

ALA Women's Rules Variations are to be read with reference to FIL Official Rules Book 2015-2018 Online Edition 1 August 2017

Rule		ALA Variation
5 Teams	<b>FIL Trial Rule 1 August 2017 – 1 July 2018</b> Any number of players up to ten are permitted on the field at the same time. One of the 10 players on each team may be a goalkeeper.	
6.E Uniforms & Equipment	<b>FIL Implementation from 1 August 2018</b> All players including the goalkeeper must wear a professionally manufactured intra-oral mouth guard that fully covers the upper teeth. <b>The mouth guard shall be of any readily visible colour other than colourless or white and must not have graphics of white teeth.</b> Mouth guards must not be altered to decrease protection and field players must remove protruding tabs. Close-fitting gloves, nose guards and eye guards may be worn. Field players are not permitted to wear headgear or face masks.	2 <sup>nd</sup> sentence ALA Implementation 1 <sup>st</sup> January 2019. 5 <sup>th</sup> sentence. Field players <b>are</b> permitted to wear optional headgear or face masks.
9.A.1 Umpires	Enforce the rules in accordance with the procedures and guidelines set forth by the FIL.	... by the FIL and ALA Variations.
11.A Duration of Play	<b>FIL Trial Rule 1 August 2017 – 1 July 2018</b> 80 minutes max, 2 x 40 min. periods <b>OR</b> 4 x 20 min. periods <b>OR</b> 60 minutes max, 2 x 30 min. periods <b>OR</b> 4 x 15 min. periods	For 2018 ALA U15 Tournament matches, the duration of the game shall be four periods of 12 minutes. 2 minutes break between the 1 <sup>st</sup> and 3 <sup>rd</sup> quarters and 6 minutes break at half time.
11.D	<b>FIL Trial Rule 1 August 2017 – 1 July 2018</b> The clock is stopped on the umpire's whistle within the last 30 seconds of each period. When play is stopped prior to the last 30 seconds, the timer will stop the clock when it reaches 30 seconds if play has not resumed.	
New Rule Self-Start	<b>FIL Trial Rule August 2017 – July 2018 Self Start</b> <ul style="list-style-type: none"> <li>Following a whistle for a major or minor foul outside the 15m fan, the player who is awarded the free position may continue to play when both her feet are stationary on the ground and the ball is in her crosse, without waiting for an additional whistle.</li> <li>The offending player must immediately move 4m behind for the major foul or 4m away to the side for the minor foul to the player taking the free position indicated by the umpire. Any other player/s within 4m must move 4m away from the foul indicated by the umpire. All other players must stand.</li> <li>The player who has been awarded the free position may self-start following the umpire's signal of the foul and the umpire's awarding the free position.</li> <li>The option of self-starting is administered at the spot of the foul. However, if the ball is within playing distance (a stick and a half-length away approx. 2.5m) from the player who is awarded the free position she may pick up the ball and self-start.</li> </ul>	

	<ul style="list-style-type: none"> <li>• If the ball is outside the playing distance of the foul, the player who has been awarded the free position and the ball must return to the spot of the foul for the self-start. If the spot of the foul cannot be determined, the umpire shall indicate the location for the free position. If the umpire has to reset the free position, the umpire's whistle will restart play.</li> <li>• If the player who has been awarded the free position chooses to self-start, then defensive players may play her immediately following the self-start. If any player moves prior to the player who has been awarded the free position self-start, this false start shall be penalized at the spot of the ball. Repeated false starts, delays in moving 4m by the defense, or self-starts by the attack beyond the playing distance of the foul will result in a delay of game penalty.</li> <li>• Self-start is not an option when: <ul style="list-style-type: none"> <li>• a. the game clock is stopped;</li> <li>• b. the ball is out of bounds including the side line and end line;</li> <li>• c. there is a restraining line violation;</li> <li>• d. there is an illegal draw;</li> <li>• e. major or minor fouls occurring in the 15m area including offensive and goal circle fouls.</li> </ul> </li> </ul> <p><b>Guidance:</b></p> <ul style="list-style-type: none"> <li>• <i>Self-start is permitted when the ball goes out of bounds because of a foul that occurs within the field.</i></li> <li>• <i>If the player who is awarded the free position attempts to self-start from a position further than a playing distance from the spot of the foul, the umpire will blow the whistle, set the free position at the spot of the foul, and commence play with a whistle. Repeated attempts to self-start from a position further than a playing distance from the spot of the foul may result in a delay of game card.</i></li> <li>• <i>If the player who is awarded the free position self-starts when this is not permitted, the umpire will blow the whistle set the free position at the spot of the foul and commence play with a whistle. Repeated attempts to self-start when self-starts are not permitted will be a delay of game card.</i></li> <li>• <i>Exception: When the 12 goal rule is in effect.</i></li> </ul> <p>Note: Mere instruction by the umpire as to the location of the free position does not preclude a self-start. Stand.</p>	
12.C Substitution	... No player is allowed to remain on the field with an open wound or blood saturated clothing or equipment.	No player is allowed on the field with an open wound or blood <b>contaminated</b> clothing or equipment.* Spitting on the field or in the team/bench areas is a personal foul. Penalty: Yellow card. Smoking is not permitted on the field or in the team/bench areas. Penalty: Yellow card. *Aust. Sports Medicine Federation Policy
13.A Start & Restart of the Game	<b>FIL Trial Rule 1 August 2017 – 1 July 2018</b> During the draw, a maximum of 3 players from each team may be between the restraining lines, the centers and 2 other players from each team, until the whistle is blown. All other players including each team's goalkeeper, must be below either restraining line. Players must not enter the centre circle until the whistle is blown. During the draw, players positioned below/goal side	

