

desert stiX Rules and Terms

Start of the Game

The game starts with a center draw. The two opposing players stand with one foot on the centerline. They hold their sticks in the air, back to back at about hip level so that the ball can be placed in between them. The players must remain set until the whistle is blown. They should draw their sticks up and away from each other so that the flight of the ball is above their heads. A center draw is used to begin the first and second half of the game. It is also taken after any goal score.

Start/Stop Play

All play is started and stopped with the whistle. All players must stop and stand when the whistle blows (to stop play). All may move again when the next whistle blows.

Scoring

A goal is scored when the ball passes completely over the goal line and into the goal cage. Scoring must be by an attacker's stick, and not off the body of an attack player. A goal may be scored off the defender's body or stick.

Substitution

Substitution is unlimited and the substitution procedure should be the same as outlined in Rule 5-20 and 5-21 of the U.S. Lacrosse Women's Rules, i.e. substitute any time during play, after goals, and at halftime.

Duration of Play

- ★ **chop stiX** – Two 10-12 minute halves with a two minute half time.
- ★ **junior stiX** – Two 10-12 minute halves with a two minute half time.
- ★ **pixi stiX** – Coaches discretion, usually based on time.

Fouls

Fouls shall be the same as those outlined in Rule 6 of the U.S. Lacrosse Women's Rules with the following modifications:

1. No shooting on free positions, unless using a goalkeeper (Chop StiX Division only)
2. No checking until the skill has been taught. (Major Foul)
3. If no checking is in effect, then there will be no holding the ball for more than three seconds when closely guarded/marked (see definitions) and the defense has both hands on her stick and is in position to legally check were checking allowed (all levels). (Minor Foul)

Note: *If the player with the ball takes the stick to the other side of her body and thus away from the defender making a legal check impossible, the 3-second count would be over. If the defender adjusts her position to where a legal check could be made, or the stick is brought back to a checkable position, the count starts again. If another teammate joins the defender and that second defender is in good position to check, the count starts again. The umpire will give an audible 3-second count. The purpose of this rule is to encourage good defensive positioning and to make the offensive player aware of her defender. The attack player must try to keep the stick away from the defender, and, if she does not she will be forced to pass or she will lose the ball. Even when the defender may not check, if she is in good defensive position she will force the attack player to pass. This will give her team a chance for a play on the ball either by interception, by blocking the attempted pass, or by forcing a bad pass and causing a ground ball.*

Penalties for Fouls

The penalty for fouls is a free position with all players, including the offender, moving 4m away from the player with the ball. For specifics on major, minor, and goal circle fouls and carding, see Rule 7 in the U.S. Lacrosse Women's Rules. A 3-second count violation is considered a minor foul with the closest defender to the ball carrier being awarded the ball. The only modification for these youth rules is in the Pixi StiX division, where all free positions are indirect (i.e., the player with the ball may never shoot directly from the free position).



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Definition of terms

Closely guarded – player with the ball has an opponent within a stick's length.

Free position – penalty awarded for a foul. Player who has been fouled gets the ball and all others must move 4 meters away.

Indirect free position – no shot on goal may be made until the player with the ball passes the ball to another player.

Checking – checking the stick only if the stick is below shoulder level. The check must be in a downward direction and away from the body and the player must bring her stick back up in the direction it came from.

Pass – exchange of the ball through the air from one teammate's stick to another.

Possession – a player has the ball in their stick.

Position to check – player has an opportunity to legally check the stick without fouling (the three-second count starts when the umpire deems that the player with the ball could be checked legally if checking were permitted.)

chop stiX specifics

4. 5-7 field players, one goal keeper (if any). Number will be determined at the start of the game.
5. Field size: 60 yds. x 50 yds. is recommended.
6. Regular field markings for crease, center circle, 8 meter, and 12 meter arc.
7. Regular women's stick, regulation pocket.
8. No Checking until it is taught.
9. Two 10-12 minute halves, running clock.
10. May shoot from direct free positions if goalie is present.
11. If no goalie and goal is not scored but still in the crease, the opposing team will get the ball on the 12 meter arch extended with a defender 4 meters in front.

junior stiX specifics

1. 4-7 field players, use of a goal keeper is optional.
2. Field size: 60 yards x 50 yards is recommended.
3. Regular field markings for crease, center circle, 8 meter, and 12 meter arcs are optional.
4. Regular women's stick, modified pocket allowed.
5. No checking.
6. Two 12 to 15 minute halves, running clock.
7. May shoot from direct free positions if goalie is present.
8. If there is no goalie and a goal is not scored but still in the crease, the opposing team will get the ball on the 12 meter arc extended with a defender 4 meters in front.
9. Coaches may decide to have a passing rule where players must make at least two *attempted* passes before scoring. If the defense makes a play to the ball then the count restarts.

pixi stiX specifics

1. 4-7 field players, use of a goal keeper is optional.
2. Field size: 50 yards x 25 yards is recommended.
3. Crease, 8 meter arc optional, no 12 meter arc, no restraining line, center line (no circle).
4. Youth sticks (mesh allowed) or regular women's stick, modified pocket.
5. No checking.
6. Time is based on the coach's discretion.
7. May not shoot from any free position, unless using a goalkeeper or modified goal opening.
8. No more than two players going for the ground ball at one time.

