

# Rules for the Women's Elite Division

Since we have a mix of players from college club, post collegiate club, and the NCAA, we will be using WCLA rules. **It's basically USL rules with the exceptions which are listed below.**

**We are playing by the following WCLA rules:**

1. Players on the defending team in their defensive end of the field may run through or remain in the goal circle when their team is in possession of the ball. Defenders within the goal circle may only play the ball if they are wholly grounded (eg., Both feet within the goal circle). Defenders must immediately leave the goal circle when their team loses possession of the ball.
2. Goalkeeper is exempt from shooting space outside the goal circle.
3. Horizontal Stick/Illegal Contact: Initiating crosse-to-body contact with the crosse parallel to the ground (9 and 3 o'clock) and hands apart is illegal.
4. A player may reach into the sphere to make a safe check. Checks must be controlled, not intimidating or dangerous.
5. Cards - The first three cards are releasable; they are non-releasable on the 4th and all subsequent cards. Cards do not require players to play down except for the length of the penalty.

**These two rules are our tournament rules:**

- Red card, sit out the rest of that game and the first half of the next game.
- Two timeouts of 1 minute each. Clock will stop.