

WOMEN'S LACROSSE TERMS

Clear: The goalie will yell “clear” when she has the lacrosse ball in her stick in the goal circle. When she yells this the defensive players move to the outside of the field and spread out and move to get a pass from the goalie to transition down field. The goalie has 10 seconds to throw the ball or exit the goal circle with the ball.

Checking: Stick to stick contact consisting of a series of controlled taps in an attempt to dislodge the ball from your opponents crosse.

Direct shot: When a major or minor foul is committed by the defense inside the 8-meter arc while the ball is inside the 8-meter arc. The offense gets a free shot on goal. On a direct shot everyone needs to clear the inside 8-meter arc to the closest way possible. Everyone needs to be at least 4 meters away from the girl with the ball. The person who committed the foul will be 4 meters behind her on the 12-meter arc. On the whistle the girl will have a free shot on goal, everyone else can play defense.

Indirect Free Position: An opportunity awarded to the offense when a minor foul is committed by the defense inside the 12-meter fan. When the whistle sounds to resume play, the player may run or pass, but may not shoot until a defender or one of her teammates has played the ball.

Draw: A technique to start or resume play or start the game by which a ball is placed in between the sticks of two standing players and drawn up and away.

Eight-Meter Arc: A semi-circular area in front of the goal used for the administration of major fouls. A defender may not remain in this area for more than **three seconds** unless she is within a stick's length of her opponent. (If you get a minor foul in the 8 meter arc you need to go to the 12-meter arc behind the girl with the ball.)

12 Meter Fan: A semi-circle in front of the goal used for the administration of minor fouls.

Free Position: An opportunity awarded to the offense when a major or minor foul is committed by the defense. All players must move four meters away from the player with the ball. When the whistle sounds to resume play, the player may run, pass or shoot the ball.

Shooting Space: A cone-shaped path extending from each side of the goal circle to the attack player with the ball. A defense player may not, for safety reasons, stand alone in this area without closely marking an opponent.

Goal Circle: The circle around the goal with a radius of 2.6 meters (8.5 feet). No player's body may “break” the cylinder of the goal circle. Your stick may enter the goal circle after a shot.

Stand/Freeze: All players, except the goalkeeper in her goal circle, must remain stationary following the sound of any whistle and wait for another whistle to resume play.

Sphere: An imaginary area, approximately 18 cm (seven inches) which surrounds a player's head. No stick checks toward the head are allowed to break the sphere.

Alternate possession: happens when there are two off setting minor penalties from both teams. The two players who have the minor penalties called on them will be the ones who participate in the throw. The players will stand next to each other facing the middle of the field standing on the side in which they are defending. The official will stand 8 meters away and on the whistle the official will toss the ball in between the two players. The two players cannot move until the whistle is blown.

Warning Cards: A yellow card presented by an umpire to a player is a warning which indicates that she will next receive a red card and be suspended from further participation if she continues to play dangerously and/or conduct herself in an unsportsmanlike manner. A green card is presented by an umpire to the team captain indicating a team caution for delay of game.

- **MINOR FOUL-** (Whistle blows, everyone stops where they are, people close to the ball must back up 4 meters)

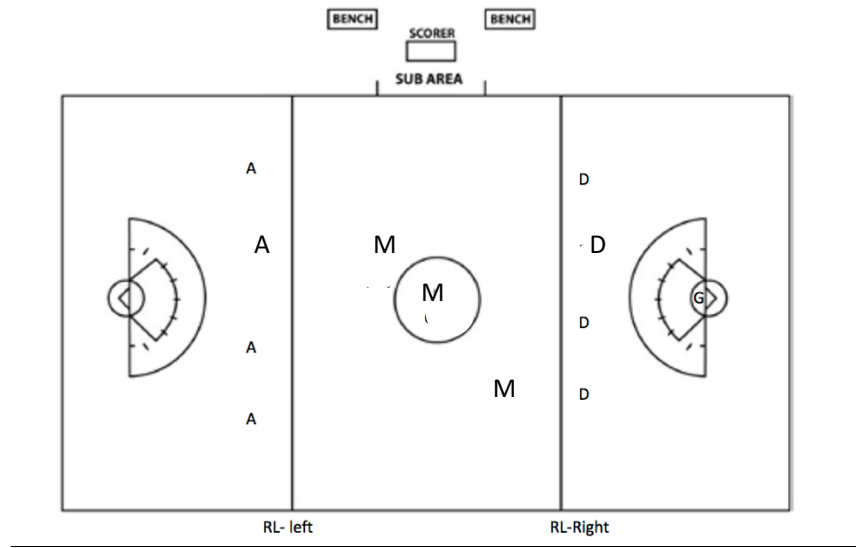
- Covering
- Empty stick check
- Hand ball
- Warding
- Body ball
- Illegal draw
- Illegal cross
- Improper equipment
- Delay of game
- Illegal reentry
- Illegal time out

- **MAJOR FOUL-** (CARD) yellow or red card the player must exit the field for 2 minutes or 5 minutes; Move 4 meters behind the girl in which you committed the foul on.

