



## Rules Comparison Chart 2024

Below is a chart that compares some of the major **differences** in the 2024 USAL/NFHS, NCAA and WCLA rules for girls' and women's lacrosse. Although extensive, the chart is not comprehensive. See the original rule books, documents and memos for the exact wording and further explanation.

	USAL/NFHS <sup>1</sup>	NCAA <sup>2</sup>	WCLA <sup>3</sup> (Same as NCAA unless modifications noted)
<b>Playing area:</b> Field and markings Restraining line	10 yd min/20 yd max behind goal (Rule 1-1-1) 30 yards up field from each goal line 25 yards up field from each goal line <b>on unified field</b>	Exactly 10 yards behind goal (Rule 1-1)	
<b>Playing area:</b> Visible clock	A visible clock is recommended. (Rule 1-1-4h)	Required for game & possession clock(Rule 1- 13)	No possession clock.
<b>Playing Area:</b> Additional Clock to Time "time outs"	An <u>additional</u> clock to time "time outs" is recommended. (Rule 1-14h)	No recommendation.	
<b>Playing area:</b> Possession indicator	Visible possession indicator required. Indicator may point in the direction the team is attacking or be on the side of the table closest to the bench area of the team. (Rule 1-1-4h)	Visible possession indicator required. Possession indicators at the table should indicate a team's possession by either pointing to the team's bench or being placed on the side of the table closest to the team's bench. (Rule 1-13)	

<sup>1</sup> National Federation of State High School Associations, *2024 Girls Lacrosse Rules Book* (Indianapolis, IN: National Federation of State High School Associations, 2021).

<sup>2</sup> National Collegiate Athletic Association, *2024 and 2025 NCAA Women's Lacrosse Rules* (Indianapolis, IN: National Collegiate Athletic Association, 2021). Stefanie Sparks Smith, *2022 NCAA Rules Interpretation*, 16 January 2022.

<sup>3</sup> "WCLA Playing Rules," WCLA, USA Lacrosse, <https://www.wcla.club/rules>

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	USAL/NFHS <sup>1</sup>	NCAA <sup>2</sup>	WCLA <sup>3</sup> (Same as NCAA unless modifications noted)
<b>Playing area:</b> Coaching area	At least 4 meters from sideline, extends from team bench side of sub area to RL (Rule 1-1-4l)	Up to sideline, extends from team bench side of sub area to endline. (Rule 1-14)	
<b>Playing area:</b> Substitution area	5 yards on either side of center line. May be marked by hash marks or cones in front of scorer's table (Rule 1- 1-4i)	4.5 meters (5 yards) on either side of center line. Marked with hash marks in front of scorer's table. (Rule 1-10)	
<b>Equipment and uniforms:</b> Pocket depth stick-check procedure	Hold stick at eye level. Drop ball into pocket. Roll full length front pocket, drop in pocket on back and roll ball out front. If ball remains visible over sidewall during drop and roll, legal. No pressure applied to the ball! (Rule 2-2-5)	After the ball has been dropped into the pocket, both front and back, the top of the ball must remain above the sidewall and move freely in the pocket. (Rule 2-3c-e)	
<b>Equipment and Uniforms:</b> Pregame stick check	All the crosses that might be used in the game must be inspected by the officials before the game begins. Any crosse or pocket not meeting specifications may be re-inspected by the official for use in the game prior to the first draw. Should any crosse not meet specifications, it shall be placed at the scorer's table. (Rule 2-4-1) (Re-checks allowed between quarters, at halftime and before beginning of O.T. 2-8c)	No pregame stick checks.  Specifications for stick "legal for play" noted. (Rule 2, Section 3)	
<b>Equipment and uniforms:</b> Team requested stick checks  2 requests allowed per game all levels	Teams (coaches or any player on the field) may request a stick check at any time in a game during a stoppage of the game clock, including immediately following goals in regulation and overtime periods in which players are still on the field and prior to the start of the draw before officials' hands are on sticks. (Rule 2-4-5)  Checks will be for pocket depth (Rule 2- 2) Coaches may also request a <u>measurement</u> of overall length of crosse. (2-6)	Teams (coaches or any player on the field) may request a stick check of ANY player's stick during a quarter break or halftime, during the rest time before an overtime period and prior to the start of the draw before officials' hands are on sticks.  Stick check requests may consist of: Pocket depth only OR measurements of the overall length of stick and distance between sidewalls and a full examination of the stringing of the pocket. (Rule 2-8; See NCAA Stick Check Instructions)	
<b>Equipment and uniforms:</b> Stick check requests	Only permitted for sticks on the field of play. Does not include players in the substitution box or the sideline (Rule 2-4-3)	Requests permitted for sticks on the field of play, in bench area, on the sideline (Rule 2-6)	

