


FIL Rule		 ALA Variations to FIL 2015-2018 Women's Rules
5	Teams	Any number of players up to ten (10) are permitted on the field at the same time. One of the ten players on each team may be a Goalkeeper.
6.E 2 nd para	Equipment	Field players are permitted to wear headgear of face masks.
8	Umpires	... and guidelines set forth by the FIL and ALA Variations .
10.A	Duration of Play	<p>When a team is scheduled to play 2 games on the same day 2 x 25 minute halves will be played and stopped clock will not be played until the last 2 minutes of each half.</p> <p><u>ALA U18 Championships</u>, the duration of the game shall be 50 minutes; two 25 minutes halves.</p> <p>When a team is scheduled to play 2 games on the same day 2 x 20 minute halves will be played and stopped clock will not be played until the last 2 minutes of each half.</p> <p><u>ALA U15 Tournaments</u>, the duration of the game shall be 50 minutes maximum; two 25 minutes halves, no stopped clock. When a team is scheduled to play 2 games on the same day 2 x 20 minute halves will be played and stopped clock will not be played until the last 2 minutes of each half.</p>
11.C 3 rd sentence	Substitution	<p>No player is allowed on the field with an open wound or blood contaminated clothing or equipment.*</p> <p>Spitting on the field or in the team/bench areas is a personal foul.</p> <p>Smoking is not permitted on the field or in the team/bench areas is a personal foul.</p> <p>Penalty: Yellow card/ Red card</p> <p>*Australian Sports Medicine Federation Policy</p>
13.9	Scoring	No mandatory stick after a goal. Rule 19.13 applicable.
16.B.3.a	Conduct of Play	The player who committed the foul will move 4m to the side of her opponent awarded the free position ...
17.A.2.a & b	Goal Circle Rules and Penalties	<p>On a shot players may reach into the goal circle to play the ball in the air, but their feet must not touch the goal circle line. No player except the goalkeeper or her deputy, can play the ball once it is grounded and remains in the goal circle. A player will not be penalised if her stick crosses the goal circle when her feet are not touching the goal circle line. When the goalkeeper has the ball on her stick and she is inside her goal circle, she must not be checked.</p> <p><i>Guidance:</i> This allows that a bouncing ball inside the goal circle is a free ball. A player may reach in and play the free ball provided that her stick, or any part of her body or equipment, is not grounded inside the circle or on the goal circle line, and makes no contact with the goalkeeper or her stick.</p>
17.B.1.a 2 nd sentence	Goal Circle Fouls	No field players are allowed to enter or to have their feet, body or crosse on the goal circle line at any time.
17.B.1.b		A field player must not enter, remain or have any part of her body or crosse grounded on or over the goal circle line at any time unless she is a deputy for the goalkeeper.
19.B.1,2,3	Minor Foul Rules & Penalties	For all minor fouls the player who fouled will move 4m to the side of the opponent awarded the ball.
24.A	Tournament Rules	For ALA events, a roster of 16 players constitutes a full team. 4 support staff are allowed in the Team/Bench area during games.
24.B		The colour of the ball may be solid yellow or white.
24.H.2		When a player has accrued 6 penalty points, she will be suspended from the next match of the Championship/Tournament.
24.H.3		Once a player sits out one match, she will sit out a second match if she accrues an additional 4 points
24.H.4		It is the responsibility of the Technical Delegate or Competition Co-ordinator to advise the team Manager when a player has accrued 4 points.
Appendix C	Blood on Uniforms, etc.	ALA Blood Policy.
Appendix E	Excessive Heat	ALA Heat Policy.

Major Differences between ALA Variations and FIL Rules

- 10 players per team on the field at any time.
- Minor foul placement – 4m to the side.
- Field players are permitted to wear optional headgear / face masks.
- Players may reach into the goal circle to play a ball in the air. A player will not be penalised if her stick crosses the goal circle when her feet are not touching the goal circle.