

# Lacrosse - the Fastest Game on Two Feet



# Great Falls Girls Lacrosse

## U11

- Equipment
- How the Game is Played
  - Positions
  - Rules

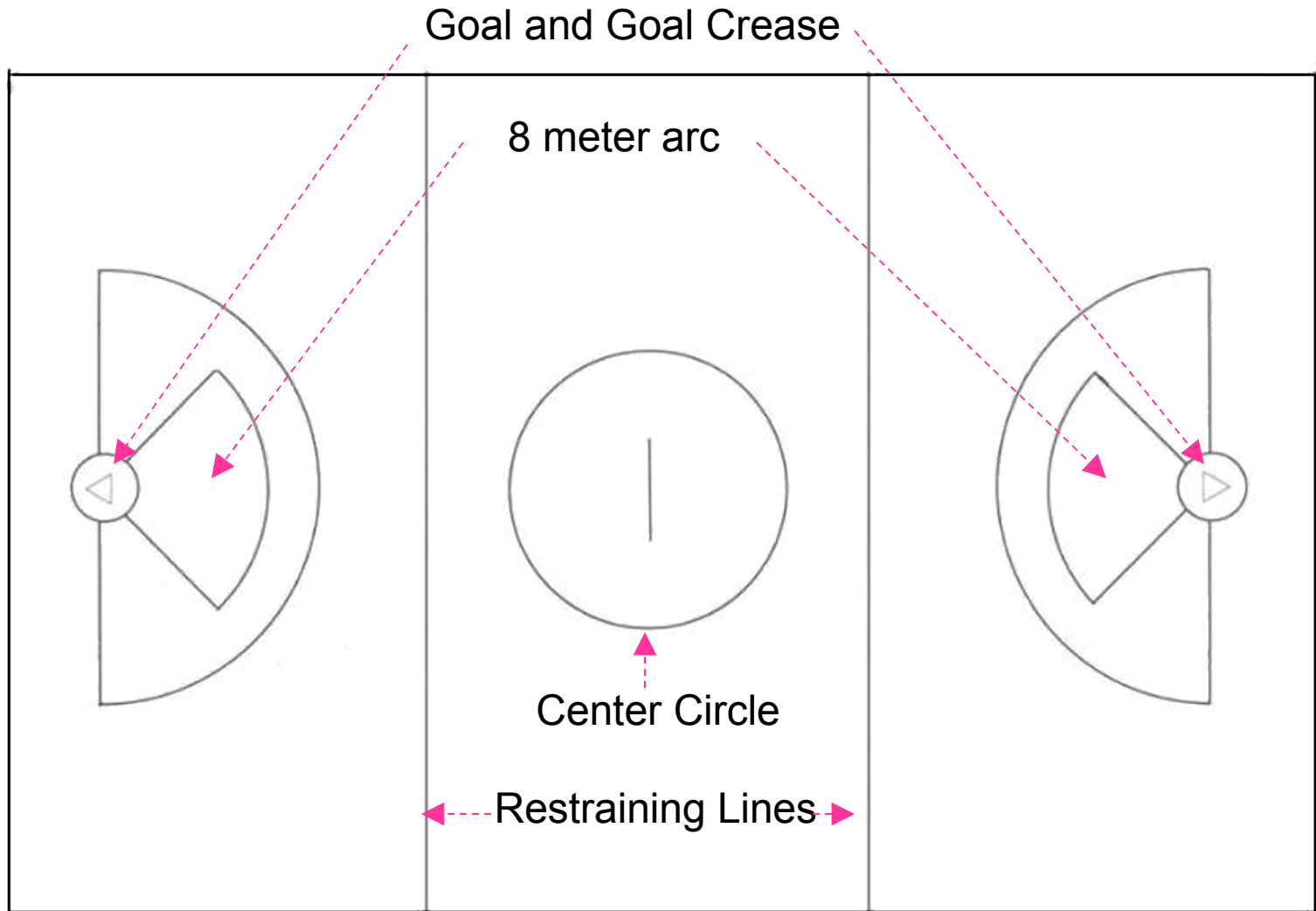
# Equipment

- Stick
  - Length (able to cradle and throw but with room to grow)
  - Pocket (U11-only half of the ball can show below the sidewall)
- Goggles
- Mouth guard (colored, no strap)
- Cleats recommended
- Goalies-different stick and equipment
- No Jewelry

