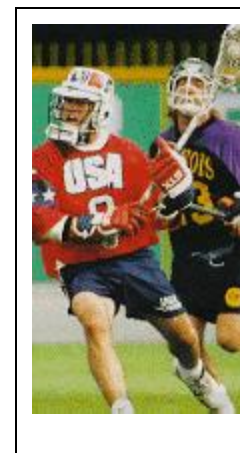


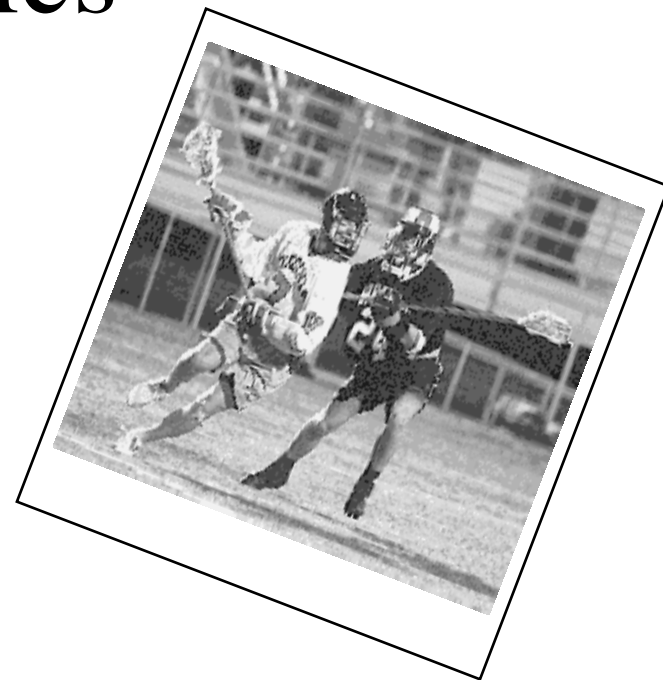
**LACROSSE**



# Lacrosse Basics

“Lacrosse 101”

By Joe Gatto  
January 2013



# Lacrosse Program: Expectations of Players

## Respect of Team

- We are a Team - We act as One wherever we are
- We support each other at all times - We work together
- The Team's success depends on everyone - Not just one person
- Everyone gives 100+%

## Respect of Coaches and Officials

- Listen carefully to coaches instructions - when coach is talking, the rest of the team should be silent
- If you don't understand something, ASK!!!
- If you think something is wrong, speak up
- If you are unhappy, talk to the coaches immediately
- Respect the opponent coaches and game officials

## Respect of Self

- Have fun!!! This is your time to really develop yourself
- Build your mind and your body at the same time
- You are a student first, and an athlete second. Make sure you get your school work done - Do your best!!!
- Eat a well balanced diet
- Drink plenty of water
- Get plenty of rest

# 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 generally 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 most of the time, although sometimes they may have four.

**Goalie:** 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 communicating in a way to direct 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.

# Lacrosse Positions: Attack

**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.

## **The Position**

The position of attack requires the most stick skill of all positions, with the exception of the goalie. Attackmen should demonstrate good stick work with either hand and have quick feet to maneuver around the goal in heavy traffic. Effective attackmen have good peripheral vision, precision passes, and can effectively dodge, screen and shoot. The attack are always on the field as a scoring threat and, given an even match up, should score often. Typically the attack work behind the net, called the "X" area, and on the flanks of the crease, called the "wings". This gives the attackmen the most room to dodge and cut. Attackmen generally restrict their play to half of the field. They must work with the midfield to run an effective offense. An attackman should be quick, alert, confident in one-on-one situations and be able to withstand physical punishment by the opposing defensemen.

## **Some Guidelines/Rules**

The attack use dodging, picks (just like in basketball), and passing to generate a good shot. Similar to basketball, the object is to move the ball around until the defense breaks and someone is left with an open shot. One way to do this is by letting an attackman go one-on-one with a defender. The attackman tries to beat his defender by dodging, causing another defenseman to slide, creating an unbalanced situation in which he can either shoot or pass to someone else who is wide open. The attackman can move in any direction with any amount of force, as there are no charging rules. The attackman, however, like all players cannot clamp the ball in his stick with his thumb, chest, or helmet. He is also not allowed to push or hit the defenseman's stick with his arms or hands. This is called warding.

# Lacrosse Positions: Midfield

**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 generally have three midfielders on the field.

## **The Position**

The midfielder is considered by many to be the backbone of the lacrosse team. Good midfielders need speed, stamina, hustle and determination. They are required to play both defense and offense. However, the middies are largely responsible for a key aspect of the game - transition. Transition is by far the most important part of the game and helped create the nickname, 'The Fastest Game on Two Feet'. It involves retrieving loose balls, or clearing saved shots and running and passing the ball up the length of the field. If a team can get the ball and have an extra man advantage on the offensive end of the field, even for a split second, they have a good opportunity to score. When this advantage occurs in transition it is called a fast break. A midfielder should be able to shift quickly from offense to defense. Midfielders do not have to be proficient scorers, but should be able to "read" what is about to happen next.

## **Some Guidelines/Rules**

Along the center of the field is the midfield line. It is this reference point that determines whether a team is offsides or not. The rules for offsides are simple: you must have 4 players on your defensive end at all times, and 3 players on your offensive end at all times. Since it doesn't matter which players stay on what side, it is up to the midfield to keep their team onside, by staying on one side or the other. Since the position requires so much running, the midfielders often change lines on the fly, as in hockey.

