



Rules Comparison Chart 2023 v. 2

Below is a chart that compares some of the major **differences** in the 2023 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. Changes from the 2022 chart are highlighted in **yellow**.

	USAL/NFHS ¹	NCAA ²	WCLA ³ (Same as NCAA unless specified)
Playing area: Field dimensions	10-20 yards behind goal (Rule 1-1-1)	Exactly 10 yards behind goal (Rule 1-1)	
Playing area: Visible clock	Recommended (Rule 1-1-4h)	Required for game and possession clock (Rule 1-13)	No possession clock.
Playing area: Additional clock	Additional clock recommended for timeouts (Rule 1-1-4h)	No recommendation.	
Playing area: 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	

¹ National Federation of State High School Associations, *2023 Girls Lacrosse Rules Book* (Indianapolis, IN: National Federation of State High School Associations, 2022); "2023 NFHS Girls Lacrosse Rules Interpretation" (NFHS Publications, 2023).

² National Collegiate Athletic Association, *2022 and 2023 NCAA Women's Lacrosse Rules* (Indianapolis, IN: National Collegiate Athletic Association, 2021); Stefanie Sparks Smith, *2022 NCAA Rules Interpretation*, 16 January, 2022. "CWLOA 2022-2023 Rules Book Edits," Collegiate Women's Lacrosse Officiating Association, *Mechanics, Protocols, and Rules Handbook*, 3rd version, 2023, 4:6-4:7.

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

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		bench or being placed on the side of the table closest to the team's bench. (Rule 1-13)	
Playing area: Coaching area	At least 4 meters from sideline; may enter the substitution area to exchange a crosse with a player on the field (Rule 1-1-4l)	Up to sideline (Rule 1-14)	
Playing area: Substitution area	May be marked by hash marks or cones (Rule 1-1-4i)	Marked with hash marks (Rule 1-9)	
Equipment and Uniforms: 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)	No pregame stick check (New Officiating Procedures 1)	
Equipment and uniforms: Stick check requests	Teams (coaches or players) 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. (Rule 2-4-5) Stick must meet criteria of a legal crosse. (Rule 2-2)	Teams (coaches or players) may request a stick check during a quarter break or halftime, during the rest time before an overtime period and prior to that start of the draw. (Rule 2-8) Stick checks consist of pocket depth, measurements of the overall length of the stick and the distance between the sidewalls and a full examination of the stringing of the pocket. (Rule 2-8; See NCAA Stick Check Instructions)	
Equipment and uniforms: Sticks "in use"	On the field of play. Does not include players in the substitution box or the sideline (Rule 2-4-3)	On the field of play, in bench area, on the sideline (Rule 2-6)	

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Equipment and uniforms: Procedure if stick meets the criteria of a legal crosse after inspection	Ball is given to player who was in possession of 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 requesting stick check loses possession. If the request is the team's second request in which the stick is deemed legal, the team requesting will lose one of its three timeouts. If a team has no timeouts remaining and is making second stick-check request, the stick check will not be permitted. (Rule 2-8c)	
Equipment and uniforms: Pocket-depth check after goals	Officials do not conduct mandatory stick checks after goals.	Official checks the goal-scoring stick after each goal (Rule 2-12)	
Equipment and uniforms: Illegal crosse	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 half, at which time it may be re-inspected. (Rule 2-4-1) If stick fails inspection during play, a minor foul is assessed. (Rule 2-4 PENALTIES)	Failure to pass a 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. Violation of Rule other than Pocket (formerly referred to as "Appendix E"): stick removed from game and placed at table; stick can be reinspected at halftime or during 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 2-6 through 2-12)	
Equipment and uniforms: Stick breaks during the draw	Draw is retaken (Rule 2-5-2d)	Alternate Possession procedure at the center line (Rule 2-13)	
Equipment and uniforms: Ball	Yellow, bright orange, or lime green (Rule 2-1)	Yellow or bright orange (Rule 2-14)	

