

WELCOME
to the WLUA Youth Rules
Interpretation Meeting
2023

Responsibilities

Safety

Enforce the rules, use your cards

Fun

Enjoy yourself, help others enjoy the game

Fairness

Be consistent, allow the outcome to be determined
by the players, respect all and expect respect

NVYLL Specific Rules

Substantial Advantage

- 5 goals differential
- Goes back to center line with opponent 4 meters and 45 degrees in front
- One pass required from this possession at all levels BUT 7/8A
- NO Substantial Advantage for 7/8 A

One pass rule

- At each new draw, at least one pass must be attempted into offensive end
- Offensive end is past midfield
- Failure results in major foul
- Goalie clear does not count towards one pass
- Official does not advise player to "shoot"
- **All levels GK2, 3/4, 5/6, 7/8B and 7/8C**

NVYLL Specific Rules

3-Second Good Defense

- Minor Foul
- Must be in checkable position
 - Includes below or above the shoulder
 - **Only count in 7/8 C and down (excludes 7/8 A and B)**
- Count – one one thousand, two one thousand, blow/three

-No deputy- 7/8 C and below (allowed 7/8 A and B)

-No follow through into the goal circle on a shot

-Shinguards required for GK

- Clock will stop every whistle in the last 2 minutes of each half

7/8 Rules

Play of game

- Follow all HS rules
- Draw at the start of each half regardless of score
- 3 seconds good defense- 7/8C
- One pass – 7/8 C and B
- Full check at 7/8A and B; modified at 7/8C
- Goalie required at all levels

Game Time

- Stop clock on last 2 min of both halves unless 10 goal diff
- 25 minutes running clock
- All timeouts exactly like HS rules
- 2 timeouts and 1 in overtime
- Overtime (regular season): two 3-min running clock

5/6 Rules

Play of game

- Follow all 7/8C rules
- Draw at the start of each half regardless of score
- 3 seconds good defense- all 5/6 levels
- One pass – all 5/6 levels
- Modified checking at all levels
- Goalie required at all levels

Game Time

- Stop clock on last 2 min of both halves unless 10 goal diff
- 25 minutes running clock
- All timeouts exactly like HS rules
- 2 timeouts and 1 in overtime
- Overtime (regular season): two 3-min running clock

3/4 Rules

Play of game

- Follow all 5/6 rules
- **NO CHECKING**
- A carded player may be substituted – never play down
- Goalie required at all levels
- No false start penalty for self-start when not allowed
- RESET if ball thrown in from out of bounds

3/4 Modified

- 8v8 (7 field + 1 goalie)
- Modified field; with midfield as restraining line
- Offsides – more than 5 players in their offensive end

3/4 Rules

Game Time

- Stop clock on last 2 min of both halves unless 10 goal diff
- 20 minutes running clock
- All timeouts exactly like HS rules
- 2 timeouts and 1 in overtime
- **No overtime in regular season**

NOTE: Modified pocket is allowed and the stick may be cut to fit comfortably along the arm.

K-1-2 Rules

Play of game

- Follow all 3/4 rules
- Draw at the start of each quarter
- **NO CHECKING**
- A carded player may be substituted – never play down
- 7 field players; goalie not required- can turn goal around/upsidedown
- No offsides
- 1v1 defense required; no 3-seconds call
- 4-10 min quarters; running clock
- No score kept
- After goal – ball goes to other team at midfield
- **RESET if ball thrown in from out of bounds**
- **No false start penalty for self-start when not allowed**
- **NOTE:** Modified pocket is allowed and the stick may be cut to fit comfortably along the arm.

