



PACIFIC COAST FIELD LACROSSE LEAGUE
COACH and MANAGER HANDBOOK
For use in Women's Field Lacrosse

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Introduction

The purpose of this document is to aid Pacific Coast Field Lacrosse (PCFLL) Women's Coaches and Managers in understanding their duties and responsibilities with respect to their League Commissioner.

Team Roster

Each team Coach or Manager must submit their team roster their League Commissioner prior to the start of the season. The team roster must be in alphabetical or numerical order (Commissioner's preference) and contain each player's first and last name, and jersey number.

The Coach or Manager must submit to their League Commissioner any updates to their team roster as soon as they receive them.

Please remember that there are several numbers used when talking about 'rosters' – team declared rosters for the season are a 20-player limit (unless oversized is approved by the League), team game day rosters are an 18-player limit, and team declared rosters for Provincials are a 20-player limit.

Game Sheets

It is the responsibility of the **HOME TEAM** to ensure that the game sheet is clearly and properly filled out prior to the start of each home game, including team name at the top of each side.

Game sheets must be protected from the weather to ensure they are legible.

Improper game sheets, including those missing information, will be considered invalid for league results and player eligibility for the Provincial Championships/Tournaments.

The home team's scorekeeper is responsible for distributing the copies of the game sheet at the conclusion of a game. The winning team's representative is given the top 2 copies of the game sheet (white and yellow).

The losing team's representative is given the bottom copy of the game sheet (pink). In the event of a tie, the home team's representative is given the top 2 copies of the game sheet.

The winning team's coach or manager is responsible for submitting the original game sheet (top white copy) to their League Commissioner. In the event of a tie, the home team's coach or manager is responsible for submitting the original game sheet.

A copy of the game sheet must be electronically sent to the League Commissioner within 24 hours after the conclusion of the respective game (PDF is the preferred format). The original game sheet is to be mailed to the League Commissioner within 3 days of the conclusion of the respective game.

The League Commissioner's contact information is [located on the PCFLL website](#).



Failure to submit the original game sheet to the League Commissioner on time will result in the forfeit of any points awarded to teams for the respective game.

Each game sheet must contain the following information:

1. The division, game number, date, location and indicate the type of game.
2. Print the home & visiting **Association names** at the top of each roster box.
3. Fill in the player roster:
 - Complete the player roster in **numerical order**. The goalie is listed **on the bottom line**.
 - All players can be added to the game sheet at the beginning of the game, but any players who haven't arrived by halftime **must** be crossed off on the game sheet roster.
 - List any suspended player(s) and/or coaches in the umpire's report section of the game sheet, as well as any call-up players.
4. Print all bench personnel in attendance.
 - The name of the head coach & the name(s) of the assistant coach(es)
 - **Four (4)** bench personnel are the maximum (1 HC & up to 3 Assistant Coaches)
5. The scorekeeper and timekeeper(s) must print their names on the game sheet.
6. The scorekeeper must enter the correct scoring and penalty information.
7. The scorekeeper, or the game officials, must enter the game summary information at the conclusion of the game.
8. Game officials are to be paid **BEFORE** the game begins and must verify the game information and sign the game sheet. There is a space available for an Official mentor and/or OIC (Official in Chief) to add their names, if needed, on the scoresheet.
9. The scorekeeper must distribute the copies of the game sheet to the appropriate team personnel:
 - winning team gets the top 2 copies (white and yellow)
 - losing team gets the bottom copy (pink)
 - for tie games, the home team is responsible for the top 2 copies.

The Women's Field game sheet demo video can be found on the [PCFLL Documents Page](#)

Game Length

U7 Women - 4 x 8-minute quarters

- 4 x 8-minute quarters, stop for injuries only.
- 3 minutes between quarters.



U9 Women - 4 x 8-minute quarters

- 4 x 8-minute quarters, stop for injuries only.
- 3 minutes between quarters.

U11 Women - 4 x 12-minute quarters

- 2 minutes between 1st & 2nd quarter.
- Last 30 seconds of 1st & 2nd quarter will be stop time.
- 2 minutes between 3rd & 4th quarter.
- Last 30 seconds of 3rd quarter will be stop time.
- Last 2 minutes of the 4th quarter will be stop time if goal spread is 5 goals or less.
- 5 minutes at half time (between 2nd & 3rd quarter)
- Goalkeepers will switch ends at the end of each quarter.

