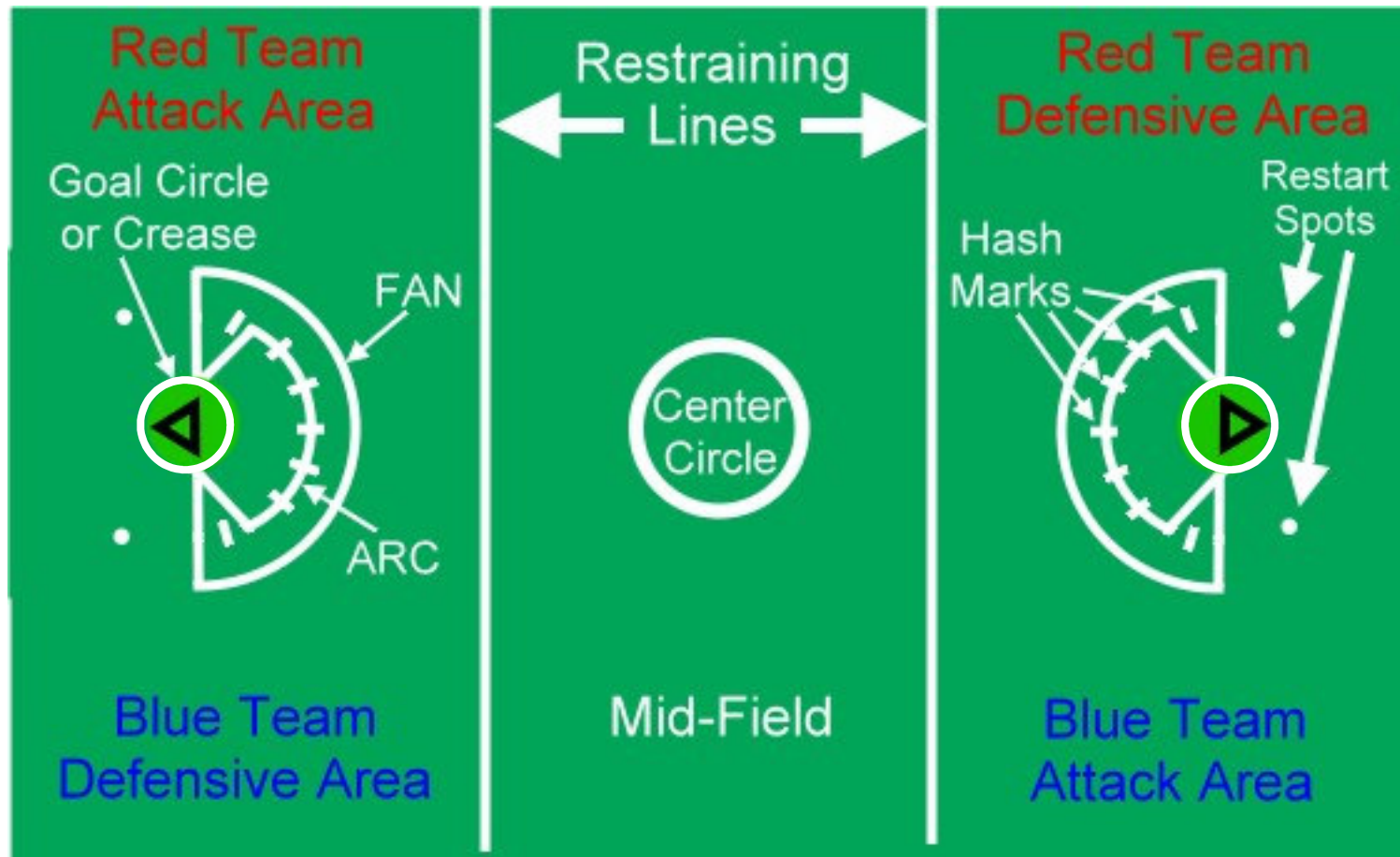


# Freehold Rec Girls Lacrosse Getting Started



# The Playing Field

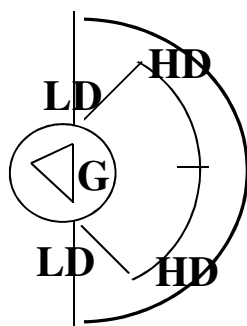


# The Players - typical playing positions

Twelve Players on the field per Team

## DEFENSE

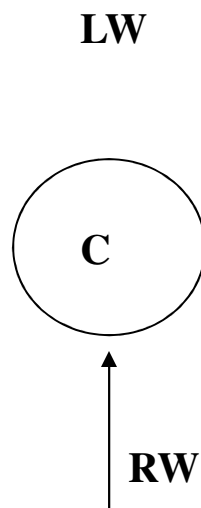
G - Goalie  
HD - High Defense  
HD - High Defense  
LD - Low Defense  
LD - Low Defense



Below the  
restraining line

## MID FIELD/TRANSITION

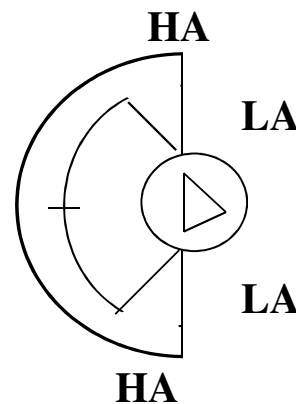
LDW - Left Wing  
RDW - Right Wing  
C - Center



Center Circle

## ATTACK

HA - High Attack  
HA - High Attack  
LA - Low Attack  
LA - Low Attack



Below the  
restraining line

# Positions: **Attack and Defense**

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- **Low Attack**  
Low Attack typically works close in to the net area, moves the ball behind the net, looking for opportunities to pass the ball to a player cutting the net, or making an aggressive move from behind the net to get off a quick shot.
- **High Attack**  
High Attack helps transition the ball from defense to attack. She works plays in front of the net, setting picks, cutting the net for passes, and executing dodges to get open shots on goal.
- **High Defense**  
High Defense covers the High Attack, preventing them from cutting for passes or dodging to the net.
- **Low Defense**  
Low Defense guard the Low Attack, trying to block passing lanes to prevent them from feeding the ball to other offensive players in front of the net and also preventing them from 'rolling the crease' to get a good shot at the net.
- **Goalie**  
The Goalie's primary job is to block shots from going into the net and get the ball to her defense once she gains control of it.

# Positions: **Mid-Fielders**

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- **Right Wing and Left Wing**

The Right Wings responsibility is to play both offense and defense. In the offensive zone, she must work with her partners to set pick, do give and go's, cut to the net for a pass. In the mid-field, she must ride the other teams players to prevent them from getting passes, or move to open space if her team has the ball to get a pass. In the defensive zone, she must guard the other team's players to prevent them from getting good scoring opportunities.