Mandatory Cards (5)

Check to the head

No red card required, but considered if foul is excessively dangerous or intentional

Dangerous Contact

Slashing

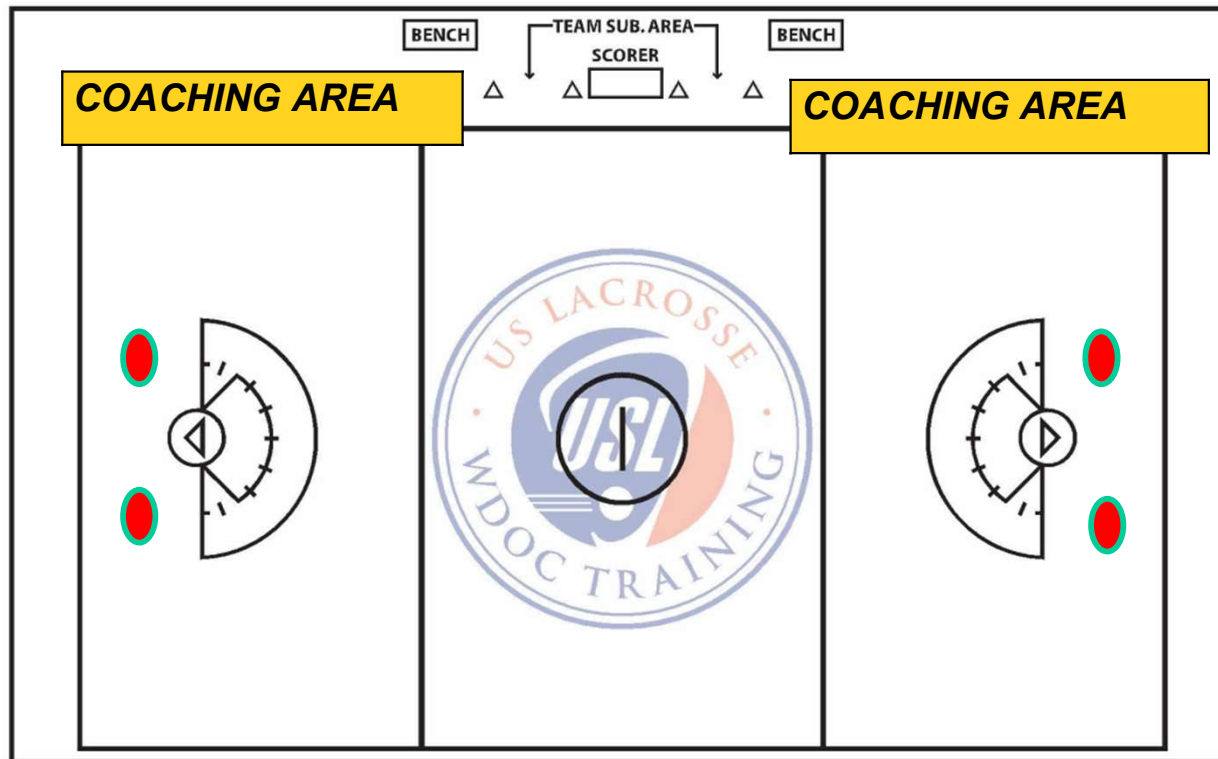
Dangerous Follow Through

Offense (shooting and passing)

