



2026 GWLL Gameplay Regulations

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1. Rules of the Game

- I. Rules of play in GWLL shall be those of the World Lacrosse Rule Book with enhancements made by Lacrosse Canada in the Age & Stage Appropriate Modifications document, and GWLL adjustments found in this document.
- II. Standardized game times for Box Lacrosse are:

Division	Allotted Time	Warm Up	Period 1	Period 2	Period 3	Intermission
U11	1 hour	5	15	15	15	2
U13	1 hour	5	15	15	15	2
U15	1 ½ hours	5	15	15	15	5
U17	1 ½ hours	5	15	15	15	5
U22	2 hours	7	20	20	20	7

- III. In U11 and U13 the game shall be straight time except that the clock will be stopped for timeouts and the last 2 minutes of the 3rd period as per the LC ASAM document.
- IV. In Minor lacrosse, if five (5) minutes before the scheduled end time of the game time slot for league games, there is more than five (5) minutes left on the clock, the clock shall be reset to five (5) minutes, and play shall continue in stop time or run time as per division norms. As required, a game may be called at this time if an injury is present and cannot be taken care of in a timely fashion.
- V. In U15 and U17 lacrosse if a goal differential of seven (7) or more goals is present at any time during the game, at the next whistle to start play, the clock will run at straight time. If the goal differential is brought within five (5) goals, the clock shall return to stop time at that time.
- VI. If less than two (2) full periods of any game have been completed, then, at the discretion of the League Commissioner, the game shall be considered incomplete, and the remainder of the game may be rescheduled for a suitable time.
- VII. The Rules of Play outlined in this document shall apply to all games sanctioned by the GWLL (e.g., exhibition, regular season and playoff). The GWLL retains the right to enhance rules of play.
- VIII. The Home team shall use substitute sweaters when there is a colour conflict. When the Home team causes a game to be delayed because of sweater colour conflict, the team shall be assessed a delay of game penalty. If the game remains delayed beyond 15 minutes for this reason, the game shall be forfeited to the Visiting team.
- IX. All bench personal (excluding a registered trainer) must be NCCP certified.

- X. The standardized game length will be extended for the purpose of overtime.
- XI. No overtime shall be played during regular season play.
- XII. Playoff rules and regulations will be determined and distributed at least one week prior to the first game of playoffs.
- XIII. There will be a one-minute Media/Water Timeout at the first non-goal whistle after the ten-minute mark for Major divisions.

2. Enforcement of Offence/Defence Tactic in Minor Lacrosse

- I. The definition of a team using an offense/defence system will be when a team continuously incorporates a system in which a player, or players, are played on one end of the floor only. All players shall remain on the floor for both an offensive and defensive possession in each playing shift. A team will be deemed to have violated the policy if one or more players are found to be only playing in a defensive or offensive possession for more than one playing shift, or if a player, or players show a consistency of playing predominantly in only a defensive or offensive position during the game. The above only applies to all even-strength situations.
- II. At Minor box lacrosse games, only Manitoba Lacrosse may be responsible for determining if a team is using an offence/defence system during the game.
- III. If a team is suspected of playing Offence/Defence, a report may be filed to the league Commissioner to be forwarded to Manitoba Lacrosse to investigate.
- IV. As per LC ASAM document, O/D is permitted in U17 and above.

3. GWLL Rules of Play Modifications

- I. U15 will utilize the same rules as U17, 10-second count and back over will always apply.
- II. U15 and U17 will have no whistle for hitting the Goalie Mask. Officials still have discretion to stop play for potential injury.
- III. Goalie Equipment – Teams may request examination for conformity or “add-on” modifications.

4. Game Sheets

- I. Home teams shall ensure that approved game sheets (or app for electronic game sheets) are available to the timekeeper before the start of the game.

- II. The game sheet is to be clearly and completely filled out prior to the game. The referee shall check the game sheet prior to the start of each game. (Referee to receive game code prior to game for roster check if using electronic game sheets)
- III. All players whose name appears on the game sheet shall be in uniform and present on the team bench, except in the case of a suspended player or coach. The suspended player or coach's name must appear in the game sheet notes clearly indicating that a suspension is being served (i.e. serving suspension game #1 of 3) (in case of electronic marked off as suspended in the app).
- IV. Registered team players arriving late can be added to the game sheet on arrival and take their position with the team. Players known to be absent should not be shown on the game sheet. All call-up players must be clearly entered onto the game sheet, name and level called up from. (Call-up sheet must be emailed to commissioner for electronic game sheets.)
- V. All call-up players must be clearly entered onto the game sheet, at the bottom of the team roster. Players being called up must be written in the game notes. A one game call-up sheet must be used for all call up players. The one game call-up sheets must be submitted to the Commissioner prior to the start of the game.
- VI. Team officials, minor officials, and Officials shall print their name on the game sheet, as well as sign the game sheet or sign off on the app.