

Female Lacrosse Rules 2022

Novice Rules – Option X

The Game

- a) The duration of the game shall be three twenty-minute straight time periods, with intermission of three minutes between periods. Each period shall start with a centre face-off.

Score Sheet

- a) A score sheet must be completed prior to each game
- b) All goals, Assists, and penalties are recorded and the score is displayed on the scoreboard. A differential of more than five goals is not displayed

Contact

- a) Defensive players may place their stick on a ball-carrier and use equal pressure to prevent her movement
- b) Stick contact is only allowed on non-ball-carriers within the 24 foot dotted line, and the contact may only be equal pressure to prevent this from her movement
- c) Any offensive player (including the ball-carrier) who deliberately charges directly at a defensive player may be assessed a charging penalty
- d) There is to be no body-checking
- e) A defensive player may check an offensive player by placing their stick head on an opposing player's stick head

Fall Back Rule

- a) The fall back rule applies when possession is awarded to the goalie. All defensive players must enter the neutral zone. All the defensive players must stay in the neutral zone until the offensive player with the ball has entered the neutral zone.

Pee Wee Rules - Option X

Contact

- a) Defensive players may place their stick on a ball-carrier and use equal pressure to prevent her movement
- b) Stick contact is only allowed on non-ball-carriers within the 24 foot dotted line, and the contact may only be equal pressure to prevent this from her movement
- c) Any offensive player (including the ball-carrier) who deliberately charges directly at a defensive player may be assessed a charging penalty
- d) There is to be no body-checking
- e) A defensive player may check an offensive player by placing their stick head on an opposing player's stick head

Bantam 16U and Junior Rules – Option A

Contact

- a) Defensive player may place their stick on the ball-carrier and push them away
- b) Place and Push is only allowed on non-ball-carrier within the offensive zone
- c) Any offensive player (including the ball-carrier) who deliberately charges at a defensive player may be assessed a charging penalty