

LITCHFIELD HILLS YOUTH LACROSSE

some basic LHYL Lacrosse Terminology

LHYL: Litchfield Hills Youth Lacrosse

CONNYS: Connecticut/New York Youth Lacrosse Association, our parent League.
The majority of our games and the end-of-season tournaments are versus teams also in the CONNY league.
All of our coaches must comply with CONNY requirements.

US LACROSSE: The national governing body of men's, women's and youth lacrosse.
All of our players must register with US Lacrosse for insurance purposes.

BOYS

Bantams (U-9): An age group designation. U-9 means Under 9 as of Dec. 31st of year preceding the season.

Lightning (U-11): An age group designation. U-11 means Under 11 as of Dec. 31st of year preceding the season.

Juniors (U-13): An age group designation. U-13 means Under 13 as of Dec. 31st of year preceding the season.

Seniors (U-15): An age group designation. U-15 means Under 15 as of Dec. 31st of year preceding the season. Additionally, Seniors must be in 8th grade or under.

Positions: Each team has 10 players on the field, 1 goalie and 9 field players.
Each team must keep 3 players on their offensive side at all times, normally the Attack.
Each team must keep 4 players on their defensive side at all times, normally the Defense and the Goalie.

Attack: An offense position focused on scoring against the other team. 3 per team.
Normally stay on their half of the field.

Midfielder (Middie): A position that transitions between offense and defense. 3 per team.
Normally run the full field.

Defense: A defense position focused on gaining possession of the ball and preventing the other team from scoring. 3 per team.
Normally stay on their half of the field.

Goalie: The player that stays in the crease in front of the goal and tries to prevent the ball from passing into the goal by using their crosse or their body, but cannot use their hands. Goalies are allowed to have a larger net on their crosse.

Crosse: The lacrosse stick.

Long-stick: A long crosse, used for defensive purposes, typically used by Defense. Each team is allowed 4 long sticks on the field at once.
Some teams play a long-stick middie, in addition to the Defense.

Crease: An 18 ft diameter circle around the goal. The offense may not step into the crease.

Restraining Box/Lines: Lines, usually 35 yards from the end line.
Offense and Defense players must remain behind the restraining line during face-offs until possession is gained by either team.

X: The player, or area, behind the goal. Typically an Attack.

Off-sides: When a team does not have the required number of players on their offensive or defensive side of the field. Even in a man-down situation.

Middie back: A phrase that's used to describe a situation where a player other than a middie, typically a defense, will take the ball across the mid-line and a midfielder will stay behind the mid-line to maintain the required number of players behind the line.

Man-down: A phrase that's used to describe a situation where a team has a player (or more) in the penalty box and must play with one (or more) less players on the field.

Man-up: A phrase that's used to describe a situation where the other team is man-down so the man-up team has an offensive and defensive advantage.

Slash: A stick check to anywhere besides the stick or gloved hand on the stick.

Warding off: When a player in possession of the ball uses his free hand to control the stick of a defender, pushing it away or grabbing it.

Answers to some common questions about lacrosse rules:

Checking may only occur in the vicinity of the ball. There is no off-the-ball checking or blocking.

Picks are allowed. The player setting the pick, or screen, must be stationary, like in basketball.

When a team gets the ball after it goes out of bounds, the play must start in the field of play, not from out of bounds like soccer or basketball.

On a shot, if the ball misses the goal and carries over the end line out-of-bounds, the team that has a player nearest the end line when it goes out gains possession. This is why you will see players/goalies, "chase the shot" towards the line.