**How to start a franchise in the PLL:**

1. The costs to join the PLL is a one-time $4,000,000 franchise fee.
2. Team may also pay a one-time $15,000 fee & a $5,250 annual league fee until the 4,000,000 has been reached.
3. **However, only the following ownership types are acceptable for PLL teams:**
	1. A group of no more than 32 people per franchise, with one holding a minimum 30% stake (may be a religious group and/or non-profit organization).
	2. *A publicly owned, non-profit corporation with a 7-member committee (mostly) appointed by the board of directors:*
		1. No one is allowed to hold more than 200,000 shares.
		2. A share must cost at least $75 but no more than $350 2020 US dollars.
		3. All stocks do not include an equity interest, do not pay dividends, cannot be traded, and has no protection under securities law.
		4. *Shareholders receive nothing more than the following (This now includes the Green Bay Packers as well):*
			1. Voting rights:
				1. i.e., electing at least 1 member of the board of directors and the team president that leads a 7-member committee & represents the team at league meetings.
				2. Only the president gets paid for his services, the other 6 committee members sits gratis.
			2. An invitation to the corporation's annual meeting.
			3. An opportunity to purchase exclusive shareholder-only merchandise.
			4. Some season-ticket purchasing privileges in the form of a 10% discount on all plans.
			5. Inheritance rights to any dependent, if the shareholder dies.
			6. A souvenir certificate to hang up on the wall.
			7. The chance to buy exclusive shareholders-only merchandise.
			8. Flexible payment plan options for all season ticket plans.
			9. 1st Right of Refusal on Next Seasons Tickets
			10. The same ticket exchange program used by season ticket holders.
			11. Early access to the PLL’s Football advisory Network.
			12. Priority status for playoff tickets & season ticket renewal.
			13. Free tickets to the following:
				1. 1 team tryout session during the preseason.
				2. The preseason game(s).
				3. One live practice (date determined by the team)
				4. 1 VIP field pass for one home game.
				5. An invite to the annual shareholders meeting during training camp.
				6. 1 preseason / kickoff party only accessible to shareholders & season ticket holders.
				7. Access to exclusive team events & player meet-and-greets only accessible to shareholders & season ticket holders, such as the end of season party with the team & the Pregame Talks with Head Coach
			14. A 10% discount on the following:
				1. Regular team merchandise.
				2. Tickets for individual game(s).
				3. All parking adjacent to the stadium.
				4. All season ticket plans (both full & partial); will be the same seat for each home game.
				5. This will double for at least every 10 shares that the shareholder buys in additions to the 1st one.
			15. ALL the following who are also shareholders will also receive an additional 17.76% in addition to the already existing discounts if they can provide official documentation of service during their application:
				1. Current US military servicemembers (excluding those in basic training, OCS, WOCS, & the service academies).
				2. Veterans who were not dishonorably discharged.
				3. Examples include a DD-214 for veterans or a current ID card for those currently in the service.
				4. This also counts for the Federal Military Teams.
			16. All shareholder benefits will be directly provided by the team (or the closest team geographically to the shareholder, for teams owned by either the Federal Government)
			17. However, the shareholder may also designate a specific team they would like during the application process as well.
	3. *A City and/or County Government as a 501(c)(6) mutual-benefit nonprofit corporation:*
		1. A City and/or County Government that owns a PLL team must also sell shares/stocks to anyone in the Combined Statistical Area (CSA) in order to raise funds for the team.
		2. The same rules for shares/stocks listed above for publicly owned/non-profit corporations will also apply, except that the governmental entity will appoint 1 member each to the 1) board of directors & 2) the 7-member committee that does the following:
			1. Directs corporate management.
			2. Approves major capital expenditures.
			3. Establishes board policy.
			4. Monitors the performance of management in conducting the business and affairs of the corporation.
		3. All excess revenue that is left after paying all of the players, coaches, & staff must go to funding local government agencies/programs (example = police/fire departments, public transportation, etc.)
	4. The federal government (for the following military teams only – Air Force, Army, Coast Guard, & Navy).
	5. *People are allowed to invest in the league itself in order to help bailout teams if they cannot support themselves financially:*
		1. As a result, all teams may have no more than 25% of the ownership rights go to the league.
	6. All teams are required to release their financial balance sheet every year.
	7. The PLL will have limited revenue sharing, evenly distributing expansion fees and league-wide sponsorship revenue to other teams.
4. **In addition, all PLL teams must have a stadium with all of the following:**
	1. At least *3,000* total seating capacity.
	2. A Combined Statistical Area (CSA) or Metropolitan Statistical Area (MSA) of at least *300,000*.
	3. Locker rooms with showers for both teams and officials.
	4. PA system and scoreboard.
	5. The ability to sell tickets and concession.
	6. Turf is not required, but it is encouraged.
	7. Properly lined field if not turf.
	8. The home team is also responsible for providing water and food for the visiting team, ensuring there is a trainer or doctor on-site for the match, and paying the referees fees at the end of each game.
5. **All cities can have no more than 2 PLL teams within their entire Metropolitan Statistical Area (MSA) or Combined Statistical Area (CSA):**
	1. Examples of Metropolitan Statistical Areas = [Dallas–Fort Worth metroplex](https://en.wikipedia.org/wiki/Dallas%E2%80%93Fort_Worth_metroplex), [Norfolk-Virginia Beach (Hampton Roads)](https://en.wikipedia.org/wiki/Hampton_Roads), [Riverside–San Bernardino (Inland Empire)](https://en.wikipedia.org/wiki/Inland_Empire) or [Minneapolis–Saint Paul](https://en.wikipedia.org/wiki/Minneapolis%E2%80%93Saint_Paul) ([Twin Cities](https://en.wikipedia.org/wiki/Twin_Cities)).

