

An Overview of the Game of Lacrosse

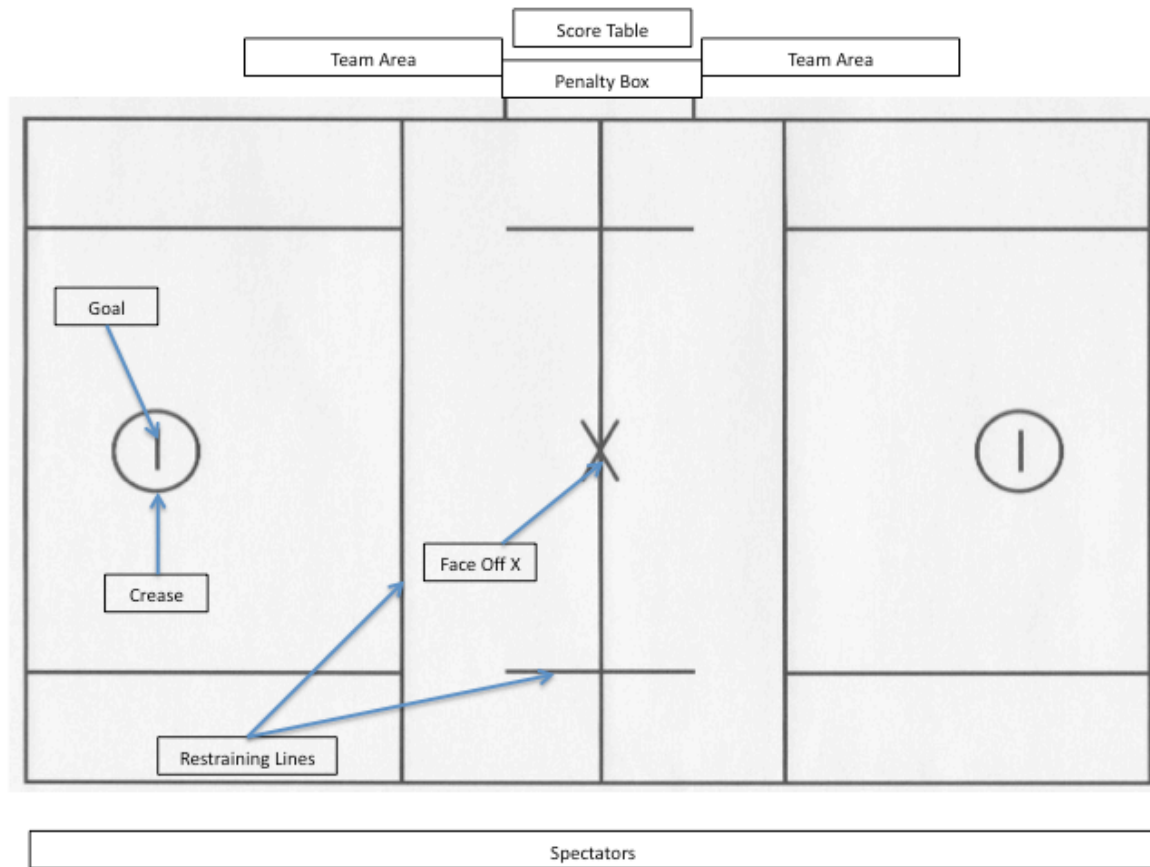
Or

Stuff I wish someone had told me when my kid started Lacrosse

From the Middleton Lacrosse Club

This document discusses the game of Lacrosse for U11, U13 and U15 age groups. For U9, please see the U9 version of this document.

