



2024 and 2025 Rules Changes for Women's Lacrosse

The following proposed rules changes were approved by the NCAA Women's Lacrosse Rules Committee and the NCAA Playing Rules Oversight Panel. These changes will be incorporated into the rules book for the 2024 and 2025 season.

Rule(s)	Rules Proposal and Rationale
Penalty Administration in the CSA	<p>Require that all feet, including the shooter's feet and adjacent defenders' feet, be behind the 8-meter arc line during a free position within 8 meters of the goal circle above goal line extended.</p> <p>Rationale: This proposed change will help provide for more consistency, fairness, clarification, and objectivity in the game, and help eliminate much of the gamesmanship that surrounds the administration of free positions shots in the critical scoring area. Specifically, in terms of consistency, this proposed change would provide alignment with other lines in the game where feet are not permitted to touch the line without resulting in a violation of the rules (e.g., restraining line, center circle, goal circle, and boundaries).</p>
Penalty Administration	<p>Permit any player on the non-offending team who is on the field of play at the time of a foul to take their team's awarded free position as long as the free position is not within 8 meters of the goal circle and above goal line extended.</p> <p>Rationale: This proposed change will improve the pace of play, allow for more efficient administration of the game, and provide more opportunities for game strategy.</p>
2-13	<p>Modify the current section titled, "Stick Disconnected to the Shaft" to include broken shaft in its title, change the language in the rule from illegal equipment to improper/broken equipment, and no longer require reinspection of the stick. Broken shafts will not be permitted to return to the game.</p> <p>Rationale: This proposed change will allow for a more efficient administration of the game and permit teams to reattach heads or attach new heads without waiting until a team timeout, quarter break, or halftime before the stick can be played with.</p>
2-19	<p>Permit the use of the ND 200 compression shirt that is certified to the NOCSAE commotio cordis protective device standard.</p> <p>Rationale: This proposed change will enhance options for safety equipment for those student-athletes interested in wearing the shirt. This shirt was permitted on a temporary basis for the 2023 season. Per Rule 2-15, beginning January 2021, goalkeepers were required to wear chest protectors designed for lacrosse certified to the NOCSAE commotio cordis protective device standard at the time of manufacture, or wear an alternative protective device certified to the NOCSAE commotio cordis protective device standard at the time of manufacture.</p>

Rule(s)	Rules Proposal and Rationale
2-22	<p>Change the current section titled, “Footwear/Cleats,” to permit players to wear shoes with soles containing aluminum, leather, rubber, nylon or plastic cleats, studs or bars, whether molded as part of the sole or detachable, as long as the official does not consider them dangerous. This proposed change would align the footwear/cleats rule in women’s lacrosse with women’s soccer.</p> <p>Rationale: This proposed change will provide more clarification regarding permitted footwear/cleats and provide more options for student-athletes with regards to footwear/cleats. This proposed change may also assist with student-athlete footing on grass surfaces during inclement weather.</p>
4-5	<p>For all games, timeouts are two minutes in length (on-field timeout length not the commercial time). Media timeouts should occur at the first natural break (goal, team timeout, injury, etc.) below 10:00 in each quarter unless a television agreement requires a different format.</p> <p>Rationale: This proposed change will allow for a more consistent and efficient administration of games with media timeouts without deterring television coverage.</p>
5-1	<p>If a team retains possession during a Power Play at the expiration of a quarter or overtime period, they will be awarded possession at the start of the subsequent quarter or overtime period either at the spot of the ball at the expiration of the quarter or overtime period, or at the dot if the ball was in the critical scoring area. The time on the possession clock will not reset in the subsequent quarter or overtime period when possession resumes but rather start from the time remaining on the clock at the expiration of the prior quarter or overtime period. The non-offending team will not retain possession if they lose possession in between the awarding of the possession after the cardable foul and the expiration of the quarter or overtime period.</p> <p>*See Proposal 21 below for the proposed addition of the term “Power Play” and the term’s general definition.</p> <p>Rationale: This proposed change will enhance student-athlete safety by discouraging aggressive play by an opposing team during the final minutes of a quarter or overtime period as well as discouraging ill-suited shots by the team in possession of the ball. This proposed change will also provide more opportunities for game strategy.</p>
5-4	<p>During the administration of the draw, require officials to position the drawers’ sticks in an upright position (i.e., in the actual draw position) when placing the ball.</p> <p>Rationale: This proposed change will allow for a more consistent, fair, and efficient administration of the setup of the draw.</p>

