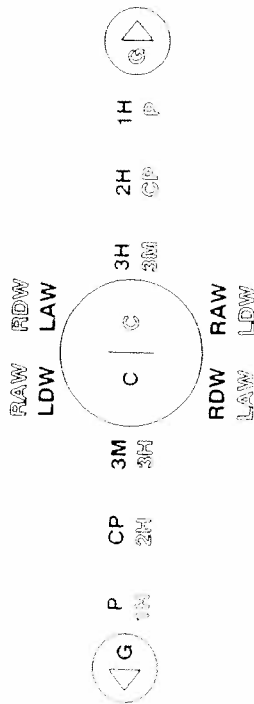


FORMAL GAME OF WOMEN'S LACROSSE

The game of women's field lacrosse is steeped in tradition and etiquette. Of all the versions of lacrosse now played throughout the world, the women's game most closely resembles the original game of lacrosse defined by Dr. George Beers.

lac Players

Each team consists of 12 players. The goalkeeper, point, coverpoint, and third man are categorized as the deep defense. The first, second and third home, in turn, are known as the front line offense. The centre, left and right attack wings, and the left and right defense wings are known as midfielders. These player line up on the field to begin the game as diagrammed below. Take note of the marking match-ups.



Field of Play

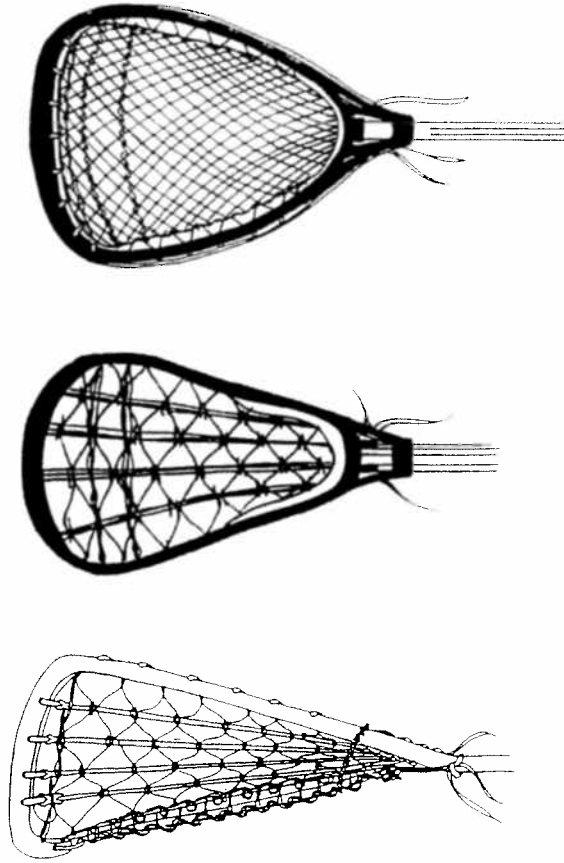
The field in the women's game does not have any outside limiting boundary other than what are referred to as the "natural" boundaries. For example, if you have a field surrounded by a running track, the running track would be classified as the boundary. The goals are positioned approximately 90 metres apart and if there are goal posts on the field, at least 10 metres from such obstacles.

If a ball goes out of bounds, the player closest to the ball at that time gains possession. The ball carrier is given 1 m of clear space and is allowed to pass, or run with the ball when the umpire says "play".

A centre circle (18 metres in diameter) is placed at the centre of the field and two goal creases (5.2 metres in diameter) are placed at opposing ends of the field.

Equipment

There are two goals on the field, each of which measures 1.83 m by 1.83 m. Sticks may be made of wood or plastic. For field players, the pocket must be limited in depth such that part of the ball shows above the wall of the stick. The goalkeeper's stick may be of an unlimited depth. The ball is made of solid rubber and can be white, yellow or orange in colour. Field players are advised to wear internal mouth guards and padded gloves, while eye and nose protection is optional. Goalkeepers, however, may wear a face mask/helmet, padded gloves (no webbing) and a throat protector.



Starting Play

A draw is taken between two centre forwards to begin the game, the second half and to restart play after a goal has been scored. All other players must be outside the centre circle at the time of the draw.

Playing Time

A game typically consists of two twenty-five (25) minute halves, with a ten minute half time break.

Stand

The whistle is used to stop play only, and players may not move or reposition after the whistle is blown. The players are instructed to stand. Play is restarted verbally by the umpire and at that time, the player may run, pass or shoot.

Throw

A throw is taken when two opposing players are equidistant from a boundary when the ball leaves the field, or when simultaneous fouls occur.

Scoring

The ball must be propelled into the goal by a stick (or crosse) such that the ball is completely over the goal line. The team scoring the most goals at the end of playing time is the winner.

Major Fouls

For a major foul, the offender is placed four meters behind their opponent (who has been awarded the ball) on a line to goal.

No rough, reckless, or dangerous checking (e.g., recklessly hitting an opponent's stick to dislodge the ball).

No stick must strike the body of an opponent or force the opponent's stick into the opponent's body.

No charging, shouldering, pushing, tripping or backing into an opponent. A player may not move into the path of an opponent without giving the opponent sufficient time to stop or change direction.

No propelling the ball in a dangerous or uncontrolled manner.

No shooting at goal dangerously or without control

No obstructing the free space to goal (i.e., standing in front of the goal) to take away an opponent's opportunity to shoot on goal.

No swiping (e.g., swinging of the crosse at an opponent's stick or body).

No defender may stand within the area immediately in front of the goal for a period of more than three seconds.

Minor Fouls

For a minor foul, the offender is placed four meters to the side of the opponent in the direction from which they came.

No covering (or trapping) a ground ball with crosse or body.

No guarding one's own stick with a raised elbow or free arm

No ball may bounce off one's body to a fellow teammate

No checking an empty stick.

No throwing one's stick

No illegal draws.

No intentional delays of the game.

No illegal equipment.

Free Position

Following a foul, the player with the ball is awarded a free position. The player may, on the umpire's verbal command of "Play" run, pass or shoot on goal

Goal Circle Rules

Only one player (either the goalkeeper or another player) may be in the goal circle at any one time. The goalkeeper loses all goalkeeping privileges when outside the circle. The goalkeeper must be within 15 m of her goal circle when a centre draw is being taken, and is never permitted to proceed beyond the centre line or to score a goal for her team.

The goalkeeper (or her deputy) while in the goal circle:

May stop the ball with her crosse, body or hand (but in the case of the latter, the ball must be placed in the stick immediately).

Must clear the ball from the goal circle within 10 seconds of it entering the same area.

May reach out and bring the ball back into the goal circle with her crosse provided no part of her body is grounded outside the goal circle

If the goaltender or her deputy commit a violation, the opposing team is given a free position at a distance of 11 m directly to the side of the goal

If the offensive team commits a violation in this area, the goalkeeper is given a free position within her goal crease