

2024 Girls Lacrosse – Definition of Terms

BLOCKING takes place when a player moves into the path of a player with the ball without giving that player a chance to stop or change direction causing contact. When a player is running to receive the ball, a "blind side" defense player must give enough time and/or space to change direction.

CHARGING takes place when the player with the ball pushes into, shoulders, or backs into and makes bodily contact with an opponent who has already established position (though not necessarily stationary).

CHECKING is an attempt to dislodge the ball from an opponent's crosse by using controlled crosse to crosse contact.

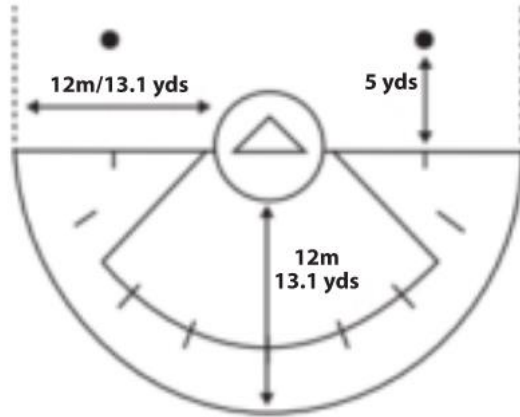
CLEAR is any action taken by a player within the goal circle to pass or carry the ball with the crosse out of the goal circle.

CLEAR SPACE indicates the space between players which is free of crosses or any parts of the body.

COACHING AREA is the area on the bench/table side of the field extending from the substitution area to the team's end line, and even with the level of the scorer's table extended (at least 4 meters from the sideline) and does not include the area.

Cradling- Moving your crosse in a manner that keeps the ball in the pocket of the crosse.

CRITICAL SCORING AREA indicates an area at the end of the field where the attacking team is shooting for goal. Its boundaries are 12 meters (13.1 yards) in front of the goal circle to the end line and 12 meters (13.1 yards) to each side of the goal 12m circle. No extra lines will be marked on the field and yds this will be called in the judgment of the official.



CRITICAL SCORING AREA Diagram

CROSS-CHECK uses the shaft of the crosse to hit, push or displace an opponent.

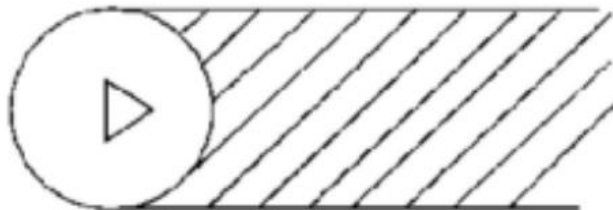
Cutting- Attacker runs toward the goal looking to get open to receive a pass.

DANGEROUS PLAY consists of actions that are rough, threatening and/or are without regard to player safety. May be carded.

DANGEROUS SHOT is judged on the basis of the combination of distance, force and placement.

DEPUTY is a player on the defensive goalkeeper's team who may only enter or remain in the goal circle when the deputy's team is in possession of the ball and the goalkeeper is out of the goal circle.

DIRECTLY BEHIND THE GOAL CIRCLE is the area between two lines extending perpendicular and back from the goal lines extended, tangent to the goal circle.



DIRECTLY BEHIND THE GOAL CIRCLE Diagram

Draw- A technique to start or resume play in which a ball is placed in between the sticks of two opposing players, a whistle is blown, the sticks are drawn up and away, and the ball is sent above the heads of the player before one of the players takes possession of it.

8-METER ARC is the area in front of each goal circle inscribed by two lines drawn at 45-degree angles extending from the intersection of the goal circle and the goal line (extended); connected by an arc marked 8 meters from the goal circle.

EJECTED PLAYER is a player who has received a Red card and is disqualified from the game and shall be ineligible to play in the team's next game or as required by state association policies.

Fast Break- A transition scoring opportunity in which the offense has at least a one-man advantage.

