



OWFL Rule Modifications Summary Chart 2024

Last Updated: January 24, 2024

World Lacrosse Rule	2023 OWFL Modifications to Maintain in 2024	New in 2024	2024 Clarifications
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NOTE: This document only highlights rules that are called differently at various levels of OWFL 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.

	U9	U11	U13	U15	U19	JEWL	2022-2024 WL Rule Book
GAME DURATION & SET-UP							
Ball Used	Pink soft ball is used.			Yellow rubber ball should be used in all OWFL games.			
Field & Lines	Small Field / Restraining Line = centre line.			NEW in 2024 for U13, U15 & U19: 15m semi-circle fan/Marking Area. See Field Lining Guide .			
# of Players	6 + GK (7 total) / 4v4 hold 2 + GK			Regular – 9 + GK (10 total) / 6v6 hold 3 + GK			
Quarter Length	10 min.			12.5 min.		15 min.	
Stop Time	All whistles, last 30 seconds of every quarter.			All whistles, last 30 seconds of Q1, Q2, Q3 and 2 minutes of Q4.		In WL play, the clock only stops on certain whistles/fouls in the last 30 sec of Q1, Q2, Q3 and 2 min of Q4.	
Rest Time	2-minute between quarters total/inclusive; call teams back onto field at 1.5 minutes. 5-minute half time total/inclusive; call teams back onto field at 4.5 minutes.						Same as OWFL but the half time break is 10 minutes.
Shot Clock	No shot clock in use.				90 Seconds		No shot clock in use.
After Goals	Draws to start quarters only. Goalies clear the ball after goals. After a goal, players from the team that scored MUST retreat and touch centre line with their stick before re-defending. Violation = Major Foul. Ball carrying team awarded the ball at centre line. Opponent moved 4m behind. Whistle start.			Draws after every goal.			
Mercy Rule	Time runs in last 30 seconds of any quarter when a team leads by 12 or more goals.			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) in U15, U19, JEWL and 30 seconds of Q1, Q2, Q3 and Q4 in U15.		No mercy rule in effect.	
Timeouts	As per normal. Either team may request a timeout following a goal, but play will always restart with the goalie in their Goal-Circle. Whistle start. All attacking players must start along the centre line (sticks or feet touching the line). They may redefend following the whistle start. This is to mimic the retreat/touchback that is required after goals at U9/U11.			Set-up is as-per-usual, depending on where the ball was at the time the Timeout was called. 2 per team per game. No Timeouts in OT. Must be in possession of a dead ball outside the AFA to request a timeout.			
Stick Checks (Depth)	No pre-game stick checks by officials for illegal sticks/pocket depth.						Pre-game stick checks still observed in WL play.
Goggles	NEW in 2024: Goggles are mandatory for all levels of OWFL play. Violation = Minor Foul (Illegal Equipment). See OWFL Goal-Circle Rules & Modifications for more.						Goggles are not mandatory.
GOALIES & THE GOAL-CIRCLE							
General	See OWFL Goal-Circle Rules & Modifications for details.						See Rule 17.
Goalies	A goalie MUST always be on the field for each team. A team cannot play without a goalie.			Goalies are not a requirement to play. If there is no goalie on the field, a defensive player may clear a loose or low bouncing ball from the Goal-Circle but may not illegally defend a shot.		Goalies are not a requirement to play.	
Defense in the Goal-Circle	Defense may <i>move through</i> the Goal-Circle. They should not <i>remain</i> in the Goal-Circle. Called if/when impacting play (like 3 Seconds). Exception: The defensive player(s) marking the ball carrier within a crosse length may remain in any portion of the Goal-Circle while defending. Violation = Goal-Circle Foul.						The ball carrier being below or above the GLE impacts when off-ball defenders can move through the Goal-Circle. On-ball defenders can be in the Goal-Circle at any time. See Rule 17 for more.
Deputy	Defense may bat or flick the ball to their goalie while moving through the Goal-Circle. Only the goalie may “trap” a loose ball in the Goal-Circle. The goalie must be the one to clear the ball from the Goal-Circle. Violation = Goal-Circle Foul.						The word “Deputy” is no longer used. A defensive player may now be in the Goal-Circle at the same time as the Goalie. They may possess the ball in the Goal-Circle.
Goalie Leaving the Goal-Circle	When the attacking team has the ball, or was the last team to possess the ball, and the goalie leaves the Goal-Circle (BOTH feet outside/off the Goal-Circle line), the attacking team is automatically granted their required passes to shoot/score. Exception: The defensive team, including the goalie, has the ball, or was the last team to possess the ball, and the goalie is outside the Goal-Circle, the attack will not automatically be granted 1 pass if/when they regain possession. The goalie MUST return to the Goal-Circle following a turnover. Violation = Goal Circle Foul.			Goalies may leave the Goal-Circle at any time.			