The Playing Field



Equipment

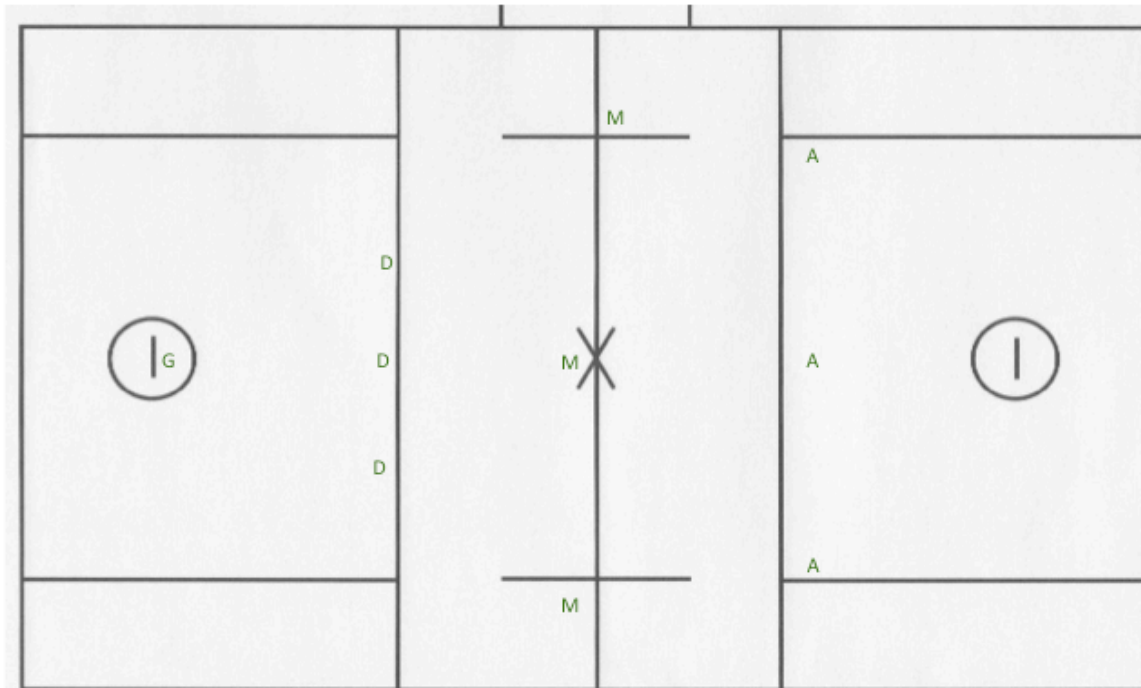


- **All Players must wear:**
 - Helmet
 - Mouth guard
 - Shoulder Pads
 - Elbow Pads
 - Gloves
 - Athletic Cup
- **The goal keeper must also wear:**
 - Neck guard
 - Chest Protector
 - Thigh Pads (football pants) are optional

The Players

Ten Players on the field per Team

- 3 Defense (D)
- 3 Mid-Fielders: Middies (M)
- 3 Attack (A)
- 1 Goaltender (G)



The players are shown in typical starting positions.

Attackers and Defenders are restricted to their respective half of the field. Midfielders cover whole field, and will be substituted more often.

Full Strength

Face Off Positions

Ten Players on the field per Team



Starting A Game

- Players from each team line up as in the previous diagram
- The two center Middies “face-off” and play starts when the Ref blows the whistle
- Both teams’ Attack and Defense players must stay in their respective Restraining Boxes until:
 - The Ref declares possession of the ball by one team or the other.
 - The ball crosses into one of the Restraining boxes
 - The ball goes out of bounds
- At that point, all players can leave the Restraining Box, but must remain “on-sides.”
- **On-sides** in Lacrosse, each team must have
 - at least 4 players (e.g., 1 goalie and 3 defenders) in their defensive half of the playing field
 - at least 3 players (3 attackers) on their offensive half of the playing field

Playing the Game

- **Game Length**
 - U15 Play four 10 minute stop time quarters, with 4 minute sudden victory overtimes in case of tie
 - U13 Play four 10 minute stop time quarters, with up to two 4 minute sudden victory overtimes in case of tie
 - U11 Play four 8 minute stop time quarters OR four 12 minute running time quarters, with no overtimes in case of tie
- **Ball Movement and Scoring**
 - Players can advance the ball and score using any bodypart except their hands (but using the stick is the recommended method)
- **Checking**
 - Body checking is legal if the opponent has the ball, or is within 3 yards of a loose ball, and the contact is from the front or side and above the waist and below the neck.
 - Stick checking is legal only when striking an opponent’s stick, or his hands upon the stick, if the opponent has the ball, or is within 3 yards of a loose ball. No other part of the body may be checked with the stick.
- **Penalties**
 - Players committing a penalty may spend time in the penalty box and must remain there until the timekeeper informs him that his penalty is up.
 - If a penalty is ‘releasable’ and a goal is scored against the team serving the penalty, all players on that team serving penalties are allowed back to play.

Playing the Game:**WHO HAS POSSESSION?**

- **Loose Ball**
 - A ball is considered a loose ball if no player has possession of the ball

- **Player Possession**
 - A player who can perform any of the normal functions of control, such as carrying, cradling, passing, or shooting

- **Team Possession**
 - When a player of that team has player possession, or the ball is in flight between two players of the same team and the receiving player catches the ball.

