



Ontario Women's Field Lacrosse

2019 Rules: U19/Senior Rules

Logistics

- 9+1 Players on the Field (3 back)
- 4 x 12.5-minute quarters
 - 1st/2nd/3rd quarters – last 30 seconds stop clock
 - 4th 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
- 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
- Self start and holding on the restraining line

What is holding the restraining line?

During the draw, players positioned below/goal side of the restraining line must not cross the restraining line until possession has been determined and indicated by the umpire's direction signal and verbal 'possession'. Players below/goal side of the restraining line may reach over the line with their crosses to play the ball as long as no part of the player's foot is over the line.

What is self start?

Following a whistle for a major or minor foul outside the 15m Advantage Flag area, the player awarded the free position may continue to play when both of her feet are stationary on the ground and the ball is her Crosse, without waiting for an additional whistle to restart play.

Self Start is NOT an option when:

1. The game clock is stopped
2. The ball is out of bounds including the sideline and end line
3. There is a restraining line violation
4. There is an illegal draw
5. Major or minor fouls occurring in the 15m Advantage Flag area including the offensive and goal circle fouls

Guidance:

This is not the same as "free movement". **All other players on the field must stand on the whistle.** The offending player, adjusts her positioning to 4m beside or 4m behind the ball.