

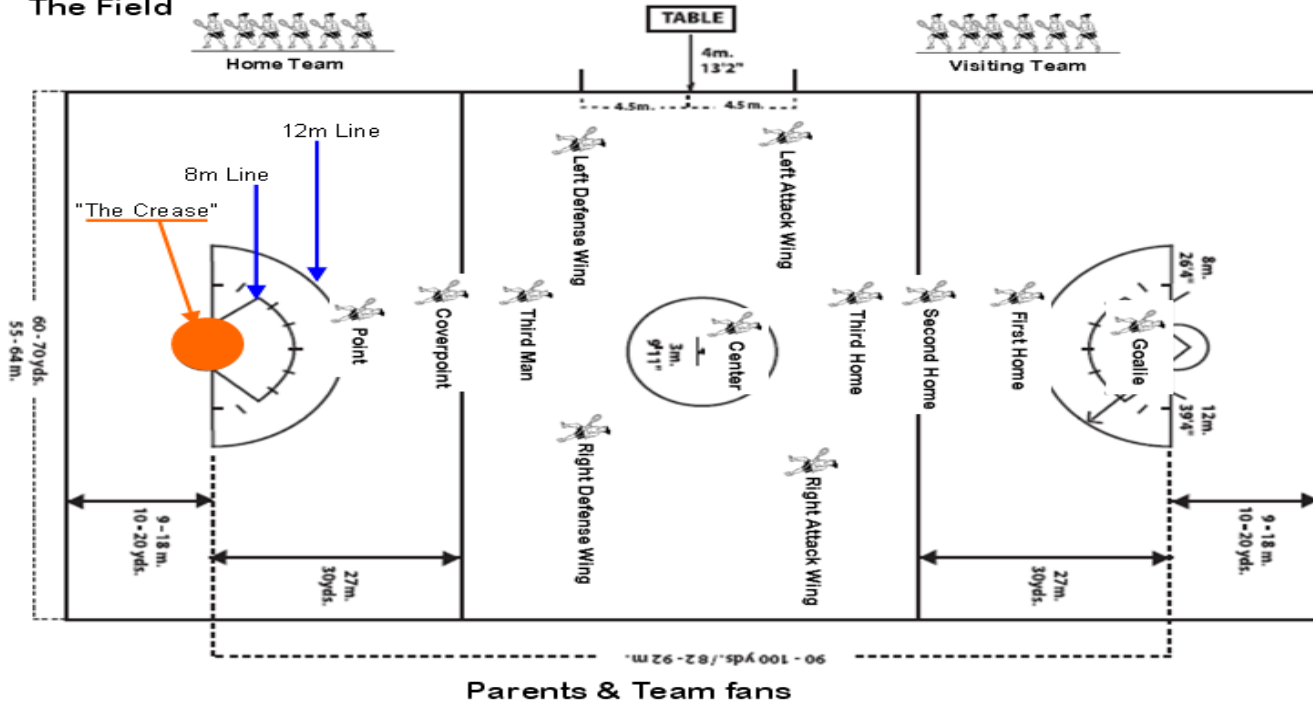
A Parent's Short Guide to Girl's Lacrosse

brought to you by the OC US Lacrosse Chapter visit us at <http://www.ocuslacrosse.org>



This might be useful for new player parents. Note that this isn't a full list of the rules. If you have any questions, please don't hesitate to ask a coach.....

The Field



Some fast facts & things to look out for (and hopefully cheer loudly for):

1. A game is 60 minutes, composed of two 25-minute halves & a 10-minute half-time, each team is permitted two 2-minute time-outs per game.
2. Completed Passes or Interceptions
3. Picking up ground balls on the first try (bonus cheers for not 'flicking' the ball into the air and then catching it)
4. Effective cradling of the ball when running
5. Defense (a) engaging the opponent effectively, (b) forcing the opponent to run where she doesn't want to go, (c) managing an effective double team (big bonus cheers for this) and (d) causing a 'three second' whistle against the opponents (enormous cheers, hoots, and whistles for this)

(for Lightning division its 20 minute halves)

(for Lightning division girls can shoot at the goal after one completed pass or two attempts)

Some rules you will likely encounter for the first time (glossary of referee hand signs on last page):

1. No attacking player may cross the plane of the crease (goal circle) with stick, body, or feet.
2. No covering the ball with a stick when trying to pick up a ground ball (and no 'raking' the ball back into the stick).
3. No body contact which prevents an opponent from trying to get the ball.
4. No stick checking at all (at this level- 7th/8th graders are allowed some limited stick checking).
5. There can be no stick-to-body (or body-to-stick) contact. This is a new rule this year.
6. On the draw (faceoff at the beginning of the game, and after a goal), the ball must clear the heads of the two opposing players
7. All players must immediately freeze when the whistle blows
8. No shots on goal can be taken when a defending player is in the way. This is a defensive penalty, and the attacker is awarded a free shot.
9. There are no 'offsides', like in soccer or hockey, but there are limits to how many players can be in the region between the restraining line (a line 30 yds from the goal towards the center line): There can only be 7 offensive players and 8 defensive players - including the goalie.
10. No defensive player can be within the 8m arc for longer than 3 seconds unless she is within a stick's length from an offensive player. This is one '3 second rule'.
11. The other '3 second rule', which is specifically for youth players (who aren't allowed full stick checking) states that if an offensive player holds her stick in a 'checkable position' as defined by full checking rules for longer than 3 seconds, she will lose possession of the ball. This is designed to reward defensive players for their play

When is the whistle going to blow?

