



## *HUSKIES LACROSSE*

### **SCORER AND TIMEKEEPER GAME HANDBOOK**

By Leonard Ruff

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# The Game of Lacrosse: Basic Information

## Men's Lacrosse Positions

**Attack:** The attackman's responsibility is to score goals. The attackman generally restricts his play to the offensive end of the field. A good attackman demonstrates excellent stick work with both hands and has quick feet to maneuver around the goal. 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. A good midfielder demonstrates good stick work including throwing, catching and scooping. Speed and stamina are essential. 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. A good defenseman should be able to react quickly in game situations. Agility and aggressiveness are necessary, but great stick work is not essential to be effective. 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. A good goalie also leads the defense by reading the situation and directing the defensemen to react. A good goalie should have excellent hand/eye coordination and a strong voice. Quickness, agility, confidence and the ability to concentrate are also essential. Each team has one goalie in the goal during play.

## Men's Lacrosse 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 crosse must be an overall length of 40 - 42 inches for attackmen and midfielders, or 52 - 72 inches for defensemen. The head of the crosse must be 6.5 - 10 inches wide, except a goalie's crosse which may be 10 - 12 inches wide. The pocket of a crosse shall be deemed illegal if the top surface of a lacrosse ball, when placed in the head of the crosse, is below the bottom edge of the side wall.

**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 hookups, must be worn by all men's players. All helmets and face masks must be NOCSAE (National Operating Committee on Standards for Athletic Equipment) approved.

**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.

## Men's Lacrosse Rules

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.

Each team must keep at least four players, including the goalie, in its defensive half of the field and three in its offensive half. Three players (midfielders) may roam the entire field.

Collegiate games are 60 minutes long, with 15-minute quarters. Generally, high school games are 48 minutes long, with 12-minute quarters. Likewise, youth games are 32 minutes long, with eight-minute quarters. Each team is given a two-minute break between the first and second quarters, and the third and fourth quarters. Halftime is ten minutes long.

Teams change sides between periods. Each team is permitted two timeouts each half. The team winning the coin toss chooses the end of the field it wants to defend first.

The players take their positions on the field: four in the defensive clearing area, one at the center, two in the wing areas and three in their attack goal area.

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.

Center face-offs are also used at the start of each quarter and after a goal is scored. Field players must use their crosses to pass, catch and run with the ball. Only the goalkeeper may touch the ball with his hands. A player may gain possession of the ball by dislodging it from an opponent's crosse with a stick check. A stick check is the controlled poking and slapping of the stick and gloved hands of the player in possession of the ball.

Body checking is permitted if the opponent has the ball or is within five yards of a loose ball. All body contact must occur from the front or side, above the waist and below the shoulders, and with both hands on the stick. 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.

If the ball or a player in possession of the ball goes out of bounds, the other team is awarded possession. If the ball goes out of bounds after an unsuccessful shot, the player nearest to the ball when and where it goes out of bounds is awarded possession.

An attacking player cannot enter the crease around the goal, but may reach in with his stick to scoop a loose ball.

A referee, umpire and field judge supervise field play. A chief bench official, timekeepers and scorers assist.

## Men's Lacrosse Skills

**Catching:** The act of receiving a passed ball with the crosse.

**Checking:** The act of attempting to dislodge the ball from an opponent's stick.

**Poke Check:** A stick check in which the player pokes the head of his stick at an opponent's stick through the top hand by pushing with the bottom hand.

**Slap Check:** A stick check in which a player slaps the head of his stick against his opponent's stick.

**Wrap Check:** A one-handed check in which the defender swings his stick around his opponent's body to dislodge the ball. (This check is only legal at the highest level of play.)

**Cradling:** The coordinated motion of the arms and wrists that keeps the ball secure in the pocket and ready to be passed or shot when running.

**Cutting:** A movement by an offensive player without the ball, toward the opponent's goal, in anticipation of a feed and shot.

**Feeding:** Passing the ball to a teammate who is in position for a shot on goal.

**Passing:** The act of throwing the ball to a teammate with the crosse.

**Scooping:** The act of picking up a loose ball with the crosse.

**Screening:** An offensive tactic in which a player near the crease positions himself so as to block the goalkeeper's view of the ball.

**Shooting:** The act of throwing the ball with the crosse toward the goal in an attempt to score.

## Glossary of Men's Lacrosse Terms

**Attack Goal Area:** The area defined by a line drawn sideline to sideline 20 yards from the face of the goal. Once the offensive team crosses the midfield line, it has ten seconds to move the ball into its attack goal area.

