

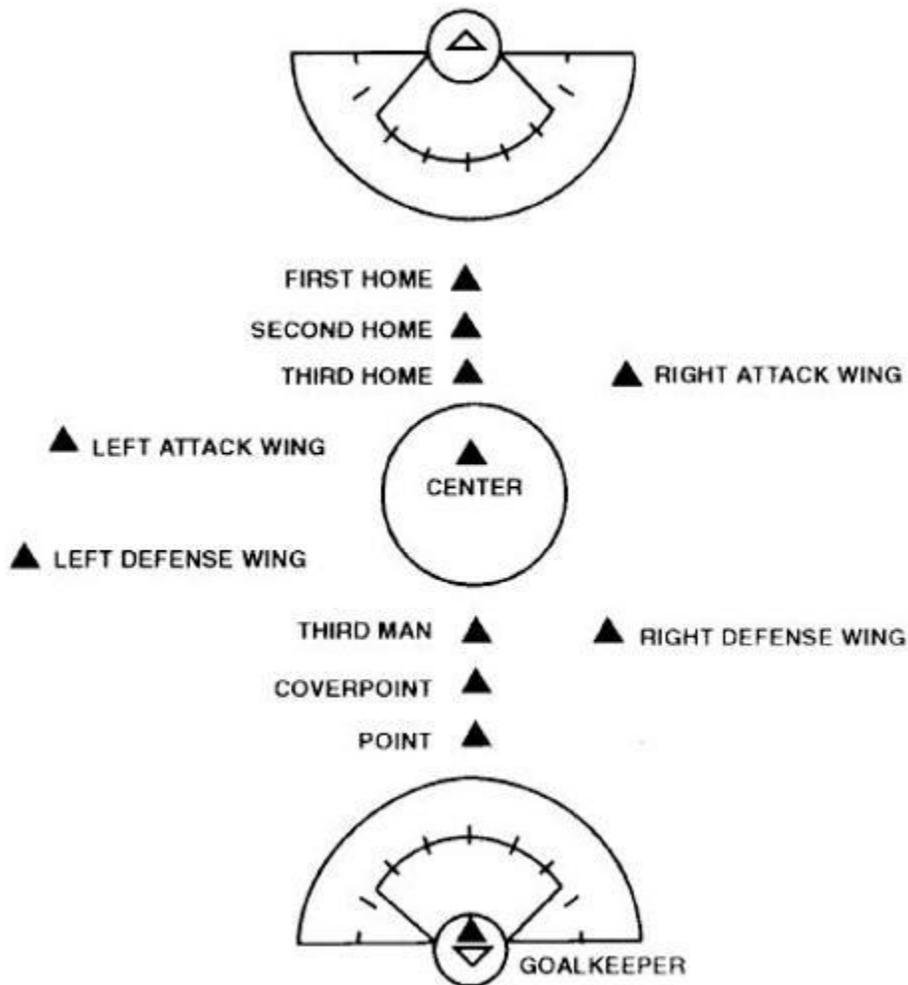


## Guidelines for Girl's Lacrosse

2011

**Positions:** 11 field players and a goalie

- Every player on the field plays both attack and defense throughout the game
- Every position is important, not just the people who score goals
- As players figure out what their strong points are, they can determine which positions fit best



**Defense:** Must have four total players who do not cross the restraining line when team is on attack

- Point
  - Marks the opposing team's first home position
  - Responsible for protecting goal and behind-the-net play



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- Players should have strong defensive skills, including stick checks and pass interceptions
- Cover point
  - Marks the opposing team's second home position
  - Responsible for protecting goal and behind-the-net play
  - Player should be able to receive clears from goalie, have good footwork, and defensive skills
- Third man
  - Marks the opposing team's third home position
  - Responsible for protecting goal and behind the net play
  - Player should be able to receive clears from goalie, have good footwork, and defensive skills

### Midfield

- Center
  - Takes the draws that begin each half/after each goal scored
  - Player should be fast, skilled, have good endurance, and be skilled on both attack and defense
  - Helps control play all over field
- Two attack wings
  - Running position that helps transition ball down the field
  - Players here should be quick and have a good eye to set up play on the attacking end; speed and endurance is important
  - One of the two must stay behind the restraining line when your team is on defense (you can either designate specific ones to do this or players can talk on the field to determine who stays back)
- Two defense wings
  - Running position that helps slow opposing team's transition down the field; helps their team's transition into attacking end
  - Players here should be quick and have a good defensive skills; speed and endurance is important
  - One of the two must stay behind the restraining line when your team is on attack (you can either designate specific ones to do this or players can talk on the field to determine who stays back).

