

WHO

**GIRLS BETWEEN THE AGES OF 6 TO 19 YRS.
U12,U15,U19**

WHAT

GIRLS FIELD LACROSSE

WHERE

**TURF FIELDS THROUGHOUT
THE LOWER MAINLAND**

WHEN

**FROM SEPTEMBER TO DECEMBER
1 PRACTICE & 1 GAME PER WEEK**

WHY

**HAVE FUN, MAKE FRIENDS,
BUILD SELF ESTEEM, TRY OUT A NEW SPORT,
LEARN TO WORK AS A TEAM,
GET OR STAY FIT,
LEARN & IMPROVE YOUR STICK SKILLS**

PACIFIC COAST FIELD LACROSSE LEAGUE



www.pcfll.bc.ca

Contact Person: Brad Hara
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Girl's Field Lacrosse



*Register Now!
2010*

What is Field Lacrosse?

It's a great game sometimes described as Soccer with a stick! Field lacrosse is a ball passing sport that involves explosive, non contact speed, strategic play, and the stick skills of Lacrosse. It encourages team play and co-operation. Whether you've been playing Box Lacrosse or have no experience at all, there is a place for everyone.

WHY PLAY FIELD LACROSSE?

- **HAVE FUN, MAKE FRIENDS**
- **IMPROVE YOUR BOX LACROSSE SKILLS**
- **EXCELLENT CROSS TRAINING FOR SOCCER, RINGETTE, FIELD HOCKEY, AND HOCKEY**
- **LOW START UP COST**
- **SHORT SEASON**

Interested in Playing?

Registration forms can be picked up at your local association.

Please include:

- a photocopy of your birth certificate
- a photocopy of your care card
- a photocopy of proof of residency (check with your association)

Contact us at:

Langley

Langley_lightning@shaw.ca

Burnaby

bondab@shaw.ca

Contact Person: Brad Hara

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Coquitlam

www.adanacsfieldlacrosse.ca

jeff.robby@shaw.ca

Contact Person: Brad Nickle

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Port Coquitlam

elizabeththomas@pocominorlacrosse.com

Contact Person: Nina Hansen

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New Westminster

trkpeterson@shaw.ca

Contact Person: Suki Sandhu

sukiandmoney@shaw.ca

Ridge Meadows

Contact: Pacific Coast Field Lacrosse League

Field Play (simplified)

A team consists of 18 - 20 girls on the field. There are 3 attackers, 3 defense, 5 mid field players and a goalie.

Play is governed by Umpires, by restraining lines, the goal fan, and personal space or the bubble.

The rules generally revolve around player safety.

The game is played in two 25 minute halves with a short halftime break.

Teams use field lacrosse sticks to carry, throw, and shoot the ball down the field and into the goal. Each goal counts as 1 point. A draw occurs at the start of each half and after every goal.

Equipment Required

Goggles

Mouthguard

Field Lacrosse Stick

Can be purchased at:

Ice level Sports (Rmd)

Mountain edge (Pt. Coq.)

Cyclone Taylors (Coq. only)

Levys Source for sport (Langley)

Dockstader Sports-no goggles (Surrey)

Cleats or Turf shoes

any athletic shoe store.