# **General Rules:**

1. **During play, a team consists of 10 players:**
	1. 1 Goalkeeper (GK).
	2. 3 Defenders (D).
	3. 3 Midfielders (M).
	4. 3 Attackers/Forwards (A/F).
2. Four long–sticks per team are allowed on the field at any one time.
3. During a typical game, the number of officials is three.

## Field Dimensions:

1. 330'x 180'
2. ****PLL has a two-point goal line 16 yards (15m) from each goal.
3. PLL has no restraining box.

## Timing Rules:

1. A game consists of four 15-minute periods with the teams changing ends each period.
2. Each team is given a 2-minute break between the 1st and 2nd quarters, and the 3rd and 4th quarters.
3. **Time Outs:**
	1. Each team may take three 45-second timeouts per half.
	2. A TV game has one timeout per period.
4. If the game is tied at the end of regulation play, a 5-minute sudden death overtime is played.
5. **Shot Clock:**
	1. A 60-second clock begins (counting down) when a team assumes possession of the ball.
	2. The offensive team must put a shot on goal during that time or they will lose possession.
	3. If they do shoot on goal (without scoring) and recover possession of the ball (via rebound/loose ball recovery), the clock is reset for a new 30 seconds
	4. 10-Second Violation - Occurs when team on offense fails to advance the ball past midfield within 10 seconds after taking possession at their end.
6. **Play is restarted with a**[**face-off**](https://en.wikipedia.org/wiki/Face-off#Field_lacrosse) **after the end of each score or the start of a quarter:**
	1. During a face-off, two players lay their sticks on the ground parallel to the mid-line inside the center circle, the two heads of their sticks on opposite sides of the ball.
	2. At the whistle, the face-off-men scrap for the ball, often by "clamping" it under their stick and flicking it out to their teammates.
7. **In the event of a tie, the teams play an overtime session that uses elements of penalty shootouts used in soccer and ice hockey:**
	1. A coin toss (called by the visiting team) will determine which team will go on offense or defense first, and which end zone will be used (both offenses will attack the same end zone, just as soccer shootouts are attempted at the same goal).
	2. Teams will attempt at least 3 but no more than 5, alternating two-point attempts at least 5yds from the goal crease
	3. Whichever team has the most points after the 3-5 tries, or after one team gains an insurmountable lead, will be the winner.