U13, U15, U17 & U19 Women - 4 x 15-minute quarters

- 2 minutes between 1st & 2nd quarter.
- Last 30 seconds of 1st & 2nd quarter will be stop time.
- 2 minutes between 3rd & 4th quarter.
- Last 30 seconds of 3rd quarter will be stop time.
- Last 2 minutes of the 4th quarter will be stop time if goal spread is 5 goals or less.
- 5 minutes at half time (between 2nd & 3rd quarter)
- Goalkeepers will switch ends at the end of each quarter.

Regular scheduled games will start **no later than** 15 minutes after scheduled game time, when the field is available for play. Teams are to ensure they are at the field early and ready for equipment check **PRIOR TO** the start time. Time may be allotted due to extenuating circumstances and if this is agreed upon by both coaches.



U7 Women Game Format and Policies

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

- **All games are to be played under the BCLA "Fair Play Code of Conduct", meaning that all players are required to receive equal playing time.**
- All players are required to wear mouth guards and goggles. Goggles & mouthguards (**not clear, not white**) must be *properly* worn when on the field of play.
- Players may only use World Lacrosse (WL) approved crosses.
- All parents and fans must NOT be on the field.
- The game sheet must be verified/signed by the team manager or head coach as well as the officials.
- One or two officials can referee the game. If one official is present, they will receive both game fees.

Game format summary and equipment:

- 4 players on the field
- NO goalies
- Soft ball to be used.
- Modified nets - attach 2 of the 1' x 6' vinyl banners with grommets (drop downs) to reduce the size of the nets.
- Small field used. 34m x 60m – set up on one end of field. Two games can be played on the same field.

Game Format:

- Coin toss to determine who will start with the ball. Visiting team chooses heads or tails; winner gets the ball. 2nd quarter starts with the other team having the ball and continues to alternate.
- No pre-game stick check is required at this age group.
- No draw, players line up on their defensive end to start game.
- Coaches can be on the field to assist.
- NO score is displayed, however score sheets are completed and submitted to the U7 Women's Commissioner.
- **One attempted overhand pass rule.** The pass does not need to be caught but can be picked up from a ground ball or bounce. Teams are encouraged to attempt multiple passes.
- If the ball hits the drop downs, it will be considered a dead ball and will be given to the closest defender.
- After goal, defense is given ball for a clear. Offence must clear to half.
- Must play 1 v 1 defense (i.e., **no doubling**)
- **No player may score more than three (3) goals at this level of play.**



- Intentional and illegal or dangerous contact as well as unsportsmanlike conduct would be considered major fouls; the player would be taken off the field.
- No cards are used for players, and the team does NOT play short.
- **NO STICK CHECKING ALLOWED.** Violation = Major foul. Incidental stick to stick contact may occur and is not inherently a foul.

Length of game:

- 5-minute warmup
- 4 x 8-minute run time quarters, stop for injuries only.
- 3 minutes between quarters. Please ensure the game portion does not extend past the allocated field time for games.

Time Outs

There are **NO** time outs permitted and the clock shall only stop in the event of any injury. Injured players must leave the field until the next scheduled substitution and shall be replaced by another player.

Overtime

Overtime shall NOT be played at this age group.

Note: *The BCLA reserves the right to change these rules at any time if safety or fair game play are deemed an issue. There will be a review of the rules and on field game play regularly to see if these rules fit the target age group.*



U9 Women Game Format and Policies

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

- **All games are to be played under the BCLA "Fair Play Code of Conduct", meaning that all players are required to receive equal playing time.**
- All players are required to wear mouth guards and goggles. Goggles & mouthguards (**not clear, not white**) must be *properly* worn when on the field of play.
- Players may only use World Lacrosse (WL) approved crosses.
- All parents and fans must NOT be on the field.
- The game sheet must be verified/signed by the team manager or head coach as well as the officials.
- One or two officials can referee the game. If one official is present, they will receive both game fees.

Game format summary and equipment:

- 4 players on the field
- NO goalies
- Soft ball to be used.
- Modified nets - attach 2 of the 1' x 6' vinyl banners with grommets (drop downs) to reduce the size of the nets.
- Small field used. 34m x 60m – set up on one end of field. Two games can be played on the same field.

