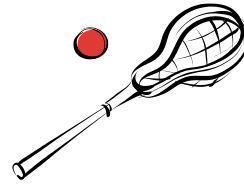


Lacrosse Study Guide



Lacrosse requires a lot of skill and control. Rules are different for different age levels of lacrosse. Youth lacrosse and high school have different rules compared to college lacrosse. In women's lacrosse, the rules are generally the same. There are rules added or changed almost every year to improve the play of the game and US Lacrosse writes all of the rules for youth and high school lacrosse. Rules for college lacrosse are written by the NCAA.

History: According to U.S. Lacrosse, lacrosse is a sport originating from Native Americans that exposed European settlers to a game played with sticks and balls. A racket-like cup was mounted to one end of a stick and used to pick, throw and catch a ball. Unlike other contact sports, the ball was not to be touched by the hands. Now, lacrosse is one of the fastest growing sports, ranging from youth to professional adult levels.

Field: Lacrosse is played on a field that is 110 yards long and 60 yards wide. The field is then split into regions where different parts of the game take place. Goals are set 80 yards apart, with 15 yards of play-area behind each goal. Surrounding each goal is a circle nine feet in diameter, called the crease, and serves as the spot from which most players want to take a shot. The field is split into two halves, with each half containing a rectangular box, 35 by 40 yards, called the goal area. Parallel to the sidelines, 20 yards in length, are the wing lines, where wingmen tend to set up offensive and defensive plays.

Midfield Line: The line which bisects the field of play.

Attack Goal Area: The area defined by a line drawn sideline to sideline 20 yards from the face of the goal. Once the offensive team crosses the midfield line, it has ten seconds to move the ball into its attack goal area.

Crease: A circle around the goal with a radius of nine feet into which only defensive players may enter.

Equipment

Crosse: The Crosse (lacrosse stick) is made of wood, laminated wood or synthetic material, with a shaped net pocket at the end. It is used to throw, catch and carry the ball. The Crosse must be an overall length of 40 - 42 inches for attack persons and midfielders, or 52 - 72 inches for defensemen. The head of the Crosse must be 6.5 - 10 inches wide, except a goalie's Crosse which may be 10 - 12 inches wide.

Handle (Shaft): Aluminum, wooden or composite pole connected to the head of the Crosse.

Pocket: The strung part of the head of the stick which holds the ball.

Ball: The ball must be made of solid rubber and can be white, yellow or orange.

Lacrosse Positions

Attack: The attack person's responsibility is to score goals.

Midfield: The midfielder's responsibility is to play both offense and defense

Defense: The defense is responsible for defending the goal and restricts their play to the defensive end of the field

Goalie: The goalie's responsibility is to protect the goal and stop the opposing team from scoring. Each team must have one goalie

Basic Lacrosse Rules

Lacrosse is a contact game played by ten players: a goalie, three defense players, three midfielders and three attack players. The object of the game is to shoot the ball into the opponent's goal. The team scoring the most goals wins.

Each team must keep at least four players, including the goalie, in its defensive half of the field and three in its offensive half. Three players (midfielders) may roam the entire field.

Youth games are 32 minutes long, with eight-minute quarters. Each team is given a two-minute break between the first and second quarters, and the third and fourth quarters. Halftime is ten minutes long. Teams change sides between periods. Each team is permitted two timeouts each half. The team winning the coin toss chooses the end of the field it wants to defend first.

The players take their positions on the field: four in the defensive clearing area, one at the center, two in the wing areas and three in their attack goal area.

Peacock lacrosse play begins with one team starting with the ball at midfield. This is down also when a goal has been scored. Field players must use their crosses to pass, catch and run with the ball. Only the goalkeeper may touch the ball with their hands. A player may gain possession of the ball by intercepting a throw, catching a pass, or picking the ball up off the ground. Body checking is **not** permitted at all.

If the ball or a player in possession of the ball goes out of bounds, the other team is awarded possession. If the ball goes out of bounds after an unsuccessful shot, the player nearest to the ball when and where it goes out of bounds is awarded possession. An attacking player cannot enter the crease around the goal.

Lacrosse Skills and Terms

Offsides: Occurs when a team does not have at least four players on its defensive side of the midfield line or at least three players on its offensive side of the midfield line

Stalling: Occurs when a team intentionally holds the ball, without conducting normal offensive play, with the intent of running time off the clock

Catching: The act of receiving a passed ball with the Crosse

Cradling: The coordinated motion of the arms and wrists that keeps the ball secure in the pocket and ready to be passed or shot when running

Cutting: A movement by an offensive player without the ball, toward the opponent's goal, in anticipation of a feed and shot

Feeding: Passing the ball to a teammate who is in position for a shot on goal

Passing: The act of throwing the ball to a teammate with the Crosse

Scooping: The act of picking up a loose ball with the Crosse

Shooting: The act of throwing the ball with the Crosse toward the goal in an attempt to score

Clearing: Running or passing the ball from the defensive half of the field to the attack goal area

Ground Ball: A loose ball on the playing field

