



Rule 1 Field of Play

Identify the following parts on the Women's Lacrosse Field Diagram. These are all markings that have to be inspected during the pre-game "walk around".

1. Sidelines max 4"
2. End lines max 4"
3. Restraining Line (RL)
4. Center circle and centerline
5. 12 meter fan
6. 8 meter arc
7. Goal Circle (GC)
8. Goal line (important because ball must completely cross for a goal) must be 2"
9. Goal line extended
10. 8m marks on the goal line extended
11. Hashes (1st inside - left and right; 2nd inside - left and right; center)
12. Hanging hashes or outside hashes
13. Coach and team bench area
14. Team Substitution Area (TSA) and penalty area
15. Critical Scoring Area (CSA)
16. Penalty Zone
17. Dots
18. Cones for the substitution area
19. Scorer/ timer table

BENCH

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