

| Topic | Rule | New Rule | Rationale |
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| Field Marking - Dot | Rule 1 <br> Section 9 | Two small circles shall be added to the field behind each goal, 8 m from the goal circle. They may be marked in a temporary substance - i.e.. spray paint, chalk, etc. | These marks will expedite play and provide consistency because they designate a clear spot for the ball to be put in play when a foul occurs in the critical scoring area below the goal line |
| Ball | Rule 2 <br> Section 5 | The ball may be lime green in addition to orange or yellow | This color has been shown to be easier to see in diminished light |
| Mouthpieces | Rule 2 <br> Section 8 | "The mouthpiece shall be of any readily visible color other than clear or white and must not have graphics of WHITE teeth." | Graphics of white teeth make it difficult to determine if a player is properly wearing a mouthpiece. |
| Eyewear | Rule 2 <br> Section 9 | Eyewear may meet the ASTM standard of F803 or 3007 for the 2016 year. The new ASTM standard (3077) shall be in effect on January 1, 2017. | Allows players to use current models and does not compromise safety as the difference in the two standards is technical and does not relate to impact expectations. |
| Personal Equipment | Rule 2 <br> Section 10 | Effective January 1, 2017 any player choosing to wear headgear will only be allowed to wear headgerar that meets the ASTM standard. | An ASTM standard was established for women's lacrosse and only headgear meeting this standard will be allowed for play. |
| Uniforms | Rule 2 <br> Section 14 | Effective January 1, 2018, Home team jerseys shall be light and Visitor jerseys shall be dark. | Eliminate the confusion of identifying teams who have similar colors and promotes safety when determining such fouls as Obstruction of Free Space to Goal |
| Uniforms | Rule 2 <br> Section 16 | Effective January 1, 2018, Visible long or short sleeve undergarments must correspond to the team's predominate jersey color or be light with light jersey and dark with a dark jersey. | Eliminate the confusion of identifying teams who have similar colors that wear them in opposite ways - i.e.. white with black undergarments or black with white undergarments, so that teams are more easily identified which increases safety. |


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| Eye black | Rule 2 <br> Section 17 | Eye Black- must be one solid stroke with no logos/numbers/letters and shall not extend further than the width of the eye socket or below the cheekbone | The excessive use of eye black and the inclusion of words and graphics have become unsportsmanlike. |
| Officials | Rule 3 <br> Section 10 | Beginning January 1, 2017, the game shall be officiated by at least two certified officials. Three officials are recommended. | State Associations may choose a process of their designation to certify officials. |
| Overtime | Rule 4 <br> Section 7 | Overtime play shall be sudden victory. | Assists in minimizing overuse injuries and fatigue. |
| Overtime | Rule 4 <br> Section 7 | There shall be no substitutions during the changing of ends. | Prevents delay of restarts and is not necessary due to substitution rules that allow for substitution during play. |
| Draw | Rule 5 <br> Section 1 | There shall be no substitutions during a redraw. | A redraw is a stoppage of play and no substutions, except for injury, are allowed during dead balls. |
| Goalkeeper Privileges | Rule 5 <br> Section 1, <br> Rule 5 <br> Section 19 | The goalkeeper must remain below the restraining line on the draw. | Eliminates the possibility of collision with a non-protected player and does not permit the field players to be disadvantaged by the goalkeeper stick. |
| Goalkeeper Privileges | Rule 5 Section 2, Rule 5 Section 19 | The goalkeeper may not draw, shoot or score for her own team. | Clarifies that neither the goalkeeper or the goalkeeper's stick may be used on the draw or to score a goal for her team. |
| Elimination of the Throw | Rule 5 <br> Section 20 | To eliminate the throw and implement a procedure of alternate possession. Possession shall be awarded as per Rule 5 Section 20. The winner of the coin toss at the beginning of the game shall have the option of choosing ends or having the first possession that occurs in the game. Possessions will then alternate. The record of the possession shall be kept at the table. | Speeds up play, eliminates inaccurate throws and provides consistency. |


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| Illegal Player | Rule 5 <br> Section 23 | The penalty administration for an illegal player discovered after a goal and before play is restarted shall be at the center. | Aligns illegal player and illegal stick penalties. |
| Stick Check | Rule 5 <br> Section 28 | Stick requests must include the number of the player whose stick is to be checked | Clarifies to officials exactly which stick is to be checked |
| New Foul | Rule 6 <br> Section 1 | A new foul has been added. Dangerous Contact - Any action that thrusts or shoves any player with or without the ball who is in a defenseless position. This includes but is not limited to: blind side, head down, out of the visual field or from behind. This is a MANDATORY CARD. | Protect the defenseless player from blind, dangerous play. |
| Three Seconds | Rule 6 <br> Section 1j | The free position for a three seconds violation will be at the spot of the ball. | Eliminates the excessive penalty for a player who may not be impacting play. |
| Delay of Game | Rule 7 <br> Section 28 | the Detay or Game progression nas cnangea. Ine irist violation shall remain the same. On the next delay of game, the official will show a green \& yellow card to the offending player and award the appropriate penalty (major foul). The offending player must leave the field for 2 minutes of elapsed playing time. No substitute. Any subsequent delay of game offense will result in a yellow | Stronger penalty for a delays. |
| Goalkeeper Misconduct | Rule 7 <br> Section 31 | On goalkeeper misconduct, and there is a second dressed goalkeeper, she must enter the game or the team will have no additional sub. | Clarifies that a goalkeeper shall sub for a goalkeeper or the original goalkeeper stays in. A field player may not sub for the GK. |
| Critical Scoring Area | Rule 8 Definition of Terms | The Critical Scoring Area shall be defined by the 12 m fan in front of the goal and the area behind the goal between the 12 m marks at the goal line extended. | Make the area clearly defined by using existing marks on the field. |
| Youth 3 seconds in the arc | Youth Rules | Three seconds shall not be in effect for U-9 and below. The players in this area are required to be playing defense as 1 v 1 . | More developmentally appropriate to learn beginning defensive techniques |