Game Format:

- A pre-game stick check will be completed on all sticks in play for the game.
- Coin toss to determine who will start with the ball. Visiting team chooses heads or tails; winner gets the ball. 2nd quarter starts with the other team having the ball and continues to alternate.
- No draw. Players line up on their defensive end to start game.
- Coaches can be on the field to assist.
- NO score is displayed, however score sheets are completed and submitted to the U9 Women's Commissioner.
- **One attempted overhand pass rule.** The pass does not need to be caught but can be picked up from a ground ball or bounce. Teams are encouraged to attempt multiple passes.
- If the ball hits the drop downs, it will be considered a dead ball and will be given to the closest defender.
- After goal, defense is given ball for a clear. Offence must clear to half.
- Must play 1 v 1 defense (i.e., **no doubling**)
- **No player may score more than three (3) goals at this level of play**



- Intentional and illegal or dangerous contact as well as unsportsmanlike conduct would be considered major fouls; the player would be taken off the field.
- No cards are used for players, and the team does NOT play short.
- **NO STICK CHECKING ALLOWED.** Violation = Major foul. Incidental stick to stick contact may occur and is not inherently a foul.

Length of game:

- 5-minute warmup
- 4 x 8-minute run time quarters, stop for injuries only.
- 3 minutes between quarters Please ensure the game portion does not extend past the allocated field time for games.

Goalies – OPTIONAL

- 6 v 6 play + goalies optional if teams have minimum 10 players on their roster. Coaches cannot mutually decide to play a 6 v 6 + goalies player game if one team has fewer than the minimum number of players stated above.
- A team that has more than the minimum required players does not have to agree and is not required to play a 6 v 6 + goalies player game. The head official, prior to the start of the game, will ask each head coach individually for their preferred game configuration (i.e., 4 on 4 with no goalies or 6 v 6 + goalies). If both head coaches agree to a 6 v 6 + goalies player game, the officials will do a physical count of each player bench to confirm that the minimum player requirements have been met by both teams. The officials will indicate on the game sheet, under the “Game Report” header “6 v 6 + goalies Player Game”, and this will be considered confirmation of player numbers. If one team does not consent to 6 v 6 + goalies play, then the game will be played as 4 v 4 with no goalies.

Time Outs

There are **NO** time outs permitted and the clock shall only stop in the event of any injury. Injured players must leave the field until the next scheduled substitution and shall be replaced by another player.

Overtime

Overtime shall NOT be played at this age group.

Note: *The BCLA reserves the right to change these rules at any time if safety or fair game play are deemed an issue. There will be a review of the rules and on field game play regularly to see if these rules fit the target age group.*



U11 Women Game Format and Policies

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

- **All games are to be played under the BCLA "Fair Play Code of Conduct", meaning that all players are required to receive equal playing time.**
- All players including goalkeepers are required to wear mouth guards (**not clear or white**) and goggles. Goggles & mouthguards must be *properly* worn when on the field of play.
- Players may only use World Lacrosse (WL) approved crosses.
- All parents and fans must be on the opposite side of the field from the players benches.
- 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 not in the Coaches walk.
- The game sheet must be verified/signed by the team manager or head coach as well as the officials.

Game format summary and equipment:

- A pre-game stick check will be completed on all sticks in play for the game.
- 8 players on the field (1 goalkeeper, 2 defenders, 3 midfielders and 2 attackers)
- Modified field used. Use regular field length, utilizing painted creases on the field; WIDTH of field will be narrower, utilizing the Men's Field game wing lines.
- Two players + goalkeeper held back behind the restraining line and 5 players may cross the restraining line into the attacking or defending end.
- Modified nets - attach 1 of the 1' x 6' vinyl banners with grommets (drop downs) to reduce the size of the nets.
- When the ball hits the drop down, the play is blown dead.
 - Dead ball is awarded to the goalkeeper.
 - No goal is scored if the ball hits the drop down and then enters the goal.
- When a game has a difference of five (5) goals or greater, the losing team will be awarded the ball at center. Only when the score is less than 5 goals will the draws resume after goals.
- **Two attempted overhand pass rules.** The pass does not need to be caught but can be picked up from a ground ball or bounce by the 'intended' pass recipient player. Teams are encouraged to attempt multiple passes. *One pass must be caught/picked up in the offensive zone.*
- **No player may score more than four (4) goals at this level of play.**

