

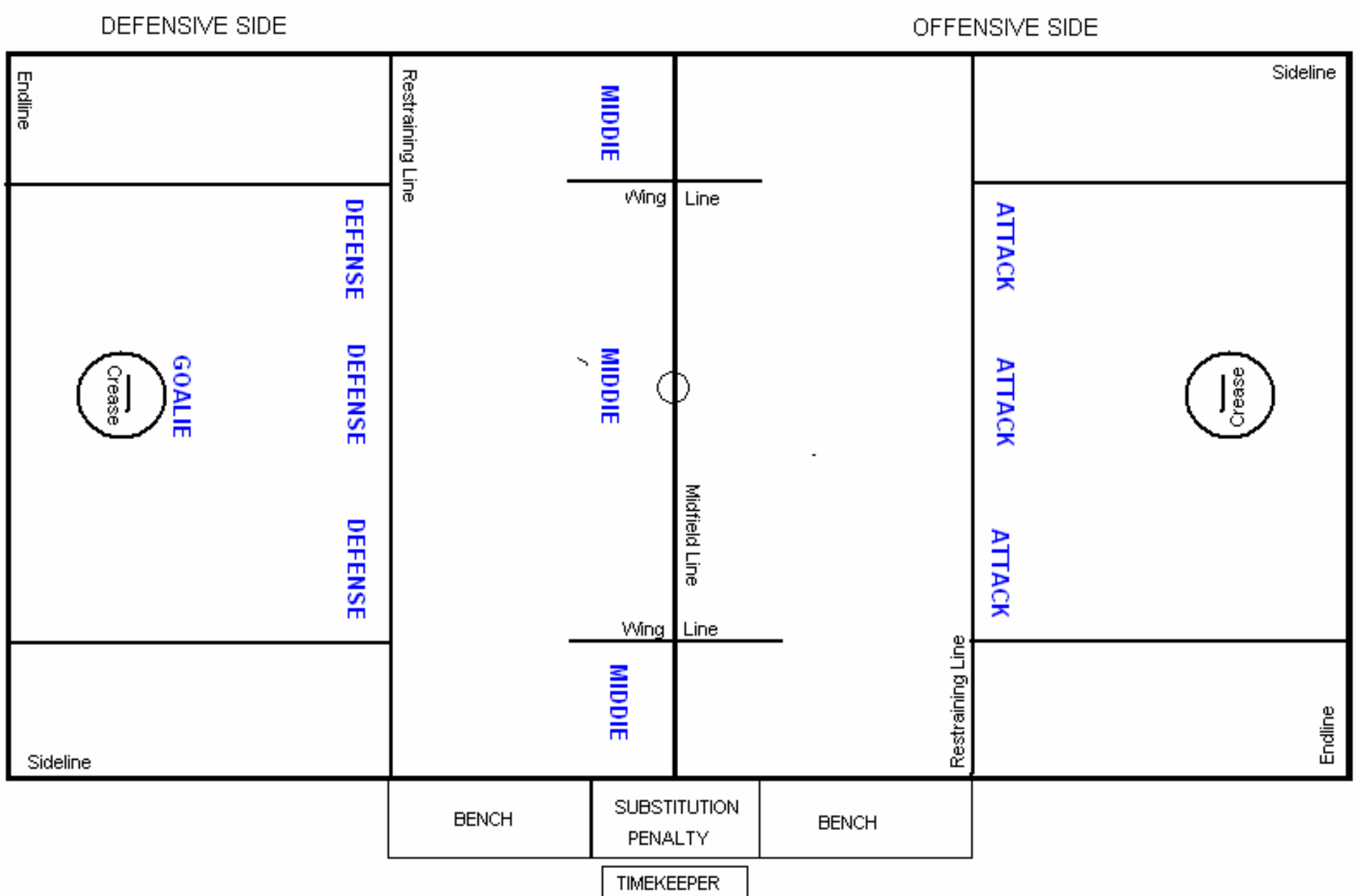
BASIC FIELD RULES FOR LACROSSE

- **MIDDIES** can go **ANYWHERE** on the field
- **ATTACK** must stay on the **OFFENSIVE SIDE** of the field (the side they line up on) and **CANNOT CROSS MIDFIELD LINE**
- **DEFENSE** must stay on the **DEFENSIVE SIDE** of the field (the side they line up on) and **CANNOT CROSS MIDFIELD LINE**
- **GOALIES** must stay on the **DEFENSIVE SIDE** of the field and **CANNOT CROSS MIDFIELD LINE**
- Must keep **4 MEN** on your **DEFENSIVE SIDE** (3 Defense, 1 Goalie) **AT ALL TIMES** (off sides penalty)
- Must keep **3 MEN** on your **OFFENSIVE SIDE** (3 Attack) **AT ALL TIMES** (off sides penalty)
- You **CANNOT STEP IN THE OTHER TEAM'S CREASE** (where the other team's goalie is)
- You **CAN STEP IN YOUR OWN CREASE** (where your goalie is)

FACE-OFF FIELD RULES FOR LACROSSE

- **MIDDIES** line up on their **DEFENSIVE SIDE**
- **ONE MIDDIE** lines up **BEHIND** each **WING LING** (Wing Middies)
- **ATTACK** lines up **BEHIND OFFENSIVE RESTRAINING LINE**
- **DEFENSE** lines up **BEHIND DEFENSIVE RESTRAINING LINE**
- **MIDDIES** can go **ANYWHERE** when the whistle blows
- **ATTACK** must **STAY** behind offensive restraining line **UNTIL** referee signals **POSSESSION** of the ball (someone picks it up)
- **DEFENSE** must **STAY** behind offensive restraining line **UNTIL** referee signals **POSSESSION** of the ball (someone picks it up)

HAWKS LACROSSE FIELD POSITIONS



HAWKS AND OTHER TEAM LACROSSE FIELD POSITIONS

DEFENSIVE SIDE

OFFENSIVE SIDE

