

A white shield-shaped logo with a scalloped border is centered on a yellow background. The text "LAKESIDE VARSITY GIRLS LACROSSE" is written in a bold, purple, sans-serif font across the shield.

LAKESIDE VARSITY GIRLS LACROSSE

2016-2017 SEASON

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- Women's lacrosse (or girls' lacrosse), sometimes shortened to lax, is a sport played with twelve players on each team. Known as the "fastest sport on two feet," lacrosse is a traditional Native American game. The rules of women's lacrosse differ significantly from men's field lacrosse. ***Women's lacrosse rules are specifically designed to limit physical contact between players.*** As a result of the lack of contact, the only protective equipment required are a mouth guard and face guard/goggles.
- The object of the game is to use a long-handled stick (known as a crosse or lacrosse stick) to catch, cradle, and pass a solid yellow rubber lacrosse ball in an effort to score by hurling the ball into an opponent's goal. The head of the lacrosse stick has a mesh or leather net strung into it that allows the player to hold the ball. Defensively the object is to keep the opposing team from scoring and to dispossess them of the ball through the use of stick checking and body positioning.
- ***The rules of women's lacrosse are different from the men's lacrosse game.*** Equipment required to play is also different from the men's. In the United States, women are only required to wear eyewear or lacrosse goggles and a mouth guard. The stick has restrictions too, as it must be a certain length and the pocket must be shallow enough to show the ball when held at eye level.

WHAT IS WOMEN'S LACROSSE?

“No Helmets, No Pads, No Pockets....
No PROBLEM”



PLAYERS

Generally, a team has four attackers, four defenders, three midfielders, and a goalie. There is a restraining line that keeps the four defensive players (plus the goalie) from going into the attack, or four attackers from going into the defensive zone. If those players cross the line and participate in the play, they are considered offside and a major foul is called.



HOW TO PLAY THE GAME

- The "draw" is what starts the game and keeps the game going after a goal is scored. The draw is when two players, one from each team, stand in the center circle with the backs of their sticks facing each other. Then the referee places the ball between the two sticks. Each player has to push their sticks together parallel to the ground to contain the ball. The players' sticks around the circle cannot break the line until the whistle is blown. The centers must lift and pull their sticks over their heads releasing the ball.
- When the referee blows the whistle during play everyone must stop exactly where they are. If the ball goes out of bounds on a shot then the player that is closest to the ball receives the possession. If the ball goes out of bounds not on a shot then the other team is awarded with the possession. For example, if a player threw a bad pass to her teammate and the ball went out of bounds then the other team would receive the ball. If the ball goes out of bounds on a shot, it is common for the player to reach out her stick in an attempt to be ruled closest to the ball and gain possession.
- Protecting one's stick from being checked is a very important key in the game of women's lacrosse. In order to protect the stick from being checked, the player must cradle the ball. If the player has a strong "cradle", it would make it much more difficult to recover the ball for the opposing team. "Cradling" is the back and forth movement and twisting of the head of the stick, which keeps the ball in the pocket with centripetal force.
- Allowable checking is based on what age level of the game is being played. Rules for U15 and above allow lacrosse players full checking above the head. In women's lacrosse, players may only check if the check is directed away from the ball carrier's head. Also, players may only check using the side of their stick. If caught by one of the referees using the flat of the head, it will be called as a "held check" and the opposing team will get the ball.
- There are two types of fouls in woman's lacrosse, major and minor. When a minor foul is committed anywhere on the field, the player who committed the fouled is set four meters to whichever side she was last guarding the person she obstructed. If a major foul occurs outside of the twelve meter fan or eight meter arc, the fouler must stand four meters behind the player she fouled.

- High school lacrosse is played on a regulation size soccer or football field. There are two different surroundings around the goal on both sides of the field; the eight meter arc and the 12 meter fan. When committing a major foul inside either of these areas, the offense regains the ball and has a direct opportunity to goal. If outside the 8-meter arc, but inside the fan, a "lane" to goal is cleared of all other players and the person who committed the foul is relocated 4 meters behind the offender. If inside the 8-meter-arc and a defensive foul occurs, all players that were previously inside the surrounding must take the most direct route out. The player who was fouled now moves to the nearest hash mark that is located around the edges of the arc and has a direct lane to goal. The defender who committed the foul is relocated on the 12-meter fan directly behind the shooter. If a player fouled another player not in the arc, the victim receives the ball and the player who fouled must back away at least 4 meters. All other players standing closer than 4 meters to the ball holder must also back away to give the girl room to move with the ball.
- The shooting space rule in women's lacrosse is very important in keeping the players safe. It occurs when a defender moves into the offender's shooting lane to goal, at an angle that makes the defender at risk of being hit by the ball if the offender were to shoot.

PLAYING AREA