**Body Check:** Contact with an opponent from the front - between the shoulders and waist - when the opponent has the ball or is within five yards of a loose ball.

**Box:** An area used to hold players who have been served with penalties, and through which substitutions "on the fly" are permitted directly from the sideline onto the field.

**Check-up:** A call given by the goalie to tell each defender to find his man and call out his number.

**Clamp:** A face-off maneuver executed by quickly pushing the back of the stick on top of the ball.

**Clearing:** Running or passing the ball from the defensive half of the field to the attack goal area.

**Crease:** A circle around the goal with a radius of nine feet into which only defensive players may enter.

**Crosse (Stick):** The equipment used to throw, catch and carry the ball.

**Defensive Clearing Area:** The area defined by a line drawn sideline to sideline 20 yards from the face of the goal. Once the defensive team gains possession of the ball in this area, it has ten seconds to move the ball across the midfield line.

**Extra man Offense (EMO):** A man advantage that results from a time-serving penalty.

**Face-Off:** A technique used to put the ball in play at the start of each quarter, or after a goal is scored. The players squat down and the ball is placed between their crosses.

**Fast-Break:** A transition scoring opportunity in which the offense has at least a one-man advantage.

**Ground Ball:** A loose ball on the playing field.

**Handle (Shaft):** An aluminum, wooden or composite pole connected to the head of the crosse.

**Head:** The plastic or wood part of the stick connected to the handle.

**Man Down Defense (MDD):** The situation that results from a time-serving penalty which causes the defense to play with at least a one man disadvantage.

**Midfield Line:** The line which bisects the field of play.

**On-The-Fly Substitution:** A substitution made during play.

**Pick:** An offensive maneuver in which a stationary player attempts to block the path of a defender guarding another offensive player.

**Pocket:** The strung part of the head of the stick which holds the ball.

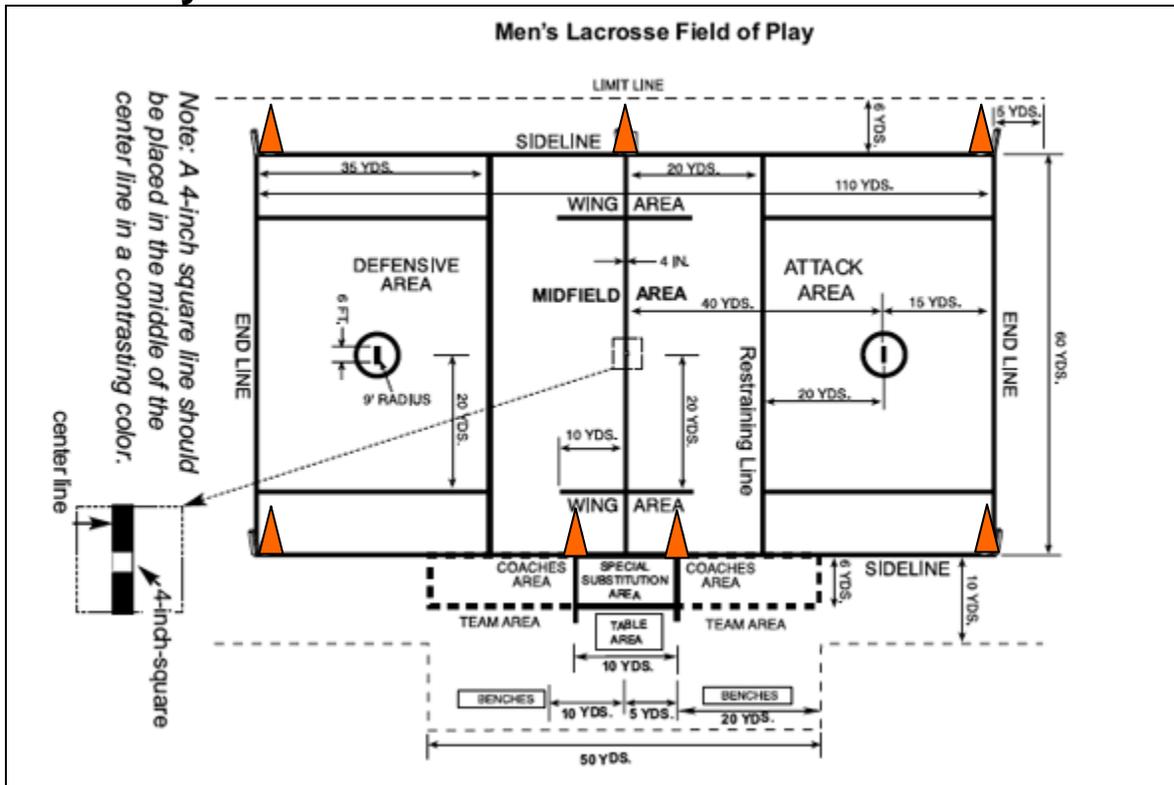
**Rake:** A face-off move in which a player sweeps the ball to the side.

