

# VAIL LACROSSE SHOOTOUT

## ZENMASTER 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.
- 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.

## FACE OFFS

- 1) Will be “Down, set, whistle.” Officials will place ball on ground before saying “down.” 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) Players may re-plunge to pick up the ball.
- 4) If a face-off violation occurs, the face-off player may stay on the field. There is no limit to faceoff violations.
- 5) If there is a penalty being served on a face-off, wing(s) must be left open.

## CHECKS

- 1) No body checking allowed; all legal pushes and holds are allowed.  
**Penalty: An illegal body or takeout check is a one, two or three-minute releasable penalty unless it is a check on a defenseless player or a check to the head and/or neck.**
- 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: A check on a defenseless player or to the head or neck is a, two or three-minute non-releasable penalty. If deemed excessive an ejection may be warranted.**

## PENALTIES

- 1) Goalies only serve unsportsmanlike penalties of more than one (1) minute.