



US LACROSSE COACHING EDUCATION PROGRAM

STANDARD DIFFERENCES BETWEEN BOYS AND GIRLS LACROSSE

Description

Below are some of the standard differences between boys and girls lacrosse. There are additional differences between the games, which you may find in comparing rules books of the two games.

Subject	Boys Lacrosse	Girls Lacrosse
Field Size	110 yards long by 60 yards wide Has a midfield line and restraining line to go with a crease around the goal.	120 yards long by 70 yards wide Has a goal circle around the goal and critical scoring markings called the fan and arc 12 and 8 meters from the goal.
Length of Game	4 quarters, each 8 to 15 minutes long, depending on the level of play.	2 halves; each 20 to 30 minutes long, depending on the level of play.
Number of Players on the Field	10 total (3 attack, 3 midfield, 3 defense, 1 goalie)	12 total (3 attack, 5 midfield, 3 defense, 1 goalie)
Stick Pocket	Stick may be string with mesh or traditional pocket. Pocket must allow top of the ball to be above the bottom edge of the side wall of the stick. Ball must also roll out of the pocket when turned past 90 degrees in all directions.	Mesh is not permitted for the pockets of women's sticks, except for the goal keeper. Pockets must be strung in the traditional way. Also, the top of the ball must be above the sidewall when it's in the pocket.
Stick Length	Stick length in men's field lacrosse is 40 to 42 inches from the end of the head to the end of the handle; sticks for defensive players (as well as one midfielder) can measure 52 to 72 inches in length, and the goalie's stick can be 40 to 72 inches long.	Women's lacrosse sticks must measure 35½ to 43¼ inches in length; the goalie's stick must measure 35½ to 52 inches in length.
Equipment	Helmet and various protective equipment are required.	Only eye protection and mouthpiece are required.
Contact Level	Body-checking is legal – and encouraged.	No forceful body-to-body contact allowed.