



OWFL Rule Modifications Summary Chart 2023

Last Updated: June 1, 2023

2022 OWFL Modifications to Maintain in 2023	2023 OWFL Modifications	NEW rules from New World Lacrosse Rule book
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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](#) (December 2022). 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	NEW 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.		11m semi-circle fan only + traditional field size & lines. See Field Lining Guide .		15m semi-circle fan only + traditional field size & lines. See Field Lining Guide .			
Sub Box	Shared substitution box at all levels. See OWFL 2023 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	Last 30 seconds of every quarter.			30 seconds of Q1, Q2, Q3 and 2 minutes 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.							
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 type of mercy rule in effect.		
Timeouts	Two (2), 90 second timeouts per team, per game. Coaches & speaking captains may request a timeout after goals (even in U9/U11 when the ball starts in Goal Circle) or on their dead ball in outside the Advantage Flag Area.							
Free Movement	Applies.							
Self-Start	Applies.							
Stick Checks (for Pocket Depth)	No pre-game stick checks by officials for illegal sticks/pocket depth.						Pre-game stick inspections still occur.	
	Players are not required to drop their sticks after goals.							
	In-game stick-checks for pocket depth only upon request by an opposing coach, player or official. Rule 3.8 applies. Violations = Minor Foul.							
GOALIES & THE CREASE								
Ball in the Crease Duration	NEW: 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 the Crease	NEW: 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 the Crease	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 crosse length may remain in any portion of the crease while defending. Violation = Goal Circle Foul. [New for U9-U13]					NEW: The ball carrier being below or above the GLE impacts when off-ball defenders can move through the crease. On-ball defenders can be in the crease at any time. See Rule 17 for more.		
Deputy	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.					The word “Deputy” is no longer used in the rule book, but a defensive player can remain in the crease (just as a deputy was able to do) if the goalie leaves the crease.		
Goalie Leaving the Crease	When the attacking team has the ball, or was the last team to possess the ball, and the goalie leaves the crease (BOTH feet outside the goal circle), 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 crease, the attack will not automatically be granted 1 pass if/when they regain possession. The goalie MUST return to the crease following a turnover. Violation = Goal Circle Foul.		Goalies may leave the crease at any time. [New for U13]					





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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 crease 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 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 on the whistle.		Possession is required for other players to enter the midfield between the restraining lines. [New for U13 & U15]				
GAME PLAY & FOULS							
Minor Fouls in Marking Area	NEW: 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.						
Body-to-Body Contact	Legal defense-initiated body-to-body contact, which may include the shaft of a stick that is NOT horizontal, only permitted within the Advantage Flag Area. Violations = 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. Violations = Major Foul.			All legal stick-to-body contact is permitted.			
Stick Checking Modifications	No stick checking is permitted. Violation = Major Foul.		Legal stick checking is permitted. [New for U13]				
Check to the Head	2-minute mandatory Yellow Card awarded.						
Shooting Space Exception	NEW: 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).						
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. 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 crease.</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. Violations (ie. a shot is taken) = No goal. Turnover to the goalie. Whistle start.						
New in 2023 (U13 Only)	All legal stick checking is permitted at U13. There is no minimum passing requirement or rule for U13. Players may proceed to goal at any time.						