# Lacrosse Positions: Defense

**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 most of the time, although sometimes they may have four.

## **The Position**

The defenseman's responsibility is to defend the goal. Although size aids the defenseman, more importantly defensemen should be quick, agile and aggressive. Speed is always a valuable commodity, but the ability to act and react, to judiciously apply pressure and to recover are the key ingredients to an effective defenseman. They must keep the opposing attack at bay. Their job is to keep the ball away from the net so the opposing attack doesn't get a good look at the goal. The job is difficult: A defenseman doesn't know where the attack are going or what they are going to do. In his arsenal the defenseman has a long stick (U13 and above). This stick allows a defender to keep the attackmen at a distance, thus allowing him to throw checks without being beaten on foot. Good footwork is an extremely important part of playing good defense .....to be able to apply pressure and be aggressive, without lunging a foot and body forward is key, otherwise the offensive player can then easily go around the overly aggressive defenseman. A defenseman must be able to think and react quickly, and most importantly communicate with his fellow defensemen.

## **Some Guidelines/Rules**

Defensemen are allowed to check the attackmen they are covering. What this means is a defenseman is allowed to use his stick to hit the attackman's stick and arms. A defenseman cannot strike the attackman on the head, and cannot strike the attackman's body with the stick with any significant force. This penalty is called a slash. Most slash penalties occur when a defenseman employs the use of a 'slap' check, which is when the stick is swung perpendicular to the attackman's shaft in a slapping motion. The other common check is the 'poke' check, in which the defenseman simply jabs straight on at an attackman's stick in a motion like that of a pool cue. When the attackman is close enough, a defenseman can use his body for defense. Body checking, or hitting, in lacrosse is very similar to that in hockey (No Body Checks at U11; No Take-out Checks in Youth Lacrosse). A legal body check is any hit that is head to head (no hitting from behind, above the neck or below the waist). People who are legal targets are anyone standing within five yards of a loose ball, or anyone with possession of the ball. Hitting someone without the ball, while another player has possession is called interference.

# Lacrosse Positions: Goalie

**Goalie:** 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 communicating in a way to direct 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.

## **The Position**

The position of goalie in lacrosse is probably one of the most intense positions of all sports. Essentially, you must play catch with people at a very high speed. Unfortunately for the goalie, most people don't throw at his stick. The goalie wears additional protective equipment: throat guard and chest protector. A goalie stick is typically of normal length, 40-50 inches, with an extra wide head. Unlike goalies in hockey, lacrosse goalies must be very mobile. They often come out of the circular crease that surrounds the 6'x6' goal. Explosive speed and very quick hands are key ingredients in making a goalie, as well as a tolerance for pain. When a goalie comes out of the crease to fetch ground balls or to clear a saved shot, he becomes a target, much like the quarterback in football.

A good goalie leads the defense by reading the situation and directing the defensemen to react. A goalie also directs the clearing patterns and provides intangible cohesion that binds a team together. A good goalie should have excellent hand/eye coordination and a strong voice. Quickness, agility, confidence, a "thick skin" by not getting too down when scored on and the ability to concentrate are all essential.

## **Some Guidelines/Rules**

The goalie defends a square goal six feet wide by six feet high. Around the goal is a circular crease. The crease area is limited to entry by the goalie and defensive players only. Once the goalie makes a save he has 4 seconds to either pass the ball or run the ball out of the crease. In these four seconds no one may touch him. Once the goalie steps outside the crease he is no longer allowed back into the crease unless he yields possession of the ball.

# Definition of Lacrosse Terms: Getting familiar with terminology

**Ball or Ball down...** All players 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. (see below)

**Body Check...** Defensively using the body to hit an opposing ball carrier or while contesting an opponent for a player a loose ball. The body check must always be done above the waist and from the front or side.

**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.

**Butt...** The end of a crosse opposite the head. All shaft ends need to be covered with a butt-cap.

**Change planes...** When a shooter has a close in shot, the goalie must respect where the ballcarrier starts his shot. If the shooter holds his stick high, the keeper does the same. Therefore it is most effective for the shooter to start high and shoot low, or vice versa. This is 'changing planes'.

**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.

**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.

**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." A cutting player is a cutter.



# Definition of Lacrosse Terms: Getting familiar with terminology

**D Cut...** A maneuver used by an attackman to get open for a shot. The player starts on the GLE, about 5 yards away from the goal. He then makes a rounded cut, on the side away from the ball. (completing a "D" shape) This is often the third attackmans' move during a fast break.

**Don't chase...** Do not chase the person with the ball. Let him play outside. Reduce pressure

**Extra Man (aka Man Up or EMO)...** 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. Generally an open field dodge that does not involve changing hands.

**Fast Break...** When an offensive team quickly mounts a scoring attack enabling them to gain a man advantage over the opposing defense. Almost always 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 our offense that a penalty will be called. This means that we should do all that we can to get off a shot without dropping the ball to the ground, which will halt play.

**Give and Go...** Player passes the ball to an open attackman, continues to run toward the goal to receive a pass for a shot.

**GLE (Goal Line Extended)...** An imaginary line that extends straight out from the sides of the goal line.

# Definition of Lacrosse Terms: Getting familiar with terminology

**Gilman Clear...** Defender, typically the goalie, clears the ball by throwing it as far as he can down the field. Sometimes this is a desperation move, but it is often better to create a ground ball situation in the opponents end than around our own goal area.

**Goose the ball...** Use your stick to chip the ball out of a crowd to a player that can scoop and go. You can also kick the ball with your feet at any time

**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. All Ravens yell 'ball down' when the ball is on the ground. See also 'release'.

**Head...** The plastic of the stick connected to the handle.

**Here's your help...** A person asking you to pass the ball to him

**I got your back...** Adjacent defensive players letting the person know that if he gets beat, they will slide to the person with the ball

**Iso (Isolation)...** Person holding the ball runs toward the goal to take a shot without passing off the ball

**In the Dirt...** The often trampled area approx. 15 foot radius area in front of the goal. Shots from outside the dirt area should be bounce shots, which are more difficult for goalies to stop. Also known as the 'hole'. A much smaller area than 'the box.'

**Invert...** Any offensive play that involves 'inverting' the middies and the attack. In a man on man situation, this puts the defensive bigs out on top with our attack, and the middies defending the area around the crease.