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<b>Equipment and uniforms:</b> Procedure if stick meets the criteria of a legal crosse when inspected	Ball is given to player who had the ball, or closest player to the ball if there was no possession when time out was called. (Rule 2- 4-7)  Teams are only assessed a penalty (minor foul) if a third stick check is requested. (Rule 9-1j)	Team passing inspection will be awarded possession <b>including</b> if the request was before a draw. If request is the team's 2nd request resulting in legal stick, the team requesting will lose one of its three timeouts. If a team has no timeouts remaining and is making the second stick-check request, the stick check will not be permitted. (Rule 2-8c)	
<b>Equipment &amp; Uniforms:</b> Pocket check after goals	Officials do not conduct mandatory stick checks after goals.	Officials check the goal-scoring stick's pocket depth after each goal. (Rule 2-12)	
<b>Equipment and uniforms:</b> Illegal crosse- removal and re-inspection	Any crosse or pocket not meeting criteria during inspection prior to the start of the game, may be re-inspected for use prior to first draw. If issue is not corrected, the stick is placed at the scorer's table for the remainder of that quarter , at which time it may be re-inspected. (Rule 2-4-1, 2-4-8)  If stick fails inspection during play, a minor foul is assessed. The ball is given to the opponent nearest the ball. (Rule 2-4 PENALTIES)  No personal penalty to player.	Failure to pass a pocket-depth check: stick removed from game and placed at table; stick can be re-inspected between quarters, at halftime or break prior to overtime period. The player found to have illegal stick may enter bench area to obtain another stick and immediately return to game. (Rule 2-9) (Rule 2-6 through 2-12)  Violation of Rule other than Pocket (formerly referred to as "Appendix E"): Stick shall be removed from game and placed at table; may be re-inspected at halftime or during break prior to overtime period.  The player found to have illegal stick will serve a two-minute non-releasable yellow card penalty.	
<b>Equipment and uniforms:</b> Stick breaks during the draw	Crosse is considered illegal and removed from game / placed at scorer's table. Player may enter bench area to get another cross and immediately return to game. Draw is retaken (Rule 2-5-2d)	Considered improper/broken equipment and placed at table. Restart at center line with A.P., self-start permitted. No delay to allow player to fix stick. No reinspection required (Rule 2-13)	
<b>Equipment and uniforms:</b> Ball	Yellow, bright orange, or lime green (Rule 2-1)	Yellow or bright orange (Rule 2-14)	

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<b>Equipment and uniforms:</b> Goalkeeper pads	Thigh padding shall be shorts or pants manufactured with <u>integrated</u> protective padding. NOCSAE chest protector and padded gloves are also required.(Rule 2-6-1)  Shin pads are recommended, but not required (Rule 2-6- 1a)	Padding on arms, legs, and shoulders recommended, but not required. (Rule 2-16)	
<b>Equipment and uniforms:</b> Goalkeeper helmet	Paint, decals, or tape are the only adornments permitted (Rule 2-6-1)	No specifications.	
<b>Equipment and uniforms:</b> Mouthpiece	Must protect and separate teeth, biting surfaces, and structures. No specifications on color. (Rule 2-7-1)	SAME: Must fully cover upper jaw teeth. Any color: graphics not prohibited (Rule 2-17)	
<b>Equipment and uniforms:</b> Eyewear	All eyewear must meet current ASTM standard (F3077), be SEI certified, and be listed on the SEI website. All eyewear must bear the SEI mark for certification by January 1, 2025. (Rule 2-7-2)	All eyewear must meet the most current ASTM Specification Standards and be listed on the USA Lacrosse website, usalacrosse.com (Rule 2-18)	
<b>Equipment and uniforms:</b> Face masks	Soft and non-abrasive are permitted. Protective molded (hard plastic) face masks are not permitted. (Rule 2-7- 3)	Close-fitting nose guards may be worn. (Rule 2- 19)	
<b>Equipment and uniforms:</b> Hats, headgear and head coverings	<u>Head coverings</u> may be worn for religious or cosmetic reasons, must be made of non-abrasive and soft materials, and must fit securely. (Rule 2- 7-7) <u>Head coverings</u> worn for medical reasons require individual state assoc. approval. <u>Headgear</u> must meet current ASTM standard (F3137) and bear SEI label. All headgear must be properly worn and securely fixed with a chinstrap in place as intended for use. (Rule 2-7-3)	<u>Head coverings</u> Close-fitting cloth hats are permitted. Religious headwear is permitted provided it is secure to the head and subject to the approval of game official.  <u>Headgear</u> All headgear must meet current ASTM standards. All headgear approved for play is listed on USA Lacrosse website. (Rule 2-19)	
<b>Equipment and uniforms:</b> Eye black	When worn on the face, must be one solid stroke with no logos/numbers/letters and not extend	No specifications.	

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	further than the width of the eye socket or below the cheekbone. (Rule 2-7-6)		
<b>Equipment and uniforms:</b> Jersey numbers	Any number 0-99 is legal. Double-digit numbers from “00”-“09” are not legal. Duplicate numbers on jerseys from the same team are not permitted. All numbers on uniform must match player’s jersey number.(Rule 2-9-3)	The numbers “0” and “00” are permitted, but no other numbers may start with “0”. All numbers on uniform must match player’s jersey number. (Rule 2-24)	
<b>Equipment and uniforms:</b> Field players	Home team jerseys shall be light and visitor jerseys shall be dark. (Rule 2-9-4)	No designation for home and away. Schools/coaches will agree upon contrasting colors before game day. (Rule 2-25)	
<b>Equipment and uniforms:</b> Illegal uniform penalty	No penalty if corrected before the game. If not possible, one-time possession at center to start the game. If discovered later, minor foul (one time) and change of possession. (Rule 2-9- PENALTIES)	Any illegal uniform issue must be discovered prior to the start of the game. One-time possession at center to opposing team. Penalty may only be administered at the start of the game. (Rule 2-29)	
<b>Game Personnel:</b> Speaking captain	No speaking captain required, but visiting captain calls the coin toss. (Rule 3- 5-3)	The speaking captain approaches officials for rules clarifications, brings officials clarif back to team, meets with officials 5 min before game time and (visiting) cptn calls coin toss. (3-6)	
<b>Game Personnel:</b> Pregame coach meeting	10-15 min before game time recommended. <u>See pre-game timing options:</u> Following the official’s signals at end of RB.	Meet with head coaches with 10 minutes on the pregame clock/20 min before game time. Delay of game if coach is late. (Rule 3-2 and Rule 6-9b)	
<b>Game Personnel:</b> Coach/official communication	Only head coach (no assistants) will communicate with officials during the play of the game. (Rule 3-2-3)	Head coach must be at coach’s meeting. Any coach may approach officials during pre-game, halftime, or during time outs for rules clarifications. (Rule 3-2,3,4)	
<b>Game Personnel:</b> Captain/official communication	Officials are to be available for questions from the captains during time-outs and halftime. (Rule 3-5-4)	Officials are to be available for questions from the speaking captains (Rule 3-9b). Speaking captains are expected to communicate officials’ clarifications and messaging to teammates. (Rule 3-6e)	

