

## Women's and Girls Lacrosse Fouls

### Major Fouls by the Defense

1. Reckless or dangerous checking – checking into the sphere
2. Check to the head – automatic yellow card
3. Cross check or dangerous contact to a defenseless player
4. Slash – automatic yellow card
5. Block
6. Shooting space – automatic 8 MM shot
7. 3 Seconds -automatic 8 MM shot
8. Holding/detaining

### Major Fouls by the Offense

1. Dangerous follow-through – automatic yellow card
2. Dangerous propel – automatic yellow card
3. Forcing through
4. Illegal cradle
5. Charge
6. Illegal or moving pick
7. Dangerous shot – player is placed behind the goalie and goalie is awarded the ball

### Fouls by Defense and Offense

1. False Start
2. Holding or Detaining
3. Checking into the sphere
4. Offsides
5. Early entry

**Minor Fouls by Defense and Offense** – offending player must move 4 MM from where the foul occurred. When these occur inside the 8MM by the defense, the defense is placed on the 8 MM and the offense is awarded the ball on the 12 MM and must make one pass before going to goal. This is called an “indirect”. Anywhere else on the field, possession is awarded to the non-offending player.

1. Illegal stick, or jewelry
2. Cover
3. Empty stick check
4. Play with your hands
5. Warding
6. Playing from out of bounds
7. Illegal draw

### **Goal Circle Fouls by the Defense and Goalie**

1. Field player cannot run through the crease or reach in with her stick
2. Goalie cannot walk back in to the crease with the ball.
3. Has 10 seconds to clear while inside the crease

### **Goal Circle Fouls by the Offense**

1. Step into or run into the crease
2. Initiate shot with stick inside the crease
3. Break plane of the crease with stick while defending the goalie