**Man Down...** Describes the team which has lost a player to the penalty box and must play with fewer men on the field. We will always establish Man Up and Man Down teams before the game. Man Down teams are often tricky, since it is likely that a defender was penalized.

# Definition of Lacrosse Terms: Getting familiar with terminology

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

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

**Outlet pass...** Passing to the outside.

**Outside...** Move the ball to the outer sidelines and set up a play.

**Passing...** An integral part to quickly moving the ball. Players throw overhand or underhand to each other. In most cases a high pass is easier to deal with than a low bouncing dribbler. Slowly thrown lobbed passes give the defense time to react and often result in the catching player being hit before the pass arrives. Passes should be 'zipped', or thrown with authority, instead of lobbed with a high arc.

**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. Picks must be stationary and 'passive'.

**Pocket...** The head of the stick in which the ball is held and carried. The pocket is strung with leather and/or mesh netting. In order to be legal, the top of a ball cannot be seen when looking at the pocket from the side.

**Poke Check...** A defender jabs his stick at the exposed stick end or hands of an opposing ballcarrier 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 ballcarrier.

**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 a ground ball, places the head of his stick on top of the ball and sweeps it back. Raking is done standing still. This means that often people who rake will be legally hit by an opposing player. Raking is a very bad habit that is difficult to unlearn. EXCEPTION: Goalkeepers can rake or 'clamp' a ground ball legally from the crease.

# Definition of Lacrosse Terms: Getting familiar with terminology

**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. In most ride situations, the goal-keeper will be left un-marked.

**Roll Dodge...** An offensive move in which a ballcarrier, using his body as a shield between a defensive player and the cradled ball, spins around the defender. To provide maximum ball protection, the ballcarrier switches hands as he rolls.

**Settle it down...** Slowing down the momentum of the game in order to run a play

**Support...** When a player without the ball moves into a position where the player with the ball can make a clear pass.

**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.

**Shaft...** A hollow aluminum or composite pole connected to the head of the crosse.

**Skip...** To pass to a non-adjacent teammate, usually a long pass over another player. Also known as a skip pass.

**Slap Check...** A stick check (inferior to the poke check). The defender uses his stick to slap the stick of the offensive player who has the ball. Poke checks are preferred since it is easier to keep you feet moving and stay balanced during the check.

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

# Definition of Lacrosse Terms: Getting familiar with terminology

**Square Up...** To position one's body in preparation to pass. This means to aim the leading shoulder towards the target.

**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 in a controlled manner.

**Tight Defense...** A very close man to man coverage. Force the other team to drop the ball from pressure

**Top of the box...** The area near the line of the rectangle in front of the goal

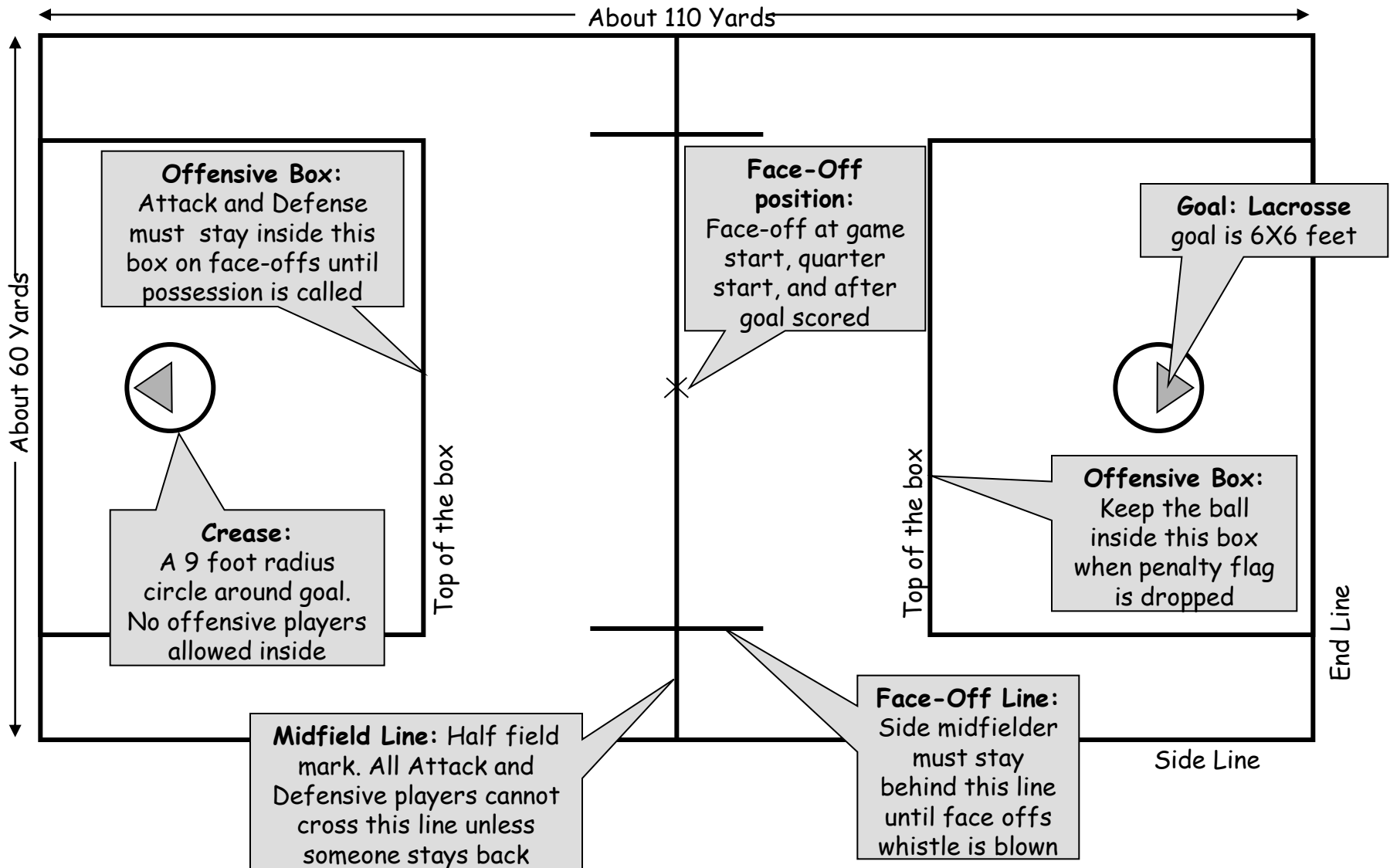
**Unsettled- Situation...** Any situation in which the defense is not positioned correctly, usually due to a loose ball or broken clear, or fast break. Teams that hustle (like us), score many goals during unsettled situations.

