



REPORT OF THE  
NCAA WOMEN'S LACROSSE RULES COMMITTEE  
JUNE 5-7 ANNUAL MEETING

ACTION ITEMS.

1. **Legislative items.**

- **None.**

2. **Nonlegislative items.** The NCAA Women's Lacrosse Rules Committee approved the following rules change proposals for the 2024 and 2025 seasons. The Women's Lacrosse Rules Committee requests approval from the NCAA Playing Rules Oversight Panel for the following items:

a. **Penalty Administration in the Critical Scoring Area (multiple rules).**

- (1) Recommendation. To require all feet be behind the 8-meter arc during a free position.
- (2) Effective date. Immediately.
- (3) Rationale. To provide alignment with other lines in the game where feet are not allowed to touch.
- (4) Estimated budget impact. None.
- (5) Student-athlete impact. None.

b. **Penalty Administration (multiple rules).**

- (1) Recommendation. To permit any player on the field of play at the time of the foul to take the free position as long as it's not within 8 meters of the goal circle and above the goal line extended.
- (2) Effective date. Immediately.
- (3) Rationale. To improve pace of play and allow for more efficient administration of the game.
- (4) Estimated budget impact. None.
- (5) Student-athlete impact. None.

**c. Stick Connected to the Shaft (Rule 2-13).**

- (1) Recommendation. To change language 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.
- (2) Effective date. Immediately.
- (3) Rationale. To allow teams to attach or reattach heads without waiting until a timeout before the stick can be used.
- (4) Estimated budget impact. None.
- (5) Student-athlete impact. Safety.

**d. Other Personal Equipment (Rule 2-19).**

- (1) Recommendation. To permit the use of ND 200 compression shirt that is certified to the NOCSAE commotio cordis protective device standard.
- (2) Effective date. Immediately.
- (3) Rationale. To enhance options for safety equipment for those interested.
- (4) Estimated budget impact. Varies.
- (5) Student-athlete impact. Safety.

**e. Footwear/Cleats (Rule 2-22).**

- (1) Recommendation. To permit players to wear shoes with soles containing aluminum, leather, rubber, nylon or plastic cleats, studs or bars, as long as the official does not consider them dangerous.
- (2) Effective date. Immediately.
- (3) Rationale. To provide more clarification regarding permitted footwear and assist with footing during inclement weather. This rule would align with soccer.
- (4) Estimated budget impact. None.

(5) Student-athlete impact. None.

**f. Media Timeouts (Rule 4-5).**

(1) Recommendation. For all games, timeouts are two minutes in length.

(2) Effective date. Immediately.

(3) Rationale. To allow for more consistent and efficient administration of games with media timeouts without deterring television coverage.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

**g. Start/Restart of the Game (Rule 5-1).**

(1) Recommendation. When a team has possession during a Power Play at the expiration of a period, they will be awarded the ball at the start of the subsequent period.

(2) Effective date. Immediately.

(3) Rationale. To discourage rough play at the end of a period as well as ill-suited shots at the end of a period.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

**h. 6v6 Below Restraining Line (Rules 5-1; 6-14; 6-3.b). \*This rule was subsequently rescinded by the Women's Lacrosse Rules Committee during its July 12, 2023 videoconference and made into an experimental rule for the non-championship season.**

(1) Recommendation. To reduce the number of players for each team below the restraining line from seven to six, change "Three Seconds" so a defender may not remain in the 8-meter arc for more than three seconds unless marked by a defender within one stick and arm's length away.

(2) Effective date. Immediately.

(3) Rationale. To increase spacing in the critical scoring area and permit officials to better and more consistently identify fouls.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

**i. 11v11 (Rule 5-1). \*This rule was subsequently rescinded by the Women's Lacrosse Rules Committee during its July 12, 2023 videoconference.**

(1) Recommendation. To reduce the total number of players on the field from twelve to eleven.

(2) Effective date. Immediately.

(3) Rationale. This is primarily to support the reduction of players below the restraining line. This may encourage more flying substitutions and therefore more student-athlete opportunities.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

**j. Setup of Draw (Rule 5-4).**

(1) Recommendation. To require officials to position the drawers' sticks in an upright position when placing the ball.

(2) Effective date. Immediately.

(3) Rationale. To allow for more consistent, fair, and efficient administration of the setup of the draw.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

**k. Flopping/Embellishment (Rule 6).**

(1) Recommendation. To add a new foul to penalize flopping and embellishment.

(2) Effective date. Immediately.

(3) Rationale. To eliminate gamesmanship involved with flopping and embellishment.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

**l. Physical Contact Fouls (Rule 6).**

(1) Recommendation. To 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 Stick, Pushing, and Tripping.

