

LACROSSE

The Basics

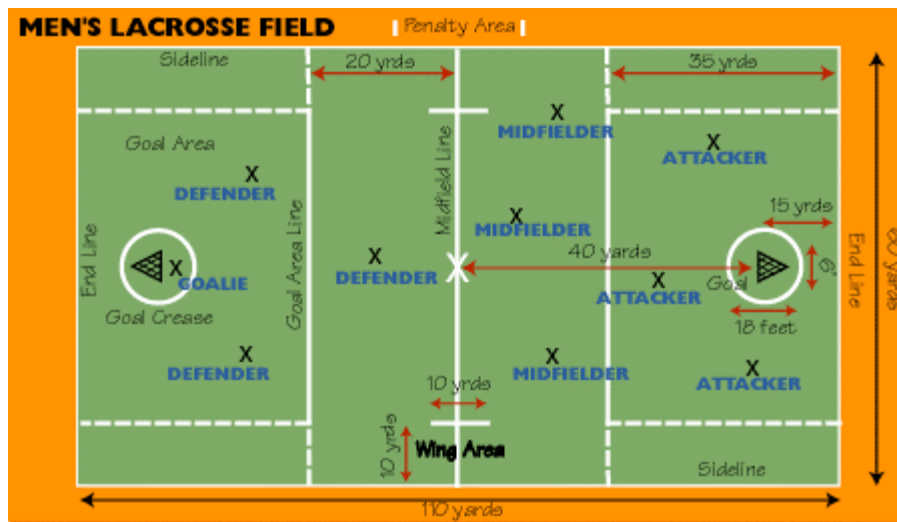
Lacrosse teams use netted sticks to carry, pass, and shoot a ball along a field in an effort to score goals. A goal counts as one point and is scored when the lacrosse ball completely crosses the opposing goal line between the posts and under the crossbar. The team scoring the greater number of goals in the allotted time wins the game.

How Long Is A Game?

A game is divided into four quarters. Each quarter ranges from eight to ten minutes with usually a ten-minute break at halftime. Each period begins with a “face-off” at midfield. Teams switch playing sides after each period and are allowed two time-outs per half.

Who Plays Where?

Two teams of ten players are on the field at one time. Teams usually line up with one goalkeeper, three defenders, three midfielders, and three attackers. On face-offs, players must remain in their respective playing zones until one team gains possession of the ball. Also, teams must have at least four players in their defending half and three players in their attacking half of the field at all times of the game.



Any player may score a goal and every player must contribute on defense when necessary. Substitutions may take place any time during the game.

Midfielders (or Middies) - As the main ballcarriers on the team, middies cover the entire length of the field playing both offense and defense. Their responsibilities are to bring the ball up the field into the attack zone to set up offensive plays and scoring opportunities with their attackers.

Attackers - Positioned in the opposing goal area, they are typically the best stick handlers and are the primary goal scorers on the team. Together with the middies, the attackers work the ball offensively to set up scoring opportunities.

Defenders - Play in the defending goal area around their goal crease. These players use longer sticks (shafts up to 72 inches) that enable them to better “poke check” the sticks of opposing

ballcarriers. Defenders constantly check attacking players to prevent them from taking shots on their goal. They also work with their goalie to “clear” the ball from their defensive zone up to the midfielders.

Goalkeeper (or Goalie) - Plays inside the “goal crease” in front of his team’s goal. He uses a larger headed stick (up to 15 inches wide) to best defend against oncoming shots. He is the only player allowed to touch the ball with his hands, but can only do so when blocking shots inside his goal crease. He may not control the ball with his hands, only with the stick.

Checking

Body Check - Defensively using the body to hit an opposing ballcarrier or a player within fifteen feet of a loose ball. The body check must always be done above the waist and from the front.

Stick Check - In an effort to dislodge the ball from the “pocket,” the defending player strikes his stick against the stick of an opposing ballcarrier.

Poke Check - A defender jabs his stick at the hands/stick of an opposing ballcarrier in an effort to jar the ball loose. If, in the act of going for the ballcarrier’s hands, the defender pokes the body, no foul is called.

Slap Check - A type of poke check in which a player snaps his wrists, to slap his stick hard against an opponent’s stick. It is a foul if a player “slashes” his opponent makes contact with the ballcarriers body.

Wrap Check - A stick check in which the defender’s stick is swung over the head or around the body of the ballcarrier. **THIS IS AN ILLEGAL CHECK AT THIS AGE LEVEL.**

Foul Play!

Any violation of the rules of play results in a penalty and the offending player is removed from the game for a designated time. The fouling player serves time in a penalty area and his position on the field cannot be filled. His team must play “man down” until the penalty is over or a goal is scored by the other team.

Personal Foul - A player may not trip, slash, recklessly charge, or use his stick or body to illegally check an opposing player. An illegal body check is a hit above an opponent’s shoulders, below the waist, or from behind. It is further illegal to use the stick as a means to interfere with an advancing opponent. Depending on the severity of the personal foul, the violating player sits out of play for one to three minutes in the penalty box.

Technical Foul - Called against a player who pushes an opponent, holds him or his stick, touches the ball with his hands, or goes “offside” when his team does not possess the ball. Any of these fouls results in a thirty-second penalty. However, if a player commits one of these fouls while his team has the ball, he stays on the field and the opposing team gains ball possession.

Expulsion Fouls - Occurs if a player is overly aggressive in striking an opponent or is verbally abusive to an official. The offender is ejected for the duration of play. The removed player may be replaced by a teammate after three minutes.

Slashing - A reckless and illegal stick check to the body of a ballcarrier. Slashing results in a personal foul. Only the hands holding the stick or the stick itself may be checked by the

defender's stick.

Offside - Called anytime a team has fewer than four players (this includes the goalie) on its defensive side of the field, or fewer than three players on its attacking side. If the defending team is offside when a goal scores, it counts. If the attacking team scores but is called offside, the goal does not count and the ball is turned over to the other team.

In-the-crease - Attacking players may never enter the opposing goal crease. They may only reach in with their sticks when attempting to get control of the ball. Defensive players may not enter their own goal crease when carrying the ball. And, the goalie cannot hold the ball in his crease for more than four seconds. Such fouls result in the loss of ball possession.

Common Signals



Slashing



Offside



Holding



Pushing



**Illegal
Body Check**



Score