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Equipment and uniforms: Goalkeeper pads	Thigh pads required (Rule 2-6-1) Shin pads allowed, no longer required (Rule 2-6-1a)	Padding on legs recommended (Rule 2-16)	
Equipment and uniforms: Goalkeeper helmet	Paint, decals or tape are the only adornments permitted (Rule 2-6-1)	No specifications.	
Equipment and uniforms: Mouthpiece	Must protect and separate teeth, biting surfaces and structures. Not clear or white; no graphics of white teeth (Rule 2-7-1)	Must fully cover upper jaw teeth. Any color; graphics not prohibited (Rule 2-17)	
Equipment and uniforms: 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 Standard and be listed on the USA Lacrosse website (Rule 2-18)	
Equipment and uniforms: Face masks	Soft and non-abrasive are permitted. Protective molded face masks are not permitted. (Rule 2-7-3)	Close-fitting nose guards may be worn. (Rule 2-19)	
Equipment and uniforms: Jewelry	Medic-alert medals are not considered jewelry and shall be taped to the body and the alert may be visible. Close-fitting cloth sweatbands, hair ties, and other soft, non-rigid materials may be worn on the arm. Barrettes and other hair adornments that are securely fastened and do not present an increased risk to the player, teammates or opponents are allowed. (Rule 2-7-5 a-c)	Players may only wear securely-taped medic-alert jewelry with information visible and close-fitting cloth sweatbands and hats. Any other adornment will be considered jewelry and may not be worn. (Rule 2-19)	

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Equipment and uniforms: Hats, headgear and head coverings	Head coverings 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) Headgear must meet current ASTM standard (F3137). All headgear must be properly worn and securely fixed with a chinstrap in place as intended for use. (Rule 2-7-3)	Close-fitting cloth hats are permitted. All headgear must meet current ASTM standard. (Rule 2-19)	
Equipment and uniforms: Eye black	When worn on the face, must be one solid stroke with no logos/numbers/letters and not extend further than the width of the eye socket or below the cheekbone. (Rule 2-7-6)	No specifications.	
Equipment and uniforms: Jersey numbers	Any number 0-99 is legal. Double-digit numbers from zero through 9 are not legal. (Rule 2-9-3)	No digit restrictions (Rule 2-24)	
Equipment and uniforms: Field players	Home team jerseys shall be light and visitor jerseys shall be dark. (Rule 2-9-4)	No designation for home and away (Rule 2-25)	
Equipment and uniforms: Illegal uniform	May be penalized at any point in the game. If during the game, minor foul (Rule 2-9-PENALTIES)	Penalty may only be administered at the start of the game. (Rule 2-29)	
Game Personnel: Speaking captain	No, but visiting captain calls the coin toss (Rule 3-5-3)	Yes (Rule 3-1) The speaking captain must be a player who is expected to play at least half the game. (Major Rules Changes for 2022 and 2023 Rule 3-6)	
Game Personnel: Pregame coach meeting	No specific time (Rule 3-5-3) See Appendix A for Pregame Protocol Option.	Meet with head coaches with 10 minutes on the pregame clock; delay of game if coach is late (Rule 3-2 and Rule 6-7b)	

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Game Personnel: Coach/official communication	Only head coach (Rule 3-2-3)	Any coach (Rule 3-4)	
Game Personnel: Captain/official communication	Officials are to be available for questions from the captains during timeouts 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)	
Game Personnel: Alternate/Table official	Alternate or table official (Rule 3-5-6 and Appendix B)	Table official (Rule 3-11 and Rule 3-12)	
Game Personnel: Official timer responsibilities-Card release	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)	
Time Factors and Scoring: Duration of play	Two 25-minute halves. Players change ends to begin the second half. (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. (Rule 4-1)	Games between DI teams must be played with 15-minute quarters, stop clock on goals. All other games may be 15-minute running clock quarters with a stop clock in the last two minutes OR they may be played with 15-minute quarters with stop clock on goals and in last two minutes.
Time Factors and Scoring: Halftime	10 minutes; may be less than 10 if agreed upon by coaches prior to the start of the game (Rule 4-1-1)	10 minutes; may be less than 10 if agreed upon by coaches due to extenuating circumstances (Rule 4-1)	

