

**EASY-CARRY
GIRLS
LACROSSE
SPECTATOR
BOOKLET**

Dr. John Wesley Slider

Copyright © 2018 John Wesley Slider

All rights reserved.

ISBN-10: 1720350515

ISBN-13: 978-1720350514

CONTENTS

1	The Field	1
2	How Umpires Work	11
3	Spectator Conduct	17
4	Fouls, Signals, and Cards	21
5	What Will Drive You Crazy – Shooting Space	33
6	What Will Drive You Crazy – Held Whistle	37
7	What Will Drive You Crazy – Slow Whistle	39
8	Working the Table – The Scorer and the Timer	41
9	Resources and Opportunities	47

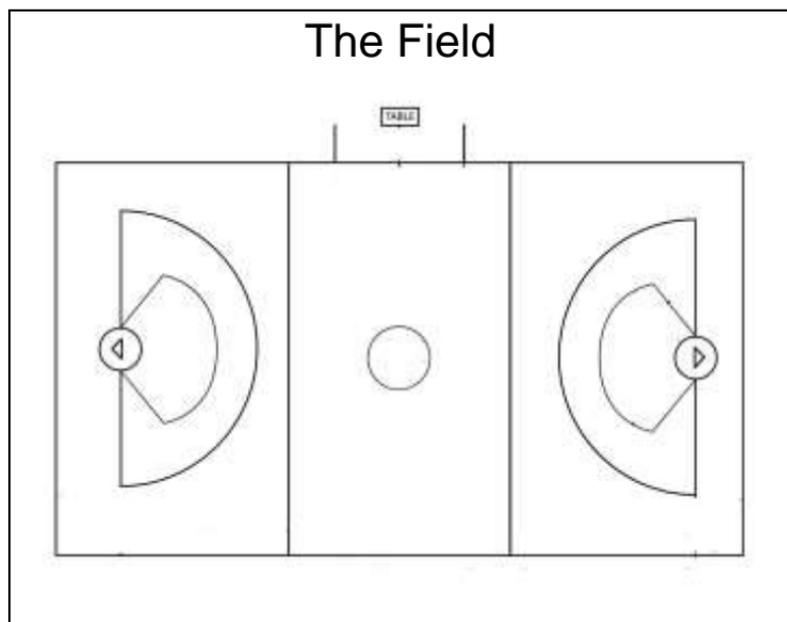
Photographs by William Slider

1 THE FIELD

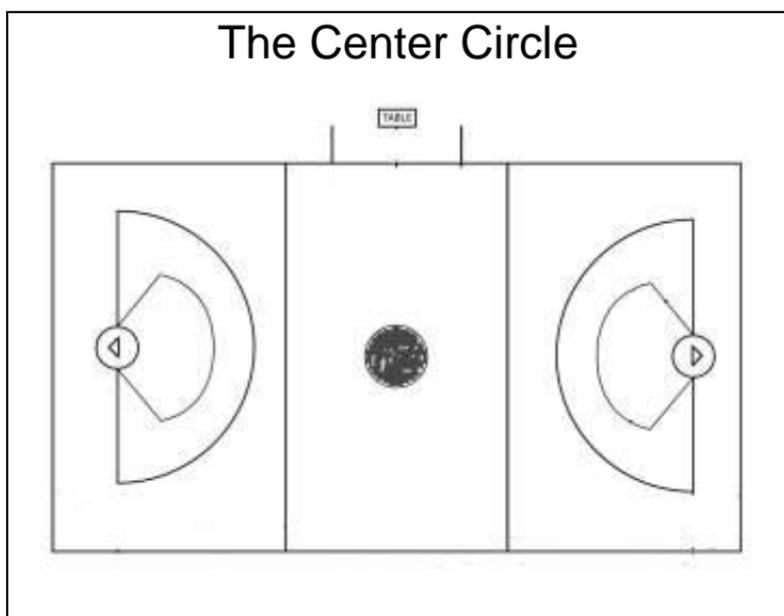
There is some flexibility in the size of the Girls Lacrosse Field. The maximum playing area is 140 x 70 yards and the minimum is 110 x 60 yards. The goals should be no less than 90 yards and no more than 100 yards apart. There must be a minimum of 10 yards or a maximum of 20 yards of space behind each goal line to the boundary line. There must be 4m of space between the sideline boundary and the scorer's table. There should be at least 4m of space between the other sideline

and any spectator area. Typically a Girls Lacrosse field is played on a high school football field that measures 120 yards x 160 feet.

