

**The Edmonton Masters Lacrosse League (EMLL) will compete governed by the CLA rulebook Masters Rules with the following modifications, exemptions and additions.**

**Eligibility**

a) Players must attain their 21st birthday in the calendar year in which they compete. Players may not be registered in any other division or category of box lacrosse with the exception of Senior C.

b) Players who will attain their 18th birthday during the year they wish to compete, and have little or no lacrosse experience, may be given permission to play at the discretion of the executive committee.

**Equipment**

a) All players must wear at all times the following pieces of equipment; a helmet with full face mask and chin strap or chin cup, gloves, and a jock or jill strap.

b) Slash guards are recommended, but not required. Players are encouraged to use their own discretion.

c) Any equipment that the ref thinks is dangerous shall be removed immediately.

**The Game**

a) The game shall consist of 2 x 15 minute straight time periods followed by 1 x 15 minute period, with the last 2 minutes being stop time.

**Possession**

a) The first player to a loose ball along the boards is awarded possession.

**Ball Movement**

a) 5 second rules will be adhered to.

b) Shall be omitted. There will be no "2 player" rule.

**Shooting**

a) No deliberately reckless shot should be taken through a crowd. Players are

encouraged to go around an opponent before shooting. A player moving towards the net should step around a defender before attempting a shot, and must have a clear shooting lane to the net. If the shooter is stationary, the shooter should be at least a body length away from any defensive player and have a clear shooting lane. Any player who takes a shot that is considered to be deliberately reckless and dangerous can be given a penalty for intent to injure.

b) Any offensive player who hits any other player (offensive or defensive) or the official with the ball on a shot directed towards the goal will be assessed a minor penalty for a dangerous shot. This rule applies regardless of where the shooter is when the shot is taken. The dotted line has absolutely no bearing in the interpretation of this rule

**Note:** It is not a penalty if a defensive player is hit with the shot while in the crease, or if the defensive player makes a deliberate motion to stop the shot.

c) Any shot taken from behind the net that hits the goalie will be considered a dangerous shot. No goal will be awarded in this situation. If the offense is considered minor in nature the result will be loss of possession. A more serious infraction will result in a minor penalty to the shooter.

d) Any player who receives two (2) dangerous shot penalties in the same game will be expelled for the balance of the game.

e) Any follow through slash should be strictly enforced unless the defender hit with the follow through slash is moving into the shooting lane.

**Note:** For clarification, any shot directed towards the net that hits any player or official other than the goalie will be considered dangerous. Any shot that results in a goal that does not hit any other player cannot be considered dangerous. Any shot that does not result in a goal, and is deemed to be intentionally reckless shall receive a warning from the ref. Any player who continues to shoot recklessly through a crowd could be given a dangerous shot penalty at the discretion of the ref.

## **Contact**

a) A defensive player may check an offensive player by placing the head of their stick on the stick of the player they are defending.

**Note:** Any stick check that contacts any part of an offensive player other than their stick shall be called slashing. In addition, any dangerous, reckless, careless, overly aggressive, or "tomahawk" style stick check shall be called as slashing.

b) There is no deliberate body contact. Any offensive player, including the ball carrier, who deliberately charges at a defensive player and initiates contact shall be assessed a charging penalty. Any ball carrier driving to the net must make an effort to dodge around any defender in their path. If the ball carrier initiates contact with any defender they should be given a charging penalty. Any defender stepping into the path of the ball carrier initiating contact should be given a penalty for interference.

c) Offensive screens are allowed unless the offensive player initiates contact with a defensive player. The offensive player must be stationary with their feet planted, and their stick must be held vertically against their own body, not extended towards the opposing player. If the offensive player is not stationary, or extends their stick towards the defensive player, they should be called for interference. If the offensive player initiates contact with a defensive player they should be called for body contact.

d) A defensive player cannot make contact with an offensive player unless their hands are closed and placed together on their stick. This contact may be made in an attempt to prevent the movement of the ball carrier, push them away, or to direct the movement of an offensive player. During this contact no perceived punching or cross-checking motion will be allowed, simple place and push only.

## **Zone Defence**

a) No team or player is permitted to use zone defence inside the 24' arch while the teams are at even strength. All defensive players inside the 24' dotted line must be within a stick length of the player they are defending. Double and triple team defence is allowed. Any player in violation of this rule should be given a penalty for illegal zone defence. If more than one player is guilty of this infraction on the same play, a bench minor penalty should be given to the offending team for illegal zone defence.