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Time Factors and Scoring: Stop game clock	When there is a foul called in the critical scoring area during the last two minutes of each half, alternate possession and a redraw (Rule 4-1-2 and Rule 4-2-2)	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. 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)	There is a stop clock for fouls in the 8-meter arc (offensive end) in the last two minutes of each quarter and on goals unless there is a ten-goal differential.
Time Factors and Scoring: Team timeouts	2 in regulation, 1 in overtime; substitutions permitted with exception of player being awarded the ball and the offender in or out of the critical scoring area. Play will resume at spot of ball unless the ball is in the critical scoring area, play will resume at the closest dot. (Rule 4-3) If the goalkeeper has the ball in the goal circle, play will start in the goal circle. (Rule 4-3-3e) No player is permitted within 4 meters of the player with the ball when play resumes. (Rule 4-3-3g)	3 in regulation, 1 in overtime; substitutions permitted EXCEPT if the timeout is called during penalty administration in the critical scoring area, the player awarded the free position and the offending player may not be substituted; play will resume 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. No player may be within 2 meters of the player taking the free position. (Rule 4-4)	
Time Factors and Scoring: Possession timeout horn	Horn should sound twice to indicate a possession timeout (Rule 3-7-2d)	Horn should sound once to indicate a possession timeout request (Rule 3-16c-4)	
Time Factors and Scoring: Suspended/ interrupted game	A game is considered legal and complete if 80% of playing time has elapsed. (Rule 4-4-1) An interrupted game continued on the same day shall be restarted from its point of interruption. (Rule 4-4-1)	A game will be considered legal and complete if 75% of the game has elapsed (i.e., 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)	

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	If a suspended game (less than 80% of playing time has elapsed) is replayed on another day, it must be played from the point of interruption. A suspended game may be terminated and considered complete by mutual agreement of opposing coaches. (Rule 4-4-2)	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)	
Time Factors and Scoring: Overtime	Clock stops on official time-outs or fouls in the critical scoring area (Rule 4-6)	Clock runs as in regulation time (Rule 4-8)	
Play of the game: Draw	Each half of the game and overtime period, and after each goal, the game is started by a draw (Rule 5-2-1)	Each quarter of the game and overtime period, and after each goal, the game is started with a draw (Rule 5-1)	
Play of the game: 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)	
Play of the game: 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 5-3 PENALTIES 2).	No redraw. Alternate possession is administered if fault cannot be attributed. (Rule 5-6).	
Play of the game: Penalty administration on draw violations	Free position at the center line, self-start permitted unless the game clock is stopped . No player or their crosse is permitted within 4 meters of the player taking the free position. (Rule 5-2 PENALTIES 2) Offsetting violation of the draw and player positioning will result in an alternate possession at the spot of the ball. (Rule 5-2 PENALTIES 1-3)	Draw violation or Early entry: Free position for non-offending team at the spot of the ball, non-engagement area enforced. If alternate possession is administered, ball is awarded at the center unless the ball is far from the center, then the restart is spot of the ball. (Rule 5-9 through 5-11 and <i>2022 NCAA Rules Interpretation</i>)	

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Play of the game: Penalty administration for early entry	Free position awarded to opponent at the spot of the ball at least 4 meters inside the boundary. Offending player will move 4 meters away toward the goal the offending team is defending. (Rule 9-1 PENALTIES for Violation of 9-1d)	Free position for non-offending team at the spot of the ball, non-engagement area enforced. (Rule 5-9 through 5-11 and 2022 NCAA Rules Interpretation)	
Play of the game: Self-start	From a settled stance; all players must be 4 meters from the ball carrier. Play must commence within 4 meters of the spot of the foul, but not within the critical scoring area. (Rule 5-4-1)	All players must be 2 meters from the ball carrier on a free position or from where the ball carrier will enter on boundary ball. Players are not required to come to a stop or even pause when a whistle is blown for a defensive foul and a self-start is permissible. They may play through the whistle. Play shall commence within 5 yards for the spot of the foul. (Rule 5-14 through 5-18, Rule 5-27 and Rule 5-33).	
Play of the Game: Self-start, defense in the CSA	Following a whistle blown for an offensive foul inside the critical scoring area, a player awarded the free position in the player's defensive end shall take the free position at the spot of the foul and the player may self-start unless the game clock is stopped. No player may be within 4m of the player awarded the free position. (Rule 5-4-2; 5-4-6c; PENALTIES for Violation of 9-1a, b and e-r, 2; Rule 10-1 PENALTIES 3; 2023 NFHS Girls Lacrosse Rules Interpretations)	Clock is not stopped for this type of foul, self start allowed. (Rule 4-1, Rule 5-14 through 5-18, Rule 5-27 and Rule 5-33).	
Play of the game: False starts	If a player self-starts when self-starts are not permitted, this is a false start. The opponent shall be awarded the ball and start play on a whistle (Rule 5-4-4).	It is only considered a false start if the administration of the foul that has caused play to stop is within the critical scoring area of the player's offensive end and the official has set up the free position by placing the offender 4 meters behind (Rule 5-18).	