Dangerous Propelling

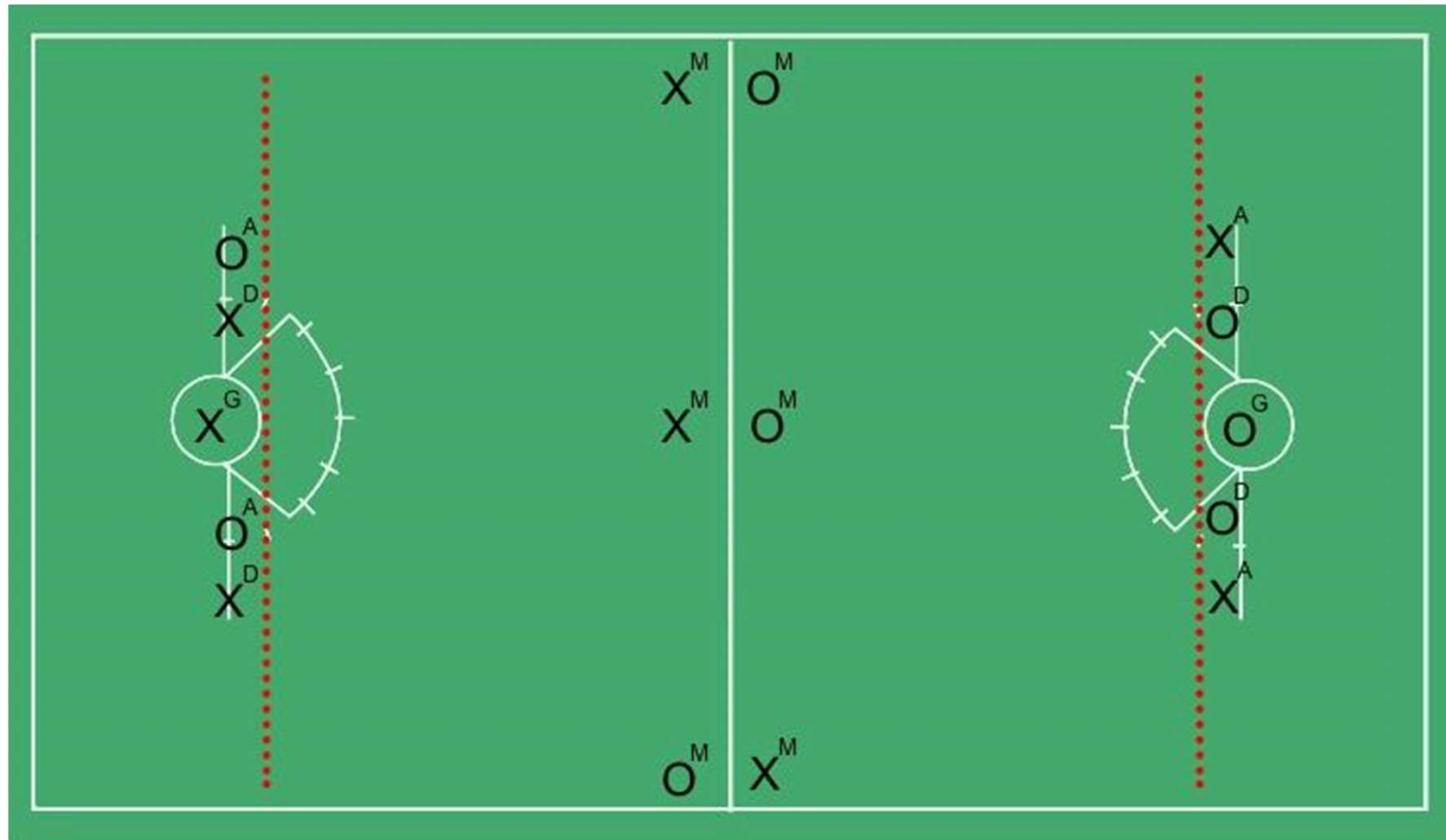
Offense (shooting and passing)

