

BCLA 2026

Version 1 - Game Play Situation

Face-off After goals	
M: Modified	Possession awarded in their crease to team that was scored on.
U: Unmodified	[WL 5.3.3] Face-off at centre.
On-Ball Contact	
M: Modified	"Place & Push" . Penalized under Illegal Body Check
U: Unmodified	[WL 8.11.2] Penalized under Section 8.
Attacker Reaching Into Crease for Loose Ball	
M: Modified	Attacking players cannot reach into the opposing crease for loose ball. Possession is awarded.
U: Unmodified	[WL 8.8.2] A player is only in the crease if their body is on the line or contacting the crease.
Loose Ball Contact	
R: Reduced	"Steering", No body checking allowed.
M: Modified	"Equal Pressure". No Forceful Cross-checks
U: Unmodified	[WL 8.11.3] Legal contact permitted within 3 yards of the loose ball
Off-Ball Contact	
M: Modified	"Shadowing" or "Pushing to Direct". No Forceful Cross-checks
U: Unmodified	[WL 8.11.4] Defending players may apply "equal pressure".
Crease Diving	
M: Modified	Goals shall NOT be allowed if the shooter jumps or dives and lands in the crease.
U: Unmodified	[WL 8.8.7] Ball must completely enter the net prior to shooter making contact w/ crease
10 Second to get Ball Over Centreline (and Back-over applies)	
M: Modified	10-second count only applies in short-handed situations.
U: Unmodified	[WL 6.4.1] In all situations, 10-seconds to advance the ball across centerline.
X: 8-Seconds	In all situations, 8 seconds to advance ball across centreline.
Ball Hitting Goalkeeper Facemask	
M: Modified	Play stops immediately when the ball hits the goalkeeper helmet. No goals can be allowed.
U: Unmodified	[NO RULE] Reset. Officials may stop play to ensure the safety of the goalkeeper
In-Home Required	
M: Modified	Any substitute from the floor will serve penalties NOT assigned to any runner.
U: Unmodified	[WL 3.3.1] Teams must designate a runner to serve penalties NOT assigned to any runner.

U5	U7	U9	U11	U13	U15	U17	U22	Jr	Sr
M	M								
		U	U	U	U	U	U	U	U
M	M								
		U	U	U	U	U	U	U	U
M	M								
		U	U	U	U	U	U	U	U
R	R								
		M	M	M					
					U	U	U	U	U
M	M	M	M	M					
					U	U	U	U	U
M	M	M	M	M					
					U	U	U	U	U
N/A	N/A	N/A	M	M	M				
						U	U		
								X	X
M	M	M	M	M	M	M	M		
								U	U
M	M	M	M	M	M	M	M		
								U	U

Other Technical Changes:	
ALL DIVISIONS:	In-home/Substitute serves ALL Goalkeeper Penalties
ALL DIVISIONS:	Goalkeeper Stick Measurements, Max 15" width.
U22 Women's and below:	5 Non-playing personnel
Junior / Sr :	6 Non-playing personnel