



USA
LACROSSE



2023-2024 PLAYING RULES

ALL CONTESTS BETWEEN WCLA MEMBERS SHALL BE PLAYED ACCORDING TO 2024-25 NCAA WOMEN'S RULE BOOK WITH THE FOLLOWING MODIFICATIONS IN SECTION 1.

Section 1: Rules specific to WCLA play:

1. No Possession Clock.
2. No stop clock for fouls in the 8-meter except in the last two minutes of each quarter.
3. There is a stop clock for fouls in the 8-meter (**offensive end**) in the last two minutes and on goals unless there is a ten-goal differential.
4. If there is a foul between the 8 and 12 the clock will not stop.
5. Games between D1 teams must be played with 15-minute quarters stop clock on goals.
6. D2 Game Timing Options (Teams must agree or host will decide):
 - a. Stop Clock - 15-minute quarters. Clock stops on goals and during the last two minutes of each quarter.
 - b. Running Clock – 15-minute quarters. Clock runs on goals but stops during the last two minutes.

Tournament/Play-day Allowance – 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).

To Download a 2024-2025 NCAA Women's Lacrosse Rulebook, [Click Here.](#)

For operational guidelines player eligibility rules, or specific questions regarding the WCLA, please email, wcla@usalacrosse.com or visit wcla.club.



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