



2023 and 2024 Rules Changes for Men's Lacrosse

The following rules changes were approved by the NCAA Men's Lacrosse Rules Committee and the Playing Rules Oversight Panel. These changes will be incorporated into the rules book for the 2023 and 2024 seasons

Rule(s)	Rules Proposal and Rationale
1-18 (Crosse head)	<p>No protrusions or sharp edges to the head of the crosse shall be permitted.</p> <p>Rationale: The roughly triangular shape of the head of the crosse has been an integral part of the game of lacrosse since its inception. This change will help promote and maintain the integrity of the crosse head in the future.</p>
4-21.d (Goal-crease prohibitions)	<p>Illegal contact that propels an offensive player into the goal mouth due to illegal contact by the defender would not negate a goal provided that the ball is in the goal prior to the offensive player making contact with the goal crease/mouth.</p> <p>Rationale: While maintaining the goal mouth will provide the space for the goalkeeper to play their position, addressing the illegal contact by the defensive team is necessary. The committee saw a concerning trend where defensive teams were being rewarded for illegal contact in an attempt to take an otherwise good goal by the offensive team off the scoreboard.</p>
5-3 (Contact to the head and neck)	<p>To establish the following penalty structure for players who contact opponents in the head or neck area:</p> <ul style="list-style-type: none">• Players who make indirect contact to an opponent's head or neck would receive a one-minute penalty.• Players who make direct contact to an opponent's head or neck would receive a two-minute penalty.• Players who make excessive contact to an opponent's head or neck would receive a three-minute penalty. <p>Rationale: Under the present rules, when players are contacted in the head or neck, it is left up to the referee's discretion whether to award a one-, two- or three-minute penalty. Establishing clearer expectations on how the rule is applied will help promote a safer playing environment. Lastly, the committee will establish a clearer definition of direct, indirect and excessive contact to the head or neck area than what is presently in the rules book.</p>