Lacrosse Parents and Players Guide
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Introduction

To assist parents and players in understanding the sport of lacrosse, the Canadian Lacrosse Association has developed the Parents and Players Guide to Lacrosse.

This guide will provide you with general information to help you and your child get the most out of participating in lacrosse. As a parent, you will:

1. understand how this truly ‘Canadian game’ is played;
2. grasp the basic skills;
3. comprehend what your child needs to fully enjoy playing the sport;
4. find out where you can obtain further information on programs and competitions.

Lacrosse is about having fun. As a parent you can play a vital role in the development of your child while having fun. Be positive about your child’s participation. Encourage. Support. Volunteer. Listen. Pay attention to your child’s progress. Be a positive role model. Remind your child, and yourself, that winning isn’t everything.

“Winning isn’t everything, the will to win is.”
- Vince Lombardi

Did You Know?

Lacrosse is Canada’s national Summer sport.
How Parents Can Help

- Support your child by giving encouragement and showing interest in their participation. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are more important than victory - that way your child will always be a winner despite the outcome of the game!

- Be a positive role model for your child. Applaud good plays by your child’s team as well as good plays by the opposing team.

- Let your child establish his/her own goals - to play the game for themselves. Don't put too heavy a burden on your child to win games.

- Offer positive reinforcement to help your child achieve their goals and overcome their natural fear of failure. If your child makes a mistake, remember it's all part of learning, so encourage your child's efforts and point out the good things that your child accomplishes.

- Refrain from coaching or refereeing from the sidelines as these officials are usually parents just like you. They volunteer their time to help make your child's lacrosse experience a positive one. They need your support too.

- Offer your services as a volunteer - a fundraiser, driver, timekeeper, scorekeeper, manager of equipment, board member, etc.
A Checklist for Parents and Lacrosse Players

• Always play by the rules.

• Don't lose your temper.

• Cheer good plays made by either team.

• Don't talk trash or tease or goad the opponent.

• Win or lose, be sure to shake hands with the opponent and officials after a game.

• Don't yell at teammates for making a mistake. Never criticize teammates or coaches on the sideline.

• Admit your mistakes instead of making excuses or blaming others.

• Try your hardest on every play, even if your team is losing by a large margin of goals.

• Point out incorrect calls when they go in your favour.

• Don't argue with calls that go against your team.

• Don't show off.
The Game of Lacrosse

History of Lacrosse

- Lacrosse is also known as Baggataway or Tewaarathon.
- Lacrosse was a deeply spiritual activity, played by natives to bring glory to their tribes.
- In the 1840s, the first games of Lacrosse were played between the townsfolk and the Native People.
- Lacrosse was named Canada's National Game by Parliament in 1859.
- In 1867, the National Lacrosse Association became the first national sport governing body in North America dedicated to the governance of a sport.
- Lacrosse was the dominant sport in Canada at the turn of the 20th century.
- In 1901, Lord Minto, the Governor General of Canada, donated a silver cup which today symbolizes junior lacrosse supremacy in Canada.
- The 1930s saw the creation of Indoor Lacrosse, also known as Box Lacrosse or Boxla.
- Canada joined in the International Women’s Field Lacrosse scene participating in the first World Championships in 1982, and has competed at every World Championships since.
- Lacrosse was re-confirmed by Parliament as the National (Summer) Sport of Canada in 1994.

Did You Know?

Lacrosse is also Known as Baggataway or Tewaarathon.
Disciplines of Lacrosse

**Box Lacrosse**
- played on a standard sized arena floor.
- features 6 players (goalie and five runners).
- similar to basketball with all 5 runners involved in the offence and the defense.
- speed and excitement are created by a 30-second shot clock.

**Men’s Field Lacrosse**
- played outdoors on a 100m x 55m field.
- teams consist of 10 players, consisting of a goalie, 3 attackers, 3 midfielders and 3 defenders.
- differs from box lacrosse in the style of play and strategy. There isn’t a 30-second shot clock - thus the game is more strategic and relies more heavily on possession and control of the ball.

