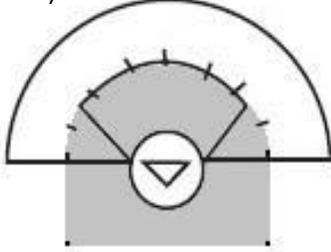
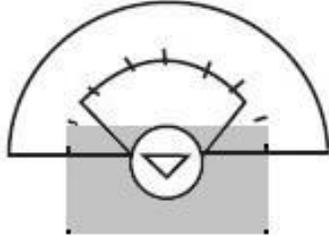




Rules Comparison Chart 2019

Below is a chart that compares some of the major differences in the 2019 USL/NFHS, NCAA and WCLA rules for girls' and women's lacrosse. Although extensive, the chart is not comprehensive. See the original rule books, documents and memos for the exact wording and further explanation.

	USL/NFHS ¹	NCAA ²	WCLA ³ (Same as NCAA unless specified)
Playing area: Field dimensions	10-20 yards behind goal (Rule 1-1-1)	Exactly 10 yards behind goal (Rule 1-1)	
Playing area: Visible clock	Recommended (Rule 1-1-4h)	Required for game and possession clock (Rule 1-13)	
Playing area: Unmarked areas in the CSA	<p>Penalty zone - The area 8 meters away from the goal circle above goal line extended (includes the entire 8-meter arc and both "pie" areas) and the area created by the extension from the 8-meter marks (on the goal line extended) back to the dots and between the dots. (Rule 13)</p> 	<p>Restricted area - An imaginary rectangle consisting of a line parallel to the end line that connects the dots, a line across the top of the goal circle, extending out to the width of the dots, and then two lines that connect the two lengths of the rectangle, which run parallel to the sidelines. (Rule 1-9 and Rule 7)</p> 	

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	USL/NFHS ¹	NCAA ²	WCLA ³ (Same as NCAA unless specified)
Playing area: Coaching area	At least 4 meters from sideline (Rule 1-1-4I)	Up to sideline (Rule 1-14)	
Equipment and Uniforms: Illegal crosse	Minor foul (Rule 2-4 PENALTIES)	Violations of Appendix E not related to pocket depth result in a non-releasable yellow card (Rule 2-10 through 2-22)	
Equipment and Uniforms: Goalkeeper pads	Shin and thigh pads required (Rule 2-6-1)	Padding on legs recommended (Rule 2-25)	
Equipment and Uniforms: Ball	Yellow, bright orange, or lime green (Rule 2-1)	Yellow or bright orange (Rule 2-23)	
Equipment and Uniforms: Jersey specs	Specific number restrictions, including: 0-99 only, no double-digit numbers 0-9, e.g., 01, 02, 03 (Rule 2-9-3) Solid color, specific trim restrictions, numbers must be in a contrasting color (Rule 2-9-4)	Numbers must be in a contrasting color [starting 1/1/22] (Rule 2-32 and Rule 2-33)	
Equipment and Uniforms: Mouthpiece	Not clear or white; no graphics of white teeth (Rule 2-7-1)	Any color; graphics not prohibited (Rule 2-26)	
Equipment and Uniforms: Facemasks	Facemasks are not permitted (Rule 2-7-3)	Nose guards are permitted (Rule 2-28)	
Equipment and Uniforms: Eye black	One solid stroke with no logos/numbers/letters and shall not extend further than the width of the eye socket or below the cheekbone (Rule 2-7-6)	No guidelines	

