



The Parent's Guide to Boy's Lacrosse 2017

The Basics!

Boy's lacrosse teams use netted sticks to carry, pass, and shoot a ball along a field in an effort to score goals. A goal counts as one point and is scored when the lacrosse ball completely crosses the opposing goal line between the posts and under the crossbar. The team scoring the greater number of goals in the allotted time wins the game.

What's Needed?

Lacrosse stick, solid rubber ball, helmet with face guard and chin strap, lacrosse gloves, shoulder and elbow pads, cleats or sneakers, shorts and team jersey, mouth guard, and athletic supporter with cup.

How Long Is A Game?

A game is divided into four quarters or two halves. Depending on league rules, each quarter ranges from ten to fifteen minutes with a ten-minute break at halftime. Each period begins with a "face-off" at midfield. Teams switch playing sides after each period and are allowed two time-outs per half. If a game ends in a tie, teams may play overtime periods of sudden death; the team to score first wins.

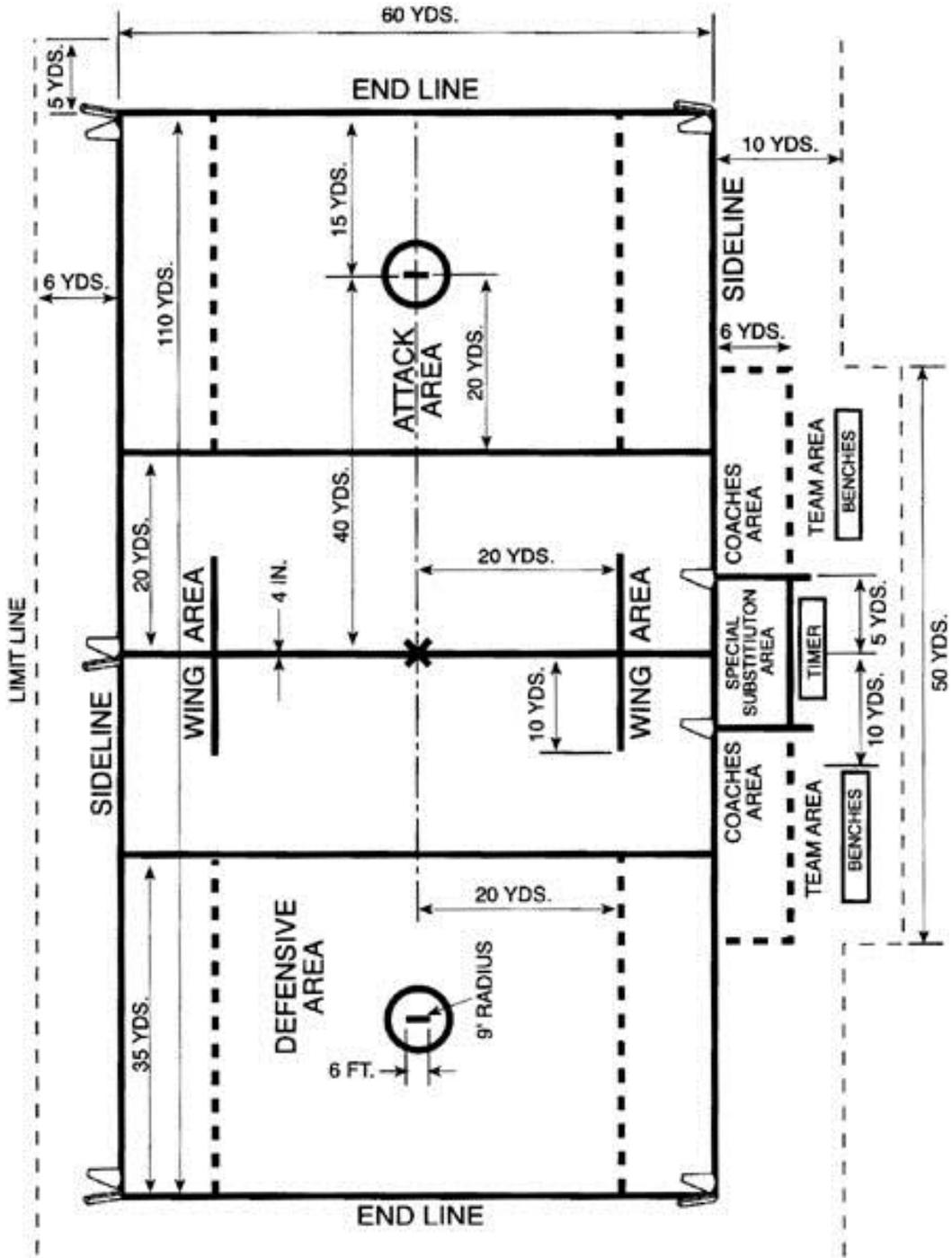
A Brief History of Field Lacrosse

With a history that spans centuries, lacrosse is the oldest continuously played sport in North America. The sport is rooted in Native American religion and was often played to resolve disputes, heal the sick and develop strong, virile men. To some Native Americans, lacrosse is still referred to as "The Creators Game." Ironically, lacrosse also served as a substitute for war. Stories tell of as many as 1,000 players per side, from the same or different tribes, who took turns engaging in a violent contest the Algonquians called baaga'adowe (baag means hit, a means be an instrument, adow means ball and e is an abstract ending to the word}. Contestants played on a field as much as 15 miles in length and games sometimes lasted for days. Some tribes used a single pole, tree or rock for a goal, while other tribes had two goalposts through which the ball had to pass. Balls were made out of wood, deerskin, baked clay or stone. The evolution of the Native American game into modern lacrosse began in 1636 when Jean de Brebeuf, a Jesuit missionary, drew attention to a Huron contest in what is now southeast Ontario, Canada. At that time, some type of lacrosse was played by tribes scattered throughout what is now southern Canada and all parts of the United States. French pioneers began playing the game avidly in the early 1800s. Canadian dentist W. George Beers standardized the game in 1867 with the adoption of set field dimensions, limits to the number of players per team and other basic rules. New York University fielded the nation's first college team in 1877, and Philips Andover Academy (Mass.), Philips Exeter Academy (N.H.) and the Lawrenceville School (N.J.) were the nation's first high school teams in 1882. There are currently over 600 college