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Play of the game: 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.
Play of the game: Penalty for Illegal substitute	Minor foul (Rule 9-1k)	Delay of game; green card (Rule 5-41 through Rule 5-46 and Rule 6-7i)	
Play of the game: Illegal player on attack discovered after a goal and before the draw	Free position for the opposing team at the center line (Rule 4-8 PENALTIES-2)	Green card is issued and free position to opposing goalkeeper within the goal circle (Rule 5-46)	
Play of the game: Injury requiring an official timeout	Player must leave the field (Rule 4-2-3)	If medical personnel or a coach comes onto the field, or if the player is bleeding, that player must leave the field (Rule 5-49)	
Play of the game: Injury timeout	Coaching is prohibited (Rule 4-2-3b)	Coaching is permitted.	
Fouls: Minor and Major	Rules separated into those that are administrative and those that compromise player safety (Rule 9 and Rule 10)	No such classifications (Rule 6)	
Fouls: Crosse in opponent's sphere	May not reach into or through (Rule 10-1d-1)	May reach into or through to make a safe check, may not hold one's stick within the sphere around the face or throat of an opponent (Rule 6-1e)	
Fouls: Direction of check	May not check toward the body (Rule 10-1v)	May check toward the body in a controlled manner (Rule 6-1n-2)	

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Fouls: Dangerous contact	Any action that thrusts or shoves any player with or without the ball who is in a defenseless position; mandatory card (Rule 10-1e)	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; mandatory card (Rule 6-21a)	
Fouls: Dangerous shot	Shoot dangerously or without control at the goalkeeper (Rule 10-1i)	No dangerous shot foul. Situations that are dangerous would be penalized pursuant to dangerous propelling rule. (Rule 6-21c)	
Fouls: Illegal body contact	Dangerous contact (Rule 10-1e) Dangerous play (Rule 10-1g) Illegal stick to body contact, e.g., horizontal stick, cross-check (Rule 10-1r) Misconduct (Rule 12-1-1)	Cross check (Rule 6-1d) Illegal use of the stick (Rule 6-1n) Dangerous contact (Rule 6-21a) Misconduct (Rule 6-21e)	
Fouls: Illegal Re-entry	Running out of bounds and re-entering to a more advantageous position (Rule 9-1i)	Running out of bounds and re-entering to a more advantageous position; includes running out of bounds to avoid an offside foul (Rule 6-7g)	
Fouls: Shooting space	Player doesn't need to be looking to shoot, but opportunity must be present (Rule 10-1w and Rule 10.1w SITUATION C)	The body positioning of the player with the ball must be in a position to shoot, whether the hands of the player with the ball are free to shoot and if a player can shoot safely (Rule 6-3a)	
Fouls: 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 7-1-2, Rule 7-2-1d, and Rule 10-1-w)	Goalkeeper is exempt (Rule 6-3a)	

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Fouls: 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)	Delay from timeout/halftime, or a two-minute quarter break. Delay to pregame meeting Delay with free positions in the critical scoring area Failure to properly wear eye protection Any behavior that official deems to be a delay Goalkeeper attempts to take the draw, lines up between the restraining lines during the draw, shoots or scores for their team Illegal re-entry Illegal stick requests Illegal substitution Illegal switching of sticks Illegal timeout Taking part in game while wearing jewelry Failure to properly wear a mouthpiece Committing a third foul before the attacking team crosses the restraining line into their offensive end	