You will notice already a mixing of English and metric measurements. That mixture continues throughout the game and is illustrative of the complexity that is in part self-inflicted.

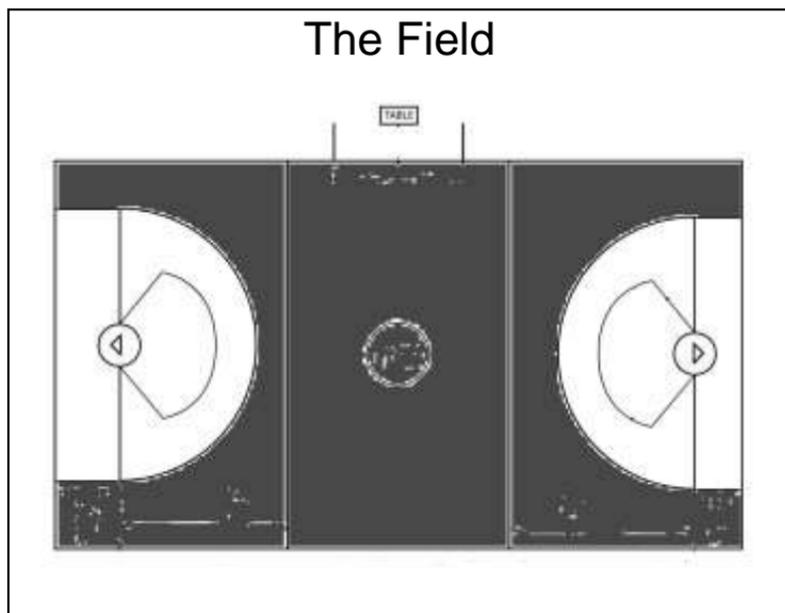


There are several “areas” on the Girls Lacrosse field that shape play and penalty administration. First, there is the Center Circle. The Draw occurs in this area. Once the Draw takes place this area “disappears into the Field.

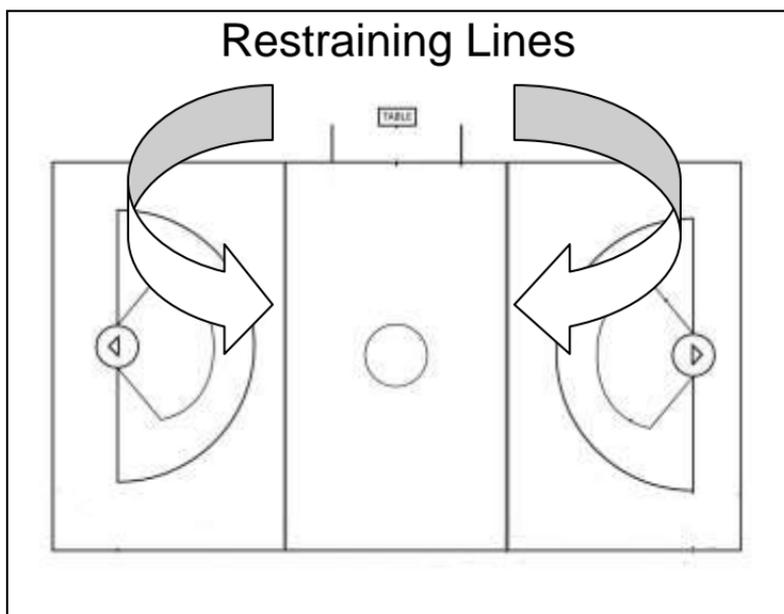


Once the Draw is completed, the Field is the next area to be considered. The Field may be understood as all playing areas

outside of the two Critical Scoring Areas.



Then we must consider the two areas defined by the restraining lines. The Restraining Lines themselves are not really areas, but in a sense, boundary lines that define an area on the field for the purposes of limiting play in a team's goal area to seven-on-seven (plus a goalie).