**V Cut...** A maneuver used by an offensive player to get open for a pass. The offensive player feints in causing his defender to react and move, he then cuts sharply away (completing the "V" shape) See also "D cut"

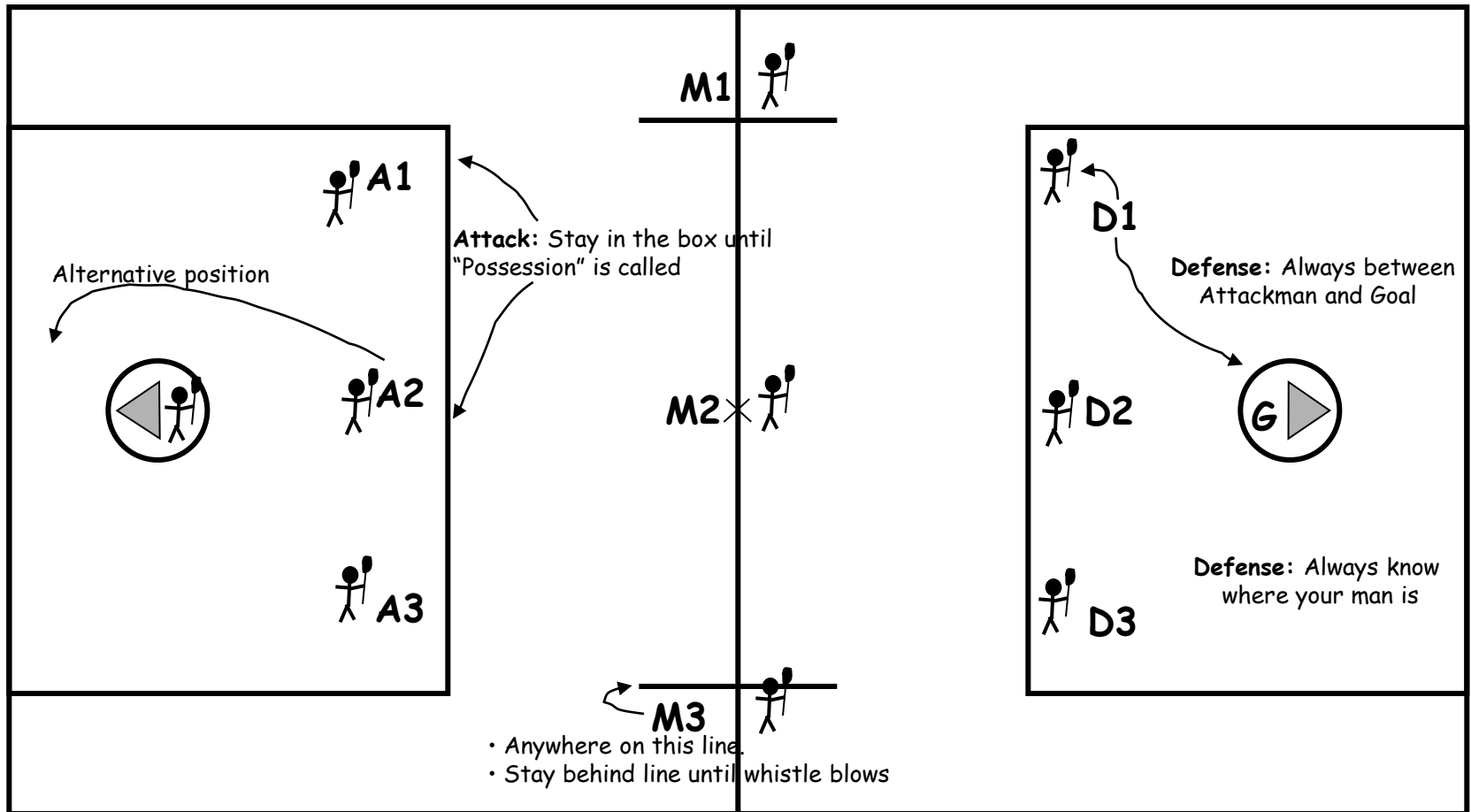
**Wide base...** Lower center of gravity, feet apart, shuffling side to side, stop a player with the ball from advancing