**Women’s Field Lacrosse**
- a quick, free-flowing game.
- played on a 100m x 55m field with 12 players per side.
- women’s field lacrosse is a non-contact sport.
- no aggressive checking with either the stick or the body is allowed.
Box Lacrosse Programs

Each provincial association has jurisdiction over clubs, leagues and associations but typically share a common structure as follows:

**Participation Leagues (House Leagues)**

- at the grass roots level of an organization, teams are formed to organize recreational play.
- the objective is fun, fitness and skill development.
- depending upon the age level, contact may or may not be involved.
- modified rules in younger age categories may include: players are rotated in 3 minute shifts; when the ball is turned over, the attacking team must clear the offensive zone; shootouts; 5-second possession rule; a minimum number of passes must be attempted before a shot on goal, etc.
- the season usually begins in the spring and ends in late summer.
- skill levels will vary and teams are usually balanced to encourage skill development.

**Example of age categories:**

<table>
<thead>
<tr>
<th>AGE</th>
<th>CATEGORY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 and under</td>
<td>Mini-Tyke</td>
</tr>
<tr>
<td>7-8</td>
<td>Tyke</td>
</tr>
<tr>
<td>9-10</td>
<td>Novice</td>
</tr>
<tr>
<td>11-12</td>
<td>Pee Wee</td>
</tr>
<tr>
<td>13-14</td>
<td>Bantam</td>
</tr>
<tr>
<td>15-16</td>
<td>Midget</td>
</tr>
<tr>
<td>17-18</td>
<td>Intermediate</td>
</tr>
<tr>
<td>17-21</td>
<td>Junior</td>
</tr>
<tr>
<td>over 21</td>
<td>Senior</td>
</tr>
<tr>
<td>35+</td>
<td>Masters</td>
</tr>
</tbody>
</table>

**Did You Know?**

NHL players Wayne Gretzky, Brendan Shanahan & Joe Nieuwendyk played box lacrosse in Canada.
Box Lacrosse Programs (continued)

**Competitive Program**

- the next level involves the organizations' best players competing as a select, all-star or rep team.
- various levels of competitions exist and can be defined by skill level - A, B, C, etc. or by age.
- National Championships occur annually - Minor (under 16), Junior, Senior.

**Elite**

- the award for the premiere junior (17-21) National Championship is the Minto Cup.
- the best senior player teams in Canada (over 21) play for the Mann Cup.
- opportunities exist for elite athletes to secure athletic scholarships to American universities.
- the vast majority of players on Canada’s national field team played box lacrosse.

**Professional League**

- after an absence of a professional league in North America since the 1970s, the National Lacrosse League (NLL) is experiencing a huge resurgence in Canada.
- the league is comprised of Canadian and American teams.
- it is not uncommon for teams to play in front of crowds of more than 18,000 spectators.

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**Did You Know?**

The Gait brothers who garnered accolades at all levels of lacrosse—Mann Cup, NCAA, NLL, World Cup—began their career in the Victoria house league program.
Box Lacrosse Player Equipment

Helmet & Cage
Helmet and cage must be CSA for hockey or NOCSAE approved with a chin strap.

Shoulder Pads
One piece adjustable pad which offers protection for shoulders and arms.

Elbow Pads
When using hockey shoulder pads, elbow pads or slash guards provide additional protection.

Back and Kidney Pads
Light weight and wrap around to protect the lower back and kidney area.

Gloves
Fields/ Box lacrosse gloves offer excellent protection.

Athletic Supporter & Cup or Jill Strap

Basketball or Court Shoes
Box Lacrosse Goalie Equipment

Helmet, Mask & Throat Guard
Helmet must be CSA or NOCSAE approved with a chin strap. A throat guard attaches to the mask for extra protection for the throat & neck.

Chest & Arm Protector
Offers protection for shoulders and arms

Goalie Pants
Hockey pants provide waist and thigh protection

Athletic Supporter & Cup or Jill Strap

Goalie Gloves
Field/Box lacrosse gloves offer excellent protection.

Leg
Made of hard plastic and strap to leg, covering the

Basketball or Court Shoes
**Stick & Balls**

*The Stick:*

There are two types of sticks:

1. The traditional wood stick comes with a rawlon sidewall and a choice of pockets of leather or nylon lace with leather runners.

2. Sticks with moulded heads; pockets with rawlon lace or synthetic lace with leather runners and wood or metal handles.

The lacrosse stick should not be more than forty-six (46”), nor less than forty (40”), and not more than eight (8”), nor less than four and one half (4 1/2”) in width. In Pee Wee and all lower divisions (see page 6 for categories), the minimum length of the stick can be thirty-four (34”).