**Riding:** The act of trying to prevent a team from clearing the ball.

**Release:** The term used by an official to notify a penalized player in the box that he may re-enter the game.

**Unsettled Situation:** Any situation in which the defense is not positioned correctly, usually due to a loose ball or broken clear.

# Field Layout



## Game Time Preparation

### Field Preparation

**Field Layout:** The field should be lined in accordance with the standard layout dimensions shown in the diagram above. Bright colored orange cones should be placed at the four corners of the field, along with one cone at the intersection of the mid field line and the sideline opposite the Table Area. In addition, a cone must be placed at the intersection of the Table Area sideline and each edge of the Special Substitution Area. Do not place a cone at the intersection of the mid field line and the Table Area sideline. This area needs to be clear to allow players to enter and exit the field of play without hindrance.

**Game Time Set Up:** The home team is responsible for setting up the field prior to the game. The Scorer's Table must be set up behind the Special Substitution Area and between the two Coaches Areas. Any tent or awning must not encroach into the Special Substitution Area. The Home Team is also responsible for placing 6 extra lacrosse balls at each endline. At the end of each period, the Home Team should check and make sure that the extra balls are still in place and readily accessible to players.

**Table Equipment:** The Scorer's Table should be equipped with an electronic game clock, timers for penalties, an official scorebook, and an air horn. If possible, a scoreboard to show current show should also be available. It is also helpful to keep a couple of game balls at the table, lacrosse balls have a way of vanishing during a game.

**Table Personnel:** The Home Team should provide the following people to help run the game:

**Timer:** Responsible for running the Game Clock and Penalty Time. (Required)

**Scorekeeper:** Responsible for keeping the score, penalties, and statistics. (Required)

**Spotter:** Not required, but very useful to assist the Scorekeeper in tracking game activity.

**It is important to note that no other people should be in the Table Area during the Game.**

## Pre-Game Activities

**Pre-Game Clock:** The timekeeper should start the clock at 20 minutes prior to game time. The officials are required to be at the field at this time. The timekeeper should notify the officials and the coaches at 4 minutes to game time. Once the teams take their respective positions on the field, reset the game clock to the time for the period, and await the officials whistle starting the game.

**Lineups:** The scorekeeper should exchange lineups with the opposing team scorekeeper. It is very useful to have a pre-printed Home Team lineup card available for the opposing team scorekeeper to use. Fill in the opposing team line up in the official scorebook. Lineups are entered in the following manner:

POS	#	Name
Attack	21	John Smith (In Home)
	9	Eric Johnson
	12	Bill Franklin
1 <sup>st</sup> Mid.	16	Steve Johnson
	7	Cameron Stills
	55	Casey Marek
2 <sup>nd</sup> Mid.	62	Frank Cobbler
	20	Bob Winters
	22	Doug Hansen
3 <sup>rd</sup> Mid.	23	Bill Stevenson
	33	Mark Davies
	18	Jon Akamia
Defense	2	Nick Larson
	4	Tom Brown
	11	Josh Thompson
(Sub)	18	Derek Jacobs
(Sub)	26	Brian Davidson
(Sub)	19	Fred Comstock
G	1	Dan Conrad

Note that the first player listed is considered the "In Home" player. This is the player that would serve any penalty time for bench or coach fouls, or when an official cannot determine the number of a player who committed a foul.

## Time Keeper's Duties

**Game Time:** The Time Keeper must keep an accurate account of the time for each period (15 minute quarters for college, 12 minutes for high school, and 10 minutes for middle school) and halftime (10 minutes). The Time Keeper must notify the nearest official when there are 20 seconds left at the end of each period and sound the air horn at the end of each period. The Time Keeper must notify the nearest official when there is 2 minutes and 10 seconds left in the fourth period.

