

## Ontario Women's Field Lacrosse

### 2019 U13 Rules Modifications

(changes in **RED**)

#### Logistics

- Regular Field
  - Regular restraining lines
- Standard Crease / 11m Arc / 15m Fan
- 9+1 Players on the Field (3 back)
- 4 x 10-minute quarters; last 30 seconds stop time
  - 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> quarters – last 30 seconds stop clock
  - 4<sup>th</sup> quarter – stop clock last 2 minutes (unless 12+ goal differential)
  - 5-minute half time
  - 1.5 minute in between quarters and only switching at half
- Two Time Outs per Game (90 seconds)
- Coaching on water breaks permitted
- 6ft x 6ft nets
- Regular yellow (hard) lacrosse balls
- All players, including the goalkeeper, must wear a professionally manufactured intra-oral mouth guard that fully covers the upper teeth. The mouth guard shall be of any readily visible color other than **colorless or white and must not have graphics of white teeth**
- Goaltenders to start inside crease on each draw
- Draws after every goal (unless 12+ goal differential – then ball will be awarded by the opposing team at the centre line)

#### Offensive Modifications

- Two completed caught balls - from an overhand pass – at least one must be made and caught in the offensive end of the field (over offensive restraining line) - is required before an attacking team can shoot on goal
- Give and Go ALLOWED
- Goalie clear is included
- Ball is live off rebound
- Free Position shot will be taken no matter what, for all defensive major fouls in the marking area

#### Defensive Modification

- Stick checking is allowed below the ball carrier's shoulders

- Body to Body contact is permissible
- NO Stick to Body contact

### **U13 - Two Completed Pass Rule**

- Two completed caught balls - from overhand passes - at least one must be made and caught in the offensive end of the field (over offensive restraining line)
- Caught goalie clear will count as one completed pass
- Team remains "hot" after two completed passes until turnover as long as hot team retains possession (whether or not ball goes on ground or not) - "once you are hot you are hot"
- Umpire to signify completed pass count by arm in air with pass count on fingers. On two pass count umpire keeps arm in air until there is a goal, save with goalie possession (ball in crease or goalie stick) or turnover

#### **Examples:**

1. Team A gets ball into offensive end having completed a pass (ie. pass was caught) in transition or in defensive end or completing a pass in offensive end. The team now has a one pass count. Judy passes ball in an overhand pass to Sally. Sally catches ball and team now has two completed passes. Team A is now "hot". Sally is free to shoot on goal or pass the ball. If Sally runs with ball and drops it but recovers possession without other team gaining possession, Team A is still hot and Sally can shoot.
2. Team A gets ball into offensive end having completed a pass (ie. pass was caught) in transition or in defensive end OR completing a pass in offensive end. The team now has a one pass count. Judy passes ball in an overhand pass to Sally. Sally catches ball and team now has two completed passes. Team A is now "hot". Sally is free to shoot on goal or pass the ball. Sally passes the ball to Jenny. Jenny does not catch the ball but gets possession of the ground ball, Team A is still hot and Jenny can shoot on goal.

**\*\*Note:** shot on goal from a hot team that gets their own rebound remains hot - a team remains hot until a goal, goalie save with possession (ball in crease or in goalie stick) or goal or turnover\*\*

### **Body to Body Contact Clarification**

For clarification, legal defense-initiated body-to-body contact will be permitted. Legal defense-initiated body-to-body means a defensive player is holding their defensive space (i.e. make legal forearm or hand contact on the attacker and angling the ball carrier away from goal using good positioning and footwork). Extension of arms/pushing and any stick-to-body is a major foul. This includes the butt end of the stick which has often been used to direct/push attackers off course.