# How the Game is Played

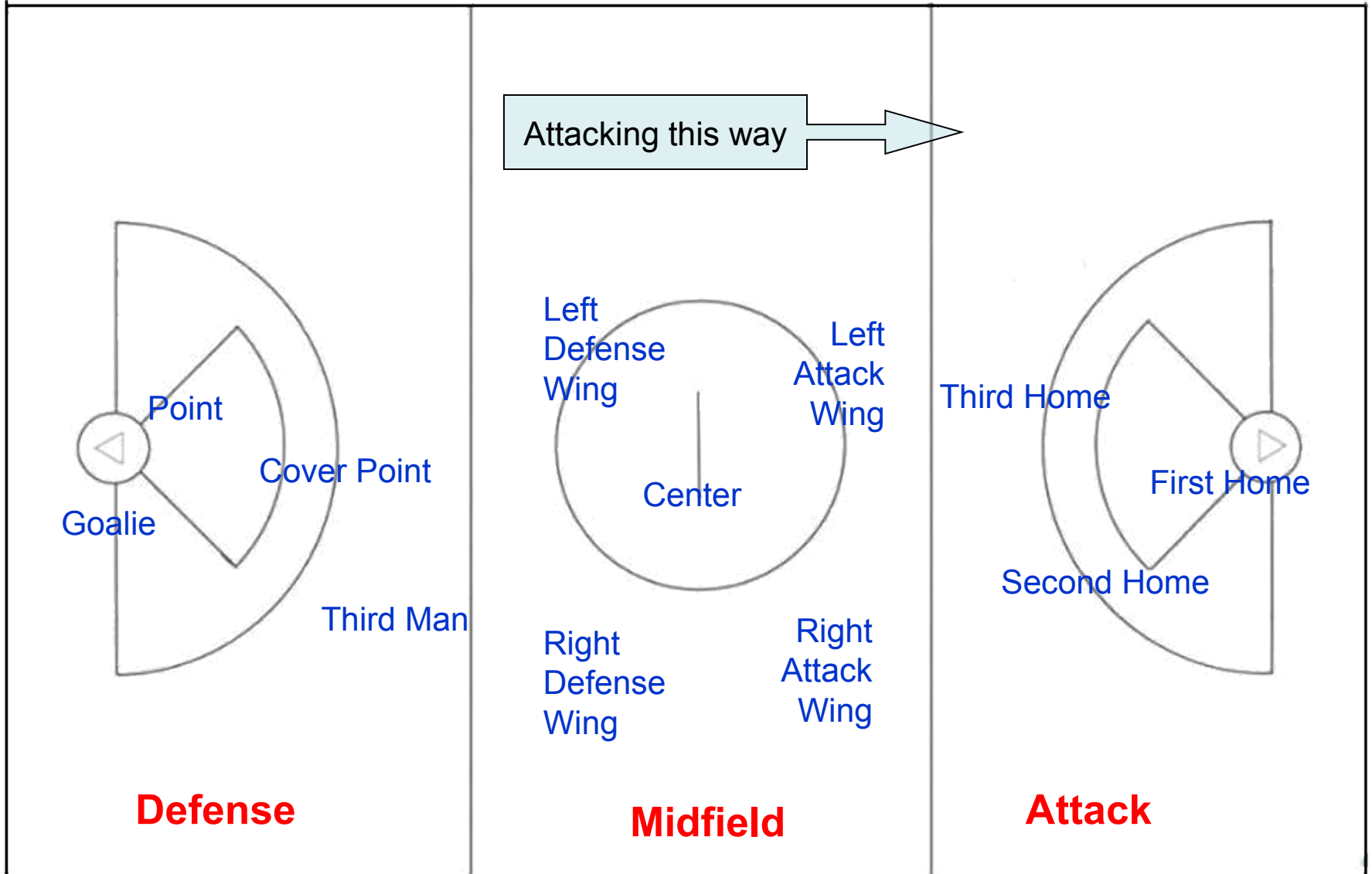
- Two 20 minute halves
- 12 girls on the field, includes goalie
- No contact (body or stick contact)
  - No stick checking at all U11
  - Three second good defense instead of checking
- **Boundaries**
  - Last to touch the ball loses it.
  - Except on shots. Then the closest person to where the ball goes out of bounds gets the ball.