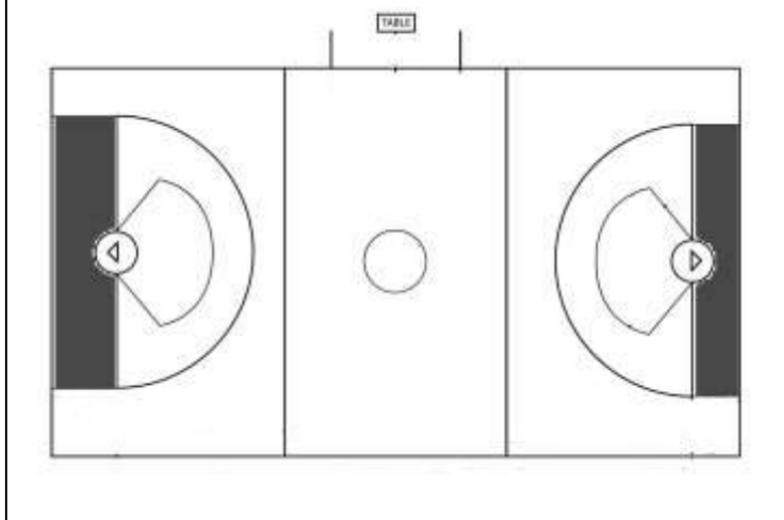
The Critical Scoring Area (CSA) has already been mentioned in relation to the field. The CSA is defined as the area inside the 12m fan and extending to the end line.

The CSA by definition includes the area defined by the 12m fan as well as the area defined by an imaginary line drawn from where the 12m fan intersects the Goal Line Extended to the End Line.

Sometimes the entire CSA needs to be considered for play, and sometimes there is a need to differentiate between play above and play below the GLE but in the CSA. Here are the two areas of the CSA:



The CSA below the GLE

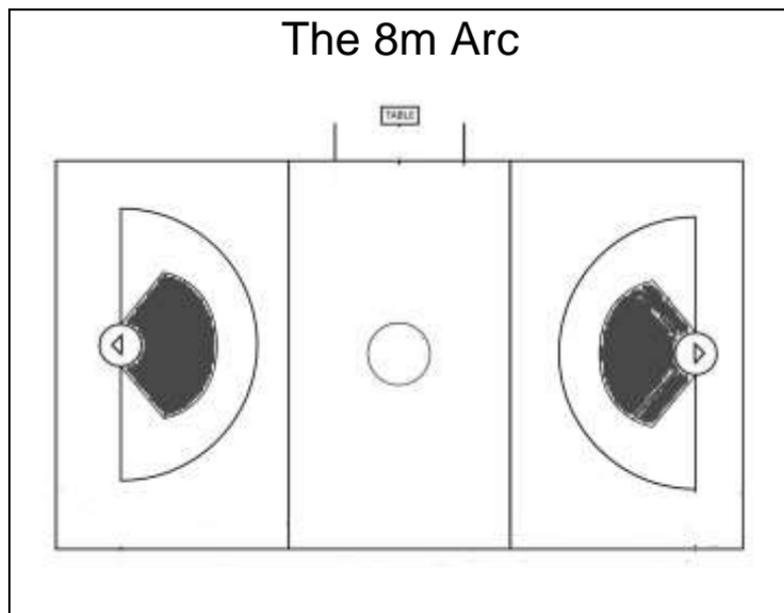


There are two dots located in the CSA below the GLE that are used for penalty administration. These dots are 5 yards below the GLE from the 8m mark on the GLE.

We are not finished with the CSA; but we need to move to another area first.

Included in the CSA but also an area in itself (sometimes) is the area defined by the 8m Arc. The 8m Arc

