

Triboro Titans

Girls Lacrosse

MBYLL Metro West Division

Spring 2006 Season



Girls Lacrosse – Understanding the Game

In the MBYLL League, girls lacrosse teams for the 2006 season are based on the following age and/or grade levels:

- U 15 - 8th and 7th grades (11 field players, 1 goalkeeper)
- U 13 - 6th and 5th grades (11 field players, 1 goalkeeper)
- U 11 - 4th and 3rd grades (11 field players, 1 goalkeeper **or** 7 field players and 1 goalkeeper – each division will decide on the number of U11 field players)

Game length

For U13 and U15 teams, a game consists of two 25 minute running time halves. For U11 teams, a game consists of two 20 minute running time halves. The clock does not stop running after a goal or during the last two minutes of the game. Each team can request one two-minute time-out per half after a goal is scored. At the completion of the second half, the game ends even if the score is tied. There is no overtime play.

Before the game begins

Before the game begins, the umpire will check each girl to make sure she is not wearing jewelry (medical alert jewelry must be securely taped). She will also check each girl's stick. As the crosse is held in a horizontal position, pressure is applied to and released from a ball dropping into the pocket. The ball must remain even with or be above the crosse wall. (If a player adjusts their crosse after it has been checked and allowed into the game or wears jewelry on the field, their team will receive a foul and the other team will be given a free possession of the ball.)

Each team will then put on their gloves (optional), ASTM-approved goggles, and mouth guards (which are required and should not have protruding tabs) and position themselves on the field for the game. (Though there are no official boundaries, the field length for girls in the U13 league is typically 100 yards between goal lines, 10 yards behind each goal circle, and 70 yards wide.)

During the game, seven attack players are allowed in the offensive end, eight defensive players in their defensive end (7 field/1 goalkeeper). If an extra player puts any part of their foot over their restraining line (a line that runs across the field about halfway between the center line and the goal), it is a violation and it will result in a change of possession.

Note: Each team may substitute an unlimited number of players at any time during play, after goals, and at halftime. The player must be completely off the field before the substitute can pass a baton to the player and then enter the field through the team substitution area by the scorer's table.

Start of the game - center draw

Girl's lacrosse starts with a center draw. The two opposing center players stand with one foot on the centerline. The attack wings, third man, and third home players position themselves outside the circle that encloses the two players involved in the face off. All other players must be located on the goal side of either restraining line. (A maximum of five players from each team are allowed between the restraining lines during the draw.)

The two center players hold their crosses in the air, back to back at about hip level so that the ball can be placed in between them. The players must remain set until the whistle is blown. The center players then draw their sticks up and away from each other so that the ball flies above their heads. The other players who are circled around the centers can enter the circle after the whistle is blown and try to get the ball. (If they enter the circle before the whistle is blown, it is considered a foul and the other team will be given free possession of the ball.)

If either player draws too soon, moves before the whistle is blown, does not move their crosse up and away from their body, or the ball does not go higher than the heads of the players taking the draw, an illegal draw is called. This will result in a free position for one of the players. If both players draw illegally, or it cannot be determined which player was at fault, a throw will be taken. (The two girls stand side-by-side. The umpire throws the ball high in the air toward them, and they each try to catch it.)

A center draw is used to begin the first and second half of the game. It is also taken after any goal scored during the game. However, rather than a draw, a free position will be taken at the center line after a goal by the team with fewer goals if the one team is leading by more than four goals.

Goal scoring

To help players practice their skills, games are played with a three-pass rule. This means that players cannot take a shot on goal until three passes, including their goalkeeper's pass (called a "clear"), are completed or attempted. To score a goal and receive a point, the whole ball must pass over the goal line and between the posts. A goal may be scored off a defender's body or crosse, but not off of an attacker's body.

A goal will not be counted if the ball goes in the goal after the whistle is blown, a player has followed through a shot with her stick and/or body into the circle enclosing the goal (called a "crease"), or the player has taken a dangerous shot or follow through on the goalkeeper.

