

WOMEN'S LACROSSE PITCH

La Crosse is the Canadian National game and was originally played as training for warfare in North America by Native Americans. Women's La Crosse is played by two teams of 12 players. The object of the game being to score the ball in opposing team's goalpost by using the crosse, which is a special netted stick with which the ball is caught.

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 82m (89.9yds) apart. They measure 1.83m (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.

GOAL CIRCLE: Radius of 3m (3.28yds) from the centre of the goal line to the outer edge of the goal circle.

15M FAN: Radius of 15m (13.9yds) a semi circle is marked, from the centre of the goal circle. A line is marked from each end of the semi circle to the goal circle and level with the goal line.

11M AREA (fig. b): on the goal circle mark ABDB. Using D as the centre lightly draw a semi-circle of radius 11 m (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 hashmarks on semi-circle 4m (4.37yds) apart on either side of G. Mark another hashmark where semi-circle intersects goal line extended. Mark a solid curve from C to C. Mark a solid line from B to C.

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 (1.97 in).

COLOUR: White.