



# WOMEN'S LACROSSE RULES

## PRAVIDLA ŽENSKÉHO LAKROSU

The object of the game is to use a long handled racket, known as a lacrosse stick or a crosse, to catch, carry, and pass a solid rubber ball in an effort to score by ultimately hurling the ball into an opponent's goal. The triangular head of the lacrosse stick has a loose net strung into it that allows the player to hold the lacrosse ball. Defensively the object is to keep the opposing team from scoring, and to dispossess them of the ball through the use of stick checking and body positioning. The rules of women's lacrosse differ significantly from men's lacrosse, most notably in equipment and the degree of allowable physical contact. The game however does allow for stick to stick contact and players are able to check the opponent's stick to try and obtain possession of the ball.

As a result of this lack of contact, the only protective equipment mandated for all players is a mouth-guard. Close fitting gloves, nose guards and eye guards are optional; however, the goalkeeper is required to wear a helmet with face mask, a throat protector, and a chest or body pad.

The women's lacrosse game has seen numerous rule changes, particularly over the last few years. Modifications have included restraining lines which limit the number of players in the offensive/defensive end, hard boundaries, and stick modifications which have led to offset heads, thereby allowing the women's game to move faster.

- **Number of players:** 11 + a goalkeeper, substitution during the game is not limited, the international rules allow for 18 players on a World Event roster.
- **Playing time:** two periods, 30 minutes each, the clock is stopped after a goal and during the last two minutes of each period when the game is interrupted. If the score is tied at the end of regular time in a play off match, then two 3 min periods of over time are played. After that "sudden death" takes place.
- **Field size:** approximately 100x55 m, the field is divided into three zones. There are a 15m semicircle called the 15m Fun and a "pie" shaped area called the Marking Area in front of each goal. The goal size is 183x183 cm.
- **Equipment:** lacrosse stick length approx. 1 m, the depth of the mesh is limited by diameter of the ball; mouth-guard.
- The game starts with a draw in the middle circle. There is also a draw after each goal.
- When the game is interrupted, all the players except for the goalkeeper in the goal circle have to keep the position until the game is restarted.
- Eight attack players versus nine defence players (incl. the goalie) are allowed below goal side of the restraining lines.
- A player cannot cover the ball with her stick, touch the ball with any part of her body and gain an advantage from it, defend a player who does not possess a ball and hit another player's empty stick.

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- There is a penalty of losing a ball for serious fouls (slashing, charging, pushing, holding, blocking, dangerous follow-through, propelling and shots). The player who committed the foul starts the game in position 4 m behind the fouled player. In case of such a foul in Marking Area, all the players must leave this area and the attacking team is given a free shot.
- A player can poke the ball out of another player's stick with a short hit to the stick head or its free end.
- Cards and penalties: yellow card – a 2 minute suspension, a substitute is allowed to enter the game; following the third and any further cards, team plays man down; yellow/red card – a player carded for the second time receives a yellow card immediately followed by a red; team plays man down for 5 minutes; straight red card – a 10 minute suspension; team plays man down.
- The passive defence rule – a defending player cannot stay in the Marking Area for more than 3 seconds unless she is actively defending an attacking player.
- The shooting space rule – a defending player cannot obstruct free space to goal to an attacking player who intends to shoot.
- A free shot is given to an attacking team when either of these two rules is broken.