



# OWFL Rules & Rule Modifications 2024 – U13

Last Updated: January 23, 2024

NOTE: This document only highlights rules that are called differently for OWFL U19 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.

### Clarifications for 2024

#### New for 2024

GAME SET-UP	
Field & Lines	15m semi-circle fan/Marking Area only + regular field size & lines.
Quarter Length	10 min.
Stop Time	Last 30 seconds of every quarter.
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.
Goggles	Goggles are mandatory for OWFL play in 2024. Violation = Minor Foul (Illegal Equipment). For more, see <a href="#">OWFL Rulebook</a> .
GOALIES & THE GOAL-CIRCLE	
General	See <a href="#">OWFL Goal-Circle Rules &amp; Modifications</a> for details.
Goalies	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.
Defense in Goal-Circle	Defense may move through the Goal-Circle. They should not remain 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.
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.
GAME PLAY & FOULS	
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.

