

ALA Women's Rules Variations are to be read with reference to World Lacrosse Official Rules

Rule		ALA Variation
6.E Uniforms & Equipment	All players including the goalkeeper must wear a professionally manufactured intra-oral mouth guard that fully covers the upper teeth. The mouth guard shall be of any readily visible colour other than colourless or white and must not have graphics of white teeth. Mouth guards must not be altered to decrease protection and field players must remove protruding tabs. Close-fitting gloves, nose guards and eye guards may be worn. Field players are not permitted to wear headgear or face masks.	4 th sentence Eye guards to be worn by players participating in all ALA events. 5 th sentence. Field players are permitted to wear headgear or face masks.
9.A.1 Umpires	Enforce the rules in accordance with the procedures and guidelines set forth by WL.	... by WL and ALA Variations.
11.A Duration of Play		ALA U15 Tournament matches, the duration of the game shall be four periods of 12 minutes. 2 minutes break between the 1 st and 3 rd quarters and 6 minutes break at half time.
12.C Substitution	... No player is allowed to remain on the field with an open wound or blood saturated clothing or equipment.	No player is allowed on the field with an open wound or blood contaminated clothing or equipment.* Spitting on the field or in the team/bench areas is a personal foul. Penalty: Yellow card. Smoking is not permitted on the field or in the team/bench areas. Penalty: Yellow card. *Aust. Sports Medicine Federation Policy
14.B Scoring	2 nd para. A player who scores a goal must immediately drop her crosse, or hand her crosse to the nearest umpire to confirm it is legal.	Delete 2 nd para. WL Rule 3.8 At any time during play, an umpire may take time out to inspect the pocket of a field crosse, or any player on the field may request an umpire to inspect the pocket of an opponent's crosse.

18.A.2.a & b Goal Circle Rules & Penalties	<p>On a shot:</p> <p>a. the attack shooter may follow through with her crosse over the goal circle line, but her feet must not touch or cross over the goal circle line. The attack's shooting motion must be initiated from outside the goal circle; therefore the shooter's crosse must be outside the goal circle when she receives a pass from a teammate to attempt or complete a shot.</p> <p>b. only the player/s directly marking/defending the attack shooter may reach into the goal circle with their crosse/s to block the shot or check the shooter's crosse.</p>	<p>On a shot:</p> <p>Players may reach into the goal circle to play the ball in the air, their feet must not touch the goal circle line. No player except the goalkeeper or her deputy, can play the ball once it is grounded and remains in the goal circle. A player will not be penalised if her stick crosses the goal circle when her feet are not touching the goal circle line. When the goalkeeper has the ball in her stick and she is inside the goal circle, she must not be checked.</p> <p>Guidance: This allows that a bouncing ball inside the goal circle is a free ball. A player may reach in and play the free ball provided that her stick, or any part of her body or equipment, is not grounded inside the circle or on the goal circle line and makes no contact with the goalkeeper or her stick.</p>
25.A Tournament Rules		Add: For ALA events, a roster of 16 players constitutes a full team. 4 support staff are allowed in the Team/Bench Area during games.
25.B		The colour of the ball may be white or yellow.
25.G.2		When a player has accrued 6 penalty points she will be suspended from the next match of the Championship/Tournament. The completion of a one game suspension will reduced the player's accumulated demerits by 6 demerits.
25.G.3		2 nd sentence. .. if she accrues an additional 4 points.
25.G.4		Delete "6" add "4"
App C Blood Policy		Refer to ALA Blood Policy.
App E Excessive Heat Policy		Refer to ALA Heat Policy. Play is postponed when the temperature reaches 36 degrees.

Major Differences Between ALA Variations and WL Rules•

- **Players may reach into the goal circle to play a ball in the air; a bouncing ball inside goal circle can be played.**
- **Field players are permitted to wear optional headgear/ face masks.**