and 2000 high school lacrosse teams from coast to coast. The first women's lacrosse game was played in 1890 at the St. Leonard's School in Scotland. Although an attempt was made to start women's lacrosse at Sweet Briar College (V.A.) in 1914, it was not until 1926 that Miss Rosabelle Sinclair established the first women's lacrosse team in the United States at the Bryn Mawr School in Baltimore, MD. Men's and women's lacrosse were played under virtually the same rules, with no protective equipment, until the mid-1930's. At that time, men's lacrosse began evolving dramatically, while women's lacrosse continued to remain true to the game's original rules. Men's and women's lacrosse remain derivations of the same game today, but are played under different rules. Women's rules limit stick contact, prohibit body contact and, therefore, require little protective equipment. Men's lacrosse rules allow some degree of stick and body contact, although violence is neither condoned nor allowed. Field lacrosse is sometimes perceived to be a violent and dangerous game, however, injury statistics prove otherwise. While serious injuries can and do occur in lacrosse, the game has evolved with an emphasis on safety and the rate and severity of injury are comparatively low. Played by "boys" and "girls" who range in age from six to sixty, lacrosse is one of the fastest growing team sports in the United States. In recent years, lacrosse has experienced unprecedented growth throughout the world. A unique combination of speed, skill, agility, grace, endurance, finesse, and historical significance, lacrosse may just be, according to basketball inventor James Naismith, "the best of all possible field games."

The Field

Youth and High School Men's Lacrosse Field of Play



Check This Out!

Body Check - Defensively using the body to hit an opposing ballcarrier or a player within fifteen feet of a loose ball. The body check must always be done above the waist and from the front or side.

Stick Check - In an effort to dislodge the ball from the “pocket,” the defending player strikes his stick against the stick of an opposing ballcarrier.

Poke Check - A defender jabs his stick at the hands of an opposing ballcarrier in an effort to jar the ball loose. If, in the act of going for the ballcarrier’s hands, the defender pokes the body, no foul is called. It is a foul if a player “slashes” his opponent.

Slap Check - A type of poke check in which a player snaps his wrists, to slap his stick hard against an opponent’s hands.

Wrap Check - A stick check in which the defender’s stick is swung over the head or around the body of the ball carrier.

Foul Play!