*Balls:*

The balls used in all matches should conform to CLA standards and be approved by the CLA. The approved ball is the same used in Field Lacrosse.

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**Did You Know?**

In 1856 the Montreal Lacrosse Club was organized, and in 1860 the rules of the game were standardized.
Rules of Box Lacrosse

Structure of Play
These types of rules set the fundamental guidelines for the sport. The rules describe such items as the playing surface, markings, nets, player equipment and make-up of the teams. Also included are elements such as how goals are scored and rules pertaining to the crease.

Flow of Play
These types of rules set out how play is started and stopped and the basics of how the game is played. Included in the flow of play rules are the 30-second rule (getting a shot on net), the 10-second rule (advancing the ball into the attacking zone while playing short-handed) or the 5-second rule (time the goaltender can keep possession of the ball in the crease). These rules also cover out-of-bounds guidelines, face-offs, time-outs, and how to re-start play.

Infractions
The third class of rules deals with undesirable behaviour in the game. The rules set out the guidelines for acceptable play and what constitutes an infraction of the intent of the game. These rules generally stem from three types of behavior - interfering with the flow of play, attempting to gain an illegal advantage, and creating a risk of, or actual personal injury to an opponent.

Interfering with play includes such items as an illegal pick or pushing an opponent on a loose ball. Illegal advantage refers to such acts as too many men on the floor on a line change. The risk of injury is the broadest type which includes such acts as slashing, high sticking, or checking from behind.
Rules of Box Lacrosse (continued)

There are three types of penalties which are given when a player commits an infraction of the rules.

1. Loss of Possession
The loss of possession means the ball must be turned over to the opponent. It is the penalty applied to violating the flow of play rules such as out-of-bounds, interference by an offensive player, or violation of any of the time rules (5, 10 and 30-second).

2. Penalty Shots
This is the most extreme penalty which is applied when a player, in committing an infraction, has taken away a clear scoring opportunity - for example tripping an opponent who has a breakaway, or a defensive player touching the ball with his hand in his own crease. For this type of penalty, the game is stopped and a player is given an uncontested shot on the goaltender.

3. Time-served Penalty
This type of penalty has the player who commits the infraction being removed from the game for a specific period of time. The amount of time ranges from two minutes to the remainder of the game. There are five types of time-served penalties:
   a) Minor penalty - 2 minutes (which is released if the opponent scores one goal);
   b) Major penalty - 5 minutes (which is released if the opponent scores two goals);
   c) Misconduct - 10 minutes (regardless of the number of goals);
   d) Expulsion - immediate removal from the game; and
   e) Match - immediate removal from the game and could carry a further suspension of games.
Men’s Field Lacrosse Programs

Each provincial association has jurisdiction over clubs, leagues and associations but typically share a common structure as follows:

*Participation Leagues (House Leagues)*

- at the grass roots level of an organization, teams are formed to organize recreational play.

- the objective is fun, fitness and skill development. Depending upon the age level, contact may or may not be involved.

- modified rules in younger age categories may include: a minimum number of passes must be attempted before a shot on goal, played on a smaller field, teams carry smaller rosters, etc.

- the season for Field depends on the provincial associations ie: some provinces plays from Sept to April, others in the fall only and yet others in the early Spring.

- skill levels will vary and teams are usually balanced to encourage skill development.

Example of age categories:

U/11
U/13
U/16
U/19
Senior Men
Masters

**Did You Know?**

The Canadian Lacrosse Association is the governing body of the sport in Canada.
Men's Field Lacrosse Programs (continued)

*Competitive Program:*

- the next level involves the organizations’ best players competing on a select, all-star or rep team.

- various levels of competitions exist and can be defined by skill level - A, B, C, etc. or by age.

National Championships occur annually:
- Intermediate (U/16)
- Junior Men (U/19)
- Senior Men (20 & over)
- Elite - National Teams participating in World Championships every 2 years.

- the award for the premier intermediate (U/16) National Championship is the Alumni Cup.

- the award for the premier junior (U/19) National Championship is the First Nations Trophy.