- **Center**

In addition to the same responsibilities as the Right and Left Wings, the Center also works to control the Draw, which is how play is usually started at the beginning of the game and after each goal is scored.

# Equipment

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- All Players excluding the goal keeper must wear:
  - Mouth guard
  - Goggles
  - Gloves Optional
  - No Jewelry
- The goal keeper must wear:
  - Helmet with Cage
  - Mouth guard
  - Neck guard
  - Gloves
  - Chest Protector
  - Shoulder Pads, Arm Guards, and Thigh Pads (football pants) are optional

# Important Rules to Know

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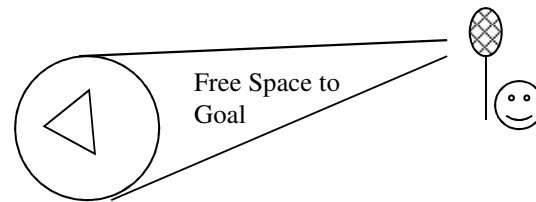
- GENERAL
  - During play, when the whistle blows, STOP moving
    - The Referee will tell you what occurred and where you should stand
  - You cannot touch the ball with your hand or body, but can kick the ball (just not into the goal)
  - You cannot push or hold with your body or stick
  - You cannot cover a loose ball with your stick to prevent an opponent from playing the ball (including goaltender)
  - You cannot check an opponent's stick when she doesn't have the ball in her crosse, particularly while attempting to gain control of a ground ball
- OFFENSE - ATTACK
  - Cannot cradle within 7 inches from your head
  - Cannot 'penetrate' the crease with your body or your crosse, even on a follow-through on a shot. The circle around the net is called the crease.
  - Cannot push through an opponent who has a legal field position
  - Cannot "Propel" the ball towards an opponent's head or body, including the goalie!
  - Must control your stick, even on a 'follow-through' on a shot
  - When the shot goes out of bounds, the player closest to the ball get possession to restart play at the point where the ball went out of bounds

