



USA
LACROSSE



2023-2024 PLAYING RULES

ALL CONTESTS BETWEEN WCLA MEMBERS SHALL BE PLAYED ACCORDING TO 2024-25 NCAA WOMEN'S RULE BOOK WITH THE FOLLOWING MODIFICATIONS IN SECTION 1.

Section 1: Rules specific to WCLA play:

D1 Timing (stop clock):

1. 15-minute stop clock on goals.
2. No Possession Clock.
3. No stop clock for fouls in the 8-meter (**offensive end**) **EXCEPT** in the last two minutes of each quarter (unless there is a ten-goal differential).
4. If there is a foul between the 8 and 12, the clock will not stop.

D2 Timing Options (Teams must agree or host will decide):

1. Stop Clock: See D1 Timing **above**.
2. Running Clock: 15-minute quarters.
 - The clock will run the first 13 minutes of each quarter.
 - If there is a 10-goal lead, the clock will continue to run the last 2 minutes of each quarter.
 - If the game is within 10 goals in the last 2 minutes of any quarter, the clock will stop for fouls in the 8-meter (**offensive end**) and goals.

Tournament/Play-day Allowance – Running Clock for Green Cards

Events such as tournaments or play-days where multiple games must remain on a schedule the following allowance is legal, and the games will count as WCLA contests. You must follow the instructions below.

- Play stops for the official to report the green card, but the clock runs.
- The table starts the 1-minute timer on the whistle to resume play which keeps the application uniform.
- The player is out for 1 minute or until a goal is scored by the opposing team.
- If the green card happens within the last minute of a quarter, then it will carry over to the next quarter (unless a goal is scored before the quarter ends).

To Download a 2024-2025 NCAA Women's Lacrosse Rulebook, [Click Here.](#)

For operational guidelines player eligibility rules, or specific questions regarding the WCLA, please email, wcla@usalacrosse.com or visit wcla.club.



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