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Equipment and Uniforms: Hats and Headgear	Hats are not legal (soft or otherwise). All headgear must meet current ASTM standard. All headgear must be properly worn and securely fixed with a chinstrap. (Rule 2-7-3) Exception: Head coverings for religious reasons	Close-fitting cloth hats are permitted. All headgear must meet current ASTM standard. (Rule 2-28)	
Game Personnel: Speaking captain	No	Yes (Rule 3-1)	
Game Personnel: Pregame coach meeting	No specific time (Rule 3-5-3) See Appendix A for Pregame Protocol Option.	Meet with head coaches with 10 minutes on the pregame clock; delay of game if coach is late (Rule 3-2 and Rule 6-7b)	
Game Personnel: Pregame stick check-procedure	With pressure applied to ball in pocket, both front and back, the top of the ball must remain above the sidewall. Ensure that the ball moves freely in all parts of the pocket, front and back. The ball must roll freely from ball stop to scoop and roll out the scoop end when crosse is tilted 90 degrees. (Rule 2-4-3)	With no pressure applied to ball in pocket, both front and back, the top of the ball must remain above the sidewall. Ensure that the ball moves freely in all parts of the pocket, front and back. The ball must roll freely from ball stop to scoop and roll out the scoop end when crosse is tilted 90 degrees. (Rule 2-3c and Rule 2-3d)	
Game Personnel: Pregame stick check-which sticks	All the crosses that might be used in the game must be inspected by the officials before the game begins. Any crosse not meeting specifications may be re-inspected by the official for use in the game prior to the first draw. Should any crosse not meet specifications, it shall be placed at the scorer's table. (Rule 2-4-1)	All sticks in the team bench area, all sticks to be used in the game, and any sticks NOT placed at the table prior to team stick. (Rule 2-6) Five randomly chosen sticks will also be checked by the Head Official (or Table Official if one is present), near the scorer's table. (Rule 2-6c and Rule 2-7)	
Game Personnel: Coach/official communication	Only head coach (Rule 3-2-3)	Any coach (Rule 3-4)	

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Game Personnel: Timer-card release	Notify the coach when penalty time expires (Rule 3-7-2k)	Notify the player when penalty time ends (Rule 3-16g and Rule 3-16h)	
Time Factors and Scoring: Length of halves	25 minutes (Rule 4-1-1)	30 minutes (Rule 4-1)	
Time Factors and Scoring: Halftime	10 minutes unless coaches agree to something else prior to the start of the game (Rule 4-1-1)	10 minutes but may be less than 10 if agreed upon by coaches (Rule 4-1)	
Time Factors and Scoring: Stop clock (<i>differences only</i>)	On every whistle in the last two minutes of each half unless there is a 10-goal differential (Rule 4-1) Note: Clock stops for cards.	On fouls in the CSA, alternate possession, restraining line violations, possession clock violations inside the CSA (Rule 4-1) Note: Clock stops for cards.	Division I: After goals, fouls in the CSA in the last two minutes of the game Other games: Running clock with stopped clock in last two minutes for fouls in the CSA, unless a ten-goal differential OR stopped clock whole game after goals Note: Clock stops for cards.
Time Factors and Scoring: Team timeouts	2 in regulation, 1 in overtime; no substitutions permitted; sticks must be left on the field during possession timeouts; play will resume at spot of ball (Rule 4-3)	3 in regulation, 1 in overtime; substitutions permitted EXCEPT if the timeout is called during penalty administration in the CSA, the player awarded the free position and the offending player may not be substituted; play will resume at spot of ball unless in the CSA – then play will resume at the dot closest to the spot of the ball when the time out was requested (Rule 4-4)	

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Time Factors and Scoring: Suspended game, less than 80% played	Coaches may agree to terminate and consider game to be complete (Rule 4-4-2)	Game considered incomplete, unless a NCAA tournament game (Rule 4-5)	
Time Factors and Scoring: Suspended game, completed on another day	Continue from point of interruption (Rule 4-4-2)	Start from beginning, unless a NCAA tournament game; NCAA tournament game is played from point of interruption (Rule 4-5)	
Time Factors and Scoring: Overtime	Clock stops on every whistle (Rule 4-6)	Clock runs as in regulation time (Rule 4-7)	
Play of the game: Draw action	"up from the starting position" (Rule 5-2-3f)	"up and away from the starting position" (Rule 5-2)	
Play of the game: Penalty administration on draw violations	Spot of the ball at the time of the foul, opponent 4 meters away in direction of goal she is defending; re-draw on offsetting draw violations. Offsetting violation of the draw and player positioning will result in an alternate possession at the spot of the ball. (Rule 5-2 PENALTIES)	At center line, non-engagement area enforced; alternate possession awarded on offsetting violations (Rule 5-9 and 5-10)	
Play of the game: Self-start	Yes, from a settled stance; all players must be 4 meters from the ball carrier; on a boundary ball player must start from a settled stance within 2 meters of the boundary line (Rule 5-4 and Rule 6-3-1a)	Yes; all players must be 2 meters from the ball carrier; may run inbounds with ball and continue play on boundary ball (Rule 5-12 through 5-16, Rule 5-29 and Rule 5-30)	
Play of the game: Inappropriate or incorrect self-start	If a player attempts to self-start from a position farther from a playing distance from the spot of the ball or before the player is settled, set the free position up at the spot of the foul. Repeated	If the player gains an advantage from self-starting farther than 5 yards from the spot of the foul, return the ball to the spot of the foul. (Rule 5-13)	

