

Lacrosse Study Guide

History

Lacrosse, considered to be America's first sport, was born of the North American Indian, christened by the French, and adapted and raised by the Canadians. For over a century, athletes and enthusiasts of the United States and the British Commonwealth have embraced modern lacrosse. Lacrosse is one of the fastest growing team sports in the United States. Youth membership (ages 15 and under) in US Lacrosse has more than tripled since 1999 from 40,000 to over 125,000. No sport has grown faster at the high school level over the last 10 years and there are now an estimated 169,000 high school players. Lacrosse is also the fastest-growing sport over the last five years at the NCAA level and that's just the tip of the iceberg. There are more than 400 college club programs, the majority of which compete under the umbrella of US Lacrosse and its "intercollegiate associates" level.

General Safety Rules

- Safety First
- No checking
- Two hands on the stick at all times if you don't have possession of the ball
- Must be 1 stick length away of the opponent (may hit net on net)
- Field Players must wear goggles at all times
- Goalies will have masks to wear
- The stick must be held below the waist when running

Players

There are 10 players on a team, plus the number of substitutes for each of the four positions: goalie, defensemen, midfielders, and attackers. *Substitutions* may occur during the game as in ice hockey, or when there has been a stop in play.

A team consists of:

- 1 goalkeeper
- 3 defensive players
- 3 offensive players (attackers)
- 3 midfielders (1 center)

Game Play

The regulation playing time of a college varsity game is 60 minutes, divided into four periods of 15 minutes each. High school teams play four 10-minute periods. In the event of a tie score at the end of regulation, sudden-victory play will begin, with the winner being the team scoring the first goal. The game begins with a "draw" (2 opposing players toeing the center line) at the center line of the field. All of the other players must be out of the center circle during the draw. No players, other than the goalie, are allowed inside the crease when the ball is in play. The goalie is the only player to use his or her hands during the game. Once the goalie leaves the crease he or she loses those privileges. If the ball goes out of bounds, it is given to the nearest player (discretion of the teacher). Each team must have at least 3 players on their offensive side of the field as well as having 4 players in the defensive half of the field at all times. If the team does not follow this requirement an offside penalty is called.

Scoring

A team scores a goal when the ball passes completely over the goal line. A goal counts if it bounces off a defender and proceeds into the goal. On the other hand, a goal does not count if the ball bounces off an attacking player and enters into the goal. Also, a goal may also be disallowed if crosse breaks the plane of the goal circle, or if any attacking player is in the goal circle.

Game Penalties

Two types of fouls:

- *Personal fouls* (serious type of fouls)
These types of fouls consist of illegal body checking, slashing, tripping, unnecessary roughness, and unsportsmanlike conduct. The penalty for a personal foul is suspension of the offending player from the game for 1 to 3 minutes.

- Technical fouls
These are fouls of a less serious nature. They consist of interference, holding, pushing, offsides, and stalling. This penalty results in a turnover or the player may be placed in the penalty box for 30 seconds.

All penalties are at the discretion of the physical education teacher.

Equipment

Game ball

The ball used in Lacrosse is solid rubber that is slightly smaller than a baseball. It should weigh between 143-150 grams. Although white and orange balls are readily available, yellow balls must be used for formal competition on the high school and college levels.

Crosse or Stick

Field players propel the ball through the air with the use of a crosse or stick. The stick may be constructed of wood, aluminum, or fiberglass and may have an overall length of 40 to 72 inches. The head of the stick resembles a woven basket in which the ball is carried, cradled, or thrown.

Goals

The goal consists of two vertical posts joined at the top with a crossbar. The goalposts are 6 feet apart, and the top crossbar is 6 feet from the ground. Attached to the goal is a pyramidal cord netting, which is fastened to the ground at a point 7 feet in back of the center of the goal.

The differences in Men's vs. Women's Lacrosse

- There are no boundary lines in women's lacrosse. Men's lacrosse is played within a 110 by 60 yard rectangular field.
- The men's center draw starts on the ground. The women's center draw starts from a standing position.
- Men's lacrosse is a body contact sport while it is strictly prohibited in women's lacrosse.
- Field players in the men's game are heavily padded. Women do not wear heavy gloves or helmets, due to the non-contact nature of the game.

Terms

Attackmen	The three offensive players that operate around the goal area.
Clear	Running or passing the ball from the defensive part of the field to the offensive side.
Cradling	The rhythmical coordinated motion of the arms and wrists that keeps the ball secure in the stick and ready to be passed or shot.
Crease	The circle with a nine-foot radius around the goal.
Dodges	Ball-carrying maneuvers used for eluding defenders.
Holding	A technical foul committed either by grabbing an opponent or by hindering a ball carrier's progress with one's stick.
Interference	A technical foul committed by preventing the free movement of an opponent who is neither in possession of the ball nor within five yards of a loose ball.
Midfielders	The three players who play in the center of the field and play both offense and defense.
Offsides	A technical foul in which the offending team has either fewer than three players in its offensive half of the field or fewer than four players in its defensive half of the field.