

What is Women's Field Lacrosse?

Women's field lacrosse is a non-contact sport played with 12 players per team. Ball movement and effective stick-handling are key elements of the sport, and shallowness of the stick's pocket makes catching and maintaining control of the ball more challenging.

Team Canada has ranked among the top women's lacrosse teams in the world. At the 2013 FIL World Cup in Oshawa Ontario, Team Canada reached the final four for the first time in their history, losing to the defending American champions in the championship round. Canadian Women's and U19 teams rank in the top 5 in the world.

Equipment Required

Only goggles, stick and cleats!
(goalies wear additional equipment)

Ages

8-18 Girls participate in Women's Field Lacrosse in the Lower Mainland



For more information and to register, visit the BC Lacrosse Website: www.bclacrosse.com
Click on: "Register Now"

BC Lacrosse Association

Sue Kinna
Vice Chair, Women's Field Lacrosse
Email: mikekinna@hotmail.com

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**PLAY FIELD
LACROSSE**

Why Play Women's Field Lacrosse?

An excellent complement to box lacrosse and other sports such as soccer and hockey

- Stick development that focuses on right and left handed stick work
- Shallow pocket which increases skill and finesse

Inexpensive

- Less equipment to buy (goggles, stick, cleats)
- Affordable registration costs

Short Season

- Regular season runs September to December with Provincial Tournament in February

Tournaments & more!

- Although the season in the Lower Mainland is short, there are lots of opportunities to participate in tournaments and other activities throughout the year in the US and Canada



Advanced Women's Field Lacrosse Opportunities include:

- Team BC Travel Teams (tournament play in USA & Canada) - Freshman, Sophomore & Senior teams
- NCAA Scholarship opportunities for post-secondary Canadian athletes to play Field Lacrosse in American universities
- Post-secondary opportunities to play Field Lacrosse in eastern Canadian universities
- Team Canada U19 & Women: FIL World Cup (every 4 years)



“As a Box Lacrosse player, I love playing within the rules of Women's Field Lacrosse. It is a game that requires excellent stick skills that I have been able to bring to the game because of my box lacrosse experience. Because there is no cross-checking like in box, you have to play smart and figure out ways to score using more strategic plays. Playing Field Lacrosse makes you a more creative and well rounded player.”

quote from a current female box lacrosse player