



Pacific Coast Field Lacrosse League

U19 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 8 players - 1 goalie, 2 defenders, 3 midfielders and 2 attackers
- 4 x 15 minute quarters
 - 2 minutes between 1st and 2nd Quarter
 - Last 30 seconds of 1st & 2nd quarter will be stop time
 - 2 minutes between 3rd and 4th Quarter
 - Last 30 seconds of the 3rd quarter will be stop time
 - Last 2 min of the 4th quarter will be stop time
 - 5 minutes at half time (between 2nd & 3rd quarter)
 - Goalies switch ends at the end of each quarter
- All games are to be played under the BCLA “Fair Play Code of Conduct”, meaning that all players should get equal playing time.

10 on 10 Player Game Allowance

- A team must have a minimum of 13 players (including the goalie) to play a 10 on 10 game. If one team has 12 or less players the game must be played as an 8 on 8 player game. Coaches cannot mutually decide to play a 10 on 10 player game if one team has less than the minimum number of players stated above.
- A team that has more than the minimum required players does not have to agree and is not required to play a 10 on 10 player game. The head umpire, prior to the start of the game, will ask each head coach individually what their preferred game configuration preference is (i.e. 8 on 8 or 10 on 10). If both head coaches agree to a 10 on 10 player game the umpires will do a physical count of each player bench to confirm that the minimum player requirements have been met by both teams. The umpires will indicate on the game sheet, under the “Game Report” header “10 on 10 Player Game”, this will be considered confirmation of player

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.



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numbers. If one team does not consent to 10 on 10 play then the game will be played as 8 on 8 play.

- For teams that have indicated to the Commissioner that they would only like to play only 8 on 8 games, these games will be identified as such on the game schedule posted on the PCFLL website. A game time declaration will still be required.
- All 10 on 10 player games will be played on the U19 field dimensions. Coaches cannot mutually decide to change the field size.
- 10 on 10 games will have 1 goalie; 3 defenders; 3 middies & 3 attack
- Once a game is started as an 8 on 8 or 10 on 10 player game it will be played that way for the remainder of the game. It does not matter if more players show up or one team drops below the player minimum because of injury or a player leaving early.

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