

Blocking: Moving into path of a player without providing space for the player to stop or change direction.

Charging: Player with the ball comes into contact with a defender who has already established position.

Checking: Hitting the opponent's crosse to dislodge the ball.

Clearing: Passing or carrying the ball out of the goal circle.

Cradling: Running with the stick in either one or both hands in a manner that keeps the ball in the pocket.

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

Deputy: A defender who can enter the goal circle in the absence of the goalie when her team has the ball.

Draw: A technique to start or resume play in which a ball is placed inbetween 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.

Fast break: An opportunity to score in transition to offense with at least a one-man advantage.

Free position: After a foul, all players must be at least four meters away from the player who was fouled. The attacker may run, pass, or shoot the ball after the whistle is blown to resume play.

Free 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: Inside the critical scoring area, defenders must stay out of the space between the player with the ball and the goal circle, unless they closely mark an opponent.

Indirect free position: Following a minor foul within the 12-meter fan, play resumes from the 12-meter fan and the player may run or pass, but cannot shoot.

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

On the fly: Substituting during play. When one player exits the field through the team substitution area, another can enter.

Penalty lane: The path that is cleared between the player with the ball and the goal when a free position is awarded to the attacking team inside the critical scoring area.

Pick: Offensive player impedes opponent's ability to defend a teammate. Must be within the visual field of the opponent.

Scoop: Picking up a ground ball in the crosse pocket.

Scoring play: A single possession of the ball in which the offense moves the ball in an effort to score.

Slashing: Recklessly swinging the crosse at an opponent's stick or body.

Slow whistle: Permitting play to continue during a penalty inside the critical scoring area on a scoring play to allow an offense to maintain its advantage.

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

Sphere: An imaginary bubble, about seven inches around the head of a player, that an opponent's crosse cannot enter to ensure safety.

Three-second rule: Defensemen may not remain in the arc for more than three seconds without guarding another player.