

# **TORONTO MASTERS LACROSSE LEAGUE OFFICIAL RULES**

## **THE GAME AND EQUIPMENT**

1. The game will be a maximum of 3 - 15 minute periods, with a 1 - minute rest between periods. Play will be straight time, except for the last 3 minutes of the 3rd period which will be stop time provided the score differential is 3 goals or less. There is no overtime for regular season games. One 30 second time-out will be awarded per team per game . In playoff games, each team will be awarded a 30 second time-out for the overtime period if it is required to settle a tie.
2. All players, excluding the goalie, must wear the same coloured uniform shirts.
3. Mandatory equipment consists of: a) CSA approved helmet with a shield/cage which covers the entire face and b) lacrosse gloves. Helmets must have ear protection and properly worn chin cups. Facial and/or dental injuries will NOT be covered by OLA insurance if unauthorized facial protection is used by a player.
4. All goaltender equipment worn above the waist (except the helmet) must be fully covered by the sweater. Sweaters must conform to the body of the goaltender (no extra material under the arms) and not to exceed past the inseam.
5. There will be no stick measurements, only box regulation sticks allowed.
6. The end of the stick's shaft must be covered with a plastic or tape knob.
7. Any equipment considered dangerous by the referee will be removed immediately.
8. **FORFEITS:** Game play is five on five. If a team cannot field five runners at the start of their scheduled game, they will be deemed to forfeit and will be assessed a loss. Each player in attendance for the opposing team will be credited with one goal. The final score of the forfeited game will be recorded as the number of runners present for the opposing team to a zero score (ie. blue team has 8 players at the start of the game, the red team has 3 players; blue wins 8 to 0 because of the number of players that they have.) At the discretion of the commissioner or his designate, the forfeiting team may be permitted to "borrow" players to allow an informal scrimmage to occur during the allotted game time. NOTE: The forfeit rule also applies if a team cannot field a "full strength" team at any time during a game in progress due to expulsion of penalized players.

## **REGULAR SEASON**

During the regular season the scoring system will be as follows:

1. Points will be awarded for only a win or tie.
2. Two (2) points shall be awarded for a win.
3. One (1) for a tie.

The teams will be rated by the most points to the least number of points, therefore most points being #1, next #2 and so forth.

## **TIE BREAKERS FOR REGULAR SEASON**

1. Head to Head record
2. Fewest penalty minutes
3. (GF-GA)/GF Ratio (total over the season)
4. Coin toss

## TIE BREAKERS FOR PLAYOFF GAMES

1. 5 Minute sudden death overtime period
2. Penalty Shots (five shooters from each team, followed by sudden death. No player may take a second penalty shot until all of his teammates have taken a shot)

## GAME PLAY, PENALTIES AND VIOLATIONS

1. The first player to a loose ball along the boards is awarded possession.
2. There will be a 5-second possession rule applied. This rule is waived if the player receives the ball on a breakaway with only the Goaltender to beat.
3. The ball carrier may not run past more than ONE player when advancing towards the net in the offensive zone. Loss of possession. This does not pertain to lateral movement across the floor.  
NOTE: This rule does not apply to a ball carrier in his own defensive zone. (as soon as the ball carrier crosses the defensive zone restraining line, the count starts at zero. The 5-second rule is always in effect). Loss of possession.
4. No team may use a ZONE DEFENSE when teams are at even strength. Any ZONE defense will result in a Bench Minor Penalty to the Defensive team.  
NOTE: There are no longer warnings for the first infraction.
5. Team in possession retains possession for restart after stoppage for ANY injury.
6. After a penalty to one player, play shall resume with the non-offending team having Possession at centre.
7. The offensive team has 30 seconds to place a legal shot on the opposing goal. Otherwise, loss of possession when the 30 seconds expires. The shot clock will be reset when a shot hits the goal frame or goaltender, or if the defending team gains possession of the ball.
8. A shot at the net may originate from anywhere on the playing surface except from behind the offensive goal line. Shots from behind the goal line will result in possession being awarded to the defensive team.
9. **FACE-OFFS:** The players facing off will line up outside of the two short vertical lines near the centre dot. Each face-off player will stand with his right shoulder towards his own goaltender. Players other than the players facing off may not enter the circle before the ball leaves the two-foot diameter area around the centre dot. The referee will signal ball leaving the centre area by calling "CLEAR", "BALL'S OUT", or equivalent. Face-off players may not kick, hit, hold, or step on the stick of an opponent. Face-off players may not PIN the ball in the two-foot circle. Any infraction will result in the non-offending team having possession at centre. If the ball becomes lodged in the back of a face-off player's stick possession will be awarded to the non-offending team
10. **SHOOTING THROUGH A CROWD / DANGEROUS SHOT RULE:** No deliberate hard shots are to be directed through a crowd. Players are encouraged to go around an opponent before shooting. A player moving towards the net must be a step around the defender before attempting the shot and must have a clear shooting lane to the net, if the shooter is stationary the shooter must be a body length away from the defensive player and must have a clear shooting lane to the net. If, at the referee's discretion, a shot is directed carelessly through a crowd of players, possession shall be awarded to the defensive team.
11. Any Offensive player hitting a Defensive player with the ball on a shot towards the goal will be assessed Two 2-Minute Minor Penalties.

