



OWFL Rules & Rule Modifications 2025 – U11

NOTE: This document only highlights rules that are called differently for OWFL U11 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 SET-UP	
Ball Used	Yellow (regular) ball is used.
Field & Lines	Small field used, 36m x 74m; Restraining Line = centre line, 11m Fan + 15m MA lines. See OWFL 2025 Field Lining Guide.
# of Players	6 + GK (7 total) / Play 4v4 in attacking/defensive ends, hold 2 + GK behind the Restraining Line.
Quarter Length	10 min.
Stop Time	All whistles, last 30 seconds of every quarter. When self-start is permitted, players may self-start during stop-time.
After Goals	Draws to start quarters only. Goalies clear the ball after goals. After a goal, players from the team that scored MUST retreat and touch centre line with their stick before re-defending. Violation = Major Foul. Ball carrying team awarded the ball at the centre line. Opponent moved 4m behind. Whistle start.
Timeouts	As per rule book. Possession timeouts are permitted outside either AFA. When a timeout is called after a goal by either team, play will restart with the goalie in their Goal-Circle. Whistle start. All attacking players must start along the centre-line (sticks or feet touching the line). Attackers may redefend following the whistle start. This is to mimic the retreat/touchback that is required after goals at U9/U11 (see After Goals, above).
Mercy Rule	Time runs in last 30 seconds of any quarter when a team leads by 12 goals.
Goggles	Goggles are mandatory for OWFL play. Violation = Minor Foul (Illegal Equipment). For more, see OWFL 2025 Rule Book .
GOALIES & THE GOAL-CIRCLE	
General	The goalie MUST be the one to clear the ball following a goal with an overhand pass. Otherwise, during live play, Rule 17 applies (i.e. defense may pick up a loose ball in the Goal-Circle and exit the Goal-Circle with the ball).
Goalies Required	A goalie MUST always be on the field of play for each team. A team cannot play without a goalie.
Goalie Leaving the Goal-Circle	When the attacking team has the ball, or was the last team to possess the ball, and the goalie leaves the Goal-Circle (BOTH feet outside the Goal-Circle), the attacking team is automatically granted their required passes to shoot/score. Exception: The defensive team, including the goalie, has the ball, or was the last team to possess the ball, and the goalie is outside the Goal-Circle, the attack will not automatically be granted 1 pass if/when they regain possession. The goalie must return to the Goal-Circle following a turnover. Violation = Goal-Circle Foul.
DRAW SET-UP	
Draw Usage	Draws only at the start of every quarter.
Goalie Positioning	DURING THE DRAW: Goalies must remain in their Goal-Circle. AT ALL OTHER TIMES: Goalies may not cross the centre line.
Player Positioning on the Draw	3 players in on the draw. All other players need to be inside/below either 11m MA line.
Possession on the Draw	No possession required. All players released/may move on the whistle.
GAME PLAY & FOULS	
Body-to-Body Contact	Legal defense-initiated body-to-body contact, which may include the shaft of a stick that is NOT horizontal, is only permitted in a team's defensive Advantage Flag Area (AFA). Violations = Major Foul.
Stick-to-Body Contact	No horizontal stick-to-body contact is permitted at any time. The intent is to eliminate the middle of the shaft of a defender's stick from contacting the ball carrier's arm once or multiple times in a row. The defender's stick head should NOT be parallel to the butt-end of the stick or (as on the draw) within approximately 30° from being parallel with the ground. Violations = Major Foul.
Stick Checking	No stick checking is permitted. All stick-checks (even Empty Stick Checks) are a major foul. Violation = Major Foul. Incidental stick-to-stick contact may occur and is not inherently a foul.
5 Second Rule	Closely Guarding: A defender who is goal-side, within a stick length, with their stick 'up', their torso typically facing a ball-carrying opponent. When a defender does these first three underlined actions together, they are actively engaging their attacker, and the 5 Second Count begins. An attacker must run, dodge, back away, sidestep, pass or shoot (if permitted) to break one or more of the three above components to end the count. The count always resets from zero when the same or another ball carrying attacker becomes closely guarded. ① Guidance: Stick "up", means that the head of the defender's stick is above the butt of their own stick. Their stick should not be horizontal, as no horizontal stick-to-body contact is permitted at U9/U11. Defenders on-ball may take one hand off their stick to block a passing lane or occupy more space, and the 5 Second Count stays ON if activated. Two hands on a stick is not a requirement. ① Guidance: Stick length, includes the length of a defender's stick and arm when the stick/arm is extended. ① Guidance: Goal-side means the defender is between the ball carrier and their own Goal-Circle/net. ① Guidance: Officials should not start the Five Second count immediately after a new player receives a pass or picks up a ground ball. The official may give a new ball carrier 2 seconds to situate themselves with the ball before enacting the 5 Second Count. This is necessary as we do not want athletes to be rushed and officials are not always looking on-ball. The count should be signaled with an audible "1 - 2 - 3 - 4 - 5" and a low, chopping motion with one arm, as per the 5 Second Count on the goalie clearing the ball from the Goal-Circle. ① Guidance: For clarity, the 5 Second Count is not called when: <ul style="list-style-type: none"> A defender is within a stick-length with their stick up, but not goal-side. A defender is goal-side and within a stick-length, but their stick is not up. A defender is goal-side and their stick is up, but they are outside of a stick-length.
1 Pass Rule	1 pass, from an overhand throw, must be caught in the offensive end of the field before an attacking team may take a shot on goal/score. The ball is live off a rebound (the attacking team may continue to shoot until the defense gains possession). 1 pass is automatically granted to the attacking team on all Free Positions inside the 15m MA, including Major, Minor, Goal-Circle and Restraining-Line fouls. Violations (i.e. a shot is taken) = No goal. Turnover to the goalie. Whistle start. Protocol when a team shoots when they did not have 1 Pass: If a goal is scored, the goal will NOT count. If the ball is saved or goes wide, the ball should restart with the goalie (whistle start). In either instance, officials may use the NO GOAL signal. This is a change of possession, not a foul.

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.