- the best senior teams in Canada (20 & over) play for the Ross Cup (Div 1) or the Victory Cup (Div 2).

- opportunities exist for elite athletes to secure athletic scholarships to American universities.
## Men’s Field Lacrosse Player Equipment

### Helmet & Facemask
All helmets MUST be CSA approved for ice hockey or NOCSAE approved. The helmet must have a chin strap and cannot be altered from the manufactured form. The facemask cannot allow the head of the stick or ball to make contact with the face.

### Shoulder Pads
One piece pad made of flexible, durable material that when fit properly offers protection for upper body and shoulder.

### Arm Pads—2 Types
Light weight, hard plastic that offers protection for the whole arm, while allowing full range of motion of the arm at the elbow.

### Back & Kidney Pads
A one piece light weight plastic pad which offers protection for the back and kidney area.

### Athletic Support & Cup
(Jock or Jill)

### Gloves
Field/Box lacrosse gloves offer excellent protection and flexibility. Hockey gloves can be used, but they don’t offer the same grip or flexibility.

### Molded Cleat Footwear
### Men’s Field Lacrosse Goalie Equipment

- **Helmet & Facemask**
  All helmets MUST be CSA approved for ice hockey or NOCSAE approved. The helmet must have a chin strap and cannot be altered from the manufactured form. The facemask cannot allow the head of the stick or ball to make contact with the face.

- **Chest Protector** *(mandatory)*
  A pad made of dual density foam, offering flexibility, protection and full range of motion.

- **Arm Pads** *(optional)*
  Light weight, high density foam that offers protection for the whole arm, while allowing full range of motion of the arm at the elbow.

- **Back & Kidney Pads** *(optional)*
  A one piece light weight plastic pad which offers protection for the back and kidney area.

- **Athletic Support & Cup** *(Jock or Jill)*

- **Gloves**
  Field/Box lacrosse gloves offer excellent protection and flexibility. Hockey gloves can be used, but they don’t offer the same grip or flexibility. Palms may be cut out, but fingers must be encased. Goalenders are not allowed to wear hockey goalkeeper gloves.

- **Goaltender Pants**
  Track Pants may be worn, but for a particular team they must be of the same colour, and it is recommended that they be of different colour from those worn by opponents.

- **Mouth Guard** *(mandatory)*

- **Shoulder Pads** *(optional)*
  One piece pad made of flexible, durable material that when fit properly offers protection for upper body and shoulder.

- **Molded Cleat Footwear**

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**Men’s Field Lacrosse Goalie Equipment**

- **Helmet & Facemask**
  All helmets MUST be CSA approved for ice hockey or NOCSAE approved. The helmet must have a chin strap and cannot be altered from the manufactured form. The facemask cannot allow the head of the stick or ball to make contact with the face.

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  A pad made of dual density foam, offering flexibility, protection and full range of motion.

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  One piece pad made of flexible, durable material that when fit properly offers protection for upper body and shoulder.

- **Molded Cleat Footwear**
Stick & Balls

Did You Know?
Early balls were made out of deerskin, clay, stone, and sometimes wood.

The Stick:
There are two types of sticks:

1. The traditional wood stick comes with a rawlon sidewall and a choice of pockets of leather or nylon lace with leather runners.
2. Sticks with moulded heads; pockets with rawlon lace or synthetic lace with leather runners and wood or metal handles.

There are two different lengths of lacrosse sticks allowable in Field Lacrosse:

- The short stick shall be an overall length of 40 inches to 42 inches
- The long stick shall be an overall length of 52 inches to 72 inches.

A team may have no more than four long sticks (excluding the designated goalkeeper) on the field of play, at any one time when the ball is live.

The head of the stick shall be between 4 inches and 10 inches inside measurement at its widest point.

The goalie shall be an exception:

There may be one stick up to 15 inches inside measurement in use by each team at any one time. The length of the goalie’s stick shall be an overall length of between 40 inches and 72 inches.

Balls:
The balls used in all matches should conform to CLA standards and be approved by the CLA. The approved ball is the same used in Field Lacrosse.
Rules of Men’s Field Lacrosse

**Structure of Play**
These types of rules set the fundamental guidelines for the sport. The rules describe such items as the playing surface, markings, nets, player equipment and make-up of the teams. Also included are elements such as how goals are scored and rules pertaining to the crease.