The Playing Field



Spectator Area – 4meters from Sideline

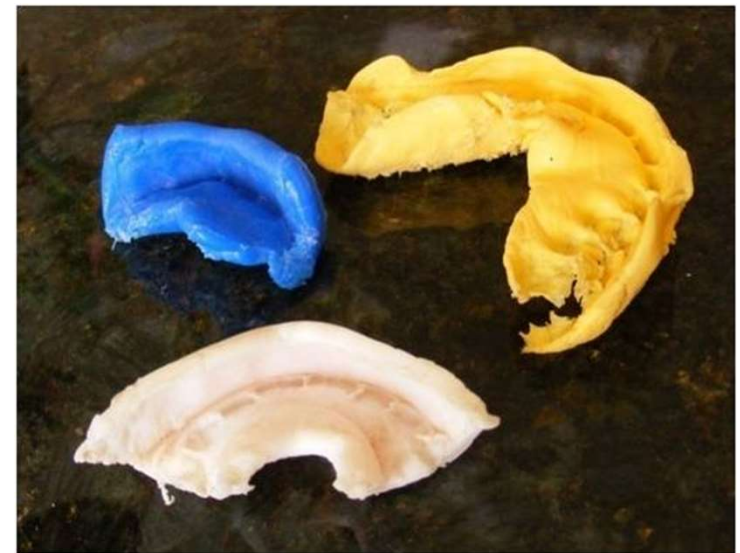
3/4 Modified Draw step up



TOO CLOSE!



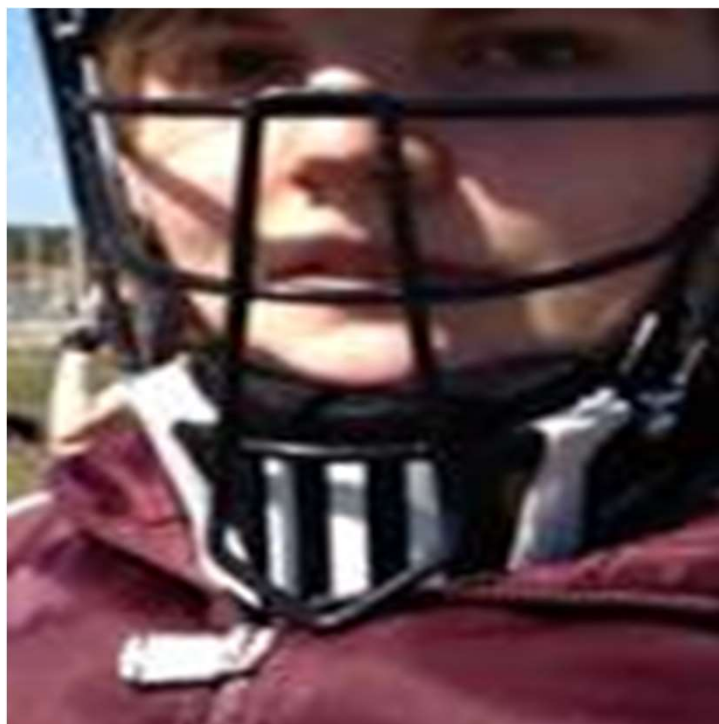
Rule 2: Equipment & Uniforms



Illegal mouth guards, they do not protect back molars

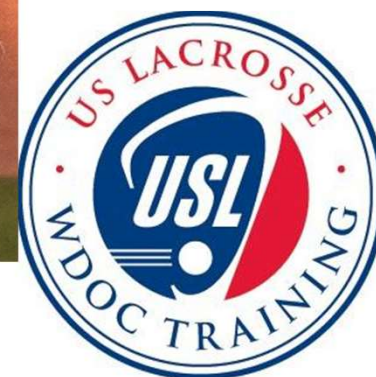
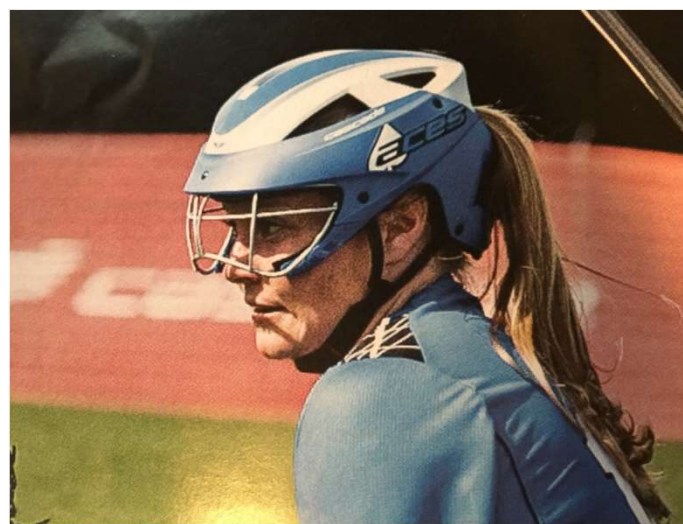






Goalkeeper helmets must have a separate throat protector.