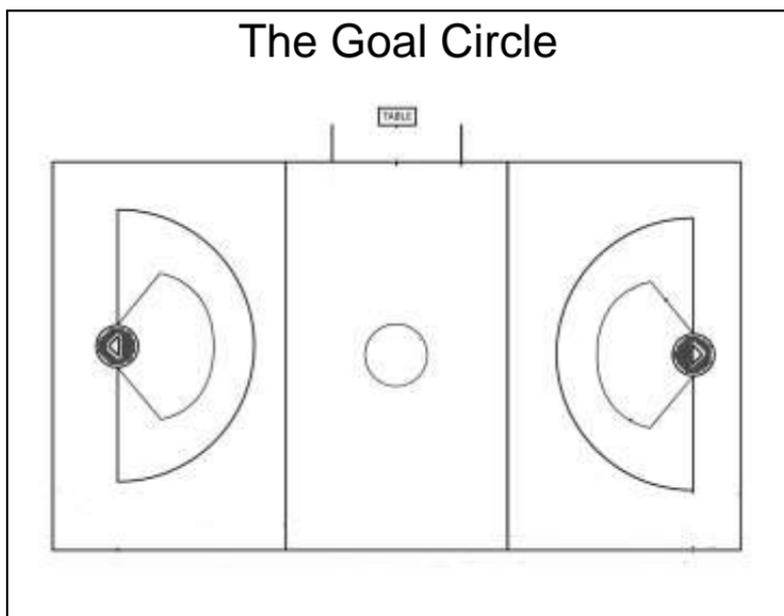
has five hash marks on it for penalty administration.



Moving out of the 8m Arc, but staying within the CSA, you will notice an area on both sides of each goal that is shaped like a slice of pie. The unofficial term for this is “The Pie.” Within “The Pie” is another hash mark called “The Hanging Hash.”

Penalties may not be administered (set-up) closer than 8m from the goal. Penalties within “The Pie” are set-up on this hanging hash.

Finally, there is the goal circle. There are different rules at different levels that control play in and around the goal circle.



All of these markings can be confusing. Add to the field markings

for Soccer, Field Hockey, Football, and Boys Lacrosse and you will understand some of the challenges for players, coaches, and umpires.

Indoor facilities can get even more confusing. Everyone on the field seems to be able to function, however, with a lot of understanding and cooperation.



2 HOW UMPIRES WORK

No one comes to a game to watch the Umpires. An Umpire's goal is to become invisible and to let the players determine the outcome of the game.

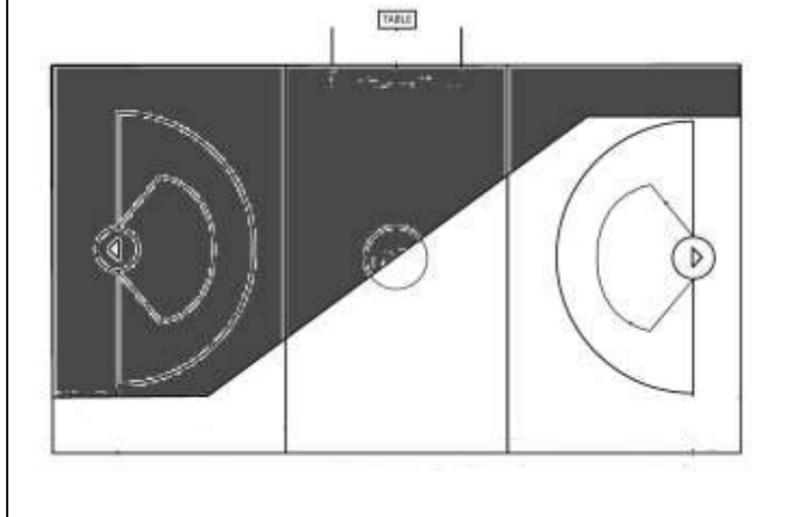
In the area served by the Kentucky Lacrosse Umpires Board you may on rare occasions see one Umpire at a middle school game. Usually at the middle school level you will have two Umpires. Most high school games in the KLUB area will have two-person crews. At high-level and many high school post-season games you will see a three-

person crew. A fourth Umpire is sometimes added off the field to control the penalty area.

Two Umpires per game is the norm, so let us concentrate on that arrangement. With two Umpires in a game Girls Lacrosse has a very high player-to-Umpire ratio – twelve to one. This situation is made easier with the Restraining Lines that make the game around each goal a seven-on-eight game.

