

Lacrosse

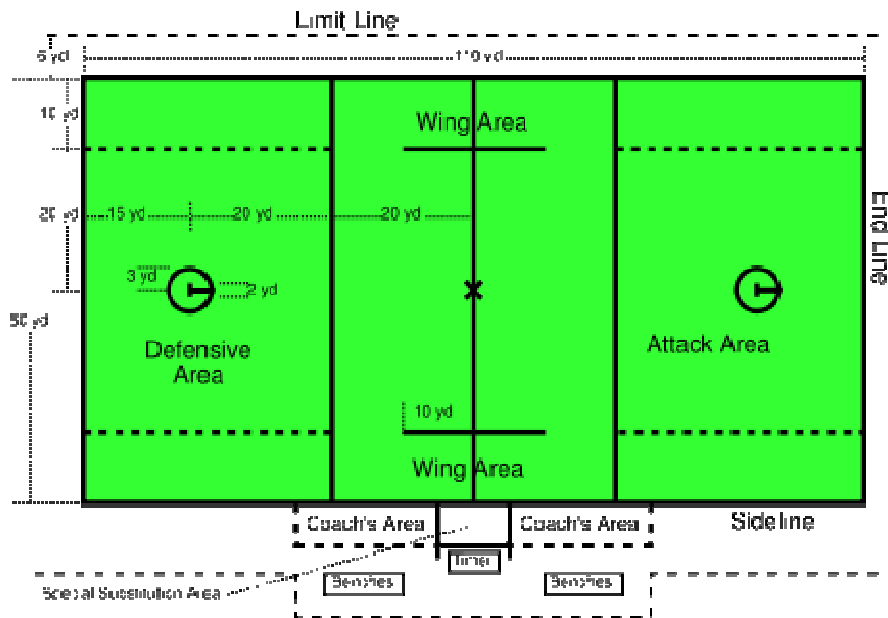


Diagram courtesy of:

http://en.wikipedia.org/wiki/Field_lacrosse

Vocabulary:

Attacker - a player whose responsibility is to score and is restricted to the offensive side of the field

Cradle - technique used to maintain control of the ball when moving with the ball, players twist their wrist back and forth to keep the ball in the stick pocket.

Crosse - playing stick usually made from wood, plastic, aluminum, titanium, and other synthetic materials.

Defense - a player whose responsibility is to prevent a goal being score and is restricted to the defensive side of the field

Face off - where two opposing players crouch facing each other across the center line with their crosses on the ground and their backs towards their own goal. The referee places the ball on the ground and on the whistle each player attempts to gain control of the ball.

Goal Crease - circle surrounding each team's goal about 18 feet in diameter

Midfield - a player whose responsibility is to both offense and defense

Personal foul - infringement of the rules which includes cross checking, slashing, dangerous use of the stick, tripping and unsportsmanlike conduct

Scoop - a way of picking up the ball that's on the ground, a player places the stick underneath the ball and slides it into the stick pocket.

Trapping - stopping the ball and gaining control with a scoop

Throw-in - a way to get the ball back into play it is a toss from the sideline by the team not responsible for putting the ball out of bounds

Technical foul- an infringement of the rules which includes off-sides, entering the goal crease area and use of hands

Rules:

1. 10 players on a team - 3 attackers, 3 midfielders, 3 defenseman and 1 goalie
2. Attacks and defenseman need to stay on their half of the field and the midfielders are allowed to play both offense and defense.
3. Game starts with a face-off between the two center attackers.
4. Face-offs occur at the beginning of the game, after every goal, at the beginning of each period/quarter and stoppage of play.
5. Players may run with the ball in the crosse, pass, and scoop or catch the ball.
6. If the ball is on the ground, a player may NOT cover it with the back of the crosse.
7. If the ball goes out of bounds after an unsuccessful goal shot, the player nearest to the ball when and where the ball goes out is given a possession.
8. If the ball or player in possession of the ball goes out of bounds, the other team is awarded possession of the ball.
9. Attacking players may not enter the “crease”, but may reach their sticks into the goal area to catch a ball or get a loose ball.
10. Defending players may only enter the “crease” if they do not have possession of the ball.
11. The goal keeper is the only one who may touch the ball with his/her hands.
12. A player may gain possession of the ball by knocking it from an opponent’s crosse with a stick check. The stick must be below the player’s shoulder. No stick checking above the shoulders. (Possession will go to other team)
13. A team must have at least 4 players on each side of the field at all times or off-sides occurs
14. Personal Fouls = is one-minute suspension from play and possession to the team that was fouled.
 - Slashing: occurs when a player’s stick contacts an opponent in any area other than the stick.
 - Tripping: occurs when a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs.
 - Unnecessary roughness: occurs when a player strikes an opponent with his stick or body checks
15. Technical Fouls = is a 30 second suspension from play and possession to the team that was fouled.
 - Holding: occurs when a player interferes with the movement of an opponent or their stick
 - Interference: occurs when a player gets in the way of the movement of an opponent
 - Off sides: occurs when a team does not have at least 4 players on its defensive side of the center line or at least 4 on its offensive side of the center line

Practice test:

True-False

- ___ 1. Field players may use their hands in the game of lacrosse
- ___ 2. Midfielders are restricted to the offensive area of the field
- ___ 3. Stick checking is allowed when the opponent does not have the ball.
- ___ 4. An attacking player can enter the crease (goal area) during a game.
- ___ 5. Personal fouls carry a penalty of 30 sec. Suspension.
- ___ 6. There is no offside call in lacrosse

1. F 2. F 3. F 4. F 5. F 6. F