Field player helmets must meet the ASTM standard and have a securely fastened chinstrap.



Modified Pocket: GK2-3/4

"The ball must remain visible above the bottom rail of the sidewall. If the crosse head is a solid-body construction, no more than two-thirds (2/3) of the ball may be visible below the bottom of the sidewall."

All other existing requirements pertaining to the head of the cross (e.g., the ball being able to move freely, ball being able to roll out of the front and back of the cross, holes & gaps, proper stringing, etc.) still apply.



Emphasis: 5 Types of Fouls

- Major fouls
- Minor fouls
- Goal circle fouls
- Team foul (Restraining Line/Offside) – major
- Misconduct - major

Major Fouls

Crosse in Sphere

Rough/Dangerous Check

Check to Head

Slash

Dangerous Propelling

Dangerous Follow-Through

Dangerous Contact

Illegal Contact

Cross-Check

Illegal Use of Crosse

Three-Seconds

Shooting Space

Dangerous Shot

Forcing Through

Pushing

Reach Across Body

Blocking

Charging

Illegal Pick

Hooking

False Start

Tripping

Holding

Play Ball off Opponent

Illegal Shot

Illegal Deputy

Minor Fouls

Covering

Early Entry on the Draw

Empty Stick Check

Warding

Hand Ball

Squeeze Head of Crosse

Improper Use of Crosse

Illegal Draw

3 seconds good defense

Illegal Crosse

Resumption of Play

Improper Equipment

Illegal Substitute

Delay of Game

Play From Out of Bounds

Illegal Re-Entry

Illegal Timeout

Body Ball

Penalty Administration

- For major fouls anywhere on the field, the offending player will stand **4m behind the player taking the free position.**
- For minor fouls anywhere on the field, the offending player will stand **4m away in the direction from which she approached** before committing the foul.

Held Whistle (Flag)

- Held whistle in effect when attack player is on a scoring play in CSA and
 - is fouled by a defensive player committing a major foul but retains possession of the ball
 - OR, a major foul is committed against any attack teammate without the ball
- Official indicates by raising yellow flag above head
 - Blow Whistle immediately for shooting space

Held Whistle (Flag)