# Field Set up



# Player Positions

As set up for a draw (at the start of the game or after a goal)



# Restraining Line/Offsides

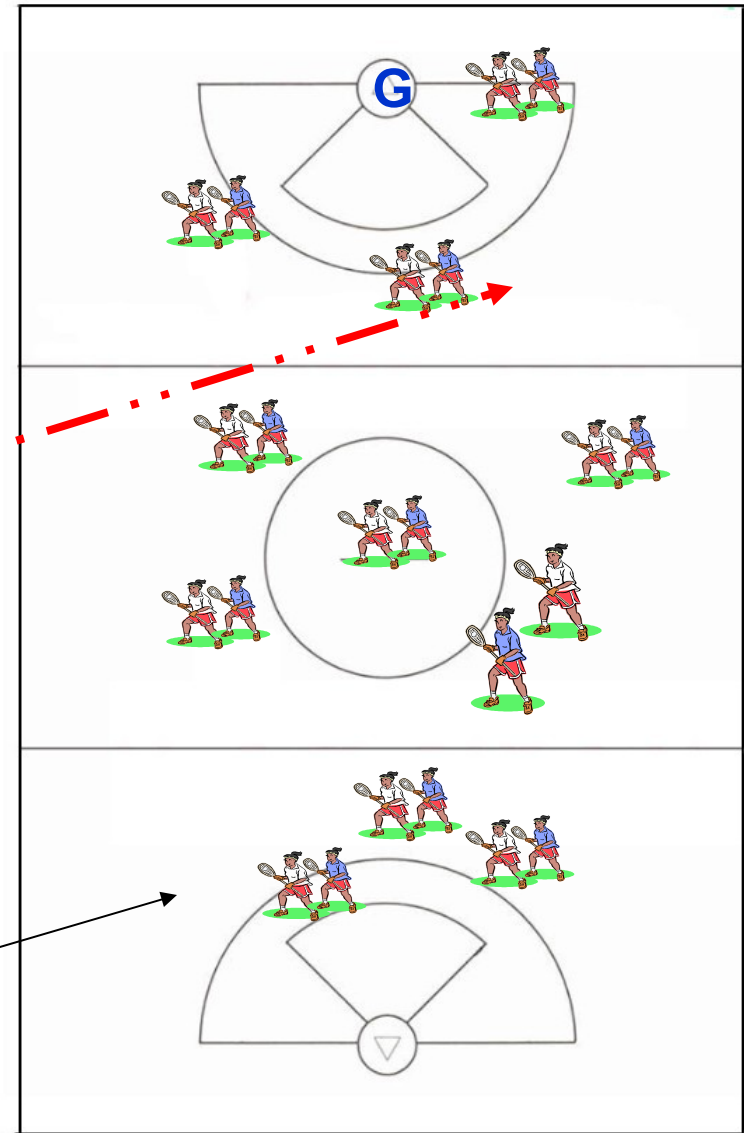
Only seven attack players and eight defense players can be below the restraining line.

The remaining players in midfield must stop short of the restraining line

This blue player is now offsides.

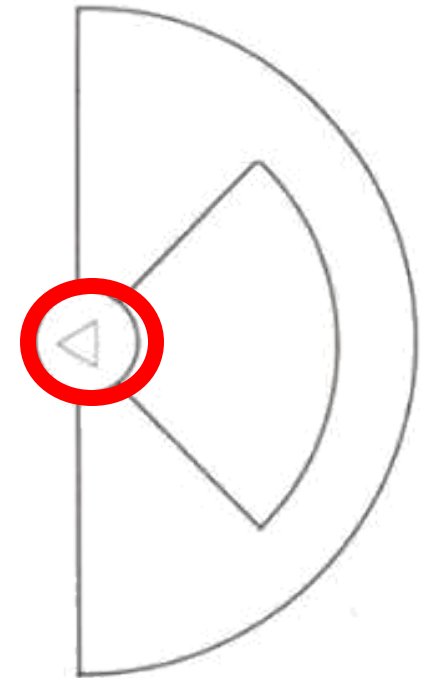
Players sometimes mistakenly think they must stay behind the closer restraining line

These players can go up to the far restraining line. Whether they should is a matter of strategy and speed.



# Goal Crease (aka Goal Circle)

- Only the Goalie can be inside the crease
- Players sticks cannot break the plane of the crease (\*different for H.S. and above)
- Inside the crease the goalie can
  - pick up the ball with her hand
  - Cover or trap the ball
  - But only has 10 seconds to clear it
- Outside the crease Goalie treated same as other players



