



OWFL Rules & Rule Modifications 2025 – U19

NOTE: This document only highlights rules that are called differently for OWFL U19 play. Most fouls (Illegal Contact, Block, Offside, etc.) are not outlined in this document. For a list of Major, Minor, Restraining Line and Goal-Circle fouls, see the most up-to-date version of the [World Lacrosse Women's Field Rules Book, 2025-2026 edition](#). Rule modifications contained in this document should be taken as the official OWFL rule when they conflict with a rule in the rule book.

New for 2025

GAME DURATION & SET-UP	
Field & Lines	11m Fan + 15m MA lines. See the OWFL 2025 Field Lining Guide for more.
Quarter Length	12.5 min.
Mercy Rule	Whenever a team leads by 12 or more goals, the losing team will be awarded the ball at centre following every goal. If the score differential becomes less than 12 goals, resume draws after goals. In either instance, play is restarted with a whistle. There are always draws to restart quarters, regardless of the goal differential. When the mercy rule is in effect, the clock runs in the last 30 seconds of Q1, Q2 and Q3 or 2 minutes of the game (Q4).
Timeouts	As per Rule Book. Possession timeouts are permitted outside either AFA.
Stopped Time	As per Rule Book. All whistles, last 30 seconds of Q1, Q2, Q3, and 2 min of Q4. When self-start is permitted, players may self-start during stop-time.
Shot Clock	No shot clock in use.
Goggles	Goggles are mandatory for OWFL play. Violation = Minor Foul (Illegal Equipment). For more, see owfl.org/owflrulesbook
GOALIES & THE GOAL-CIRCLE	
General	Rule 17 Goal-Circle Rules & Penalties applies as written in the Rule Book, i.e. defense may pick up a loose ball in the Goal-Circle and exit the Goal-Circle in possession of the ball and various other changes.
GAME PLAY & FOULS	
Stick Checking	Legal stick checking is permitted. Covering is now Withholding the Ball (Rule 19.A.8). Empty Stick Checks = NO FOUL . The only time it is illegal to check an opponent's empty stick is when that opponent is attempting to catch a pass in the air (Rule 19.A.9).

See the [OWFL 2025 Rule Modification Summary – All Levels](#) document for a full list of rule changes at all levels for the 2025 OWFL season.