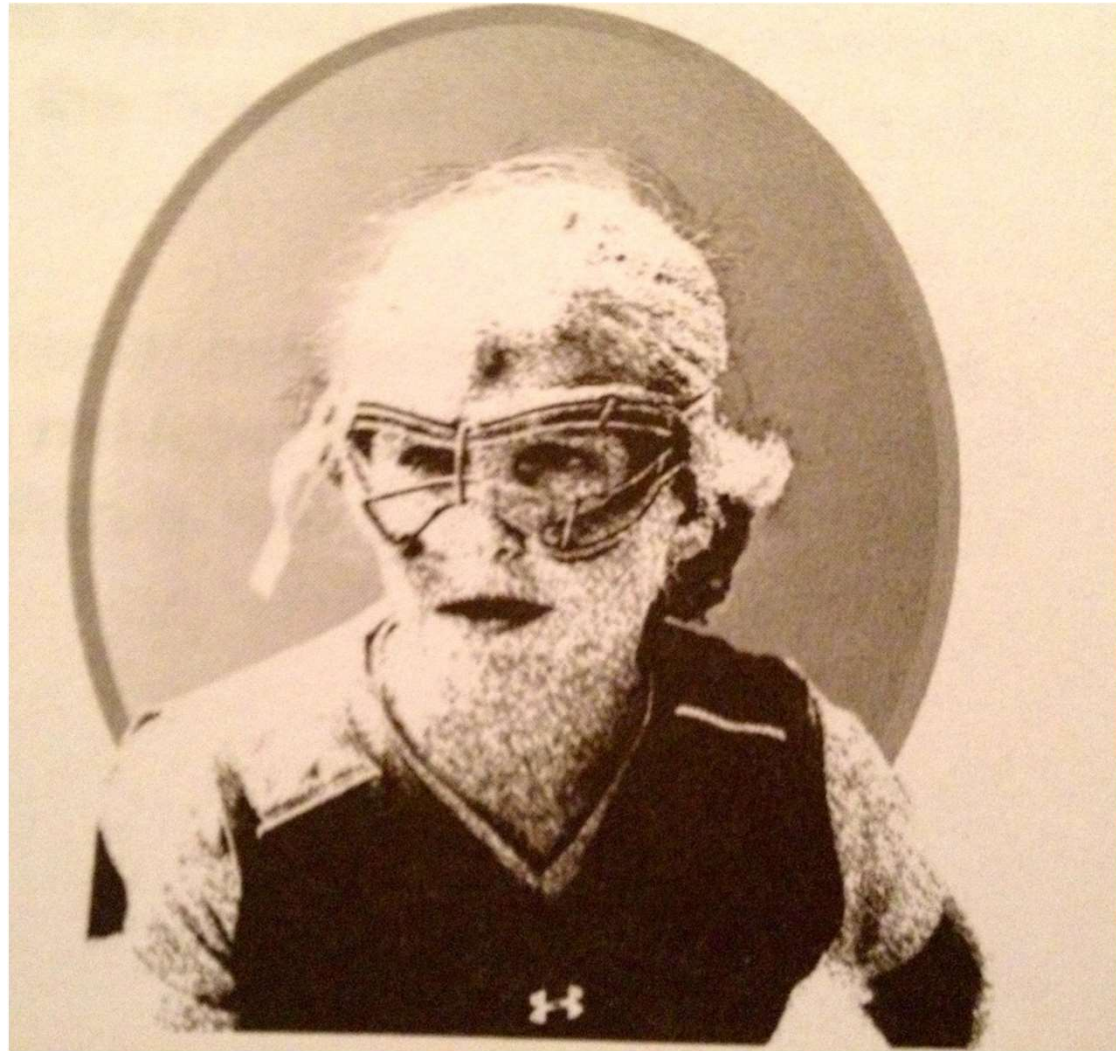
- A scoring play is a continuous effort by attack within CSA to move ball toward goal and to complete a shot on goal. It is over when:
 - A shot is taken
 - Attack loses possession of ball
 - Attacking team passes or carries the ball behind GLE and stops continuous attempt to score
 - Attacking team stops the continuous attempt to score, or player is forced to lose her forward momentum
 - Attacking team fouls

Held Whistle (Flag)

- If the player shoots (and foul does not affect shot)
 - If no goal, lower the flag, play continues
 - If goal, goal counts, signal/whistle goal
- A free position is awarded if:
 - Attack does not shoot and scoring play ends
 - The shot is affected by the foul
 - A cardable foul is committed by the defense
 - Attack loses possession
- If attack also fouls:
 - Off-setting fouls
 - Alternate possession awarded

Emphasis: The Sphere

The definition of
the **sphere**:
an imaginary area
of 7 inches
surrounding
the head

