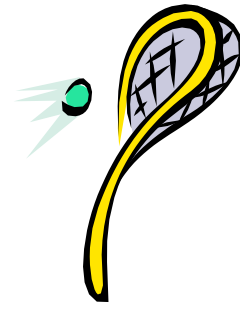


## A PARENT'S GUIDE TO THE BASIC RULES OF LACROSSE



The game is started with a **DRAW** by the two Centres. No player can move into the centre circle until the starting whistle blows. Only five members of the team are allowed around the circle.

When the whistle blows for a foul, all players must **STAND STILL!**

The game is played with boundaries but can be played without. There is a **RESTRAINING LINE** and four attacking and five defending players must stay behind this line.

A **THROW** is taken either when there is a simultaneous foul or when the ball goes out of bounds and two opposing players are equidistant from the ball.

1. **MINOR FOULS** – A **FREE POSITION** is awarded  
Penalty - offending player is put 4 metres away

- **EMPTY STICK CHECK**

A player cannot tackle another player's stick if it is empty (i.e. without a ball in it!)

- **COVERING / TRAPPING**

A player cannot use her stick to cover or trap the ball on the ground (thereby preventing another player from picking it up).

- **GOAL CIRCLE INFRINGEMENTS**

Players cannot step across the goal circle line at any time (unless the goalie is out of the circle!) NB. If this happens after a shot the umpire calls a crossover and the goal is disallowed.

The goalkeeper must clear the ball within 10 secs

The goalkeeper may stop the ball with her hands or body and reach her stick out to bring the ball back into the circle, providing no part of her body is grounded outside the circle.

2. **MAJOR FOULS** – a **FREE POSITION** is awarded  
Penalty – offending player is put 4 metres behind

- **DANGEROUS STICK CHECK/SLASH**

Any tackle that is deemed too rough, towards the head or towards the body. When two players are running side by side, a player cannot tackle across the body unless her feet are **LEVEL** or **INFRONT** of her opponent's.

- **CHARGING, BARGING, TRIPPING, PUSHING** or **BACKING** into an opponent

- **DANGEROUS SHOT**

- **MARKING AREA VIOLATION**

A defending player cannot stay in the 'fan' area for longer than 3 seconds without actively marking a player (i.e. one stick length away from them)

- **SHOOTING SPACE**

A defending player cannot move behind another defender in the line of shot (i.e. so that she is 'blind' to the player with the ball)