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<b>Game Personnel:</b> Alternate/Table official	Alternate or table official (Rule 3-5-6 and "Alternate Official Responsibilities and Duties" in RB)	Table official duties and carding procedures. (Rule 3-11 and Rule 3-12)	
<b>Game Personnel:</b> Timer: Release Cards	Notify the coach when penalty time expires. (Rule 3-7-2j and Rule 3-7-2k)	Notify the carded player when penalty time ends. (Rule 3-16g and Rule 3-16h)	
<b>Time Factors and Scoring:</b> Duration of play	Four 12-minute quarters with two-minute breaks between the first and second quarters and between the third and fourth quarters. Players change ends following each quarter. 10-minute halftime, or per coach's request. (Rule 4-1-1)	Four 15-minute quarters with two-minute breaks between the first and second quarters and between the third and fourth quarters. Players change ends following each quarter. 10-minute halftime. (Rule 4-1)	D1: Four 15-minute quarters - Stops after goals. - Stops last 2 min of Qtrs D2: Four 15-minute quarters Same as D1 <b>OR</b> - Clock <b>runs</b> after goals - Clock still stops during last two minutes of Qtrs  (teams agree or if teams cannot agree host decides)
<b>Time Factors and Scoring:</b> Halftime	10 minutes; may be less than 10 if agreed upon by coaches before game (Rule 4- 1-1)	10 minutes; may be less than 10 if agreed upon by coaches before game (Rule 4-1)	Same as NCAA
<b>Time Factors and Scoring:</b> Stop game clock	When there is a foul called in the critical scoring area during the last two minutes of the 2 <sup>nd</sup> and 4 <sup>th</sup> quarter (and all of overtime), the game clock will stop and both offense and defense must restart play with a whistle, unless the clock is running due to a 10-goal differential during these periods. (Rule 4-1-2)	When the defense commits a foul in their defensive end above the goal line extended and within 8 meters of and outside the goal circle the game clock must be stopped. Officials are encouraged to take timeout and issue a delay-of game foul for any behavior that amounts to a delay during the administration of a penalty. (Rule 4-1)	Clock with stop for fouls <u>against attack inside the 8m CSA</u> in the last two minutes of each quarter and after goals. The clock stops unless there is a <u>ten-goal differential</u> . For fouls between the 8m and 12m, clock will not stop. <u>ONLY for fouls in the 8m arc</u> . For attack fouls against defense in CSA, clock does not stop. Self-starts permitted <u>coming out</u> .
<b>Time Factors and Scoring:</b> Team timeouts	2 in regulation, 1 in all of overtime; substitutions permitted. <b>Exception:</b> if timeout is called during a free position in or out of the CSA, player being awarded the ball and offender may not sub.	3 in regulation, 1 in all of overtime; substitutions permitted. <b>Exception:</b> if the timeout is called during penalty administration <u>in the critical scoring area</u> .	No mod noted, so same as NCAA

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	<p>Play will resume at spot of ball outside CSA. Inside CSA play will resume at the closest dot. (Rule 4- 3-1, 4-3-3)</p> <p>If the goalkeeper has the ball in the goal circle, play will start in the goal circle. (Rule 4-3-3e)</p> <p>No player is permitted within 4 meters of the player with the ball when play resumes. (Rule 4- 3-3g)</p>	<p>Then the player awarded the free position, and the offending player may not be substituted. Play resumes at spot of ball unless in the critical scoring area – then play will resume at the dot closest to the spot of the ball when the time out was requested, or at spot of FP when time out called. If at dot, no player may be within 2 meters of the player taking the free position. (Rule 4-4 Team Time Outs)</p>	
<b>Time Factors and Scoring:</b> Possession timeout horn	<p>Horn should sound twice to indicate a possession timeout. (Rule 3-7-2d)</p>	<p>Horn should sound once to indicate a possession timeout request. (Rule 3-16c-4)</p>	
<b>Time Factors and Scoring:</b> Suspended/interrupted game	<p>A game is considered legal and complete if 75% (3 quarters) of playing time has elapsed. If game tied follow state or league guidelines. (Rule 4-4-1)</p> <p>An interrupted game continued on the same day shall be restarted from its point of interruption. (Rule 4-4-1)</p> <p>If a suspended game (less than 75% complete) is replayed on another day, it must be played from the point of interruption.</p> <p>A suspended game may be terminated and considered complete by mutual agreement of opposing coaches. (Rule 4-4-2)</p>	<p>A game will be considered legal and complete if 75% of the game has elapsed (3 quarters). If 75% of the playing time has elapsed and the game is tied, the league determines the tie break procedure. For NCAA tournament play, all games must be played to completion. (Rule 4-6)</p> <p>If a suspended game (less than 75% of playing time has elapsed) is replayed on the same day or another day, it will be played from the point of interruption. (Rule 4-6)</p>	
<b>Time Factors and Scoring:</b> Overtime	<p>Clock stops on official time-outs and all fouls (attack and defense) in the critical scoring area (Rule 4-6)</p>	<p>Clock runs as in regulation time. (Rule 4-8: not specifically noted, but there is no requirement to alter clock procedure.)</p>	