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

# The Lacrosse Field: Defined



# Lacrosse Positions: Line up for a Face-off



 - Indicates position of opposing player

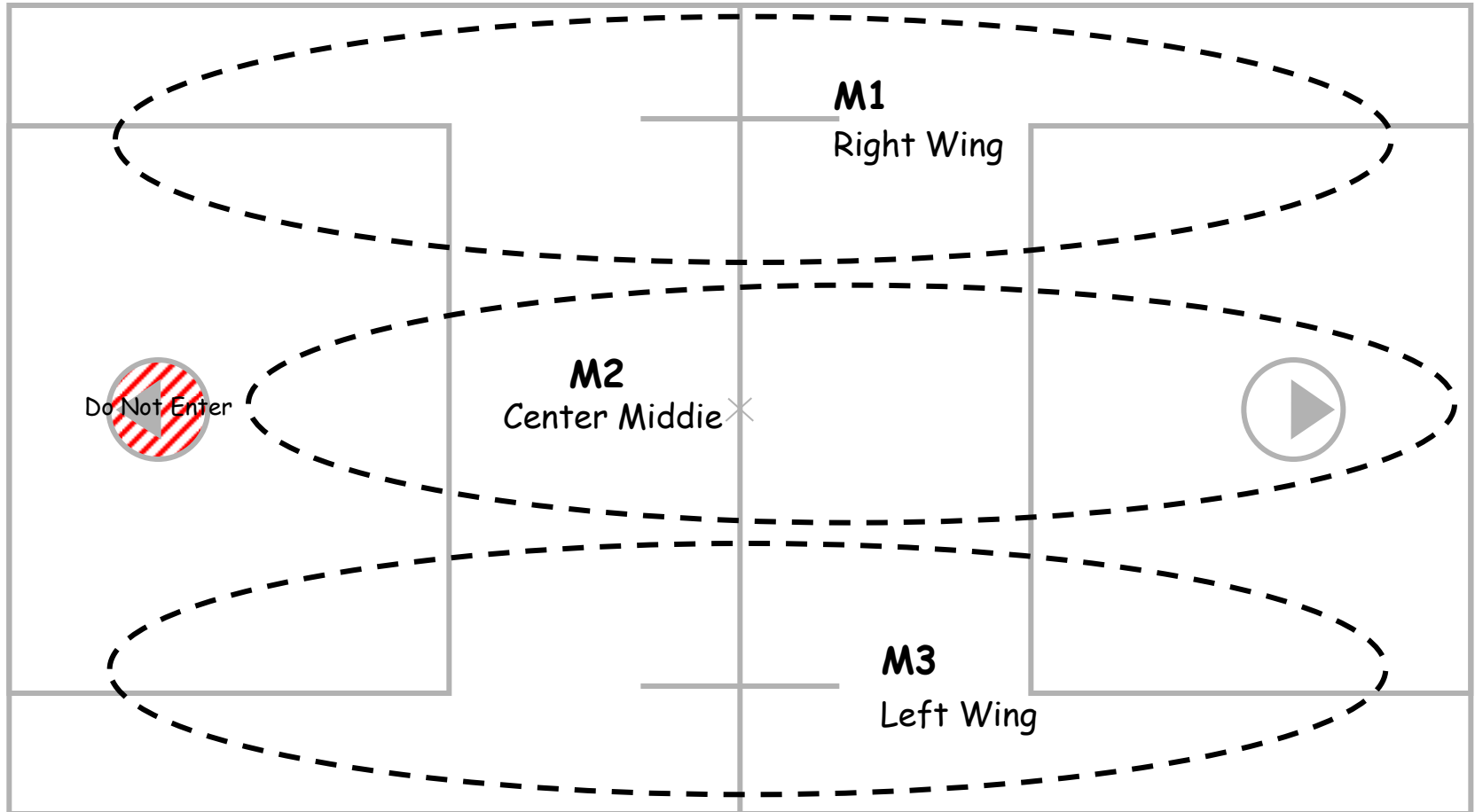
- 10 Players on the field at a time
- 3 Midfielders - **M**
- 3 Attackmen - **A**
- 3 Defensemen - **D**
- 1 Goalie - **G**

## Face-Off Action:

- Ball is placed between the sticks of the face-off middies.
- Whistle is blown.
- Wing middies run toward center to receive a flipped ball.
- Once ball is scooped up, referee will yell "Possession"
- Attack and Defense now free to leave the "Box"

# Lacrosse Positions: During Game Action Play

## Midfielders



### Midfielders:

- Able to run the entire length of the field
- Ovals indicate basic area of responsibility

### Play Action:

- Midfielders are responsible for moving the ball down the field
- Get the ball from the Defense men and pass it toward the Attackmen
- Set up the Play!!!

### Offense:

- Run the play that coach calls; move without the ball
- In an "unsettled" situation, look for open attackmen or run the ball to the goal and shoot

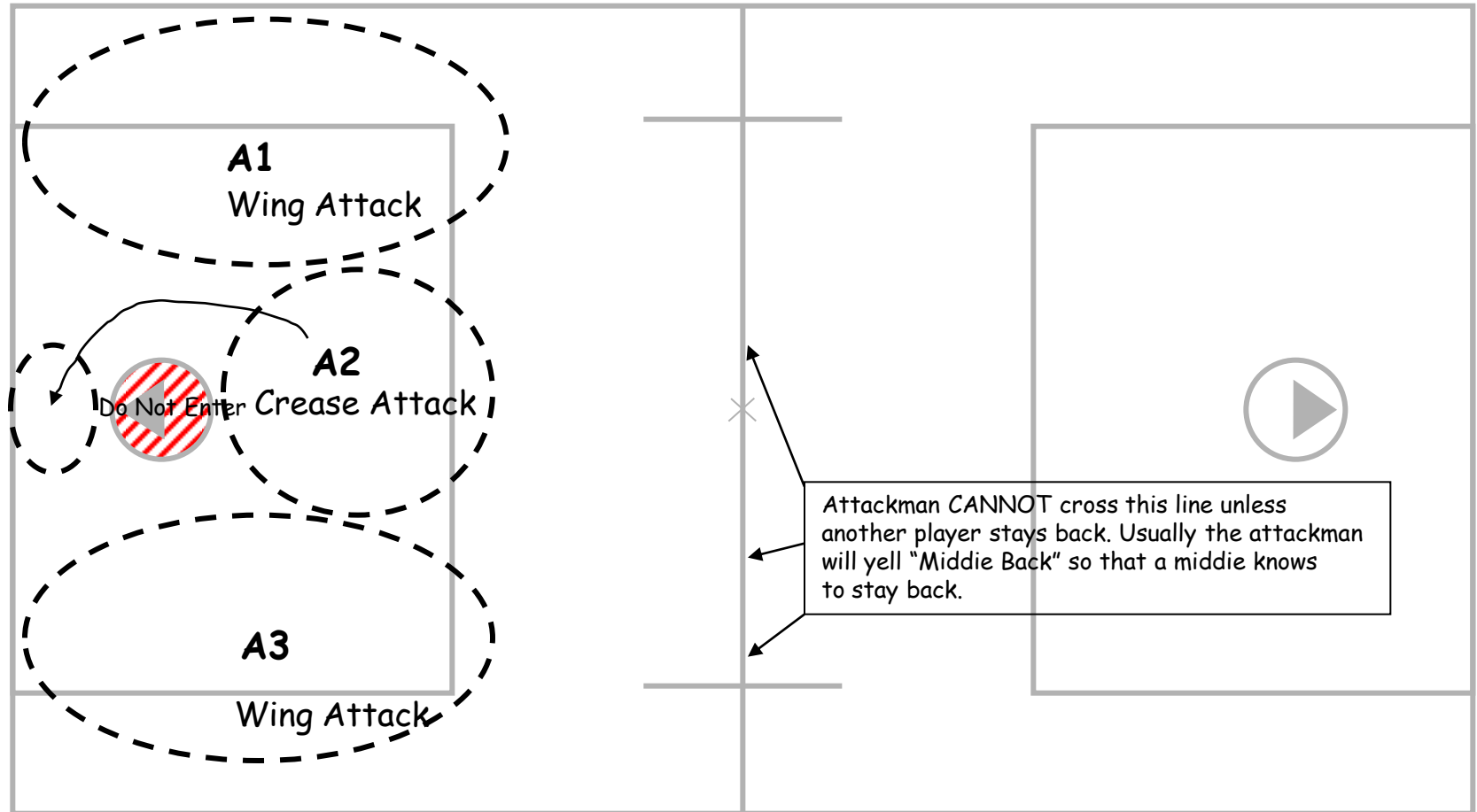
### Defense:

