



# Pacific Coast Field Lacrosse League

## U15 Women Game Format and Policies

- All players are required to wear mouth guards and goggles. Goalies are required to wear mouth guards & helmets.  
Goggles, helmets & mouthguards must be properly worn when on the field of play.
- Players & goalies may only use FIL approved crosses only
- All parents and fans must be on the opposite side of the field from the players benches
- Each team has a head coach and may have up to 3 assistants in the team bench area
- The gamesheet must be verified/signed by the team manager or head coach as well as the umpires
- Coaches are expected to remain only in the team bench area
- Each team will consist of 10 players - 1 goalie, 3 defenders, 3 midfielders and 3 attackers
- 4 x 15 minute quarters
  - 2 minutes between 1st and 2nd Quarter
  - Last 30 seconds of 1<sup>st</sup> & 2<sup>nd</sup> quarter will be stop time
  - 2 minutes between 3rd and 4th Quarter
  - Last 30 seconds of the 3<sup>rd</sup> quarter will be stop time
  - Last 2 min of the 4<sup>th</sup> quarter will be stop time
  - 5 minutes at half time (between 2<sup>nd</sup> & 3<sup>rd</sup> quarter)
- All games are to be played under the BCLA “Fair Play Code of Conduct”, meaning that all players should get equal playing time.

Note: The PCFLL reserves the right to change these rules at any time if safety or fair game play are deemed an issue. There will be a review of the rules and on field game play regularly to see if these rules fit the target age group.