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	failure to complete correctly may result in a delay-of-game card. (Rule 5-4-3)	If a player self-starts when self-starts are not permitted, false start (Rule 5-16)	
Play of the game: Boundary balls, goalkeeper in goal circle	If goalkeeper is the closest to the ball when it goes out of bounds, she will remain in her goal circle and play commences with a whistle (Rule 6-3-2a)	Any player from the team awarded possession may bring the ball in from out of bounds to start play (Rule 5-29)	
Play of the game: Free movement	Not permitted, players must stand on every whistle (Rule 5-1-2)	Players do not have to stand on the whistle	
Play of the game: Defenders in the goal circle, opponent has possession	No defenders in the goal circle except goalkeeper (Rule 7-1)	Any number of defenders may move through the goal circle. Only one defender who is marking the ball carrier within a stick's length may remain in the goal circle. All defenders must still abide by the shooting space rule (Rule 6-16c-f)	
Play of the game: Players in goal circle when team has possession	Only one player allowed (Rule 7-1)	May have any number of players (Rule 6-16d)	
Play of the game: Shooter's crosse after a goal	No action required	Take crosse and check pocket (front and back) after a goal (Rule 2-21)	
Play of the game: Illegal substitute	Minor foul (Rule 9-1j)	Delay of game; green card (Rule 5-40)	

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Play of the game: Subbing in a suspended or ejected player	Coach misconduct (Rule 4-7 PENALTIES-3)	If enters game before penalty has expired, player serves an additional two minutes after the original penalty time expires (Rule 6-31)	
Play of the game: Illegal player on attack discovered after a goal and before the draw	Free position at center line (Rule 4-8 PENALTIES-2)	No goal, green card, free position to opposing goalkeeper (Rule 5-43)	
Play of the game: Injury requiring an official timeout	Player must leave the field (Rule 4-2-3)	If no medical personnel or coach comes onto the field, the player may stay in the game, unless she is bleeding (Rule 5.46 Rules Book Corrections)	
Play of the game: Goalkeeper injury, 2nd dressed available	2nd dressed goalkeeper must replace (Rule 4-2-3, exception Rule 4-2-3e)	If the backup goalkeeper is on the field as a field player, the field player will be permitted time to put on equipment. (Rule 5-44d)	
Equipment inspection: Stick check requests	2 allowed (Rule 2-4-3)	3 allowed (Rule 2-13)	
Equipment inspection: Team requested stick check	Pocket depth; free movement of the ball within all parts of the head on the pocket on the front and the back; free movement of the ball when the stick and head are tilted 90 degrees (Rule 2-4-3)	Pocket depth with additional examination of stringing according to Appendix E (Rule 2-13)	
Equipment inspection: Team requested stick measurement	Measure overall length at any time (Rule 2-4-2 and 2-4-5)	May be requested 15 minutes prior to game or the beginning of halftime. Measurements include overall length and distance between sidewalls. (Rule 2-19 and Appendix E)	

