

OWFL 2020 Rules Cheat Sheet

U11

- Free movement after the signal of the foul by the official
- Self-start off of boundaries
- Updated stick list -- still has to follow pocket depth
- 1 pass rule – must be caught in the offensive end of the field
- No defense allowed in the crease
- 4 – 10min quarters
- Goggles highly recommended but not mandatory

U13

- Free movement after the signal of the foul by the official
- Self-start off of boundaries
- Updated stick list -- still has to follow pocket depth
- 2 pass rule – goalie pass will count – 1 must be caught in the offensive end of the field
- No crease violations
- 4 – 10 min quarters
- Goggles highly recommended but not mandatory

U15

- Free movement after the signal of the foul by the official
- Possession off of restraining line
- Self-start off of boundaries
- Updated stick list -- still has to follow pocket depth
- Active defense allowed in the crease
- 4 – 12.5 min quarters
- Goggles highly recommended but not mandatory

U19/Senior

- Free movement after the signal of the foul by the official
- Possession off of restraining line
- Self-start off of boundaries
- Updated stick list -- still has to follow pocket depth
- Active defense allowed in the crease
- 4 – 12.5min quarters
- Goggles highly recommended but not mandatory