2016 USL Womens Lacrosse Rule Changes

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| Draw | Youth Rules | U-9 and below - the possession of the ball shall alternate <br> after goals and play shall restart at the center | More developmentally appropriate and <br> allows play to be more continuous. |
| Number of players | Youth Rules | U-11 and below - should play 7v7 (includes gk if there is <br> one) on a modified field | More developmentally appropriate |
| Stick and Pocket <br> Specifications | Manufacturer's <br> Specification | The USL and the NCAA rules committees are working to <br> provide more specific guidelines for stringing of sticks <br> and the definition of the manipulation of sticks. | Minimize aftermarket changes to sticks <br> and pockets to reduce unfair advantages <br> and provide more specific guidelines for <br> determining legality of sticks and pockets |



## Women's Collegiate Lacrosse Associates

## 2015

## PLAYING RULES

All contests between WCLA member teams shall be played according to US Lacrosse Women's Rules with these exceptions and notations:
(1) Players in their defending end of the field may run through any portion of the goal circle as long as their team is not in possession of the ball. Only the defensive player who is directly marking the ball carrier within a stick's length may remain in the goal circle while defending.
(2) Illegal Contact: Initiating crosse-to-body, or body-to-crosse contact is illegal. This call will be based upon the action taken by the player who initiates contact with the crosse. Contact with a crosse in horizontal position shall not be the only basis for this call.
(3) A player may reach into the sphere to make a safe check. Checks must be controlled, not intimidating or dangerous.
(4) Games between DI teams must be played with 30 -minute stop clock halves. All other games shall be 30-minute running clock halves with a stop clock on whistles in the last two minutes of each half. (Unless there is a 10 -goal differential). All games may be played with 30-minute stop clock.
(5) Each team shall be allowed 3 timeouts during regulation time. Each team shall be allowed 1 timeout during overtime.
(6) All tie games at the end of regulation shall be resolved using USL overtime procedures.
(7) The WCLA National Tournament will be played with 30-minute stop clock halves.

## Defense in the goal circle clarifications

When the defense is not in possession of the ball there are two key concepts to remember:

1. Any number of defenders may run through the goal circle at the same time
2. Only one defender who is directly marking the player with the ball may remain in the goal circle. The defensive player legally remaining in the goal circle may be moving or stationary.

The only defender who may "stand" (no movement for more than a second) is a "defensive player who is DIRECTLY marking the ball carrier WITHIN A STICK's LENGTH".

1) If the ball is with an attacker behind the goal, the defender marking her in front of the goal circle CANNOT stand in the goal circle because she is not WITHIN A STICK'S LENGTH. She must be outside the goal circle. Defenders may think that if they are "marking" the player behind, this is enough. No, it is a different rule. If this happens, it should be penalized as a goal circle foul, with a FP on the 8 m hash along the goal line, and the defender behind and the penalty lane above the goal line extended is cleared.
2) When the ball carrier moves to one side or the other, and the defense moves to adjust her position, she may move THROUGH the goal circle without stopping.
3) Only one defender may stand in goal circle on a double team. Even if both are within a stick's length, only ONE can stand in the goal circle.
4) A defender standing in the goal circle waiting to see which way the attacker behind the goal is planning to move must react almost immediately and move out from of the circle - keep moving out in the direction she was running when she entered, pivot and move back out the way she came in, step back out into the 8 m area. Once the player stops and isn't doing something to get out she can be called for the goal circle foul.

Any defender moving through the goal circle must still abide by all provisions of the obstruction of the free space to goal rule.

A defender who steps into the goal circle to avoid a 3 seconds call may do so provided she exits out of the circle and the arc. If she steps back into the arc, the 3 second count shall continue from the original count.

A ball on the ground or in the air within the goal circle constitutes possession for the defending team. No defensive player outside the circle may reach in to play the ball unless they are directly defending the shooter and have either blocked the shot or checked the shooter's crosse and are playing the ball in the air. The defensive player standing in the circle and marking the player with the ball within a stick's length may also play the ball in the air as a result of a check or blocked shot.
She may also play the ball in the air as a result of intercepting a pass. Should this defender gain possession while in the goal circle, she may:

1) Exit with the ball in her possession, or
2) Leave the ball in the goal circle as she exists so only the goalkeeper remains, or
3) Remain in the goal circle as the deputy, and the goalkeeper exits