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		<p>Taking part in the game if the player is not holding one's stick</p> <p>Repetitive false starts; repetitive false starts on an 8-meter free position</p> <p>Repetitive self-starts more than 5 yards from the spot of the ball</p> <p>Throwing a stick under any circumstance (Rule 6-7)</p>	
Fouls: Delay of game penalty	Minor foul (Rule 9-c) First violation: Green card. Change of possession. Second violation: Green/yellow card. Major foul. Offending player leaves the field for two minutes of elapsed playing time. Card not included in card count. Third and subsequent violations: Yellow card for misconduct. (Rule 9 PENALTIES for Violation of 9-1-1c)	Green card; one-minute releasable penalty (Rule 6-8 and Rule 6-9 through 6-13)	
Fouls: Body ball	Deliberately impede, accelerate or change the direction of the ball with a part of one's body. Players may kick the ball on a non-shooting attempt. Goalkeeper is not exempt when outside the goal circle and blatantly attempts to stop a shot on goal by playing the ball off the body. Minor foul for field players. Major foul for goalkeeper outside the goal circle. (Rule 9-1a)	When a player blatantly attempts to block a shot on goal with her body outside the goal circle, or when a player touches the ball with their hands (goalkeeper permitted when inside the goal circle) (Rule 6-1j) Pushing, flicking or batting the ball into an opponent's body causing the ball to go out of bounds (Rule 6-1j)	

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		When a player blatantly attempts to block a shot on goal with her body inside the goal circle, red card (Rule 6-21d)	
Fouls: Handball	Players may not touch the ball with their hands, except the goalkeeper or deputy within the goal circle (Rule 9-1f)	Classified as illegal body ball. 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 6-1j-2) Outside the goal circle, the goalkeeper may not bat, throw, catch or carry the ball. (Rule 6-1j-3)	
Fouls: Failure to properly wear mouthpiece/goggles	Minor foul (Rule 9-1m)	Delay of game (Rule 6-7)	
Fouls: 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 half, at which time it may be re-inspected. (Rule 2-4-1) If stick fails inspection during play, a minor foul is assessed. (Rule 2-4 PENALTIES)	Failure to pass a 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. 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 2-6 through 2-12)	

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Fouls: Illegal deputy	An unprotected field player may not remain in the goal circle with the player's team is not in possession of the ball. Major foul (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 6-16c-f)	
Fouls: Goal circle violation	In order to play a ball inside or outside the circle, the goalkeeper or her deputy must have at least one foot inside (Rule 7-1-2d and Rule 7-1-2e)	Defenders within the goal circle may play the ball regardless of whether both of their feet are within the goal circle. (Rule 6-16d)	
Fouls: 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 through the goal circle. Only one defender who is marking the ball carrier within a stick's length may remain in the goal circle. All defenders must still abide by the shooting space rule (Rule 6-16c-f)	
Fouls: Players in goal circle when team has possession	Only one player allowed (Rule 7-1)	May have any number of players (Rule 6-16d)	
Fouls: Check to the head	Classified as its own foul (Rule 10-1c)	Falls under dangerous contact (Rule 6-21a)	
Penalty Administration: Indirect free position	For minor defensive fouls in the critical scoring area (Rule 9-1-PENALTIES for violation of 9-1-1a, b and e-q)	No indirect free positions	
Penalty Administration: 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)	

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Penalty Administration: 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 6)	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 6-4a)	
Penalty Administration: Whistle for defensive foul simultaneous with a shot resulting in a goal	No goal; administer the penalty (Rule 10-1 PENALTIES 4)	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. In all other scenarios, the free position is administered. (Rule 6-39)	
Penalty Administration: 3 seconds	Free position at spot of ball when foul was called unless the ball is outside the critical scoring area and above the goal line extended in which case the free position will be awarded on the 12-meter fan closest to the spot of the ball. (Rule 10-1y PENALTIES 1 and 2)	Free position at hashmark nearest spot of the ball on the 8-meter arc when the whistle is blown (Rule 6-4b)	
Penalty Administration: Slow whistle/held whistle	Held whistle (Rule 11)	Slow whistle (Rule 6-40 through 6-46)	
Penalty Administration: Slow whistle or held whistle, no offsetting or additional defensive foul	Penalty administration is at spot of foul (Rule 11-2 PENALTIES)	Penalty administration is at the 8-meter hashmark on the arc closest to the spot of the ball when the whistle is blown or if outside the 8-meter arc and within 8 meters from the goal circle, on the hanging hash. (Rule 6-44)	
Penalty Administration: Delay of game, 1st offense	Green card against offending team, minor foul. No player removed for green card. (PENALTIES for Violation of Rule 9-1.1c)	Green card, 1-minute releasable penalty, possession clock reset (Rule 6-8)	No possession clock.

