

## Common Lacrosse Terms and Rules

**BLOCKING** takes place when a player moves into the path of a player with the ball without giving that player a chance to stop or change direction causing contact. When a player is running to receive the ball, a "blind side" defense player must give her enough time and/or space to change her direction.

**BODY CHECKING** is a technique whereby a defender moves with an opponent without body contact occurring, following each movement of the opponent's body and crosses with her body and causing her to slow down, change direction, or pass off.

**CENTER CIRCLE:** Circle in the middle of the field where a draw is held.

**CHARGING** takes place when the player with the ball pushes into, shoulders, or backs into and makes bodily contact with her opponent who has already established her position (though not necessarily stationary).

**CHECKING** is an attempt to dislodge the ball from an opponent's crosse by using controlled crosse to crosse contact

**CLEAR** is any action taken by a player within the goal circle to pass or carry the ball out of the goal circle.

**CLEAR SPACE** indicates the space between players which is free of crosses or any parts of the body.

**COACHING AREA** is the area on the bench/table side of the field extending from the substitution area to their end line, and behind the level of the scorer's table extended.

**CRADLING:** Running with the stick in either one or both hands in a manner that keeps the ball in the pocket.

**CRITICAL SCORING AREA** indicates an area at the end of the field where the attacking team is shooting for goal. Its boundaries are approximately 15m (16.3 yds) in front of the goal circle, to 9m (10 yds) behind the goal line extended and 15m (16.3 yds) to each side of the goal circle. No extra lines will be marked on the field and this will be called in the judgment of the umpire.

**CUTTING** is when an Attacker runs toward the goal looking to get open to receive a pass.

**DEPUTY** is a player on the defensive goalkeeper's team who may only enter or remain in the goal circle when her team is in possession of the ball and the goalkeeper is out of the goal circle.

**DIRECTLY BEHIND THE GOAL CIRCLE** is the area between two lines extending perpendicular and back from the goal lines extended, tangent to the goal circle.

**8 METER ARC** is the area in front of each goal circle inscribed by 2 lines drawn at 45 degree angles extending from the intersection of the goal circle and the goal line (extended); connected by an arc marked 8 meters from the goal circle. Also called "the arc".

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**DRAW** is a technique to start or resume play in which a ball is placed in between the sticks of two opposing players, a whistle is blown, the sticks are drawn up and away, and the ball is sent above the heads of the player before one of the players takes possession of it.

**FAST BREAK** is an opportunity to score in transition to offense with at least a one-man advantage.

**FAST BREAK LIMITATION RULE** (otherwise poorly nicknamed as the One Pass Rule) Specific to youth lacrosse. A player who gains possession of the ball on her defensive half of the field may run or pass, but may not shoot until another player has "played" the ball on the offensive side of the field. Possession gained on the defensive side of the field as a direct result of a draw will require the ball be played under this rule.

**FIELD PLAYER** is any player other than the goalkeeper. It is a defense or attack player whose primary responsibility encompasses an area outside the goal circle and to whom no special privileges have been awarded according to the rules.

**FREE POSITION** occurs after a foul, all players must be at least four meters away from the player who was fouled. The attacker may run, pass, or shoot the ball after the whistle is blown to resume play.

**FREE SHOT:** Penalty awarded from a hash mark on the 8-meter line when a major foul is committed within the 8-meter arc. All players, except the goalie, must move outside the arc. When the umpire blows the whistle, the player can take a shot on goal or pass while the defense moves in.

**FREE SPACE TO GOAL** is a path to goal within the critical scoring area as defined by two lines extending from the ball to the outside of the goal circle. No defense player will be penalized if positioned below the extension of the goal line.

**GOAL CIRCLE:** Circle that surrounds the goal and indicates the area in which only the goalie can enter. Also called the "crease."

**GOOD DEFENSE RULE (AKA 3 Second Defensive Rule).** A rule specific to youth, no checking or modified checking games. When a defensive player is holding good defensive positioning on an offensive player with the ball the umpire will begin a verbal and hand signal 3 second count. The player with the ball must move her stick to a noncheckable position for the count to stop. If the player with the ball does not move her stick to a noncheckable position, the defense will be "rewarded" with possession of the ball. This rule rewards the defense for good positioning in a game where checking is not allowed or only allowed in modified form.