The goal is six feet wide by six feet high. Around the goal is a circular crease. The crease area is limited to entry by the goalkeeper and defensive players only. After the goalkeeper makes a save, she has 4 seconds to either pass the ball or run the ball out of the crease. Once she steps outside the crease, she is no longer allowed back into the crease unless she yields possession of the ball.

Around each goal there is an 8-meter arc and a 12-meter fan. A defense player can go within the 8-meter arc, but may only be there for 3 seconds unless she is tightly marking an opponent at least a stick's length away. If the defense commits a major foul within the 8-meter arc, the attack player is given a free position along

the line marking the arc. The interior of the arc is cleared of all players except the goalkeeper. The attack player can then pass the ball or shoot when the whistle is blown.

If the defense commits a minor foul within the 8-meter arc, the attack player is given a free position along the 12-meter fan. Other players must stay in their positions at the time of the foul. The attack player with the ball must pass before shooting.

The stand rule

When the whistle is blown, all players must stop and stand in their position, except for the goalkeeper who may move inside the goal's crease. The ball is considered dead until the whistle is blown again and players may not move toward the dead ball. If a time-out is called during a stand, all players must leave their sticks where they stopped when the whistle blew and then come back to their spot to continue play after the break.

Out of bounds

There is no specific boundary line around the lacrosse field. However, when the ball goes over the imaginary sideline area or beyond the area behind the goal and the official feels that the game is going astray, a whistle is blown to stop play and all players must stand still. Depending on the location of the players closest to the ball, one of the following things is done:

- When one player is closer to the ball, the ball is given to the player whose body or stick is closest when the ball went out of bounds. The player stands about four meters inside the agreed boundary line. The player on the opposing team must give the player with the ball one meter of clear space.
- When both players are equally close to the ball, a throw is taken. A throw is like a "jump ball" in basketball. Two players from opposing teams stand next to each other about one meter apart on the side that they are defending. On the whistle, the ball is thrown with a short high toss so that the two players can move in towards the game as they attempt to catch it and run or pass to a teammate. All other players on the field must be at least four meters away from the two players involved in the throw. If for some reason, the throw is not taken properly and neither player touches the ball, it will be taken again.

No checking rule

For U15 players, checking (stick-to-stick contact consisting of a series of taps in an attempt to dislodge the ball from the crosse) must be controlled. Both hands must be on the stick in a defensive position and the checks must be in a downward motion away from the body. The stick must also recoil after making contact with the opponent's crosse. Checking is only allowed below the shoulder. It cannot extend within a 7-inch sphere around the opponent's face and throat.

For U13 and U11 players, there is no checking allowed. In order for young players to master the fundamental skills such as cradling, scooping, passing, catching, footwork, proper positioning and guarding opponent players (called "marking"), the U11 and U13 teams play with a no checking rule. This rule allows players to focus on their own body and stick control without having any

dangerous, wild or swinging checks near the face and body. For young players, the major objective on defense is to practice running with their opponent, shadowing her stick, working to come up with a block and/ or interception while also maintaining proper goal side position.

Stick-to-stick contact is not always a violation of this checking rule. The defender who holds her stick in good defensive position can force the attacker to cradle into her stick causing contact. (However, she cannot push her stick into the other player's stick.) It is not considered a stick check because the attacker caused the contact. In another similar case, if the defense pulls her stick up to block or intercept a pass and the attacker makes contact in the act of passing or catching the ball. In both instances, the attacker caused initial contact so it is not considered a foul on the defense.

Major fouls

The penalty for major fouls is a free position with all players, including the offender, moving 4 meters behind the player with the ball. If the foul is committed by a defensive player within the 8 meter arc around the goal, the attack player will be given a free position on the 8 meter arc and be allowed to take a shot on the goal.

