

## GET INVOLVED TODAY

To find out more contact the  
England Lacrosse Officiating  
Co-Ordinator

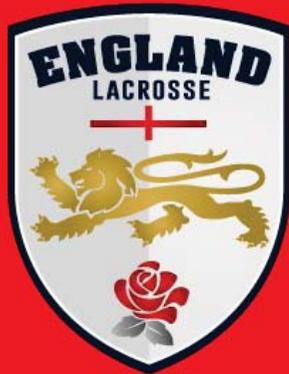
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## The Spectator's Guide to Rules and Officiating

## RESPECT

### The Code of Conduct for Spectators

- Remember that children play for fun.
- Applaud effort and good play as well as success for both teams.
- Always respect the officials' decisions.
- Remain outside the field of play and maintain a respectful distance from coaches and players, observing team box areas if available.
- Demonstrate positivity towards all players and coaches; let the coach do their job and not confuse the players by telling them what to do.
- Encourage the players to respect the opposition, umpire/referee and match officials.
- Avoid criticising a player for making a mistake – mistakes are part of learning.
- Never engage in, or tolerate, offensive, insulting or abusive language or behaviour.
- Be aware of my online presence and behaviour and ensure any messages or posts adhere to the positive spirit of our game.

## THE FUNDAMENTALS OF LACROSSE

**This guide is designed to give an insight into the game of women's lacrosse as played in England.**

**It is not a replacement for the rulebook and we encourage you to visit our website to find out more.**

- Lacrosse is played between two teams of 10 players.
- The game is played in four quarters, each of 15 minutes (Two, 20 minute halves at school).
- Only 3 pairs may contest the draw in the centre third until possession is gained.
- Each team may have a maximum of 6 outfield players in their attacking/defending third.
- 'Self start' applies in certain situations where the fouled player may restart the game without another whistle.



## TEAM ZEBRA NEED YOU!

At the 2019 U19 Women's World Championships there were five English umpires. Three began their officiating journey as parents of lacrosse players, one as a lacrosse fan and friend of a player, and one as a player.

We are always in need of officials at all levels of the game and we would love you to get involved.

It is a unique way to share time with your children as they grow up and move into senior lacrosse, as well as a great way to be part of a team if you want to move on from playing but stay involved in the sport. It's also a great way of earning some extra money, and keeping fit and active!

There are opportunities to officiate at all levels throughout the week, and we will support and mentor you throughout your journey.

## NEXT STEPS

### Step 1

Get in contact with England Lacrosse using the contact details provided, or via a school or club for a free 'Introduction to Umpiring' course in your region.

### Step 2

Sign up for the online Level 1 Umpires course on the England Lacrosse website.

### Step 3

Sign up to a mentored tournament, put on your stripes, grab a whistle, and get umpiring!

## THE BIG 4

These fouls are **MANDATORY yellow cards**. The player will go off the field for a period of 2 minutes.

### Check to the head

Any movement of the stick that comes into contact with the head.

### Dangerous propelling

Any release of the ball without vision, control, or concern for any player in the path of the ball. May or may not be towards the goal.

### Swipe

An uncontrolled swing of the stick that may or may not contact a player.

### Dangerous follow through

Continued or uncontrolled movement of the body and/or the stick after the ball is released that impacts another player.

## THE ADVANTAGE (YELLOW) FLAG

If the attack are inside the 15m fan and are on a 'scoring play' (drive to goal), and the defence commit a foul, the umpire will raise the advantage flag. If the scoring play ends, the umpire will blow the whistle and give the free position at the spot of the foul. If an unimpeded shot is taken during the scoring play, the advantage is lost.

## COMMON MAJOR FOULS

These are considered dangerous fouls and the offending player will move 4m behind the ball for the free position.

### Rough/Dangerous check

Any check towards the head or body with excessive force and/or lack of control.

### Across the body

Anything that reaches across the opponent's body to reach their stick.

### Push

Contact that comes towards a player causing them to change direction, speed, or drop the ball.

### Detain

Using the stick or body to hold a player outside the width of the defender's shoulders.

### Charge

When a player with the ball makes no attempt to avoid a legal defender and causes contact.

### Block/Illegal pick

Using the body to force a player to stop or change direction with or without the ball. The player must be given time/space to change direction.

## COMMON MINOR FOULS

These are considered minor and the offending player will move 4m to the side of the ball for the free position.

### Cover

Using the stick to cover the ball which denies the opposition an opportunity to gain possession.

### Empty stick check

Checking a stick which does not have the ball in it.

### Illegal draw

When a centre draws early, fails to make an upwards motion on the draw, does not set her stick parallel to the centre

line, or moves after the umpire has said "ready".

### Offside

When too many players are above the restraining line (7 or more), or breaking the restraining line on the draw before possession is gained. The umpire may choose to play advantage on a scoring play.

### Illegal/Improper equipment

Using faulty or disallowed equipment including; jewellery, mouthguards and sticks.

## FOULS AROUND THE GOALS

### Goal circle violation

No attacker may enter the goal circle.

### 10 second count

The ball may only stay in the goal circle for 10 seconds.

### Major foul by the defence

The attacker awarded possession will go to the nearest 11m hash mark, the defender who committed the foul will move 4m behind, and the marking area will be cleared.

### Major foul by the attack

The defender awarded possession will go to the nearest 11m hash mark, the attacker who committed the foul will move 4m behind.

### "3 seconds"

A defender may not remain in the marking area for more than 3 seconds unless they are marking an opponent.

### Obstruction of free space to goal

If a defender is not legally marking, and is between the attacker and the goal whilst the attacker has the opportunity to shoot, there is an immediate whistle. Imagine a triangle from the attacker to each side of the goal circle, this forms "Shooting space".