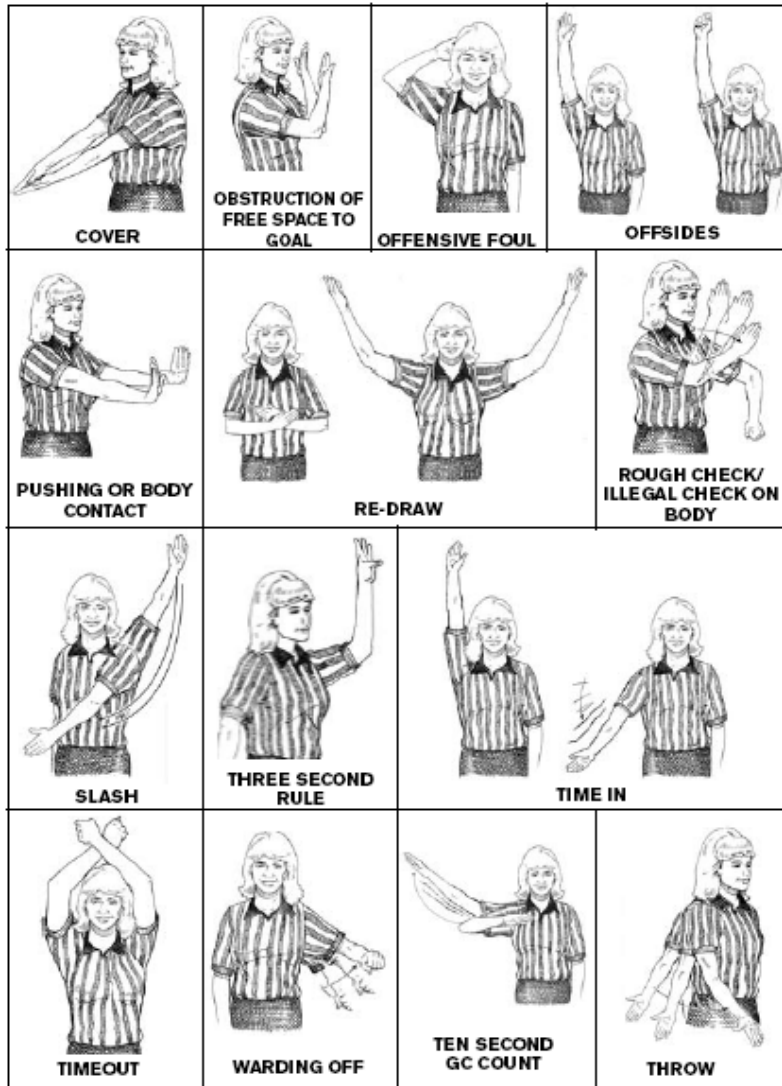
1. When the ball goes out of bounds.
2. When a goal is scored
3. When a foul is called
 - a. There are two types of fouls- Major and Minor
 - b. Major fouls are those that are potentially dangerous, and have a significant effect on the game. These are divided into three areas:
 - Fouls involving the stick, involving the body, or within the critical scoring area
 - c. Minor fouls have less of an impact on game play, and generally just involve a change of possession. In this case, the offending player must move 4 meters away from the fouled player, in the direction that she had approached her.