Any violation of the rules of play results in a penalty and the offending player is removed from the game for a designated time. The fouling player serves time in a penalty area and his position on the field cannot be filled. His team must play “man down” until the penalty is over or a goal is scored by the other team. If a player commits five fouls he is removed from play for good. The removed player’s position may then be filled by a teammate.

Personal Foul - A player may not trip, slash, recklessly charge, or use his stick or body to illegally check an opposing player. An illegal body check is a hit above an opponent’s shoulders, below the waist, or from behind. It is further illegal to use the stick as a means to interfere with an advancing opponent. Depending on the severity of the personal foul, the violating player sits out of play for one to three minutes in the penalty box.

Technical Foul - Called against a player who pushes an opponent, holds him or his stick, touches the ball with his hands, or goes “offside” when his team does not possess the ball. Any of these fouls results in a thirty-second penalty. However, if a player commits one of these fouls while his team has the ball, he stays on the field and the opposing team gains ball possession.

Expulsion Fouls - Occurs if a player is overly aggressive in striking an opponent or is verbally abusive to an official. The offender is ejected for the duration of play. The removed player may be replaced by a teammate after three minutes.

Locked In or Non-releasable Penalty – This is when a penalty is called and due to the nature of the foul the penalty is locked in. This means the player must serve the entire time for the foul and is not released if his team is scored upon.

Re-entry of the Crease or Re-entry of the Defensive Zone – this is when a goalie has the ball inside his own crease and then steps out of the crease and then steps back in or a player crosses over the midfield line and either passes the ball back into his defensive zone or carries the ball back over the midfield line. This is also called “over and back.”

Slashing - A reckless and illegal stick check to the body of a ballcarrier. Slashing results in a personal foul. Only the hands holding the stick or the stick itself may be checked by the defender’s stick.

Offside - Called anytime a team has fewer than four players on its defensive side of the field, or fewer than three players on its attacking side. If the defending team is offside when a goal scores, it counts. If the attacking team scores but is called offside, the goal does not count and the ball is turned over to the other team.

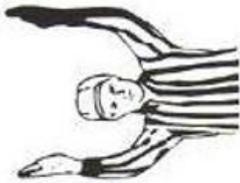
In-the-crease - Attacking players may never enter the opposing goal crease. They may only reach in with their sticks when attempting to get control of the ball. Defensive players may not enter their own goal crease when carrying the ball. And, the goalie cannot hold the ball in his crease for more than four seconds. Such fouls result in the loss of ball possession.

Failure to advance – This is called for a few different fouls. When a team takes possession after a faceoff, they have 10 seconds to get a touch into the attack zone. After a turnover or save in the defensive zone, they have 20 seconds to cross mid-field and 10 seconds to get into the attack zone.

PROCEDURAL SIGNALS



1. Timeout, For Discretionary or Injury Timeout, Follow Signal Above with Tapping of Hands on Chest



2. Score



3. No Score



12. Non-Releasable Penalty



13. Counts



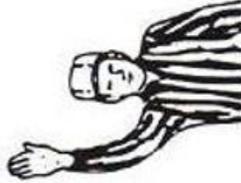
4. Face-Off



5. Alternate Possession



15. Re-entry of the Crease or Illegal Re-entry of the Defensive Zone



16. Play-On, Dead Ball or Dead Ball Followed by Appropriate Foul Signal



6. Ball in Possession on Face-off and Start the Clock at Halftime



7. Ball has entered attack area



8. Out of Bounds Direction of Play



14. Stalling Warning



9. Failure to Advance the Ball



10. Loose Ball



11. Simultaneous Fouls



18. Disregard Flag



17. Inadvertent Whistle (Face Press Box)

Who Plays Where?

Two teams of ten players are on the field at one time. Teams usually line up with one goalkeeper, three defenders, three midfielders, and three attackers. On face-offs, players must remain in their respective playing zones until one team gains possession of the ball. Also, teams must have at least four players in their defending half and three players in their attacking half of the field at all times of the game. Any player may score a goal and every player must contribute on defense when necessary. Substitutions may take place any time during the game.

Midfielders (or Middies) - As the main ballcarriers on the team, middies cover the entire length of the field playing both offense and defense. Their responsibilities are to bring the ball up the field into the attack zone to set up offensive plays and scoring opportunities with their attackers.

Attackers or Attack - Positioned in the opposing goal area, they are typically the best stick handlers and are the primary goal scorers on the team. Together with the middies, the attackers work the ball offensively to set up scoring opportunities.

