



Official WBLL Rule Book

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Women's Bluegrass Lacrosse League Rulebook

The Women's Bluegrass Lacrosse League (WBLL) is owned and operated by L4 Lacrosse LLC. WBLL uses the women's Sixes format and generally follows the rules and principles established by USA Lacrosse and World Lacrosse, with the modifications listed below.

The purpose of these rules is to create a fast, competitive, developmental, and safe playing environment for athletes in grades 6–10.

1. Game Format

- Each team plays with six players on the field:
- Five field players
- One goalkeeper
- A goalkeeper must be properly equipped and remain designated as the goalkeeper.
- Field players may play offense and defense and may cross midfield freely.
- The goalkeeper may not cross the midfield line.
- There are no traditional offensive or defensive restraining lines.
- Team rosters and player eligibility are determined by WBLL.

A team may continue with fewer than six players when necessary because of an injury, penalty, absence, or other league-approved situation.

The WBLL reserves the right to alter game format on the fly if needed - this is a fun league and we want to always make sure it's competitive for everyone.

2. Game Length

Games consist of four 10-minute quarters.

- The game uses a running clock.
- The clock will stop only when directed by an official for:
- An injury;
- A serious penalty;
- A weather or safety delay;
- An official timeout; or
- Another unusual circumstance.
- There will be a short break between the first and second quarters and between the third and fourth quarters.
- Halftime will occur between the second and third quarters.
- Teams will change the goal they defend after each quarter.

WBLL may shorten games, use a continuous running clock, or adjust breaks when required by weather, field availability, scheduling, or athlete-safety concerns.

3. Shot Clock

WBLL will not use a shot clock during its current season.

Teams are expected to make a reasonable effort to attack the goal. Deliberately holding the ball without attempting to advance or attack may be considered stalling. Officials may issue a warning and then award possession to the opposing team if stalling continues.

4. Beginning the Game and Each Quarter

Each quarter begins with a women's center draw.

- One player from each team takes the draw.
- All other players must remain outside the center circle until the official's whistle.
- Players may enter the center circle once the whistle sounds.
- An illegal draw will be reset or possession may be awarded to the non-offending team.

A draw is not conducted after every goal.

5. Restart After a Goal

After a goal:

1. The goalkeeper retrieves the ball from the goal.
2. The official allows both teams to prepare for play.
3. The official restarts play with the goalkeeper in possession.
4. The goalkeeper has five seconds to move the ball out of the crease after the restart whistle.

The defending team should be prepared to restart quickly. Teams may substitute after a goal, but substitutions may not unnecessarily delay the restart.

6. Advancing the Ball

FUTURE RULE OF THE WBLL in High School Divisions - Typically, when a team gains possession in its defensive half, it must advance the ball across midfield within 10 seconds. Failure to advance the ball within 10 seconds results in a turnover. We will not enforce this rule yet until everyone is familiar with the new format. An announcement will be made when we start enforcing this.

Once a team establishes possession in its offensive half, it may not intentionally carry, pass, or direct the ball back into its defensive half. This is an over-and-back violation and results in possession for the opposing team.

Over-and-back is not called when:

- The defensive team causes the ball to cross midfield;
- A shot carries the ball back across midfield; or
- A loose ball is last touched by the defending team.

Again, we will not enforce these rules in the first year of the WBLL.

Kicking the Ball

- Players may kick a loose ball in any direction.
- A player may kick the ball to herself or a teammate.
- A legally kicked ball that completely crosses the goal line counts as a goal.
- A player may not kick an opponent or use a dangerous or reckless kicking motion.
- A player may not kick or step on an opponent's stick.
- Players may not kick through or intentionally contact another player's stick while competing for a ground ball.

7. Out-of-Bounds Rules

The boundary lines are considered out of bounds.

When the ball goes out of bounds:

- Possession is awarded to the team that did not touch the ball last.
- This rule also applies to a missed shot.
- WBLL does not use the traditional women's lacrosse "closest to the ball" rule on a shot.
- The opponent must provide appropriate space for the player taking the restart.
- Play will restart quickly on the official's whistle.

8. Substitutions

Substitutions may occur at any time, including while play is continuing.

- Players must enter and exit through the designated substitution area.
- The exiting player must leave the field before the substitute enters.
- A team may not have more than six players on the field.
- Goalkeeper substitutions must occur in the team's defensive half and may require an official timeout when equipment must be exchanged.
- Substitutions may not be used to delay the game.

An illegal substitution may result in a turnover or a time-serving penalty.

9. Goalkeeper and Crease Rules

The goalkeeper may use her stick and body to stop the ball while inside the crease.

- The goalkeeper may remain in possession inside the crease for no longer than five seconds.
- An opposing player may not enter the crease.
- An opposing player may not contact the goalkeeper or the goalkeeper's stick while the goalkeeper is protected inside the crease.
- An attacking player may reach into the crease to play a loose ball if she does not step into the crease or contact the goalkeeper.
- A goalkeeper who leaves the crease with possession may not reenter the crease with the ball.
- A team may not intentionally pass the ball back into its crease after establishing possession outside the crease.

Defenders may move through their own crease but may not stand inside the crease to create a stationary wall in front of the goalkeeper. A defender may remain in the crease while directly defending the ball carrier within a stick's length.

10. Scoring

A goal is scored when the entire ball completely crosses the goal line between the goalposts and underneath the crossbar.