## Equipment Rules:

1. **Each player carries a lacrosse stick:**
	1. *A player's lacrosse stick must be either of the following:*
		1. Attack/Forward & Midfield = 40-46” (1.0-1.2 m)
		2. Goalies, Defense, & 1 midfielder 52-72” (m).
	2. A maximum of 4 players on the field per team (excluding the goalie) may carry a long stick which is between 52 and 72 inches (130 and 180 cm) long and is used by the three defensemen and sometimes one defensive midfielder.
	3. The goalie uses a stick with a head as wide as 12-15 inches (30-38 cm) that can be between 40 and 72 inches (100 and 180 cm) long.
2. **Besides a lacrosse stick, each player must also wear a certain amount of protective equipment, including the following:**
	1. A lacrosse helmet with facemask,
	2. Lacrosse gloves,
	3. Arm and shoulder pads, and
	4. Back/kidney pads
	5. Mouthguard
	6. Cup
	7. Rib pads are optional.
	8. Instead of shoulder pads and elbow pads, the goalkeeper wears a chest protector. He also wears special "goalie gloves" that have extra padding on the thumb to protect from shots

### Uniform Rules:

1. **Numbering system for all PLL players:**
	1. Attack/Forwards = 0, 00, 1-31
	2. Midfielders = 32-63
	3. Goalies & Defense = 64-99
2. **Both teams must wear their dark color uniforms during games (similar to rugby or this** [**NAL Championship Game**](https://www.youtube.com/watch?v=5gMMdVxPCN4&feature=youtu.be)**) unless either of the following occurs (i.e. mandatory “Color Rush”):**
	1. The teams share similar colors.
	2. If someone is colorblind (i.e., teams with red or green uniforms will not participate).
	3. PLL Example: Atlanta Blaze & Boston Cannons.
3. **If that is the case, the designated home team will wear their dark color uniforms and the away team will wear either of the following:**
	1. Their lighter color uniforms.
	2. An alternative darker color uniform.

Contact Rules:

1. **Checking:**
	1. *Body checking is when a layer is obstructing an opposing player with their body to weaken their stick handling ability. The rules regarding legal body checks in boys lacrosse are summarized below:*
		1. Player being checked must be in possession of or within 5 yards of a loose ball (3 for youth)
		2. Body checks must be from the front or the side
		3. Body checks must be above the waist and below the neck
		4. Both hands of the player applying the check shall remain in contact with the crosse
	2. *Stick checking is when a defending player uses his or her stick to lift or poke another player’s stick (on the head and/or shaft) in order to dislodge the ball:*
		1. Stick checks must be under control
		2. Checks must be above the waist and below the neck
		3. Checks must be from the front or side

Penalties:

1. **Personal foul penalties:**
	1. Slashing = Illegal stick check to the body of a player
	2. Tripping = Impeding an opponent at or below the waist (with either the feet and/or a stick), and causing him to fall.
	3. Cross-Check = Contact made when a player has his hands spread apart on his stick and uses his shaft to push another player instead of using his hands.
	4. Illegal body checking
	5. Blows to the head and/or neck
	6. Late hit
	7. Unnecessary roughness
	8. Unsportsmanlike conduct
	9. Illegal stick.
	10. *Personal fouls are penalized with a 1 to 3 minute suspension from game play; the offending player serves their penalty time in the designated penalty box:*
		1. The team that committed the penalty will have to play a man/player down, similar to the power play in ice hockey.
		2. However, if the personal foul was blatantly malicious and deliberate, the offending player may be disqualified from the game outright.
2. **Technical foul penalties:**
	1. *Off-Sides:*
		1. The 3 offensive & 3 defensive players may not cross the midline at any point.
		2. The goalie may leave the goal area but cannot leave the penalty/restraining area at any point.
		3. No more than 6 offensive players (i.e., 3 attackers & 3 midfielders) & 7 defensive players (i.e., 3 defenders, 3 midfielders, & the goalie) on either side of the field at any given time
	2. *Crease Violation:*
		1. All offensive players or their sticks may not enter the goal area at any time while the goalie is in the area. Once a goalkeeper leaves the crease, he loses these privileges.
		2. Defensive players with or without the ball may pass through the crease but are not allowed to attempt to block a shot from within the crease.
	3. *Illegal procedure, which includes the following:*
		1. Touching of the ball by a player other than the goalie
		2. Playing in the game without a stick
		3. Use of illegal equipment other than the stick
		4. Avoidable lateness of the team
		5. Placing a stick in an opponent's face
		6. Entering the game prior to expiration of a penalty
		7. Delay of game
		8. More than 10 men on the field
	4. Holding = when one player keeps another player from getting to where he wants to go by using their arms, stick, or feet.
	5. Interference = Occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the player, or both players are within five yards of a loose ball.
	6. Pushing = when a player thrusts or shoves a player from behind.
	7. Screening = when an offensive player moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending.
	8. Stalling = Occurs when a team intentionally holds the ball, without conducting normal offensive play, with the intent of running time off the clock.
	9. Warding Off = Occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick check.
	10. All are change of possession fouls unless the team that is fouled has possession.
3. If the team that commits the foul has possession have to serve a 30 second penalty.

