

## History of the Game

Lacrosse was invented by Native North Americans and had many different purposes including conflict resolution and training of young warriors. Games could be played on a pitch over a mile wide and sometimes lasted for days. The sport has played a significant role in the community and religious life of tribes across the continent for many years. Those who took part did so in the role of warriors, with the goal of bringing glory and honor to themselves and their tribes. The game was named lacrosse by French missionaries.

## Technical Essentials

**Field Layout:** Outdoor men's lacrosse involves two teams of 10 players each. A regulation field of play is 110 yards long and 60 yards wide. The goals are 6 feet by 6 feet, containing a mesh netting similar to an ice hockey goal. The goal sits inside a circular "crease", measuring 18 feet in diameter. Behind the crease is the area designated simply as "X". Attackmen will remain at "X" in most types of offensive setups.

### Positions:

**Attackmen:** There are three Attackmen on the field at one time. They are the primary offensive players and stay on the team's offensive side of the field at all times.

**Defensemen:** Defensemen use "long-poles". The Defensemen uses his stick to throw checks and try to dislodge the ball. Defensemen must stay on the team's defensive side of the field.

**Midfielder:** Commonly referred to as "middies", three Midfielders are allowed on the field at once. Middies play on both the offensive and defensive sides of the field.

**Goalkeeper:** The goalkeeper's job is to prevent the ball from getting into the goal. Goalies also direct the team defense. The Goalie needs to be the loudest player on the field calling the position of the ball at all times so the defense can concentrate on the man they are covering instead of where the ball is.

**Game:** The game is played in four quarters and the length will vary based on whether the clock will be periodically stopped during play

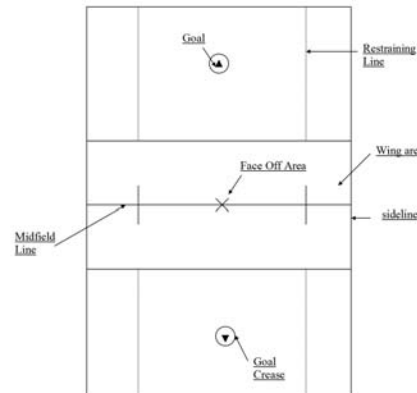
**Faceoffs:** Faceoffs in field lacrosse come at the start of each quarter and after each goal. They consist of two players at the center X and two players from each team perched on the wing area lines. Once possession is gained by one of these six players, the rest of the players can leave the restraining box.

**Crease:** The crease surrounds the goal. Offensive players are not allowed to step into or land in the crease, unless they are forced in by a defender. If this violation occurs, goals are waived off and possession is given to the defense.

**Offsides:** Defensemen always stay in the opposition's offensive zone, and the attackmen always stay in their own offensive zone. Only midfielders can run the entire field without restriction. An exception is if a midfielder stays back to allow an attackmen or defensemen to cross the midfield line.

## Penalties

Men's lacrosse is a full contact sport, with players wearing complete protective equipment. Thus "checking" - striking opponents' stick or body with the stick - is legal and very much part of the game. In men's lacrosse, players can be awarded penalties of two types by the referee for rule infractions. Personal fouls always result in the player serving time in the penalty box. These penalties can last one to three minutes at the referee's discretion. Technical fouls are less severe and result in 30 seconds being served only if the foul was committed while the opposing team was in possession of the ball. If there was a loose ball situation or the player's team was in possession at the time of the foul, they only result in a turnover. Some fouls are "releasable," meaning that a player may return to the game without spending the entire duration of his penalty in the box if the opposing team scores during the penalty. Fouls form an important part of men's lacrosse as while a player is serving time, his team is 'man down'. At this time his defense usually plays a zone while they wait for the penalty to expire while the attacking team has its best opportunity to score. A list of the fouls in men's lacrosse is as follows:





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## *Personal fouls*

- Slashing: Occurs when a player hits another player uncontrolled, in the back, below or on the knees, or in the helmet/neck with the stick.
- Tripping: Occurs when a player obstructs his opponent at or below the waist with the stick, hands, arms, feet or legs, causing him to fall.
- Cross Checking: Occurs when a player uses the handle of his stick between his hands to make contact with an opponent.
- Unnecessary Roughness: Occurs when a player strikes an opponent with his stick or body using excessive or violent force.
- Illegal Body Checking: Occurs when any of the following actions takes place:
  - a. body checking an opponent who is not in possession of the ball or within five yards of a loose ball.
  - b. avoidable body check of an opponent after he has passed or shot the ball.
  - c. body checking an opponent from the rear or at or below the waist.
  - d. body checking an opponent above the shoulders. A body check must be below the shoulders and above the waist, and both hands of the player applying the body check must remain in contact with his stick.

## *Technical fouls*

- Holding: Occurs when a player impedes the movement of an opponent or an opponent's stick, or a player has his stick in between the arm pads and the player's body.
- Interference: Occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the player, or both players are within five yards of a loose ball.
- Offsides: Occurs when a team does not have at least three players (excluding the goalie) on its defensive side of the midfield line or at least three players on its offensive side of the midfield line.
- Moving Pick: Occurs when an offensive player moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending, as opposed to a legal pick, standing next to a defensive player, blocking him from the player he is covering.
- Stalling: Occurs when a team intentionally holds the ball, without conducting normal offensive play, with the intent of running time off the clock. This is called if no attempt is made to get in the restraining box.
- Time Delay: (Goalie Only) When the Goalie is in possession of the ball for more than the allotted time while in the crease or fails to clear the ball in the allotted time.
- Warding Off: Occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent, including pushing him off.