



Women's Collegiate Lacrosse Associates

2015

PLAYING RULES

All contests between WCLA member teams shall be played according to US Lacrosse Women's Rules with these exceptions and notations:

- (1) Players in their defending end of the field may run through any portion of the goal circle as long as their team is not in possession of the ball. Only the defensive player who is directly marking the ball carrier within a stick's length may remain in the goal circle while defending.
- (2) Illegal Contact: Initiating crosse-to-body, or body-to-crosse contact is illegal. This call will be based upon the action taken by the player who initiates contact with the crosse. Contact with a crosse in horizontal position shall not be the only basis for this call.
- (3) A player may reach into the sphere to make a safe check. Checks must be controlled, not intimidating or dangerous.
- (4) Games between DI teams must be played with 30-minute stop clock halves. All other games shall be 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). All games may be played with 30-minute stop clock.
- (5) Each team shall be allowed 3 timeouts during regulation time. Each team shall be allowed 1 timeout during overtime.
- (6) All tie games at the end of regulation shall be resolved using USL overtime procedures.
- (7) The WCLA National Tournament will be played with 30-minute stop clock halves.

Defense in the goal circle clarifications

When the defense is not in possession of the ball there are two key concepts to remember:

1. Any number of defenders may run through the goal circle at the same time
2. Only one defender who is directly marking the player with the ball may remain in the goal circle. The defensive player legally remaining in the goal circle may be moving or stationary.

The only defender who may "stand" (no movement for more than a second) is a "defensive player who is DIRECTLY marking the ball carrier WITHIN A STICK'S LENGTH".

- 1) If the ball is with an attacker behind the goal, the defender marking her in front of the goal circle CANNOT stand in the goal circle because she is not WITHIN A STICK'S LENGTH. She must be outside the goal circle. Defenders may think that if they are "marking" the player behind, this is enough. No, it is a different rule. If this happens, it should be penalized as a goal circle foul, with a FP on the 8m hash along the goal line, and the defender behind and the penalty lane above the goal line extended is cleared.
- 2) When the ball carrier moves to one side or the other, and the defense moves to adjust her position, she may move THROUGH the goal circle without stopping.
- 3) Only one defender may stand in goal circle on a double team. Even if both are within a stick's length, only ONE can stand in the goal circle.
- 4) A defender standing in the goal circle waiting to see which way the attacker behind the goal is planning to move must react almost immediately and move out from of the circle - keep moving out in the direction she was running when she entered, pivot and move back out the way she came in, step back out into the 8m area. Once the player stops and isn't doing something to get out she can be called for the goal circle foul.

Any defender moving through the goal circle must still abide by all provisions of the obstruction of the free space to goal rule.

A defender who steps into the goal circle to avoid a 3 seconds call may do so provided she exits out of the circle and the arc. If she steps back into the arc, the 3 second count shall continue from the original count.

A ball on the ground or in the air within the goal circle constitutes possession for the defending team. No defensive player outside the circle may reach in to play the ball unless they are directly defending the shooter and have either blocked the shot or checked the shooter's crosse and are playing the ball in the air. The defensive player standing in the circle and marking the player with the ball within a stick's length may also play the ball in the air as a result of a check or blocked shot.

She may also play the ball in the air as a result of intercepting a pass. Should this defender gain possession while in the goal circle, she may:

- 1) Exit with the ball in her possession, or
- 2) Leave the ball in the goal circle as she exists so only the goalkeeper remains, or
- 3) Remain in the goal circle as the deputy, and the goalkeeper exits