



Souderton Area Girls Lacrosse Association

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SAGLA

Parents Packet

WWW.SAGLA.ORG

Coordinator: Sherry Russell



PARENT CODE OF CONDUCT

The essential element of character building and ethics in sports is based on core principles: sportsmanship, trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sport is achieved when competition reflects these elements of character.

I therefore agree to the following:

1. I will remember that children participate to have fun and that the game is for youth, not adults.
2. I will learn the rules of the game and the policies of the league.
3. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
4. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
5. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
6. I will emphasize skill development.
7. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use prior to and during all sports events.
8. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- o Verbal warning by official, head coach, and/or head of league organization
- o Written warning
- o Parental game suspension with written documentation of incident kept on file by organizations involved
- o Game forfeit through the official or coach
- o Parental season suspension



US LACROSSE – GIRLS' RULES (3RD & 4TH GRADE)

This is an overview of the rules, but is not all-inclusive. If you have questions, please feel free to ask any of the coaches.

Equipment:

- Stick – May use a youth stick with mesh or traditional stringing or regulation women's crosse and may have a modified pocket. With a modified pocket, only half the ball may fall below the bottom of the sidewall.
- Protective equipment - mouth guards and eyewear are mandatory. Close fitting gloves are permitted, as is soft headgear. Goalie must wear helmet with facemask, separate throat protector, chest protector, goalie gloves, and leg padding on the shins and thighs. Protection for the abdominal area for goalies is strongly recommended. All protective devices used should be close fitting, padded where necessary, and not be of excessive weight.

Field:

- 50 yards by 25 yards is recommended.
- No restraining line.
- The sidelines are hard boundaries. The area behind the cage is called at the discretion of the officials.

Rules:

- Seven field players, use of a goalkeeper is optional.
- 20 minute halves, running time.
- Start of the Game --The procedure for the start of the game is a draw, with the following modification: for all levels, a free position will be taken at the center by the team with fewer goals if a four or more goal differential exists. When this occurs positioning for the draw will apply.
- Start/Stop Play -- All play is started and stopped with the whistle. All players must stop and stand when the whistle blows (to stop play). All may move again when the next whistle blows.
- Scoring -- A goal is scored when the ball passes completely over the goal line and into the goal cage. Scoring must be by an attacker's crosse, and not off the body of an attack player. A goal may be scored off the defender's body or crosse.
- Substitution -- Substitution is unlimited and the substitution procedure should be any time during play, after goals, and at halftime.
- No Checking – A player must be in a position to check for 3 seconds in order to receive the ball. The 3-second count starts when the umpire deems that the player with the ball could be checked legally if checking were permitted. (It should be noted that stick-to-stick contact is not necessarily a violation of the no checking rule. A defender who is holding her stick in good defensive position may force the attack player to cradle into her stick causing contact. This is not considered a stick check, as the attack player initiated the contact, not the



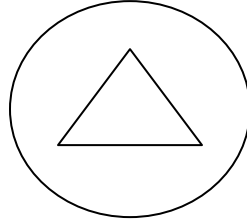
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defender. A similar situation would exist when the defender puts her stick up in an attempt to block or intercept a pass and the attacker makes contact while in the act of passing or catching the ball.)

- No shooting is allowed from free positions. All players must move 4 meters from the girl with the ball.
- Hard Boundaries - Women's lacrosse has traditionally been played with no formal boundaries. Umpires would whistle for a stoppage of play and possibly call a foul when the action moved too far beyond the "guidelines," but passes that were thrown out of bounds would be awarded to the team closest to the ball. This is no longer in effect. Balls going out of bounds on the sidelines will be a change of possession. Passes going out of bounds on the end lines is a change of possession. Shots on or at the goal are treated as closest to the ball.



**FOR GRADES
3 & 4**

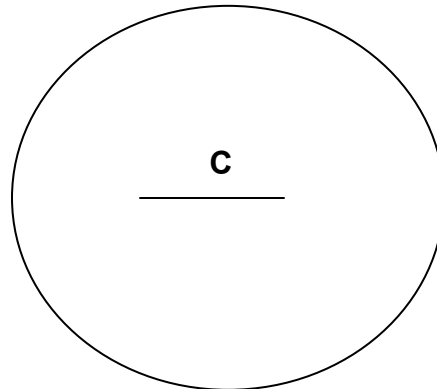


Point

DEFENSE

Cover
Point

Right
Wing

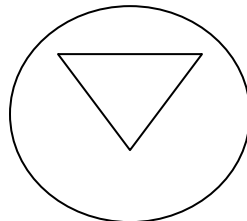


Left
Wing

2nd Home

ATTACK

1st Home





US LACROSSE – GIRLS’ RULES (5th & 6th GRADE)

This is an overview of the rules, but is not all-inclusive. If you have questions, please feel free to ask any of the coaches.

