

Women's Lacrosse Quick Reference Guide



Lacrosse America's First Sport

Lacrosse is a traditional Native American game which was first witnessed by Europeans when French Jesuit missionaries witnessed the game in the 1630. It acquired its current name because the sticks resembled the staffs, or crosiers, carried by the missionaries. These games were sometimes major events that could last several days. As many as 100 to 1,000 men from opposing villages or tribes would participate. It is a great sport of speed, skill, aggression, finesse and unique strategy.

The Playing Area & Equipment

Field: 120 yds. long X 65 yds. wide

Restraining Line: 27m (30 yds) up field from each goal line

Goals: 100 yds. apart, goal line to goal line. 10 yds. of space behind each goal line.

Center Circle: radius 9m (30')

Goal Circle: radius 2.6m (8.5')

Arc: 8m (26'4")

Fan: 12m (39'4")

Goal: 1.83m (6') x 1.83m (6')

The ball: 20cm (7.75")- 20.3cm (8") in circumference. 142gm (5oz.)-149gm (5.25oz.)

Time: 50 minutes, divided into two halves.

Game Personnel

Attack: 3 positions are closest to the opponents' goal. *1st Home, 2nd Home & 3^d Home* are the 3 main offensive players that must stay out of the defensive restraining line.

Midfielders: 5 players that cover most of the field.

Attack wings-these players are primarily offensive players one of them staying out of the restraining area of the goal they are defending.

Center-This is the teams most versatile player. She takes the draw and plays offensive & defense.

Defensive Wings-These players are mainly defensive players, one is always remaining behind the restraining line to prevent being offside.

Defense: 3 players are closest to the defended goal; *Point, Cover Point & 3^d man.*

Goalie: (or goalkeeper)

The Draw: A ball is placed between the centers crosses, a whistle blows & the ball is sent into the air by pulling their crosses up & away.

Out of Bounds: If the ball or a player in possession of the ball goes out of bounds, the other team is awarded possession of the ball. If the ball goes out of bounds after an unsuccessful *shot on goal*, the player nearest to the ball when and where it goes out of bounds is awarded possession.

8 Meter Arc: A defensive player cannot be within the Arc for more than 3 seconds and also cannot be between a shooter and the goal unless a sticks length from the opponent. The penalty for these and other major fouls in this area is an 8 meter shot. The fouled player is given the ball at one of the hash marks on the arc. All the other players are cleared out.

Goal Circle: No other player, offense or defense can step or reach across the line that is referred to as the "crease". A crease violation by the offense results in possession of the ball by the goalie, who then has 10 seconds to carry or throw it out of the circle.

Major Fouls: Designed for player safety.

Rough/Dangerous Check: roughly or recklessly check/tackle another player's crosse. (The direction of the check must be away from a seven-inch sphere around the head.)

Check to the Head and or illegal use of the crosse: using the stick in a dangerous and/or intimidating manner.

Slashing: reckless or vicious stick check, even if contact is not made.

Holding or pushing an opponent with the crosse.

Reach across an opponent to check the crosse when she is level with or behind her.

Blocking opponent by moving into her path without giving her a chance to stop or change direction.

Charging/pushing, barge, shoulder or back into an opponent.

Setting a Pick: (blocking the path of a defender) that the defender cannot see.

Tripping

Dangerous Propelling: propel the ball with her crosse in a dangerous or uncontrolled manner at any time.

Forcing Through: hitting an opponent with one's stick while following through on a pass or shot.

Minor Fouls: To prevent one team from gaining an unfair advantage over the other.

Covering a ground ball with her foot or crosse.

Checking an opponent's empty crosse.

Warding off: holding the crosse with one hand & using the other to ward off an opponent.

Body Ball: any part of her body to deliberately change the direction of the ball to her teams advantage.

Illegal Draw, moving too soon, etc.

Wearing jewelry

Delay of game, failure to stand still after whistle.

Off-sides: no more than 7 players on or over the restraining line in their **offensive end** or having more than 8 players on or over the restraining line in their **defensive end**.

If you count fewer than 4 players [plus the goalie] inside the restraining box on the end that they are defending, that team is off-side

Misconduct: Umpires judgment

Penalty for Fouls: The penalty is a "free position". The play is stopped and the offended player is given possession of the ball.

Misconduct: In addition to awarding a free position, the umpire will issue a yellow card and the player leaves the field for 3 minutes. Further violations by the same player would result in a red card & suspension.