These rules were written with the safety of all the players being of utmost importance. Youth lacrosse should be fun, challenging, and safe. To that end, the umpires shall have the authority to penalize any foul, unsafe play, or unacceptable behavior not covered specifically in these rules. Play should be as continuous as possible, and any foul which does not gain an advantage for the offender or her team should result in a "held" whistle whenever possible.

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WOMEN'S LACROSSE POSITIONS

In a typical woman's game, 12 players would normally be on the field. In Desert StiX, we play smaller field games so it maximizes a player's touches on the ball. We usually play 5v5 or 7v7 games. Below are the positions you would see in a regular full field game. Even though each player has a name for their position, some coaches are going away from these teams and calling players either attack, defense, midfield, or goalie. Midfield players include the center, attack wings, and defensive wings as shown below.

THE ATTACK

First Home:

The first home's responsibility is to score. Located in front of the goal, the first home must continually cut toward the goal for a shot, or cut away from the goal to make room for another player. She should have excellent stickwork.

Second Home:

The second home is considered the playmaker. She should be able to shoot well from every angle and distance from the goal.

Third Home:

The third home's responsibility is to transition the ball from defense to attack. She should be able to feed the ball to other players and fill in wing areas.

Attack Wings:

The wings are also responsible for transitioning the ball from defense to attack. Wings should have speed and endurance and be ready to receive the ball from the defense and run or pass the ball.

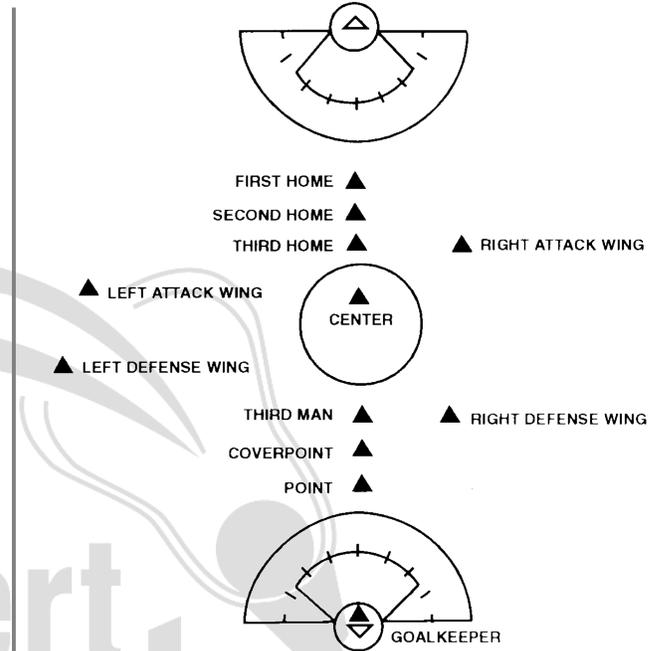


Diagram 5 - The Teams

THE DEFENSE

Point:

The point's responsibility is to mark first home. She should be able to stick check, body check and look to intercept passes.

Cover point:

The coverpoint's responsibility is to mark second home. She should be able to receive clears, run fast and have good footwork.

Third man:

The third man's responsibility is to mark third home. She should be able to intercept passes, clear the ball, run fast and have good footwork.

Center:

The center's responsibility is to control the draw and play both defense and attack. She should have speed and endurance.

Defense wings:

The wings are responsible for marking the attack wings and bringing the ball into the attack area. Wings should have speed and endurance.

Goalkeeper:

The goalkeeper's responsibility is to protect the goal. She should have good stickwork, courage and confidence.

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WOMEN'S LACROSSE EQUIPMENT

Stick:

A lacrosse stick is made of wood, laminated wood, or synthetic material, with a shaped net pocket at the end. A girl's stick must be an overall length of 35 1/2 - 43 1/4 inches. The head of the stick must be seven to nine inches wide. The pocket of the stick must be strung traditionally; no mesh is allowed. The top of the ball when dropped in the pocket must remain even with or above the side walls. The goalkeeper's stick may be 35 1/2 - 48 inches long. The head of the stick may be mesh and up to 12 inches wide.

Ball:

The ball must be yellow or orange and made of solid rubber. The ball must be 7.75 - 8 inches in circumference and weigh 5 - 5.25 ounces.

Mouthpiece:

All players must wear mouth guards, with the exception of Pixi StiX players.

Protective Equipment:

Eyewear is mandatory, with the exception of Pixi StiX players. Close-fitting gloves, nose guards, soft head gear are optional, and may be worn by all players.

Goalkeeper's Equipment:

The goalkeeper must wear a face mask and helmet with a mouth guard, throat protector and chest protector. The goalkeeper may wear padding on hands, arms, legs, shoulders and chest which does not excessively increase the size of those body parts.