Length of game:

- 4 x 12-minute quarters
 - 2 minutes between 1st & 2nd quarter
 - Last 30 seconds of 1st & 2nd quarter will be stop time
 - 2 minutes between 3rd & 4th quarter



- Last 30 seconds of 3rd quarter will be stop time
- Last 2 minutes of the 4th quarter will be stop time if goal spread is 5 goals or less.
- 5 minutes at half time (between 2nd & 3rd quarter)
- Goalkeepers will switch ends at the end of each quarter

10 on 10 Player Game Allowance

- A team must have a minimum of 13 players (including the goalie) to play a 10 on 10 game. If one team has 12 or less players, the game must be played as an 8 on 8 player game. Coaches cannot mutually decide to play a 10 on 10 player game if one team has less than the minimum number of players stated above.
- A team that has more than the minimum required players does not have to agree and is not required to play a 10 on 10 player game. The head official, prior to the start of the game, will ask each head coach individually what their preferred game configuration preference is (i.e., 8 on 8, or 10 on 10). If both head coaches agree to a 10 on 10 player game, the officials will do a physical count of each player bench to confirm that the minimum player requirements have been met by both teams. The officials will indicate on the game sheet, under the "Game Report" header "10 on 10 Player Game", this will be considered confirmation of player numbers. If one team does not consent to 10 on 10 play, then the game will be played as 8 on 8 play.
- For teams that have indicated to the Commissioner that they would only like to play only 8 on 8 games, these games will be identified as such on the game schedule posted on the PCFLL website. A game time declaration will still be required.
- All 10 on 10 player games will be played on the U11 Women's Modified Field dimensions. Coaches cannot mutually decide to change the field size.
- 10 on 10 games will have 1 goalie; 3 defenders; 3 midfielders; & 3 attack.
- Once a game is started as an 8 on 8 or 10 on 10 player game, it will be played that way for the remainder of the game. It does not matter if more players show up or one team drops below the player minimum because of injury or a player leaving early.

Note: *The BCLA reserves the right to change these rules at any time if safety or fair game play are deemed an issue. There will be a review of the rules and on field game play regularly to see if these rules fit the target age group.*



U13 Women Game Format and Policies

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

- **All games are to be played under the BCLA "Fair Play Code of Conduct", meaning that all players are required to receive equal playing time.**
- All players including goalkeepers are required to wear mouth guards (**not clear or white**) and goggles. Goggles & mouthguards must be *properly* worn when on the field of play.
- Players may only use World Lacrosse (WL) approved crosses.
- All parents and fans must be on the opposite side of the field from the players benches.
- 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.
- The game sheet must be verified/signed by the team manager or head coach as well as the officials.

Game format summary and equipment:

- 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.
- 10 players on the field (1 goalkeeper, 3 defenders, 3 midfielders and 3 attackers)
- Traditional Women's field size used.
- **No player may score more than four (4) goals at this level of play**

Length of game:

- 4 x 15-minute quarters
 - 2 minutes between 1st & 2nd quarter; last 30 seconds of 1st & 2nd quarter will be stop time
 - 2 minutes between 3rd & 4th quarter; last 30 seconds of 3rd quarter will be stop time
 - Last 2 minutes of the 4th quarter will be stop time if goal spread is 5 goals or less.
 - 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 - OPTION

- A team must have a maximum of 9 players to play an 8 on 8 game. Each 8-player team will consist of 1 goalie, 2 defenders, 3 midfielders, 2 attackers. Coaches cannot mutually decide to play a 10 on 10 player game if one team has less than the minimum number of players stated above.

A team that has more than the minimum required players does not have to agree and is not required to play an 8 on 8 player game. The head official, prior to the start of the game, will ask each head coach individually what their preferred game configuration preference is (i.e., 8 on 8, or 10 on 10). If both head



coaches agree to an 8 on 8 player game, the officials will do a physical count of each player bench to confirm that the minimum player requirements have been met by both teams. The officials will indicate on the game sheet, under the "Game Report" header "8 on 8 Player Game", this will be considered confirmation of player numbers. If one team does not consent to 8 on 8 play, then the game will be played as 10 on 10 play.

