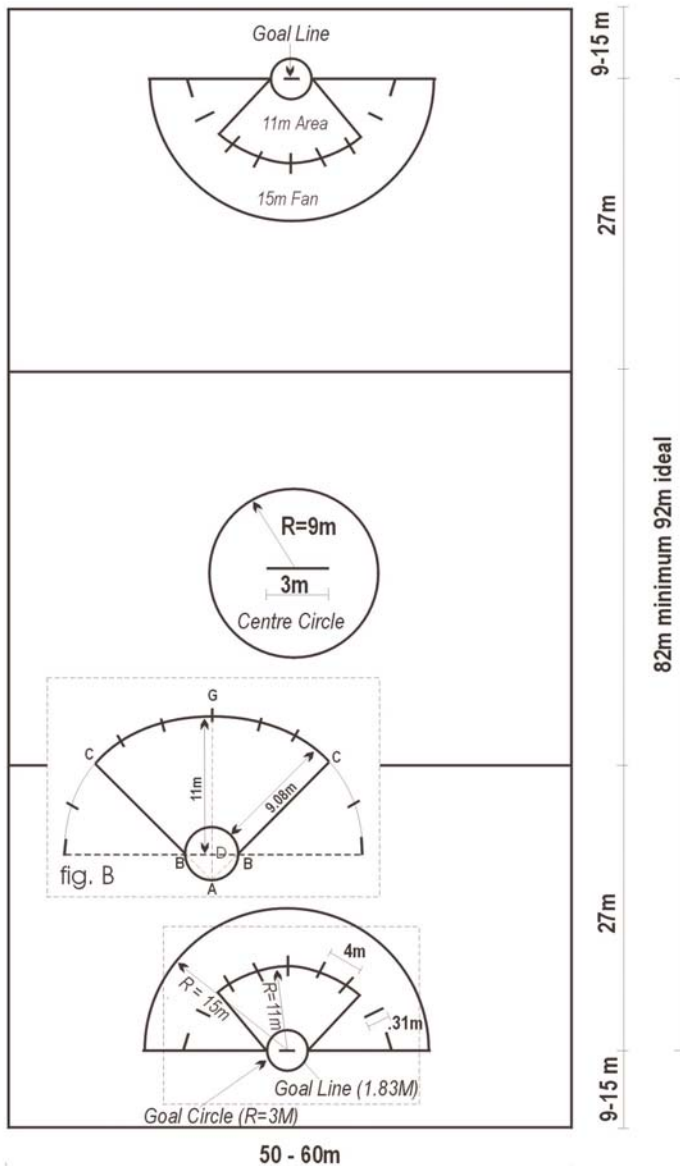


WOMEN'S LACROSSE



PITCH/MARKING GUIDES

Court Measurement

SUGGESTED – 107M (117YDS) LONG BY 60M (70YDS) WIDE. WITH TWO LINES, EACH MARKED 27M (29.5YDS) FROM EACH GOAL LINE.

Centre Circle

RADIUS OF 9M (9.84YDS). A LINE IS MARKED 3M (3.28YDS) LONG AND PARALLEL TO THE GOALS IN THE CENTRE CIRCLE.

Goal Lines

NO MORE THAN 92M (95.3YDS) AND NO LESS THAN 92M (89.9YDS) APART. THEY MEASURE 1.83 (2YDS) IN LENGTH AND RUN PARALLEL TO THE WIDTH OF THE FIELD. THERE SHOULD BE 9M PLAYING SPACE BEHIND EACH GOAL LINE RUNNING THE WIDTH OF THE FIELD.

15m Fan

RADIUS OF 15M (13.9YDS) FROM THE CENTRE OF THE GOAL LINE TO THE OUTER EDGE OF THE GOAL CIRCLE.

11m Area

(FIG. B): ON THE GOAL CIRCLE MARK ABDB. USING D AS THE CENTRE, LIGHTLY DRAW A SEMI-CIRCLE OF RADIUS 11M (12YDS). MARK G. CONNECT A TO B AND EXTEND TO SEMI-CIRCLE MARKING C ON EACH SIDE. MARK HASH MARKS 31CM (0.03YDS) LONG AT G AND MARK 3 HASH MARKS ON SEMI-CIRCLE 4M (4.37YDS) APART ON EITHER SIDE OF G. MARK ANOTHER HASH MARK WHERE SEMI-CIRCLE INTERSECTS GOAL LINE EXTENDED. MARK A SOLID CURVE FROM C TO C. MARK A SOLID LINE FROM B TO C.

CONTINUED...

WOMEN'S LACROSSE

CONTINUED...

Goals

92M (100YDS) APART (INSIDE MEASUREMENTS) AND ARE MADE UP OF TWO WHITE 1.83M (1.97YDS) POLES WITH A WHITE 1.83M (1.97YDS) CROSSBAR AT THE TOP.

Net

THE NET IS ATTACHED TO THE POLES AND CROSSBAR AND FASTENED TO THE GROUND 1.83M (2.3YDS) BEHIND THE GOAL LINE.

Line Width

5CM (1.97IN)

Colour

WHITE.