



OWFL Common Rules Questions from Coaches

NOTE: As we say to officials when they ask a question, "What does your rulebook say?". Always refer to the most up-to-date version of the [World Lacrosse Women's Field Rules Book, 2022-2024 edition](#). Rule modifications contained in the [OWFL 2024 Rule Modifications Summary - All Levels](#) document should be taken as the official OWFL rule when they conflict with the rule book. The text below has been taken directly from the rule book to provide clarification to OWFL coaches about commonly asked questions across all OWFL divisions. Blue text is presented as-is from the rule book and represents "guidance" (clarifications) in the rule book. OWFL-specific comments appear in red. Underlined text is for emphasis only. Questions can be directed to owlofficiating@gmail.com. Please cc' your Club Rep. Questions are encouraged! Clarifications for 2024 are highlighted in yellow.

Time-Outs

12.A.10 Time-Out. Each team may request two 90-second time-outs during regulation play.

12.A.10.a Time-outs not used during regulation play cannot be used during overtime.

12.A.10.B A team may request a time-out:

- after a goal is scored or
- when their team is entitled to possession at the restart of play, following a Dead Ball, anywhere on the field outside the Advantage Flag Area (AFA). *ie. Timeouts may NOT be called while the play is ongoing or "live" solely because a team has possession of the ball.*

12.A.10.c The coach may request a time-out through the score table, or the player who is given possession of the ball may request a time-out directly through a field official. *In the OWFL, when there is a Table Official or Mentor at the table (U9, U11 or U13), a coach may request a timeout directly through that Table Official/Mentor.*

12.A.10.d Successive team time-outs are not allowed.

Play must resume before a following time-out can be requested.

12.A.15.a.vii Each team may request one 90-second time-out during sudden victory overtime. As per WL rules, timeouts may no longer be called in OT.

7.A.2 The designated captain:

7.A.2.b While on the field, will be permitted to request a team time-out directly to the official after a goal has been scored.

When Can Coaches & Captains Ask Questions?

7.A.2 The designated captain:

7.A.2.c May approach the officials for clarification of rules during a team time-out, during the break between each quarter, and immediately following the game.

8.A.1 The coach, or the captain if a coach is not present:

8.A.1.b May request a rule clarification from the officials during the break between each quarter and immediately following the game, but not during a team time-out.

9.A.11 [The officials] Be available to clarify rules for the captains during a team time-out and for captains and coaches during quarter breaks and immediately following the game.

Changing Sticks on the Field

19.A.7 A player must not take an active part in the game unless they are holding a legal Crosse.

A player changing sticks must exit the field through the substitution gate for the exchange. ie. players must exchange sticks off the field. Violation = Minor Foul.

Substitution

In the OWFL, as fields may be of various sizes or have variations in lines and spacing, it may be difficult to ask players to use the Sub Waiting Area effectively when they are imminently subbing. The most important piece of this rule for OWFL play, is that the on-field player must full have exited the field (with both feet) before the substituting player may enter the field.

In U9 and U11, which play on a smaller modified field, the shared substitution box will enable teams to not go offside while substituting, given their restraining line is the centre of the field.

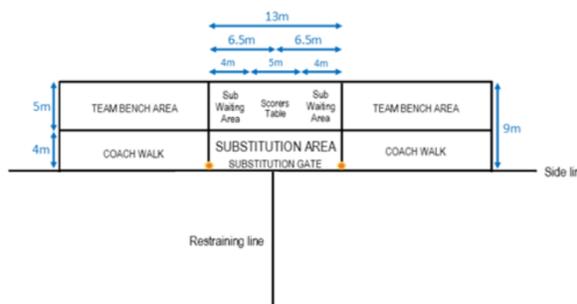
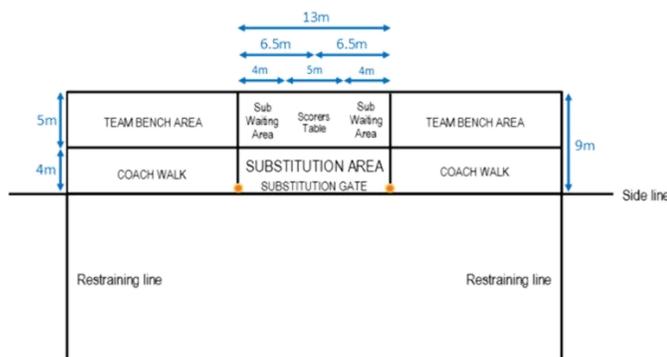
14.A.2 Players substituting after a legal goal is scored may immediately enter the field through the Substitution Area and Substitution Gate and do not have to wait for the teammate(s) they are replacing to come off the field.