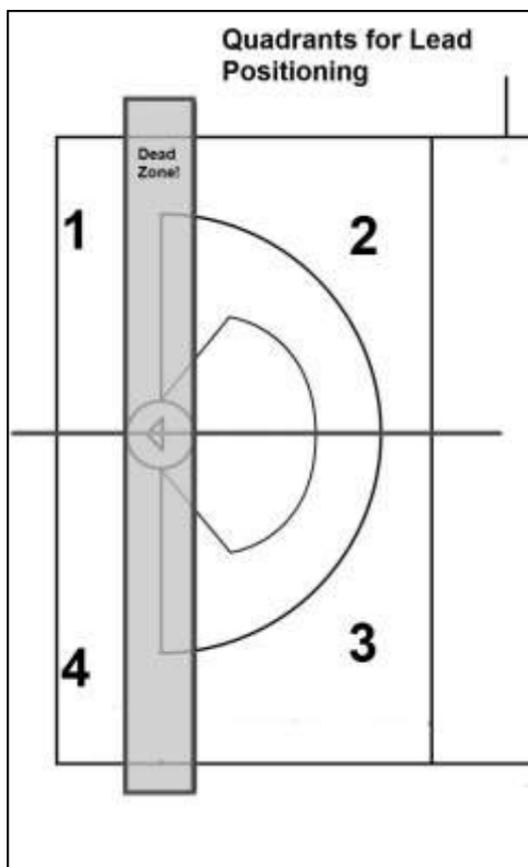
Each Umpire functions as both the “Lead” and the “Trail.” An Umpire is the “Lead” when the ball is moving toward the goal to his or her right; and “Trail” when the ball is moving toward the goal to his or her left. Another way to divide “Lead” responsibilities is as shown in the image below.

When Does an Umpire Become the Lead?



The “Lead Umpire” focuses “on-ball.” The “Lead” is always working to be able to see between the ball carrier and the player guarding her. The “Lead” mentally draws a line between the ball carrier and the defender and tries to position himself or herself at a perpendicular angle to that line. We call this the tangent.

Next, the “Lead” will divide his or her Critical Scoring Area into quadrants that come together at the goal. An Umpire will seek to be in the quadrant adjacent to where the ball is while also maintaining the tangent.



Most coaches, players, and spectators do not understand what the “Trail Umpire” is watching. If the “Lead Umpire” is watching on-ball, the “Trail Umpire” is watching everything else.

The “Trail Umpire” is particularly watchful of Three-Seconds and Shooting Space. He or she is watching for off-sides by counting “forward” in order not to lose awareness of play in the CSA.

The “Trail Umpire” is aware of the ball, but not watching play around the ball. He or she may, however, pick up on-ball play if there is a particular need based on the location of the ball.

JOHN WESLEY SLIDER



3 SPECTATOR CONDUCT

Not much needs to be said about what is proper conduct. We all know what respectful behavior is. Spectators are expected to be a part of creating a healthy, safe, and respectful environment for everyone at the game.

Umpires are more likely to ignore poor behavior and words directed at them; and are more active in stopping behavior and words that are directed at players, coaches, and other game personnel.

Umpires realize that most of the gripes about a call come from a lack

of knowledge of the rules. Any obscene, racial, or derogatory comment or action or anything that encourages dangerous play is considered misconduct by a spectator.

There is an appropriate protocol in the rules for managing spectator misconduct. Spectator misconduct can result in the removal of the spectator or the carding of the head coach. Head coaches are held responsible for the behavior of their spectators.

The Umpires' responsibilities and authority does not end with the whistle. Rather, it ends when the Umpire leaves the site. Abuse of the Umpire after the game can result in a red card on the head coach, which would remove the head coach and spectator from the following game.

LEGAL PROTECTIONS FOR SPORTS OFFICIALS

- KRS 518.090 – Assault on a sports official in the performance of his/her duties is a Class A Misdemeanor (more than 4 persons or repeat offender is a Class D Felony).
- KRS 532.090 – Class A Misdemeanor carries a maximum of 12 months imprisonment.
- KRS 534.040 – Class A Misdemeanor carries a maximum of a \$500 fine.

JOHN WESLEY SLIDER



4 FOULS, SIGNALS, AND CARDS

There are eighteen minor fouls and eighteen major fouls. Minor fouls should be considered as procedural or ball-control fouls. Major fouls should be considered safety fouls. There are major fouls that require the offender to be carded. There is one major foul that requires an immediate whistle. There are also Team Fouls, Misconduct Fouls, Delay of Game Violations, Draw Fouls, and Goal Circle Violations.

What you will get here are the signals and brief description of ten fouls that you will see the most. Please remember that this list is by no means exhaustive, but it will get you started in identifying most of the calls during the game.





