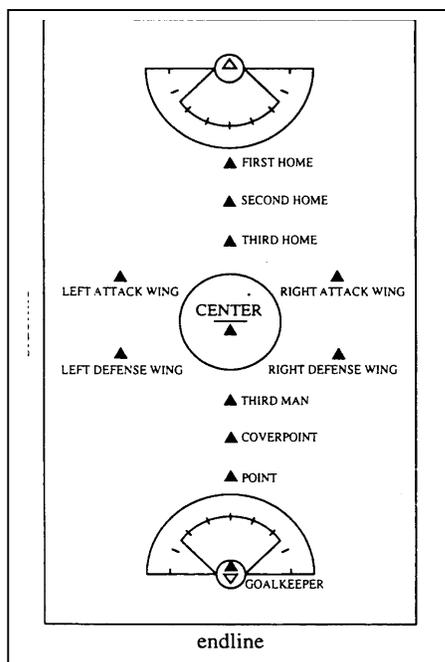


Parents Field Guide to Girls' Lacrosse
Division 1 (Grades 7 & 8) MODIFIED CHECKING IS ALLOWED
 (no checking above nor over the shoulder)



FIELD POSITIONS:

Defense: The *Goalkeeper* is the leader of the defense. *Point & Cover Point:* defensive skills; positioning and anticipation are key. *Third Man:* part defense and part mid-fielder.

Mid-field: the 4 *Wings* and the *Center* stick skills, speed and endurance are key as they race from one end of the field to the other. The transition between offense and defense is their responsibility.

Offense: *Third Home* is much like third Man in that she is part offense and part mid-fielder, stick skills and the desire to go to goal are key. *First & Second Home:* able to go behind the goal and set up plays, feed the cutters, roll the crease and have a variety of shots.

THE FIELD: Standard size is 80-100 yards between goals and 50 yards wide. There is no out of bounds; when an official feels the game is going too far astray, play is stopped and the players are moved back towards the center of the field. If a ball goes out of bounds, the player closest to the ball when it goes out gets possession of the ball when play is resumed. No player is allowed to touch the ball with her hands except of the goalkeeper. The goal is in the center of the goal circle. At each goal, there is an 8-meter arc and a 12-meter fan. If the defense commits a major foul within the 8-meter arc, the attack player is given a free position at one of the 5 specified points ("Hash Marks") on the arc. The arc is cleared of all players except the goalie; the attack player may pass or shoot when the game is restarted. The 8-meter arc area is similar to the lane in basketball except that in lacrosse, the burden is on the defender to move out of

the area within 3 seconds unless she is tightly "marking" an opponent. If the defense commits a minor foul, the attack is given a free position on the 12-meter fan, other players must stay as they were and the attack must pass before shooting on goal.

THE GAME: Women's lacrosse is generally a non-contact sport. The rules were intended to promote both the safety of the players and the sport itself. Youth lacrosse plays 2 halves of 20-minute running clock. Each team may have one time out of 2 minutes per half. Unlimited substitutions may occur any time play has been stopped by an official's whistle. Whenever an official blows a whistle, play stops and all players must stand. Any repositioning of players will be done by the officials. Sometimes a defensive foul occurs and the official does not stop play. This is a *held whistle*. The whistle is held so that the offense does not lose an attacking advantage. Near the goal, the official throwing a yellow flag signifies a held whistle. If a goal is scored, the flag is simply picked up. If there is no goal and the scoring play ends, then the foul is taken. Each half begins with a *center draw* and a draw is taken after every goal. A throw is taken when two players foul simultaneously or when two players are equidistant from the ball when it goes out of bounds. If one team is leading by 4 or more goals, the opposing team shall be given a free position at midfield rather than a draw.

Minor Fouls: On minor fouls, the offended player is given the ball and all other players remain where they were except no one may be within a stick's length of the offended player.

Goal Circle – No player or her equipment may enter the goal circle.

Field Fouls – A player may not A) guard a ball with her foot or cover it with her stick (*covering*), B) touch the ball with her hands (except the goalkeeper), C) throw her crosse, D) play without her mouthguard in her mouth or wear jewelry while playing, E) deliberately run or pass the ball out of the field of play, F) delay the game, G) make an illegal center draw. H) check her opponent's crosse when she does not have the ball and could receive it (*empty stick check*),

Major Fouls: On major fouls, the offended player is given the ball and a *free position* (all other players are moved 4 meters away and the offending player is placed 4m behind the fouled player.)

Blocking - Moving into the path of an opponent or setting a moving or stationary pick without giving the opponent time or a chance to stop or change direction.

Charging – Running or backing into an opponent, pushing an opponent.

Obstruction of Free Space to Goal – Standing in front of the goal area and denying the attack an opportunity to shoot safely when not actually marking (defending within one stick's length of the opponent).

3 seconds - A defender may not remain in the 8-meter arc more than 3 seconds unless she is marking an opponent.

Tripping – Deliberately or accidentally.

Dangerous Check – All checks must be controlled and away from the body. No check may threaten a 7-inch bubble around a player's head. No player's crosse may hit or cause the opponent's crosse to hit the opponent's body.