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<b>Play of the game:</b> The Draw	Each quarter of the game and overtime period, and after each goal, the game is started by a draw (unless a foul awards possession) (Rule 5-2-1)	SAME: Each quarter of the game and overtime period, and after each goal, the game is started with a draw (unless a foul awards possession) (Rule 5-1)	
<b>Play of the game:</b> Draw set up	A player's hand may not touch any part of the sidewall or pocket.  The ball is placed between the crosses by the official in the upper third of each head at its widest point.  (Rule 5-2-3c,d)	A player's top hand <b>may not</b> contact any part of the throat, sidewall, pocket, or other part of the head of the stick. During the admin of the draw, officials are required to position the drawer's sticks in an upright position when placing the ball. The ball is placed in the upper third of each head at its widest point. (Rule 5-2)	
<b>Play of the game:</b> Draw action	On the whistle, the two opponents must immediately draw their crosses up from the starting position. (Rule 5-2-3f)	On the whistle, the two opponents must immediately draw their sticks up and away from the starting position. (Rule 5-2)	
<b>Play of the game:</b> Redraw	If both players draw illegally or it cannot be determined why the draw was illegal, the official will call time-out and a re-draw will occur (Rule 5- 2 PENALTIES 2).	No redraw. Alternate possession is administered if fault cannot be attributed. (Rule 5-39i).	
<b>Play of the game:</b> Penalty administration on draw violations	Free position at the center line, self-start permitted. No player or their crosse is permitted within 4 meters of the player taking the free position. (Rule 5-2 PENALTIES 1)  Offsetting violation of the draw and player positioning will result in an alternate Possession at the spot of the ball. (Rule 5-2 PENALTIES 1-3Note)	Draw violation or Early entry: Free position for non-offending team at the spot of the ball. Any player on field may take FP. All other players 2m away. Self-start permitted and positioning for the draw does not apply. (Rule 5-10)	
<b>Play of the game:</b> Fouls against both teams, 1 is a card	Exception to the A.P. Rule: Yellow or red card awarded during the issuance of offsetting fouls, to ONE of the teams, means the A.P. will not apply. The team that was not issued the card will be awarded possession. (Rule 5-5-f EXCEPTION)	SAME Yellow or red card awarded during the issuance of offsetting fouls, to ONE of the teams, means the A.P. will not apply. The team that was not issued the card will be awarded possession. (Rule 5-40f)	



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<b>Play of the game:</b> Self-start	Following a whistle blown for a foul outside of the CSA, the player awarded the free position may continue the course of play without waiting for an additional whistle and without coming to a stop or settled stance. The ball carrier must initiate play within 4m of the spot of the foul and all players must be 4m away. The offender must attempt to move 4m away or behind as directed. (Rule 5-4-1)	Following a whistle blown for a foul not requiring a time out, the player - or any teammate on the field – may continue the course of play without waiting for an additional whistle.  Players are not required to come to a stop or pause when self-starts are permissible.  (Rule 5-13 through 5-17, Rule 5-32)	
<b>Play of the game:</b> Power Play	Not applicable to USAL/NFHS game.	A team <u>with possession</u> and a “man-up” due to penalties at the end of any period will start the next period with same time on Poss. Clock and at same position on (correct) end of field. (Rule 5-23)	
<b>Play of the game:</b> False starts	False starts can only occur when a foul is within the CSA and a free position is awarded to a player <b>in their offensive end</b> of the field at an 8m hash, 12m fan or dot AND if no player behind due to card. (Rule 10-1j)	Self-starting when not permitted when admin of the foul is set up in the CSA of the player’s offensive end and the offender is placed 4m behind. Applies to fouls set on 12m fan, 8m hash, dot AND if no player behind due to card. (Rule 61-c).	
<b>Play of the game:</b> Possession clock	No possession clock.	Has a 90-second possession clock that may reset to 90 or 60 seconds in relation to play and possession. (Rule 5-19 through Rule 5-22)	No possession clock.
<b>Play of the game:</b> Penalty for Illegal sub	Time out. Remove illegal player. Minor foul. (Rule 4-7 PENALTIES, Rule 9-1k)	Time out. Remove illegal player. Issue green card. If player is also extra, remove 2 players. (Rule 5-43, 44 and Rule 6-9j)	
<b>Play of the game:</b> Player(s) crossing either restraining line prior to possession being established after a draw	After official’s hands are on sticks, players <b>below</b> RLs must not step on or over the restraining lines until possession has been gained, the ball goes OOB off a player’s crosse, the ball crosses the RL or the whistle stops play for a foul. (Rule 5-2-5d)	SAME. Once the draw is set, players below the restraining lines must not step on or over RL’s until possession is determined or the ball has crossed over either RL. Players between RLs may step below the RL, but they must remain below the line until possession is established. No exchanges between players above and below the lines may take place. (Rule 5-3)	

