

## U19 Women Game Format and Policies

**2022-2024 World Lacrosse Women's International Official Playing Rules will be used for the 2023/2024 BCLA Field Lacrosse Season**

- ***All games are to be played under the BCLA "Fair Play Code of Conduct", meaning that all players are required to receive equal playing time.***
- All players including goalkeepers are required to wear mouth guards (**not clear or white**) and goggles. Goggles & mouthguards must be *properly* worn when on the field of play.
- Players may only use World Lacrosse (WL) approved crosses.
- All parents and fans must be on the opposite side of the field from the players benches.
- Each team must have 1 head coach and may have up to 3 assistants in the team bench area and must remain in the 'coaches walk'.
- Trainers and Managers are NOT permitted in the bench area.
- The game sheet must be verified/signed by the team manager or head coach as well as the officials.

### **Game format summary and equipment:**

- A pre-game stick check will be completed on all sticks in play for the game. There will be NO stick check after each scored goal.

### **IF both teams have a MINIMUM of 13 players:**

- 10 players on the field (1 goalkeeper, 3 defenders, 3 midfielders and 3 attackers)
- Traditional Women's field size used.

### **IF one team has 12 or less players:**

- 8 players on the field (1 goalkeeper, 2 defenders, 3 midfielders and 2 attackers)
- Two players + goalkeeper held back behind the restraining line and 5 players may cross the restraining line into the attacking or defending end.
- Traditional Women's field size used.

### **Length of game:**

- 4 x 15-minute quarters
  - 2 minutes between 1st & 2nd quarter
  - Last 30 seconds of 1st & 2nd quarter will be stop time
  - 2 minutes between 3rd & 4th quarter
  - Last 30 seconds of 3rd quarter will be stop time
  - Last 2 minutes of the 4th quarter will be stop time if goal spread is 5 goals or less.
  - 5 minutes at half time (between 2nd & 3rd quarter)
  - Goalkeepers will switch ends at the end of each quarter

## 10 on 10 Player Game Allowance

- A team must have a minimum of 13 players (including the goalie) to play a 10 on 10 game. If one team has 12 or fewer players, the game must be played as an 8 on 8 player game. Coaches cannot mutually decide to play a 10 on 10 player game if one team has fewer than the minimum number of players stated above.
- A team that has more than the minimum required players does not have to agree and is not required to play a 10 on 10 player game. The head official, prior to the start of the game, will ask each head coach individually what their preferred game configuration preference is (i.e., 8 on 8, or 10 on 10). If both head coaches agree to a 10 on 10 player game the officials will do a physical count of each player bench to confirm that the minimum player requirements have been met by both teams. The officials will indicate on the game sheet, under the “Game Report” header “10 on 10 Player Game”, this will be considered confirmation of player numbers. If one team does not consent to 10 on 10 play, then the game will be played as 8 on 8 play.
- For teams that have indicated to the Commissioner that they would only like to play only 8 on 8 games, these games will be identified as such on the game schedule posted on the PCFLL website. A game time declaration will still be required.
- 10 on 10 games will have 1 goalie; 3 defenders; 3 midfielders & 3 attack.
- Once a game is started as an 8 on 8 or 10 on 10 player game it will be played that way for the remainder of the game. It does not matter if more players show up or one team drops below the player minimum because of injury or a player leaving early.

**Note:** *The BCLA reserves the right to change these rules at any time if safety or fair game play are deemed an issue. There will be a review of the rules and on field game play regularly to see if these rules fit the target age group.*