(2) Effective date. Immediately.

(3) Rationale. To discourage aggressive play, especially during the transition between the restraining lines.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

**m. Dangerous Stick in the Sphere (Rule 6-1.e).**

(1) Recommendation. To recategorize the foul titled, "Dangerous Stick in the Sphere", as a mandatory card foul.

(2) Effective date. Immediately.

(3) Rationale. To discourage aggressive play around an opponent's sphere.

(4) Estimated budget impact. None.

(5) Student-athlete impact. Enhance safety.

**n. Illegal Use of Stick - Sweeping (Rule 6-1.n.3).**

(1) Recommendation. To recategorize the conduct of making a sweeping check from behind that contacts an opponent's body as a mandatory card foul.

(2) Effective date. Immediately.

(3) Rationale. To discourage aggressive play initiated from the rear position.

(4) Estimated budget impact. None.

(5) Student-athlete impact. Enhance safety.

**o. Illegal Use of Stick - Hook (Rule 6-1.n.5).**

(1) Recommendation. To modify the current fifth foul listed under "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.

(2) Effective date. Immediately.

(3) Rationale. To discourage aggressive play, especially attempts initiated from the rear position.

(4) Estimated budget impact. None.

(5) Student-athlete impact. Enhance safety.

**p. Delay (Rule 6-7).**

(1) Recommendation. To 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.

(2) Effective date. Immediately.

(3) Rationale. To allow for more efficient administration of the game.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

**q. Offside (Rule 6-15).**

(1) Recommendation. To increase the penalty for an offside foul by a team in their defensive end to a one-minute releasable penalty.

(2) Effective date. Immediately.

(3) Rationale. To deter teams from intentionally sending a player into their defensive end during a Power Play, especially during the final minute of the game.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

**r. Red Card (Rule 6-28).**

(1) Recommendation. To increase the non-releasable penalty time for a red card from two minutes to five minutes.

(2) Effective date. Immediately.

(3) Rationale. To discourage flagrant or repeated violation of the rules, dissent, misconduct or abusive language with a more severe penalty.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

**s. Simultaneous Whistle – Shooting Space (Rule 6-39).**

(1) Recommendation. To change the current foul titled “Simultaneous Whistle”, so that simultaneous whistles for shooting space will always be played out.

(2) Effective date. Immediately.

(3) Rationale. To provide 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.

(4) Estimated budget impact. None.

(5) Student-athlete impact. Enhance safety.

**t. Simultaneous Whistle – Outside Shooting Space (Rule 6-39).**

(1) Recommendation. To change the current foul titled “Simultaneous Whistle”, so that simultaneous whistles for other fouls besides shooting space will always be played out unless the fouls were on the shooter and affected the shot.

(2) Effective date. Immediately.

(3) Rationale. To provide more consistency, fairness, and clarification.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

**u. Video Review Experimental Rule.**

(1) Recommendation. To continue video review as an experimental rule and permit officials to 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. Also, the committee recommends to the Championship Committee that video review be used during the NCAA Tournament.

(2) Effective date. Immediately.

(3) Rationale. To provide more data as the rules committee continues to evaluate the impact and effectiveness of video review.

(4) Estimated budget impact. Varies depending on existing equipment.

(5) Student-athlete impact. This rules change is intended to enhance the student-athlete experience.

**INFORMATIONAL ITEMS.**

- 1. Welcome and announcements.** Kim Wayne, chair of the NCAA Women's Lacrosse Rules Committee, welcomed the committee and invited guests and thanked them for their time.
- 2. Review schedule, agenda, committee operations manual and Playing Rules Oversight Panel directive.** The Women's Lacrosse Rules Committee reviewed the meeting schedule and agenda. The Women's Lacrosse Rules Committee also reviewed the operations manual, which included the NCAA conflict of interest policy, voting procedures, and principles for rules writing.
- 3. Approval of meeting reports.** The Women's Lacrosse Rules Committee approved the reports as written.