NOTE: Irrespective of goals scored by the non-offending team, the penalized player shall remain in the penalty box for at least four minutes and will not be released until the first "dead ball" after the penalty time has elapsed ("dead ball" meaning a goal, penalty, injury, timeout, end of period). Substitution from the bench for the penalized player will be permitted after the non-offending team scores twice within the four minute penalty period, or after two minutes have elapsed after the non-offending team scores once within the first two minutes.

NOTE: There is no penalty if the defensive player is hit with the shot while he is in the crease, or if the defensive player makes a deliberate move to block the shot and is hit with the ball.

12. In the event of a follow-through Slashing Penalty on a shot, any goal scored on the defensive team WILL NOT count.
13. There is absolutely NO DELIBERATE STICK OR BODY CONTACT. There are no picks allowed. Depending on the severity of the incident, ALL DELIBERATE CONTACT FROM ANYWHERE ON THE FLOOR WILL BE PENALIZED as either a Technical Violation, Minor, Major, or Match Penalty at the referee's discretion.
14. Any player assessed an Unsportsmanlike Conduct Penalty will be penalized with Two 2-Minute Minor Penalties.  
NOTE: Irrespective of goals scored by the non-offending team, the penalized player shall remain in the penalty box for at least four minutes, as described in Rule 11.
15. An unsportsmanlike conduct penalty will be assessed to any player who deliberately holds his stick in the face of his opponent.
16. Any penalties on the ball carrier during a breakaway shall result in a Penalty Shot. If no goal is scored, play will restart with possession to the non-offending team at centre.
17. No team will be more than one player short as a result of penalties. Any further penalties shall result in Penalty Shots being awarded to the non-offending team. If the second penalty is a Major Penalty, 2 shots will be taken. The second penalty is recognized when the whistle blows to stop any delayed penalty. If no goal is scored on the penalty shot, play will restart with possession to the non-offending team at centre.
18. Any player receiving a minor penalty which results in a penalty shot must leave the playing surface and go to the end of the line on his team's bench.
19. Any player receiving 3 penalties in the game will be expelled from the balance of the game. Any player expelled three times during the season will be subject to a review by the League Disciplinary Committee and may be indefinitely suspended by the TMLL.
20. Any player receiving a Major Penalty or a Misconduct Penalty will be expelled from the game PLUS will receive an automatic one game suspension, to be served from his team's next game. No appeals will be entertained. The non-offending team will be awarded two penalty shots.
21. Any player receiving a Match Penalty or Gross Misconduct Penalty will be expelled from game, plus will automatically be suspended indefinitely pending review by the League Disciplinary Committee. The non-offending team will be awarded two penalty shots.
22. Any player penalized for fighting and deemed to be the aggressor, will be expelled from the game, and suspended from the League for the remainder of the season (NO REFUNDS). Prior to registration for any subsequent season, the aggressor will be required to meet with the League's Disciplinary Committee and be approved for reinstatement in the league.

23. If two players confront each other (FACE-TO-FACE CONFRONTATION), and the incident escalates to name calling, sexual reference, physical contact, and/or other unsportsmanlike conduct, each player may at the referees' discretion be assessed an Unsportsmanlike Conduct Penalty, plus a Misconduct Penalty.
24. If a penalized player is expelled from the game, he is to leave the playing area immediately. The team will be required to provide a player to take his place in the penalty box. Substitution between the players bench and the penalty box will be permitted.
25. To clarify any points aforementioned, the TMLL will encourage team play to enjoy the sport of lacrosse while enforcing game rules and respect its competitive nature. These rules are mostly adopted from the Ontario Lacrosse Association and will be adhered to in the TMLL. Any participant who does not act responsibly and considers themselves above their peer will be asked to leave the Toronto Masters Lacrosse League, without the expectation of any proportioned refund of their fee and may be permanently banned. If there is any expectation by any participant that is otherwise to the aforementioned they are encouraged to not consider registration with our League.