- Find your man and know where he is at all times. If he cuts, you go with him.
- Stay between your man and goal. Don't let him get past you with the ball or an open feed.
- Once he has the ball, poke check his stick to knock the ball out



# Lacrosse Positions: During Game Action Play

## Attackmen



### Attackmen:

- Able to run only in the offensive half of the field
- Ovals indicate basic area of responsibility
- Primary responsibility is shooting the ball

### Play Action:

- Get the ball from Middie or Defense and move the ball toward the goal
- Look for open man, take the ball behind the net. Movement is important
- Look for the shot!!! Look for the goal corners or a bounce shot.

### Offense:

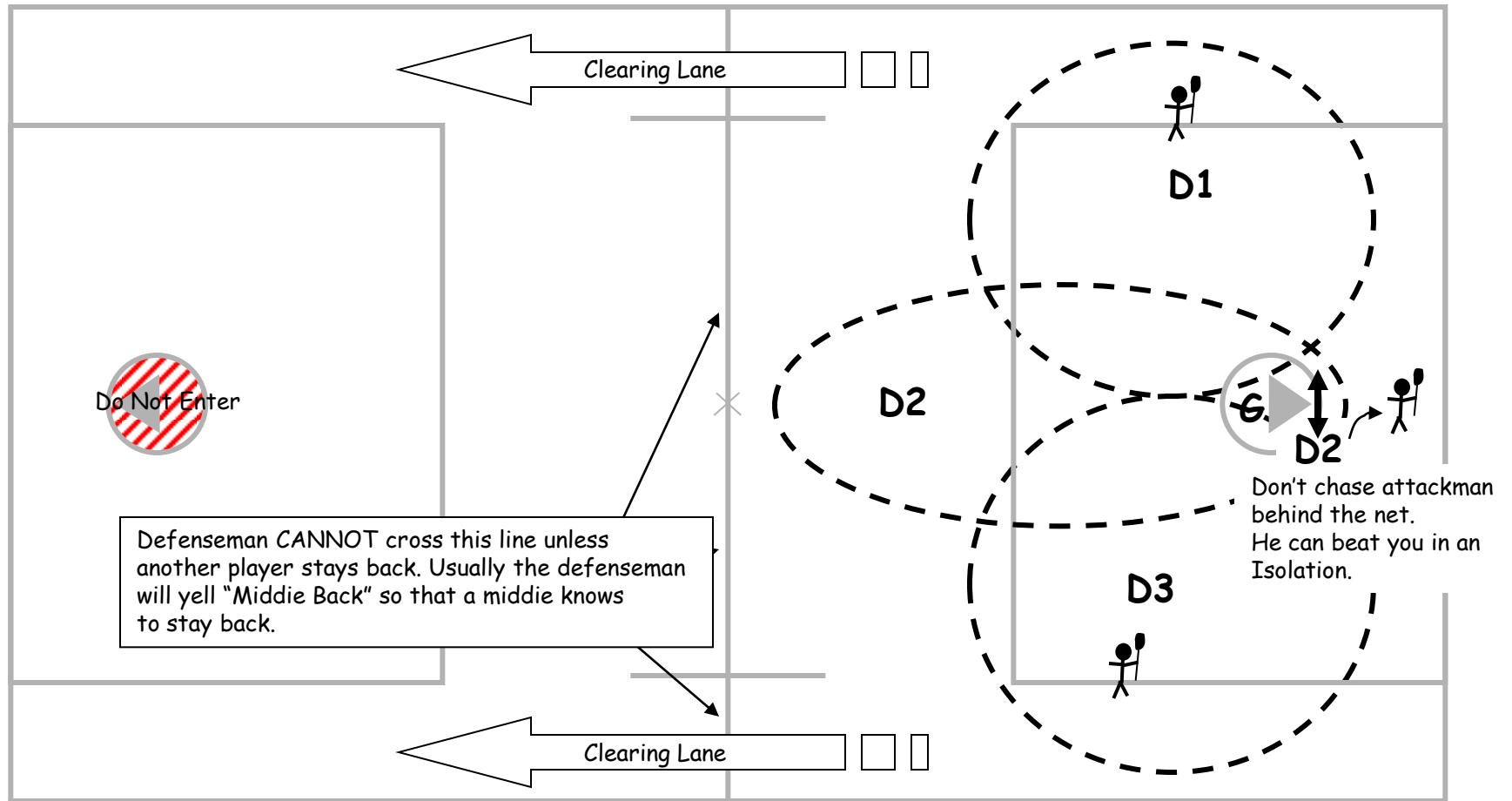
- Looking for a shot or open pass to set up a shot. High shot frequency equates to more goals.
- Attackmen are very fast and have excellent stick and shooting skills
- Crease Attackman is either in front of goal running picks or behind looking for feeders

### Defense:

- "Ride the Ball" means do not let the defense "Clear the Ball" from their zone
- 3 Defensemen and 1 Goalie will spread out against 3 attackmen. Attackmen must set up a zone defense to cover the ball.