**Flow of Play**
These types of rules set out how play is started and stopped and the basics of how the game is played. Included in the flow of play rules are getting a shot on net, advancing the ball into the attacking zone while playing short-handed, and time the goaltender can keep possession of the ball in the crease. These rules also cover out-of-bounds guidelines, face-offs, time-outs, and how to re-start play.

**Infractions**
The third class of rules deals with undesirable behavior in the game. The rules set out the guidelines for acceptable play and what constitutes an infraction of the intent of the game. These rules generally stem from three types of behavior - interfering with the flow of game, attempting to gain an illegal advantage, and creating a risk of, or actual personal injury to an opponent.

Interfering with play includes such items as an illegal pick or pushing an opponent on a loose ball. Illegal advantage refers to such acts as too many men on the field or an illegal substitution. The risk of injury is the broadest type which includes such acts as slashing, high sticking, illegal bodycheck, unnecessary roughness.

Did You Know?
Lacrosse was contested as a medal sport in the 1904 and 1908 Olympics.
Women’s Field Lacrosse Programs

Each provincial association has jurisdiction over clubs, leagues and associations but typically share a common structure as follows:

*Participation Leagues (House Leagues)*
- at the grass roots level of an organization, teams are formed to organize recreational play.
- the objective is fun, fitness and skill development.
- depending upon the age level, contact may or may not be involved.
- the season usually begins in the spring and ends in late summer.
- skill levels will vary and teams are usually balanced to encourage skill development.

Example of age categories:

<table>
<thead>
<tr>
<th>AGE</th>
<th>CATEGORY</th>
</tr>
</thead>
<tbody>
<tr>
<td>U-15</td>
<td>Intermediate</td>
</tr>
<tr>
<td>U-19</td>
<td>Junior</td>
</tr>
<tr>
<td>Over 21</td>
<td>Senior</td>
</tr>
</tbody>
</table>

*Competitive Program*
- the next level involves the organizations’ best players competing as a select, all-star or rep team.
- various levels of competitions exist and can be defined by skill level - A, B, C, etc. or by age.
- National Championships occur annually - U-19 and Senior

*Elite*
- opportunities exist for elite athletes to secure athletic scholarships to American universities.
- As well there are opportunities at the U-19 and Senior level to represent Canada

*Did you Know?*

The pockets of women's sticks are shallower than those of the men, making the ball harder to catch and more difficult to shoot at high speed.

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The Game of Women’s Field Lacrosse
Women’s Field Lacrosse Equipment

Field Player
- Jersey
- Mouthguard (mandatory)
- Skirt or Shorts
- Eye Protection (optional)
- Gloves (optional)
- Cleats (no metal)
- NO Jewellery!!

Goalkeeper
- Helmet (mandatory)
- Mouthguard (mandatory)
- Throat Protector (mandatory)
- Chest Pad (mandatory)
- Gloves
- Pants with pads (optional)
- Shin pads (optional)
- Cleats (no metal)
- Jill
**Stick & Balls**

*The Stick:*
There are two types of sticks:

1. The traditional wood stick comes with a rawlon sidewall and a choice of pockets of leather or nylon lace with leather runners.
2. Sticks with moulded heads; pockets with rawlon lace or synthetic lace with leather runners and wood or metal handles.

*The Pocket*

The Women’s Field stick is strung with 4-5 vertical thongs and 8-12 stitches of cross lacing. Mesh is not allowed. When the ball is dropped into the pocket, the top of the ball must remain even with or above the top of the walls.

<table>
<thead>
<tr>
<th>Legal Pocket</th>
<th>Illegal Pocket</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Legal Pocket Image" /></td>
<td><img src="image2.png" alt="Illegal Pocket Image" /></td>
</tr>
</tbody>
</table>

*The Goalkeeper*

The Goalkeeper can have a mesh pocket, and there are no restriction on depth of pocket but the ball must be able to move freely with all parts of the pocket.

length: .9-1.22m  
weight: not more than 773g

*Balls:*

The balls used in all matches should conform to CLA standards and be approved by the CLA. The approved bal is the same used in Box Lacrosse.

