



REPORT OF THE
NCAA DIVISION I WOMEN'S LACROSSE RULES SUBCOMMITTEE AND
DIVISIONS II AND III WOMEN'S LACROSSE RULES COMMITTEE
JUNE 15-18, 2026, JOINT ANNUAL MEETING

ACTION ITEMS.

1. Legislative items.

- None.

2. Nonlegislative items. The NCAA Division I Women's Lacrosse Rules Subcommittee approved the following rules change proposals for the 2027 season. The committee requests approval from the NCAA Division I Women's Lacrosse Oversight Committee and the NCAA Division II/III Playing Rules Oversight Panel (PROP) for the following items:

a. Rule 2: Approval Date for Equipment.

(1) Recommendation. Change the current rule Require that all equipment subject to certification or governing body approval under the applicable equipment rule be commercially available to all institutions by January 1 preceding the applicable spring season. Equipment that does not meet both requirements shall not be permitted for use during that season.

(2) Effective date. Immediately.

(3) Rationale. This requirement promotes consistency, ensures equitable access across the membership, provides institutions sufficient time to obtain approved equipment before the season begins, and helps maintain a level playing field.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

b. Rule 2-2: Stringing.

(1) Recommendation. Strung pockets shall be attached directly to the head exclusively through stringing holes located on the side rail, scoop and ball stop. Strung pockets must be attached to the bottom of the bottom rail of the head. Mesh pockets are permitted. If mesh, the nylon string must be tight to the side rail using the stringing holes, scoop and ball stop to the degree that the gap between pocket and head is not greater than the width of two nylons (0.6 cm). The full rules change can be found in [Attachment A](#).

(2) Effective date. Immediately.

(3) Rationale. These proposed changes promote greater consistency in equipment standards, improve enforcement by officials, and provide clearer guidance to coaches and student-athletes. They also align the NCAA rule with current standards adopted by other governing bodies, helping to promote consistency across levels of play. This change will deem the following type of stringing illegal because of its effect on mobility.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

c. Rule 2-6: Stick Check.

(1) Recommendation. Require officials to conduct at least one stick check of both drawers' sticks during each quarter. The stick check shall be conducted immediately prior to a draw. In addition, officials shall conduct a stick check of both drawers' sticks immediately prior to the opening draw of each overtime period. The stick check shall include verification of pocket depth and ball mobility on both the front and back of each stick.

(2) Effective date. Immediately.

(3) Rationale. Requiring routine checks of pocket depth and ball mobility promotes consistent enforcement of equipment rules, discourages gamesmanship involving draw sticks, and helps ensure the draw is conducted fairly, preserving competitive equity.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

d. Rule 4-1: Clock Management.

(1) Recommendation. Require the game clock and possession clock to be stopped during official warnings (e.g., non-engagement and misconduct) and during defensive false starts on an 8-meter free position.

(2) Effective date. Immediately.

(3) Rationale. Stopping both the game clock and possession clock during official warnings ensures that neither team gains or loses a competitive advantage because of an administrative stoppage. Stopping both clocks during a defensive false start on an 8-meter free position prevents the defense from benefiting from its own violation by allowing game time to expire before play resumes. This change eliminates an opportunity for gamesmanship, preserves the attacking team's opportunity to execute the free position, and promotes a fair and consistent administration of the rules.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

e. Rule 5-1: Reinstate Power Play.

(1) Recommendation. Reinstate the power play rule that was in effect during the 2025 season, with one modification to the definition of possession for purposes of this rule, as follows: If a team with a numerical advantage due to penalties retains possession, as determined by the possession clock, at the expiration of a quarter or overtime period, that team shall be awarded possession to begin the subsequent quarter or overtime period. The 2026 rule permitting any team in possession at the end of the first and third quarters to retain possession at the start of the subsequent quarter, regardless of any numerical advantage, is no longer applicable.

(2) Effective date. Immediately.

(3) Rationale. Reinstating this rule will enhance student-athlete safety by discouraging dangerous cardable play during the closing moments of a quarter or overtime period and by discouraging unnecessary last-second shots by the team in possession. It also promotes fairness by ensuring that a team awarded a player advantage due to a cardable foul receives the full benefit of that advantage, rather than having it effectively negated by the automatic draw that begins the subsequent quarter or overtime period before the penalty has expired. Finally, the rule provides teams with additional strategic options when managing possession at the end of a quarter or overtime period.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

f. Rules 5-51 through 5-61: Video Review.

(1) Recommendation. Add the following to the video review rule, along with the edits identified below in red: permit only coaches to request a video review; require officials to notify both teams' coaches whenever a video review request has been made; and provide that, once a video review has been granted, officials shall strive to complete the review within two minutes. The full rules change can be found in [Attachment A](#).

(2) Effective date. Immediately.