**Penalty Time:** The Time Keeper must keep an accurate account of each penalty to be served and to inform the penalized player when penalty time has expired. The Time Keeper will notify the player and coaches that 10 seconds are left in the penalty, this gives the player and/or coach the opportunity to substitute another player for the penalized player. Give a 5 second countdown for the penalty time expiration. Make sure that the returning player does not leave the Special Substitution Area before the penalty has actually expired. An example would be: "Five, Four, Three, Two, One, **Release!**"

Players serving penalties should be directed to kneel in front of the Scorer's Table so as to not interfere with players coming on and off the field in the Special Substitution Area.

**Starting and Stopping the Clock:** The Time Keeper will start and stop the clock when an official blows the whistle and at the end of each period. **Make sure that any running penalty clock also is started or stopped at the same time!!!** The Time Keeper should basically have a hand on the Start/Stop Button at all times, ready to start or stop the clock when an official sounds the whistle.

If the game clock is not visible, be ready to respond to officials and coaches requests for time remaining in the period or penalty.

**Regular Substitutions:** Sound the horn for regular substitutions only under the following conditions:

- When there is a dead ball out of bounds across a sideline, and
- When any official raises both hands above his (her) head, signaling a dead ball, and
- Either Coach requests a horn for substitution.

Awareness of the game is really important here, the timer should try to always have an official in sight, know where the ball is, and where the ball might go. When you see the ball go out of bounds across a sideline and the officials raise both hands, be ready to sound the horn upon request from the coaches. Sounding the horn for a regular substitution is not automatic!! Wait for the whistle and the officials signal and a coach's request for a horn. Regular substitutions cannot be made when the ball has crossed an end line.

**Special Substitutions:** A horn or stoppage of the game clock is not required for special substitutions, which can be made by either team at any time. These are commonly known as "On the Fly" substitutions, and typically happen when a team transitions from offense to defense or from defense to offense. This is probably the most confusing time for the bench area, as there will be multiple players coming on and off the field. The Scorer's Table is responsible for making sure that Special Substitutions are accomplished legally, that is, a player must exit the field before his substitution enters the field, all players must enter and exit the field through the Special Substitution Area, any player must not delay their entry onto the field, and all players in the Special Substitution Area must yield to players exiting the field.

If any substitution infraction occurs, the Time Keeper sounds the horn twice at the next dead ball and then informs the officials of the infraction.

## Score Keeper Duties

**Game Score:** Keep an accurate account of the goals and assists made by each team and the name and number of the player making the score or the assist. Also record the time on the game clock of each score. Below is an example of the scoring area in the scorebook:

Visitor Team	Time	Note	Time	Note	Time	Note
Visitor Coach	G	A	G	A	G	A
	<b>1</b>		<b>2</b>		<b>3</b>	
Home Team	Time		Time		Time	
Home Coach	G	A	G	A	G	A

Time: The time on the game clock when the goal is scored.

G: Number of the player scoring the goal.

A: Number of the player making an assist, if applicable.

Note: A notation used for game situations, i.e., Man Up, Man Down, etc.

Garfield	13:25		6:08			
Visitor Coach	12	1	25	5		
	<b>1</b>		<b>2</b>		<b>3</b>	
Roughriders	12:10		10:22	MU	5:15	
Home Coach	22	16	19	---	22	16

In this example, Garfield scored first at 13:25 in the first period, with a goal by #12, assisted by #1. The Roughriders come back and score at 12:10, with a goal by #22, assisted by #16. Roughriders score again with 10:22 left with an unassisted Man Up goal by #19. Garfield ties the game at 2 – 2 with another goal at 6:08 remaining with a goal by #25, assisted by #5. The Roughriders go ahead 3 – 2 with another goal by #22, assisted by #16 with 5:15 remaining.

To keep track of which goals were scored in which period, draw a heavy line at the end of each period.

At each goal, the Score Keeper should confirm the correct score with the opposing team Score Keeper.

At the end of each Period, the Home Score Keeper must confirm the current score with the Officials.

**Penalties:** The scorekeeper must keep track of all penalties imposed for both teams. The information that must be recorded in the scorebook is: Player #, Period, Time in the Period, Type of Penalty, Penalty Time

to be Served. The officials will typically call out a penalty like this: "Personal Foul, Blue, Number 22, Slash, One Minute."

An example of tracking penalties is shown below:

Penalties / Fouls				
P/T	#	Infraction	QTR	TIME
30	22	Offsides	1	12:16
1	16	Slash	2	4:22

In the first period, #22 serves a 30 second technical penalty for Offsides with 12:16 remaining. #16 serves a 1 minute personal foul penalty for Slashing in the second period with 4:22 remaining in the period.

