



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

Rule		LA Variation
6.A.8	With the exception of the goalkeeper, all team members must be dressed uniformly. The goalkeeper's shirt must be the same color as her team's top and must be worn over her chest and any shoulder/ arm pads. The bottom of her uniform must be the same predominant color of her team's kilt or shorts, or be a solid dark color.	1 st sentence: With the exception of the goalkeeper, all team members must be dressed uniformly, players can choose either to wear shorts or kilt. 3 rd sentence: The bottom of her uniform must be the same predominant color of her team's kilt and/ or shorts, or be a solid dark color and must have the same design pattern.
6.A.2 Uniforms & Equipment	Field players may wear close-fitting gloves, nose guards, or eye guards. Field players are not permitted to wear headgear or face masks. .	Eye guards to be worn by players participating at all LA national events. 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 LA Variations.
12.A Duration of Play		LA U15 Tournament matches, the duration of the game shall be four periods of 15 minutes. 2 minutes break between the 1 st and 3 rd quarters and 6 minutes break at half time.
14.A.8 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.
Appendix B Tournament Rules		As per LA National By-Laws
App C Blood Policy		Refer to LA INFECTIOUS DISEASES POLICY.
App E Excessive Heat Policy		Refer to LA Heat Policy. Play is postponed when the temperature reaches 36 degrees.

Major Differences Between LA Variations and WL Rules•

- Field players are permitted to wear optional headgear/ face masks.

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