



Lacrosse



History

Lacrosse is a team sport in which players pass, catch, and carry a rubber ball, using sticks with a netted pouch at one end. The object of lacrosse is to accumulate points by shooting the ball into the opposing team's goal. Lacrosse is one of the oldest organized sports in North America. While at one point it was a field game or ritual played by FIRST NATIONS in Upper Canada (conflict resolution, the training of young warriors, and as a religious ritual), the sport has since branched into four distinct games: men's field lacrosse, women's field lacrosse, box lacrosse, and inter-crosse. The game became known to Westerners when a French Jesuit Missionary, Jean de Brébeuf, saw the Iroquois Natives play it in 1636. In 1856, Dr. William George Beers, a Canadian dentist, founded Montreal Lacrosse Club and in 1867 he codified the game, shortening the length of each game and reducing the number of players to ten per team.

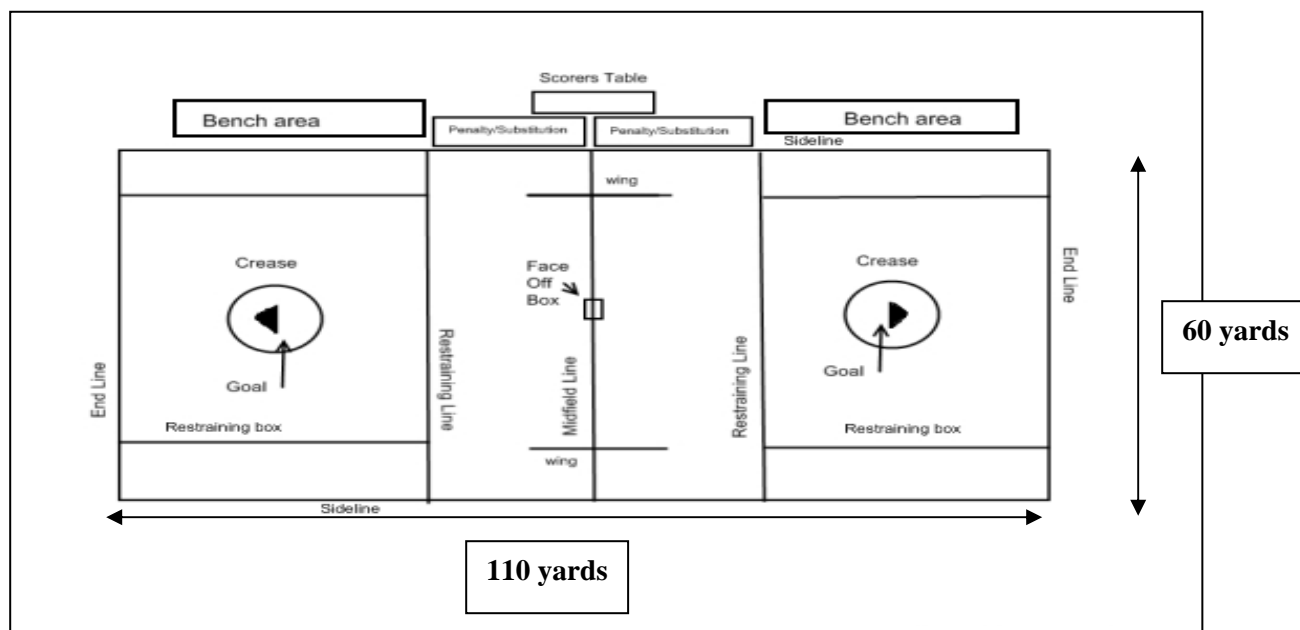
Rules

Lacrosse is a contact game played by ten players per side for outdoor and 6 players per side for indoor. Positions include: a goalkeeper, defensemen, midfielders and attack men.

- **Face-off:** each quarter starts with a “face-off” in which the ball is placed on the ground and two “face-off-men” lay their stick horizontally next to the ball, head of the stick inches from the ball and the butt-end pointing down the midfield line . A face-off also restarts the game after each goal.
- Players scoop the ball off the ground with their stick and may run carrying the ball in their stick, pass the ball through the air to other players, or throw it at the goal. Only the goalkeeper may touch the ball with his hands.
- **Body checking** is legal from waist to shoulders and must occur from the front or side. An opponent's crosse may also be stick checked if it is within five yards of a loose ball or ball in the air. Aggressive body checking is discouraged (slashing).
- **Push-offs:** a player with the ball cannot push off with his free hand or arm, the player must keep both hands on his stick and can push with his shoulder
- There are no off-sides.
- **Possession changes:** minor infractions will stop play & possession is awarded to the non-offending team (at least 9 feet of room between players).
- **The crease:** if a player carrying the ball touches the crease before shooting, the goal will then have possession.
- High school games are 48 minutes long, with 12 minute quarters. Each team is given a two minute break between the first and second quarters, and the third and fourth quarters. Half-time is ten minutes long.

Field

Indoor lacrosse is played on a hockey rink covered by an artificial turf playing surface, and outdoor lacrosse is played on a field.



Fouls

There are personal fouls and technical fouls. The penalty for a personal foul results in a one to three minute suspension from play and possession to the team that was fouled. Players with five personal fouls are ejected from the game. The penalty for a technical foul is a thirty-second suspension if a team is in possession of the ball when the foul is committed, or possession of the ball to the team that was fouled if there was no possession when the foul was committed.

Personal Fouls	Description
Slashing	Occurs when a player's stick viciously contacts an opponent in any area other than the stick or gloved hand on the stick.
Tripping	Occurs when a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs.
Cross Checking	Occurs when a player uses the handle of his crosse between his hands to make contact with an opponent.
Unsportsmanlike Conduct	Occurs when any player or coach commits an act, which is considered unsportsmanlike by an official, including taunting, arguing, or obscene language or gestures.
Unnecessary Roughness	Occurs when a player strikes an opponent with his stick or body using excessive or violent force.
Illegal Crosse	Occurs when a player uses a crosse that does not conform to required specifications. A crosse may be found illegal if the pocket is too deep or if any other part of the crosse was altered to gain an advantage.
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 crosse.
Illegal Gloves	Occurs when a player uses gloves that do not conform to required specifications. A glove will be found illegal if the fingers and palms are cut out of the gloves, or if the glove has been altered in a way that compromises its protective features

Technical Fouls	Description
Holding	Occurs when a player impedes the movement of an opponent or an opponent's crosse.
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.
Offside	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.
Pushing	Occurs when a player thrusts or shoves a player from behind
Screening	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.
Stalling	Occurs when a team intentionally holds the ball, without conducting normal offensive play, with the intent of running time off the clock.
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's stick check.

Equipment

The Crosse: The crosse (lacrosse stick) is made of wood, laminated wood or synthetic material, with a shaped net pocket at the end.

The Ball: The ball must be made of solid rubber and can be white, yellow or orange. The ball is 7.75 - 8 inches in circumference and 5 - 5.25 ounces.

The Helmet: A protective helmet, equipped with face mask, chin pad and a cupped four point chin strap fastened to all four hook-ups must be worn by all men's players.

The Mouthpiece: The mouthpiece must be a highly visible color and is mandatory.

The Glove: All players are required to wear protective gloves. The cutting or altering of gloves is prohibited.

Protective Equipment: All players, with the exception of the goalkeeper, must wear shoulder pads. Arm pads and rib pads are also strongly recommended and often required, as are athletic supporters and protective cups for all players. The goalkeeper is required to wear a throat protector and chest protector, in addition to a helmet, mouthpiece and gloves.