# Lacrosse Positions: During Game Action Play

## Defense



### Defensemnen:

- Able to run only in the defensive half of the field
- Ovals indicate basic area of responsibility
- Primary responsibility is to defend the goal

### Play Action:

- ALWAYS stay between your attackman and the goal.
- Know where your man is
- Checking the attackman's stick to knock out the ball

### Offense:

- "Clear the Ball" means move the ball up the field to the offense
- Goalie creates a 4 on 3 situation. Passing the ball will overwhelm the attack "Ride"
- It is preferred that defense will work with middies to clear the ball up the sideline.
- Never clear the ball by running or passing across the front of the goal!!!

### Defense:

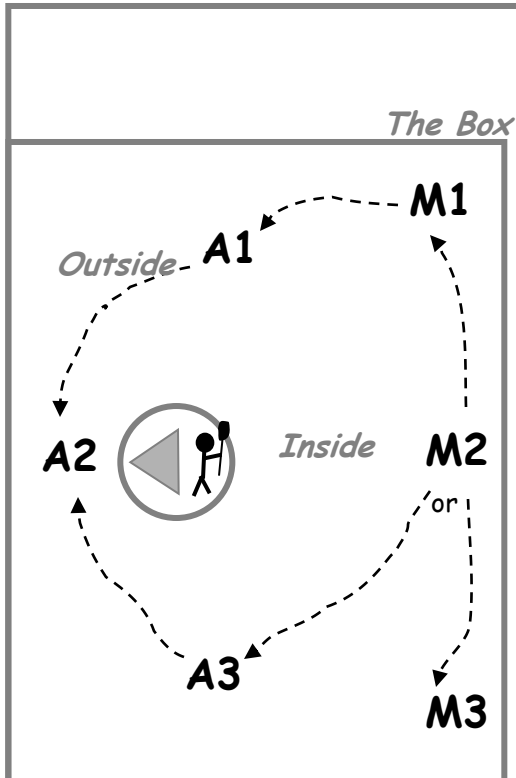
- Cover the ball when in play. Poke check the stick to knock out the ball. Scoop ball and look for outlet pass (toward the sides). Look for middies heading up field.
- Defense is a hybrid between man to man coverage and a zone. Defenseman owns the zone shown above. If another middie or defenseman gets beat, you have his back. (pick up the ball)





# Offense: Basic Set Up and Movement

## 3-2-1 Offense:



- Passing the ball around the "Outside" is most important
- It exercises the defense, looking for openings for a shot
- Always looking "Inside" for a "Cutter" and a "Feed"
- Catch the feed and shoot!!!

M1 & M3: Passing the ball around.  
Feed A1 & A3 cutters.  
Catch a feed from any attackman.

M2: Take a good shot from the top of the box.  
Look for the bounce shot.  
Look for a pass and shot from A2

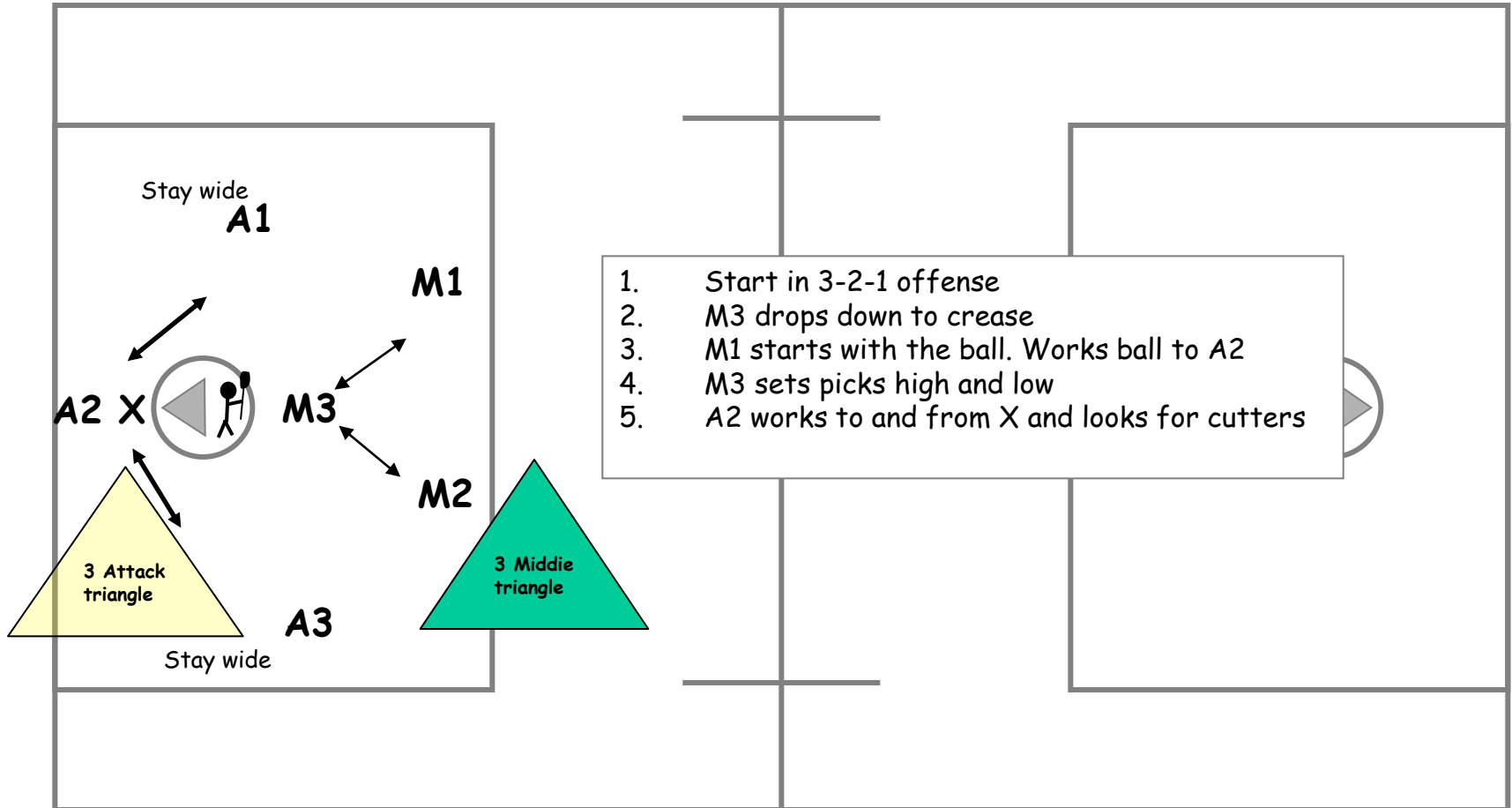
A1 & A3: Take a shot from the side  
Look for feed from diagonal middle or opposing attackman  
Always trying to create an unsettled situation