The Score Keeper must immediately notify the officials if any one player has accumulated 5 personal fouls; that player must be removed from the game

**Time Outs:** Each team is allotted two time outs per half. The Score Keeper must keep an accurate account of each time out used by each team per half. Confirm the number of time outs remaining for each team with the Officials at the conclusion of each period.

**Game Wrap Up:** At the end of the game, the Score Keeper must confirm the final score with the Officials and have the head official sign the Home Team's Score Book.

Review all the scoring, penalties, and other statistics with the opposing team's score keeper.

#### Other Statistics

Required team and individual statistics usually include goals scored, assists, ground balls, and saves. Individual teams or coaches will also ask the Score Keeper to keep track of shots, clears and faceoffs.

## Penalties

**General:** Penalties come in two types, Technical Fouls, which will result in either loss of possession or a 30 second time serving penalty, and Personal Fouls, which will result in both loss of possession and 1 minute, 2 minute, or 3 minute time serving penalty. Personal fouls can be releasable, that is, the penalty expires if the offended team scores a goal, or Non – Releasable, in which case the full time of the penalty must be served even if a goal is scored by the offended team.

#### Technical Fouls

**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.

**Offsides:** 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.

#### Personal Fouls

**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.

## Tips for a Smooth Game

**Be Prepared:** The Scorer's Table is an integral part of the game and a well run bench can greatly contribute to the overall lacrosse experience for the players, coaches, officials and fans. Make sure the Table Area is fully equipped with timers, scorebooks, and scoreboard, and enough people to make the Table run smoothly. **Bring extra batteries for the timers!!**

**Be On Time:** Scorers and Timekeepers must be on the field 20 minutes prior to game time. It's usually a good idea to be at the field at least 30 minutes before the game to make sure that everything is set up correctly, including the field, the Table Area and the Team Areas. Use this time before the game to get the rosters from the Home Team and the Visiting Team copied into the scorebooks.

**Coordinate with the Officials:** Maintain a constant communication with the officiating staff. For high school games, this will usually be two officials, except for playoff and championship games. Keep the officials posted on time remaining in the period and penalties, and time outs remaining for each team. If you are unclear about what's going on, or what a penalty is, or any other item that could use some clarification, ask the official to repeat or clarify the information. It is common courtesy to refer to the officials as "Sir".

Be aware of where the officials are on the field at all times. This will help in knowing the game situation and where to look for a ruling or call. An officiating crew of two will work in a "Leading" and "Trailing" method, whereby each official will have responsibility for a quarter of the field at one time. As the ball moves from one end to another, the Leading official will stay with the ball, while the Trailing official will follow the end of the play. The Trailing official will also sweep through the Substitution Area during a transition to make sure the area is clear and that all players have substituted correctly.

**Control the Table Area:** The Home Team Table Crew should maintain complete control of the Table Area and the Special Substitution Area. Players who are substituting should enter and exit the Substitution Area, also known as "The Box", without delay. It is helpful to remind players during substitutions to "**Clear the Box!**"

Also, players tend to move forward into the Coaches Area during the game, which will restrict the view from the Table Area. So again, an occasional reminder is appropriate.

**Be Aware of the Game:** Maintaining awareness of what's going on in the game is a critical part of a well oiled Table Crew. Anticipation of key events that will cause the clock to stop, such as out of bounds play, shots, and penalties will help the crew keep an accurate time and account of the game.

**Read the Rules:** Knowledge of the Rules of Lacrosse will not only enhance your enjoyment of the game, but will give you a better awareness of what you'll need to focus on during a game. Be aware of any specialty rules in play for the league, a copy of the league rules should be in the game bag at all times.

**Cross Coordinate:** The Time Keeper and the Score Keeper should maintain a constant dialogue during the game regarding the score, penalties, time, etc. It is very helpful for the Time Keeper to call out the time of the period upon any event, such as a goal being scored, a time out being taken, or a penalty. For example, when a goal is scored, call out "Time of Goal, One Minute Twelve Seconds." This allows both score keepers to quickly jot down the information in their scorebooks without having to ask about the time.

**Be Fair:** The game of lacrosse is founded on a high level of respect for the game, officials, players and coaches. If information is given to one coach, the same information should be given to the opposing coach. The Table Crew is considered part of the officiating staff, therefore, scorekeepers, time keepers and any spotters must refrain from making any comments about an official's call, an infraction by either team, or any other incident during the game.

**Be Proactive:** Stay ahead of the game and anticipate questions. Coaches and players are constantly asking how much time is left in the period or penalty, so maintain awareness of the clock.

**Have Fun!!**