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**Did You Know?**

George Beers, of the Montreal Lacrosse Club, rewrote the rules thoroughly and replaced the hair-stuffed deerskin ball with a hard rubber ball in 1867.
## Rules of Women’s Field Lacrosse

<table>
<thead>
<tr>
<th>Major Fouls</th>
<th>Minor Fouls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dangerous - may be carded</td>
<td>Used to gain an advantage - not dangerous</td>
</tr>
<tr>
<td>4 metres behind</td>
<td>4 metres from the direction you came</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Obstruction</th>
<th>Dangerous Check</th>
<th>Three Seconds</th>
<th>Dangerous Check</th>
<th>Empty or held stick check</th>
<th>Body Ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>When defending in front of the goal, defense players must be closely marking the attack shooter and/or her teammates. Lone defenders may not simply guard or block the goal to deny the attack the opportunity to shoot safely. When a defender is moving to mark the ball carrier, she must be less than 2m distance from the ball carrier before she can move into the ball carrier's shooting space.</td>
<td>No checking of the stick towards the body or head</td>
<td>While inside the 11m marking area, defenders must be closely marking, within a stick's length distance from their opponents, or move out of the marking area.</td>
<td>A defender may not check of the stick towards the body or head</td>
<td>A defender may not deter a player from getting the ball by checking their stick</td>
<td>A player may not push an opponent or the ball carrier to your advantage.</td>
</tr>
<tr>
<td>Draw</td>
<td>* Restraining Line</td>
<td>Teams must play 8 v 8 below the restraining line. If they have more it is offside. The easiest way to maintain this is to remember you need 3 field players behind the restraining line at all times.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Players may not draw before the whistle. During the draw, the ball must attain a height higher than both centre's heads. Players may not enter the centre circle before the ball is drawn.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Rules of Women’s Field Lacrosse (continued)

<table>
<thead>
<tr>
<th>Major Fouls</th>
<th>Minor Fouls</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dangerous</strong> - may be carded</td>
<td><strong>Used to gain an advantage</strong> - not dangerous</td>
</tr>
<tr>
<td><strong>4 metres behind</strong></td>
<td><strong>4 metres from the direction you came</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Charging</th>
<th>Out of Bounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>An attacker may not take the space that the defender has already earned.</td>
<td>If a player is in contact with the ball - they may not step on or outside the boundary (not in effect on a shot)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Illegal Pick</th>
<th>Warding</th>
</tr>
</thead>
<tbody>
<tr>
<td>A legal pick must be set in an opponent's visual field (180 degrees from the nose) and allow the opponent time and space to stop and/or change directions.</td>
<td>An attacker uses their arm to prevent a defender from checking their stick</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dangerous shot/propelling</th>
<th>Crease violation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Throwing the ball, or directing it an unsafe manner</td>
<td>Only on a shot may the plane of the goal crease be broken by a stick</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Illegal cradle</th>
<th>Stick check</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hold the stick too close to the body, or not moving it through the players personal space</td>
<td>Coaches or captains may request a stick check. If stick is illegal possession is gained, but if the stick is deemed legal a second time possession is lost.</td>
</tr>
</tbody>
</table>
# Rules of Women's Field Lacrosse (continued)

<table>
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**Defence Offside**
- Umpire holds arm straight up, play allowed to continue to goal

Midfield Foul
- Umpire holds arm straight out. Player is allowed to continue

Foul in 15 metre fan on a scoring drive
- Umpire raises yellow flag. Play continues to goal.
Holding the Stick

*Thumbs and Fingers*
The handle rests in the pads of the fingers and the thumbs are positioned along the shaft. Holding the stick in this manner helps to keep the hands soft and the wrists flexible.

*Ready Position*
1. The bottom hand is placed at the butt of the stick and the top or strong hand is placed anywhere from the butt to the throat of the stick. Depending upon how the stick is being used, the hand position will be different for catching, cradling throwing, reaching and checking.

2. In the ready position, the head of the stick is held about shoulder height with the top hand positioned near the throat and the bottom hand placed at the butt of the stick.

*Common Faults*
1. The natural way to hold the stick is to let the arms hang. If this position becomes a habit, players find it very difficult to maintain the ready position while on the floor or field and end up missing many opportunities to maintain or gain possession of the ball.
Picking Up the Ball

Preliminary Movements
1. To pick up the ball:
   a) right-handers place the right foot beside the ball;
   b) left-handers place the left foot beside the ball.
2. Key elements: body position and cradle.

