

Girls Youth Lacrosse Game Overview

Spring, 2009

These pages are for those who may not be familiar with the girls' game of lacrosse. It's not intended to substitute for the Rule Book which is a good thing to read and is available as a searchable PDF on the US Lacrosse website or in the Documents area of our team website.

A Non-Contact Sport

Probably the single most important aspect of Girls Lacrosse is the strict emphasis made on keeping it a non-contact sport. Almost all the Major Fouls deal with protecting the players.

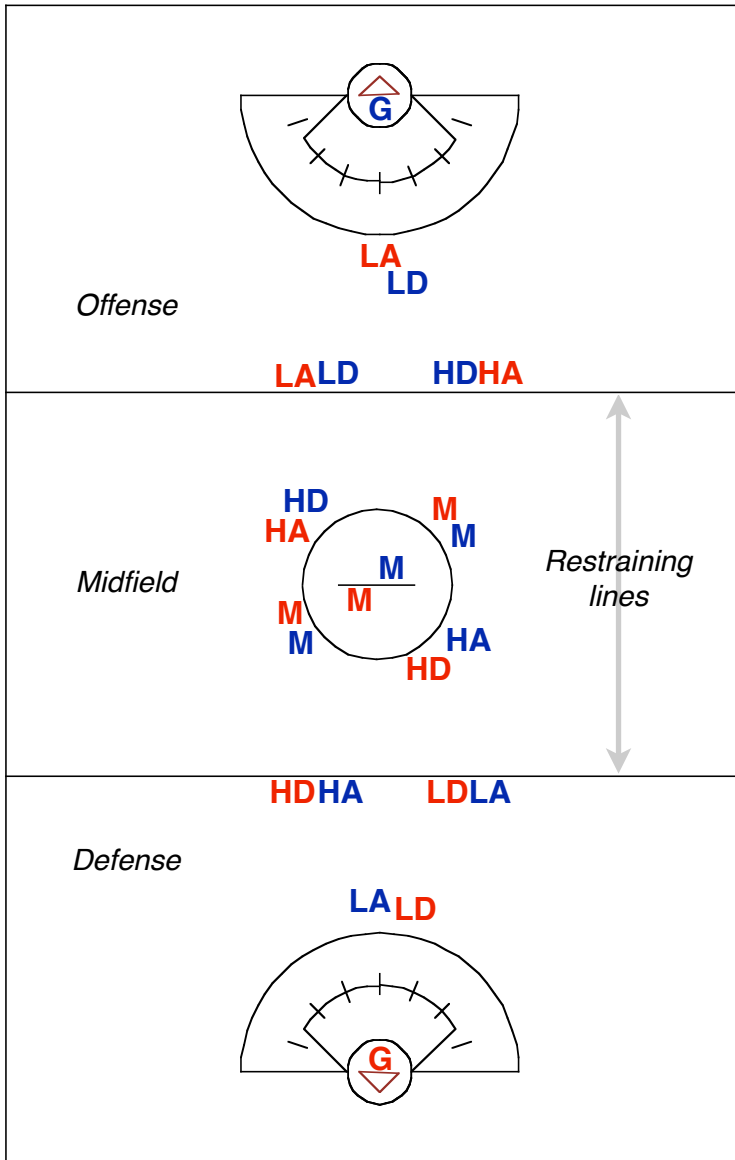
Our game is still evolving. The rules seem to have changes every year ranging from the minor (uniform specs) to the major (hard boundaries were introduced only a few years ago). In addition, the technology used in making the crosse (stick) has also driven changes in rules and how the game is both played and coached. Plastic heads and composite shafts have lead to faster and more accurate passes and shots which, in turn, have lead to the introduction of goggles or eye protection in recent years.

Youth Level

It's our goal as coaches to make sure the girls learn the game and have fun doing it. Every girl on the team will play at every game provided they have been following the guidelines for attending practices.