## Scoring Rules:

1. Dive shots are allowed.
2. All goals scored inside the two-point goal line 16 yards (15m) are worth 1 point.
3. All goals scored outside the two-point goal line 16 yards (15m) are worth 2 points.

# **Roster & Salary Rules:**

1. **Each team's roster consists of 26 players:**
	1. All players are eligible to be selected for the 20-man active roster during the regular season and the playoffs.
2. **The new PLL salary cap for civilian teams per season is $415,000:**
	1. Rookies: $10,208
	2. Second-year players: $12,196-$16,631
	3. Veteran minimum: $15,165
	4. Veteran maximum: $30,132
	5. Franchise player: $37,664
	6. Because of this, players and staff generally hold other jobs, and the league does not provide health insurance coverage.
	7. The PLL open-sources its highlights, allowing players to freely use them to build their own personal brands
3. **The** **Federal Military Teams can only have a max of 26 players from the following:**
	1. Air Force = Air Force Academy.
	2. Army = US Military Academy.
	3. Coast Guard = Coast Guard Academy & Merchant Marine Academy.
	4. Navy = Naval Academy & Merchant Marine Academy.
	5. All Federal Military Teams = The Citadel Corps of Cadets, University of North Georgia ROTC, Norwich University Corps of Cadets, Texas A&M University Corps of Cadets, Virginia Military Institute, & Virginia Tech Corps of Cadets.
	6. All players can only play for a max of 5 years while also concurrently serving at their branches’ service academy as a tutor / teacher’s assistant in a reserve capacity (i.e.at least 1 weekend a month); after this, they must serve for at least 3 years in active duty.
	7. All players will be paid according to their rank (i.e. an W-2 playing for any of the Federal Military Teams will still earn the same pay as any other W-2).
	8. All players cannot be promoted above W-3 Chief Warrant Officer 3 until after their professional sports career is over.

# **Season Structure:**

## Preseason:

1. Each team must begin preseason training in the first week of May.
2. Each team plays 1 preseason scrimmage on the last Saturday of May.
3. **All teams must host an open 1-week tryout no more than 1 week prior to the start of fall training camp:**
	1. A max of 200 potential players in addition to all of the players from the previous year are allowed (i.e., a max of 226 total players).
	2. The tryout for rookies & free agent signings will start on the 1st Monday of May for all AAF teams.
	3. *Players will be tested on the following:*
		1. 40yd Dash
		2. 3 Cone
		3. Triple Broad Jump
		4. Position-Specific Drills
		5. One-On-One Drills
	4. All positions will be evaluated in tryouts.
4. **Registration fees:**
	1. A $58 pre-registration fee for the following types of players listed below can be applied no more than 1 day before the start of the tryouts/preseason.
	2. All of the registration fees listed above are in 2020 USD; both fees must be adjusted for inflation at least once every 5 years.

