

## DEFENDING

**MARKING:** closely guarding an opponent within a stick's length.

**CHECKING:** using controlled stick-to-stick contact to try and dislodge the ball.

**MODIFIED CHECKING:** checking the stick only if the entire stick is below shoulder level. The check must be down and away from the body.

**BLOCKING:** a player causes illegal contact by moving into the path of the ball carrier, giving her no chance to stop or change direction.

**CROSS-CHECK:** using the shaft of the lacrosse stick to hit, push or displace an opponent.

**THREE SECONDS:** while defending within the 8-meter arc, remain in that area more than 3 seconds unless she is marking an opponent within a stick's length.

**HORIZONTAL STICK:** if contact is made with a stick that is held in a horizontal position, the foul shall be on the player whose stick is in that horizontal position.

## ATTACKING

**CRITICAL SCORING AREA:** an area 15m in front of and 15m to each side of the goal and 9m behind the goal. An 8m arc and a 12m fan are marked in this area.

**FREE SPACE TO GOAL:** a cone-shaped path extending from each side of the goal circle to the attack player with the ball that a defender may not occupy unless guarding an opponent within a stick's length.

**SCORING PLAY:** a continuous effort by the attacking team to move the ball toward the goal and generate a shot on goal. The scoring play is over when a shot is taken, the attacking team fouls, loses possession, passes or carries the ball behind the goal line and stops the continuous attempt to score.

**PICK:** a player without the ball, who by her positioning, forces opponent to take another route. It must be set within the visual field of the opponent allowing her time and space to stop or change direction, but the pick doesn't have to be stationary.

**INDIRECT FREE POSITION:** awarded to the offense when a minor foul is committed by the defense inside the 12-meter fan. Player may run or pass but may not shoot until the ball has been passed to another player.

**THREE SECONDS:** a player with the ball may not hold the ball for more than 3 seconds when closely guarded/marked.

## PENALTY ADMINISTRATION

**SLOW WHISTLE:** a held whistle, with a flag raised, when the defense commits a major foul, and the attack has entered the critical scoring area and is engaged in a scoring play.

**THROW:** occurs when there are offsetting fouls. Two players stand next to each other (each standing closest to the goal their team is defending) and the official tosses the ball between them to get possession.

**CARDS:** used by officials to issue penalties to a player, team or coach for misconduct, and repeated, flagrant or dangerous fouls.

**GREEN CARD:** given as a team caution for delay of game. The green card will be recorded in the scorebook against the offending team. The next offense results in a green/yellow card presented to the offending player, major foul, the player may remain in the game. Subsequent delay of game offenses result in a green/red card, major foul, to the offending player who must leave the field and enter the penalty area for 2 minutes of elapsed playing time and a substitute must take her place.

**YELLOW CARD:** given as a warning to both teams, an offending player, coach or team personnel. An

offender is suspended for 2 minutes of elapsed playing time and serves this time in the penalty area. A substitute may not take her place, and the team must play short at both ends of the field. A second yellow card to the same individual will result in her ejection from the game. A substitute must take the place of a carded U9/U11 player.

**RED CARD:** given as an ejection to an offending player, coach or team personnel for persistent or flagrant violation of the rules. Anyone receiving a red card is prohibited from participating in the team's next game. The offending player must serve 4 minutes of elapsed playing time in the penalty area.

## FIELD AREAS

**COACHING AREA:** the area on the bench/table side of the field extending from their side of the substitution area to their end line.

U15/ U13/U11: coaches must remain in the coaching area.

U9: one coach is allowed on the field for the purpose of coaching, but may not interfere with the flow of the game and may not enter the critical scoring area.

**SUBSTITUTION AREA:** the area in front of the scorer's table, centered at midfield, and between two hash marks 5 yards from the centerline.

**PENALTY AREA:** the area directly in front of the scorer's/timer's table and at the rear of the substitution area. Players who are carded and serving their penalty time must sit or kneel in this area and should not be blocking the view of the scorer's/timer's or obstructing any substitutions by either team.

**TEAM BENCH AREA:** the area from the end of the substitution area to the team's restraining line. Players and their equipment should remain in this area during the duration of the game.

**8-METER ARC:** an arc marked in front of the goal used for the administration of major fouls. A defender may not remain in this area for more than three seconds unless closely marking her opponent.

**12-METER FAN:** a semi-circle area in front of each goal circle bounded by an arc 12 meters from the goal circles.

**GOAL CIRCLE:** the circle around the goal to protect the goalkeeper. No player's stick or body may "break" the plane of the goal circle.

## PLAYER PLACEMENT

**FREE POSITION:** an opportunity awarded to one player when a major or minor foul is committed by a player from the other team. All players must move 4 meters away from the player with the ball. When the whistle sounds to resume play, the ball carrier may run, pass or shoot, unless the free position is indirect. On an indirect free position, the ball must be passed before a shot can be taken.

**MAJOR FOULS:** offending player stands 4 meters behind player taking the free position.

**MINOR FOULS:** offending player stands 4 meters away with respect to the direction she was heading before committing foul.

**TEAM FOULS/OFFSIDE:** refers to a team with more players over the restraining line than is allowed. When a violation occurs, correct the offside first. If attack fouls, closest defender to spot of ball takes free position at that spot, no closer than 8 meters to goal circle. If defense fouls, and ball is outside the critical scoring area, attack is awarded free position at that spot, nearest defender 4 meters behind. If the ball was within the critical scoring area, free position will be awarded to the nearest attack at the top of the 12-meter fan with nearest defender 4 meters behind.

**GOAL CIRCLE FOUL:** The penalty for goal circle fouls by the defense

other than for an illegal deputy shall be a free position taken 8m out to either side level with the goal line. The offending player, except the goalkeeper, shall be placed 4m behind the player taking the free position and the lane (above the goal line) is cleared. The goalkeeper remains on the spot of the foul, or if she was within or partially within the goal circle, she remains inside the circle.

The penalty for goal circle fouls by the attack shall be a free position taken by the goalkeeper within the goal circle. The offender will be placed 4 meters behind the goal circle.

**STAND:** when whistle is blown, all players must stand where they are. Ball is considered dead until whistle blows again.

**OFFSETTING FOULS:** when a player from each team commits a foul (major and/or minor) during the same play, or when the attacking team commits a foul during a slow whistle situation.