Equipment:

- Stick – Regulation women’s crosse and may have a modified pocket. With a modified pocket, only half the ball may fall below the bottom of the sidewall.
- Protective equipment - mouth guards and eyewear are mandatory. Close fitting gloves are permitted, as is soft headgear. Goalie must wear helmet with facemask, separate throat protector, chest protector, goalie gloves, and leg padding on the shins and thighs. Protection for the abdominal area for goalies is strongly recommended. All protective devices used should be close fitting, padded where necessary, and not be of excessive weight.

Field:

- 90 yards by 50 yards is recommended.
- Restraining line is present.
- The sidelines are hard boundaries. The area behind the cage is called at the discretion of the officials.

Rules:

- Eleven field players, one goalkeeper.
- 25 minute halves, running time.
- Start of the Game --The procedure for the start of the game is a draw, with the following modification: for all levels, a free position will be taken at the center by the team with fewer goals if a four or more goal differential exists. When this occurs positioning for the draw will apply.
- Start/Stop Play -- All play is started and stopped with the whistle. All players must stop and stand when the whistle blows (to stop play). All may move again when the next whistle blows.
- Scoring -- A goal is scored when the ball passes completely over the goal line and into the goal cage. Scoring must be by an attacker's crosse, and not off the body of an attack player. A goal may be scored off the defender's body or crosse.
- Substitution -- Substitution is unlimited and the substitution procedure should be any time during play, after goals, and at halftime.
- No Checking – A player must be in a position to check for 3 seconds in order to receive the ball. The 3-second count starts when the umpire deems that the player with the ball could be checked legally if checking were permitted. (It should be noted that stick-to-stick contact is not necessarily a violation of the no checking rule. A defender who is holding her stick in good defensive position may force the attack player to cradle into her stick causing contact. This is not considered a stick check, as the attack player initiated the contact, not the defender. A similar situation would exist when the defender puts her stick up in an attempt to block or intercept a pass and the attacker makes contact while in the act of passing or catching the ball.)

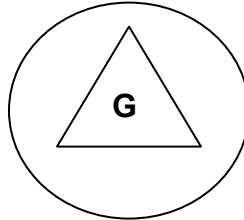


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- May shoot from free positions.
- All players must move 4 meters from the girl with the ball when a foul is called.
- Offsides – Only seven players from each team may cross the restraining line.
- Hard Boundaries - Women's lacrosse has traditionally been played with no formal boundaries. Umpires would whistle for a stoppage of play and possibly call a foul when the action moved too far beyond the "guidelines," but passes that were thrown out of bounds would be awarded to the team closest to the ball. This is no longer in effect. Balls going out of bounds on the sidelines will be a change of possession. Passes going out of bounds on the end lines is a change of possession. Shots on or at the goal are treated as closest to the ball.



FOR GRADES
5 & 6



Point

Cover
Point

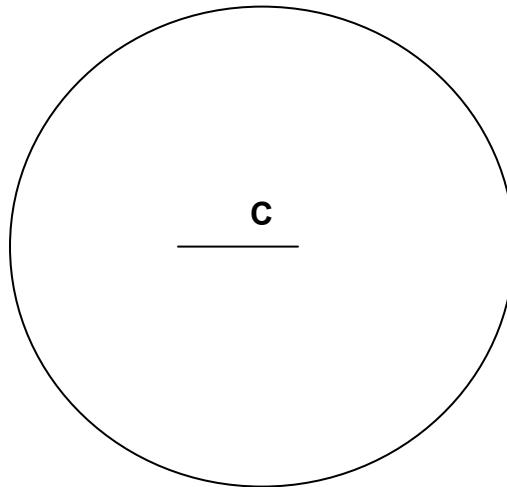
3rd Man

DEFENSE

MIDFIELD

Right
Defense
Wing

Right
Attack
Wing



Left
Defense
Wing

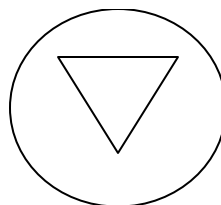
Left
Attack
Wing

ATTACK

3rd Home

2nd Home

1st Home





WOMEN'S LACROSSE POSITIONS

THE ATTACK:

First Home:

The first home's responsibility is to score. Located in front of the goal, the first home must continually cut toward the goal for a shot, or cut away from the goal to make room for another player. She should have excellent stickwork.

Second Home:

The second home is considered the playmaker. She should be able to shoot well from every angle and distance from the goal.

Third Home:

The third home's responsibility is to transition the ball from defense to attack. She should be able to feed the ball to other players and fill in wing areas.

Attack Wings:

The wings are also responsible for transitioning the ball from defense to attack. Wings should have speed and endurance and be ready to receive the ball from the defense and run or pass the ball.

THE DEFENSE:

Point:

The point's responsibility is to mark first home. She should be able to stick check, body check and look to intercept passes.

