

PERSONAL FOULS

The penalty for a personal foul is a one to three minute suspension from play and possession to the team that was fouled. Players with five personal fouls are ejected from the game.

- **SLASHING:** Occurs when a player's stick contacts an opponent in any area other than the stick or gloved hand on the stick.
- **TRIPPING:** Occurs when a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs.
- **CROSS CHECKING:** Occurs when a player uses the handle of his crosse to make contact with an opponent.
- **UNSPORTSMANLIKE CONDUCT:** Occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, obscene language or gestures, and arguing.
- **UNNECESSARY ROUGHNESS:** Occurs when a player strikes an opponent with his stick or body using excessive or violent force.

TECHNICAL FOULS

The penalty for a technical foul is a thirty second suspension if a team is in possession of the ball when the foul is committed, or possession of the ball to the team that was fouled if there was no possession when the foul was committed.

- **HOLDING:** Occurs when a player impedes the movement of an opponent or an opponent's crosse.
- **INTERFERENCE:** Occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the players, or both players are within five yards of a loose ball.
- **OFF SIDES:** Occurs when a team does not have at least four players on its defensive side of the midfield line or at least three players on its offensive side of the midfield line.
- **PUSHING:** Occurs when a player thrusts or shoves a player from behind.

Rules

What is the object of lacrosse?

- The object is to put the ball into your opponent's goal.

How does the game begin?

- A lacrosse game begins with a face off at the mid-field line at the X spot in the center of the field.

What is a face off?

- A face off consists of the two center players at the mid-field line crouching down and placing their sticks on the ground so that the heads of the sticks have their backs to each other. The official then places the ball on the ground between the heads of the sticks, steps back and blows a whistle which signals to the players they can fight for possession of the ball.

When are face offs used?

- At the beginning of a game, at the beginning of each quarter and after each goal is scored.
- Cradling is the method by which a player holds the ball in the stick's pocket. Unlike men's lacrosse, women's sticks may not have a deep pocket in which to hold the ball securely; a player "cradles" the ball to keep it in the pocket. Cradling uses centripetal force -- the force generated by moving something in a circle -- to press the ball into the back of the pocket. (You can feel centripetal force at the amusement park when a ride spins and pushes you out from the axis around which you're turning.)
- Passing is the fastest way to get the ball down field, but it can also be one of the hardest things to do. Releasing the ball with speed and accuracy can take LOTS of practice to make it effective.
- A player can check the head or shaft of the stick, or body check.
- When the ball is grounded, covering it with the back of a stick's net, and preventing play by another player is prohibited.
- No players, other than the goalie, may enter the circle around the goal cage