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<b>Play of the game:</b> Illegal player on attack discovered after a goal and before the draw	Goal does not count. Illegal player removed. Free position for the opposing team at the center line. (Rule 4-8 PENALTIES-2)	Goal does not count. Illegal player removed. Green card issued. Free position awarded to opposing goalkeeper within the goal circle. (Rule 5-47)	
<b>Play of the game:</b> Injury requiring an official timeout	Player must leave the field <u>whether or not</u> medical personnel/coaches came onto the field. Substitute must take injured players' place. (Rule 4-2-3)	Player must leave field <b>only if</b> medical personnel or a coach comes onto the field, or if the player is bleeding. During free position, sub must take free position. (Rule 5-50)	
<b>Play of the game:</b> Coaching/Injury T.O.s	Coaching is permitted during an injury time-out. (Rule 4-2-3; Comments on 2024 rules, pg. 79)	SAME. Coaching is permitted.	
<b>Fouls:</b> Designation of Fouls	<b>Minor:</b> fouls that are primarily administrative <b>Major:</b> fouls that compromise player safety (Rules 9 and 10)  (Delay of Game under Minors in NFHS play. No Non-Engagement fouls in NFHS play)	<b>General:</b> fouls that do not rise to the level of a physical contact foul. (Rule 6 – 1 & 2) <b>Physical:</b> fouls that do rise to the level of a physical contact foul (Rule 6 – 3,4,5,6) <b>Non-Engagement &amp; Delay of Game Fouls</b> (Rule 6 Section 7 and Section 9)	
<b>Fouls:</b> Crosse in opponent's sphere	Defense may not reach into or through the sphere or hold the crosse around the throat of an opponent or poke at opponent's face. (Rule 10-1-d1)	May reach into or through sphere to make a safe check, may not hold one's stick within the sphere around the face or throat of an opponent or poke at opponent's face. (Rule 6-3d-1 and 6-26d)	
<b>Fouls:</b> Direction of check	May not check toward the body. (Rule 10-1v)	Any part of the stick may be checked in any direction toward the body if the check is controlled. (Rule 6-3d-2)	
<b>Fouls:</b> Dangerous contact	<b>Mandatory Card:</b> Any action that thrusts or shoves any player with or without the ball who is in a defenseless position. (Rule 10-1e)	<b>Mandatory Card:</b> No player's stick may hit or cause their opponent's stick to hit the opponent's head or neck. No player may cross check an opponent's shoulders or back from the rear position. No player may make a sweeping check from behind that contacts an opponent's body. (Rule 6-26a)	
<b>Fouls:</b> Dangerous shot	Shoot dangerously or without control at the goalkeeper (distance-force-placement) Does not apply if goalkeeper moves into shot. (Rule 10-1i)	<b>No dangerous shot foul for NCAA goalie.</b> Situations with goalie would need to meet criteria under dangerous propelling rule. (Rule 6-26c)	

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<b>Fouls:</b> Mandatory Cards	Check to the Head Dangerous Contact Dangerous Follow-Through Dangerous Propelling Slash Misconduct  (Rule 10-1-c,e,f,h,x and Rule 12-1 through 7)	Dangerous Contact (includes check to head) Dangerous Follow-Through Dangerous Propelling Dangerous Stick in the Sphere Illegal Body Ball in Goal Circle (Red) Misconduct Slash Suspended Player Substitutes (to Head Coach) (Rule 6-26-a through h)	
<b>Fouls:</b> Three Seconds Criteria	Three seconds is determined by the official based on the defender marking an opponent within a <u>stick's length</u> . (Rule 10-1y)	Three seconds is determined by the official based on the defender marking an opponent within a <u>stick and arm's length</u> . (Rule 6-5b)	
<b>Fouls:</b> Illegal Re-entry	A player may not run out of bounds and re-enter to a more advantageous position. (Rule 9-1i)	SAME. Illegal to run out of bounds and re-enter at a more advantageous position; includes running out of bounds to avoid an offside foul. (Rule 5-25)	
<b>Fouls:</b> Shooting space criteria for shooter	Player doesn't need to be looking to shoot, but in position and opportunity to shoot must be present. (Rule 10-1w, Rule 10-1w SITUATION B&C)	The body positioning of the player with the ball must be in a position to shoot and hands of the player with the ball must be free to shoot and shoot safely. (Rule 6-5-a3)	
<b>Fouls:</b> Shooting space and the goalkeeper	Applies to all defensive players, including the goalkeeper. (Rule 10-1w) The goalkeeper must have both feet outside of the goal circle to be considered in shooting space. (Rule 7-2-2b)	Goalkeeper is exempt from shooting space when outside the goal circle. (Rule 6-5-5i)	
<b>Fouls:</b> Delay of Game	Failure to move 4 meters away on a free position  Repeated self-starts when not permitted or from beyond playing distance  Any behavior that official deems to be a delay (Rule 9-1c)	Following timeout/quarter/halftime Coaches late to pregame meeting Movement to free positions in the CSA Cards: Failure to exit field in timely way Others: Eye protection, General delay, Goalkeeper fouls, Illegal Re-entry, Illegal Stick Requests, Illegal Subs, Illegal Switching of Sticks (not through sub area), Illegal time out, Jewelry, Mouthpiece, Playing without a stick (except goalie), Repetitive False Starts/Self-Starts, Throwing of Stick. (Rule 6-9-a through s: Green cards)	

