

Alberta Field Lacrosse Association

U11/U13 Combined Women's Field Lacrosse Game Format (2024 Season)

2022-2024 World Lacrosse Women's International Official Playing Rules will be used for the 2023/2024 AFLA Field Lacrosse Season

Playing Time:

- To support player development, all players are required to receive equal playing time.

Equipment and Apparel:

- All players including goalkeepers are required to wear mouthguards that are easily visible to the officials **(not clear or white)**.
- All runners must wear goggles.
- Goalies must wear an approved helmet.
- NCAA Crosses will be permitted.

Jewelry, Body and Hair Decorations:

- Players may wear securely taped medical alert jewelry with information clearly visible and closefitting cloth sweat bands. **ALL other soft jewelry, necklaces, earrings, bracelets, and watches must be removed.**
- Wedding rings and religious/ceremonial jewelry must be taped securely to the player or be removed.
- The official may rule any hair or body decoration as dangerous to the player or to others and remove it from the field of play. If applicable, the player will be penalized for a minor foul.

Headgear and Apparel:

- Hats/visors with soft neoprene brims may be worn.
- A hijab may be worn (preferably a sports hijab).
- Protective headgear or helmets may not be worn.

Bench Personnel

- Each team must have 1 head coach and may have up to 3 assistants in the team bench area and must remain in the 'coaches walk'.
- Trainers are permitted in the bench area but are NOT permitted in the Coaches Walk.
- Only bench personnel shown on the game sheet and AFLA representatives may be in the time/score-keeper tent.
- The game sheet must be verified/signed by the team manager or head coach as well as the officials.
- All parents and fans must be on the opposite side of the field from the players benches.

Game Format:

- A pre-game stick check will be completed on all sticks in play for the game. There will be NO stick check after each scored goal.
- World Lacrosse rules, field dimensions, and field markings will be used.

Length of Game:

- 4 x 12-minute quarters run time.
 - 2 minutes between 1st & 2nd quarter
 - 2 minutes between 3rd & 4th quarter
 - 5 minutes at half time (between 2nd & 3rd quarter)
 - Goalkeepers will switch ends at the end of each quarter

8 on 8 Player Game Allowance

- Play will consist of eight (8)-on-eight (8) play (seven players and one goalie).
 - o If one team has less than 8 players, they may combine with a team from another club to allow play to occur. This should be organized by the clubs involved BEFORE the field day with notification to AFLA.
- Play will be cross-field from the restraining line to the end line use 6 x 6 nets. The front of the crease is eight (8) yards from the end line.
- Play will not include offsides.