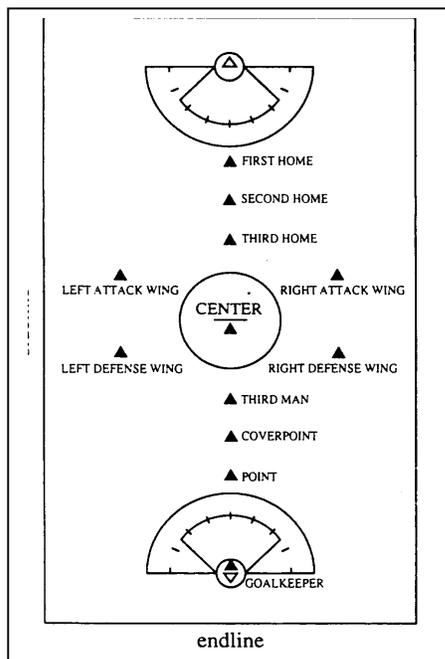
Slashing – A dangerous check that hits the head or body of an opponent.

Illegal Check – Reaching across the body of an opponent to check her stick when you are level with or behind the opponent. A legal check may be made from behind as long as it is away and not across the body

Illegal Cradle – Holding the crosse in front of your face so as to make a legal/safe check impossible.

Parents Field Guide to Girls' Lacrosse

Divisions 2 & 3 (Grades 5 & 6 and 3 & 4) NO CHECKING IS ALLOWED



FIELD POSITIONS:

Defense: The *Goalkeeper* is the leader of the defense. *Point & Cover Point:* defensive skills; positioning and anticipation are key. *Third Man:* part defense and part mid-fielder.

Mid-field: the 4 *Wings* and the *Center* speed and endurance as they race from one end of the field to the other. The transition between offense and defense is their responsibility.

Offense: *Third Home* is much like third Man in that she is part offense and part mid-fielder, stick skills and the desire to go to goal are key. *First & Second Home:* able to go behind the goal and set up plays, feed the cutters, roll the crease and have a variety of shots.

THE FIELD: Standard size is 80-100 yards between goals and 50 yards wide. There is no out of bounds; when an official feels the game is going too far astray, play is stopped and the players are moved back towards the center of the field. If a ball goes out of bounds, the player closest to the ball when it goes out gets possession of the ball when play is resumed. No player is allowed to touch the ball with her hands except of the goalkeeper. The goal is in the center of the goal circle. At each goal, there is an 8-meter arc and a 12-meter fan. If the defense commits a major foul within the 8-meter arc, the attack player is given a free position at one of the 5 specified points on the arc. The arc is cleared of all players except the goalie; the attack player may pass or shoot when the game is restarted. The 8-meter arc area is similar to the lane in basketball except that in lacrosse, the burden is on the defender to move out of the area within 3

seconds unless she is tightly marking an opponent. If the defense commits a minor foul, the attack is given a free position on the 12-meter fan, other players must stay as they were and the attack must pass before shooting on goal.

THE GAME: Women's lacrosse is generally a non-contact sport. The rules were intended to promote both the safety of the players and the sport itself. Youth lacrosse plays 2 halves of 20-minute running clock. Each team may have one time out of 2 minutes per half. Unlimited substitutions may occur any time play has been stopped by an official's whistle. Whenever an official blows a whistle, play stops and all players must stand. Any repositioning of players will be done by the officials. Sometimes a defensive foul occurs and the official does not stop play. This is a *held whistle*. The whistle is held so that the offense does not lose an attacking advantage. Near the goal, the official throwing a yellow flag signifies a held whistle. If a goal is scored, the flag is simply picked up. If there is no goal and the scoring play ends, then the foul is taken. Each half begins with a *center draw* and a draw is taken after every goal. A throw is taken when two players foul simultaneously or when two players are equidistant from the ball when it goes out of bounds. If one team is leading by 4 or more goals, the opposing team shall be given a free position at midfield rather than a draw.

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Blocking - Moving into the path of an opponent or setting a moving or stationary pick without giving the opponent time or a chance to stop or change direction. *Charging* – Running or backing into an opponent, pushing an opponent.

Obstruction of Free Space to Goal – Standing in front of the goal area and denying the attack an opportunity to shoot safely when not actually marking (defending within one stick's length of the opponent).

3 seconds - A defender may not remain in the 8-meter arc more than 3 seconds unless she is marking an opponent.

Tripping – Deliberately or accidentally.

Dangerous Check – No Checking is allowed in Division 2 and 3. (In Div. 1 all checks must be controlled and away from the body. No check may threaten a 7-inch bubble around a player's head.) No player's crosse may hit or cause the opponent's crosse to hit the opponent's body.

Slashing – A dangerous check that hits the head or body of an opponent.

Illegal Cradle – Holding the crosse in front of your face so as to make a legal/safe check impossible.

Fast Break Limitation – A player who gains possession of the ball on her defensive half of the field and carries it over the midfield may not carry it into the 12m fan or shoot without passing the ball at least once. In 2004, this includes during the draw.