



GIRL'S FIELD LACROSSE

The Basics!

Girls' lacrosse teams use netted sticks to carry, throw, and shoot a ball along a field in an effort to score goals. A goal counts as one point and is scored when the ball completely crosses the opposing goal line between the posts and under the crossbar. The team scoring the greater number of goals in the allotted time wins the game.

Did You Know That?

The origin of women's lacrosse can be traced back to the Indians of North America, who played a form of the men's game in their preparation for battle. However, it was not until the mid-19th century that the English first played a unique style of a stick and ball game solely for women. Competing girls' schools began playing this modern game in the 1860's. Many of the general rules of play in those first games resemble those used today.

What's needed?

Lacrosse stick, solid rubber ball, team uniform with kilt or shorts, gloves, sneakers or cleats, and mouth guard. (Some leagues require protective eye-wear.) Goalkeepers wear extra padding and carry a larger stick.
Girl's/Women's Field Lacrosse is a NON CONTACT sport so equipment is minimal.

How Long Is A Game?

Generally, a game is divided into two twenty-five minute halves, with a ten-minute break at halftime. Each half begins at the center circle with a "draw" between two opposing players. Team captains flip a coin to choose playing sides and teams switch sides at halftime.

Field of Play

The field is lined with 2 goal creases 80m apart. Each goal crease has an 11m fan-shaped arc extending towards the center. At center, there is an 18m circle used during the center draw. A 3m line is drawn across center. There is also a line drawn across the field at 30m from each goal line. This is the restraining line. Each team must keep 4 players (3 field players and goalkeeper) behind the restraining line. This prevents crowding in front of the goal.

Stand And Draw! The Draw Takes place between opposing players in the center circle to start each half and after every goal. The two centers stand opposite each other across the center line, holding their sticks waist high with the stick pockets touching back-to-back. The referee places the ball between the netting of the stick pockets. When the referee blows the whistle, each player pulls her stick upward and backward to release the ball into the air. Players then attempt to gain possession of the ball. Prior to the start of the draw, all other players on the field must remain completely outside the center circle.

Stand - Anytime the whistle is blown to stop action, all players must stop moving and stand where they are on the field. They have to remain standing in their stationary positions until play restarts or is redirected by an official.

Out of Play - If the ball is carried or thrown out of bounds, the opposing team gains possession nearest of the spot it went out.

Throw - Used in a variety of situations when play has been stopped, such as when two opposing fouls occur simultaneously. On a throw, two opposing players stand side-by-side, 1 meter apart. The umpire throws the ball up in the air between the two players who then move to gain possession and control of the ball.

Foul Play! - A violation of the rules results in a major or minor foul, awarding a free position to the fouled player. It is a major foul when a player charges, pushes, trips, blocks, or makes physical contact with an opponent; "slashes" an opposing ball carrier; commits a "shooting space violation;" or invades the body space of an opposing player, such as touching her stick to that player's body. A minor foul is called if a player uses her stick or foot to shield a ground ball; if a player kicks the ball or touches it with her hands (except for the goalie inside her crease). Also, no part of a player's body may enter the crease but her stick can enter on a follow through.

Free Position - Awarded to a player after a major or minor foul has been committed anywhere on the field. The free position is always taken at least eight meters from the crease. On a major foul the penalized player must stand at least four meters behind the player taking the free position, while on a minor foul she may stand four meters to the side. The official places the ball in the stick pocket of the player taking the free position, who then on the whistle, may pass, shoot, or run with the ball.

Substitution – players are substituted "on the fly". When a player is called off, she runs to the sideline (at center) and a new player runs on the field. There is no limit to the number of substitutions a team may make. Substitutions "on the fly" are not allowed if the whistle has blown to stop play.

Some areas of the province offer Spring leagues only. Other areas offer both Spring leagues and/or Fall leagues.

Contact your area to inquire Today.



Did you know the Women's Field Lacrosse is a ***GREAT*** scholarship opportunity both in Canada and the United States?

Ontario University Athletics (www.oua.ca) offers lacrosse at the following universities:

- Brock University,
- McMaster University,
- Queens University,
- University of Guelph,
- University of Toronto,
- University of Western Ontario,
- Wilfred Laurier University,
- York University and also in Quebec, McGill University.

In the United States, lacrosse is a sanctioned sport in Division One, Two and Three schools.

For more information visit these websites:

www.ncaasports.org

www.ncaa.org

www.womenslacrosse.com

www.bclacrosse.com



Interested in Playing???

Lower Mainland

Karen Blake
604-708-4576
kblake@vsb.bc.ca

Shawn House
604-524-3063
shawnhouse@shaw.ca

Kelowna (Okanagan)

Corinne Almas
250-860-3147
corinnealmas@shaw.ca

Victoria

Adrienne Gadd - President
250-384-3835
president@vwfl.org

Barb Calve – All Island
250-743-9148
barbielax@shaw.ca

Cowichan

Carrie Dallaway - President
dallaways@shaw.ca

Jamie Rigby
250-746-0455
jrigby@cvrd.bc.ca

Tammy Knowles
250-748-3075
tammyknowles@hotmail.com

Great White North

Myrna Cable
mtcable@shaw.ca Prince George
Wayne Clarke
clarkefamily@telus.net Quesnel

**Try something new... come out and play
Girls Field Lacrosse!!**