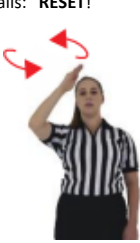
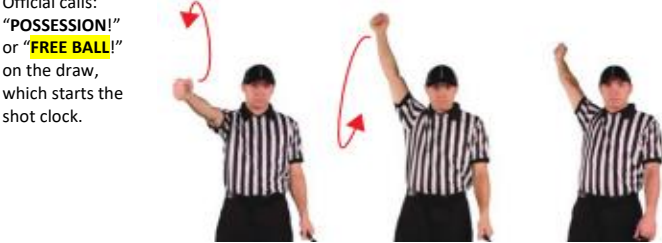





OWFL Rules & Rule Modifications 2024 – JEWL

NOTE: This document generally only highlights rules that are called differently for OWFL JEWL play. Most fouls (push, block, offside, etc.) are not outlined in this document. For a list of Major, Minor, Restraining Line and Goal-Circle fouls, see the most up-to-date version of the [World Lacrosse Women's Field Rules Book, 2022-2024 edition](#). Rule modifications contained in this document should be taken as the official OWFL rule when they conflict with a rule in the rule book.

Clarifications for 2024

GAME SET-UP	
Field & Lines	15m semi-circle fan only + traditional field size & lines.
Quarter Length	15 min. <i>(This is the World Lacrosse standard, but not standard for OWFL)</i>
Shot Clock	<p>90 seconds shot clock. Violation = turnover.</p> <p>The shot clock RESETS on every:</p> <ul style="list-style-type: none"> • Possession after a draw • Change of possession • Shot where the goalie saves the ball • Shot when the ball hits the post or deflects off the goalie*** • Card issued • Offside violations <p>The shot clock PAUSES on Major Foul Free Positions in the MA.</p> <p>When resetting the shot clock following a shot, reset once when the ball hits the post or the goalie's body (deflection) AND AGAIN when a team regains possession (ball in control in their stick). Whichever team regains the ball is given a full 90 seconds of possession.</p>
	<div style="display: flex; justify-content: space-between;"> <div style="width: 25%;"> <p>Official calls: "RESET!"</p>  </div> <div style="width: 45%;"> <p>Official calls: "POSSESSION!" or "FREE BALL!" on the draw, which starts the shot clock.</p>  </div> <div style="width: 25%;"> <p>Official signals to PAUSE the Shot Clock on the Major Foul Free Position inside the Marking Area (MA).</p>  </div> </div>
Mercy Rule	Whenever a team leads by 12 or more goals, the losing team will be awarded the ball at centre following every goal. If the score differential becomes less than 12 goals, resume draws after goals. In either instance, play is restarted with a whistle. There are always draws to restart quarters, regardless of the goal differential. When the mercy rule is in effect, the clock runs in the last 30 seconds of Q1, Q2 and Q3 or 2 minutes of the game (Q4).
Stick Checks	No pre-game stick checks by officials for illegal sticks/pocket depth.
Goggles	Goggles are mandatory for OWFL play in 2024. Violation = Minor Foul (Illegal Equipment) . For more, see owfl.org/playlacrosse .
GOALIES & THE GOAL-CIRCLE	
General	See OWFL Goal-Circle Rules & Modifications for details.
Goalies	Goalies are not a requirement to play. If there is no goalie on the field, a defensive player may clear a loose or low bouncing ball from the Goal-Circle but may not illegally defend a shot.
Defense in Goal-Circle	Defense may <i>move through</i> the Goal-Circle. They should not <i>remain</i> in the Goal-Circle. Called if/when impacting play (like 3 Seconds). Exception: The defensive player(s) marking the ball carrier within a crosse length may remain in any portion of the Goal-Circle while defending. Violation = Goal-Circle Foul.
Deputy	Defense may bat or flick the ball to their goalie while moving through the Goal-Circle. Only the goalie may "trap" a loose ball in the Goal-Circle. The goalie must be the one to clear the ball from the Goal-Circle. Violation = Goal-Circle Foul.

