



MAJOR LEAGUE LACROSSE RULES

SHOTCLOCK:

MLL uses a 60-second shot clock in order to keep the game fast and exciting for fans and players. The shot clock is reset after a goal is scored, a shot hits the post, is saved by the goalie or there is a change of possession. If the clock runs out, possession is granted to the other team. Teams have 20 seconds to clear the ball across the midfield line.

Because of the shot clock, there is no restraining box to “keep it in” such as in college lacrosse.

TELEVISION TIMEOUTS:

There are two Television-timeouts per quarter in MLL games. They are at the first “dead-ball” stoppages that require a reset of the shot clock under 9 minutes and under 4 minutes remaining on the game clock.

Examples of dead-ball stoppages are goals, penalties, change of possession following an out of bounds, etc. For example, if a goal is scored with 9:10 left in the quarter, play resumes after the face-off; if a goal is scored with 8:50 left, a TV timeout occurs.

GAMEDAY:

MLL teams are allowed to dress a maximum of 19 players per team for regular season games.

2-POINT ARC:

MLL also has a 2-point arc on the field that adds another unique aspect to the game. Players must have both feet behind the line before shooting the ball in order for a 2-point goal to be scored.

BRAND OF STICK:

MLL Players use Warrior and Brine Lacrosse sticks and equipment, New Balance footwear and Cascade Lacrosse helmets.

OVERTIME:

All quarters and overtime periods must begin with a face-off, regardless of a man-up/man-down situation.

A goal can be scored after the horn sounds to end a quarter as long as the shot was released prior to the horn - similar to a “buzzer-beater” in basketball.