

VAIL LACROSSE SHOOTOUT

MASTERS RULES

Modified NCAA Rules – Key exceptions or rules follow.

GAME PROCEDURES

- 1) Game time is four (4) quarters of ten (10) minute stop time each except games 9 and 13 (Championship) which have four (4) quarters of twelve (12) minute stop time.
- 2) Three (3) time-outs per game for each team.
 - a. Timeouts can be taken anywhere on the field by the team with possession of the ball or by either team during any dead-ball.
 - b. Anyone on the field for the team asking for a time-out can call time-out.
- 3) Overtime consists of one (1) 4-minute sudden victory overtime period.
 - a. If game remains tied after the first overtime, it is followed by a 4-minute sudden victory overtime period or periods until a winner is determined.
 - b. Each team will receive one (1) time-out per overtime period.
- 4) Goalies are allowed five (5) seconds to get back into the goal on a chased shot out-of-bounds.
- 5) No quick restarts. All players must be five (5) yards from the player with the ball before play can be restarted.
 - a. If a player, purposely delays the game by not moving five (5) yards from the player with the ball, a flag for delay of game will be thrown and a thirty (30) second penalty will be assessed.

EQUIPMENT

- 1) Box sticks (head under 5 ½ inches, inside measurement) are allowed, but may not be used on the face-off.
- 2) NCAA rule where shooting strings, v channels, etc... must be within 4 inches of the top of the crosse is **not enforced**.
- 3) Sticks are illegal based on length, depth of pocket or design to retard the dislodgment of the ball.
- 4) There will be no random stick checks by officials. A team may request a stick check at any time, but if the stick is legal, the requesting team is charged with a time-out. If a stick is determined illegal it cannot erase a goal.
- 5) Only four (4) long poles are allowed on the field at a time.

ADVANCING THE BALL

- 1) Goalie four (4) second count in the crease is enforced.
- 2) There are no other clearing counts for a team with possession to advance the ball unless:
 - a. The officials determine a team is purposely stalling and not advancing the ball in order to take time off the clock.
 - i. If this occurs, a team will be warned to “Get-it-in/Keep-it-in” and they will have 20 seconds to get it below their offensive restraining line.
- 3) The box extends from sideline to sideline and below the restraining line. There are no alley lines.
- 4) During the last two minutes of the game, the team with the lead must keep the ball in their offensive restraining area.

THE DIVE

- 1) If an offensive player, in possession of the ball and outside the crease area, dives or jumps in a direction away from the goal mouth and lands in the crease, the goal shall be allowed if the ball enters the goal before contact with the crease, goaltender or the goal.
- 2) 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 releaseable or non-releaseable 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.
 - a. Note: The "Goal Mouth" is the area directly in front of the goal cage, including the goal line, where the goalkeeper is located and plays his position. A player "diving" must dive in a direction away from the goal mouth.

FACE OFFS

- 1) Will be "Down, set, whistle." Officials will place ball on ground after saying "down" and before "set." Officials may adjust players between "down" and "set."
- 2) The ball may be carried in the back of the stick by the face-off player only.
- 3) If a face-off violation occurs, the face-off player may stay on the field. There is no limit to faceoff violations.
- 4) If there is a penalty being served on a face-off, wing(s) must be left open.

CHECKS

- 1) No excessive body allowed; normal body checking, and all legal pushes and holds are allowed.
 - a. Excessive body checks include, but are not limited to, any body check considered more aggressive or more physical than necessary to stop the advancement of the player carrying the ball or to keep or move a player away from a loose ball. This includes but is not limited to:
 - i. Any check in which a player makes contact with sufficient force and perceived intent to injure the opposing player;
 - ii. Any check in which a player makes contact with sufficient force and perceived intent to injure the opposing player; and
 - iii. Any check made in a reckless or intimidating manner.
- 2) There shall be no body checking on a player in a defenseless position (a "defenseless player"). This includes but is not limited to:
 - a. Body checking a player from his "blind side";
 - b. Body checking a player who has his head down in an attempt to play a loose ball;
 - c. Body checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.
- 3) 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.). Any follow-through that contacts the head or neck shall also be considered a violation of this rule.

Penalty: An excessive body is a one, two or three-minute releaseable penalty unless it is a check on a defenseless player or a check to the head and/or neck.

Penalty: A check on a defenseless player or to the head or neck is a, two or three-minute non-releaseable penalty. If deemed excessive an ejection may be warranted.

PENALTIES

- 1) Goalies only serve personal foul penalties.