**Note:** No defensive player should employ a defence that encourages an offensive player to have to shoot around them, or denies them a chance to shoot safely. Any player inside the 24' dotted line deliberately blocking the shooting lane of a player they are not defending may be guilty of illegal zone defence or obstruction.

b) A team may use zone defence when shorthanded.

## **Stoppage of Play**

a) If a goalie is hit in the head at any time during play, the play will immediately be whistled dead. Play will resume with the goalie in possession of the ball.

b) Any stoppage of play due to an injury, the team in possession of the ball at the time of the stoppage shall retain possession of the ball following the stoppage with a fresh 30 second shot clock.

## **Penalties**

a) No team will be more than 1 player short as a result of time serving penalties. Any subsequent penalty shall result in a penalty shot being awarded to the non-offending team. If the penalty shot results in a goal, the player in the box will remain in the box and continue to serve the remainder of their penalty. If no goal is scored on the penalty shot, AND if the original penalty is a minor penalty, the player in the box shall be released from the box, and the player that received the subsequent penalty shall go to the penalty box to serve their penalty.

**Note:** A penalty shot can be taken by any player on the floor at the time of the penalty.

b) Any player to receive 3 penalties in one game shall be expelled for the duration of the game.

c) Any penalty for unsportsmanlike misconduct will result in a 2 minute penalty to be served by the offending player, and a penalty shot being awarded to the non-offending team.

**Note:** In the event of an unsportsmanlike penalty, the penalty shot can be taken by ANY member of the non-offending team.

d) Any player to receive 2 unsportsmanlike misconduct penalties in the same game shall be removed from the balance of the game.

f) Any player receiving a major penalty, 10 minute misconduct, game misconduct, or match penalty will be expelled from the game and given a minimum 1 game suspension. No player receiving a suspension shall be allowed back on the floor until a disciplinary hearing determines the final length of the suspension.

f) Any penalty on a ball carrier during a breakaway will result in a penalty shot being awarded to the ball carrier. If no goal is scored, play will resume with possession to the non-offending team at centre.

g) The Edmonton Masters Lacrosse League has a zero tolerance policy for abuse of officials. Any player who questions the call of an official, or uses abusive language of any kind towards an official, can be given an unsportsmanlike conduct penalty by any official on the floor, at the discretion of that official.

## **Disciplinary Committee**

If required, a disciplinary meeting will be called by the president to deal with possible suspensions and other disciplinary issues that may arise from time to time. Any disciplinary committee meeting shall be called in a timely manner so as not to drag the situation out. Any meeting not called within 2 weeks of the original offense shall result in an automatic 1 game suspension being awarded. No further action can be taken. All disciplinary committee meetings will be chaired by the president and consist of 3 other executive members chosen at random by the president. The role of the President will be to chair the meeting, they will have no vote in determining punishment. The purpose of the meeting shall be to determine the length of punishment of the penalized player, not the guilt or innocence of the player. The player in question will be allowed to attend the meeting if they so choose, but will not be in the room when the final decision is made. The committee can also include any other player or official involved in order to get a clear and accurate picture of what offense actually occurred.

## **Tie Breakers**

a) All regular season games will end at the end of regulation time. Any tie games at that point will remain tied.

b) Any playoff game that ends in a tie, with the exception of the Championship game, will continue with a 5 minute sudden death overtime period. If no one is able to score in the overtime period, a shootout will take place. Each team will select 3 shooters, and all 6 shooters will take a penalty shot. Whichever team scores more goals after the 6 total shots will be deemed the winner. If the game remains tied after the first 6 shooters the shootout will continue with 1 player from each team until the tie is broken. No one player may take 2 shots for their team back to back.

c) If the Championship game ends in a tie, a 15 minute sudden death overtime period shall be played. There will be no shootout used to determine the championship. If both teams fail to score, a second 15 minute sudden death overtime period shall be played. If the game remains tied, the discretion of the refs in agreement with the 2 team captains will determine how the game ends. Sportsmanship should be the ultimate goal.

d) In the event of 2 or more teams being tied in the standings at the end of the regular season, the following tie breakers shall be used to break the tie, in the following order;

- 1) Head to head record
- 2) Goals for and against
- 3) Least penalty minutes
- 4) Coin toss if necessary