# Important Rules to Know

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- **DEFENSE**

- Body position - cannot reach from behind an opponent and hook her body or crosse with your crosse
- Cannot go in crease ( unless in deputy position)
- Cannot obstruct 'free space to goal' of an opponent attempting to shoot from within the critical scoring area unless you are marking opponent
- Marking is being within one stick length of the opponent you are guarding



- Cannot be in 8 meter arc for more than 3 seconds without marking an opponent.

- **GOALIE**

- Has ten seconds to clear the ball from the crease upon gaining possession
- She can pick up the ball with her hand and place it in her crosse while in crease



# Starting A Game

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- Each team has 12 players on the field.
- The two center “draw” at the center line and play starts when the Ref blows the whistle
- Each team can have 3 players between the restraining lines for the draw:
  - Only one player from each team can be in the center circle to take the draw
- All other players must stay below the restraining until the ref calls that one team has possession of the ball. At that point, all players can cross the restraining line, but must remain “on-side.”
- If a Team has more than 8 players in their Defensive Area or more than 7 players in their Attack Area, they are Off-side. If a team is playing down a player due to a penalty, that team must play with only 7 in their Defensive Area or 6 players in their Attack Area to remain On-side

# Penalties: **Minor Fouls**

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- Less severe than Major Fouls and less disruptive to play
- Examples:
  - Empty stick checks
  - Covering or guarding a ball with the stick or other body part
  - Hand or other body part contact with the ball that gives advantage
  - Illegal stick, no mouth guard, or wearing jewelry
  - Deliberately putting ball out of bounds, delay of game, illegal draw
- Assessing minor fouls outside 12 meter fan:
  - Fouled player/team gets ball at spot of foul
  - Fouling player is moved 4 meters from fouled player in direction of approach
- Assessing minor fouls inside 12 meter fan
  - Fouled player get indirect free position on nearest spot on 12 meter fan.
    - Fouled player cannot shoot directly on goal
  - Fouling player moves 4 meters from fouled player in direction of approach

## Penalties: Major Fouls

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- Potentially dangerous that may cause physical harm or demonstrate unsportsman-like conduct
- Major fouls can be divided into 3 areas
  - Fouls with the stick (examples)
    - Holding or moving stick to close to or toward an opponent's head
    - Rough or reckless stick checking
    - Holding the opponent or her stick with the stick
    - Ball carrier holding or cradling the ball in front of her face
  - Fouls with the body
    - Defenders cannot restrain or hold attacker by blocking, detaining, or pushing attacker
    - Attacker may not charge defender, lean into defender with shoulder, or back into defender
  - Foul inside the Fan
    - Three second violation on the defender: defender must be marking opponent inside the eight meter arc: Major foul if not doing so for more than 3 seconds
    - Obstruction of shooting space by defender (see page 8):
    - Dangerous play (propelling) by an attacker shoot on goal: Shooter must control the shot and stick after releasing shot. Shooter can also be caller for a dangerous or uncontrolled shot, depending on shot placement, speed and distance

# Penalties: Major Fouls

- Assessing Major fouls outside of the 8 meter arc:
  - The foul player/team get a free position (gets the ball) and the fouling player must move 4 meters behind the fouled player
  - All other players are moved 4 meters from the fouled player
  - If within the critical scoring area, the penalty lane to goal is cleared
- Assessing Major fouls inside of the 8 meter arc:
  - If the defense fouls:
    - the offense gets a free position on the hash mark on the 8 meter arc closes to the spot of the foul
    - The fouling player is placed 4 meters behind the fouled player on the fan
    - The arc and penalty lane are cleared of all players
    - The offensive player can shoot directly on goal on the umpire's whistle
  - If the offense commits a foul:
    - The defense gets the ball on the 8 meter arc
    - Attack player committing foul moves 4 meters behind the defense
    - All players must be 4 meters away, but the arc and penalty lane are not cleared