Preparation
1. Bend the knees to lower the handle of the stick.
2. Keep the head up.
3. Put the weight on the back foot.

Force Producing Movements
1. The movement starts with the thrust of the back foot followed by the acceleration of the arms and stick.
2. Key element: acceleration of the stick under the ball.

Follow-through
1. The head of the stick is brought up to the chest and leads into the cradle (see next page).
2. Key element: keep the wrists and arms soft.
Cradling

Cradling is the action of the wrist that uses the pocket of the stick to absorb the centrifugal force created as the arm moves back and forth. In effect, the pocket of the stick is turned to catch the ball at the end of each arm swing.

**Teaching Progression**

1. Hold the stick near the throat with the handle vertical.
2. Develop the wrist action by flexing and extending the wrist.
3. Swing the arm from side-to-side in front of the body.
4. Flex the wrist as the arm moves in front of the chest and extend it as the arm moves back.
5. Add the bottom hand, remembering that the bottom hand does not grip the stick or supply any of the cradling until the two hands feel coordinated.
6. The final step is to cradle the ball while slowly moving the stick to the normal carrying position often called the doublethroat position.

**Switching Hands**

1. To initiate the switch, bring the bottom hand up underneath the top hand. Players should always be conscious of using the body to shield the stick during the switch.
2. To complete the switch, the top hand now moves down to the butt of the handle.
Throwing

*Preliminary Movements*
1. The shoulder (if right-handed, the left shoulder) faces the target.
2. The feet are shoulder width apart.
3. The arms are extended back slightly.
4. The passer mid-points the defender and the receiver.
5. The shoulder faces the target.

*Preparation*
1. Lift the arms to shoulder height.
2. The weight is on the back foot.
3. Extend the arms straight back.
4. Point the elbow at the target
5. Don’t rest the stick on the shoulder and point the elbow.
6. Place the thumbs along the handle.

*Force Producing Movements*
1. Shift the weight forward.
2. Rotate the hips and shoulders.
3. Drive the arms forward.
4. Snap the elbow down. The two hands move together with the top hand acting as a moving lever.
5. Using the weight shift and body rotation to generate the force.
6. The wrists add the snap as the ball is released.

*Follow-through*
1. Let the stick follow through in the direction of the target.
2. Bring the back foot forward as in taking a step.
3. The stick follows through in the direction of the target.
Catching

Preliminary Movements
1. The top hand grips the stick near the throat.
2. Thumbs are placed along the shaft and the wrists are soft.
3. Present the stick as a target.

Preparation
1. Reach up to the ball.
2. Watch the ball into the stick.

Force Producing Movements
1. Cushion the pass by letting the head of the stick fall back as the ball enters the pocket.
2. Keep the wrists and arms soft.

Follow-through
1. In catching, the follow-through is the recovery movement to absorb the force of the pass and becomes the preliminary movement for a pass or shot.

Common Faults
1. When the stick rests on the shoulder, the use of the body to supply force is blocked and encourages the use of the arms only.
2. The top hand is too close to the throat - there is no leverage and it encourages a pushing rather than throwing action.
3. The elbow and hand are pointing to the ground - the ball will hook toward the ground.
The Canadian Lacrosse Association (CLA) is responsible for the organization, administration and promotion of lacrosse, Canada’s National Summer Sport. The Association oversees the four versions of the game – box lacrosse, men’s field lacrosse, women's field lacrosse and inter-lacrosse.

Programs administered by the CLA which Member Associations have access to are:

- **Nationals:** participation in National Championships and national invitational tournaments; and opportunities to host Nationals.
- **Developmental Programs:** Inter-lacrosse resource materials; technical material support for school programs; stick loan program; and domestic development programs.
- **Rules:** nationally standardized rules and rule interpretation.
- **Coaching and Officiating:** access to national certification programs; training of Master Conductors and Course Conductors; development of clinic delivery materials; and technical resource materials.
- **Fundraising Programs:** national fundraising programs National Lacrosse Week; general brochures and posters, national sponsorship; and registered nonprofit organization for donations.
- **International Competition:** International lacrosse federations; national team programs; training program and developmental camps; and World Championships.
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