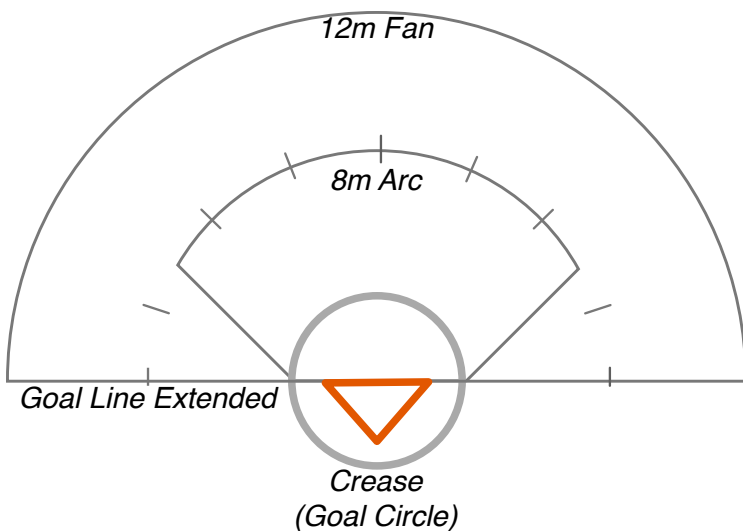
Consistently arriving late or missing practices will result in less playing time on the field. It's important that you let the coaches know if you cannot attend a practice or a game. Your presence makes a difference in the plans we make!

We encourage you to attend high school and college games in our area. Pay close attention to the off-ball action. That's where the team shows they are a team and is one of the hardest things to learn.



Full Field

Set up at game start: the Center Draw



Some Terms You Should Know

Check

- Sharp, *controlled* stick to stick contact initiated by a defender to dislodge the ball from an attacker's stick.
- The movement must be down and away.
- If this is a long swiping motion, it's a Slash and is a Major Foul.
- You cannot reach across your opponents body to perform a check.
- Modified checking is allowed only at the Senior level (*see Some Basics, below*).

Clear

Goalie blocks a shot and either passes or carries the ball out of the Crease.

Crease (Goal Circle)

A circle around the goal within which the Goalie is Queen and rules all; none may enter (not even your stick).

Direct Free Position

- Awarded when a Major Foul is committed within the 8m Arc.
- Those within the 8m Arc move to the nearest hash mark so the space to the goal is clear.
- The player who fouled is moved to the 12m Fan behind the player with the ball.
- The fouled player is given the ball on the 8m Arc and, at the whistle, can attempt to score.

Free Space to Goal

In the Critical Scoring Area, an area extending from the player with the ball to each side of the Crease (*see illustration, following page*)

Indirect Free Position

- Penalty awarded for a Minor Foul within the 12m Fan.
- The player taking the ball may run or pass but *cannot shoot* until another player has played the ball.

Offsides

Refers to a team with more players over the restraining line than is allowed (*see Game Play, page 4*).

Pick

- A legal Pick is positioning yourself to force an opponent to take another route.
- You must set the Pick within your opponent's visual field (otherwise it's a Blind Pick) and so the opponent has enough time and space to stop or change direction.

Ride

The effort made by the team opposing the clearing team to prevent the clear from taking place.

Sphere

An imaginary space of about 7 inches surrounding the head. Attack's stick cannot enter this area to check nor can Defense cradle the ball here.

Some Basics

- Checking:** Youth rules allow for modified checking at the Senior (7th and 8th grade) only. A modified check can only take place when a player with the ball holds their stick below shoulder level.
- Jewelry:** No jewelry is allowed except medical alert jewelry which must be taped. Barrettes are allowed if they are not dangerous to others.
- Pocket Depth:** With the stick held level, a ball placed in the pocket must be visible above the sidewalls.
- Player Position:** See Game Play (*page 4*) for a brief description of the positions on the field and basic rules governing where players can play.
- Whistle:** When you hear the whistle, you stop where you are. In case of a game delay, for instance due to an injury, you might be asked to take a knee or leave the field and wait for play to resume. If you are asked to leave the field, drop your stick to mark your place and run to the sidelines.