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<b>Fouls:</b> Delay of Game Penalties	<p>Call time out: Minor foul (Rule 9-1c)</p> <p>1<sup>st</sup> violation: Green card. Change possession.</p> <p>2<sup>nd</sup> violation: Green/yellow card. Major foul. Offending player leaves the field for two minutes of elapsed playing time. Cards not included in team card count.</p> <p>3<sup>rd</sup> violation: Yellow card for misconduct. 3<sup>rd</sup> &amp; subsequent included in team card count.</p> <p>(Rule 9-1 Delay of Game PENALITIES)</p>	<p>Call time out: Green card to offender and reset possession clock to 90 sec.</p> <p>ADDITIONALLY:</p> <p>Outside CSA</p> <ul style="list-style-type: none"> <li>- Restart at spot of foul</li> </ul> <p>Inside CSA: Above GLE: Between 8 and 12</p> <ul style="list-style-type: none"> <li>- Restart at closest spot on 12m fan</li> </ul> <p>Inside CSA: Above GLE: Inside 8m</p> <ul style="list-style-type: none"> <li>- Restart at closest 8m hash</li> </ul> <p>Inside CSA: Below GLE</p> <ul style="list-style-type: none"> <li>- Restart at closest dot</li> </ul> <p>(Rule 6-10-a,b,c,d)</p>	
<b>Fouls:</b> Body balls (illegal)	<p>Minor Foul: Field players deliberately attempting to impede, accelerate or change the direction of the ball with a part of their body. Players may kick the ball on a non-shooting attempt.</p> <p>Major Foul: If <u>goalkeeper</u> blatantly attempts to stop a shot on goal by playing the ball off the body when outside the circle.</p> <p>(Rule 9-1a)</p>	<p>General Foul: Illegal Body Ball</p> <p>When a player blatantly attempts to block a shot on goal with her body outside the goal circle. When a player touches the ball with their hands inside or outside the circle. (Reminder: Goalies are permitted)</p> <p>Pushing, flicking or batting the ball into an opponent's body causing the ball to go out of bounds. (Rule 6-1-f)</p> <p>When a player blatantly attempts to block a shot on goal with her body inside the goal circle; red card (Rule 6-26e)</p>	
<b>Fouls:</b> Handball	<p>Minor Foul: Players may not touch the ball with their hands, except the goalkeeper or deputy within the goal circle.</p> <p>(Rule 9-1f)</p>	<p>General Foul: Illegal body ball.</p> <p>A player, excluding the goalkeeper, may not touch the ball with their hand, outside or inside the goal circle, unless the ball is lodged in the goal netting or one's clothing. (Rule 6-1f-2)</p> <p>Outside the goal circle, the goalkeeper may not bat, throw, catch or carry the ball. (Rule 6-1f-3)</p>	

	USAL/NFHS <sup>1</sup>	NCAA <sup>2</sup>	WCLA <sup>3</sup> (Same as NCAA unless modifications noted)
<b>Fouls:</b> Failure to properly wear mouthpiece/goggles	Minor foul (Rule 9-1m)	Delay of Game fouls (Rule 6-9-e and n)	
<b>Fouls:</b> Violation of equipment specifications	Any crosse or pocket not meeting criteria during inspection prior to the start of the game, may be reinspected for use prior to first draw. If issue is not corrected, the stick is placed at the scorer's table until the end of the quarter at which time it may be re-inspected. (Rule 2-4-8c)  If stick fails inspection during play, a minor foul is assessed. (Rule 2-4 PENALTIES)	Failure to pass a requested pocket-depth check: stick removed from game and placed at table; stick can be reinspected between quarters, at halftime or break prior to overtime period; game restarted with free position for the opponent nearest to location of ball when play was stopped. (Rule 2-9)  Violation of Rule other than Pocket (formerly referred to as "Appendix E"): stick removed from game and placed at table; stick can be reinspected between quarters, at halftime or break prior to overtime period; player issued a non-releasable yellow card and must enter penalty area; game restarted with free position for the opponent. (Rule 2-9)	
<b>Fouls:</b> Illegal deputy	Major Foul: An unprotected field player may not remain in the goal circle when the player's team is not in possession of the ball. (Rule 10-1o)	Not applicable. Defensive player may remain within the goal circle as long as they are directly marking the ball carrier within a stick's length (Rule 6-21c)	
<b>Fouls:</b> Goal circle violation	In order to play a ball inside or outside the circle (and bring it legally into the circle), the goalkeeper or her deputy must have at least one foot inside (Rule 7-1-2c-e)	Defenders within the goal circle may play the ball regardless of whether both of their feet are within the goal circle. (Rule 6-16d)	
<b>Fouls:</b> Defenders in the goal circle, opponent has possession	No defenders in the goal circle except goalkeeper or deputy (Rule 7-1 and Rule 7-3)	Any number of defenders may move <b>through</b> the goal circle. Only one defender who is marking the ball carrier within a stick's length may <b>remain</b> in the goal circle. All defenders must still abide by the shooting space rule. (Rule 6-21-a-h)	