**Attack:** Must have four total players who do not cross the restraining line when team is on defense.

- First Home
  - Responsibility is to score
  - Since position is located directly in front of goal, player must continually cut toward the goal for a shot, or cut away from the goal to make room for another player
  - Helps with behind the net play and play set-ups
  - Player should have excellent stick work and a strong shot



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- Second Home
  - Responsibility is to score and help other players score
  - Player should be able to shoot well from every angle and distance from the goal; also should have excellent stickwork and a strong shot
- Third home
  - Helps transition the ball from defense to attack by cutting for attack wings; also is important for scoring
  - Player should be able to feed the ball to other players, have good stickwork, and a strong shot.

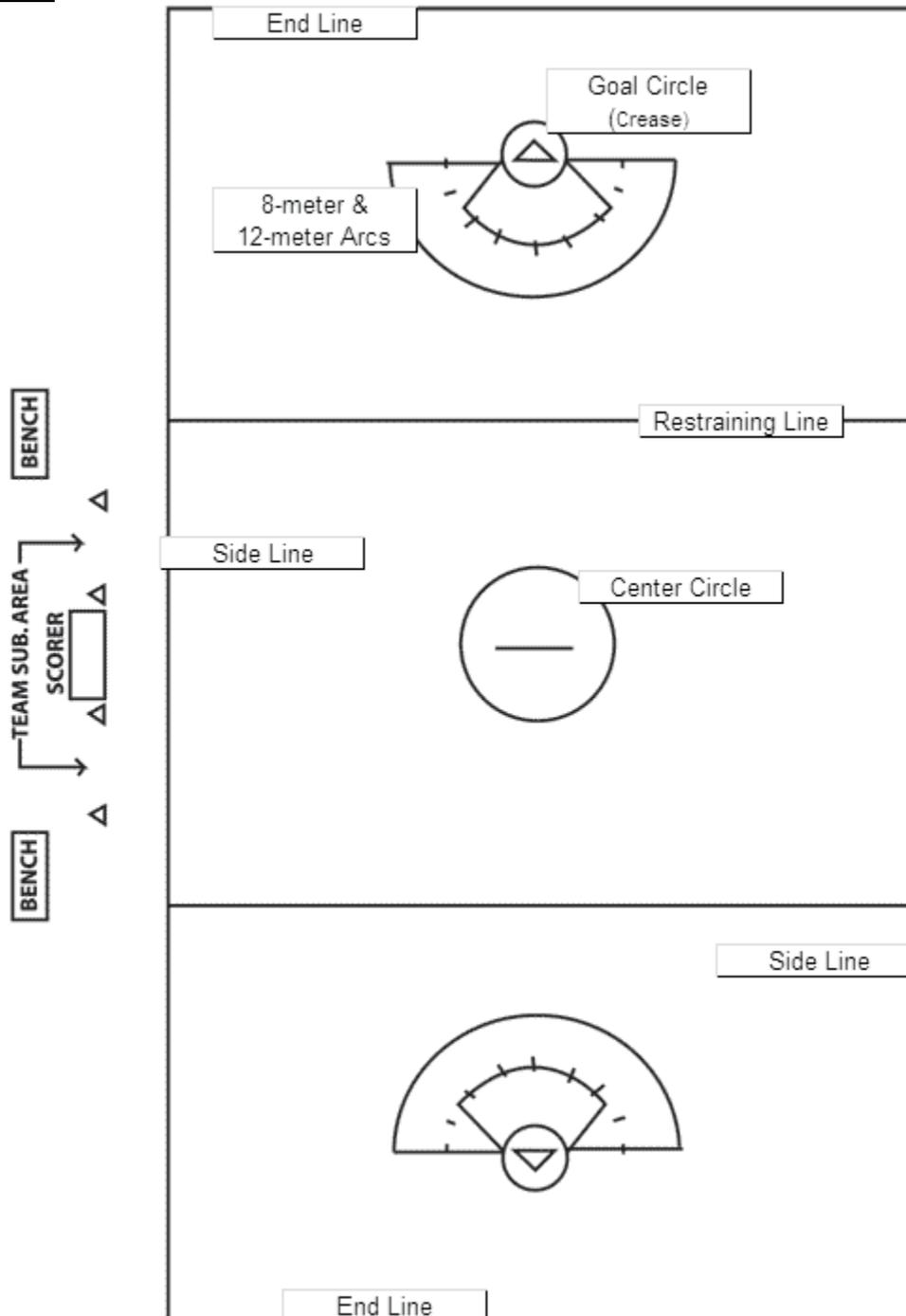
**Goalkeeper:** The goalkeeper's responsibility is to protect the goal. She should have good stick work, courage, and confidence