14.A.3 Players substituting must substitute from the Team Bench Area to the Sub Waiting Area. As an on-field player approaches the Substitution Gate, the player in the Sub Waiting Area may enter the Substitution Area and approach the Substitution Gate. As soon as the on-field player has exited the field and entered the Substitution Area (both feet), the substituting player may enter the field. Players substituting should not remain in the Substitution Area and should avoid collision with other players and must provide a clear view for scorers.

14.A.4 Only players in the process of substituting, are permitted in the Substitution Area.

U13, U15, U19, JEWEL Substitution Area Overview:

U9, U13 Substitution Area Overview:



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Covering the Ball

19.A.11 Covering: A player must not cover a ground ball with their Crosse or any part of their body when it prevents an opponent from making a legal play on the ball.

ⓘ *A player may quickly place their Crosse between an opponent's Crosse and the ball to push or flick the ball to an open space or teammate. [So long as it does not impede an opponent]*

Requesting a Stick Check When an Opponent's Stick May be Illegal

3.A.3.a The primary intent of the field Crosse specifications is to ensure that the ball moves freely within all parts of the head and pocket, so that the ball may be dislodged from the front or back of a Crosse without an excessively forceful check. A Crosse that has been altered in such a way as to give an unfair advantage to a player is illegal.

3.A.3.s The field Crosse meets specifications if:

3.A.3.s.ii The top of the ball, when dropped into the pocket of a horizontally held Crosse both front and back, must be visible above the top of the entire wooden or plastic sidewall.

Even though officials are not doing stick checks before each game or dropping sticks after goals, players are still responsible for their sticks to be legal, including the pocket depth. Most sticks built specifically for Women's Field Lacrosse are legal. A full list of eligible sticks can be found on the [World Lacrosse website](http://WorldLacrosse.com) - worldlacrosse.com/world-lacrosse-stick-list.

3.B.1.a At any time during play, an official may take time-out to inspect the pocket of a field Crosse.

3.B.1.b Any player on the field may request an official to inspect the pocket of an opponent's Crosse when their team has possession of a Dead Ball or directly after a goal is scored.

3.B.1.c If at any time during play the ball becomes lodged in a field player's Crosse, the Crosse no longer meets specifications. An official will take time-out to remove the illegal Crosse to the scorer's table. To resume play, the opponent nearest to the ball will be awarded a Free Position for a minor foul. (19.A.5, 19.A.8, 19.A.9)

A GOAL IS NOT SCORED WHEN:

11.A.10 The ball enters the goal from an attack player's illegal Crosse.

11.A.11 The player who shot the goal, when requested by an official, does not drop or hand their Crosse to the nearest official immediately. (19.A.9)

19.A.5 A player must not take part in a game unless their equipment is legal.

19.A.8 A team must not request, for a second time, the inspection of an opponent's Crosse that has previously received a Crosse inspection, and where it met specifications. [Illegal Crosse Request] **Violation = minor foul to the requesting team.**

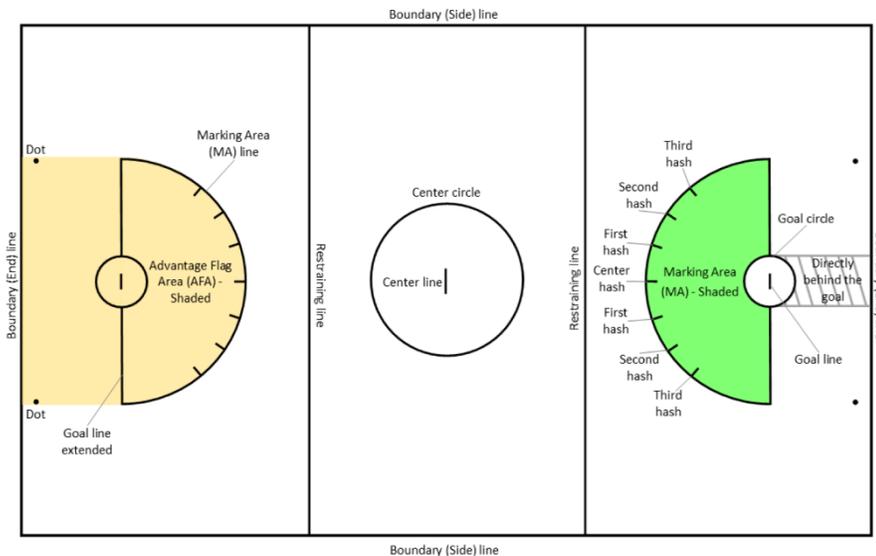
ⓘ *Any player on the field may request an official to inspect the pocket of an opponent's Crosse on a Dead Ball outside the AFA.*

ⓘ *The player requesting the Crosse inspection must provide the official with the shirt number of the opponent whose Crosse will be checked.*

19.A.9 A player must not adjust the thongs of their Crosse after an official asks to inspect their Crosse.