Rule(s)	Rules Proposal and Rationale
6	<p>Add a new foul to penalize flopping and embellishment. This new foul will be penalized with a one-minute releasable penalty. This foul be will be reviewable per official’s discretion with video review (if proposed change to experimental review below is passed).</p> <p>Rationale: This proposed change will help provide for more consistency, fairness, and clarification, in the game, and help eliminate much of the gamesmanship involved with flopping and embellishment.</p>
6	<p>Eliminate the foul titled, “Multiple Fouls,” and increase the penalty for the following physical contact fouls between the restraining lines to a one-minute releasable penalty: Blocking/Illegal Pick, Charging, Cross Check, Forcing Through, Holding, Illegal Use of the Stick, Pushing, and Tripping.</p> <p>Rationale: This proposed change will enhance student-athlete safety by discouraging aggressive play, especially during the transition game in between the restraining lines.</p>
6-1.e	<p>Recategorize the foul titled, “Dangerous Stick in the Sphere,” as a mandatory card foul.</p> <p>Rationale: This proposed change will enhance student-athlete safety by discouraging aggressive play around an opponent’s sphere with a cardable penalty.</p>
6-1.n.3	<p>Recategorize the conduct of making a sweeping check from behind that contacts an opponent’s body currently listed under the foul titled, “Illegal Use of the Stick,” as a mandatory card foul.</p> <p>Rationale: Similar to the addition of the foul, “Dangerous Play,” in the last rules change cycle, this proposed change will enhance student-athlete safety by discouraging aggressive play initiated from the rear position of a player with a cardable penalty.</p>
6-1.n.5	<p>Modify the current 5th foul listed under the category titled, “Illegal Use of the Stick,” to include attempting to hook the bottom end of an opponent’s stick using the webbed area of one’s stick.</p> <p>Rationale: This proposed change will enhance student-athlete safety by discouraging hooking, especially attempts to hook that are initiated from the rear position of a player during transition.</p>
6-7	<p>Add a new delay of game foul for a player who doesn’t run off the field, enter, and remain in the penalty area after a cardable foul in a timely manner.</p> <p>Rationale: This proposed change will allow for more efficient administration of the game.</p>

<u>Rule(s)</u>	<u>Rules Proposal and Rationale</u>
6-15	<p>Increase the penalty for an offside foul by a team in their defensive end to a one-minute releasable penalty.</p> <p>Rationale: This proposed change will help deter teams from intentionally sending a player into their defensive end during a Power Play, especially during the final minutes of a quarter.</p>
6-28	<p>Increase the non-releasable penalty time for a red card from two minutes to five minutes.</p> <p>Rationale: This proposed change will enhance student-athlete safety by discouraging flagrant or repeated violation of the rules, dissent, misconduct, or abusive language with a more severe penalty. This proposed change also provides for a more sensible escalation in penalty time among cardable penalties by differentiating the penalty time for a yellow card and red card. With this proposed change, not only will the player carded be ejected (as they are with the current rule) but now a team will also be required to play down for a longer period of time.</p>
6-39	<p>Change the current foul titled, “Simultaneous Whistle,” so that simultaneous whistles for shooting space will always be played out (i.e., no simultaneous whistle for shooting space will result in an 8-meter free position).</p> <p>Rationale: This proposed change will provide for more consistency, fairness, and clarification, as well as deter attackers from shooting when a defender is potentially in shooting space, which will enhance student-athlete safety.</p>
6-39	<p>Change the current foul titled, “Simultaneous Whistle,” so that simultaneous whistles for other fouls besides shooting space will always be played out unless the foul was on the shooter and affected the shot (i.e., this will apply mostly to off-ball fouls).</p> <p>Rationale: This proposed change will provide for more consistency, fairness, and clarification.</p>
2024 Experimental	<p>The rules committee has continued video review as an experimental rule with some modification. Officials can utilize video review per their discretion when the offender of a cardable foul cannot be identified, flopping and embellishment fouls and cardable fouls on any review involving the goal circle.</p> <p>Rationale: This proposed change will provide more data as the rules committee continues to evaluate the impact and effectiveness of video review.</p>