Covering – Minor Foul; guarding a free ball from an opponent.



Empty Crosse/Stick Check – Minor Foul; checking an opponent's crosse when the opponent's crosse is not in contact with the ball.



Crosse/Stick in the Sphere – Major Foul; passing the crosse or stick in the area around the head and neck of an opponent. The sphere is a seven inch distance from the head in all directions.



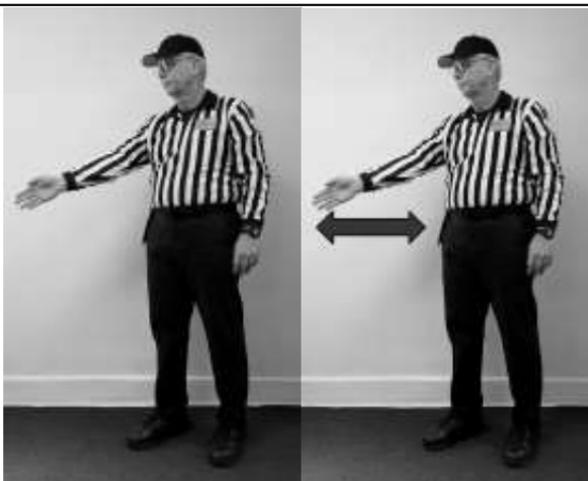
Three Seconds – Major Foul; a defender remaining within the 8m arc while not within a stick's length of an attacker.



Obstruction of Free Space to Goal (Shooting Space) – Violating the space between an attacker with the ball inside the 12m fan (Critical Scoring Area) and the goal when the defender is not within a stick's length of an attacking player and when the attacker with the ball has the opportunity to shoot safely. The space is demarcated by three points – the ball and the two outside limits of the goal circle. This foul requires an immediate whistle by the Umpire.



Off-Sides – Restraining Line Violation; either team having too many players in the area between the Restraining Line and the End Line. Usually each team may have seven players across the Restraining Line (not counting the Goalkeeper) unless a team is “playing down” because of a penalty.



Goal Circle Violation – Either team violating the Goal Circle.



Dangerous Play – Major Foul; anything that the Umpire determines is dangerous including checks from behind or across the body.



Holding – Major Foul; detaining or impeding an opponent's stick or body. Holding may be stick-to-stick, stick-to-body, body-to-body, or body-to-stick.



Illegal Stick-to-Body – Major Foul; checking illegally to include horizontal checking. A horizontal check in middle school and high school is any contact with an opponent when the stick is held below the “10-to-2” position. A horizontal check is always called against the defender even when the attacker initiates contact with a “meet-and-greet” action.

Penalties for fouls and violations are administered depending on the type of foul or violation and the location on the field. Sometimes a penalty is administered at the location of the ball when the foul is committed, and sometimes at the location of the foul.

As a general rule the Umpire places the ball, then the offender, and then all others. For a Major Foul the offender is placed 4m behind the ball (in relation to the goal). Others are placed 4m away from the ball. For a Minor Foul the offender and others are placed 4m away from the ball.

Umpires use three cards for Girls Lacrosse – Green, Yellow, and Red. Green cards are used for Delay of Game. These cards are given for various reasons.

Some Major Fouls require a yellow card as a part of the penalty.

Yellow cards may be assessed for any foul depending on its severity or repetitive behavior. A yellow card requires the offender to leave the field for two minutes and her team plays down.

An Umpire may assess a red card for a foul. A red card requires the offender to sit in the penalty area for four minutes and the team plays down for that period. After four minutes the offender ejected from the remainder of the game and the next game, but the team may send a substitute into the game.

After an individual players second yellow card she is suspended from the remainder of the game. When a team has a total of four yellow or red cards, that team will play down one player.

JOHN WESLEY SLIDER



5 WHAT WILL DRIVE YOU CRAZY – SHOOTING SPACE

Obstruction of Free Space to Goal – sometimes called “FSG,” and usually called “Shooting Space” – is a frustrating call to make for Umpires and is often misunderstood by spectators, because of the required whistle. Calling the penalty as required many times takes away a goal. Why is this?

