

Women's Lacrosse Information

The rules for Men's and Women's Lacrosse differ greatly. The only similarity that the two games share is that they use the same size ball and the goal cages are both 6 feet by 6 feet.

Women's rules

The original game of Lacrosse originated from the Native American Indian game of BAGGATAWAY. The game of Women's lacrosse has retained much of the original game with an emphasis on skill, speed and finesse. The women's game allows for and demands individual and team ingenuity to create and prevent scoring opportunities.

The game

Women's lacrosse is a NON-CONTACT game played by a team of 12 players whose objective is to shoot the ball into their opponents goal. One point is awarded per goal. The team scoring the most goals wins. As in Baggetaway, the women's game begins with a DRAW. The ball is placed between two crosses (sticks) at the center of the field and flung up into the air. This is a continuation of the traditional, non-contact game.

There is two halves of 25 minutes duration in the HS game and 30-minute halves at the collegiate level.

The team and field

The 12 players on each team consist of attackers, defenders and a goalkeeper. There are few restrictions on the movement of players during the play, but when a whistle blows all players must stand. A restraining line prohibits no more than 7 attack players to be in the critical shooting area at one time. The remaining 4 players must be behind a restraining line. There are boundary lines in a women's game of lacrosse. The opposing team gains possession of the ball if the ball is forced out from the other team. After a missed shot any team member can race to retrieve the ball at the end line.

Checking

A player may gain possession of the ball by dislodging it from an opponent's stick with a CHECK. A check is a controlled tap with a stick, which knocks the ball free. Contact to the body with a stick and rough checks are not allowed and will be penalized. A player may not protect the ball in her stick by cradling too close to her body or face that it makes a legal and safe check impossible. All legal checks must be in a direction away from a 7-inch sphere around the head of each player.

Body Ball

No player is allowed to touch the ball with her hands except the goalkeeper when she is within her goal circle/crease. If a player gains a distinct advantage by playing the ball off her body, there will be a change of possession.

Fouls

Major fouls: the offending player is placed 4 meters behind the player taking the free position.

Minor fouls: the offending player is placed 4 meters off in the direction from which she approached the opponent.

Penalty: A FREE POSITION is awarded once a whistle is blown to stop play.

Critical shooting area: indicates the area at the end of the field where the attacking team is shooting for goal.

8 Meter arc: an area similar to the lane in basketball except that in Lax, the burden is on the defender to move out of the area within 3 seconds unless she is tightly marking an opponent within a sticks length.

12 Meter fan: a line used primarily for placement of the offending player in a foul situation. The person who fouled moves to the fan line directly behind the player taking the free position.

No defender may, at any time, OBSTRUCT FREE SPACE TO GOAL. In other words, when an attacker looks to take a shot, no defender who is not marking an opponent tightly, may stand in that path between the attack player with the ball and the goal. The attack player can also be assessed a major foul with a card for uncontrolled or poorly aimed shots at goal.