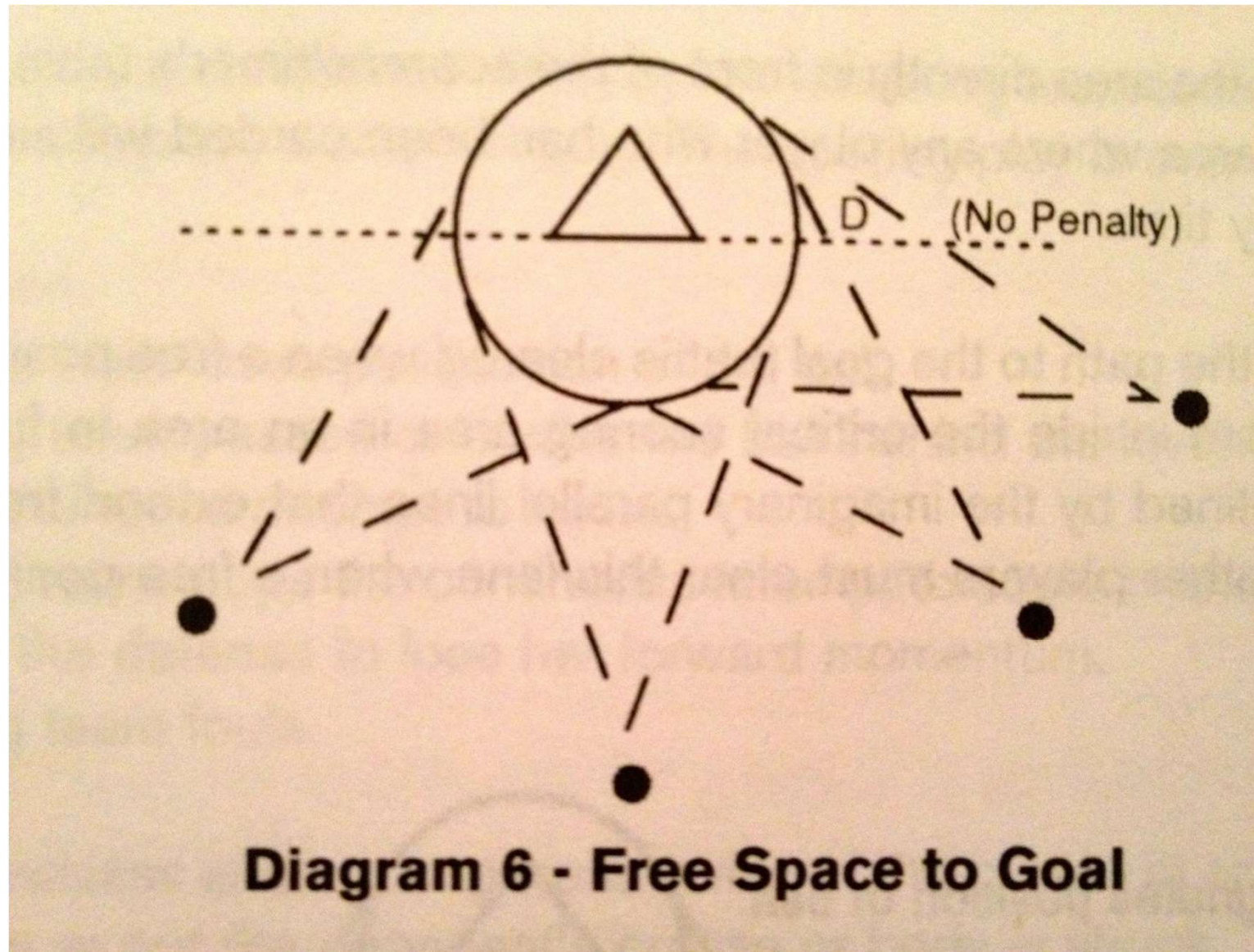


Emphasis: Major Foul – Shooting Space

Shooting Space

- What is the definition?
- 2 Criteria
 - Opportunity to shoot
 - Ball is Inside the 12 m fan
- Immediate Whistle!
 - Attack has the responsibility
NOT TO SHOOT

Emphasis: Major Foul – Shooting Space



Emphasis: Major Foul – Three Second Violation

Three Second Violation

Definition – defender may not remain in the 8M arc area for more than 3 sec when not marking within a stick's length

