April Rules Memo - USL & NCAA

Body Contact (USL Only)
A point of emphasis found on page 4 in the USL rulebook 2014 is for Body Contact. It came about from the survey sent to US Lacrosse members last year. The responses from the constituents overwhelmingly (86%) indicated that they were concerned about the rough and dangerous play of our game. This point of emphasis is to make players, coaches and officials aware of the illegal body contact that is currently happening and concentrate their efforts on removing illegal body contact from the game.

It states that lacrosse is a non-contact sport (as are basketball, soccer, etc.). That doesn't mean that there will not be contact. It means that the first line of defense cannot be to lean, push, detain, hit, hold, block or impede another player nor can an attacker push, hold, lean, etc. against the defender.

There are US Lacrosse sessions that you may have seen at the USL convention or can watch on the pro library. Those presentations were given to support this interpretation. The sessions identified correct legal positioning by players, what to watch for in terms of timing and positioning and gave examples of legal and illegal body contact.

Another session from the convention that may be found on pro library deals with stick contact and also supports the correct player positioning. It specifically mentions defensive contact with hands and forearms. It goes on to say that the contact itself is not illegal. Provided that the contact does not result in detaining, pushing, holding or disadvantage to the opponent, it is legal.

This is the emphasis to focus upon to coach, officiate and play with legal contact.

Illegal Contact (USL v. NCAA)
Illegal Contact is a foul in both the USL rules and the NCAA rules. However, the interpretation of the crosse to body foul is very different. In the NCAA rules, the foul is on the player who initiates the contact with the crosse.

In the USL rules, a horizontal crosse is in an illegal position if contact occurs. Contact with the crosse while in the horizontal position is a foul on the player who is holding the crosse in this illegal position.

Should an offensive foul occur against a defender who is holding the crosse in the illegal position, it must still be called. These are offsetting fouls and would result in a throw.

Please see the manual 3:12 and 3:13 for further clarifications and definitions.
Stick Check Requests (USL Only)

Each team has one stick check request per game. If the stick met specifications, any additional request is considered a minor foul. The stick check will NOT be performed.

Pocket to stick attachment

Pockets must be attached in one of the following ways. The pocket must be anchored along the bottom of the bottom rail of the sidewall of the head, or the pocket nylon cord must run through the stringing holes parallel to the top and bottom of the bottom rail of the sidewall, i.e. similar to sewing stitches. Decorative holes/spaces, between the top and bottom sidewalls that give structure to the sidewalls and the head, may not be used as stringing holes.

LEGAL Stringing Examples
ILLEGAL Stringing Examples