A player must NOT commit these major fouls:

1. (For U13 and U11 teams) Check their opponent in any way. A check to the head will result in a 2-minute suspension from the game, with another player being allowed to substitute for the player who committed the foul. A second offense will result in the suspension of the player from the game. A substitute may take her place.
2. (For U15 teams) Check roughly or recklessly. A check to the head will automatically result in a 2-minute suspension from the game. Players must have both hands on their stick and their checks must be below the shoulder and include a recoil.
3. Hold or cradle their crosse within an imaginary seven-inch sphere around an opponent's face and throat.
4. Use the crosse in a dangerous or intimidating manor.
5. Hook the bottom end of an opponent's crosse.
6. Reach across an opponent when running at the same level or from behind.
7. Block an opponent, moving in her path without giving her a chance to change direction.
8. Obstruct the shooting space in front of the goal, denying an attack player the opportunity to shoot safely.
9. Remain in the 8-meter arc surrounding the goal for more than 3 seconds unless marking an opponent at least a stick's length away.
10. Set a moving or stationary pick that does not allow the opponent enough space or time to change direction and contact occurs.
11. Detain an opponent by holding or pushing her with the body or crosse.

12. Trip an opponent, deliberately or otherwise.
13. Push her crosse into an opposing player's crosse.
14. Charge, barge, shoulder or back into an opponent.
15. Push an opponent with her hand or body.
16. Propel the ball or follow through with crosse in a dangerous or uncontrolled manner.
17. Shoot dangerously or without control. A dangerous shot is determined by distance, force and placement. You cannot shoot at field player or the goalkeeper's body (especially head or neck). A free position will be given to the goalkeeper even if the ball misses the goal.
18. Shoot from an indirect free position. (Player is required to pass first.)
19. Violate the restraining line. Seven attack players are allowed in the offensive end, eight defensive players (7 field/1 goalkeeper) in their defensive end. Any part of the foot over the line is considered a violation (players may reach over with their stick to play the ball).

Minor fouls

The penalty for minor fouls is a free position with all players including the offender, moving 4 meters away from the player with the ball in the direction from which she approached. If the foul is committed by a defensive player within the 8 meter arc around the goal, the attack player will receive an indirect free position (no shot may be taken until the ball has been played by another player).

A player must NOT commit these minor fouls:

1. Guard a ground ball with foot or crosse or cover the ball with the crosse.
2. Check an opponent's crosse when she is trying to get possession of the ball (empty stick check).
3. Guard the crosse with her arm. You cannot ward off other players or elbow them with a free arm.
4. Touch the ball with her hand or body.
5. Use the hand or body to keep the ball in the crosse.
6. Use any part of the body to impede, accelerate or change the ball direction.
7. Throw the crosse in any circumstance.
8. Take part in the game if she is not holding her crosse.
9. Substitute illegally.
10. Move before the whistle or fail to stand when the whistle is blown.
11. Intentionally delay the game with her behavior, such as by failing to move four meters away when an opponent is given possession of the ball.
12. Deliberately cause the ball to go out of bounds.
13. Take a shot on goal until three passes, including the goalkeeper's clear, are completed or attempted. (Officials have the final say in determining 3-pass

completion/attempts. Once the offense has fulfilled the three pass requirement, a new three pass count is not necessary as long as the ball has remained within the fifty-yard line, even if the defense plays the ball.)

14. Hold the ball for more than 3 seconds when closely guarded (the defense player is within a stick's length away and has two hands on the stick).
15. Verbally intimidate players on the opposing team. Any form of verbal intimidation will result in a change of possession.
16. Enter or have any part of her body or crosse in the goal circle at any time, unless deputizing for the goalkeeper.

A goalkeeper must NOT commit these minor fouls:

1. Allow the ball to remain in the goal circle for more than 10 seconds.
2. Reach beyond the goal circle to play the ball in the air on the ground with her hand.
3. Draw the ball into the goal circle when any part of her is grounded outside the circle.
4. Reenter the circle with the ball in her possession. Once the goalie leaves the crease with the ball, she **MUST** pass to a teammate who has the option of rolling or throwing the ball into the crease. The goalkeeper cannot directly relieve herself of pressure by reentering the crease with the ball in her crosse. However, if the goalkeeper is checked, she may then reenter the crease. She can also toss the ball into the circle and follow it in.
5. Throw any part of her equipment to her 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) when she is outside the goal circle.

Offenses resulting in a card

Umpires may distribute colored cards for the following offenses.