- Cross in the Sphere
- Dangerous contact (CARD)
- Check to the head (CARD)
- Slash (CARD)
- Dangerous Propelling (CARD)
- Dangerous follow-through (CARD)
- Three seconds-When the defense is called for three second violation, the free position will be awarded at the position of the ball to restart and the girl with the three second violation will be four meters behind the girl with the ball the officials can blow the whistle to restart the game everyone needs to be 4
- Rough/dangerous check
- Illegal contact
- Cross-check
- Illegal use of the cross
- Illegal deputy
- Obstruction of shooting space
- Dangerous shot
- Forcing through (Charge)
- Pushing
- Reaching across the body
- Blocking
- Illegal pick
- Hooking
- False start

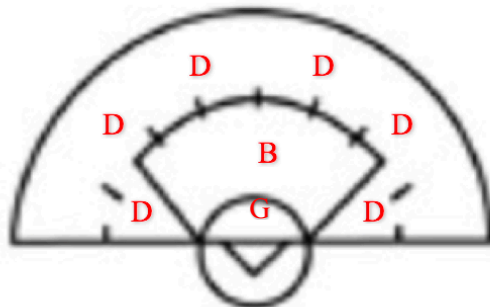
Before the officials can blow the whistle to restart the game everyone needs to be at least meters away from the girl with the ball even if she is on your team

FACE-OFF POSITION



- A face-off starts each half and after each goal.
- When you line up you will be next to a person on the other team and that girl is your girl to guard.
- **LEFT RESTRAINING LINE** (offensive side) the left restraining line by the opponent's net: Everyone can go across **EXCEPT** five players. The five players who stay back are the goalie and 4 defensive players.
- **RIGHT RESTRAINING LINE** (defensive side) the restraining line by our net: everyone can go across **EXCEPT** four players. The four players that stay back are the 4 attack.

DEFENSIVE POSITIONING



Backer-Zone defense: each girl has their own zone that they are responsible for guarding and staying with the offensive player who will cut through their zone to get a pass. Our defense players will communicate with each other when there is a girl cutting through the 8-meter arc into their teammates zone.

- The 8-meter arc is the smaller arc. The only time that you can go in the 8 Meter arc is when your player you're defending goes in there. When you are in the 8 meter arc you need to be within one stick length distance away from your player.
 - If you are not, you have THREE seconds too. If you don't within three seconds, the officials will blow their whistles and call three seconds on you and the other team will get a free shot on our goalie.
- If you are playing defense you do not need to be behind the net if your player is back there. They cannot score from back there so you do not need to be back there.
 - This is the only time you can be in the 8 Meter arc not guarding someone. Only if the girl you are guarding is standing behind the net you can be in front of the net in the 8 Meter arc.

CHECKING

- Your stick cannot go into your opponent's sphere.
- If you do not think it will be a clean check, DON'T check, **use your body to move her away from the goal or to the side lines in the mid-field.**
 - Not by pushing her lead with your stick so the only way that she can go is to the sides NEVER let a girl run down the middle of the field.
 - You need to be quick with your checks. It's a tap your head of your stick with their head of their stick. You can check more than once. You just cannot hold your stick on top of theirs.

OFFENSIVE POSITIONING

- When you are down in the offensive zone you want to be around the 12-meter arc. The larger arc around the goal or even further away from the net.
- You want to cut in to the 8-meter arc towards the goal then if you do not receive a pass you will cut back out to the 12 Meter arc and try again.
 - When you are cutting you need to make sure that only ONE or TWO people are cutting at a time though the arc. This is a great place to set pick on the defense when you are cutting.
 - With picks you want to make sure that you are on the side of defense not behind them. Make sure that your feet are planted (not moving) on the ground with your stick up (vertical.)
- The attack players should be the only players that go behind the net.
 - If there is a turn over or a clear made when in the offensive zone this will allow the center and mid field to get back and play defense faster.
- You do not need to stay in these spots. When you cut in and out of the arc you will switch spots with other players on your team.
 - We just need to stay spread out on the field so we are able to pass the ball around to our players.
- You should always be moving in the offensive zone you should never be stopped unless you set a pick.