
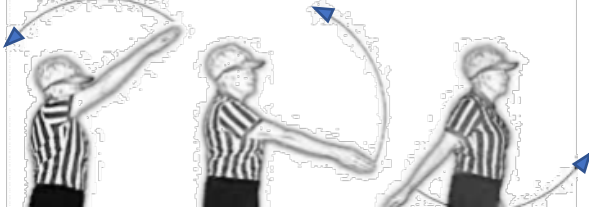




OWFL Rules & Rule Modifications 2023 – JEWL

NOTE: This document only highlights rules that are called differently for OWFL JEWL play. Most fouls (push, block, offside, etc.) are not outlined in this document. For a list of major, minor, restraining line and goal circle fouls, see the most up-to-date version of the [World Lacrosse Women's Field Rules Book, 2022-2024 edition](#). Rule modifications contained in this document should be taken as the official OWFL rule when they conflict with a rule in the rule book.

GAME SET-UP	
Field & Lines	NEW in 2023: 15m semi-circle fan only + traditional field size & lines. See OWFL 2023 Field Lining Guide .
Sub Box	NEW in 2023: Shared substitution box at all levels. See OWFL 2023 Field Lining Guide .
Quarter Length	15 min. (This is the World Lacrosse standard, but not standard for OWFL)
Shot Clock	<p>90 seconds shot clock. Violation = turnover.</p> <p>The shot clock RESETS on every:</p> <ul style="list-style-type: none"> • Possession after a draw • Change of possession • Shot where the goalie saves the ball • Shot when the ball hits the post or deflects off the goalie*** • Card issued • Offside violations <p>The shot clock PAUSES on Major Foul Free Positions in the MA:</p> <ul style="list-style-type: none"> • Major fouls on a hash mark in the MA = shot clock is paused. • New in 2023: The officials will make an "X" above their heads without a whistle to indicate the shot clock should be paused. It would restart on the next whistle. <p>Official calls: "RESET!"</p>  <p>Official calls: "POSSESSION!" or "RELEASE!" on the draw, which starts the Shot Clock.</p>  <p>Clarification for 2023: *** Reset the shot clock once when the ball hits the post or the goalie's body (deflection) AND AGAIN when a team regains possession (ball in control in their stick). Whichever team regains the ball is given a full 90 seconds of possession.</p>
Mercy Rule	Whenever a team leads by 12 or more goals, the losing team will be awarded the ball at centre following every goal. If the score differential becomes less than 12 goals, resume draws after goals. In either instance, play is restarted with a whistle. There are always draws to restart quarters, regardless of the goal differential. When the mercy rule is in effect, the clock runs in the last 30 seconds of Q1, Q2 and Q3 or 2 minutes of the game (Q4).
Stick Checks	No pre-game stick checks by officials for illegal sticks/pocket depth.
GOALIES & THE CREASE	
Ball in Crease Duration	NEW in 2023: 5 seconds is the new World Lacrosse standard. Count begins once the goalie has possession . Violation = Goal Circle Foul. There are significant changes to possession rules in the crease. See OWFL 2023 Crease Rules & Modifications for details.
Attack in Crease	NEW in 2023: Attack players may play a loose ball in the crease. Their feet may follow-through the crease after the shot completely crosses the goal line. See OWFL 2023 Crease Rules & Modifications for details.
Defense in Crease	NEW for U13: Defense may <i>move through</i> the crease. They should not <i>remain</i> in the crease. Called if/when impacting play (like 3 Seconds). Exception: The defensive player(s) marking the ball carrier within a crease length may remain in any portion of the crease while defending. Violation = Goal Circle Foul.
Deputy	NEW in 2023: Defense may bat or flick the ball to their goalie while moving through the crease. Only the goalie may "trap" a loose ball in the crease. The goalie must be the one to clear the ball from the crease. Violation = Goal Circle Foul.
GAME PLAY & FOULS	
Minor Fouls in Marking Area	NEW in 2023: When the defensive team commits a minor foul in the Marking Area (fan), the attack player who was fouled will be awarded the ball on the Marking Area line, in line with the foul, not necessarily on a hashmark. The Marking Area is NOT cleared.
Shooting Space Exception	Updated for 2023: Rule 20.B.7 See Exception: If the whistle is blown for a Shooting Space violation, between a) the moment the shot has been released and b) a goal is scored (11.A.2); the goal will count. If the goalkeeper saves the shot while in the Goal-Circle or the shot hits the post; the goalkeeper is given possession of the ball inside the Goal-Circle and play is re-started on the official's whistle. Procedure: The official who blew their whistle for the violation should indicate the Shooting Space violation before waving off that call (use no goal signal). Note: If a shooter is called for a Dangerous Propel, the goal will NOT count. Resume play with a throw (Shooting Space and Dangerous Propel are offsetting Major Fouls).

NOTE: Field lining for OWFL JEWL is standard for World Lacrosse, but not standard for OWFL (re: fan dimensions). See [OWFL 2023 Field Lining Guide](#).

