



WCLO Women's Lacrosse – 2026 Rules Overview

Club Teams Edition (No Possession Clock / No 30-Second Draw Clock)

This document provides a **clear, practical overview of the 2026 NCAA Women's Lacrosse rule changes** that most commonly affect **club-level teams**. The goal is to help players, coaches, and administrators understand how the game will be officiated so there are no surprises on game day.

Note: Club competitions do NOT use the possession clock or the 30-second draw clock. Those timing mechanisms have been removed from this overview.

1. Pace of Play & Game Management

Timeouts

- Timeouts are **strictly limited to two minutes**.
- Teams must be **ready to play immediately** when the timeout ends.
- Failure to be ready (incorrect numbers or positioning) may result in a **change of possession**.

Game Clock

- The game clock **runs on free positions in the Critical Scoring Area (CSA)**.
 - Clock stops in last minute of each quarter
 - Emphasis is on faster restarts and minimizing unnecessary delays.
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2. Critical Scoring Area (CSA) & Restart Dot Area

Critical Scoring Area

- The CSA **does NOT include** areas below Goal Line Extended (GLE).
- Fouls below GLE are treated as non-CSA fouls unless the **Restart Dot Area** applies.

Restart Dot Area

- Defined as the area **from the 8-meter arc, through the dots, to the end line.**

In the Restart Dot Area:

- Minor defensive fouls or procedural delays → **restart on the dot.**
 - Major or flagrant fouls → **card + restart on the dot.**
 - **No self-starts.**
 - **No players go behind,** regardless of foul type.
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3. Offside

- **Offside is always a green card,** regardless of possession or whether the ball is loose.
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4. Fouls & Contact Emphasis

Minor Fouls

- Charging
- Pushing (must cause displacement)
- Empty stick below the waist

Major Fouls

- **Holding** (restricting an opponent's movement)
 - **Embellishment / flopping** (exaggerating or faking contact)
 - Illegal use of the stick
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5. Illegal Use of the Stick

Illegal use of the stick includes:

- Unsafe or intimidating stick contact
- Poking, jabbing, or waving the stick near the face or head
- Empty stick checks above the waist
- Slap checks or hand checks toward the body
- Using the stick to pin or control an opponent (e.g., V-hold or clamp)
- Rough or reckless checks to the opponent's stick

Legal stick checks:

- Controlled stick-to-stick contact
 - Contact must be made to the stick, not the body
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6. Shooting Space & Three Seconds

Shooting Space

- Shooting space is generally **flagged**, not immediately whistled.
- Immediate whistle is used only in **extremely dangerous situations**.

Three Seconds

- Three-second violations align with shooting space standards.
 - Free position is administered from the **spot of the foul**, not the ball.
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7. Broken Stick

- Playing with a broken stick anywhere on the field is a **delay of game**.
 - Results in an **automatic green card**.
 - The player must **leave the field immediately**.
 - If the player exits promptly, play continues.
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8. Delays

Procedural Delay

- Minor, fixable issues (equipment, positioning, restart issues)
- Administered like a **minor foul**
- No automatic card

Delay of Game

- Intentional, repeated, or significant delays
- Results in an **automatic green card**

9. POSSESSION AT THE END OF A QUARTER

When the 1st and 3rd quarter ends with one team in possession:

- That same team will start with possession at either of the opposite restraining line if under the restraining line or at the center if in between the restraining lines.
- Play will restart with a free position that will be either in the center of the RL or at the center of the field

When a quarter ends with no clear possession:

- The quarter will begin with a draw

MINOR FOULS, MAJOR FOULS, PROCEDURAL FOULS AND DELAY OF GAMES



MINOR FOULS

(formerly General Fouls)

Result: Whistle and Play-on/ Top of 12 Meter/Dot

- MINOR FOULS
 - Pushing
 - False Start by Offense on 8 Meter
 - Empty stick check below the waist
 - Charging
 - Covering
 - Forcing Through
 - Illegal Body Ball
 - Illegal Draw
 - Illegal Stick (pocket depth)
 - Pass from Out of Bounds
 - Unintentional Tripping
 - Warding Off
 - Illegal Cradle
 - Play from Out of Bounds
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MAJOR FOULS

(formerly Physical Fouls)

Result: Card (Green or Yellow depending on severity)

- Holding (restricting an opponent's movement)
 - Illegal Use of the Stick
 - Slashing
 - Cross-Checking (stick to body with displacement)
 - Embellishment / Flopping
 - Dangerous Contact
 - Dangerous Propelling
 - Dangerous Follow Through (severe)
 - Stick in the Sphere
 - Intentional Tripping
 - Hooking (webbed area traps/hooks opponent stick creating danger)
 - Illegal Check to Head / Neck
 - Check Between the Hands on Shaft
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PROCEDURAL DELAYS

(Non-contact, administrative type fouls)

Result: Administered like Minor Foul

- Delay from Timeout/Quarter
 - Delay to Pregame Meeting
 - Playing without Eye Protection
 - Goalkeeper shooting/between RL at the draw
 - Illegal Re-entry
 - Playing with Jewelry
 - Playing without a mouthpiece
 - Playing without a stick
 - Throwing a stick
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DELAY OF GAME (separate from procedural)

Result: **Automatic Green Card**

- Playing With a Broken Stick
- Delay with Free Position in the CSA
- Delay After Cardable Penalty
- Repetitive False Starts by Defense on 8 meter FP
- General Delay
- Illegal Stick Check Request
- Illegal Substitutes/Substitutions
- Illegal Switching of Sticks
- Illegal Time Out
- Non-Engagement Fouls
- Repetitive False Starts

Over Time:

Sudden Victory

2 Minute Rest

5 Minute Play (No Score)

2 Minute Rest

Switch Ends

5 Minute Play (No Score Repeat)

****Over Time with Time Restrictions- Specific to WCLO****

Each team will pick 3 shooters

Shootout will be from either 2nd inside hash on the 8m

No more than 2 steps are permissible

If there remains a tie with 3 shooters then you will continue to add shooters until one team wins to determine the outcome of the game