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Penalty Administration: 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 (PENALTIES for Violation of Rule 9-1.1c)	Green card, 1-minute releasable penalty, possession clock reset (Rule 6-8)	No possession clock.
Penalty Administration: 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 (PENALTIES for Violation of Rule 9-1.1c)	Green card, 1-minute releasable penalty, possession clock reset (Rule 6-8)	No possession clock.
Penalty Administration: Non-engagement area	No "non-engagement" term. Any player awarded a free position is entitled to 4 meters of free space. (Rule 5-4-1)	The 2-meter circle surrounding a player taking a free position (Rule 7)	
Penalty Administration: Non-engagement fouls	Violation of the 4-meter space is at the discretion of the official and can include: warning, reset, and/or hold. Repeated violations may result in a delay of game penalty. (Rule 5-4-3)	Failure to move 2 meters away or moving into a player's non-engagement area. Call time out. First offense is a warning to the bench. Second and subsequent offenses are delay of game penalties. (Rule 6-5 and Rule 6-6)	
Penalty Administration: Yellow card	2 minutes, 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 (Rule 6-22 through Rule 6-27)	No possession clock.
Penalty Administration: Red card	4 minutes, non-releasable (Rule 12-8-3)	2 minutes, non-releasable; possession clock reset (Rule 6-22 and Rule 6-28)	No possession clock.

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Penalty Administration: 1 player/2 yellows (on same play)	Team plays two players short for 2 minutes. (Rule 12 Situations and rulings, 12.6.1 SITUATION A)	Offending player serves two consecutive 2-minute penalties. Releasable if not fourth or subsequent (Appendix E)	
Penalty Administration: 1 player/yellow and red (on same play)	Team plays two players short for 2 minutes, then one player down for 2 more minutes (Rule 12 Situations and rulings, 12.6.1 SITUATION A)	Offending player serves two consecutive 2-minute penalties. First is releasable if not fourth or subsequent, second is not releasable (Appendix E)	
Penalty Administration: Red card - next game	If an ejected player attends the next game, the player must stay in the team bench area. A coach shall not be permitted in attendance at the site of the game, either on field, in the team bench area, or in the spectator areas. Follow state association ejection policies (Rule 12-8 EJECTION PENALTIES and COACH MISCONDUCT PENALTIES)	Suspended coach or player is allowed on field and in bench area during pregame activities. Player may not take part in warmup. Once game starts, the suspended player or coach is restricted to designated spectator area and may not communicate directly or indirectly with the team, coaches, bench or game officials. (Rule 6-29)	
Penalty Administration: Fourth card (yellow and red)	Team will play short for the remainder of the game, one player for each card beyond 3 (Rule 12-3)	Yellow cards become non-releasable (Rule 6-22)	
Penalty Administration: Defensive foul in the critical scoring area	Ball carrier to dot, 8-meter hashmark, or 12-meter fan. Offender 4 meters behind or away; all others 4m away. If the free position is on a hashmark, the penalty zone is cleared. If on the 12-meter fan, penalty lane is cleared. (Rule 10-1 PENALTIES)	Ball carrier to dot, 8-meter hashmark, or 12-meter fan, offender 4 meters behind. All others 2 meters away (dot or 12-meter fan) or 4 meters away (8-meter arc). If free position is on a hashmark, penalty area cleared. If on the 12-meter fan, no player may be directly in front of the free position obstructing the free space to goal. (Rule 6-2)	
Penalty Administration: Restraining line violation by defense with ball in critical	Official's discretion to make this call. Officials may evaluate if attack is on a scoring play/maintaining advantage. (Rule 8 PENALTIES 5 NOTE)	Penalty administration is like any other foul inside the critical scoring area and above goal line extended. (Ball to closest spot on 12-meter fan or closest 8-meter hashmark, one defender 4 meters behind, all others 2 meters away, no	

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scoring area above goal line extended	Ball carrier to top of 12-meter fan, center. One defender 4 meters behind, penalty lane cleared. (Rule 8, PENALTIES 3)	player obstructing the free space to goal.) Possession clock reset. (Rule 6-15)	
Penalty Administration: Multiple fouls	Not applicable	If the defending team commits a third foul before the attacking team crosses over the restraining line into their offensive end. Penalty is delay of game, Green card (Rule 6-7n and Rule 6-8)	

- 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.