Major Fouls

3-Seconds (within 8m Arc):

Defense cannot stand within the 8m Arc for more than 3-seconds without closely guarding an Attack player (within one stick length).

Blocking

You must allow the player with the ball enough room to stop or change direction.

Charging

If Defense has already establish her position, the player with the ball cannot push or shoulder through her so there is bodily contact.

Dangerous Propelling, Shot, or Follow-Through

You cannot throw the ball, neither a shot nor a pass, in a way that is dangerous to another player, including the goalie.

Illegal Contact

Stick to body or body to stick

Rough or Dangerous Check

Slashing or a check to the head.

Shooting Space

Defense *not* closely guarding Attack cannot stand between the goal and Attack, *if Attack has the ball and is in position to score and looking to shoot* (see *Critical Scoring Area illustration, below*).

Major Foul Penalties

The player who committed the foul is placed 4m behind the fouled player

If the foul is committed within the 8m Arc a Direct Free Position is awarded (see *Terms, page 2*).

Minor Fouls

3-Second Rule (Defending the Ball):

If on-ball Defense is in good position (both hands on stick, within one stick length of opponent), the Attack player has 3-seconds to defend the ball (for instance, take stick to other side of body out of checking range, adjust position so Defense is out of position, or pass the ball).

This rule is for Youth divisions only.

The ball is awarded to Defense.

Body Ball

You cannot use your body to change the direction of the ball (no kicking!)

Empty Stick Check

If the ball is not in the stick during a Check, that check is illegal (often happens going after ground balls).

Raking & Covering

You cannot use the stick to cover the ball on the ground. You cannot use the stick to pull the ball to you. You *can* use the stick to flick a ground ball to another player.

Warding Off

You cannot guard your stick with your arm.

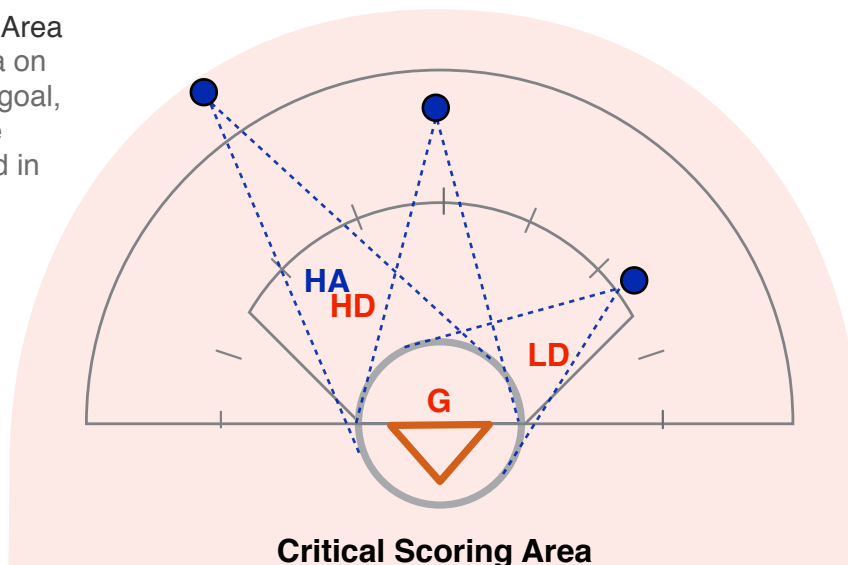
Minor Foul Penalties

The player who committed the foul is placed 4m behind the fouled player

If the foul is committed within the 12m Fan, an Indirect Free Position is awarded (see *Terms, page 2*).

The Critical Scoring Area is an unmarked area on the field around the goal, is determined by the umpires, and is used in making calls.

This illustration assumes the attack player in blue has the ball while in any of the positions shown.



Showing **Free Space to Goal** (see Major Foul: **Shooting Space**)
HD is within a stick length of **HA**: no Foul.
LD is not in proper defensive position: **Shooting Space Foul**.

