



## Women's League Rules and Participation

**All contests between teams shall be played according to US Lacrosse / NFHS Scholastic Rules with the following WCLA or League modifications:**

- 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.
- The sticks on the draw must be fully parallel and within the vertical plane of the center line.
- Stick stringing specifications have moved from a technical standard to performance standard.
- Yellow cards are releasable until the 4th card and all subsequent cards which are non-releasable. Team card counts do not apply to play down. Individual card counts do apply.
- No multiple foul count (green card) for fouls committed by the attack when defense is attempting to clear the ball to their attacking end (goal line to opposing restraining line).
- 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 (e.g., both feet within the goal circle). Defenders must immediately leave the goal circle when their team loses possession of the ball.
- No simultaneous whistle for shooting space. NFHS rules for shooting space will be applied.
- Goalkeeper is exempt from shooting space outside of the goal circle.
- Horizontal Stick/Illegal Contact: Initiating crosse-to-body contact with the crosse parallel to the ground (9 and 3 o'clock) and hands apart is a major foul.
- Defenders may not check towards the body.
- Defenders may not reach through the sphere to check the ball carrier.
- Checks must be controlled, not intimidating or dangerous.

- Games duration shall be no longer than two 25-minute running clock halves, but may be shortened at the discretion of the league administrator.
- Each team shall be allowed 1 non-clock stopping timeout during each half.
- All tie games at the end of regulation shall be resolved using USL overtime procedures for sudden victory.
- Leg and thigh padding is not required for goalkeepers.
- All games will begin promptly at the time posted on the ULAX website
  
- **DEFAULT FORFEITS:** If either (or both) team(s) does (do) not have the requisite number of players at the beginning of the game (e.g., 12 (for full field leagues)), the team captains or other representatives will meet and confer to determine whether the game will count towards the league standings. Specifically, the team captains/representatives can agree to play the scheduled game in a different format (e.g., 5v5, 6v6, 7v7 with flipped cages) and have the game count towards the league standings. If an agreement is not reached, the team that has more players will be given a 1-0 default forfeit victory and the teams will play an exhibition scrimmage with the players that are present.
  
- **Forfeit Rule** - If a team forfeits two or more games throughout the course of a season, that team will be disqualified from playing in the playoffs in that particular season.

## Weather Protocol

ULAX games are played rain or shine. Only the presence of severe weather (e.g., thunderstorms) and/or unsafe field conditions will result in a postponement and/or cancellation. If games are postponed/cancelled, we will distribute a league wide email to all registered players, notifying them of the postponement/cancellation.