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### Field:



- Explanation of restraining line
  - Four players behind line at all times (both when on attack and on defense)
  - Keeps from congesting ends of the field



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- Hard to remember sometimes when you're running down the field with the ball; other players on field should call out to let her know that she can pass over
  - Can designate which players cross or simply organize once on field (typically it's one of the wings that crosses over, but there are some exceptions for breakaways, interceptions, etc.)
  - Later can develop tricks/plays involving crossing the restraining line
  - Explanation of boundaries
    - Used to be that there were no drawn boundaries
    - Now there are boundaries on all perimeters except behind the goals
    - If the ball goes out of bounds on the sideline, it becomes the other team's ball
    - If it goes out of bounds behind goal on a shot it becomes whoever is closest to it (so it's important to chase missed shots behind cage); If it is a missed pass that goes out of bounds, it becomes the other teams ball
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**SportsSpectator.com has an excellent "Fan's Guide to Women's Lacrosse"**

1. [History & Object of the Game](#)
  2. [The Essentials](#) (Offense, Defense, Scoring, etc.)
  3. [Field Diagram and Positions](#)
  4. [Fouls](#)
  5. [Glossary of Lacrosse Terms](#)
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### **Women's Lacrosse Rules:**

**Minor Fouls** (Penalty is to move 4m away from player with free position)

These are fouls for illegal equipment, procedural errors and misplays

- Deliberate body ball (all other body balls are no foul)
- Miss-draw (must go above the head, movement must be up and away; no motion allowed after "ready")
- Empty stick check (a stick must have contact with the ball to check it)
- Wearing jewelry
- Participating in the game when out of bounds
- Illegal stick/equipment
- Goal circle violation by any field player or goal keeper (GK)
- Covering/guarding the ball with stick, or body
- Warding off with arm or elbow to protect stick/body (a major foul if dangerous or contact occurs)
- Held cross when no ball is in contact with the stick/not dangerous
- Illegal substitution/too many players on the field/too many players between restraining lines at draw



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- Calling a third timeout (each team is allowed 2 timeouts per game)

**Major Fouls** (Penalty is to move 4m directly behind player taking free position)

These are fouls that jeopardize player safety and threaten the spirit of the game.

- Rough, reckless or dangerous check (check towards the body, hanging the stick across the neck closer than 7" to body, checking into or holding the stick in the "sphere")
- Reaching around/across a player from behind or level with opponent (defender MUST be one step in front)
- Check to/towards/on the head or body
- Initiating stick-to-body or body-to-stick contact (constant/repeated contact or contact that dislodges a player)
- Dangerous/intimidating use of crosse, or using the cross with "force" or as a weapon
- Slash (uncontrolled swing/swipe; note contact is not necessary in order for it to be a foul)
- Push/holding/detaining/block
- Batting/directing ball at opposing player's feet or body causing it to go out of bounds
- Held cross when checked stick is in contact with the ball (a minor foul if not in contact with the ball)
- Dangerous/uncontrolled shot (look for force, placement, distance)
- Blind pick where contact occurs (moving picks are legal as long as not blind)
- Dangerous follow through with crosse (after a shot/pass into a player)
- Dangerous propelling (propelling ball into player – usually on a shot, but can be anywhere on the field)
- Shooting space/obstruction of free space to goal
- Defender in 8M arc for longer than three seconds without being stick's length from opposing player
- Charge/barge/forcing through
- Detaining with stick wider than a defender's shoulders (requires contact)
- Dangerous play
- Cradling within the sphere/illegally protecting the crosse closer than 7" to body
- Misconduct (rough, dangerous, flagrant disregard for rules, failure of coach to remain in coach area)
- Unsportsmanlike conduct (taunting, screaming, language, fighting)
- Illegal deputy goal keeper (deputy can only be in goal circle when her team has possession of the ball)
- Taking a shot on an indirect free position without passing or being checked by opposing team
- False start
- Offsides (only 7 attack players and 7 defenders, plus the goalie may be below the Restraining Line)
- A repeated minor foul can be penalized as a major foul

**Delay of Game** (Penalty is a loss of possession set up like a minor foul. 1st penalty is a green card presented to the captain, 2nd penalty is green and yellow card presented to the player who fouled. Penalized as a major foul after 1st offense (per team). Any subsequent offense: a green



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and red card presented to the player who fouled; that player must leave the field for 3 minutes of playing time. A sub can take her place).