Note: *The BCLA reserves the right to change these rules at any time if safety or fair game play are deemed an issue. There will be a review of the rules and on field game play regularly to see if these rules fit the target age group.*



U15 Women Game Format and Policies

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

- **All games are to be played under the BCLA "Fair Play Code of Conduct", meaning that all players are required to receive equal playing time.**
- All players including goalkeepers are required to wear mouth guards (**not clear or white**) and goggles. Goggles & mouthguards must be *properly* worn when on the field of play.
- Players may only use World Lacrosse (WL) approved crosses.
- All parents and fans must be on the opposite side of the field from the players benches.
- 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.
- The game sheet must be verified/signed by the team manager or head coach as well as the officials.

Game format summary and equipment:

- 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.
- 10 players on the field (1 goalkeeper, 3 defenders, 3 midfielders and 3 attackers)
- Traditional Women's field size used.

Length of game:

- 4 x 15-minute quarters
 - 2 minutes between 1st & 2nd quarter
 - Last 30 seconds of 1st & 2nd quarter will be stop time
 - 2 minutes between 3rd & 4th quarter
 - Last 30 seconds of 3rd quarter will be stop time
 - Last 2 minutes of the 4th quarter will be stop time if goal spread is 5 goals or less.
 - 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 - OPTION

- A team must have a maximum of 9 players to play an 8 on 8 game. Each 8-player team will consist of 1 goalie, 2 defenders, 3 midfielders, 2 attackers. Coaches cannot mutually decide to play a 10 on 10 player game if one team has less than the minimum number of players stated above.
- A team that has more than the minimum required players does not have to agree and is not required to play an 8 on 8 player game. The head official, prior to the start of the game, will ask each head coach individually what their preferred game configuration preference is (i.e., 8 on 8, or 10 on 10). If both head coaches agree to an 8 on 8 player game, the officials will do a physical count of each



player bench to confirm that the minimum player requirements have been met by both teams. The officials will indicate on the game sheet, under the “Game Report” header “8 on 8 Player Game”, this will be considered confirmation of player numbers. If one team does not consent to 8 on 8 play, then the game will be played as 10 on 10 play.

Note: *The BCLA reserves the right to change these rules at any time if safety or fair game play are deemed an issue. There will be a review of the rules and on field game play regularly to see if these rules fit the target age group.*



U17 Women Game Format and Policies

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

- ***All games are to be played under the BCLA "Fair Play Code of Conduct", meaning that all players are required to receive equal playing time.***
- All players including goalkeepers are required to wear mouth guards (**not clear or white**) and goggles. Goggles & mouthguards must be *properly* worn when on the field of play.
- Players may only use World Lacrosse (WL) approved crosses.
- All parents and fans must be on the opposite side of the field from the players benches.
- 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 and Managers are NOT permitted in the bench area.
- The game sheet must be verified/signed by the team manager or head coach as well as the officials.

Game format summary and equipment:

- 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.

IF both teams have a MINIMUM of 13 players:

- 10 players on the field (1 goalkeeper, 3 defenders, 3 midfielders and 3 attackers)
- Traditional Women's field size used.

IF one team has 12 or less players:

- 8 players on the field (1 goalkeeper, 2 defenders, 3 midfielders and 2 attackers)
- Two players + goalkeeper held back behind the restraining line and 5 players may cross the restraining line into the attacking or defending end.
- Traditional Women's field size used.

Length of game:

- 4 x 15-minute quarters
 - 2 minutes between 1st & 2nd quarter
 - Last 30 seconds of 1st & 2nd quarter will be stop time
 - 2 minutes between 3rd & 4th quarter
 - Last 30 seconds of 3rd quarter will be stop time
 - Last 2 minutes of the 4th quarter will be stop time if goal spread is 5 goals or less.
 - 5 minutes at half time (between 2nd & 3rd quarter)