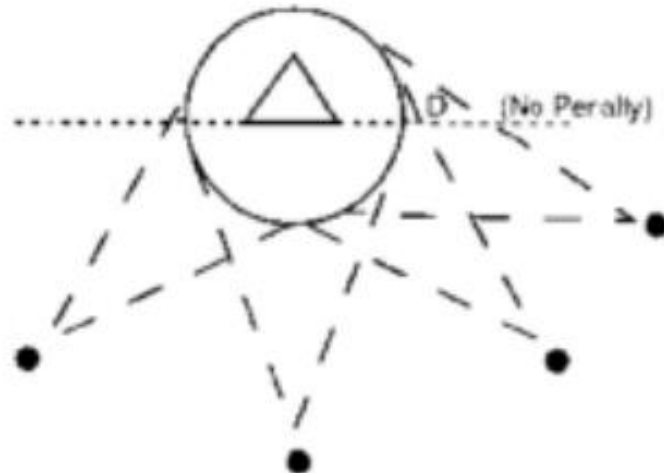
FIELD PLAYER is any player other than the goalkeeper. It is a defense or attack player whose primary responsibility encompasses an area outside the goal circle and to whom no special privileges have been awarded according to the rules.

FLAG is a held whistle, with flag raised, once the attack has entered the critical scoring area and is on a scoring play.

FREE POSITION is the penalty awarded for any foul. The player taking the free position may run, pass or shoot. **EXCEPTION:** The player taking an indirect free position may not shoot until the ball has been played by another player.

Free shot (8-meter shot)- Penalty awarded from a hash mark on the 8-meter line when a major foul is committed within the 8-meter arc. All players, except the goalie, must move outside the arc. When the umpire blows the whistle, the player can take a shot on goal or pass while the defense moves in.

FREE SPACE TO GOAL (SHOOTING SPACE) is a path to goal within the critical scoring area as defined by two lines extending from the ball to the outside of the goal circle. No defense player will be penalized if positioned below the extension of the goal line.



FREE SPACE TO GOAL (SHOOTING SPACE) Diagram

Goal Circle The circle around the goal with a radius of nine feet into which only the goalie can enter or a Deputy when the goalie leaves the circle.

GREEN CARD is recorded in the scorebook against the offending team, indicating a team caution for delay of game and that the next team offense results in a green/yellow card to the offending player.

GROUNDED refers to any part of a player's body (including the goalkeeper or deputy) touching the ground outside the boundary lines or goal circle while attempting to play the ball from inside the playing area or goal circle.

Head- The plastic or wood part of the stick connected to the handle.

HELD WHISTLE (SLOW WHISTLE) is when the official refrains from enforcing a rule when a player is fouled and maintains quality possession and calling the foul would disadvantage the non-offending team.

ILLEGAL PLAYER is an extra player, suspended player, ejected player or a player not listed or incorrectly listed on the roster and/or in the scorebook at the start of the game.

ILLEGAL PROCEDURE refers to fouls that are procedural in nature, i.e. False Start; Illegal Substitution; Too Many players; etc.)

INDIRECT FREE POSITION is the penalty awarded for a minor field foul by the defense inside the 12-meter fan. The player taking the free position may run or pass but may not shoot until another player has played the ball.

LOWER SIDE OF CROSSE refers to the wood on a wooden crosse and to the right side of a plastic crosse as one looks at the crosse with the pocket facing the player.

MARKING is guarding an opponent within a stick's length.

Man Down Defense - The situation that results from a time-serving penalty which causes the defense to play with at least a one man disadvantage.

Man Up Offense - A man advantage that results from a time-serving penalty.

OFFSETTING is when a player from each team commits a foul (major and/or minor) during the same play, or when the attacking team commits a foul during a flag situation.

OFFSIDE refers to a team with more players over the restraining line than is permitted by the rules.

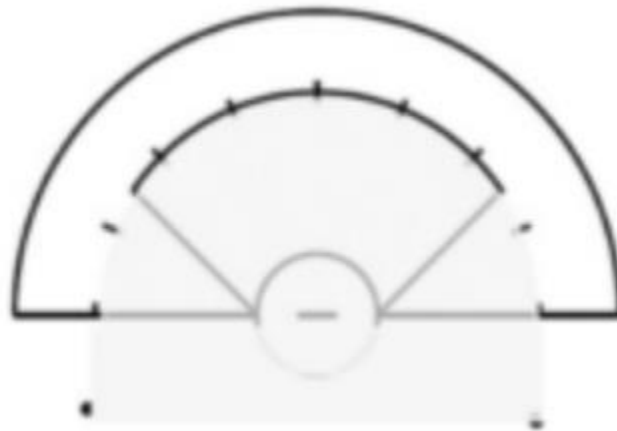
PENALTY AREA is the area directly in front of the scorers/timer's table and at the rear of the substitution area where any player who has been carded will sit or kneel while serving penalty time.

