

Girls Lacrosse 101

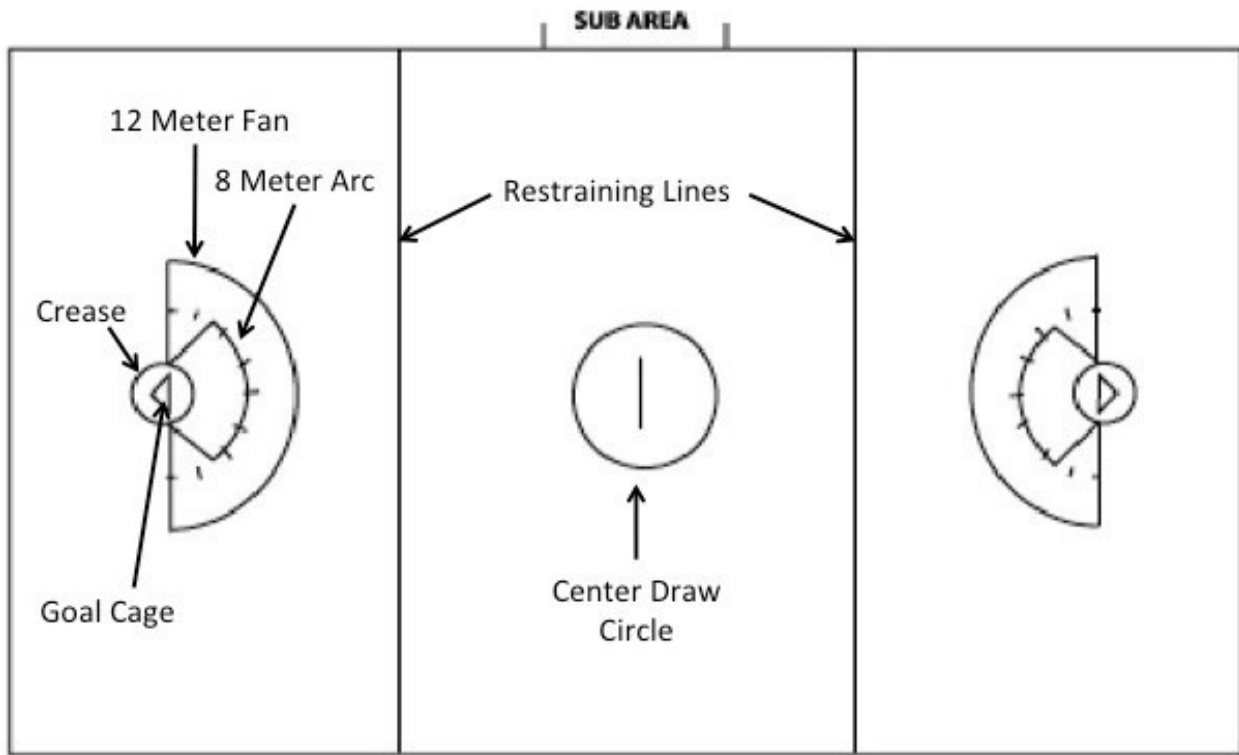
Players

Defense: There are four defenders on the field at a time which stand on the closest restraining line during the draw. These four players help defend against offensive attacks and work to “clear” the ball from out of their goal area up to the midfielders. They generally remain on their defensive side of the field surrounding their team’s own goal.

Attack: The same as defenders, four offensive players, must wait on the restraining line until the draw is completed. As the front line of the offensive attack, these players are usually the team’s primary goal scorers. They try to maintain offensive positions around the opposing team’s goal to gain scoring opportunities.

Midfielders (Middies): There are three midfielders; one handling the draw and the other two standing at the center circle. These three players contribute on both offense and defense while covering the entire length of the field. As the team’s main ballcarriers, they control the tempo of the game.

Goalie: The goalie completes the team of twelve players. Plays inside the “crease” directly in front of her own goal to block incoming shots. She uses a stick with an oversized head to best prevent shots from scoring. Upon gaining control of the Lacrosse ball with her stick, the goalie has ten seconds either to pass the ball away or to run it out of her crease. If the goalie leaves the crease while in possession of the ball, she may not reenter the crease unless the ball goes back inside first or she passes the ball away.



