

Our Mission

To promote and facilitate a safe environment for women's lacrosse;

To recruit, train and rate new officials;

To develop and retain higher-rated officials;

To educate participants about the rules of women's lacrosse;

And to contribute to the overall values of sportsmanship and teamwork in the State of Washington.



Photo by LaurieUsher.com ©2006

Become an umpire for girls' lacrosse today!

WWLUA needs your continued support as parents, spectators, coaches, and umpires to grow this game and keep it safe and fun. We support the Positive Coaching Alliance (www.positivecoach.org). Demand for umpires is enormous and we hope that you will consider joining the team in stripes! We will provide all the training you need to become an umpire of girls' lacrosse.

WWLUA

Washington Women's Lacrosse Umpire Association

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Bellevue, WA 98004

For more information, please visit our website
www.wwlua.org
or contact our local board chair
chair@wwlua.org

Want to learn more about the game and rules of Girls' Lacrosse?



Darf Zehr Photography ©2007

We're here to help!

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In this pamphlet you'll find...

An overview of the game
Brief summary of rules
How to get involved

An Introduction to Girls' Lacrosse

Play of the Game

In girls' lacrosse, there are 12 players per team, including the goalkeeper. Play is started with a draw, where two players line up at the center of the field, holding their crosses back-to-back. The umpire places the ball between the crosses, and on the whistle, they must draw up and away to send the ball into the air. A draw is also taken after each goal.

The object of the game is to pass the ball and move up field towards your opponents' goal to score. On every whistle, players must stand and not move until the whistle restarts play. The restraining lines are 30 yards from the goal lines, and teams are allowed 7 players over the line in their attacking end and 8 players over the line in their defensive end (including the goalkeeper). The boundary is a hard line — stepping on or over the line is out of bounds and a turnover, except when a shot or deflected shot goes over the boundary, when the nearest player is awarded the ball.

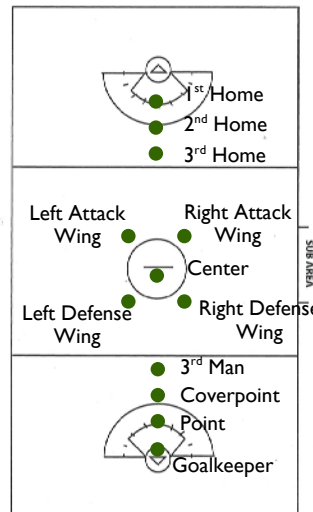
Other lines on the field include the goal circle, 8 meter arc, 12 meter fan, and hash marks (along the 8m arc). Only the goal keeper is allowed within the goal circle with full protective gear. The other lines are used to set up free positions, awarded when a foul occurs near the goal.

Major Fouls

Major fouls are generally concerned with the safety of players and unfair play. Some major fouls are pushing, tripping, reaching across the body, rough/dangerous check, check towards the sphere (a protected 7-inch space around the head of a player), blocking, charging, false start, three seconds (in the 8m arc), off-sides, and obstructing the free space to goal (also called “shooting space”). Some major fouls warrant an immediate yellow card, including slashing, dangerous propelling (of the ball), dangerous follow-through (of the stick into a player), and check to the head. A player receiving a yellow card must exit the game for 3 minutes (elapsed playing time) and no substitute may enter (creating a “player down” situation). Two yellow cards suspends a player from the remainder of the game. Anyone receiving a red card is ejected from the game and may not participate in the next game.

Minor Fouls

Minor fouls are concerned with fair play. Some minor fouls include covering the ball, empty stick check, illegal draw, warding off, deliberate body ball, illegal crosse, delay of game, and wearing jewelry.



Field Positions

The diagram shows how a team lines up for a draw; the other team lines up facing the other direction. On a draw, each team may have up to 5 players between the restraining lines.

Goal Circle Fouls

Field players may not cross the plane of the goal circle except on a shot, nor may the goalkeeper carry the ball from outside to inside the goal circle.

Penalty for Fouls

The penalty for a foul is a free position, awarded to the non-offending player or team. All players must be 4 meters (13.1 feet) away from the free position to restart play, and when a player commits a major foul, she must move 4 meters behind the free position.

Youth Rules

The rules of girls' lacrosse are modified for the youth level (below high school) in order to introduce the terms, field, positions, stick skills, and teamwork required to play the game safely and fairly. Youth are not allowed to stick-check at Level B (U-13 in WA). Level A youth (U-15) use a modified check where the entire stick must be below the level of the shoulders and the motion is controlled, down and away from the body. In WA state, our youth programs do not yet qualify for Level FC (full checking). Youth are awarded the ball for good defensive positioning with the “3 second holding” rule (defense must be in good position with both hands on the stick). Youth may not follow-through into the goal circle on a shot and a draw is not taken if there is a 4 or more goal differential between teams (the ball is given to the team with fewer goals).

