



## Pacific Coast Field Lacrosse League U15 Women Game Format and Policies

- All players are required to wear mouth guards and goggles. Goalies are required to wear mouth guards & helmets.  
Goggles, helmets & mouthguards must be properly worn when on the field of play.
- Players & goalies may only use WL approved crosses only
- All parents and fans must be on the opposite side of the field from the players benches
- Each team has a head coach and may have up to 3 assistants in the team bench area
- The game sheet must be verified/signed by the team manager or head coach as well as the umpires
- Coaches are expected to remain only in the team bench area
- Each team will consist of 10 players - 1 goalie, 3 defenders, 3 midfielders and 3 attackers
- 4 x 15-minute quarters
  - 2 minutes between 1st and 2nd Quarter
  - Last 30 seconds of 1<sup>st</sup> & 2<sup>nd</sup> quarter will be stop time
  - 2 minutes between 3rd and 4th Quarter
  - Last 30 seconds of the 3<sup>rd</sup> quarter will be stop time
  - Last 2 min of the 4<sup>th</sup> quarter will be stop time
  - 5 minutes at half time (between 2<sup>nd</sup> & 3<sup>rd</sup> quarter)
- All games are to be played under the BCLA "Fair Play Code of Conduct", meaning that all players should get equal playing time.

Note The PCFLL 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.