- Goalkeepers will switch ends at the end of each quarter

10 on 10 Player Game Allowance

- A team must have a minimum of 13 players (including the goalie) to play a 10 on 10 game. If one team has 12 or fewer players, the game must be played as an 8 on 8 player game. Coaches cannot mutually decide to play a 10 on 10 player game if one team has fewer than the minimum number of players stated above.
- A team that has more than the minimum required players does not have to agree and is not required to play a 10 on 10 player game. The head official, prior to the start of the game, will ask each head coach individually what their preferred game configuration preference is (i.e., 8 on 8, or 10 on 10). If both head coaches agree to a 10 on 10 player game the officials will do a physical count of each player bench to confirm that the minimum player requirements have been met by both teams. The officials will indicate on the game sheet, under the "Game Report" header "10 on 10 Player Game", this will be considered confirmation of player numbers. If one team does not consent to 10 on 10 play, then the game will be played as 8 on 8 play.
- For teams that have indicated to the Commissioner that they would only like to play only 8 on 8 games, these games will be identified as such on the game schedule posted on the PCFLL website. A game time declaration will still be required.
- 10 on 10 games will have 1 goalie; 3 defenders; 3 midfielders & 3 attack.
- Once a game is started as an 8 on 8 or 10 on 10 player game it will be played that way for the remainder of the game. It does not matter if more players show up or one team drops below the player minimum because of injury or a player leaving early.

Note: *The BCLA reserves the right to change these rules at any time if safety or fair game play are deemed an issue. There will be a review of the rules and on field game play regularly to see if these rules fit the target age group.*



U19 Women Game Format and Policies

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

- **All games are to be played under the BCLA "Fair Play Code of Conduct", meaning that all players are required to receive equal playing time.**
- All players including goalkeepers are required to wear mouth guards (**not clear or white**) and goggles. Goggles & mouthguards must be *properly* worn when on the field of play.
- Players may only use World Lacrosse (WL) approved crosses.
- All parents and fans must be on the opposite side of the field from the players benches.
- 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 and Managers are NOT permitted in the bench area.
- The game sheet must be verified/signed by the team manager or head coach as well as the officials.

Game format summary and equipment:

- 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.

IF both teams have a MINIMUM of 13 players:

- 10 players on the field (1 goalkeeper, 3 defenders, 3 midfielders and 3 attackers)
- Traditional Women's field size used.

IF one team has 12 or less players:

- 8 players on the field (1 goalkeeper, 2 defenders, 3 midfielders and 2 attackers)
- Two players + goalkeeper held back behind the restraining line and 5 players may cross the restraining line into the attacking or defending end.
- Traditional Women's field size used.

Length of game:

- 4 x 15-minute quarters
 - 2 minutes between 1st & 2nd quarter
 - Last 30 seconds of 1st & 2nd quarter will be stop time
 - 2 minutes between 3rd & 4th quarter
 - Last 30 seconds of 3rd quarter will be stop time
 - Last 2 minutes of the 4th quarter will be stop time if goal spread is 5 goals or less.



- 5 minutes at half time (between 2nd & 3rd quarter)
- Goalkeepers will switch ends at the end of each quarter

10 on 10 Player Game Allowance

- A team must have a minimum of 13 players (including the goalie) to play a 10 on 10 game. If one team has 12 or fewer players, the game must be played as an 8 on 8 player game. Coaches cannot mutually decide to play a 10 on 10 player game if one team has fewer than the minimum number of players stated above.
- A team that has more than the minimum required players does not have to agree and is not required to play a 10 on 10 player game. The head official, prior to the start of the game, will ask each head coach individually what their preferred game configuration preference is (i.e., 8 on 8, or 10 on 10). If both head coaches agree to a 10 on 10 player game the officials will do a physical count of each player bench to confirm that the minimum player requirements have been met by both teams. The officials will indicate on the game sheet, under the "Game Report" header "10 on 10 Player Game", this will be considered confirmation of player numbers. If one team does not consent to 10 on 10 play, then the game will be played as 8 on 8 play.
- For teams that have indicated to the Commissioner that they would only like to play only 8 on 8 games, these games will be identified as such on the game schedule posted on the PCFLL website. A game time declaration will still be required.
- 10 on 10 games will have 1 goalie; 3 defenders; 3 midfielders & 3 attack.
- Once a game is started as an 8 on 8 or 10 on 10 player game it will be played that way for the remainder of the game. It does not matter if more players show up or one team drops below the player minimum because of injury or a player leaving early.