Card color	Offense
Green	Delay of game (failure to stand in place when whistle is blown, failure to move 4 meters away from player given a free possession of the ball, absence of mouth piece, or presence of jewelry). Action taken: Free position given to a player on the other team. All players must move 4 meters away from the player with the ball in the direction from which she approached.
Yellow	Rough, dangerous or unsportsmanlike conduct, abusive language, or behavior that deliberately endangers the safety of an opposing player. Action taken: 2-minute suspension from the game. A substitute may take her place.
Red	Second offense after issuance of a yellow card or a flagrant foul. Action taken: Suspension of player from game. A substitute may take her place.

Spectator expectations

In addition, any member of a team's coaching staff or a team spectator (who should be sitting on the opposite side of the field from the players) may be warned (yellow) or suspended (red) for their behavior. Coaches are responsible for the behavior of team followers if they get out of line addressing players, coaches, or umpires.

While spectators are more than welcome to encourage players during the game, they should not be screaming to players in such a manner that it is disruptive to other spectators who are trying to enjoy the game or to the point where it competes with or interferes with instructions being given to the team by the coaching staff. They should also not in any way be intimidating or abusive to players or umpires who are trying to officiate the game. In the event that any team follower is warned or suspended, the head coach of their team may be assessed the penalty.

Girl's Lacrosse Field Positions

Girl's lacrosse is a non-contact game typically played by 12 players: a goalkeeper, five attackers, five defenders, and one position that plays both attack and defense (the center).

Role of the attack players positioned in front of the opposing goal

The attack players positioned in front of the opposing goal (first home, second home, and third home) work with the attack players in midfield (center and wings) to run an effective offense. They require the most stick skill of all positions, with the exception of the goalkeeper. They must be quick, alert, and confident in one-on-one situations. They should possess good stick work with either hand and have quick feet to maneuver around the goal in heavy traffic. They need good peripheral vision and should be able to throw precision passes, as well as effectively dodge, screen, and shoot. These players are the team's scoring threat and, given an even match up, should score often. Typically these players work behind the net, called the "X" area, and on the flanks of the crease, called the "wings". Using this area gives them the most room to dodge and cut in front of the goal.

The attack players should pass the ball, dodge, and use picks (just like in basketball) to generate a good shot. Similar to basketball, the object is to move the ball around until the defense breaks and someone is left with an open shot. One way to do this is by letting an attack player go one-on-one with a defender. The attack player tries to beat her defender by dodging, causing another defenseman to move forward (referred to as 'sliding'), thereby creating an unbalanced situation in which she can either shoot or pass to someone else who is wide open.

Role of the midfield players

The center, attack wings, and defense wings are the backbone of the lacrosse team. They need speed, large amounts of stamina, hustle, and determination. They are responsible for a key aspect of the game - transition. Transition is by far the most important part of the game and helped create lacrosse's nickname, 'The Fastest Game on Two Feet'. Their job involves retrieving loose balls, clearing saved shots, and running and passing the ball up the length of the field.

If a team can get the ball and have an extra man advantage on the offensive end of the field, even for a split second, they have a good opportunity to score. When this advantage occurs in transition, it is called a fast break. These midfield players should also be able to shift quickly from an offense mode to a defense mode. They do not have to be proficient scorers, but they need to be able to read what is about to happen next.

Role of the defense players positioned in front of their team's goal

The defense is responsible for defending the goal. Their job is difficult. Although their size can be an advantage, it is more important that the defensive players be quick, agile, and aggressive. Their ability to act and react, to apply pressure, and to recover when an attack player gets by them is essential. Good footwork is an extremely important part of playing good defense. The defense must be able to apply pressure and be aggressive, without lunging a foot and body forward. This skill is important, otherwise the offensive player can then easily go around the overly aggressive defenseman. A defenseman must be able to think and react quickly and, most importantly, communicate with her fellow defensemen.

Role of the goalkeeper

The position of goalkeeper in lacrosse is probably one of the most intense positions of all sports. In her mind, the goalkeeper needs to be playing a high-speed game of catch with people who are not very good passers and don't throw the ball at her stick. She wears additional protective equipment, such as a throat guard and chest protector, but is not weighted down and needs to be very mobile. To work effectively, she must have the ability to concentrate and possess explosive speed. She needs excellent hand/eye coordination and very quick hands. The goalkeeper's role is also extremely important to the overall defensive strategy. She must be able to read the situation and direct the defensemen with a strong voice to react as she determines a clearing pattern to move the ball back up the field.