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Equipment inspection: When permitted	Any stoppage of game clock except injury timeouts (Rule 2-4-4)	Team timeouts, halftime, before start of overtime periods, pregame, prior to start of draw (Rule 2-13)	
Equipment inspection: Sticks “in use”	On the field of play (Rule 2-4-3)	On the field of play, in bench area, on the sideline (Rule 2-11)	
Equipment inspection: Crosse at table	Team personnel may come to the table to fix stick; it may not be removed from that area. Reinspection may take place during any stoppage of play. (Rule 2-4-7c)	Illegal stick remains at the table for the remainder of the half or overtime period then it is eligible to be re-inspected (Rule 2-12)	
Fouls: Crosse in opponent’s sphere	May not reach into or through (Rule 10-1d1)	May reach into or through to make a safe check, may not hold one’s stick within the sphere (Rule 6-1e)	
Fouls: Direction of check	May not check toward the body (Rule 10-1w)	May check towards the body (Rule 6-1d)	
Fouls: Dangerous contact	Any action that thrusts or shoves any player with or without the ball who is in a defenseless position; mandatory yellow card (Rule 10-1e)	No specific foul; excessively rough, dangerous play or actions that deliberately endanger the safety of opposing players may be considered misconduct (Rule 6-22e)	
Fouls: Dangerous shot	Shoot dangerously or without control at the goalkeeper (Rule 10-1i)	No dangerous shot foul. Situations that are dangerous would be penalized pursuant to dangerous propelling rule. (Rule 6-22c)	
Fouls: Illegal body contact	Dangerous contact (Rule 10-1e) Dangerous play (Rule 10-1g)	Illegal use of the stick (Rule 6-1p) Misconduct (Rule 6-22e)	

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	Illegal stick to body contact, e.g., horizontal stick, cross-check (Rule 10-1r) Misconduct (Rule 12-1-1)		
Fouls: Shooting space	Player doesn't need to be looking to shoot, but must be in active pursuit of a goal; opportunity must be present (Rule 10-1s and Rule 10.1s SITUATION C)	The player with the ball must be looking to shoot and have opportunity to shoot (Rule 6-3a-3)	
Fouls: Shooting space, continued	Applies to all defensive players, no allowance made for goalkeeper (Rule 10-1s)	Goalkeeper is exempt (Rule 6-3a)	
Fouls: Holding/detaining	Holding includes detaining, tagging, or pressing/pushing against a player's body, clothing or crosse (Rule 10-1m)	Holding and detaining are separate fouls; holding applies to holding an opponent's crosse, detaining applies to holding/detaining an opponent's body (Rule 6-1f and Rule 6-1j)	
Fouls: Delay of game	Failure to stand when the whistle is blown Failure to move 4 meters away on a free position Repeated self-starts when not permitted or from incorrect location Any behavior that official deems to be a delay (Rule 9-1c)	Delay from timeout/halftime Delay to pregame meeting Delay with free positions in the CSA Failure to properly wear eye protection Any behavior that official deems to be a delay Goalkeeper attempts to take the draw, lines up between the restraining lines during the draw, shoots or scores for their team Illegal re-entry	

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		<p>Illegal stick request</p> <p>Illegal substitution</p> <p>Illegal switching of sticks</p> <p>Illegal timeout</p> <p>Taking part in game while wearing jewelry</p> <p>Committing a third foul before the attacking team crosses the restraining line into their offensive end</p> <p>Taking part in the game without a stick</p> <p>Repetitive false starts</p> <p>Repetitive self-starts more than 5 yards from the spot of the ball</p> <p>Throwing a stick (Rule 6-7)</p>	
Fouls: Body ball	Deliberately impede, accelerate or change the direction of the ball with a part of one's body. Players may kick the ball. Goalkeeper is not exempt when outside the goal circle. (Rule 9-1a)	<p>When a player blatantly attempts to block a shot on goal with her body outside the goal circle, or when a player touches the ball with their hands (goalkeeper permitted when inside the goal circle). (Rule 6-1l)</p> <p>When a player blatantly attempts to block a shot on goal with her body inside the goal circle, red card (Rule 6-22d)</p>	

	USL/NFHS ¹	NCAA ²	WCLA ³ (Same as NCAA unless specified)
Fouls: Body ball, when use of hands is permitted	Only goalkeeper or deputy inside the goal circle (Rule 9-1f)	Outside the goal circle, the goalkeeper may not bat, throw, catch or carry the ball. (Rule 6-1l-3)	
Fouls: Failure to properly wear mouthpiece/goggles	Minor foul (Rule 9-1l-2)	Delay of game (Rule 6-7d and Rule 6-7m)	
Fouls: Violation of equipment specifications	Minor foul (Rule 9-1g and Appendix B)	Non-releasable yellow card (Rule 2-12 and Rule 7)	
Fouls: Illegal deputy	Major foul (Rule 10-1o)	Not applicable. Defensive player may remain within the goal circle as long as they are directly marking the ball carrier within a stick's length (Rule 6-16c-f)	
Penalty Administration: Whistle for defensive foul simultaneous with a shot resulting in a goal	No goal; administer the penalty	Goal stands. With shooting space: if the shot is taken but saved or deflected and the ball comes to rest within the goal circle, the penalty will not be administered. (Rule 6-40)	
Penalty Administration: Positioning players in the CSA	All players remaining in the penalty zone must take the shortest route out. A defensive player who will clear to a hash mark adjacent to the free position is entitled to ball-side position. (Rule 10-1 PENALTIES 4e and NOTE)	Defenders are entitled to hash marks adjacent to the ball (Rule 6-2d)	
Penalty Administration: 3 seconds	Free position at spot of ball when foul was called or flagged (Rule 10-1y PENALTIES)	Stop the clock; free position at hashmark nearest spot of the ball on the 8-meter arc when the whistle is blown (Rule 6-4b)	Stop the clock ONLY in the last 2 minutes of a half for fouls in the CSA (with no 10-goal differential); free position at

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			hashmark nearest spot of the ball on the 8-meter arc
Penalty Administration: Slow whistle, no offsetting or additional defensive foul	Penalty administration is at spot of foul (Rule 11-2 PENALTIES)	Penalty administration is at the 8-meter hashmark on the arc closest to the spot of the ball when the whistle is blown (Rule 6-45)	
Penalty Administration: Delay of game, 1st offense	Green card against offending team, minor foul (PENALTIES for Violation of Rule 9-1.1c.2)	Green card, 1-minute releasable penalty (Rule 6-8)	
Penalty Administration: Delay of game, 2nd offense	Green/yellow against offending player, major foul; player serves 2 minutes, no sub; this card will not be included in the team and player's card count (PENALTIES for Violation of Rule 9-1.1c.3)	Green card, 1-minute releasable penalty (Rule 6-8)	
Penalty Administration: Delay of game, 3rd and subsequent offense(s)	Yellow card for misconduct to offending player; this card will be included in the team and player's card count (PENALTIES for Violation of Rule 9-1.1c-3)	Green card, 1-minute releasable penalty (Rule 6-8)	
Penalty Administration: Yellow card	2 minutes, non-releasable (Rule 12-8-3)	2 minutes, releasable if not 4th or subsequent yellow or red card or Appendix E violation (Rule 6-24)	
Penalty Administration: Red card	4 minutes, non-releasable (Rule 12-8-3)	2 minutes, non-releasable (Rule 6-29)	

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Penalty Administration: 1 player/2 yellows (on same play)	Team plays 2 players short for 2 minutes (Rule 12 Situations and rulings, 12.6.1 SITUATION A)	Offending player serves 2 consecutive 2-minute penalties. Releasable if not 4th or subsequent (Appendix F)	
Penalty Administration: 1 player/yellow and red (on same play)	Team plays 2 players short for 2 minutes, then 1 player down for 2 more minutes (Rule 12 Situations and rulings, 12.6.1 SITUATION A)	Offending player serves 2 consecutive 2-minute penalties. First is releasable if not 4th or subsequent, second is not releasable (Appendix F)	
Penalty Administration: Red card - next game	Ejected player need not attend next game. If she does, she must be in the team bench area and not in uniform. (Rule 12-8)	Allowed on field during pre-game activities, but may not be in uniform or participate. Once game starts, is restricted to designated spectator area and may not communicate with the team (Rule 6-30)	
Penalty Administration: Fourth card (yellow and red)	Team will play short for the remainder of the game, one player for each card beyond 3 (Rule 12-3)	Yellow cards become non-releasable (Rule 6-23 and Rule 7)	
Possession clock	None	90 seconds in duration; starts and stops with the game clock, resets on change of possession, deflected shot, restraining line violation, cards (Rule 5-17 through 20)	None
Non-engagement area - definition	None	The 2-meter circle surrounding a player taking a free position (self-start) (Rule 7)	
Non-engagement area violation: Penalty administration	None	Failing to move out of or early entry into a player's non-engagement area. Time out, warning to entire team bench, restart with whistle. Second and subsequent offenses are delay of game penalties. (Rule 6-5 and Rule 6-6)	

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Foul in the CSA	No special situation for game clock	Game clock and possession clock stop on every foul in the CSA if not 10-goal differential. If there is a 10-goal differential only the possession clock stops (Rule 4-1 and Rule 5-18)	Game clock will stop only in the last two minutes of each half and if there is not a 10-goal differential
Penalty administration in the CSA for a foul by the defense	Ball carrier to dot, 8-meter hashmark, spot of ball, or 12-meter fan. Offender 4 meters behind or away; all others 4m away. If the free position is on a hashmark, the penalty zone is cleared. (Rule 10-1 PENALTIES)	Ball carrier to dot, 8-meter arc, or 12-meter fan, offender 4 meters behind. All others 2 meters away (dot or 12-meter fan) or 4 meters away (8-meter arc). If free position is on a hashmark, restricted area cleared, 8-meter arc cleared, and "near" pie cleared if free position is on hanging or first inside hash. (Rule 6-2)	
Restraining line violation by defense with ball in CSA above goal line extended	Ball carrier to top of 12-meter fan, center. One defender 4 meters behind, penalty lane cleared. (Rule 8, PENALTIES 3)	Penalty administration is like any other foul inside the CSA and above goal line extended. (Ball to closest spot on 12-meter fan or closest 8-meter hash, one defender 4 meters behind, all others 2 meters away, no one in shooting space.) (Rule 6-15)	
Multiple fouls	Not applicable	If the defending team commits a third foul before the attacking team crosses over the restraining line into their offensive end. Penalty is delay of game. (Rule 6-7n)	
Misconduct Ejection (Red Card)	<p>Any coach serving a game suspension shall not be permitted in attendance at the site of the game, either on the field, in the team bench area, or in the spectator areas of the site. (Rule 12-8 COACH MISCONDUCT PENALTIES and 12-8 SITUATION)</p> <p>Any player serving a game suspension, if in attendance at the next game, must serve her next-game suspension in her team's bench area for the entire game including on-field pregame,</p>	<p>Player or coach serving a suspension shall be restricted to the designated spectator areas and prohibited from any communication or contact, direct or indirect, with the team, coaches, bench personnel and/or game officials from the start of the game to its completion, including any overtime periods. Ejected players and coaches are permitted on the field and in the team bench area during pregame activities. The ejected player may not be dressed in her team uniform. (Rule 6-30)</p>	

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	game or post-game activities. The ejected player may not be dressed in her team uniform. (Rule 12-8 EJECTION PENALTIES)		

¹ National Federation of State High School Associations, *2019 Girls Lacrosse Rules Book* (Indianapolis, IN: National Federation of State High School Associations, 2018).

² National Collegiate Athletic Association, *2018 and 2019 NCAA Women's Lacrosse Rules* (Indianapolis, IN: National Collegiate Athletic Association, 2017); "2018-2019 NCAA Women's Lacrosse Rules Book Corrections," NCAA Women's Lacrosse, last modified March 27, 2018, <http://ncaawomenslacrosse.arbitersports.com/Groups/107529/Library/files/2018-2019NCAAWomensLacrosseRulesBookPublicationCorrections.pdf>.

³ "WCLA 2019 Playing Rules," WCLA, US Lacrosse, accessed January 28, 2019, https://cdn3.sportngin.com/attachments/document/0eaf-1741557/WCLA_2019_Rules_.pdf?_ga=2.17899257.1319516002.1548731764-943421230.1548731764.