4. **Playing Rules Oversight Panel report.** The Women's Lacrosse Rules Committee heard a report from Matt Kilcullen, PROP liaison to the Women's Lacrosse Rules Committee, which focused on a discussion from PROP's annual meeting in January regarding the federated playing rules process.
5. **USA Lacrosse report.** The Women's Lacrosse Rules Committee heard a report from USA Lacrosse which focused on materials for coaches and officials for 2024 as well as working with the coaches association and the officials association to enhance officials academies. The USA Lacrosse report focused on lacrosse equipment certification and research on shot speed for women's lacrosse.
6. **National Federation of State High School Association report.** The Women's Lacrosse Rules Committee reviewed a report provided by NFHS. The report noted girls' lacrosse has increased by nearly 15,000 participants and 431 schools.
7. **Active official report.** The Women's Lacrosse Rules Committee heard a report from the active official, which noted the large number of officials who have retired since 2021 and the efforts of the officials association to recruit and train officials.
8. **National coordinator of officials report.** The Women's Lacrosse Rules Committee heard a report from the national coordinator of officials, which noted simplifying the split-second decisions would help officials. The national coordinator of officials also reported the increase in younger officials and is looking for more growth in numbers of collegiate officials.
9. **Secretary-rules editor report.** The Women's Lacrosse Rules Committee heard a report from the secretary-rules editor, which noted lacrosse materials were distributed earlier this year and the information for table workers was improved. The report also noted the balance of distributing materials to those registered on the NCAA officiating platform as well as to those who are not registered.
10. **NCAA injury surveillance data and report.** The Women's Lacrosse Rules Committee heard a presentation on the women's lacrosse injury data provided by Datalys Center for Sports Injury Research and Prevention. The Women's Lacrosse Rules Committee noted the low institution participation numbers.
11. **Committee on Competitive Safeguards and Medical Aspects of Sports update.** The Women's Lacrosse Rules Committee heard from CSMAS, which included the role of CSMAS, how CSMAS has oversight of NCAA student-athlete physical and mental health and safety. The Women's Lacrosse Rules Committee was reminded the Sport Science Institute works closely with CSMAS on all health and safety issues.
12. **Review of 2023 carding survey and 2023 game duration.** The Women's Lacrosse Rules Committee reviewed the carding results as well as game duration. They noted the carding

information and game duration provided by NCAA media coordination and statistics was more thorough than the information the survey provided.

- 13. Review experimental rule video review.** The NCAA Women's Lacrosse Rules Committee reviewed the experimental rule for video review. They noted 17 schools participated in the experimental rule in 2023.
- 14. Review and consideration of rules proposals.** The Women's Lacrosse Rules Committee reviewed and considered 87 rules proposals and recommended 20 major rules changes for the 2024 and 2025 women's lacrosse seasons and one experimental rule change for the 2024 season, as noted above in the Action Items section of the report. The recommended rules changes include permitting the use of ND 200 compression shirts, 6v6 below the restraining line, 11v11 on the field, drawers sticks in the upright position when ball is placed, delay of game foul when player is slow getting to the penalty area, and making Dangerous Stick in the Sphere a mandatory card foul.
- 15. Identify 2023-24 points of emphasis.** The Women's Lacrosse Rules Committee reviewed 2023 points of emphasis. The Women's Lacrosse Rules Committee decided to meet on a future date to finalize points of emphasis for the upcoming rule book.
- 16. Future meeting and videoconference dates.** The Women's Lacrosse Rules Committee will determine dates for the 2024 annual rules meeting at a future time.
- 17. Selection of chair.** The Women's Lacrosse Rules Committee reelected Kim Wayne, head women's lacrosse coach at Davidson University, as chair for the 2023-24 academic year.
- 18. Other business.** The Women's Lacrosse Rules Committee members were recognized and thanked for their service.
- 19. Adjournment.** The Women's Lacrosse Rules Committee adjourned at 12:47 p.m. Eastern time on Wednesday, June 7.

<i>Committee Chair:</i>	<i>Kimberly Wayne, Davidson College, Atlantic 10 Conference</i>
<i>Staff Liaison:</i>	<i>Jay Fitzwater, Championships and Alliances, Playing Rules and Officiating</i>

NCAA Women's Lacrosse Rules Committee June 5-7, 2023, Annual Meeting	
<b>Attendees:</b>	
Kari-Lei Berry, Notre Dame of Maryland University.	
Amy Foster, Cornell University.	
Jaclyn Lawrence, State University of New York at Cortland.	
Meghan McDonogh, Catholic University.	
Amanda Moore, East Carolina University.	
Stefanie Sparks Smith, secretary-rules editor.	
Kimberly Wayne, Davidson College.	
<b>Absentees:</b>	
Nicole Ham, Southern New Hampshire University.	
Lauren Skellchock, Mount St. Mary's University.	
<b>Guests in Attendance:</b>	
Avinash Chandran, Datalys Center for Sports Injury Research and Prevention.	
Melissa Coyne, national coordinator of officials.	
Caitlin Kelley, USA Lacrosse.	
Matt Kilcullen, Mercy College.	
Mara Wager, active official.	
<b>NCAA Staff Liaison in Attendance:</b>	
Jay Fitzwater.	
<b>Other NCAA Staff Members in Attendance:</b>	
LaGwyn Durden, Greg Johnson, Bri Rigney and Rachel Seewald.	