

Required Equipment for Boys' & Men's Lacrosse



The Game: Men's lacrosse is a contact game played by ten players: a goalie, three defensemen, three midfielders and three attackmen. The object of the game is to shoot the ball into the opponent's goal. The team scoring the most goals wins.

To Start: Men's lacrosse begins with a face-off. The ball is placed between the sticks of two squatting players at the center of the field. The official blows the whistle to begin play. Each face-off player tries to control the ball. The players in the wing areas can run after the ball when the whistle sounds. The other players must wait until one player has gained possession of the ball, or the ball has crossed a goal area line, before they can release.

Length of Game:

Collegiate Game - 60min in four 15min quarters

High School Game - 48min in four 12min quarters



For full list of rules visit
www.uslacrosse.org/the_sport/mens_rules.shtml

The Positions:

- **Attack:** The attackman's responsibility is to score goals. The attackman generally restricts his play to the offensive end of the field. Each team should have three attackmen on the field during play.
- **Midfield:** The midfielder's responsibility is to cover the entire field, playing both offense and defense. The midfielder is a key to the transition game, and is often called upon to clear the ball from defense to offense. Each team should have three midfielders on the field.
- **Defense:** The defenseman's responsibility is to defend the goal. The defenseman generally restricts his play to the defensive end of the field. Each team should have three defensemen on the field.
- **Goal:** The goalie's responsibility is to protect the goal and stop the opposing team from scoring. Each team has one goalie in the goal during play.

Men's Lacrosse Field of Play

