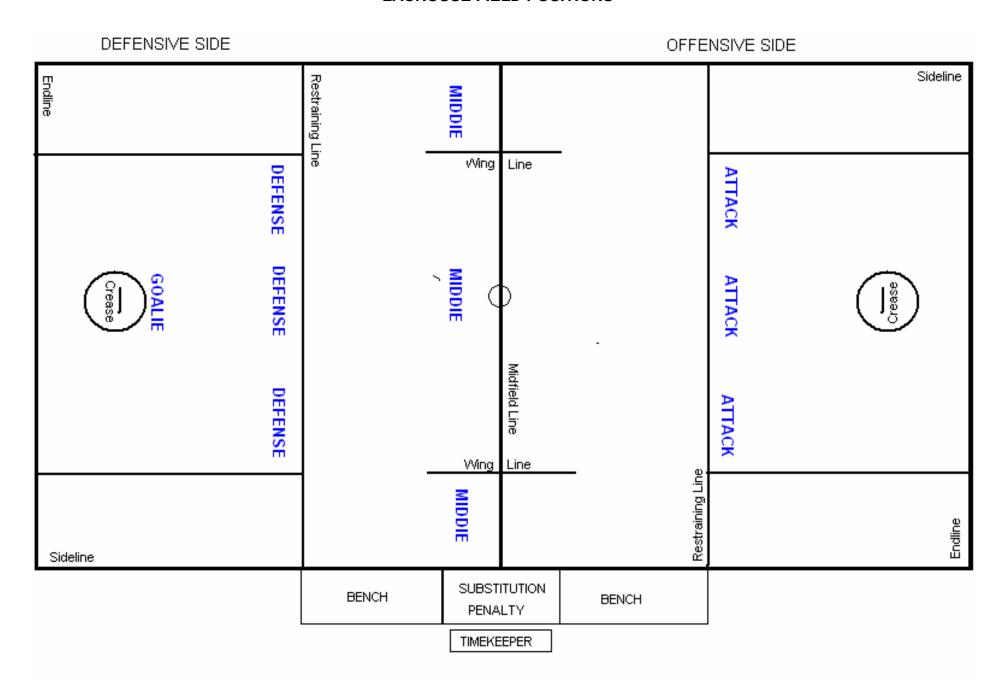
FOR LACROSSE

- 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 Side Line End Line Restraining Line MDDE MIDDIE Wing Line ATTACK DEFENSE ATTACK MIDDIE MIDDIE DEFENSE ATTACK DEFENSE ATTACK Crease Midfield Line ATTACK DEFENSE ATTACK Wing Line Restraining Line MIDDIE MIDDIE End Line Side Line SUBSTITUTION BENCH **BENCH** PENALTY

TIMEKEEPER

RED = OTHER TEAM

BLUE = HAWKS