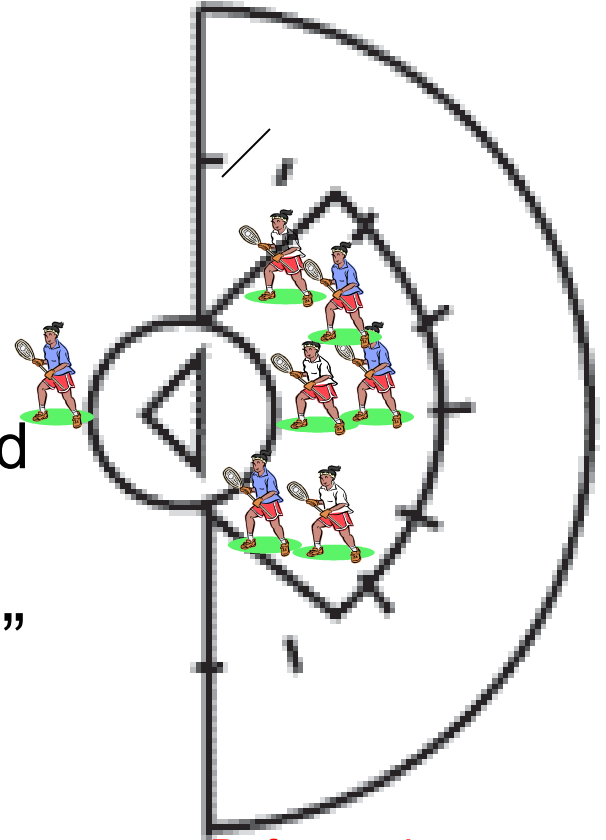


# Eight Meter Arc Rules

- **Free positions:** For defensive penalties in goal area
  - Offense placed on nearest hash mark
  - All other players clear the arc.
  - Penalize player stands 4m behind
  - On whistle can shoot, pass or run
- **3 Seconds Rule “Bad Defense”**
  - Defense cannot be in 8m arc for more than 3 seconds, unless defending a player closely

If attack is behind the goal

Defense can mirror her in front

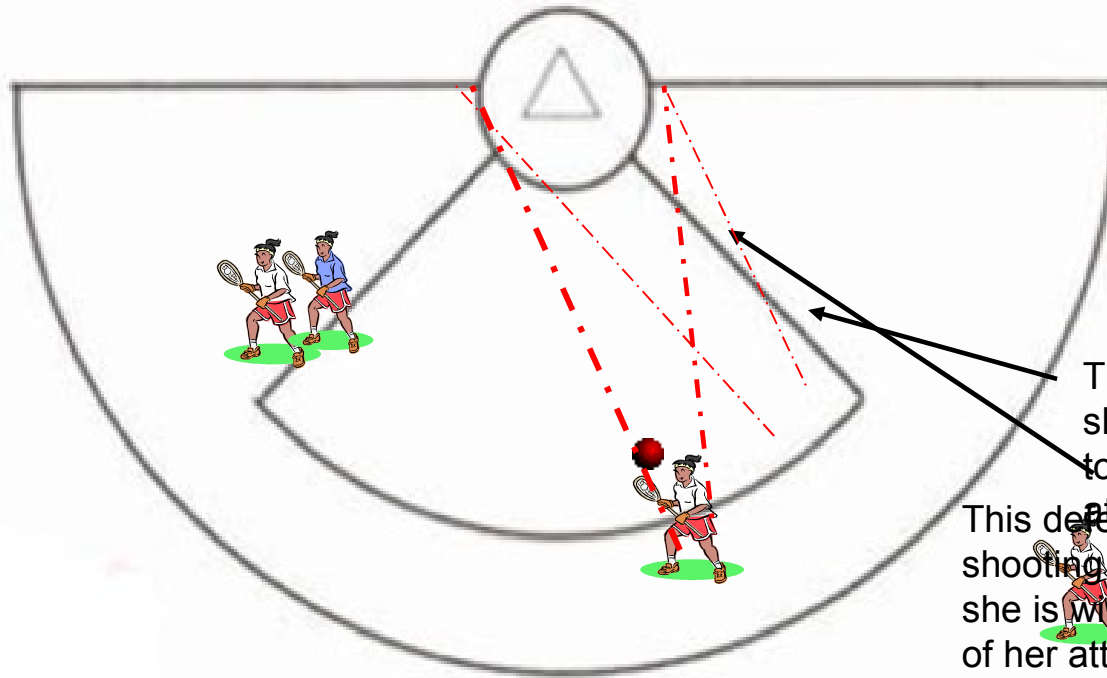


Defense close enough-  
needs to move out of arc or  
closer to attack

# Shooting Space

## A Defensive Foul

Red lines mark the shooting space, area moves with the ball.



This defender is in shooting space, she is too far from her attacker.

This defender is not in shooting space because she is within stick's length of her attacker.

# Advantage and One-Pass Rules

- One-Pass Rule (Fastbreak Limitation)
  - If a player gets the ball in her defensive half of the field, she must pass it before shooting on goal.
- Advantage Rule
  - If one team is ahead by 4 goals (or 6 during play-off) no draw is taken. The team who is down gets a free position at Center.
    - The one-pass rule will apply in this situation.