

Basic Rules to Girls High School Lacrosse

Contact is very limited; no contact within 7 inches of the head alongside other rules.

Rough checks, and contact to the body with the Crosse or body, are not allowed.

12 Players per team

The high school girl's game is 50 minutes long, each half being 25 minutes. In both collegiate and high school play, teams are allowed two timeouts per game (including overtime).

There are usually 3 all-time offense, 3 defensive players, a goalie, and a center player complimented by 4 wing players, usually 2 defensive wings, and 2 offensive wings.

Eight-Meter Arc: A semi-circular area in front of the goal used for the administration of major fouls. A defender may not remain in this area for more than three seconds unless she is within a stick's length of her opponent.

A. On a shot, the shooter may follow through with her Crosse over the goal circle. Her feet must not touch the goal circle. The attacker's shooting motion must be initiated from outside the goal circle.

B. On a shot, the player(s) directly defending the shooter may reach into the goal circle with her Crosse(s) to block the shot or check the shooter's Crosse. A defender's feet must not touch the goal circle.

EXCEPTION: Follow through over the goal circle will NOT be allowed for play below the 9th grade level.

C. The crosses overall length shall be no more than .9m (35 1/2") minimum and 1.1 m (43 1/4") maximum.

D. The top of the ball remains above the top of the wooden or plastic wall after pressure has been applied to and released from a ball dropped into the pocket of a horizontally held Crosse.

E. The ball moves freely within all parts of the head of the stick, both laterally and along its full length.

Some of the more called Fouls:

F. Holding: hold an opponent's Crosse when the opponent is in possession of the ball.

G. Crosse in the sphere: hold her Crosse within the sphere around the face or throat of an opponent.

H. Illegal Contact: initiate Crosse to body, or body to Crosse contact.

I. Blocking: block her opponent by moving into her path without giving her a chance to stop or change direction.

J. Charging: charge, barge, shoulder, or back into an opponent.

K. No Jewelry: a Player cannot take part in the game if she is wearing jewelry.

L. Play from out of bounds: No Player can take an active part in the game when her foot/feet are out of bounds.

M. Illegal re-entry: When a Player runs out of bounds and re-enter to a more advantageous position.

Team Fouls/Offside:

Section 7. A team must not have more than 7 players on or over the restraining line in their offensive end or have more than 8 players on or over the restraining line in their defensive end.

Substitution Procedures :

Section 22. Before entering the game, any substitute must report to the scorer's table. Players may enter the game using the following procedures:

a. During Play: after reporting to the scorer's table the substitute must remain within the substitution area before entering the game. A substitute must not go onto the field until the player she is replacing has entered the substitution area (this includes the goalkeeper). No other players shall be in this area except those involved in the substitution.