- **Charged with Possession**
 - There are three counts in the game that are designed to prevent stalling and reward good defense.
 - 4 seconds for the goaltender to clear the ball from the crease once the goaltender gains possession in the crease
 - 20 seconds for the defensive team to clear the ball from their defensive half of the field once the defensive team gains possession of the ball, including the 4 seconds in the goal crease
 - 10 second for the offensive team to get the ball into the opposing team's restraining box once they cross the center line with possession
 - If the team fails to move the ball successfully as required within the timing interval, that team is charged with a 'failure to advance the ball' and the opposing team is awarded the ball.

Offside

- A team with 3 or less players in the penalty area is offside if it has more than 6 players in its goal (attack) half of the field.
- A team with 3 or less players in the penalty area is offside if it has more than 7 players in its defensive half of the field.

Playing the Game:

Out of Bounds

- Play stops when the ball goes out of bounds, defined by the ball touching the white edge line or striking the ground outside of the playing field.
- If the ball was not being shot when it went out of bounds, the ball is awarded to any player of the team that did not touch the ball last before going out of bound who is ready to play.
- If a player with the ball makes contact with the edge line or any ground outside the edge line, the play is stopped and the ball is awarded to the nearest opposing inbounds player who is ready to play.
- No player may be within 5 yards of the player starting play.
- If the ball goes out of bounds on a shot or a deflection of a shot at the goal, the ball is awarded to the team who's inbound player is closest to the ball when it became an out of bounds ball.
- If the ball goes directly out of bounds on a face-off, the ball is re-faced.

Goals

- A goal is scored when a loose ball passes from the front, completely through the imaginary plane formed by the rear edges of the goal line and goal posts and crossbar, regardless of who supplied the impetus.
- A goal does not count:
 - After the game horn sounds ending a period
 - When any part of the body of a player of the attacking team is in the goal crease when the goal is scored
 - When the attacking team has more than 10 players on the field when the goal is scored
 - When either team is offside's
 - After any official has sounded the whistle for any reason, even if inadvertent.
 - If the head comes off of the stick on the shot: the ball is awarded to the defensive team in alley
 - When there is a flag down against the scoring team
 - When there is a play-on for a foul by the scoring team
 - When the scorer's stick or any other equipment is found to be illegal.
 - After a player in the act of shooting or a teammate touches the goalkeeper in the crease or touches any part of the goal or netting
 - If the official recognizes a request for a time out from the team in possession or a foul by that team before the ball breaks the plane of the goal, regardless of whether the official has had time to blow the whistle

Penalties:

Technical Fouls

- Technical fouls are a violation of the technical rules of the game (e.g. offside, crease violation)
- The penalty for the foul depends on who has possession, who is fouled, and where the foul occurs.
- The ball is awarded to the fouled team if the ball is loose
- The ball is awarded to the fouled team if the team committing the foul has possession of the ball

Types of Technical Fouls

- **Interference:**
 - Interfering with the movement of a player who does not have the ball or is farther than 5 yards from a loose ball
- **Holding:**
 - Holding an opponent with your stick or free hand (in any way)
- **Pushing:**
 - Pushing someone from behind in a way to cause that player or team to lose an advantage or cause the team pushing to gain an advantage
- **Throwing the stick, or playing without the stick**
- **Illegal procedure:**
 - Crease violations: (a defending player with the ball running through the crease, or an offensive player stepping in his opponent's crease,) or checking the goalie's stick when he has the ball and is in the crease.
- **Withholding ball from play:**
 - Lying on a loose ball, or trapping it on the ground with the stick longer than is necessary to pick the ball up
- **Offside**
- **Crease Violations**
 - Offensive players can NEVER go in the crease while the ball is in play.
- **Failure to Advance the Ball:**
 - The goalie can only hold the ball in the crease for 4 seconds
 - The defending team must advance the ball over the mid-field line within 20 seconds of being charged with possession
 - The attacking team must get the ball into the goal area within 10 seconds of crossing the mid-field line with possession, assuming they retain possession
- **Goaltender Interference**
 - Offensive players can NEVER make contact with goalie or his stick if the goalie and his stick are completely in the crease
 - Offensive players can make contact with goalie's stick if it is outside the cylinder of the crease, but the goalie's stick does not have the ball in the stick

Penalties (cont):

Personal Fouls

- 1 to 3 minute penalty. (at the discretion of the officials...)
- Unsportsmanlike conduct
 - Cussing, threatening, etc.
- Cross checking:
 - Checking the opponent with the portion of the stick between the players hands
- Tripping
- Slashing:
 - Striking an opponent with the stick on any illegal part of his body or with excessive force on any part of the opposing player
- Illegal body checking
- Unnecessary roughness
 - Too big a hit at referee discretion
- Illegal Stick:
 - Stick too long, pocket too deep, head or handle illegally modified