PENALTY LANE is the path to the goal that is cleared when a free position is awarded to the attacking team inside the critical scoring area in an area in front of the goal line. The path is defined by the imaginary parallel lines that extend from the width of the goal circle. All other players must clear this lane when a free position is awarded in front of the goal.



PENALTY LANE Diagram

PENALTY ZONE is the area 8 meters away from the goal circle above goal line extended (includes the entire 8-meter arc and both "pie" areas) and the area created by the extension from the 8-meter marks (on the goal line extended) back to the dots and between the dots.



PENALTY ZONE Diagram

PICK is a technique in which a player without the ball, whose positioning, forces the opponent to take another route. To be legal it must be set within the visual field of the opponent allowing enough time and space to stop or change direction. It may be moving or stationary.

PLAYED refers to an action whereby the ball leaves the player's crosse and is touched by another player, or crosse is checked crosse to crosse by an opposing player, or play is stopped due to a foul by an opponent. The ball does not have to be successfully dislodged from the crosse.

PLAYER POSSESSION is when the ball is in a player's crosse and the player can perform any of the normal functions of control such as cradle, carry, pass or shoot.

PLAYING DISTANCE is the length of a stick and a half.

RED CARD is given to an offending player, coach or any team personnel, who is immediately ejected from the game. Anyone who has received a red card shall be prohibited from participating in the team's next game.

Release- The term used by an official to notify a penalized player in the penalty area that she may re-enter the game.

RESTRAINING LINE is a solid line at each end of the field 30 yards up field from the goal line which extends fully from one side of the field to the other side.

RUNNING CLOCK is when the clock continues to run after a goal unless a timeout is signaled by the official.

Scoop- Picking up a ground ball.

SCORING PLAY is a continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. The scoring play is over when:

- a. A shot is taken.
- b. The attacking team loses possession of the ball.
- c. The attacking team passes or carries the ball behind the level of the goal line and stops the continuous attempt to score.
- d. The attacking team stops the continuous attempt to score or the player with the ball is forced by the defense to lose forward momentum.
- e. The attacking team fouls.

SLASH is the reckless and/or dangerous swing of the crosse at an opponent's crosse or body whether or not the opponent's crosse or body is struck.

Slow Break - A transition scoring opportunity in which the offense is even or has at least a one-man down.

SPHERE is an imaginary area of 7 inches (average crosse width) surrounding the head.

STOP CLOCK means the clock stops after each goal and when time-out is signaled by the official.

SUBSEQUENT FOUL is one that occurs after the initial foul has been called. For an example, a player is awarded a free position because of a foul by an opponent but then before play starts the player, or a teammate, commits another foul such as taunting the opponent.

SUBSTITUTE is any player who has not been disqualified and whose name and correct number have been.

SUBSTITUTION AREA is the area in front of the scorer's table, centered at midfield, and sectioned off by two hash marks that are each 5 yards from the center line of the field.

SUSPENDED PLAYER is a player that has received two yellow cards and is ineligible for the remainder of the game.

TEAM BENCH AREA is the area from the end of the substitution area to the team's restraining line, and even with the level of the scorer's table extended (at least 4 m from the sideline) and does not include the area directly behind the scorer's table.

Three Second Rule- Defensemen may not remain in the 8m arc for more than three seconds without marking another player.

TOEING THE LINE refers to the placement of the foot up to, but not on, the line.

Unsettled Situation- Any situation in which the defense is not positioned correctly, usually due to a loose ball or broken clear.

12-METER FAN is a semicircle area in front of each goal circle bounded by an arc 12 meters from the goal circles.

WITHIN A STICK'S LENGTH is when any part of the opponent's body is inside a cross length. It is the distance a player must be to the player's opponent to be actively marking this opponent.

YELLOW CARD is given as a warning to an offending player, coach or team personnel. A second yellow card to the same individual will result in that person being suspended from further participation in that game.

ALL CAPS DEFINITIONS are taken from the 2024 NFHS Girls Lacrosse Rules book.