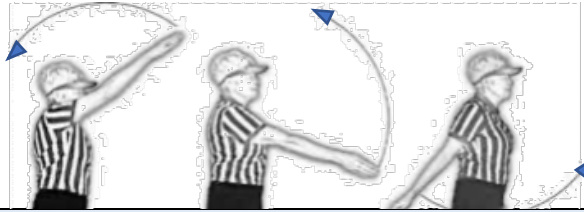




OWFL Rules & Rule Modifications 2023 – U13

Last Updated: February 4, 2023

NOTE: This document only highlights rules that are called differently for OWFL U13 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	11m semi-circle fan only + traditional field size & lines. See OWFL 2023 Field Lining Guide .
Sub Box	Shared substitution box at all levels. See OWFL 2023 Field Lining Guide .
Quarter Length	10 min.
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 <i>possession</i> . Violation = Goal Circle Foul. There are significant changes to <i>possession</i> rules in the crease. See OWFL Crease Rules & Modifications 2023 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 Crease Rules & Modifications 2023 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.
DRAW SET-UP	
Possession on the Draw	New for U13: Possession is required for other players to enter the midfield between the restraining lines. Official calls: "POSSESSION!" or "RELEASE!" 
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.
Stick-to-Body Contact	Updated for 2023: 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.
Shooting Space Exception	NEW in 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).

Aligning U13 with "Real Lacrosse" in 2023:

- New for U13 in 2023:** Goalies may leave the crease at any time.
- New for U13 in 2023:** Goalies must remain below their defensive restraining line during the draw.
- New for U13 in 2023:** All legal stick checking is permitted at U13.
- New for U13 in 2023:** There is no minimum passing rule for U13. Players may proceed to goal at any time.