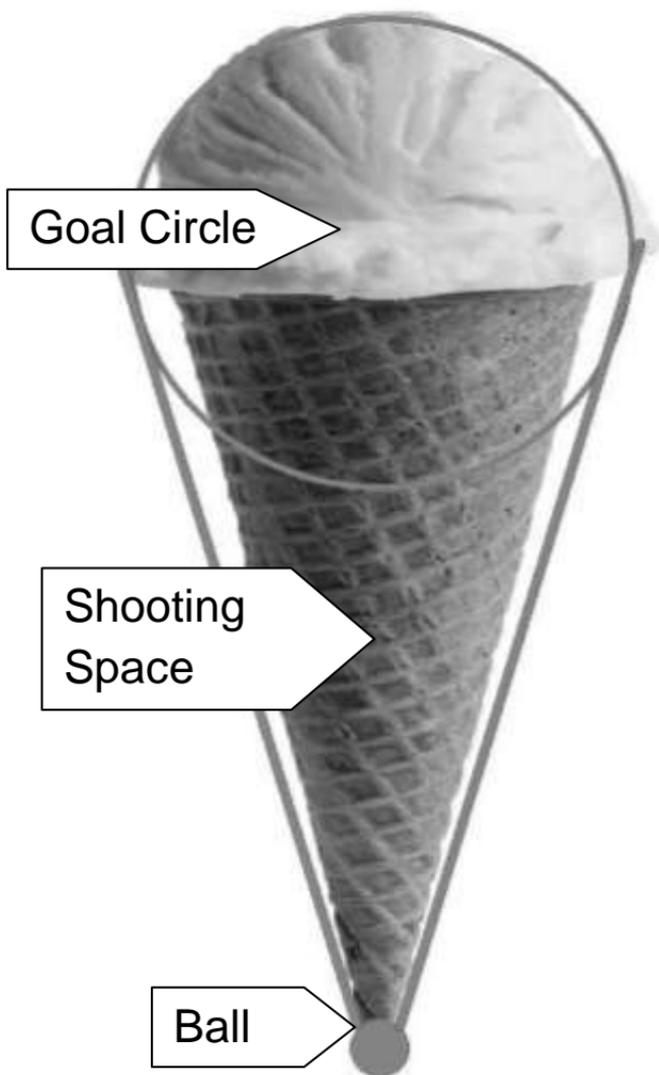
Shooting Space is called when a shooter is within the CSA above the GLE and a defender is not within a stick’s length of an attacking player and in the CSA above the

GLE, the defender is within the area that is formed by a triangle with the ball and the two widest points of the goal circle, and the person with the ball has the opportunity to shoot safely (the “ice cream cone.” If these conditions exist, then Shooting Space must be called immediately. If a shooter shoots safely and scores, the goal is not counted and the penalty is administered.

The shooter has the responsibility to shoot safely. There can be a situation where a shooter does not have the opportunity to shoot safely, but shoots anyway. The shooter in this case may be called for Dangerous Propelling (a required card).

There can be a situation where offsetting penalties are charged – Shooting Space and Dangerous Propelling. This usually occurs when

the shot hits a defender who is in Shooting Space.



JOHN WESLEY SLIDER



6 WHAT WILL DRIVE YOU CRAZY – HELD WHISTLE

A Held Whistle happens in the field – not the either CSA. It is the acknowledgement that the Umpire has seen a foul that does not require a card and to stop play and administer the penalty would actually give an advantage to the offending team or take away the advantage from the offended team.

An Umpire will raise his or her arm in the direction that play will continue. Another name for this action is “Advantage.” This

technique is used often in Soccer and Field Hockey.

The frustration enters when spectators do not see the Advantage or Held Whistle being given, but only the foul. Umpires are usually adept at seeing when their partners are giving an Advantage.



Held Whistle – usually made on the run.

7 WHAT WILL DRIVE YOU CRAZY – SLOW WHISTLE

The Slow Whistle is similar to a Held Whistle. A Slow Whistle occurs when a defender in the CSA and usually above the GLE commits a Major Foul when the attacking team is on a scoring play. A Slow Whistle may be seen as another type of Advantage.