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	U9	U11	U13	U15	U19	JEWL	2022-2024 WL Rule Book
Draw Set-Up							
Draw Usage	Draws only at the start of every quarter.			Draws start every quarter and following goals unless the Mercy Rule is in effect (see above).			
Goalie Positioning on the Draw	Goalies must remain in their Goal-Circle during the draw.			Goalies must remain below their defensive restraining line during the draw.			
Goalie Positioning after the Draw	Goalies may not cross the centre line.			Goalies may not cross their team's attacking end restraining line.			
Player Positioning on the Draw	3 players in on the draw. All other players need to be inside/below the 11m fan.			3 players per team between the restraining lines on the draw (including the people taking the draw). All other field players below <i>either</i> restraining line.			
Possession on the Draw	No possession required. All players released/may move on the whistle.			Possession is required for other players to enter the midfield between the restraining lines.			

GAME PLAY & FOULS							
Body-to-Body Contact	Legal defense-initiated body-to-body contact, which may include the shaft of a stick that is NOT horizontal, is only permitted in a team's defensive Advantage Flag Area (AFA) . Violation = Major Foul.			All legal body-to-body contact is permitted.			
Stick-to-Body Contact	No horizontal stick-to-body contact is permitted at any time. The intent is to eliminate the middle of the shaft of a defender's stick from contacting the ball carrier's arm once or multiple times in a row. The defender's stick head should NOT be parallel to the butt-end of the stick or (as on the draw) within approximately 30° from being parallel with the ground. Violation = Major Foul.			All legal stick-to-body contact is permitted.			
Stick Checking	No stick checking is permitted. All stick-checks (even Empties) are a major foul. Violation = Major Foul. Incidental stick-to-stick contact may occur and is not inherently a foul.			Legal stick checking is permitted.			

5 Second Rule (U9 & U11 Only)	<p>Closely Guarding: A defender who is <i>goal-side</i>, within a stick length, with their stick 'up', their torso typically facing a ball-carrying opponent. When a defender does these first three italicized actions together, they are actively engaging their attacker, and the 5 Second Count begins.</p> <p>An attacker must run, dodge, back away, sidestep, pass or shoot (if permitted) to break one or more of the three above components to end the count. The count always resets from zero when the same or another ball carrying attacker becomes closely guarded.</p> <p>① <i>Guidance: Stick "up", means that the head of the defender's stick is above the butt of their own stick. Their stick should not be horizontal, as no horizontal stick-to-body contact is permitted at U9/U11. Defenders on-ball may take one hand off their stick to block a passing lane or occupy more space, and the 5 Second Count stays ON if activated. Two hands on a stick is not a requirement.</i></p> <p>① <i>Guidance: Stick length, includes the length of a defender's stick and arm when the stick/arm is extended.</i></p> <p>① <i>Guidance: Goal-side means the defender is between the ball carrier and their own goal circle/net.</i></p> <p>① <i>Guidance: Officials should not start the Five Second count immediately after a new player receives a pass or picks up a ground ball. The official may give a new ball carrier 2 seconds to situate themselves with the ball before enacting the 5 Second Count. This is necessary as we do not want athletes to be rushed and officials are not always looking on-ball. The count should be signaled with an audible "1 - 2 - 3 - 4 - 5" and a low, chopping motion with one arm, as per the 5 Second Count on the goalie clearing the ball from the Goal-Circle.</i></p> <p>① <i>Guidance: For clarity, the 5 Second Count is not called when:</i></p> <ul style="list-style-type: none"> • A defender is within a stick-length with their stick up, but not goal-side. • A defender is goal-side and within a stick-length, but their stick is not up. • A defender is goal-side and their stick is up, but they are outside of a stick-length.
1 Attempted Pass Rule (U9 Only)	1 attempt at an overhand pass is required before an attacking team may take a shot on goal/score. The pass does not need to be caught but can be picked-up from a ground ball or bounce. The pass must be caught or picked-up in the attacking end of the field to count. Teams are encouraged to attempt multiple passes before going to goal. The ball is live off a rebound (the attacking team may continue to shoot until the defense gains possession). 1 pass is automatically granted to the attacking team on all 11m free positions, including Major, Minor, Goal Circle and Restraining Line fouls. Violations (ie. a shot is taken prior to one attempted pass being made) = No goal. Turnover to the goalie. Whistle start.
1 Pass Rule (U11 Only)	1 pass, from an overhand throw, must be caught in the offensive end of the field before an attacking team may take a shot on goal/score. The ball is live off a rebound (the attacking team may continue to shoot until the defense gains possession). 1 pass is automatically granted to the attacking team on all 11m free positions, including Major, Minor, Goal Circle and Restraining Line fouls. Violation (ie. a shot is taken) = No goal. Turnover to the goalie. Whistle start.