ⓘ *When a player adjusts their thongs after an official asks to check their Crosse, the Crosse is ruled illegal and must be placed at the scorer's table for the remainder of the period. A player may adjust the thongs on their Crosse at any other time during the game.*

When a Crosse is ruled illegal, it must be placed at the scorer's table for the remainder of the quarter. The pocket can be readjusted, by a coach, member of the team bench staff, or player, and re-checked at the next break between quarters.



Fan (Marking Area)

This diagram shows a 15m semi-circle fan, which will be in-use during all U13, U15, U19 and JEWL games in 2024 and at the 2024 Women's U20 Championships in Hong Kong. This is the new standard for Women's Field Lacrosse.

U9 & U11 play on a smaller field with an 11m semi-circle fan.

As there is no longer a "pie-shaped area", a reminder that Three Seconds and Shooting Space will apply throughout the entire **Marking Area** (MA or "fan") at all OWFL levels of play.

Hash Marks

Rule 20.B.4: ⓘ *Defenders are entitled to a position on the hash marks closest to the attack player who is awarded the Free Position.*

Rule 20.B.4: ⓘ *The center hash mark, first hash mark and second hash mark are used for Free Position placement. The third hash mark is not used for the ball carrier (it is used to place the defender 4m away). This will speed up administration of fouls in the MA. The third hash replaces/is what was the hanging hash.*

Shooting Space

20.A.21 Shooting Space: (Obstruction of Free Space to Goal) This rule is in effect only when the attacking team is in possession of the ball within the **Marking Area**. Officials cannot call shooting space when an attacker is attempting a shot from outside the MA. One foot on the MA line counts as "in" the MA. Officials can penalize a player for a Dangerous Propel (mandatory card) for shooting dangerously from outside the MA. For more, see rule 20.A.21 in the rules book.

20.B.7 Shooting Space 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.

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).





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Three Seconds

20.A.22 The Three Seconds rule takes effect when the team in possession of the ball and crosses the ball over the restraining-line into their attacking end of the field. For more, see rule 20.A.22 in the rules book.

See also **Rule 17.A.17**: *Any defender running through the Goal-Circle must still abide by all provisions of the Shooting Space and Three Seconds rules. (20.A.21 & 20.A.22) A player is standing in Three Seconds and can be called for Shooting Space when moving through or standing in the crease.*

Jewelry

For player safety, jewelry may NOT be taped.

6.A.6 Players may wear securely taped medical alert jewelry with information clearly visible and close-fitting cloth sweat bands. They must remove any other soft jewelry, necklaces, earrings, bracelets, and watches. Wedding rings and religious/ceremonial jewelry must be taped securely to the player or be removed. Flat barrettes or hair slides are legal. Hats/visors with soft neoprene brims may be worn. A hijab may be worn (preferably a sports hijab). The official may rule any hair or body decoration as dangerous to the player or to others and remove it from the field of play. If applicable, the player will be penalized for a minor foul.

6.A.7 Sweat bands [or similar] must not be worn to cover illegal jewelry.

How Can Coaches Provide Feedback About Officiating?

The 24-hour rule is in effect for any negative or constructive feedback. Please wait 24 hours following the end of the game/incident to provide your feedback in writing to the Director of Officiating. Positive feedback and questions may be submitted any time. All feedback and inquiries can be sent to owflofficiating@gmail.com and be sure to cc' your club rep. A phone call may be scheduled after the preliminary email has been sent, but it is important to maintain a paper trail to ensure follow-up.

Officials are going to make mistakes. Odds are that rules will be misapplied in your game(s), particularly with less experienced officials. A reminder that over 50% of OWFL officials are under the age of 18, the youngest of whom could be 14 when our season starts. We are all learning all the time. Feedback is appreciated and will be considered, but one-off concerns over misapplied rules is not the intent of this feedback system, particularly if an Official's Coach (mentor) is able to address those concerns with the official in-person during or after the game.

The primary objective of providing feedback is to address *ongoing and/or repeated* misapplications of the rules, overarching concerns, or questions from coaches and clubs. We encourage and appreciate your questions.