Field Markings

Center Draw Circle:

- The draw is how each game is started each half and how it is reset after each goal
- Two Midfielder's (one from each team) stand inside the center circle to take the draw
- Two additional Midfielder's from each team stand at the edge of the circle, waiting for the ball to be launched into the air before they can move in to go after it.
- All other players (Attack & Defense) must stay behind the restraining lines until a midfielder gains position to begin play.

Restraining Line:

- Restraining lines divide the field into thirds
- Keeps Defense and Attack players on their two-thirds of the field
- At least four girls from each team must be behind their restraining line, or a foul is called

Twelve Meter Fan:

- Is the furthest out of the two arc's and where offensive play is typically set-up
- Usually an offensive setup will feature five players around the 12M with two behind/near goal.
- Girls must stand on the arc if a foul has been called and the other team awarded a free shot.

Eight Meter Arc:

- The eight-meter arc is just inside the twelve-meter fan
- Defensive players can only be in the eight-meter arc for three seconds unless she is closely defending (sticks length) an opposing player.
- Important to clear offensive players quickly from within the arc to keep the shooting lane clear from defenders
- Defenders will get a foul if they are in the 'shooting lane' as another player takes a shot
- If a penalty occurs inside of these lines by defense, the offense will be awarded an 8M shot with shooter lined up on the 8M hash line and all others outside of 12M fan

Goalie's Circle (Crease):

- Goals are surrounded by a circle painted on the field known as the crease
- No player's stick or body may "break" the cylinder of the goal circle. This space is for goalies.
- There is one exception to the rule - When the goalie is struggling to clear the ball to her teammates, she may drop the ball in the crease, exit the crease, and a field player may enter the crease to pick up the ball

Basic Rules:

Shooting Space Violation: When inside the 8-meter arc that surrounds the goal, offensive players will acquire free space to shoot, known as "shooting space." This is a lane that an offensive player will take to shoot. If a defender jumps into this lane, obstructing the offensive player as they prepare to shoot, the defender is violating the rule of shooting space. This violation is different from a dangerous shot, even though both fouls occur at similar situations in a game.

Dangerous Shot: Unlike a shooting space violation, a dangerous shot is an offensive foul. This occurs when an offensive player takes a shot when a defender is already in position, resulting in a dangerous play. May even occur if shooter hits defender with her stick or the ball during the shot. This penalty may also occur when the referee blows his/her whistle for a shooting space foul, but the offensive player continues to shoot anyway.

3 second Rule: A defensive player is penalized for being inside the 8-meter arc longer than 3-seconds without marking a player on the opposing team. Any defensive player inside the 8-meter arc must be guarding another player, they can't just be hanging out in the middle of the arc alone.

Offside and the Restraining Lines: When looking a girl's lacrosse field from above, you will notice there are two lines that run across the field and split it into thirds. These are known as the restraining lines and they help determine when a team is on or offside. Each team, while allowed 11 field players on the field, is only allowed to have 7 of those players in the offensive and defensive ends. This means that while the play is going on at one end of the field, 4 field players must hold behind the restraining line nearest to where the play is occurring. This rule allows teams to have space offensively and defensively. It would be very crowded if all 11 field players played at both ends of the field.

Checking: Girls are not allowed to knock each other around, like boy's lacrosse. Physical contact must be minimal and not harmful, however, stick checking is allowed. Stick checks must be swift, clean, head-to-head and do not enter the '12"-sphere' around a girl's head or neck, which is why a close cradle is essential. Cradling is when a player moves their wrists and arms in a semi-circular motion to keep the ball in the pocket of the stick's head using centripetal force.

Empty Stick Check: A player is not allowed to hit or "check" the stick of an opposing player with her own stick, when this player does not have the ball in her stick. This is known as an empty stick check and is a common penalty during the draw or fighting for ground balls.

"Cover" or "Raking": This rule focuses on how players pick the ball up off the ground and is one of the easiest to understand. When the ball ends up on the ground during a girl's lacrosse game, a player must pick up the ball with her stick as if she is using a shovel to pick up dirt or snow. She will scoop beneath the ball and scoop all the way through until she securely holds the ball in her stick. She cannot use the mesh of her stick to cover the ball in any way and she cannot use the back of the mesh in order to flick the ball up into her stick.

Warding: Occurs when a player guards a ground ball with her crosse or foot, or, removes one hand from the crosse and uses her free arm to ward off an opponent.