



Women's Field Lacrosse

Section Overview:

Women's Field Lacrosse League Structures

Women's Field Lacrosse Modified Playing Rules & Mechanics

Small-Sided Games Option





WOMEN'S FIELD LEAGUE STRUCTURE

Coaches

1 Certified Coach and
1 Certified Trainer per team

Officials

Minimum 2 officials
Minimum 1 table personnel*

Equipment

All equipment according to WL Rules
Coaches are responsible for
pre-game equipment check

Game Structure

Up to 2 x 20-min halves
Stop time last 30-sec of each half
One timeout per team per game

Optional Variations

Leagues may institute a
5-second player possession rule
or a 2-pass rule

Draws

Replaced by possession
to start the game / half

Scoring Restart

Play restarts in the goal circle
with the goalkeeper

On-Body Contact

First violation: major foul, body contact
Second violation: yellow card + removal
(no time penalty assessed)

Other Fouls

Administered according
to World Lacrosse Rules

Goal Circle Rules

Only the goalkeeper
is allowed in the goal circle

Venue Type

Outdoor Turf Field
Outdoor Grass Field
Indoor Turf Field

On-Body Contact is not permitted

Players may not initiate any body-to-body or stick-to-body contact at all during play, including setting picks

First infraction of no-contact rule: major foul for body contact

Second infraction of no-contact rule by the same player: removal from the balance of the game (no time penalty assessed)

* Table personnel may include a
scorekeeper or table official who is
assigned by the OWFL Assignor



WOMEN'S FIELD PLAYING RULES

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Game Play

- Games are no longer than 40 minutes (two 20-min halves, 3-min half time, teams do not change ends)
- One 2-min timeout per team per game
- Stop time is the last 30-seconds of each half
- Players on the field may vary between 3v3 and 10v10 (a minimum of 4 subs per team is recommended)
- Leagues may choose to adopt a 5-second player possession rule or 2-pass minimum rule

Starting / Restarting Play

- The visiting team is awarded possession to begin the game
- The home team is awarded possession to begin the second half
- In all instances where a throw may result, the officials will award possession alternating with the home team first and the visiting team second
- The officials do not conduct pre-game mouthguard or stick checks

Post-Goal Restarts

- The officials do not conduct a post-goal stick check of the scoring player, or at any point during the game
- The goalkeeper is awarded the ball in the goal circle and the opposing team must clear to centre before they can re-engage in play
- Play restarts in the goal circle with the official's whistle, and a 5-second count for the goalkeeper to clear the ball from the goal circle
- The official does not touch the ball with their hands

Rules Administration

Aside from these rule modifications, all World Lacrosse / OLA / OWFL playing rules are in effect. Where a situation occurs in any scrimmage or game that is not covered by these rule modifications, the official's decision is final and is guided by the principle of "erring on the side of caution in the interest of participant safety." Situations that affect game play should be reported to the appropriate league representative for inclusion in updated versions of this document. Where these RTA protocols are not followed, officials and/or league personnel have the authority to suspend game play and file a report with OLA VP Field and OLA VP Officiating.



WOMEN'S FIELD PLAYING RULES

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11m Setup

- The ball carrier is positioned on the 11m hash closest to the position of the major foul
- The defensive player who fouled is positioned 4m behind the ball carrier
- One defensive player is allowed to be positioned on each of the adjacent hashes
- The 11m area is cleared
- Contact is not allowed between teammates or opponents

Ground-Ball Situations

- No more than two players may contest a ground ball at any time
- The official nearest a contested ground ball will whistle to stop play and call out the jersey colour of the player closest to the ball
- The closest player will pick up the ball and their opponent(s) must fall back at least 2m (6ft), and the official will whistle to restart play
- Players who do not fall back at least 2m on a "ground ball / whistle" are penalized by a minor foul

Contact Foul Administration

- No body-to-body contact or stick-to-body contact at all during play, including setting picks
- On the first violation of the no-contact rule, the officials will assess a major foul for body contact
- On the second violation of the no-contact rule by the same player, the officials will signal a yellow card and remove the player from the balance of the game
- There will be no time-served penalty as a result of the yellow card

A note on rule modifications

In order for scrimmages or games to be played, the Province of Ontario mandates modifications to all sports where "contact is inherent to play." As a result, these rule modifications are mandatory for any sanctioned club playing within their own association or in a cohort league with a neighbouring community. While these modifications will be an adjustment to the way we approach lacrosse, they are rooted in a safety-first approach. In all cases, clubs are advised to ease into activity with a focus on participant safety prior to introducing scrimmages or game play.

women's field lacrosse GAME MODIFICATIONS ^{1/1}

Start of the Game:

At the beginning of the game, the visiting team is awarded possession of the ball at centre. The officials will begin play with a whistle, which will begin the countdown of the game clock.