Defenders - Play in the defending goal area around their goal crease. These players use longer sticks (shafts up to 72 inches) that enable them to better “poke check” the sticks of opposing ball carriers. Defenders constantly check attacking players to prevent them from taking shots on their goal. They also work with their goalie to “clear” the ball from their defensive zone up to the midfielders.

Goalkeeper (or Goalie) - Plays inside the “goal crease” in front of his team’s goal. He uses a larger headed stick (up to 15 inches wide) to best defend against oncoming shots. He is the only player allowed to touch the ball with his hands, but can only do so when blocking shots inside his goal crease. He may not control the ball with his hands, only with the stick.

Learn the Lingo!

10-Second Rule - The time allotted to a team to move the ball into the offensive box after crossing the midfield line.

20-Second Rule - The time allotted to a team to move the ball up field and over the midfield line after gaining possession of the ball in the defensive half of the field.

Alley - The offensive area that exists from one goal post extended up to the top of the box and over to the edge of the box and back down to the GLE (Right Alley and Left Alley).

Box and One – Refers to a defensive position where the defenders form a box with 4 players and the 5th player position themselves inside the box.

Ball or Ball down - All players usually shout ball any time the ball is on the ground. Often this is the first indicator to the player who had it that he has dropped it. Ball can also signal the intent of a player to go after the ball instead of the man.

The Box - The rectangular shaped area around the crease/goal. Defenders seldom press players outside of the box. The distance involved makes it all but impossible to score from outside of the box. The rules state that the offense can only possess the ball for so long without entering the box. At the end of a game the team that is ahead must keep the ball inside of the box.

BTB - Behind the Back....this term refers to any shot that is taken behind the back.

Clamping - On the face-off, a player pushes the back of his stick down on the ball in the attempt to gain control of it.

Clearing - An important defensive maneuver where defending players run or pass the ball out of their goal area. Clearing is best done along the sidelines, away from the front of the goal.

Coach Goose - A term used to describe a really cool coach!

“Coast to Coast” - only occurs when a player nearest their endline takes the ball all the way down the field to the opposing team’s end of the field. Most of the time, this refers to clearing midfielders, or defensemen who carry the ball across midfield and into the offensive half and towards the cage. Coast to coast- from one goal to the other.

Cradling - In order to maintain control of the ball when moving along the field, players turn their wrists and arms to cradle the ball in the stick pocket.

Crank Shot - A shot on goal in which a player takes a backswing wind-up and fires the ball underhand or sidearm.

Crease - The eighteen-foot diameter circle surrounding each team’s goal.

Cutting - An attacking player without the ball darts around a defender toward the goal in order to receive a “feed pass.”

Dodge - A dodge is any number of one-on-one moves where an offensive player tries to get by his defender and go towards the goal.

Extra Man (or Man Up) - Describes the team at a player advantage in a penalty situation. Opposite of man down.

Face-off - Takes place at the start of each quarter, after every goal, and after certain dead balls. Two opposing players crouch down at midfield, hold their sticks flat on the ground and press the backs of their stick pockets together. The ball is then placed between the pockets and, when signaled to start, the players “rake” or clamp on the ball to vie for control.

Face Dodging - A player with the ball cradles the stick across his face in an attempt to dodge a stick-poking defender.

Fast Break - When an offensive team quickly mounts a scoring attack enabling them to gain a man advantage over the opposing defense. Usually a four on three.

Feed Pass - An offensive play in which one player passes the ball to a cutting teammate for a “quick stick” shot on goal.

Flag Down - Tells the offense that a penalty will be called. This means that you should do all that we can to get off a shot without dropping the ball to the ground, which will halt play.

FOGO – Face Off Get Off this term applies to a face off specialist that takes the face off and then leaves the field as soon as they can after the face off.

Get a Touch – After a save or turnover in the defensive end, the advancing team has 20 seconds to cross the midfield line and another 10 seconds to get a foot into the attacking area. When get a touch is yelled, it is to remind the player to touch any portion of the attack area.

Give & Go - A give & go is the act of passing and then quickly going for a return pass.

GLE or Goal Line Extended – These terms apply to an imaginary line that extends from both sides of the goal line to the sidelines.

Ground Balls - Players compete for the control of loose ground balls by stick checking opponents away from the ball while simultaneously trying to scoop it up.