	USAL/NFHS <sup>1</sup>	NCAA <sup>2</sup>	WCLA <sup>3</sup> (Same as NCAA unless modifications noted)
<b>Fouls:</b> Players in goal circle when team has possession	Only one player allowed. Goalkeeper or deputy. (Rule 7-1-1)	May have any number of players. (Rule 6-21)	
<b>Fouls:</b> Check to the head	<b>Mandatory Card:</b> Classified as its own foul. (Rule 10-1c)	<b>Mandatory Card:</b> Falls under Dangerous Contact (Rule 6-26a)	
<b>Penalty Administration:</b> Indirect free position	Minor Fouls (defensive) in the CSA. (Rule 9-1-PENALTIES 4)	No indirect free positions.	
<b>Penalty Administration:</b> Center of the field	When the game (re)starts with a free position or alternate possession at the center line rather than a draw, player positioning for the draw shall not apply. No player or player's crosse permitted within 4 meters. (Rule 5-3-e-3)	When the game starts with a free position or alternate possession at the center line rather than a draw, player positioning for the draw shall not apply. No players permitted within 2 meters. (Rule 5-1)	
<b>Penalty Administration:</b> Shooting space when foul is outside the 8-meter arc	Free position taken on the 12-meter fan closest to the spot of the ball. (Rule 10-1-PENALTIES 7)	Free position at the hash mark nearest to the spot of the foul on the 8-meter arc or on the hanging hash mark. (Rule 6-6a)	
<b>Penalty Administration:</b> Whistle for defensive foul simultaneous with a shot resulting in a goal	No allowance for simultaneous whistles in NFHS play. No goal; administer the penalty.	Goal stands. With shooting space: if the shot is taken but saved or deflected by the goalkeeper, the penalty will not be administered. On a save where the ball exits the goal circle, the goalkeeper is given the ball. (Rule 6-44) If the shot misses the goal or deflects off the pipes, play shall continue with no penalty administered.	
<b>Penalty Administration:</b> 3 seconds	Free position at spot of ball on 12m, any 8m hash or dot when flag was first raised or (if no flag) at 12m, any 8m hash or dot nearest spot of ball when whistle was blown for foul. (Rule 10-1y PENALTIES 1 -5)	Free position at 8m inside hash (never hanging hash) nearest spot of the ball when the whistle is blown. (Rule 6-6b)	

	USAL/NFHS <sup>1</sup>	NCAA <sup>2</sup>	WCLA <sup>3</sup> (Same as NCAA unless modifications noted)
<b>Penalty Administration:</b> Flag/Slow Whistle, no offsetting or additional defensive foul	Free position is awarded to player fouled or attack player nearest spot of foul. (Meaning on 12m fan, 8m hash, or dot)  (Rule 11- 2 PENALTIES)	Free position is awarded to player fouled or player nearest the spot of the <b>ball</b> when whistle is blown. FP at the nearest hash mark, including the outside hash. (Rule 6-49)	
<b>Penalty Administration:</b> Delay of game, 1 <sup>st</sup> offense	Green card against offending team, minor foul. Change of possession if applicable. No player removed. (Rule 9-1c-2 PENALTIES)	Green card to offender, 1-minute releasable penalty, possession clock reset. (Rule 6-10)	No possession clock.
<b>Penalty Administration:</b> Delay of game, 2nd offense	Green/yellow against offending player, major foul; player serves 2 minutes, no sub; this card will not be included in the team and player's card count. (9-1c-3 PENALTIES)	Green card to offender, 1-minute releasable penalty, possession clock reset. (Rule 6-10)	No possession clock.
<b>Penalty Administration:</b> Delay of game, 3rd and subsequent offense(s)	Yellow card for misconduct to offending player; this card will be included in the team and player's card count. (Rule 9-1C-3 PENALTIES cont'd)	Green card to offender, 1-minute releasable penalty, possession clock reset. (Rule 6-10)	No possession clock.
<b>Penalty Administration:</b> Non-engagement Area	No "non-engagement" term. Any player awarded a free position is entitled to 4 meters of free space. Offender directed by official. (Rule 5-4-1)	The 2-meter circle surrounding a player taking a free position (Rule 6-7a & b)	
<b>Penalty Administration:</b> Non-engagement fouls	Violation of the 4-meter space is at the discretion of the official and can include stopping play, warning offenders, restarting play on the whistle. Repeated violations may result in a delay of game penalty. (Rule 5-4-4)	Failure to move 2 meters away or moving into the 2m area around the player taking free position prior to self-start. Penalty Admin: Call time out. First offense is one warning to the offending team/no clock reset. Second and subsequent offenses are Green cards; 1-min releasable penalty served by offending player. Reset possession clock. (Rule 6-8)	