Center (attack/defense) position and responsibility:

Position	Responsibility
Center	You may hear that the person who plays the center position is considered a defensive player, but in reality, the center's position is unique. Her responsibility is to control the draw and play both defense and attack. She does more running than any other player on the field and is often a key person setting up plays. She should have extremely strong cradling skills, speed, determination, and, most of all, endurance to cover both ends of the field. The center will be required to fill in for defensive players caught out of position, so she must have good field vision and space awareness, as well as consistent ball skills and speed.

Attack positions and responsibilities:

Position	Responsibility
First home	The first home's responsibility is to score. Located in front of the goal, the first home must continually cut toward the goal for a shot, or cut away from the goal to make room for another player. She should have excellent stick work. She also needs excellent cradling, dodging and shooting skills to protect ball. She must be able to cut in close spaces and use the crease to her advantage.
Second home	The second home is considered the playmaker. She should be able to shoot well from every angle and distance from the goal. She can also go behind the goal and feed the ball to the players who are cutting toward the goal. She needs great stick skills and is often the attack's leader or play maker. She must be able to get open and receive passes to shoot or pass to someone else who can shoot.
Third home	The third home's responsibility is to transition the ball from defense to attack. She should be able to feed the ball to other players and fill in wing areas. She can also go behind the goal and feed the ball to the players who are cutting toward the goal. She must be a well rounded attack player with strong ball and shooting skills. She needs to anticipate, recognize, and move to open spaces away from the ball to support her teammates. If she can do this, she will have many opportunities to score.
Right attack wing	The right wing is responsible for transitioning the ball from defense to attack on the left side of the field. Attack wings should have strong cradling skills, speed and endurance, ability to receive the ball from the defense, and run or pass the ball. Attack wings are typically the team's fastest players. They need good decision making ability and must be strong passers and shooters.
Left attack wing	The left wing is responsible for transitioning the ball from defense to attack on the left side of the field. Attack wings should have strong cradling skills, speed and endurance, ability to receive the ball from the defense, and run or pass the ball. Attack wings are typically the team's fastest players. They need good decision making ability and must be strong passers and shooters.

Defense positions and responsibilities:

Position	Responsibility
Point	The point's responsibility is to mark first home. She is the defender closest to the crease. She must be a good decision maker and have good body positioning.
Coverpoint	The coverpoint's responsibility is to mark second home. She should be able to receive clears, run fast and have good footwork. The coverpoint leads the defensive unit. She should be the defender who is most competent in all defensive skills. She must also be a good decision maker and communicator.
Third man	The third man's responsibility is to mark third home. She should be able to intercept passes, clear the ball, run fast and have good footwork. She should also be assertive in breaking up midfield play by intercepting and sliding to cover free opponents. She needs to have good blocking skills and be able to anticipate loose balls. This position requires good timing, instinctive risk taking, speed, and versatility.
Right defensive wing	The right defensive wing is responsible for marking the attack wings and bringing the ball into the attack area. Defensive wings should have strong cradling skills, speed and endurance, ability to feed the ball to the offense, and run or pass the ball. Of all the defenders, the wings need to be the fastest. They must have good anticipation and blocking skills. They also need to be capable of shooting from the outside.
Left defensive wing	The left defensive wing is responsible for marking the attack wings and bringing the ball into the attack area. Defensive wings should have strong cradling skills, speed and endurance, ability to feed the ball to the offense, and run or pass the ball. Of all the defenders, the wings need to be the fastest. They must have good anticipation and blocking skills. They also need to be capable of shooting from the outside.
Goalkeeper	The goalkeeper's responsibility is to protect the goal. She is the only player allowed to touch the ball with her hands. She should possess quickness, agility, good stick work, courage, and confidence. The goalkeeper leads the defense by reading the situation and directing the defensemen to react. She also directs the clearing patterns and helps bind a team together. A good goalkeeper should have excellent hand/eye coordination and a strong voice.

Player positions at face off:

