

WSLA

Washington Schoolgirls Lacrosse Association

2026 GAME RULES

WSLA Youth and High School teams shall abide by the current edition of the 2026 USAL/NFHS Girls Lacrosse Rules Book or USAL Girls' Lacrosse Youth Guidebook as it applies to their level of play.

Teams shall also abide by the following **additional** game rules adopted by WSLA.

Certified Officials: All League and Exhibition games shall be officiated by a USAL certified women's lacrosse official.

Playing Field: The home team shall be responsible for providing a field, game lines, and game equipment in proper condition for safe play and in compliance with the USAL Women's or Girls Youth Rule Book. The home team shall provide a timer.

- If the home team does not have the field ready by the scheduled game time, the home team shall be assessed a minor foul and the opposing team shall begin the game with a free position at the center.
- If the home team does not have the field ready within 20 minutes after the scheduled start time of the game, the home team shall forfeit the game, unless the start of the game is delayed by use of the field by an earlier contest that finished later than scheduled.

Start of Game: If a team is not ready to play within 30 minutes after the scheduled start time of the game, that team shall forfeit the game unless the team has been delayed because of circumstances beyond their control.

- If a team that has been delayed because of circumstances beyond their control, is ready to play more than 30 minutes after the scheduled start time of the game, the game shall be played if the field remains available and conditions are suitable for execution of a game of regulation time.
- If a team that has been delayed because of circumstances beyond their control, is ready to play more than 30 minutes after the scheduled start time of the game, but the field is not available or conditions are not suitable for execution of a game of regulation time, then the game may be rescheduled if approved by the respective High School Board or Youth League Board.

Sportsmanship Announcement: Prior to the start of each game, it is the responsibility of the **home team** to ensure that the following sportsmanship announcement is delivered.

The announcement does **not** need to be read by a coach. When possible, a representative from both the **home and away teams** should be present to deliver the message together to demonstrate a unified commitment to sportsmanship. If the announcement is delivered over a public-address system, joint on-field participation is not required.

“[Lacrosse Organization] encourages good sportsmanship from all athletes, coaches, and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial or ethnic comments, or other intimidating actions directed at officials, players, coaches, or team representatives will not be tolerated and are grounds for removal from the competition.”

Overtime Play: When the score is tied at the end of regular playing time for a regular season League game, the game shall end and there shall be no overtime play. When the score is tied at the end of regular playing time for a post-season tournament League game, overtime procedures shall be followed in compliance with the USAL/NFHS Girls Lacrosse Rules Book.

Game Roster: Each team shall provide the official scorer with a roster of the names and numbers of the players on their team and identification of the starting players at least 10 minutes prior to the scheduled start of the game.

- If a team does not provide the official scorer with a roster of the names and numbers of the players on their team and identification of the starting players at least 10 minutes prior to the scheduled start of the game, the team shall be assessed a minor foul and the opposing team shall begin the game with a free position at the center.

Sideline Manager: Each Youth and High School league home and away team shall provide a sideline manager whose duty shall be to effectively control the actions of spectators not in conformity with standards of proper conduct.

- Each team's sideline manager must be at the field 10 minutes before game start/prior to the Captains and Coaches (C&C) meeting.
 - At Youth Games the sideline managers will take part in the C&C meeting.
 - At High School Games immediately after the C&C meeting, the officials will walk over to the fan sidelines and meet with the sideline managers.

- If a team's sideline manager is not at the field at the time of the C&C meeting the team shall be assessed a minor foul and the opposing team shall begin the game with a free position at the center.
- If a team does not provide a sideline manager prior to the start of each subsequent quarter, the team shall be assessed a minor foul and the opposing team shall begin the quarter with a free position at the center.
- Alternate possession will apply when neither team has a sideline manager present.

Player Participation: A player's eligibility to participate in a game is defined in the WSLA Handbook and shall be enforced by the player's coach. Officials are not responsible for or required to determine a player's eligibility to participate in a game. WSLA allows Coaches to determine whether a red-carded player should be present on the bench or absent from the field.

Communication with Game Officials for ALL Youth Divisions (10U, 12U and 14U):

- **Only the head coach and team captains** are permitted to interact with the officials while the game is in progress. However, there is an exception for the 10U division: for teaching and learning purposes, all 10U players may communicate with the officials during play.
- In addition, **only the head coach and team captains** are allowed to ask officials questions before the game begins, as well as during timeouts and between quarters. Officials are expected to address these questions as time permits.
- Coaches, players, other team personnel, and fans are not permitted to make comments to the officials during the game. Furthermore, negative remarks about the officials or their officiating are expressly prohibited, both during and after the game.
- Any violation of these communication guidelines will be considered a misconduct foul and will result in the **head coach being issued a yellow or red card**.

Additional 14U Rules: Full Field 12v12, 4 x 12 min quarters, up to 10 min half time

- **Mercy rule:** The 4-goal differential mercy rule is optional at this level of play. Each head coach shall **declare** at the C&C meeting if their team will use the mercy rule. This decision is in effect for the entire game and cannot be changed.
- **Contact:** Body contact that does not displace or disadvantage an opponent is allowed.

Additional 12U Rules: Cross Field 8v8, 4 x 12 min quarters, up to 10 min half time

- **Passing:** After a team gains possession of the ball or after the team's goalkeeper passes the ball, the ball must be passed at least once, or one pass attempted,
- **Draw:** Draws will take place at the start of the game and at the beginning of each quarter.
- **Start After Goal:** After a goal, the scoring team must immediately retreat to the midline. The goalie's 10-second count begins once all players have crossed the midline. Upon a goalie clear, all players are released from the midline.
 - A goalie clear occurs when the ball leaves the goalie's stick **or** when the goalie exits the goal circle.
 - The goalie is not required to wait for the opposing team to cross the midline before clearing the ball.
- **Shooting Space:** Shooting space will be enforced within the 8m above the goal line extended.
- **Offsides:** Teams need to hold two field players behind the midfield line.

Additional 10U Rules: Cross Field 8v8, 4 x 10 min quarters, 5 min half time

- **Passing:** After a team gains possession of the ball or after the team's goalkeeper passes the ball, the ball must be passed at least once, or one pass attempted, before a shot is attempted.
- **Draw:** Draws will take place at the start of the game and at the beginning of each quarter.
- **Start After Goal:** After a goal, the scoring team must immediately retreat to the midline. The goalie's 10-second count begins once all players have crossed the midline. Upon a goalie clear, all players are released from the midline.
 - A goalie clear occurs when the ball leaves the goalie's stick **or** when the goalie exits the goal circle.
 - The goalie is not required to wait for the opposing team to cross the midline before clearing the ball.
- **Shooting Space:** Shooting space will be enforced within the 8m above the goal line extended.
- **Offsides:** Teams need to hold two field players behind the midfield line.