Note: *The BCLA reserves the right to change these rules at any time if safety or fair game play are deemed an issue. There will be a review of the rules and on field game play regularly to see if these rules fit the target age group.*



League Season

The PCFLL season is divided into two (2) schedules/sessions. The first session schedule runs from the beginning of the season for approximately 6 weeks.

The second session schedule runs the end of that first 6 weeks, through the remainder of the season up until the time of Provincials.

Division Commissioners will make any movements at their discretion during the week between the last of the first 6 weeks of games until the remainder of the season begins the following weekend.

League Points

Points will be awarded during league games played as follows:

- 2 points - win
- 1 point - tie
- 0 points - loss

All games are considered League games and any points will be awarded and included in the regular league standings, unless otherwise marked.

Officials Fees

Each team is responsible for providing the fee payment for one (1) Official every game. The home team is not responsible for providing the fee payment for both officials as is required in box lacrosse.

The Officials must be paid **PRIOR TO** the start of each game. A travel fee may be paid, at the discretion of the Official allocator, to an official who has to travel from their 'home' Club to officiate a game. The Official allocator will advise the home team if the travel fee is to be paid.

Fees

- **U7 Women** \$20.00 (1 or 2 official per game)
- **U9 Women** \$20.00 (1 or 2 official per game)
- **U11 Women** \$35.00 (2 officials per game)
- **U13 Women** \$35.00 (2 officials per game)
- **U15 Women** \$45.00 (2 officials per game)
- **U17 Women** \$45.00 (2 officials per game)
- **U19 Women** \$55.00 (2 officials per game)

Any abuse, verbal or otherwise, directed towards game officials by coaches, players and spectators will NOT be tolerated by the PCFLL. Abuse of any kind by game officials towards players, coaches and spectators will also NOT be tolerated by the League.



Defaulted or Rescheduled Games

A defaulted game occurs under one of the following situations:

1. A team fails to appear at the appointed time and place for a game.
2. A team appears at the appointed time and place for a game but does not have the required number of players to start the game – i.e., *a coach and player showing up doesn't constitute intent.*
3. A team, for any reason, fails to finish the game.
4. Any team refusing to travel to another association for a game will also be subject to fines.

In the event of a defaulted game, the non-offending team shall be awarded a goal and shall be awarded 2 points in league standings. **The offending team shall be fined \$100.00, and the non-offending team shall be awarded costs associated with the game (i.e., officials fees, field costs) when a team defaults a game by failing to appear for the scheduled game.**

- Forfeiting a game within the 96 hours of game - fine is \$100
- **Forfeiting a game within 24 hours of game - fine is \$200**

The League Commissioner will be notified of the situation as soon as possible and will report the incident to the PCFLL Executive for further action.

Any Club(s) who does not pay any outstanding fine and costs from a defaulted game prior to the completion of the current league schedule will be considered in bad standing and removed from the rest of the season.

Any team wishing to reschedule a game must contact their opponent and League Commissioner within 96 hours prior to the scheduled game time. A team is not obligated to accept a request to reschedule a game. This does not include extraordinary factors such as field closures due to bad weather.

Games to be rescheduled must be confirmed within 2 weeks of the original scheduled date. If no agreeable date is available, then both teams must supply a date and time to their League Commissioner within 2 weeks of the original scheduled date. The League Commissioner will reschedule the game based on the date and times submitted. League Commissioners have the authority to assign points or not if teams do not meet the guidelines by working together to reschedule their games.

All rescheduled games must be completed prior to the end of the appropriate league schedule.

The League Commissioner does attend games whenever possible, so they need to be updated on all rescheduled games.

The PCFLL does not permit the cancellation of any game. Each team must make every effort to field a proper team, which includes all available call up players, for every league game.



Suspension Information

The Head Coach is responsible for reading the Field Disciplinary Rules provided by either their Home Association or their League Commissioner to know which expulsion penalties are associated with an automatic suspension.

The head coach is responsible for knowing when his/her players and/or coaches have received an expulsion penalty associated with an automatic suspension. The head coach must immediately enforce any suspension received by a player and/or coach for the required number of games. The head coach will not wait to "hear" from their League Commissioner informing him/her of a suspension to a player and/or coach. A head coach should contact their League Commissioner if they are uncertain how to apply the suspensions in the Field Disciplinary Rules.

