

U18 Women Game Format and Policies

2025-2026 WOMEN'S FIELD LACROSSE OFFICIAL PLAYING RULES VERSION 1.1 // JANUARY 2025

will be used for the 2025-2026 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 and goggles. Goggles & mouthguards must be *properly* worn when on the field of play.
- Players may only use World Lacrosse (WL) approved crosses only. See Appendix H – Crosse Specifications of the 2025-2026 WF Rulebook FINAL v1.1
- 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:

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

8 on 8 Player Game Allowance - OPTION

- A team must have a maximum of 13 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.

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.

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- 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.
- 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.

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