Keep it in - During the last two minutes of regulation play, stalling rules are in effect for the team that is ahead by four goals or less. When the score differential is five goals or more, neither team is forced to keep the ball in the goal area unless warned to “keep it in”.

LSM – Long Stick Middie this term applies to a 4th long pole on the field. This is normally used on face offs and when the ball is in the defensive end.

Man Down - Describes the team which has lost a player to the penalty box and must play with fewer men on the field.

Man-to-man - A defensive setup in which each defending player guards a specific offensive opponent.

Middie Back – This will be yelled out to remind a middie to remain in the defensive end when the goalie or defender carries the ball past midfield line to make sure that 3 position players remain in the defensive zone. If the goalie crosses there also needs to be 4 players in the defensive zone, but only the goalie may play in the crease.

Out-of-bounds - When a shot goes out of play, the player closest to the sideline where the ball went out gets the ball.

Passing - An integral part to quickly moving the ball. Players throw overhand, underhand, or sidearm to each other.

Pick - An offensive player without the ball positions himself against the body of a defender to allow a teammate to get open and receive a pass or take a shot.

Pocket - The head of the stick in which the ball is held and carried. The pocket is strung with leather and/or mesh netting.

Poke Check - A defender jabs his stick at the exposed stick end or hands of an opposing ball carrier in an effort to jar the ball loose. These checks are very effective in that the checking player stays in balance and keeps a cushion of space between himself and the ball carrier.

Possession – this is called by the referee after a faceoff when a team scoops up the ball and has possession. This allows the players in the restraining box to be able to leave. Possession may also occur if the ball crosses into a restraining box even though neither team has possessed the ball.

Quick Stick - When the ball reaches an offensive player's stick on a feed pass, he catches it and then shoots it toward the goal in one swift motion.

Raking - A face-off move by a player who, in trying to gain possession of the ball and sweeps it away from his opponent. It also refers to a move where a player "rakes" their stick over the ball and lets it roll into the pocket. Landscapers use this technique to remove leaves from the ground, thus lacrosse players should NEVER use this to retrieve a ball!

Release- Players shout release when they succeed in scooping a ground ball. This indicates to teammates that they can no longer make contact with the opponents to drive them away from the ball. Doing so is a penalty.

Riding - When an attacking team loses possession of the ball, it must quickly revert to playing defense in order to prevent the ball from being cleared back out.

Roll Dodge - An offensive move in which a ball carrier, using his body as a shield between a defensive player and the cradled ball, spins around the defender.

Scooping - The manner in which a player picks up loose ground balls. He bends toward the ground, slides the pocket of his stick underneath the ball, and lifts it into the netting of the stick.

Screen - An attacking player without possession of the ball positions himself in front of the opposing goal crease in an effort to block the goalkeeper's view.

Skip - A skip is a pass to a non-adjacent teammate. A skip pass is also known as a star pass.

Slide- When an offensive player with the ball has gotten past his defender and his defending teammate will shift his position to pick up that advancing player.

Stalling – When the referees signal a stall, the offensive team must keep the ball in the attack zone.

Switch - A switch is the act of exchanging men with a teammate. Switching usually occurs when a pick is set and a defensive player cannot get through.

Zone Defense - When defenders play in specific areas of their defensive zone, rather than covering man-to-man.

Recommended Videos

Lacrosse 101 for Parents

<https://www.youtube.com/watch?v=jiak6nk-qLo>

The Rules of Field Lacrosse – EXPLAINED

https://www.youtube.com/watch?v=W03VtWxOM_M

Understanding Lacrosse

<https://www.youtube.com/watch?v=9aNLM0k36B0>

HST Wall ball drills

<https://www.youtube.com/watch?v=jCP5ze6OyKw>

The Roles of Different Players on the Field

<https://www.youtube.com/watch?v=LMKwClSBptw>

Notre Dame Lacrosse

This site has a multitude of videos covering all types of plays, strengthening exercises, dodge drills and more.

<https://www.youtube.com/user/NDlaxTV/videos>

Throwing & Catching

https://www.youtube.com/watch?v=aLH_Qw5NxA

Cradling

https://www.youtube.com/watch?v=gcAKOr_WYeo

Roll Dodge/Split Dodge

<https://www.youtube.com/watch?v=RfLx27Zg4wI>