Game Play

Games consist of two 25 minutes halves with a 10 minute halftime. There are 12 players on each team:

- 4 Attack (two each, High and Low Attack)
- 4 Defense (two each, High and Low Defense)
- 3 Midfielders (commonly known as “Middies”)
- 1 Goalie

A Center Draw is used to start the game at each half and after each goal. During the Center Draw and prior to the whistle, the players positions are restricted (*see Full Field illustration, page 1*).

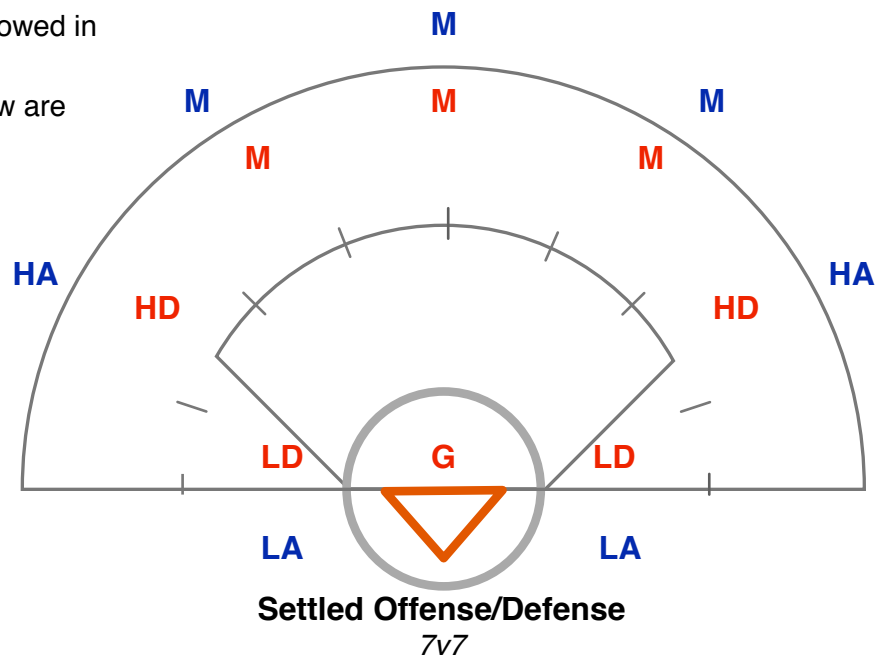
- Five players from each team are allowed in the Midfield.
- Only the two players taking the Draw are allowed in the center circle.
- The remaining players on each team must stay below the restraining lines in each end of the field.

Two players take the draw within the circle. A ball is placed between their sticks. Players in the Midfield can move to any position as long as they do not enter the circle before the whistle is blown.

When the umpire blows the whistle, the players taking the draw pull their crosses up and away to throw the ball into the air.

At this time, the circle can be entered and the rest of the players can cross into the Midfield to try to gain control of the ball.

During the course of the game, a team cannot have more than seven players (usually the four Attack and three Middies) over the restraining line in their offensive end. Defense is allowed seven players plus the goalie. This is a Settled Offense and is a 7v7 game. The remaining players can position themselves over the rest of the field to enable a fast break should the opportunity arise.



Umpires

The umpires may look like high school girls who only a few short years ago were playing at the Youth level, but we know they are Gods with Whistles.

Umpires rule the field.

The coaches always meet with them before a game to go over some basics. For instance, the coaches may want to make sure the umpires are strict about calling illegal checks or point out some

problems the team is having and which they want to be reinforced during the game. If, during the game, the coaches see some situations that may not be getting the attention that's needed, the coaches will have a chat with the umpires at halftime. Beyond that, they make the calls and we always respect that.

When you hear a whistle, you stop. You cannot move to another space or start moving before the whistle is blown again to start play.

Sidelines Parents

The Brookfield Lacrosse Club Girls' Teams have never heard any complaints about our sideline parents, something we've always been proud of.

Remember: both teams are out there because they love to play the game. We know you'll be cheering for our team and your daughters. But if you should see a good play made by someone on the other team, don't feel shy about letting them know.