

Basic Rules for Girls Field Lacrosse

Girl's/Women's Field Lacrosse is a quick, free flowing game which is easy to understand and watch. The game is played on a field 100m x 55m with 12 players aside on the field. A full roster is 16-20 players. Girl's/Women's Lacrosse is a non - contact sport. There is no aggressive checking with the stick or the body. This results in a game which has added emphasis on a fast paced, polished game, centred on ball movement. Protective equipment is virtually non existent, making the game not only a fast, enjoyable game to play, but an economical one too. A lacrosse stick and mouth guard are all you need to play.

- **Checking:**
There is **no body checking in women's**. A women's stick can be "checked" or hit while the player is carrying the ball. Checks across the body, near the face, toward the head, and "out of control" checks are illegal.
- **Timing:**
Women's lacrosse is **played in two halves, usually twenty five minutes each**. The clock is stopped after a goal, for an injury, some penalties (yellow and red cards) and on every whistle blow during the last two minutes of each half.
- **Penalties:**
Penalty discipline **depends where the players are on the field**. If a penalty is committed in the mid field, the fouling player must stand four meters behind the player she fouled. If it occurred inside the eight meter arc near the goal, the fouled player will receive a free position shot. This means that she has a free lane to the goal and the closest defense will be allowed to stand four meters from her. Three cards can be issued in women's lacrosse; green means delay of game. It is given for wearing jewelry or taking too long at half time. It is given to the speaking captain of the team. She does not have to exit the game. Yellow card is for a dangerous foul; hitting a player in the head, cursing. The offending player is taken out of the game for three minutes. She is replaced on the field, which means there are always twelve players on the field at all times. She may re enter the game. A red card is immediate removal of the game, with no re entrance. Two yellow cards equal a red card. A red card can also be given without a previous yellow card; if a team has been checking roughly all afternoon, the ref may issue a red card to prove a point that she is serious and the checking needs to be stopped.
- **Out of bounds:**
There are **no out of bounds lines in women's lacrosse**. If a ball goes out of bounds, the player closest to the ball receives it. This is why you will regularly see girls sprinting towards the side lines with their sticks reaching toward the ball. If a ball is thrown intentionally out of bounds to an open player, it will be a turn over.
- **Some other basic rules:**
Once the **whistle is blown to stop play** in a girls' game, **all players must stop on the whistle**. The equipment used in girls' lax is a girls' lacrosse stick, mouth guard. Goggles are optional. On average one girl's team scores eight goals per game.