(3) Rationale. These proposed changes clarify and refine the video review rule based on lessons learned during its first season as a permissive rule in 2026. The proposals address unintended consequences identified during game administration by clarifying the

procedures governing when and how video review may be requested and administered. They promote greater consistency and efficiency while minimizing unnecessary delays and disruptions to the flow of the game.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

g. Rules 6-4.c and d: Combine Embellishment and Flopping Into One Singel Foul.

(1) Recommendation. Combine the fouls of embellishment and flopping into a single foul, flopping, as follows: A player may not exaggerate, dramatize, or simulate contact or the effects of contact in an effort to deceive an official into calling or escalating a foul or card. Examples include, but are not limited to, a player grabbing their head, body, or eyewear when no contact was made; a player exaggerating or dramatizing a fall in a manner inconsistent with the original contact; or a player snapping their head to simulate illegal contact. Classify flopping as a flagrant foul, resulting in a yellow card and a non-releasable two-minute penalty.

(2) Effective date. Immediately.

(3) Rationale. This proposal simplifies and clarifies the rule book by consolidating two similar fouls into a single rule with one clear definition. Combining the two fouls will make it easier for officials to identify and enforce the rule consistently. Overall, this change promotes consistent application of the rules, simplifies officiating, and helps ensure fairness and integrity in the game.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

h. Rule 6-6: Exchange Sticks.

(1) Recommendation. Permit players to exchange sticks with another player on the field when they are not in possession of the ball. A player may not take an active part in the game if they are holding multiple sticks. A coach or other team personnel in the team bench area only may hand a stick to a player when the play is dead (e.g., after a goal and before a draw, during a timeout). A stick may never be thrown in an attempt to exchange sticks with a teammate, coach, or team personnel. During live play, a player may leave the field through the substitution area to exchange sticks in the bench area.

(2) Effective date. Immediately.

(3) Rationale. This proposed change provides teams with greater flexibility to exchange sticks and addresses unintended consequences of a rules change from 2025. This proposed change also aligns the NCAA rule with current standards adopted by other governing bodies, helping to promote consistency across levels of play.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

i. Rules 6-20 and 6-22: Egregious Conduct and Misconduct Foul.

(1) Recommendation. Revise the egregious conduct foul and the misconduct foul as reflected in the edits below. Additionally, permit, but do not require, an initial warning for misconduct involving a coach leaving the coaching area, a coach communicating in a manner that is not respectful, calm, concise, or professional, and repeated or persistent violation of the rules. The full rules change can be found in Attachment A.

(2) Effective date. Immediately.

(3) Rationale. Moving subsection (a) from the egregious conduct foul to the misconduct foul provides officials with greater flexibility to address dangerous conduct by allowing officials to elevate minor and major fouls when warranted by the nature and severity of the physical contact. In addition, permitting, but not requiring, officials to issue an initial warning for specified coach misconduct fouls provides an additional game-management tool. Together, these changes give officials the flexibility to respond appropriately to the circumstances of each situation while reinforcing player safety, sportsmanship, and respect for the game.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

j. Rules 6-22: Targeting.

(1) Recommendation. Add targeting as a new flagrant foul. A player who commits targeting shall be assessed a red card. The proposed definition is as follows: Any action in which a player initiates forcible contact with an opponent without making a legitimate attempt to play the ball, and where the primary purpose of the contact is to strike, hit, or otherwise make significant physical contact with a high potential for injury rather than to contest possession.

(2) Effective date. Immediately.

(3) Rationale. Current rules do not specifically address situations in which a player intentionally delivers dangerous contact without making a legitimate attempt to play the ball, particularly when the contact occurs off the ball. This proposal provides officials with a rule that directly addresses those situations and gives them a clearer basis for penalizing contact whose purpose is to strike or make significant physical contact with an opponent rather than to contest possession. The change is intended to discourage unnecessary dangerous contact, improve player safety, and better address off-ball fouls that are not always adequately covered under the existing rules.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

k. Rules 6-29 through 33: Yellow Cards.

(1) Recommendation. Make all yellow card penalties two-minute, non-releasable penalties.

(2) Effective date. Immediately.

(3) Rationale. Standardizes yellow card penalties, simplifying administration and promoting consistency.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

l. Rule 6-34: Red Card.

(1) Recommendation. Modify the current red card rule to eliminate the automatic suspension for the subsequent game while retaining the in-game ejection.

(2) Effective date. Immediately.

(3) Rationale. By eliminating the automatic subsequent-game suspension while retaining the in-game ejection, officials may be more inclined to issue a red card when warranted, without concern that it will automatically sideline a student-athlete for the following game. More consistent use of the red card can improve game control, deter dangerous play, and enhance student-athlete safety.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

m. Penalty Categorization and Administration: Revised Penalty Structure.

- (1) Recommendation. Please review the revised proposed penalty restructuring as the full rules change can be found in [Attachment A](#).
- (2) Effective date.
- (3) Rationale. This proposed change simplifies and clarifies foul language, foul categorization, procedures, and administrative responsibilities for officials while addressing unintended consequences of the penalty restructure for the 2026 season. It promotes greater consistency in game management and enhances student-athlete safety.
- (4) Estimated budget impact. None.
- (5) Student-athlete impact. None.