Coverpoint:

The coverpoint's responsibility is to mark second home. She should be able to receive clears, run fast and have good footwork.

Third Man:

The third man's responsibility is to mark third home. She should be able to intercept passes, clear the ball, run fast and have good footwork.

Center:

The center's responsibility is to control the draw and play both defense and attack. She should have speed and endurance.

Defense Wings:

The wings are responsible for marking the attack wings and bringing the ball into the attack area. Wings should have speed and endurance.

Goalkeeper:

The goalkeeper's responsibility is to protect the goal. She should have good stickwork, courage and confidence.



WOMEN'S LACROSSE EQUIPMENT

The Crosse:

The crosse (lacrosse stick) is made of wood, laminated wood, or synthetic material, with a shaped net pocket at the end. A girl's crosse must be an overall length of 35 1/2 - 43 1/4 inches. The head of the crosse must be seven to nine inches wide. The pocket of the stick must be strung traditionally; no mesh is allowed. The top of the ball when dropped in the pocket must remain even with or above the side walls. The goalkeeper's crosse may be 35 1/2 - 48 inches long. The head of the crosse may be mesh and up to 12 inches wide.

The Ball:

The ball must be yellow and made of solid rubber. The ball must be 7.75 - 8 inches in circumference and weigh 5 - 5.25 ounces.

The Mouthpiece:

All players must wear mouthguards.

Protective Equipment:

Eyewear is mandatory! Close-fitting gloves, nose guards, soft head gear are optional, and may be worn by all players.

The Goalkeeper's Equipment:

The goalkeeper must wear a face mask and helmet with a mouth guard, throat protector and chest protector. The goalkeeper may wear padding on hands, arms, legs, shoulders and chest which does not excessively increase the size of those body parts.



WOMEN'S LACROSSE SKILLS

Cradle: The act of moving the stick from side to side causing the ball to remain in the upper part of the pocket webbing.

Checking: The act of using a controlled tap with a crosse on an opponent's crosse in an attempt to dislodge the ball.

Catching: The act of receiving a passed ball with the crosse.

Cutting: A movement by a player without the ball in anticipation of a pass.

Dodging: The act of suddenly shifting direction in order to avoid an opponent.

Passing: The act of throwing the ball to a teammate with the crosse.

Pick-Ups: The act of scooping a loose ball with a crosse.

Shootings: The act of throwing the ball at the goal with the crosse in an attempt to score.



WOMEN'S LACROSSE TERMS

Clear: Any action taken by a player within the goal circle to pass or carry the ball out of the goal circle.

Critical Scoring Area: An area 15 meters in front of and to each side of the goal and nine meters behind the goal. An eight-meter arc and 12 meter fan are marked in the area.

Crosse (Stick): The equipment used to throw, catch, check and carry the ball.

Crosse Checking: Stick to stick contact consisting of a series of controlled taps in an attempt to dislodge the ball from the crosse.

Deputy: A player who enters the goal circle when the goalie is out of the goal circle and her team is in possession of the ball.

Draw: A technique to start or resume play by which a ball is placed in between the sticks of two standing players and drawn up and away.

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.

Free Position: An opportunity awarded to the offense when a major or minor foul is committed by the defense. All players must move four meters away from the player with the ball. When the whistle sounds to resume play, the player may run, pass or shoot the ball.

Free Space To Goal: A cone-shaped path extending from each side of the goal circle to the attack player with the ball. A defense player may not, for safety reasons, stand alone in this area without closely marking an opponent.

Goal Circle: The circle around the goal with a radius of 2.6 meters (8.5 feet). No player's stick or body may "break" the cylinder of the goal circle.

Grounded: Refers to any part of the goalkeeper's or deputy's body touching the ground for support outside of the goal circle when she attempts to play the ball from inside the goal circle.



Indirect Free Position: An opportunity awarded to the offense when a minor foul is committed by the defense inside the 12 meter fan. When the whistle sounds to resume play, the player may run or pass, but may not shoot until a defender or one of her teammates has played the ball.

Marking: Being within a stick's length of an opponent.

Penalty Lane: The path to the goal that is cleared when a free position is awarded to the attacking team.

Scoring Play: A continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal.

Stand: All players, except the goalkeeper in her goal circle, must remain stationary following the sound of any whistle.

Sphere: An imaginary area, approximately 18 cm (seven inches) which surrounds a player's head. No stick checks toward the head are allowed to break the sphere.

12 Meter Fan: A semi-circle in front of the goal used for the administration of minor fouls.

Warning Cards: A yellow card presented by an umpire to a player is a warning which indicates that she will next receive a red card and be suspended from further participation if she continues to play dangerously and/or conduct herself in an unsportsmanlike manner. A green card is presented by an umpire to the team captain indicating a team caution for delay of game.