



# WCLA

## PLAYING RULES

**ALL CONTESTS BETWEEN WCLA MEMBER TEAMS SHALL BE PLAYED ACCORDING TO US LACROSSE/NFHS SCHOLASTIC RULES WITH THE FOLLOWING MODIFICATIONS OUTLINED IN SECTION 2.**

**Please see the [uslacrosse.org/rules](http://uslacrosse.org/rules) for complete rule set and revisions for 2018.**

**\*\* NOTE: To receive a HARD copy of the Rules, please select the NFHS Rule book option when renewing your membership. You must renew as both a player and coach to receive this option. \*\***

### **Section 1: Notable playing rule changes for ALL 2018 scholastic play:**

1. Players sticks may touch the ground over the restraining line on the draw they still may not cross the line until possession is established if doing so would constitute more than 3 players for that team between the restraining lines.
2. The sticks on the draw must be fully parallel and within the vertical plane of the center line.
3. Stick stringing specifications have moved from a technical standard to performance standard.

### **Section 2 : Rules specific to WCLA play: (Rule 1 is new for 2018)**

1. Yellow cards are releasable until the 4<sup>th</sup> card and all subsequent cards which are non-releasable. Team card counts do not apply to play down. Individual card counts do apply.
2. Players on the defending team in their defensive end of the field may run through or remain in the goal circle when their team is in possession of the ball. Defenders within the goal circle may only play the ball if they are wholly grounded ( both feet in the circle). Defenders must immediately



- leave the goal circle when their team loses possession of the ball, except for that player noted above who is directly marking the ball carrier within a stick's length. Goalkeeper is exempt from shooting space outside of the goal circle.
3. Horizontal Stick/Illegal Contact: Initiating crosse-to-body contact with the crosse parallel to the ground (9 and 3 o'clock) and hands apart.
  4. A player may reach into the sphere to make a safe check. Checks must be controlled, not intimidating or dangerous.
  5. Games between DI teams must be played with two, 30-minute stop-clock halves.
  6. All other games shall be a minimum of two 30-minute running clock halves with a stop clock on whistles in the last two minutes of each half. (Unless there is a 10-goal differential).
  7. Each team shall be allowed 3 timeouts during regulation time. Each team shall be allowed 1 timeout during overtime.
  8. All tie games at the end of regulation shall be resolved using USL overtime procedures for sudden victory.
  9. The WCLA National Tournament will use 30-minute stop clock halves.
  10. Leg and thigh padding is not required for goalkeepers.
  11. NCAA uniform regulations shall be used.

For operational guidelines, player eligibility rules, or specific questions regarding the

WCLA, please email: [wcla@uslacrosse.org](mailto:wcla@uslacrosse.org) or visit [uslacrosse.org/wcla](http://uslacrosse.org/wcla)



### **WCLA Mission Statement**

The mission of the USL Women's Collegiate Lacrosse Associates is to promote the growth of women's lacrosse nationwide. Specifically, the WCLA strives to provide an infrastructure in which collegiate clubs will compete and eventually crown a national champion. Leadership opportunities exist on the local, regional and national levels as WCLA is a representation of teams at all levels.