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2026-2027 PLAYING RULES

ALL CONTESTS BETWEEN WCLA MEMBERS SHALL BE PLAYED ACCORDING TO 2025 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 **CSA (includes the 8-meter, 12-meter and Dot area)**.
4. **EXCEPT** the last **minute (1)** of each quarter (unless there is a ten-goal differential). Clock should stop on all goals also.
5. **CSA includes the 8-meter, 12-meter and Dot area.**

EX. (A goal is scored with 1:15 left on the clock in the 2nd quarter. Players are walking back to the draw and the clock hits 1 min left. The clock operator should stop the clock. It will restart on the whistle for the draw.)

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

1. Stop Clock: See D1 Timing **above**.
2. Running Clock: 15-minute quarters.
 - If there is a 10-goal lead, the clock will continue to run the last **minute (1)** of each quarter.
 - If the game is within 10 goals in the last **minute (1)** of any quarter, the clock will stop for fouls in the **CSA (includes the 8-meter, 12-meter and Dot area)**.

Running Clock for Green Cards

You must follow the instructions below.

Green Cards fouls: (Restraining line to Restraining line)

Blocking/Illegal Pick

Cross Check

Embellishment and Flopping

Holding

Illegal Use of the Stick (**includes Empty Stick Check above the waist and V holds**)

- **Offsides** is **never** a green card: (**This replaces the college rule**)
- All offsides should be a **whistle** start if or when it is called.
- If the player just steps over the line, then steps back. (Hold for advantage). **If** the player is actively involved in play, the whistle should be blown and the foul set up on 12-meter, Dot, or spot. (**Players 2 meters away**) 8-meter (**Player 4 meters behind**)
- Offensive offsides is a turn over



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Reporting a Green Card

- The Official will hold up a green card and state color, number, 1 min. Play will continue to proceed when a green card is given between the restraining line.
- The table starts the 1-minute timer once the player enters the penalty area.
- 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).
- **If there is a green card in the last minute of any quarter, the clock will stop so neither team is at a disadvantage.**

Shooting Space

- Shooting space will be called immediately or simultaneously.
 - **We will NOT flag shooting space**
 - **Arm and stick length rule in effect just like 3 seconds**

After Goal Procedure

- After a goal, teams should hustle back and play should restart within a timely manner. This could be a delay of game. Referees will warn first.

8-Meter Free Positions

- 8-meter free positions will be administered at the appropriate hash. **(2025 rule)**

Draws

- All quarters in WCLA play will start with a draw. **(There is no power play)**

Ties

- **Games shall NOT end in a tie for D1 or D2 unless it is due to an act of nature or other unforeseeable circumstance.**

Overtime

- When the score is tied at the end of regulation, teams will have a two-minute rest period.
- Overtime will consist of a five-minute sudden-victory overtime period.
- Game clock will continue to operate as in regulation, including stoppage of the game clock in the final minute of the overtime period.
- If no winner is determined after the first overtime period, an additional two-minute rest period will occur. Teams will switch ends before play resumes with an additional five-minute overtime period.

Rules Questions? Contact WCLA Officials' Rep, Tyrone Koen, 916.996.6471