For the beginning of the second half, the home team is awarded possession of the ball at centre.

To begin either half, players must be positioned on-side.

Goals Scored:

When a goal is scored, the officials will not conduct a post-goal stick check of the scoring player, or any player at any other point during the game. The goalkeeper will be awarded the ball in the goal circle to restart play.

Play restarts with a whistle, which initiates a 5-second count for the goalkeeper to clear the ball from the goal circle.

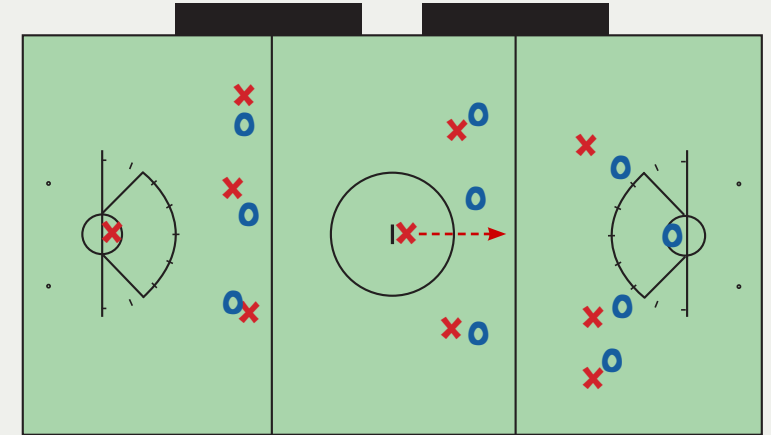
Players from the scoring team must clear to their defensive half of the field before they can re-engage in play.

Ground Balls:

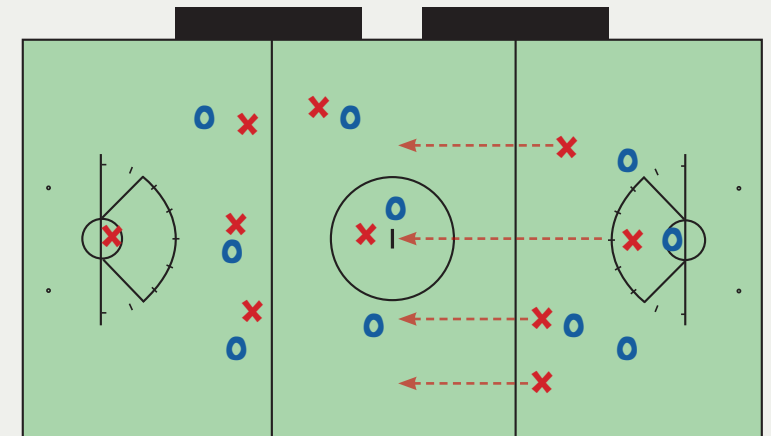
No more than two players may contest a ground ball at any time.

When two players are contesting a ground ball, the officials will stop play quickly before contact is made between the players and award the ball to player whose stick is closest to the ball.

To restart play, the opposing play must be positioned a minimum of 2m away.

