

# Ontario Field Lacrosse Officials Association

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## U19 PLAYING RULES

### Article 10 Rules of Play

Section 1. F.I.L. rules will be in effect for all games unless otherwise directed and approved by the league and Ontario Lacrosse Association.

- a) All players must wear an approved field lacrosse helmet or C.S.A. approved hockey helmet and full mask. Any alterations to a manufactured helmet or mask will make it illegal.
- b) Mouth guards are mandatory.
- c) All players' sticks must abide by the F.I.L. specifications
- d) **Game Times – League Games**
  - i.) 15 minute quarters (last 3 minutes of 4<sup>th</sup> quarter stop time)
  - ii.) Half Time: 5 minutes
  - iii.) Time Outs: 2 per half
- e) **Game Times – Provincial Qualifiers & Championships**
  - iv.) 15 minute quarters (last 3 minutes stop time)
  - v.) Half Time: 10 minutes
  - vi.) Time Outs: 2 per half
- f) Total points win league. If teams are tied at the end of league play, the tie will be broken as per O.L.A. Constitution (FR1.06).
- g) Tied games will stand in regular season play.
- h) Tied games in Qualifiers and Provincials, will be played as follows:
  - Two 4 minute quarters, running time
  - If necessary, Sudden Victory will be played using 4 minute stop time quarters
- i) The Designated Defender rule will be used.

Section 2. O.L.A. Field Lacrosse game sheets will be used for all sanctioned games.

