



THE FIELD EXPLAINED IN COACH GOLDEN'S TERMS

Endline: Lines are hot meaning if a player with the ball touches the line the player is out of bounds. The endline is also used to determine possession after an Offensive player takes a shot. When an offensive player takes a shot, misses the cage and the ball goes out of bounds on the endline, the player closest to the BALL is awarded possession.

Sideline: Lines are hot meaning if a player with the ball touches the line the player is out-of-bounds and possession is awarded to the other team. Same rules apply for missed shots as the Endline.

The ALLEY: This is not an official term in Lacrosse rules, but coaches often refer to the Alley when teaching defensive positioning and technique.

Goal Line: The Goal line is a 6' x 2" line drawn on the field marking the plane of the Goal. A ball needs to completely cross the Goal line in order for a goal to be awarded.

GLE (Goal Line Extended): Imaginary line extending from the center of the goal out to the sidelines. This line will not be shown on the Field of play but is used in coaching for both Offensive and Defensive strategies and techniques.

Goalie Crease: This is the Goalie's Domain. A goalie may not be checked with possession of the ball inside the goalie crease. Offensive players can not touch the crease line or enter the crease at any time. Defensive players can enter the crease without possession of the ball.