**GREEN CARD** is presented to the captain to indicate a team caution for delay of game and that the next team offense results in a green/yellow card to the offending player

**GROUNDED** refers to any part of the goalkeeper's (or her deputy's) body touching the ground outside the goal circle while she attempts to play the ball from inside the goal circle.

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**HASH MARK:** Five marks on the eight-meter arc used for a free shot. Play resumes from the closest hash mark to the foul.

**INDIRECT FREE POSITION** is the penalty awarded for a minor field foul by the defense inside the 12 meter fan. The player taking the free position may run or pass but may not shoot until another player has played the ball.

**MARKING** is guarding an opponent within a stick's length.

**MODIFIED CHECKING** is Modified checking rules only allow checking the stick if it is below shoulder level, using a downward motion away from the other player's body.

**ON THE FLY:** Substituting during play. When one player exits the field through the team substitution area, another can enter.

**OFFSIDE** refers to a team with more players over the restraining line than is allowed by the rules.

**PENALTY LANE** is the path to the goal that is cleared when a free position is awarded to the attacking team inside the critical scoring area in an area in front of the goal line. The path is defined by the imaginary parallel lines that extend from the width of the goal circle. All other players must clear this lane when a free position is awarded in front of the goal.

**PICK** is a technique in which a player without the ball, who by her positioning, forces the opponent to take another route. To be legal it must be set within the visual field of the opponent allowing enough time and space to stop or change direction.

**PLAYED** refers to an action whereby the ball leaves the player's crosse and is touched by another player, or her crosse is checked crosse to crosse by an opposing player. The ball does not have to be successfully dislodged from the crosse.

**RED CARD** is given to an offending player, coach or any team personnel, who is immediately ejected from the game. Anyone who has received a red card shall be prohibited from participating in the team's next two games.

**RESTRAINING LINE** is a solid line at each end of the field 27m (30 yds.) up field from the goal line which extends fully from one side of the field to the other side. A team may have 8 players ahead of the restraining line in their defensive end (7 field players plus the goalie) and 7 players ahead of the restraining line in their offensive end of the field (7 field players).

**SCOOP** is picking up a ground ball in the crosse pocket.

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**SCORING PLAY** is a continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. The scoring play is over when:

- a. a shot is taken.
- b. the attacking team loses possession of the ball.
- c. the attacking team passes or carries the ball behind the level of the goal line and stops the continuous attempt to score.
- d. the attacking team stops the continuous attempt to score or the player with the ball is forced by the defense to lose her forward momentum.
- e. the attacking team fouls.

**SHOOTING SPACE** is obstruction Of The free Space To Goal or Shooting Space. It is most dangerous foul and it should be called immediately despite a scoring play. SS should **ONLY** be called on the defense. The shooting space lane is wide. It is a path defined by two imaginary lines extending from the ball to the outside edges of the goal circle. Shaped like an ice cream cone. A defense player obstructing the free space to goal with any part of her body denies the attacker the opportunity to shoot safely and encourages shooting at an unprotected player.

**SLASHING** is the swinging of a crosse at an opponent's crosse or body with deliberate viciousness or recklessness, whether or not the opponent's crosse or body is struck.

**SLOW WHISTLE** is a held whistle, with flag raised, once the attack has entered the critical scoring area and is on a scoring play.

**STAND:** All players, except the goalkeeper in her goal circle, must remain stationary following the sound of any whistle.

**SPHERE** is an imaginary area of 18cm (7") (average crosse width) surrounding the head.

**SUBSTITUTION AREA** is the area in front of the scorer's table, centered at midfield, and sectioned off by two hash marks that are each 4.5m (5 yds.) from the centerline of the field.

**TEAM BENCH AREA** is the area from the end of the substitution area to the team's restraining line, and behind the level of the scorer's table extended.

**THREE SECOND RULE:** Defensemen may not remain in the arc for more than three seconds without guarding another player.

**TOEING THE LINE** refers to the placement of the foot up to, but not on, the center line.

**12 METER FAN** is a semi-circle area in front of each goal circle bounded by an arc 12m (39'4") from the goal circles. Also called "the fan".

**WITHIN A STICK'S LENGTH** is when any part of the opponent's body is inside a crosses' length. It is the distance a player must be to her opponent to be actively marking this opponent.

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**YELLOW CARD** is given as a warning to an offending player, coach or team personnel. A second yellow card to the same individual will result in that person being suspended from further participation in that game. In addition, that person shall be prohibited from participating in the team's next game. Head Coaches will be given a yellow card as a result of "their" spectators disturbances.