalty for fielding non registered players.

Please also note the additional rule changes made to the NCAA Rulebook on page 6

1. The Game Field and Equipment

- a. Goal Crease/Goal Mouth: A offensive player who leaves his feet to take a shot must land outside of the crease. A shooter who has feet on the ground during or after the shot can fall in the crease if the ball crosses the plane before he touches the crease.
 - i. If an offensive player, in possession of the ball and outside the crease area, dives or jumps in a direction that is not away from the goal mouth and lands in the crease, the goal shall be disallowed. In addition, the player shall be penalized with a minimum of a 1 minute foul. The penalty may be releasable or non-releasable at the discretion of the referee. Contact is not required for a foul to be called under this rule. Defensive contact legal or illegal may have an effect on this play.
- b. No field personnel or field marking restrictions when both teams agree to play as is
- c. NOCSAE certified helmets are required for all players (Rule 1-20)
- d. Mouthpieces are not required for all players, but are strongly encouraged (Rule 1-20)
- e. Shoulder pads and arm pads are not required for all players, but are strongly encouraged. (Rule 1-21a)
- f. Uniforms are to be of like color. I.E. If one team is in white and the opposing team uniforms are typically charcoal gray only similar colors will be allowed like black, or navy. Contrasting colors will not be allowed. (Rule 1-21b)
- g. Visible game clock or shot clock will not be provided (Rule 1-25)

2. Game Personnel

- a. Up to 5 long-poles will be allowed on the field at one time (Rule 2-1)
- b. Only the team president or captain will communicate with the official (Rule 2-4)
- c. No timekeeper, horn, or shot clock will be provided (Rule 2-11)

3. Time Factors and Scoring

- a. Regulation playing time will be a running clock for 80 minutes, divided into four periods of 20 minutes each)

4. Play of the Game

- a. Clear: The clearing team will have 20 seconds for the ball to advance the ball from the defensive half of the field to the offensive half. A ball in flight from the defensive half of the field to the offensive half of the field that passes through the plane of the midline prior 20 seconds will satisfy the clear (Rule 4-6g)

For more information about the rules, contact the SWLA board

- i. During the 20 second clear the clearing team may cross back from the offensive half of the field into the defensive half of the field without incurring the over and back penalty. Once the 20 second clear has expired the ball must remain in the offensive half of the field. On a faceoff the same 20 seconds will apply.
- b. Offensive Stalling: It shall be the responsibility of the team in possession to initiate and create a scoring opportunity. (Rule 4-15)
 - i. When a team in possession of the ball in its offensive half of the field is given a stall warning, the team is required to take a shot within 30 seconds. The stall warning will be initiated by the officials verbally and visually issuing a “shot clock” call. A shot is defined as an attempt to score that is on goal (saved by the goalkeeper, rebound off of the goalkeeper, hits the goal pipe, or goal scored).
 - ii. If the 30 seconds expires without a shot on goal, the ball is awarded to the defensive team. A shot must be taken at or above the goal line extended to satisfy the criteria. A shot taken from behind the goal line extended does not satisfy this criteria, unless that shot results in a goal..
 - iii. In situations where the rules require a reset of a shot clock (e.g., defensive foul), the officials will use the game clock and verbalize the expiration time to both teams.
 - iv. Timeout situations. If the offensive team calls a timeout when the shot clock is engaged, the team will be granted the timeout and the shot clock count will continue from the point of the timeout. If the defensive team calls timeout during a dead ball situation the shot clock will not reset, this only applies to a dead ball, not a loose ball push in which case the shot clock would reset. (Rule4-15.c)
 - v. **Please note this overrides the “Keep it In” rule previously used during the last 2 minutes of the half.**
- c. Faceoff procedure
 - i. Players shall stand as they get into position for the faceoff. (Rule 4-3.b.2)
 - ii. All fingers of both hands shall be gloved and wrapped around the crosse. The crosse head and the gloved hands shall be touching the ground. The hand closest to the throat shall be in a palm-up position. (Rule 4-3.b.3)
- d. Timeouts: A team shall be limited to two timeouts per half, and one per each sudden victory period. No timeout may exceed two minutes. It is not legal for the same team to call two timeouts in a row without the game restarting between the two timeouts.
 - i. Time outs will stop the clock during a running clock game.
- e. No stick checks will be administered by officials (Rule 4-28/29)

5. Personal and Expulsion Fouls

- a. Maligning an official is considered a serious offense and will result in an unsportsmanlike conduct penalty. During pre or post game activities maligning will not be tolerated and can result in suspension at discretion of league administrators. (Rule 5-4)
- b. No “Take-Out” body checks allowed; a 1-3 minute unnecessary roughness penalty should be assessed to the offending player. A “take-out” body check is a **vicious hit** (technically legal or not) that has the intent of putting the player on the ground (a “de-cleater” if you will); typically more than 3-4 steps are taken before impact with the other player occurs (normal body-checking is allowed by rule)
- c. The game suspension for fighting is two games. When a player is ejected for fighting, they will be removed from the current game and cannot participate in the next two games. The player must leave the field and surrounding area when ejected for any reason.
- d. If any suspended player is caught playing during their game suspension(s), they will be suspended for the remainder of the season and will not be able to compete in anymore regular season or playoff games
- e. Any player that has been ejected from two games for unsportsmanlike conduct (specifically for maligning an official or for fighting) during the season will be suspended for the remainder of that season and will not be able to compete in anymore regular season or playoff games. Their league dues will be forfeit.
- f. All unsportsmanlike penalties need to be reported to SWLA officials to ensure that repeat offenders are identified and that suspensions are enforced

6. Penalty Enforcement

- a. Penalty time will be straight time

- b. Penalty time will stop when a timeout is taken or for an “Official’s Timeout”
- c. Technical fouls incurred by the goalie can be served by the “In-Home” when no backup available
- d. There will be no video replay (Rule 7-14)
- e. Officials should call men’s games similar to DI college and high-school games (we want penalties to be called when necessary to keep the game under control, to prevent injury and confrontations)

7. League Eligibility and Team Operations

- a. The SWLA is open to all lacrosse players above the age of 18 who have graduated high school, post collegiate players are preferred.
- b. Teams are only allowed to field players who are current on league dues. Dues are paid on a per season basis and may not be prorated.
- c. Goalies are required to confirm attendance with their team representative no later than the Friday preceding a game.
- d. Teams found to be fielding non-registered players will forfeit the current game and will be disqualified from playoffs.
- e. During the regular season teams may field players from other SWLA teams provided both captains agree.
- f. During the playoffs teams may field players from other SWLA teams provided their original team did not qualify for the playoffs. This rule only applies if the playoff team will have insufficient field players to compete.
 - i. Goalies are given special consideration and may be drawn from any registered goalie in the league, provided no goalie is available from the playoff team needing players. Goalie substitutions must be approved by league administration and communicated to playoff team captains or agreed upon by both captains.
 - ii. League administrators will remain impartial and have final say in all roster questions.
- g. If a team forfeits two games during the regular season then they will not be able to compete in the playoffs at the end of that season