

BUCS LACROSSE REGULATIONS

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LAC i The BUCS Lacrosse Championships shall be conducted in accordance with the following BUCS sport specific regulations, the BUCS general regulations, and rules of World Lacrosse (WL)^{1&2}.

LAC ii In the event that these regulations contradict the BUCS general regulations, these BUCS sport specific regulations will supersede, unless specifically stated otherwise.

LAC iii In the event that these regulations contradict the rules of World Lacrosse (WL)^{1&2}, these BUCS sport specific regulations will supersede, unless specifically stated otherwise.

LAC iv The gender eligibility criteria for the BUCS Lacrosse Championships will be determined as per [REG 4.3](#).

¹Please note that BUCS has adopted the World Lacrosse Men's Field Lacrosse Official Playing Rules (2025-2027) for the Men's Lacrosse programme for the 2026-27 season. As ever, any BUCS regulations shall supersede the WL rules, unless specifically stated otherwise.

²Please note that BUCS has adopted the World Lacrosse Women's Field Lacrosse Official Playing Rules (2025-2026) for the Women's Lacrosse programme for the 2026-27 season. As ever, any BUCS regulations shall supersede the WL rules, unless specifically stated otherwise.

LAC 1 Affiliations All institutions/Playing Entities must affiliate with their National Governing Body by the deadline stated in the BUCS Sport Specific Affiliations Document. Failure to do so will lead to sanctions as outlined in the BUCS Sport Specific Affiliations Document and possibly further disciplinary action.

LAC 2 Championships There shall be separate Men's and Women's Team Championships. The programme for each Championships shall include leagues and knockout competitions as per BUCS general regulations, Appendix 1 ('BUCS Competition Offer and Associated BUCS Points') and Appendix 10 ('BUCS Promotion, Relegation and Knockout Information').

LAC 3 Pitches

LAC 3.1 Playing field dimensions and markings shall be as per the rules of World Lacrosse being followed as per LAC i–LAC iii, with the following variations permitted:

- Pitches may be 91-110m long. When reducing or extending the length of the pitch from that permitted by the rules of World Lacrosse (91.4-100m), remove/add equal amounts from both areas to the side of the centerline. The distance from each goal line to end line shall remain as 12m and the distance from each goal area line (men's)/restraining-line (women's) shall remain as 22m.
- Lines can be between 5-10cm in width if shared with any other sport(s), preferably 10cm for the centreline and 5-5.1cm for all other lines, and the women's centerline can be marked from sideline to sideline - it does not need to be just 3m in length.
- It is recommended, but not required, that all lines be painted white, and where some line markings are shared with any other sport(s), it is not a requirement that all the line markings are the same colour.

LAC 3.2 It is the responsibility of the first named (home) team when confirming the fixture (note REG 9.5) to advise the opposition team and all match officials of the playing surface and on any footwear restrictions and the type of surface to be used (note REG 9.3.3).

LAC 4 Match officials Match officials should be appointed as per Appendix 5 ('BUCS Match Officials Requirements').

LAC 4.1 All institutions/Playing Entities are required to submit the name(s) and contact details of those responsible for arranging match officials for their home fixtures by the deadline stated in the BUCS Sport Specific Affiliations Document. Failure to do so will lead to sanctions as outlined in the BUCS Sport Specific Affiliations Document.

LAC 5 Shot clock The World Lacrosse shot clock rules shall not apply. For Men's Lacrosse, World Lacrosse stalling rule (Rule 62, moved to Appendix F) shall apply.

LAC 6 Substitutes Substitutes shall be used in accordance with the rules of World Lacrosse for the specific gender competition.

LAC 7 Minimum number of players for a fixture to start The minimum number of players per team required for a fixture to start will be eight for Men's and Women's teams.

LAC 8 Duration of play With the exception of the National Championship and National Trophy finals, in a variation to the rules of World Lacrosse, there shall be no use of stopping clocks, only running clocks.

LAC 9 Ties in league matches A tie in league matches can occur. If at the end of normal time the score is tied, then the match will be counted as a draw and each team will receive 1 point.

LAC 10 Ties in knockout matches In the event of a tie at the end of regulation time, the overtime procedures as outlined in the rules of World Lacrosse for the specific gender competition shall be followed.

LAC 11 Additional Tier 1 and below/National Trophy/Conference Cup specific requirements If during a match, the scoreline reaches a point where one team has scored eight more goals than the other, then the restart following the goal which led to this scoreline can be opted by the losing team to be uncontested, with the ball awarded to the losing team at the halfway line to restart play. All players will remain under the same field constraints as if it was a contested restart with a minimum of 3 players from the winning team in the attacking half. This shall continue to be the case after each goal scored until the score difference becomes less than eight goals, at which point a contested restart shall be reintroduced.

LAC 12 Additional Women's Lacrosse specific requirements

LAC 12.1 Protective eyewear All field players are required to wear protective eyewear that:

- Is designed for use in lacrosse
- Meets one of the following recognised lacrosse protective eyewear performance standards:
 - ASTM F3077
 - UKCA Certified
- Fits securely and comfortably
- Does not obstruct vision
- Is maintained and used in line with the manufacturer's instructions

LAC 12.2 Protective soft-shell headgear Field players are permitted to wear soft-shell protective headgear which meets the applicable ASTM standards or comparable standards in the country of product origin. If soft-shell protective headgear is worn, the player must also wear protective eyewear that meets the requirements detailed in LAC 12.1. If protective

eyewear is integrated into the protective soft-shell headgear, both the headgear and the eyewear must meet their respective standards.

LAC 12.3 Squad size The maximum squad size for a match shall be 22 players.