



Official League Rules

THE TEAM

1. All Aurora Masters players must attain their 22nd birthday in the year they participate.
2. Maximum number of dressed players per team is 16 per game.
3. An individual can not play for more than one team during the regular season or playoffs. Goalies may play for another team only if the regular goalie is injured or absent due to illness.

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 if 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 game. Each team will receive a 30 second time-out for overtime.
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. All players, excluding the goalie, must wear the same coloured sweaters.
4. Helmets with a shield/cage which covers the face and gloves are mandatory (CSA APPROVED). 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.
5. 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.
6. There will be no stick measurements, only box regulation sticks allowed.
7. The end of the stick's shaft must be covered with a plastic or tape knob.
8. Any equipment considered dangerous by the referee will be removed immediately.

REGULAR SEASON

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

- i. Points will be awarded for only a win or tie.
- ii. Two (2) points shall be awarded for a win.
- iii. 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.



Official League Rules

TIE BREAKERS FOR REGULAR SEASON

1. (GF-GA)/GF Ratio
2. Head to Head
3. Fewest Penalty Minutes for the season

TIE BREAKERS FOR PLAYOFFS

1. 5 Minute Sudden Death Overtime
2. Penalty Shots (Groups of five from each team)

PLAYOFFS

1. First round of the playoffs be based upon the final regular season standings where teams are ranked from 1 to 4 with the following pairings 1 vs. 4, and 2 vs. 3.
2. Championship games are as follows: Gold Championship: Winner 1/4 vs. Winner 2/3, and Silver Championship: Loser 1/4 vs. Loser 2/3.

PENALTIES AND VIOLATIONS

1. The first player to a loose ball along the boards is awarded possession.
2. The ball carrier may not run past more than ONE player when ADVANCING TOWARDS THE NET in the offensive zone. A loss of possession will result if this infraction is called by the official.
3. Over and back will be called when the short handed team proceeds pass the centre line and allows the ball to cross the back over the centre line without making contact with a defensive player or the goal post. A change of possession at centre will result.
4. No team may use a ZONE DEFENSE when teams are at even strength. Any ZONE defence will result in a bench minor penalty to the defensive team.
5. Possession of the ball will be awarded the opponent of the team who last to touch the ball before going out of bounds.
6. Team in possession retains possession for restart after stoppage for ANY injury. The shot clock will start from the point of the stoppage.
7. Face-offs: Only the players facing off may be within the restraining lines before the ball leaves the face-off circle, or is in possession of a player.



Official League Rules

8. Face-off players may not kick, hit, hold, or step on the stick of an opponent. Non-face-off players may reach into the restraining zone for the ball, but must not play the stick of either face-off player. Any infraction will result in the non-offending team having possession at the centre.
 9. After a penalty is assessed to a player, play shall resume with the non-offending team having possession at centre.
 10. The team has 30 seconds to place a shot on the opposing goal. Otherwise, change of possession will occur at centre. The shot clock will be reset when a shot which hits the goal or goalie, or if the defending team gains possession of the ball.
 11. Any offensive player hitting any other player with the ball or with their stick during a follow through while shooting at the goal will be assessed a Two - 2 minute minor penalties. NOTE: It is not a penalty if the defensive player is hit while in the crease or if the defensive player makes a deliberate move to stop the shot and is hit with the ball.
 12. The shooter will be deemed inside the 24 foot circle if one foot is contacting the line or inside the circle. Otherwise, the dangerous shot rule will be in affect.
 13. In the event of a follow-through penalty on a shot, any goal scored WILL NOT count.
 14. There is absolutely NO DELIBERATE STICK OR BODY CONTACT.
 - i) No Offensive or Defensive Picks.
 - ii) Defensive player moving his stick to strike an opponent's stick.
 - iii) Defensive player bumping opponent on the way to the net or pushing him with his hands. (With defensive player hands on or off the stick)
 - iv) Offensive player running recklessly into a stationary defender resulting in heavy contact.
- THESE ARE EXAMPLES ONLY, NOT ALL INCLUSIVE. ANY DELIBERATE CONTACT OR DANGEROUS BEHAVIOUR FROM ANYWHERE ON THE FLOOR WILL BE PENALIZED AS A MATCH PENALTY.**
15. An unsportsmanlike penalty will be assessed to any player who deliberately holds his stick in the face of his opponent.
 16. Any unsportsmanlike penalty will result in a penalty shot and a 2 minute minor penalty. If the team scores on the penalty shot then the offending team plays at full strength while the offending player sits in the box for the during of the 2 minute penalty. If the team does not score during the penalty shot, then the offending team will be short until the penalty expires or a goal is scored against them. The offending player will remain in the box until the full two minutes are served. Therefore the offending player officially has two penalties towards the three penalty expulsion rule. If no goal is scored, play will restart with possession to the non-offending team at centre. **ANY FOUL LANGAUGE WILL BE DEEMED AS UNSPORTMANLIKE BEHAVIOUR!**
 17. No team will be more than one player short as a result of penalties. Any subsequent 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



Official League Rules

- delayed penalty. If no goal is scored, play will restart with possession to the non-offending team at centre.
18. 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.
 19. Any player receiving 3 penalties in the game will be expelled from the balance of the game.
 20. The offensive team caught with too many players on a fast break, the play will be stopped and play restarted with possession to the non-offending team at centre. The defensive team caught with too many men will result in a minor penalty.
 21. Only the captain or one of the two assistance captains may discuss a call with any official. Any team member other than one of these representatives who argues or questions a call will receive an unsportsmanlike penalty resulting in a penalty shot for the other team. The second incidence in that game for same player will result in a game misconduct, unsportsmanlike penalty and another penalty shot.
 22. Any player receiving a major penalty will be expelled from the game PLUS the next scheduled game. If the expulsion takes place in the last game of the season, the suspension carries over to the next scheduled game. The non-offending team will be awarded two penalty shots.
 23. Two different players on the same team receive a minor penalty, one penalty is served and a penalty shot is awarded to the non-offending team. If no goal is scored, play is restarted with possession to the non-offending team at centre. If a major and a minor penalty are assessed two penalty shots are awarded for the major, and the minor is served. If no goal is scored on the second shot, play will restart with possession to the non-offending team at centre.
 24. Any player receiving a match or gross penalty will be immediately suspended until the incident is reviewed by the Aurora Masters Lacrosse League Executive along with a disciplinary committee. The non-offending team will be awarded two penalty shots.
 25. Any player penalized for fighting and deemed to be the aggressor, will be expelled from the Aurora Masters Lacrosse League.
 26. Face-offs: Only the head of the stick may be used to move the ball from the 2' circle. No other part of the stick or body may be used to move the ball from the circle. Using the shaft of the stick on the other player's body or stick is called a Spike and is subject to a game suspension.
 27. Face-offs: Players can not make any contact (body or stick) with the other player in the circle.
 28. Face-offs: You can not trap the ball and hold it within the face-off circle. A player may cover the ball as he pulls it from the circle. If this motion is stopped before the ball leaves the circle that person will lose possession.
 29. If the ball becomes trapped in the player's stick during play, the referee will blow the play down and give possession to the other team at the point of the infraction.