Criteria – ball is below RL, team is in possession

SET-UP: -Ball within 8m of goal circle above GLE- closest hash

-Ball outside of the 8m above GLE- on the 12m

-Ball below GLE in CSA- on a dot

Defender ALWAYS goes BEHIND player with ball

NOT A FOUL IN GK2 – Replaced with 1 v 1 defense

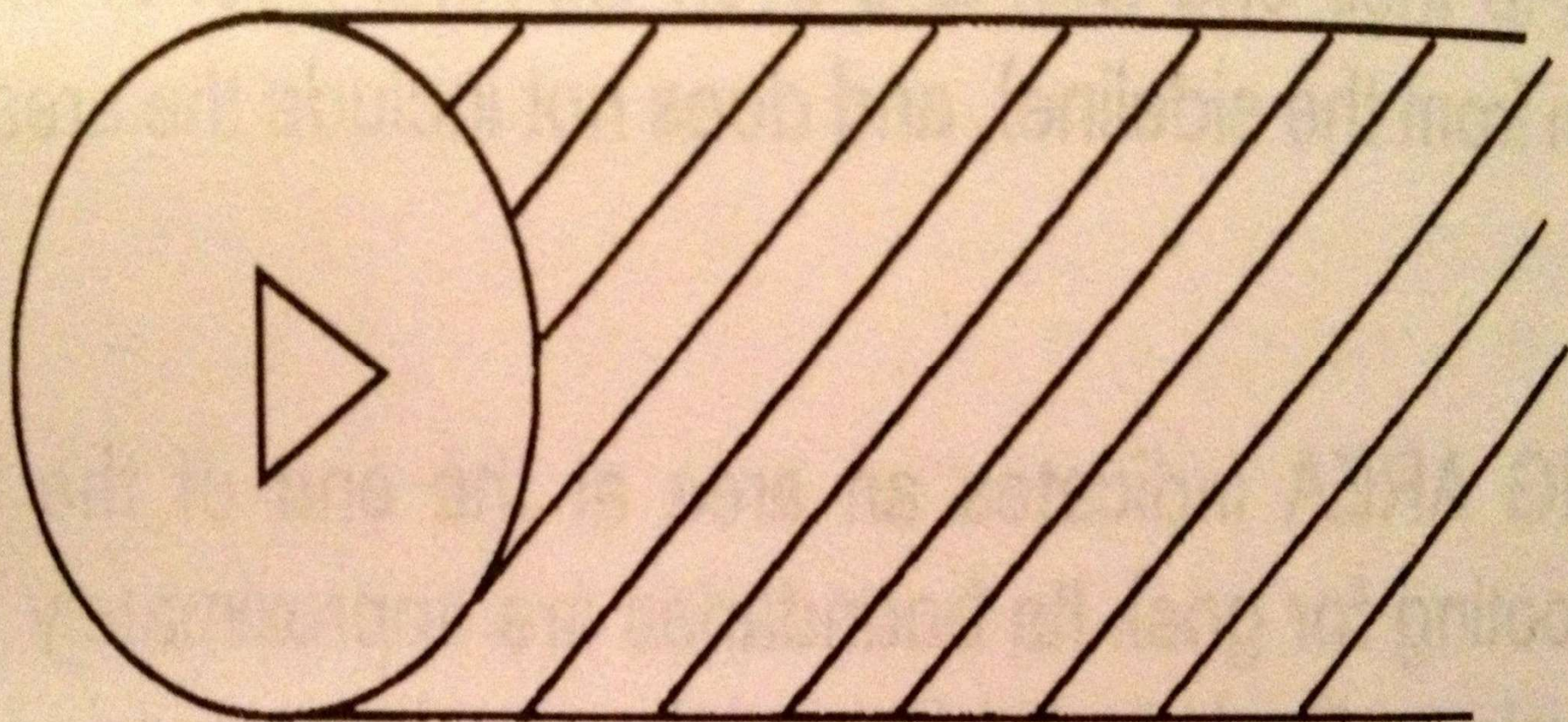


Diagram 5 - Directly Behind the Goal Circle