	of the restraining line must not cross the restraining line until possession has been determined and indicated by the umpire's direction signal and verbal 'possession'. Players below/goal side of the restraining line may reach over the line with their crosses to play the ball as long as no part of the player's foot is on or over the line.	
<b>14.B Scoring</b>	2 <sup>nd</sup> para. A player who scores a goal must immediately drop her crosse, or hand her crosse to the nearest umpire to confirm it is legal.	Delete 2 <sup>nd</sup> para. FIL Rule 3.8 At any time during play, an umpire may take time out to inspect the pocket of a field crosse, or any player on the field may request an umpire to inspect the pocket of an opponent's crosse.
<b>18.A.2.a &amp; b Goal Circle Rules &amp; Penalties</b>	On a shot: a. the attack shooter and the defender/s immediately marking the shooter must not step on or over the goal circle line. No other field players are allowed to enter or have their feet, body or crosse on or over the goal circle line at any time.  b. only the player/s directly marking/defending the attack shooter may reach into the goal circle with their crosse/s to block the shot or check the shooter's crosse. The defender/s feet must not touch or cross over the goal circle line.	On a shot: Players may reach into the goal circle to play the ball in the air, 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 in her stick and she is inside the goal circle, she must not be checked. <b>Guidance:</b> 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.
<b>18. B.1.b Goal Circle Rules &amp; Penalties</b>	The shooter must not receive a pass or initiate a shot when her crosse is inside the goal circle.	Delete. 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.
<b>18.B 1.a Goal Circle Fouls</b>	On a shot the attack shooter and the defender/s immediately marking the shooter must not step on or over the goal circle line. No other field players are allowed to enter or have their feet body or crosse on or over the goal circle line at any time.	2 <sup>nd</sup> sentence. No field players are allowed to enter or have their feet, body or stick <b>on</b> the goal circle line at any time.
<b>18.C.2 Penalties for Goal Circle Fouls</b>	<b>FIL Implementation from 1 August 2018</b> When the attack commits a goal circle foul, the goalkeeper or her deputy will take the free position inside the goal circle. If a goal was scored, the goal will not count. Before play resumes, all players must move <b>1m away</b> from the goal circle.	ALA Implementation from 1 January 2019
<b>19.A.1 &amp; 2 Restraining Line Rules &amp; Penalties</b>	<b>FIL Trial Rule 1 August 2017 – 1 July 2018</b> A team must not: 1 Have more than 6 attack players below/goal side of the restraining line in their offensive/attacking end of the field. 2. Have more than 7defence players below/goal side of the restraining line in the defensive end of the field. One of these 7 players is usually, but not necessarily the goalkeeper.	
<b>19.A.6 Restraining Line Rules &amp; Penalties</b>	<b>FIL Trial Rule 1 August 2017 – 1 July 2018</b> Violation of the restraining line is a <b>major</b> foul.	

19.B.2.a & b Restraining Line Penalties	<b>FIL Trial Rule 1 August 2017 – 1 July 2018</b> a. If the ball is in the 15m fan or anywhere inside the goal circle when the offside violation occurs, the opponent nearest to the top centre of the 15m fan will be awarded the free position. The nearest player on the team that was offside will move <b>4m directly behind</b> the player awarded the ball. The offside player or the teammate nearest the restraining line will move back onside. b..... The closest player on the offside team will move <b>4m directly behind</b> the payer awarded the ball. ....	
20.A.8.d.2 Minor Foul Rules & Penalties	<b>Trial Rule August 2017 – July 2018</b> If both players draw illegally, or it cannot be determined why the draw was illegal, or the umpire determines the draw was unsuccessful because it was not set correctly, the umpire will reset the draw.	
20.B.1,2,2b, 3,5 Minor Foul Penalties	<b>FIL Trial Rule 1 August 2017 – 1 July 2018</b> For minor foul penalties, the player who committed the foul will move <b>4m to the side</b> of her opponent.	
23.D.2 Penalties for Delay of Game & Other Persistent Minor Fouls	<b>Trial Rule August 2017 – July 2018</b> For the second delay of game or persistent foul penalty, the umpire shall award the appropriate <b>major foul</b> .	
25.A Tournament Rules		Add: For ALA events, a roster of 16 players constitutes a full team. 4 support staff are allowed in the Team/Bench Area during games
25.B		The colour of the ball may be white or yellow.
25.G.2		When a player has accrued 6 penalty points she will be suspended from the next match of the Championship/Tournament.
25.G.3		2 <sup>nd</sup> sentence. .. if she accrues an additional 4 points.
25.G.4		Delete “6” add “4”
App C Blood Policy		Refer to ALA Blood Policy.
App E Excessive Heat Policy		Refer to ALA Heat Policy. Play is postponed when the temperature reaches 36 degrees.

**Major Differences Between ALA Variations and FIL Rules /Trial Rules 1/8/2017-1/7/2018**•

- **Players may reach into the goal circle to play a ball in the air; a bouncing ball inside goal circle can be played.**
- **Field players are permitted to wear optional headgear/ face masks.**