



Ontario Women's Field Lacrosse

-- 2016 U11, U13, U15 Rules Modifications --

(changes from 2015 in red)

U11

LOGISTICS

- 75 x Regular width – 6m behind
- Midline – Restraining Line
- Standard Crease/11m Arc
- 7+1 Players on the Field (2 Back)
- 2 Time Outs per game (90 seconds)
- 2 x 25---minute halves --- last two minutes stop time (both halves) (unless 12 goal differential)
- Regular 6x6 nets
- Soft Lacrosse Balls
- Draws after 2 goals
- Goaltenders clear after odd numbered goals
- Stick check after every 2 goals
- Goaltenders to start inside crease on each draw

OFFENSIVE MODIFICTAIONS

- 2 Pass Rule *per possession* one pass must be initiated and completed in the offensive end of the field
- Give and Go ALLOWED
- Goalie clear *is* included
- Ball is live off rebound
- FPS shot will be taken no matter what on major fouls in the marking area

DEFENSIVE MODIFICATIONS

- No stick checking
- Body to Body contact is permissible
- NO Stick to Body contact
- 5 Second Defense Rule
 - * When defense “legally mirrors” an offensive player’s stick for 5 seconds, the offense lose possession
 - * Legally mirrors – actively marks the ball carrier within a stick length, and able to make a legal check
- Minor Foul awarded on same side of restraining line
- Goalie will still have 10 seconds in crease

5 SECOND RULE GUIDANCE

- No player can hold the ball for more than 5 seconds when a defender has two hands on their stick and is in a position to legally mirror (actively marking within a stick length) the player with the ball
- If the attacker makes an adjustment to protect the ball (thus putting the defender out of position) the five second count stops.
- If the defender re-establishes legal mirror position, the count will be reset
- In the event of a double team, the same concept holds true when one is in position to legally check
- The ball carrier has **unlimited time** with the ball unless legally mirrored



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U13

LOGISTICS

- Regular FIL field
- 9+1 Players on the Field (3 Back)
- 2 Time Outs per game (90 seconds)
- 2 x 25---minute halves --- last two minutes stop time (both halves) (unless 12 goal differential)
- Real nets
- Real Lacrosse Balls
- Draws after every goal
- Stick check after every goal
- Goaltenders to start behind defensive restraining line on each draw
- Max 3 players on the draw – between the restraining lines

OFFENSIVE MODIFICATIONS

- 2 Pass Rule *per possession* one pass must be initiated and completed in the offensive end of the field
- Give and Go ALLOWED
- Goalie clear *is* included
- Ball is live off rebound
- FPS shot will be taken no matter what

DEFENSIVE MODIFICATIONS

- Stick checking is allowed below the ball carrier's shoulder
- Body to Body contact is permissible
- NO Stick to Body contact
- 5 Second Defense Rule
 - * When defense "legally mirrors" an offensive player's stick for 5 seconds, the offense lose possession
 - * Legally mirrors – actively marks the ball carrier within a stick length, and able to make a legal check
- Minor Foul awarded on same side of restraining line
- Goalie will still have 10 seconds in crease

5 SECOND RULE GUIDANCE

- No player can hold the ball for more than 5 seconds when a defender has two hands on their stick and is in a position to legally mirror (actively marking within a stick length) the player with the ball
- If the attacker makes an adjustment to protect the ball (thus putting the defender out of position) the five second count stops.
- If the defender re-establishes legal mirror position, the count will be reset
- In the event of a double team, the same concept holds true when one is in position to legally check
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U15

DEFENSIVE MODIFICATIONS

- Stick checking is allowed
- Body to Body contact is permissible
- Stick to Body contact is allowed, but defender's stick head must be above ball carrier's shoulder
- It should appear as a "legally mirroring" an offensive player's stick
- If the stick is in a more "horizontal position" it is a major foul.