

2016 USL Womens Lacrosse Rule Changes

Topic	Rule	New Rule	Rationale
Field Marking - Dot	Rule 1 Section 9	Two small circles shall be added to the field behind each goal, 8m from the goal circle. They may be marked in a temporary substance - i.e.. spray paint, chalk, etc.	These marks will expedite play and provide consistency because they designate a clear spot for the ball to be put in play when a foul occurs in the critical scoring area below the goal line
Ball	Rule 2 Section 5	The ball may be lime green in addition to orange or yellow	This color has been shown to be easier to see in diminished light
Mouthpieces	Rule 2 Section 8	"The mouthpiece shall be of any readily visible color other than clear or white and must not have graphics of WHITE teeth. "	Graphics of white teeth make it difficult to determine if a player is properly wearing a mouthpiece.
Eyewear	Rule 2 Section 9	Eyewear may meet the ASTM standard of F803 or 3007 for the 2016 year. The new ASTM standard (3077) shall be in effect on January 1, 2017.	Allows players to use current models and does not compromise safety as the difference in the two standards is technical and does not relate to impact expectations.
Personal Equipment	Rule 2 Section 10	Effective January 1, 2017 any player choosing to wear headgear will only be allowed to wear headgear that meets the ASTM standard.	An ASTM standard was established for women's lacrosse and only headgear meeting this standard will be allowed for play.
Uniforms	Rule 2 Section 14	Effective January 1, 2018, Home team jerseys shall be light and Visitor jerseys shall be dark.	Eliminate the confusion of identifying teams who have similar colors and promotes safety when determining such fouls as Obstruction of Free Space to Goal
Uniforms	Rule 2 Section 16	Effective January 1, 2018, Visible long or short sleeve undergarments must correspond to the team's predominate jersey color or be light with light jersey and dark with a dark jersey.	Eliminate the confusion of identifying teams who have similar colors that wear them in opposite ways - i.e.. white with black undergarments or black with white undergarments, so that teams are more easily identified which increases safety.

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Eye black	Rule 2 Section 17	Eye Black- must be one solid stroke with no logos/numbers/letters and shall not extend further than the width of the eye socket or below the cheekbone	The excessive use of eye black and the inclusion of words and graphics have become unsportsmanlike.
Officials	Rule 3 Section 10	Beginning January 1, 2017, the game shall be officiated by at least two certified officials. Three officials are recommended.	State Associations may choose a process of their designation to certify officials.
Overtime	Rule 4 Section 7	Overtime play shall be sudden victory.	Assists in minimizing overuse injuries and fatigue.
Overtime	Rule 4 Section 7	There shall be no substitutions during the changing of ends.	Prevents delay of restarts and is not necessary due to substitution rules that allow for substitution during play.
Draw	Rule 5 Section 1	There shall be no substitutions during a redraw.	A redraw is a stoppage of play and no substutions, except for injury, are allowed during dead balls.
Goalkeeper Privileges	Rule 5 Section 1, Rule 5 Section 19	The goalkeeper must remain below the restraining line on the draw.	Eliminates the possibility of collision with a non-protected player and does not permit the field players to be disadvantaged by the goalkeeper stick.
Goalkeeper Privileges	Rule 5 Section 2, Rule 5 Section 19	The goalkeeper may not draw, shoot or score for her own team.	Clarifies that neither the goalkeeper or the goalkeeper's stick may be used on the draw or to score a goal for her team.
Elimination of the Throw	Rule 5 Section 20	To eliminate the throw and implement a procedure of alternate possession. Possession shall be awarded as per Rule 5 Section 20. The winner of the coin toss at the beginning of the game shall have the option of choosing ends or having the first possession that occurs in the game. Possessions will then alternate. The record of the possession shall be kept at the table.	Speeds up play , eliminates inaccurate throws and provides consistency.

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Illegal Player	Rule 5 Section 23	The penalty administration for an illegal player discovered after a goal and before play is restarted shall be at the center.	Aligns illegal player and illegal stick penalties.
Stick Check	Rule 5 Section 28	Stick requests must include the number of the player whose stick is to be checked	Clarifies to officials exactly which stick is to be checked
New Foul	Rule 6 Section 1	A new foul has been added. Dangerous Contact - Any action that thrusts or shoves any player with or without the ball who is in a defenseless position. This includes but is not limited to: blind side, head down, out of the visual field or from behind. This is a MANDATORY CARD.	Protect the defenseless player from blind, dangerous play.
Three Seconds	Rule 6 Section 1j	The free position for a three seconds violation will be at the spot of the ball.	Eliminates the excessive penalty for a player who may not be impacting play.
Delay of Game	Rule 7 Section 28	The Delay of Game progression has changed. The first violation shall remain the same. On the next delay of game, the official will show a green & yellow card to the offending player and award the appropriate penalty (major foul). The offending player must leave the field for 2 minutes of elapsed playing time. No substitute. Any subsequent delay of game offense will result in a yellow card for misconduct.	Stronger penalty for a delays.
Goalkeeper Misconduct	Rule 7 Section 31	On goalkeeper misconduct, and there is a second dressed goalkeeper, she must enter the game or the team will have no additional sub.	Clarifies that a goalkeeper shall sub for a goalkeeper or the original goalkeeper stays in. A field player may not sub for the GK.
Critical Scoring Area	Rule 8 - Definition of Terms	The Critical Scoring Area shall be defined by the 12m fan in front of the goal and the area behind the goal between the 12m marks at the goal line extended.	Make the area clearly defined by using existing marks on the field.
Youth 3 seconds in the arc	Youth Rules	Three seconds shall not be in effect for U-9 and below. The players in this area are required to be playing defense as 1 v 1.	More developmentally appropriate to learn beginning defensive techniques

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Draw	Youth Rules	U-9 and below - the possession of the ball shall alternate after goals and play shall restart at the center	More developmentally appropriate and allows play to be more continuous.
Number of players	Youth Rules	U-11 and below - should play 7v7 (includes gk if there is one) on a modified field	More developmentally appropriate
Stick and Pocket Specifications	Manufacturer's Specification	The USL and the NCAA rules committees are working to provide more specific guidelines for stringing of sticks and the definition of the manipulation of sticks.	Minimize aftermarket changes to sticks and pockets to reduce unfair advantages and provide more specific guidelines for determining legality of sticks and pockets