

**Founders Girls Lacrosse League  
Playbook  
Appendix**

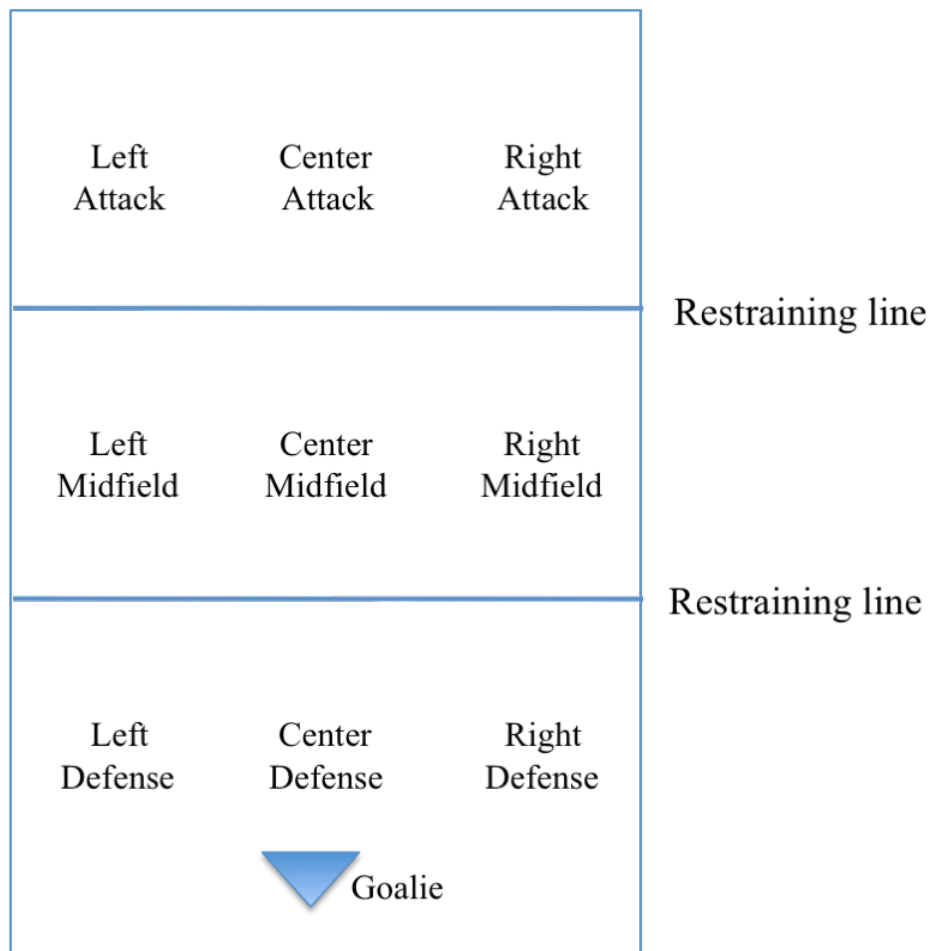
*Revised December 1, 2009*

**Grades 3/4:10v10**

**Positions for Play**

In girls youth lacrosse today, there is less emphasis on concrete names for positions. Players set up and play in areas of the field – attack, midfield and defense.

To provide coaches guidance on field set-up, FGLL supports the following position names for 10v10 play:



## Line-up for the Draw

For the draw, officials will look for the correct number of girls in each part of the field. For the draw, coaches should have:

- 5 players between the restraining lines arranged as follows:
  - ⇒ 4 around the center circle with their feet outside of the circle (Center Attack and Center Defense will join Left/Right Midfield on the circle)
  - ⇒ 1 in the center of the circle taking the draw (Center Midfield)
- 2 players above the offensive restraining line
- 3 players (2 field players and a goalie) below the defensive restraining line