- Failure to move 4m away when setting up a free position
- Taking too much time to return to the field after a time out or holding up a draw after a goal (subs, etc)
- Failure to stand on the whistle (creeping)
- Not wearing a mouthguard/not wearing a mouthguard properly. For HS play – mouthguard must be any visible color other than clear or white.
- Not wearing eye protection properly
- Repeated false start fouls

### GoalKeeper/Goal Circle Fouls

GK must:

- Clear ball out of goal circle within 10 seconds
- Clear the ball with her stick
- Wear a mouthguard, helmet, throat protector, chest protector (under her team jersey), padded gloves and shin and thigh padding.
- Stay on the goal circle line or within the goal circle line to be considered “in the goal circle”
- Not cover ball outside goal circle and rake back in when opposing players are trying to play the ball
- Once a GK is grounded outside the goal circle, she becomes a “field player” and must follow field player rules
- Only a “field stick” can score a goal (Exception: GK stops shot, ball rolls out of her stick and into goal behind her)
- Once GK has possession inside the goal circle, the ball must be cleared or the GK’s stick must “played” before the ball can return to the goal circle
- When wholly outside the goal circle, GK cannot carry the ball back into the goal circle, instead, she must throw or roll ball into goal circle
- Deputy GK may take a GK’s place in the goal circle AS LONG AS HER TEAM HAS POSSESSION OF THE BALL
- If GK commits a major foul against the attack, she may have to go 8M behind the player awarded possession
- GK can usually move back into the cage on major foul free positions on 8M & 12M. Exception: she committed a foul, or she is grossly out of position. GK may not return to goal circle on indirect free positions (no lane cleared).

### Out of Bounds

- Out of bounds is a change of possession; not a foul
- A player is considered out of bounds when her foot touches the boundary line or if she steps out of bounds



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- The ball is considered out of bounds when it touches the line or bounces outside of the boundary
- A player may hang her stick “over” the boundary, as long as her feet remain in bounds
- A player with the ball who carries or propels the ball out of bounds or who is the last to touch the ball before it goes out of bounds will lose possession of the ball to the opposing team
- After a shot when the ball goes out of bounds, possession is determined by the player/stick closest to the ball. A deflected shot that is not controlled or gained possession by a player is still considered a shot.
- A GK while in her circle AND the closest player to the out of bounds ball wins possession inside her circle.

### **Automatic Yellow Card Fouls** (You must card these fouls in all cases)

- Slash (contact is not necessary in order for it to be a foul or card)
- Check to the head (intentional or not)
- Dangerous propelling
- Dangerous follow through

An umpire can give yellow or red cards for any major foul she deems flagrant, unsportsmanlike, dangerous, or for misconduct. Cards can be issued to players and coaches. Cards are a warning to the entire team. Cards can be given for repeated major fouls (by player and/or team). Penalty for yellow card: the player must leave the field for three minutes of elapsed playing time (no sub shall take her place).

### **Substitution**

Players sub on the fly and all substitution must take place through the Team Substitution Area. There is unlimited substitution. Subbing may also occur after goals, and injury or team time outs (but not when a card is being given, unless it's for the player leaving the field). Subs may not occur on any other dead ball.

### **Restraining Line**

A restraining line is drawn 30 yds (27m) from the goal line extended. Only 7 attacking players may be over the line in the attacking area at one time. Seven defending field players plus the GK may be in the defending area at one time. Violation of this rule is a loss of possession. If the defense fouls, the attack will get either a 12m direct free position in front of the cage, or a free position at the spot of the ball (when the ball is below the goal line extended or outside the critical scoring area). If the attack fouls, the defense always gets it going out 4m above the restraining line in the center of the field and creates a 5 vs. 4 “power play” situation for the team with the ball.

### **Raised Flag Situation**

The umpire will raise a yellow flag to signal a major foul by the defense when the attack is on a scoring play. This is a held whistle situation so as not to stop the attack's momentum as they go to goal. If the attacker shoots, the flag is wiped out. If the attacking player's shot was negatively



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impacted by the foul or the attack stops the scoring play for any reason, the attack will receive a free position, usually on the 8-meter arc.

### **8-Meter free Positions**

The attack is granted an 8-meter free position on a hash mark on the arc, with the arc cleared of all players, when a major foul occurs by the defense in the arc. When fouled within the critical scoring area (approx. 15m from the cage) she will be set up at the spot of the foul and a 4m lane cleared to the cage. A player may shoot from a free position. Exception: if a minor foul occurs within the 12m fan, attack will be awarded an indirect free position. A player may not shoot from an indirect free position.

### **Safety Equipment**

Eye guards/goggles are required at all levels of play. Optional equipment includes gloves, and soft headgear. Hard helmets are not allowed for field players.