The Positions:	
Point	This is the defender closest to the crease, and has the primary responsibility of covering the attacker's first home player. She must be trained to defend the crease, be a good shot blocker, must have strong body checking positioning, and capable of making good decisions.
Coverpoint	The Coverpoint plays in front of the point, and is responsible for covering the attacker's second home player. She should be a defender, able to play one-on-one with her opponent, and as the leader of the defensive unit, must have very good communications skills.
Third Man	This player plays in front of the Coverpoint, and is responsible for marking the attacker's third home. While primarily a defensive player, she needs to be assertive in disrupting midfield play by intercepting passes, and sliding to pick up free opponents. When her team has possession of the ball, the Third Man is often involved in midfield transition, and occasionally has the opportunity to score.
Defense Wings	The right and left defense wings mark the opposing attack wings, and line up on the circle for the draw. Defense wings need to be the fastest defenders, to keep up with the attack wings, and to recover back to defense to pick up on free opponents. They must be good blockers and body checkers, and are valuable in transition and opportunistic on attacks. Defense wings should be able to shoot from the outside (of the fan).
Center	The center performs the draw, and after the ball is in play, marks her opposing center. If necessary, she should fill in for her defensive teammates if they get caught out of position. The center must have consistent ball skills, and as part of both offensive and defensive units, must possess speed and endurance to cover both ends of the field.
Attack Wings	After the draw, the ball often goes to the wings (left or right) who are lined up on the center circle. Attack wings are usually the fastest players, able to make a quick transition that leads to a fast break. Attack wings need to be strong passers and shooters.
Third Home	This player lines up on the circle at the draw, and is marked by the defender's third man. This player must be a well rounded attacker, with good strong ball and shooting skills. She must be able to protect and distribute the ball while in transition to offense. She should be quick to recognize change of possession, and to switch to her defensive role.
Second Home	The second home should be a dynamic attack player, with great stick skills. She is often the attack's leader or playmaker. She must be able to get open, and receive passes, so she can shoot or distribute the balls to her teammates.
First Home	This player plays closest to the goal, and should be able to protect the ball and feed it to her teammates. She must possess excellent cradling, dodging and shooting skills; be able to react to the ball and her teammates' movements. She will often play behind the goal to set up offensive plays.
Goalkeeper	Her primary responsibility is to defend the goal cage, using her stick and body to prevent the ball from crossing the goal line. Her main weapon is her stick; she should only stop balls with her body as a secondary measure. Her traits are: good footwork, good body positioning, and ability to read angles and adjust accordingly.

A Glossary of Terms

The following is a list of terms you may frequently hear while watching a lacrosse game. Some, you may be familiar with, others, may sound a little odd at first. But all are part of knowing the game of lacrosse.

Clear	Any action taken by a player within the goal circle to pass or carry the ball out of the goal circle.
Critical Scoring Area	An area 15 meters in front of and to each side of the goal and nine meters behind the goal. An eight-meter arc and 12 meter fan are marked in the area.
Crosse (Stick)	The equipment used to throw, catch, check and carry the ball.
Crosse Checking	Stick to stick contact consisting of a series of controlled taps in an attempt to dislodge the ball from the crosse.
Deputy	A player who enters the goal circle when the goalie is out of the goal circle and her team is in possession of the ball.
Draw	A technique to start or resume play by which a ball is placed in between the sticks of two standing players and drawn up and away.
Eight-Meter Arc	A semi-circular area 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 she is within a stick's length of her opponent.
Free Position	An opportunity awarded to the offense when a major or minor foul is committed by the defense. All players must move four meters away from the player with the ball. When the whistle sounds to resume play, the player may run, pass or shoot the ball.
Free Space To Goal	A cone-shaped path extending from each side of the goal circle to the attack player with the ball. A defense player may not, for safety reasons, stand alone in this area without closely marking an opponent.
Goal #Circle	The circle around the goal with a radius of 2.6 meters (8.5 feet). No player's stick or body may "break" the cylinder of the goal circle.
Grounded	Refers to any part of the goalkeeper's or deputy's body touching the ground for support outside of the goal circle when she attempts to play the ball from inside the goal circle.
Indirect Free Position	An opportunity awarded to the offense when a minor foul is committed by the defense inside the 12 meter fan. When the whistle sounds to resume play, the player may run or pass, but may not shoot until a defender or one of her teammates has played the ball.
Marking	Being within a stick's length of an opponent.
Penalty Lane	The path to the goal that is cleared when a free position is awarded to the attacking team.
Scoring Play	A continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal.
Stand	All players, except the goalkeeper in her goal circle, must remain stationary following the sound of any whistle.
Sphere	An imaginary area, approximately 18 cm (seven inches) which surrounds a player's head. No stick checks toward the head are allowed to break the sphere.
12 Meter Fan	A semi-circle in front of the goal used for the administration of minor fouls.
Warning Cards	A yellow card presented by an umpire to a player is a warning which indicates that she will next receive a red card and be suspended from further participation if she continues to play dangerously and/or conduct herself in an unsportsmanlike manner. A green card is presented by an umpire to the team captain indicating a team caution for delay of game.



OC US Lacrosse Mission Statement: The mission of the Orange County Chapter of US Lacrosse is to ensure a unified and responsive organization that develops and promotes the sport by providing services to its members and programs to inspire participation while preserving the integrity of the game.

Who is US Lacrosse: While serving as the sport's national governing body, US Lacrosse works in collaboration with both the National Collegiate Athletic Association (NCAA) and the National Federation of State High School Associations (NFHS) to oversee the game. The NCAA and NFHS activity in lacrosse is almost exclusively focused on rules, with the additional NCAA focus on staging a post-season tournament. US Lacrosse is essentially responsible for everything else related to the development of and service to the sport as its NGB.