A goal will not count if:

- The ball enters after the quarter has ended;
- The official's whistle sounded before the ball entered;
- The attacking team committed a foul before the goal;
- An attacking player entered the crease;
- An attacking player interfered with the goalkeeper;
- The attacking team had too many players on the field; or
- The shooter used an illegal stick.
- A player may kick the ball to herself or a teammate

Each legal goal counts as one point.

11. Stick Checking and Contact

WBLL permits controlled women's lacrosse stick checking.

A legal check must be:

- Directed at the head of the opponent's stick;
- Controlled and not reckless;
- Made when the opponent's stick is safely away from her head and body; and
- Made without contacting the opponent's head, neck, or body.

The following are prohibited:

- Body checking;
- Cross-checking;
- Slashing;
- Dangerous or uncontrolled stick checks;
- Checks directed toward the head or neck;
- Pushing or charging an opponent;
- Tripping;
- Holding;
- Dangerous follow-throughs;
- Using a free hand or arm to push away or control an opponent; and
- Any avoidable or excessive contact.

Incidental contact may occur during normal play, but players must remain under control. Officials may apply age-appropriate discretion while prioritizing athlete safety.

12. Picks and Screens

Picks and screens are permitted.

A player setting a pick must:

- Be stationary before contact occurs;
- Maintain a normal body position;
- Avoid extending her stick, arms, hips, or legs into the defender; and
- Give the defender a reasonable opportunity to avoid dangerous contact.

A moving or excessively physical pick is illegal and results in a change of possession.

13. Simplified WBLL Penalties

WBLL uses a simplified penalty system.

Minor Fouls

Examples include:

- Pushing;
- Holding;
- Interference;
- Illegal picks;
- Warding;
- Crease violations;
- Illegal substitutions;
- Delay of game;
- Over-and-back;
- Failure to clear within 10 seconds; and
- Other technical violations.

The normal penalty for a minor foul is a change or award of possession. Repeated minor fouls may result in a time-serving penalty of 30 sec. The head official is responsible and will determine which is appropriate.

Ejection Fouls

Fighting, deliberately striking another person, threatening behavior, abusive language, or other extreme misconduct may result in immediate ejection.

An ejected player, coach, or spectator must leave the playing area and may be subject to additional discipline from WBLL and L4 Lacrosse LLC. This should not be a problem in a fun league!

Major Fouls

Examples include:

- Illegal body checking;
- Slashing;
- Cross-checking;
- Tripping;
- Dangerous stick contact;
- Dangerous follow-through;
- Unnecessary roughness;
- Serious or repeated dangerous play; and
- Unsportsmanlike conduct.

A major foul normally results in:

- The fouled team receiving possession;
- The offending player serving a one-minute penalty; and
- The offending team playing with one fewer player during the penalty.

Major penalties are served for the full minute unless the official determines that a different administration is appropriate for game flow or player safety.

A player receiving three major fouls in one game may not participate for the remainder of that game.

15. Equipment

All players must use properly fitted and legal women's lacrosse equipment.

Field players must have:

- A legal women's lacrosse stick;
- Protective eyewear approved for women's lacrosse;
- A properly fitted mouthguard covering the upper teeth; and
- Appropriate athletic footwear.

Goalkeepers must have:

- A goalkeeper stick;
- A lacrosse helmet with a secured chin strap;
- A facemask;
- An attached throat protector;
- A chest protector;
- Padded goalkeeper gloves;
- A mouthguard; and
- Any additional required protective equipment.

Jewelry is not permitted. Medical-alert or religious items must be secured in a manner approved by the official.

Players may not participate with unsafe, broken, altered, or illegal equipment.

16. Injuries

Officials may stop play immediately for any injury they believe is serious or creates additional risk.

A player who is bleeding must leave the field until:

- The bleeding has stopped;
- The wound is properly covered;
- Blood has been removed from the uniform and equipment; and
- The player is cleared to return.

Any player suspected of having a concussion will be removed from play and may not return that day unless permitted under the L4 Lacrosse concussion policy and applicable medical guidance.

17. Overtime

Regular-season games that end in a tie will be sudden victory:

- The first team to score wins.
- Overtime begins with a center draw.

WBLL may establish an overtime limit based on field and scheduling availability, such as continuing play rather than drawing when the clock runs out. That will be communicated by the head official.

18. Sportsmanship

Players, coaches, parents, and spectators are expected to demonstrate positive sportsmanship. The following will not be tolerated:

- Arguing with officials;
- Taunting;
- Profanity;
- Threatening or abusive language;
- Discriminatory comments;
- Fighting;
- Deliberately dangerous play; or
- Disrespectful behavior toward players, coaches, officials, staff members, or spectators.

Only the head coach may respectfully ask an official for a rule clarification. Judgment calls are final and are not subject to protest during the game.

19. Officials' Authority

Game officials have authority over the game, players, coaches, benches, and playing area.

Officials may:

- Stop or suspend play;
- Enforce or modify penalty administration;
- Remove a player, coach, or spectator;
- Address unsafe equipment or field conditions; and
- Make any decision reasonably necessary for safety and fair play.

The head official's decision is final for all in-game rulings.

20. League Authority

WBLL and L4 Lacrosse LLC reserve the right to modify rules, game length, team assignments, player eligibility, penalty administration, or competition procedures when necessary for safety, development, competitive balance, weather, scheduling, or facility limitations.

When this WBLL rulebook does not address a situation, the current women's Sixes rules and the judgment of the game officials and league director will apply.

If a WBLL modification conflicts with an official Sixes rule, the WBLL modification will govern league play.