INFORMATIONAL ITEMS.

1. **Welcome and announcements.** Amy Foster, chair of the Division I Women's Lacrosse Rules Subcommittee, welcomed the committee and invited guests and thanked them for their time.
2. **Review schedule, agenda, committee operations manual and Playing Rules Oversight Panel directives.** The Women's Lacrosse Rules Committee reviewed the schedule, agenda and the committee operations manual. The Women's Lacrosse Rules Committee operations manual includes policies and procedures for committee services, such as document retention, confidentiality, conflict of interest, rules writing and voting procedures. The rules committee was reminded of PROP's 2014 directive that encourages all rules committees to consider at least a one-year delay for Division II and III institutions before implementing any rules changes that have financial or facility implications.
3. **CWLOA report.** The CWLOA representative, Joan Sitterly, provided an update to the Collegiate Women's Lacrosse Officiating Association on behalf of the women's lacrosse collegiate officiating body. Also mentioned were the efforts from the CWLOA to share the annual rules survey with coaches and emphasize the need to complete rules survey to assist the rules committee.
4. **IWLCA report.** The IWLCA representative, Liz Robertshaw, provided an update to the Women's Lacrosse Rules Committee on behalf of the women's lacrosse collegiate coaching body. Also mentioned were the efforts from the IWLCA to share the annual rules survey with coaches and emphasize the need to complete rules survey to assist the rules committee.
5. **Active official report.** Cathy Russo, invited active official, and provided a report to the Women's Lacrosse Rules Committee. The report included the collaboration between national

coordinator of officials, Mara Banfield, as well as the CWLOA and how successful the second year of these efforts were. The active official also complimented the increase of educational content this past season and how it was beneficial for the officiating community.

6. **National coordinator of officials' report.** Mara Banfield, women's lacrosse national coordinator of officials, provided a report to the Women's Lacrosse Rules Committee. Mara alluded to the educational content effort between the NCAA, CWLOA and collegiate women's lacrosse officials. This season, educational content was presented on RQ+ on a greater scale in previous seasons.
7. **Secretary-rules editor report.** Stefanie Sparks Smith, women's lacrosse secretary rules editor, provided her yearly report to the Women's Lacrosse Rules Committee. She gave reports regarding various rules topics that were presented course of the 2026 women's lacrosse season.
8. **Experimental rules for the 2026 fall season.** The 2026 fall experimental rules can be found in [Attachment B](#).
9. **Future annual meeting and videoconference schedule.** The Women's Lacrosse Rules Committee will determine the 2026-2027 schedule at a later date.
10. **Other business.** Recognized Amy Foster and Stefanie Sparks Smith for their dedicated service during their terms on the Women's Lacrosse Rules Committee over the years.
11. **Adjournment.** The Women's Lacrosse Rules Committee adjourned their annual meeting at roughly 6 p.m. (ET), Thursday, June 18, 2026.

Committee Chair: Amy Foster, Cornell University and Jaclyn Lawrence, State University of New York at Cortland

Staff Liaison(s): J.D. Hamilton, Championships and Alliances, Playing Rules and Officiating

NCAA Women's Lacrosse Rules Committee June 16-18, 2025, Joint Annual Meeting	
Attendees:	
Jenn Adams, Loyola University Maryland.	
Mara Banfield, national coordinator of officials.	
Sophie Bass, Widener University.	
Patrick Crandall, College of Saint Benedict.	
Jana Drummond, University of Massachusetts, Amherst.	
Amy Foster, Cornell University.	
Dr. Laura Hebert, in-coming secretary-rules editor.	
Grant Kelam, Flager College.	
Liza Kelley, University of Denver.	
Jenny Levey, University of North Carolina, Chapel Hill.	
Lauren Skellchock, Mount St. Mary's University.	
Jaclyn Lawrence, State University of New York at Cortland.	
Annie Martin, Saint Michael's College.	
Cathy Russo, active official.	
Stefanie Sparks Smith, secretary-rules editor.	
Scott Strasemeier, U.S. Naval Academy.	
Anne Versprille, Massachusetts Institute of Technology.	
Absentees:	
Caroline Gus, Mercer University.	

Guests in Attendance:
Amanda Belichick, College of the Holy Cross.
Beth Buzzell, Collegiate Women's Lacrosse Officiating Association.
Kate Corcoran, Millersville University.
Liz Robertshaw, Intercollegiate Women's Lacrosse Coaches Association.
Joan Sitterly, Collegiate Women's Lacrosse Officiating Association.
NCAA Staff Liaison in Attendance:
J.D. Hamilton.
Other NCAA Staff Members in Attendance:
Kevin Alcox, Will Hopkins, Greg Johnson, Caleb Kolby, Connor Lancashire, Ryan Rea, Sara Thurber.