

WOMENS OVERVIEW

RULE	LEVEL
Timing	All levels play quarters; youth and high school shortened
Size of Field/ # of Players	Small sided field (Sixes 6v6; Youth 7v7) Full field (High school/NCAA 12v12; Int Field 10v10)
Equipment	Stick all follow same requirements; Player equipment same; GK same except youth additional
Start/ Restart	Draws start games, quarters and after goals; except Sixes
Overtime	All play overtime; length of time varies
Foul Structure & Cards	All Major, Minor, Misconduct/Expulsion. Severity varies by level
Penalty Restarts	All have self-start or 8m shots except Sixes
Slow Whistle/Flag	All use to allow for scoring opportunity
Team Fouls	Severity varies by level

WOMENS DETAILED

RULE	YOUTH	HIGH SCHOOL	NCAA/WCLA	INT FIELD	SIXES	PRO
Timing/Shot Clock	10 min Quarters	12 min Quarters	15 min Quarters Shot Clock 90/60 seconds	15 min Quarters	8 min Quarters Shot Clock 30 seconds	12 min quarters Shot Clock 52/32 seconds
<i>Rational</i>		**Developmentally appropriate, financial implications				
Body Contact	No horizontal stick contact	No horizontal stick contact	Stick contact allowed	Stick contact allowed without displacement	Stick contact allowed	Allowed
<i>Rational</i>		**Safety issue for Youth, High school, International				
Goal Circle Rules	Not allowed	Not allowed	Defenders always allowed	Defenders allowed only below goal line, only above when ball is below	Defenders always allowed	Allowed
<i>Rational</i>		**Safety issue for Youth, High school				
Stick Checking/Rules	No checking in sphere Modified checking	No checking in the sphere	No checking the body Through sphere allowed	No checking in the sphere	No checking the body Through sphere allowed	
<i>Rational</i>		**Safety issue for Youth, High school, International				
Shooting Space/Walling	Immediate whistle	Immediate whistle	Slow whistle	Immediate whistle	Slow whistle	No foul
<i>Rational</i>		**Safety issue for Youth, High school, International				
Penalties/ Cards	Yellow 2 min not released Red 4 min ejection	Yellow 2 min not released Red 4 min ejection	1 min penalty Releasable Green Y 2 min releasable Y 2 min not released R 5 min not	Yellow 2 min not released Y/R 5 min not released R 10min not	Green 30 sec not released Yellow 1 min not released Red 2 min not	
<i>Rational</i>		**More severe penalty for Youth, High School, International for safety				

RULE	YOUTH	HIGH SCHOOL	NCAA/WCLA	INT FIELD	SIXES	PRO
Penalty Restarts	Self-starts outside CSA	Self-starts outside CSA	Self-starts outside CSA	Self-starts with pause outside CSA	All Whistle starts	All Whistle starts
<i>Rational</i>		**Pace of play				
Boundary Restarts	Self-start	Self-start	Self-start	Self-starts with pause	Whistle starts	Whistle starts
<i>Rational</i>		**Pace of play				
Offside Penalty	Turnover or major foul	Turnover or major foul	1 minute releasable penalty	Turnover or major foul	GK only 30 second not released	
<i>Rational</i>		**Unspecified				
Foul Structure	Major(behind) Minor (away)	Major(behind) Minor (away)	Minor Major Flagrant 1 & 2	Major(behind) Minor (away)	Major Minor Expulsion	Minor Major Expulsion
<i>Rational</i>		**Unspecified				
Foul in CSA: 8m	Hash mark relative to spot of foul	Hash mark relative to spot of foul	Use only 2 hash marks adjacent to center	Use inside 3 hash marks only	None	Center hash
<i>Rational</i>		**Unspecified				
Foul: Stick to body	No horizontal stick contact	No horizontal stick contact	Allowed if not cross check	Allowed if not cross check	No foul	No foul
<i>Rational</i>		**Safety issue for Youth, High School, International				
Foul: in Sphere	Not allowed	Not allowed	Allowed if safe	Not Allowed	No foul	No foul
<i>Rational</i>		**Safety issue for Youth, High School, International				
Foul: Shooting space	Immediate whistle	Immediate whistle	Flag	Immediate whistle	No foul	No foul
<i>Rational</i>		**Safety issue for Youth, High School, International				
Team Fouls	4 th and subsequent, team plays player short remainder of game	4 th and subsequent, team plays player short remainder of game	4 th and subsequent Flagrant 1 become non-releasable	Same all game	3 yellows player fouls out	No extra penalty
<i>Rational</i>		**Increased deterrent for cardable fouls				