When the Umpire notices a Major Foul by the defense in the CSA above the GLE and the attacking team is on a scoring play, the Umpire shall raise his or her flag and allow the scoring play to continue. The flag is brought down ending the

Slow Whistle when a shot is taken, or when the scoring play is ended, or when another Major Foul is committed. If a scoring play is stopped, then the Umpire with the raised flag will blow the whistle and administer the foul.

Many teams and coaches do not recognize the Held Whistle when it occurs and simply continue play. Skilled teams and coaches will see a Held Whistle (flag) and stop their scoring play (maybe dropping the ball intentionally) in order to get a penalty administered close to the goal.



Slow Whistle – play continues.

8 WORKING THE TABLE – THE SCORER AND THE TIMER

If you are enjoying your involvement in Girls Lacrosse as a spectator, you may want to take the next step and offer to “work the table.” There are two Table Officials at each game that are supplied by the home team or host management. These two Table Officials, the Scorer and the Timer, are critical for the smooth management of the game. Good Table Officials allow the Umpires to focus on the play on the field. These officials are considered a part of the officiating crew for the game.

Umpires dread weak Table Officials and having to teach someone how to work the clock. Umpires appreciate strong Table Officials who often double as unofficial hosts of the Umpires for the home team.

Umpires recognize that Table Officials are from the home team and have an interest in the outcome of the game. All that is asked is that Table Officials not get too loud in cheering or argue with the Umpires!

The Scorer

The Official Scorer will be from the home team and will sit at the table between the benches at the center line. The Scorer records warnings, cards, suspensions, and ejections; and assists in timing the carded penalties.

The Official Scorer communicates frequently with the table-side Umpire. The Scorer notifies the Umpire immediately when a second yellow card is given to the same player and when a team receives its fourth card.

The Official Scorer also controls the Alternate Possession indicator. After the coin toss the Scorer will be informed by the Umpires which team has the first Alternate Possession, and makes certain that the indicator is changed when appropriate.

If the Scorer is not seated at field level, the home team is responsible for ensuring that the scorer's table is has someone present, and that this person has communication to the scorer and timer.

The Timer

The Official Timer will be from the home team and will sit at the table between the benches at the center line. The Timer will review clock functions and timing considerations and signals with the Umpires prior to the game.

The rules now allow for a coach to request a time-out through the Timer. If you work as the Timer, make certain you understand and are comfortable with doing so. If not, the coaches will need to be told.

Before the game begins the Timer and the Umpires will decide who will time a time out – an Umpire or the Timer at the table. It is not unusual, especially at the high school level and below, for the officials to handle the times out.

The timer may sound the horn to indicate a time out request by the team in possession of the ball. The

head coach or any player on the field may request a time out.

The Timer should be aware of how substitutions are made and advise the Umpires if there are any issues regarding substitutions. Substitutes must always enter the game through the Substitution Area, whether during play, during a time out, or after a goal. A player who is substituting “on the fly” must be an “imminent substitute” and remain in the team substitution area until the player she is replacing has entered the team substitution area. Substitutes may enter the game during a team time out after a goal provided there is no delay of game. During a time out to issue a card, during an injury time out or a dead ball possession time out, no substitutes will be allowed. No substitutions are allowed during the time for switching of ends in overtime play.

The Official Timer will inform coaches and players when penalty time is completed. Either Table Official should notify the Umpires of an early re-entry on a penalty, by sounding a horn at the first stoppage of play.



9 RESOURCES AND OPPORTUNITIES

US Lacrosse is the national governing body of Lacrosse in the United States, primarily serving the youth game. It provides a leadership role in virtually every aspect of the game. The organization offers programs and services to grow participation in the sport. US Lacrosse also oversees the U.S. National Teams.

You are encouraged to go to the website (USLacrosse.org) and browse. On the homepage you will find across the top a banner menu

that includes a category for Parents. You may become a member of US Lacrosse and receive many benefits that includes videos and publications that help explain the game. As a Parent Member you may take the Level 1 Coaches' course for free.

You may also enjoy Girls Lacrosse so much that you want to become an Umpire. We encourage you to look into this opportunity when you are ready.

Umpires come to this sport through various ways. We look forward to you joining our ranks! Umpiring is a good way to stay connected to the sport, and to give back to it. It is a hobby that pays well.

When you are ready, ask an Umpire how to get started. The process we have in place will help you determine if you want to become an Umpire.