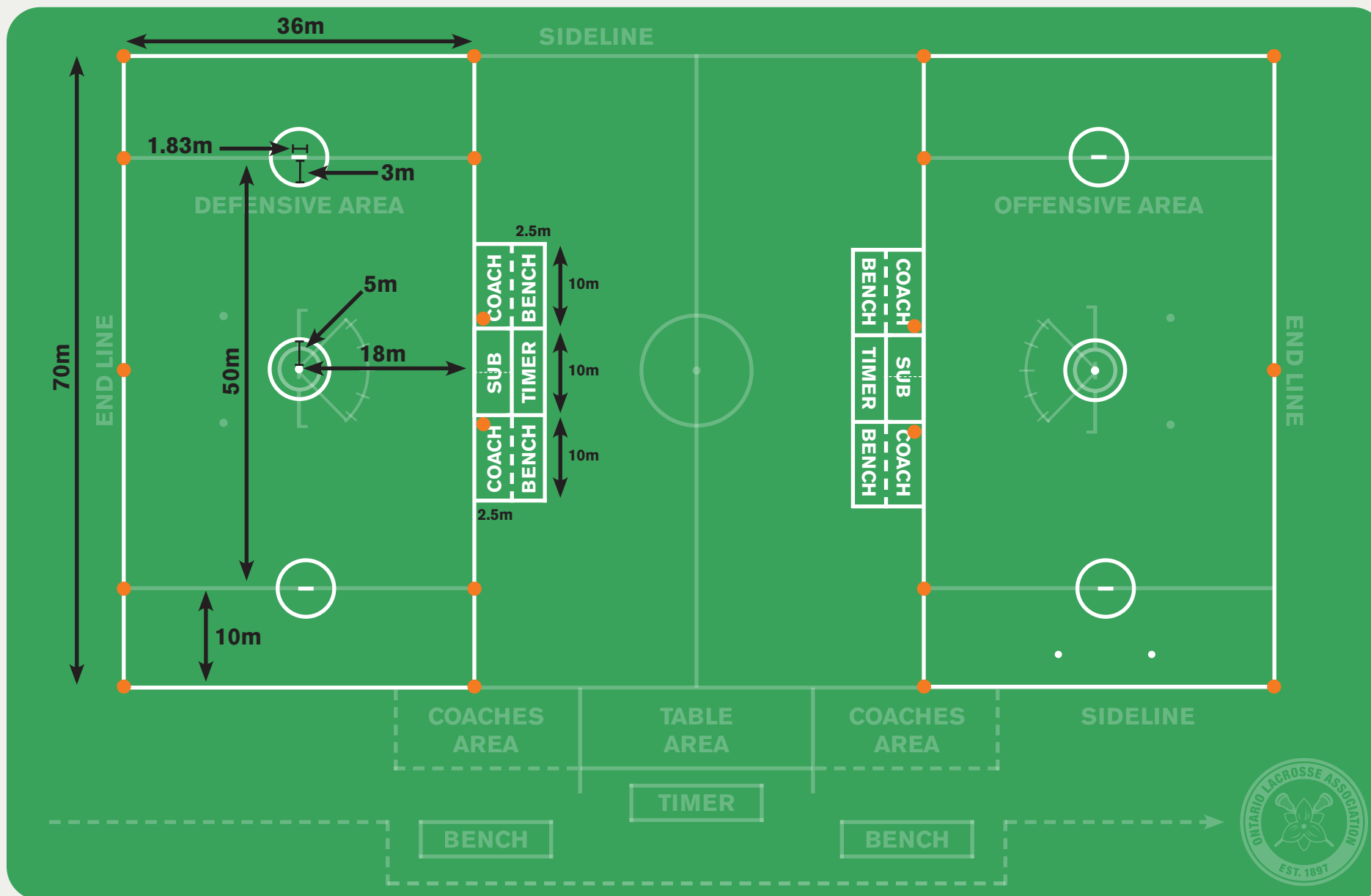


Visiting Team (red) starts with possession at the beginning of the game. Home Team (blue) starts with position for the second half. Players must be positioned on-side to begin.



Following a goal, the attacking players must clear to centre. The goalkeeper has 5 seconds to clear the ball from the goal circle. Officials will not touch the ball with their hands.

optional small-sided WOMEN'S FIELD LACROSSE



Small Games

For league play, fields must be professionally lined according to these playing diagrams. For scrimmages, fields do not necessarily need to be professionally lined by the municipality; pylons or other markers can be used as a cost-effective and simple solution for clubs to organize small-sided games on a field.

This diagram demonstrates how regulation fields are large enough to accommodate two separate small-sided women's field lacrosse games played simultaneously.

These games are played using the modified playing rules for women's field lacrosse outlined by World Lacrosse, and appropriate for leagues playing between 3v3 and 7v7 in cohorts which do not exceed 50-players.

Municipal facilities have various field configurations which may determine whether this layout will be safe for participants and spectators. Clubs must consider their own field layouts to determine if it is safe to use these formats.