The League Commissioner may not contact a coach to inform him/her that a player and/or coach on their team have received a suspension. The League Commissioner shall inform the club President that one of his/her team's player and/or coach has received a suspension. It is the responsibility of the President to inform his/her coach of the suspension.

A player and/or coach's suspension can only be served during any regular league, tournament, playdown or provincial championship game. A suspension cannot be served during an exhibition game or while playing/coaching a regular league, tournament, playdown or provincial championship game for another team.

A player cannot play until the suspension is served with his/her own team.

Suspensions are cumulative throughout the entire career of a player in the BCLA Field Directorate and not restricted for one season. Any second offense requires the player to appear before the Field Directorate at the first meeting after the offense has taken place.

A head coach should use the following procedure when dealing with an automatic suspension:

1. Determine if a player and/or coach has received an expulsion penalty that requires an automatic suspension.
2. Contact his/her League Commissioner as soon as possible and inform him/her of the penalty and confirm the length of the suspension.
3. Include the suspended player's or coach's name on all game sheets that they are suspended for.
 - Indicate the suspension next to the player's or coach's name on the game sheet
 - e.g. Jane Smith Suspended 1 of 3

Rule #14 - Field Directorate Disciplinary Rules states...Any team that plays an ineligible player will lose any points earned from the games in which the ineligible player played. The Coach will be suspended for two (2) games for the first offense and for the second offense, an automatic referral to the British Columbia Lacrosse Coaches Association for appropriate disciplinary action.



Call Up Information

As long as a player fulfills her commitment to her registered Club team first, a player can play up an **UNLIMITED** number of games for a team in a higher division than which she is registered with, provided her coach has given permission. This is subject to the following situations:

- a) A player may play up **one age division ONLY**.
- b) Players who have been aged-up a division, cannot be called up to a higher division (i.e., U12 players aged up to U15, cannot be called up to U19).
- c) A Youth Field Lacrosse One Game Permit must be completed for ALL call ups. These call up sheets must be with the game sheet prior to the start of the game and stay with the game sheet. These permits, in their new format on the PCFLL website, will be automatically submitted to the appropriate commissioners upon completion of the online form.
- d) All call up players must be clearly entered onto the game sheet, at the bottom of the team roster. Players being called up must be written in the game notes.
- e) Call-up players are limited to maximum five (5) per game; or that number may be increased with approval of the Commissioner.

Call-up forms can be found on the PCFLL website [Documents Page](#)



Personal Equipment

NO jewelry.

No player shall wear items of jewelry.

All piercings **MUST BE** removed. The onus is on the player, player's parent, coaches and/or managers of the player's team to ensure that the player is not wearing jewelry.

You may **NOT** tape any piercings or jewelry.

Officials on the field have the discretion of stopping play to send the player off the field to take the jewelry off.

NO jewelry.

All players participating in sanctioned regular season, exhibition, tournaments, or provincial play shall be required to wear mouth guards and goggles.

The mouth guard and goggles must be **PROPERLY** worn when on the field of play.

Mouth guards are to be any color except clear or white. **NO clear or white mouth guards.**

No mouth guards that are white with any special characters on them - i.e., white with a black Nike swoop.

NO jewelry.



Red Cards (Penalty)

There are two 'red penalty cards' in Women's Field Lacrosse: a 'yellow/red' and a 'straight red'. These shall be treated differently in accordance with WL/CLA Rules. Any player or bench personnel who receive a straight **Red Card** in a game of regular season play, exhibition play, playoff games, or any Provincial championship games for personal fouls:

- A. Shall automatically miss the following scheduled game. **Exhibition games do not count toward the suspension, nor should the player be allowed to play.**
- B. Shall be referred to and investigated by the Discipline Committee.
- C. Shall have her/his name written on the game sheet of the suspended game (at the bottom of the team list) with the designation "SUSPENDED – 1 of 1" written beside her/his name. She/he may not be on the bench during her/his suspension.
- D. Shall be the subject of an "**On-line Referee Report**", to be completed by game officials.

Provincial Tournament Information

2024 Provincial Tournament – TBA

Field Locations

Please refer to the [Field Locations Page](#) on the PCFLL website

Contact Information

Please do not alter this document from its current form without contacting the author.

This document is a work in progress, if you would like to make any suggestions or additions to this document, please send your comments to:

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