	USAL/NFHS <sup>1</sup>	NCAA <sup>2</sup>	WCLA <sup>3</sup> (Same as NCAA unless modifications noted)
<b>Penalty Administration:</b> Yellow card	2 minutes of elapsed playing time. ALL cards in high school play are non-releasable. (Rule 12-8-3)	May be a 2-minute releasable or non-releasable penalty. A non-releasable yellow card is issued when it is the team's fourth or subsequent yellow card or for violations of Rule 2 or the NCAA Stick Check Instructions, excluding pocket depth. Possession clock reset on all cards. (Rule 6-28)	2 minutes of elapsed playing time. Releasable on next opposing goal.
<b>Penalty Administration:</b> Red card	4 minutes of elapsed playing time. All cards in high school play are non-releasable (Rule 12-8-3)	5 minutes, non-releasable; possession clock reset. (Rule 6-33)	5 minutes of elapsed playing time. Releasable on next opposing goal.
<b>Penalty Administration:</b> 1 player/2 yellows (on same play)	Team plays two players short for 2 minutes. Coach selects 2 <sup>nd</sup> player from field. Player with 2 yellows is suspended from further participation in game. 2 <sup>nd</sup> player not awarded card, just serves time. (Rule 12 Situations and rulings, 12.6.1 SITUATION A)	Offending player serves two consecutive 2-minute penalties. Each is consecutively releasable if not fourth or subsequent card. After time served team may go back to full count, but carded player is suspended. (Appendix E: One player, two releas. yellows)	
<b>Penalty Administration:</b> 1 player - yellow and red (on same play)	Team plays two players short for 2 minutes, then offender serves 2 more minutes (total of 4 for red card); that player is then ejected. (Rule 12 Situations and rulings, 12.6.1 SITUATION A)	Offending player serves two consecutive penalties. First is 2-min releasable if not fourth or subsequent, second is 5-min non-releasable. Player is then ejected. (Appendix E: Red card, releasable yellow)	
<b>Penalty Administration:</b> Red card - next game	If an ejected player attends the next game, the player may only be in the team bench area (pregame/game/postgame). An ejected coach shall not be permitted in attendance at the site of the game, either on the field, in the team bench area, or in the spectator areas. State association ejection policies may differ and should be followed. (Rule 12-8 EJECTION PENALTIES and COACH MISCONDUCT PENALTIES)	Suspended coach/player serving a game suspension is restricted to the spectator area and is prohibited from all communications with team, coaches and officials from start of game to its completion. Coach and player MAY be on field and/or in bench area during pregame activities, but player may not be dressed for game or take part in pre-game warmups. (Rule 6-34)	
<b>Penalty Administration:</b> 4th card (yellow/red)	Team will play short for the remainder of the game, one player for each card beyond 3. (Rule 12-8 TEAM CARD PENALTIES)	Yellow cards become non-releasable. Teams only play short during penalty periods, never for remainder of game. (Rule 6-22)	



	USAL/NFHS <sup>1</sup>	NCAA <sup>2</sup>	WCLA <sup>3</sup> (Same as NCAA unless modifications noted)
<b>Penalty Administration:</b> Defensive foul in the critical scoring area  USAL: Major	Offended player above GLE: 8m hash or 12m Offended player below GLE: closest dot  Offender 4 meters behind on all FP Penalty zone cleared: 8m hash FP Penalty lane cleared: 12m fan FP  All others minimum 4m away. (Rule 10-1 PENALTIES 5,7,8)	Offended player above GLE: 8m, hash, or 12m Offended player below GLE: closest dot  Offender 4 meters behind. Penalty area cleared: 8m hash FP No player directly in front of FP: 12m FP  All others 2 meters away: 12m fan or dot All others 4 meters away: 8m hash (Rule 6-2b,c,d)	
<b>Penalty Administration:</b> Restraining line violation by defense with ball in CSA above GLE	Official's discretion to make this call. Officials may evaluate if attack is on a scoring play/or maintaining advantage. (Rule 8-1 PENALTIES 5 NOTE)  <u>Free Positions: Penalty Admin if call made</u> Ball above GLE: FP Top/center of 12m fan Ball below GLE: FP Closest dot  (Rule 8, PENALTIES 3 & 4)	Offsides by Defense in their Defensive End: Time out Green card to offending player if they can be identified, otherwise – remove closest player. Correct offside, reset Poss.Clock, whistle start.  <u>Free Positions: Penalty Admin</u> Outside CSA: spot of ball Inside CSA, above GLE: ...ball inside 8m arc – closest hash ...ball between 8 & 12 – closest spot on 12m Inside CSA, below GLE: closest dot (Rule 6-15b,c,d)	...
<b>Penalty Administration:</b> Fouls between restraining lines	No special rules application.	<u>Physical Fouls between Restraining Lines</u> See list of physical fouls (Rule 6 section 3) Time out – Green card – Remove offending player – Reset Poss. Clock – Whistle start. <u>Exception:</u> This rule does NOT apply to fouls during draw until possession established or ball crosses over restraining line. Note: rule does not prohibit yellow/red cards (Rule 6-PENALTIES 4a, Exception)	

- Notable difference in mechanics: CWLOA officials will no longer signal advantage outside of the critical scoring area. (Within the critical scoring area, the slow whistle flag remains an option for showing advantage for a defensive foul on a thrust to goal.) For every foul outside the critical scoring area, a whistle will be blown. However, the midfield advantage signal will remain as part of the USAL official's options for high school and younger.

## **WCLA Tournament / Playday Allowance 2023-2024 Playing Rules**

### **Running Clock for Green Cards**

“Events such as tournaments or play-days where multiple games must remain on a schedule the following allowance is legal, and the games will count as WCLA contests. You must follow the instructions below”:

- Play stops for the official to report the green card, but the clock runs.
- The table starts the 1-minute timer on the whistle to resume play which keeps the application uniform.
- The player is out for 1 minute or until a goal is scored by the opposing team.
- If the green card happens within the last minute of a quarter, then it will carry over to the next quarter (unless a goal is scored before the quarter ends).

For one page summary of WCLA 2023-2024 rules, visit [wcla.club](http://wcla.club). Click on “Rules” at bottom of page.