## Regular season:

1. **Television coverage (Regular Season & Postseason):**
	1. Lax Sports Network
	2. ESPN
	3. ABC
	4. ESPN2
	5. ESPN+
	6. CBS Sports Network (Final only).
2. **Each team plays a 15-week season starting on the 1st Saturday of June and ending on the last Saturday of September, with one bye week:**
	1. Each team plays 2 games (1h/1a) against the other 6 teams in their division (12 Games).
	2. The Federal Military Teams will play the other 3 teams at least once.
	3. The civilian teams will play the top team in the other 3 divisions once
	4. *All PLL games must be scheduled on the following:*
		1. Saturday & Sunday afternoons & evenings.
		2. All teams can have no more than 1 game per week.
		3. All teams are required to have an off day after a game.
3. **Bonus Points System:**
	1. 4 points for winning a game in regulation.
	2. 3 points for winning a game in overtime.
	3. 2 points for drawing a game (i.e., 2 points for both teams).
	4. 0 points for losing a game.
	5. 1 bonus point for losing by 5 points (or fewer) and/or in overtime.
	6. 1 bonus point for scoring 15 goals (or more).
	7. 1 bonus point for scoring at least four 2-point goals (regardless of whether they win, lose, or tie).
	8. 1 bonus point for scoring at least three more 2-point goals than the opponent.
	9. All teams are allowed no more than 2 bonus points per game.
	10. *At the end of the regular season, the team with the best regular-season record (i.e., highest point total) is awarded the Morrow-Robertson Trophy:*
		1. For those who don't know, it echoes the practice of the top European soccer leagues in which the team with the best record is the champion, similar to the Supporter’s Shield in MLS.
		2. The Morrow-Robertson Trophy winner is guaranteed home-field advantage in all rounds of the playoffs they compete in, including the PLL Championship.
		3. The Morrow-Robertson Trophy can just be a certificate in a frame.
		4. Regular-season rankings will be based on the amount of bonus points that each team has.
	11. *Tie-breaker - If only two teams are level on league points:*
	12. The team that won the head-to-head match (if applicable) is ranked first.
	13. If this game was a draw, then the team with the more wins is ranked first
	14. Point difference (PD) = is the number of points scored in all league matches minus the number of points conceded.
	15. Points for (PF) = is the total number of points scored by a team over the course of the regular-season.
	16. Points against (PA) = is the number of goals scored against them by their opponents over the course of the regular-season.
	17. Fewest disciplinary actions.
	18. Strength of schedule = two-third (66 2/3%) for the opponent's record and one-third (33 1/3%) for the opponents' opponents record.
	19. Total number of points scored on the road.
	20. Road point difference.
	21. Total number of points scored @ home.
	22. Home point difference.
	23. If still identical, a play-off is required.
	24. Coin toss (2 teams) or drawing of lots (at least 3 teams).
4. **The New PLL Ticket Prices:**
	1. Endzones = at least USD $15.35 / CAD $21.05 per person at least 1 week prior to the game.
	2. Sidelines = at least USD $30.85 / CAD $42.31 per person at least 1 week prior to the game.
	3. All tickets will increase by at least 20% the Monday before a game.

## Post season:

1. **The postseason is an 8-team single-elimination tournament in which the top 2 teams from each division are automatically chosen:**
	1. 1st Round = the #1 vs #2 in each division.
	2. 2nd Round = West vs North & East vs South divisional Champions
	3. The team that wins the PLL championship will be awarded the Hochstadt-Rabil Trophy.

## Draft Structure:

1. **The PLL Draft (for civilian teams only) takes place in the last week of April and lasts two (2) rounds.**
	1. All teams can only draft 2 players per draft.
	2. *All potential players must meet the following requirements in order to be eligible for the draft:*
		1. Have a college degree and/or be at least 12 years old.
		2. Have played college lacrosse in the US or Canada for at least 3 seasons.
		3. Have played professional lacrosse outside of the US & Canada for at least 3 seasons.
2. **Order of Draft Picks:**
	1. All draft picks can be traded.
	2. *Non-playoff Teams (1-16) - The selection order for the 2nd & 3rd rounds is based on a lottery selection:*
		1. 16 ping-pong balls numbered 1 through 32 will be placed in a lottery machine.
		2. All 16 balls are placed in the lottery machine and they are mixed for 20 seconds; then the first ball is removed.
		3. The process repeats until all teams have been assigned a pick.
	3. *Playoff Teams (17-24) - The selection order is based on when each team was eliminated from the playoffs:*
		1. *Ties between teams with identical records are determined by the following tiebreakers (in order):*
			1. Amount of bonus points
			2. Strength of schedule
			3. Division tiebreakers
			4. A pre-draft coin flip
		2. Eliminated in First Round (21-24)
		3. Eliminated in Second Round (21-22)
		4. PLL Runner-up (23)
		5. PLL Champion (24)