A2: Always looking for a pass to someone in front  
May run ball around the goal and shoot if you see an opening

A2 and M2 are very important positions to create plays and run offense

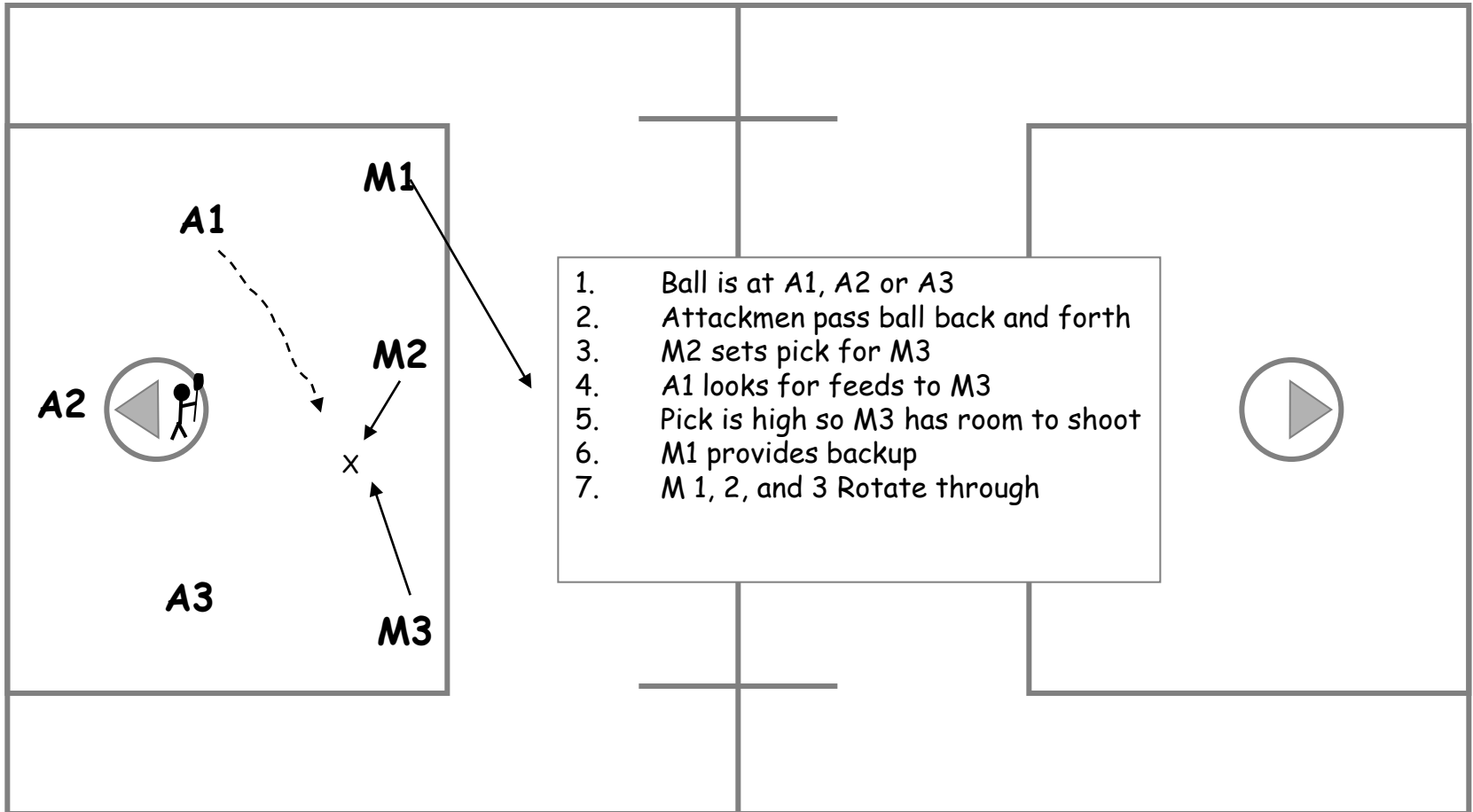
# Offense: Basic Set Up and Movement

## *2 - 3 - 1 Offense: 2 3-man triangles*



# Basic Offensive Play

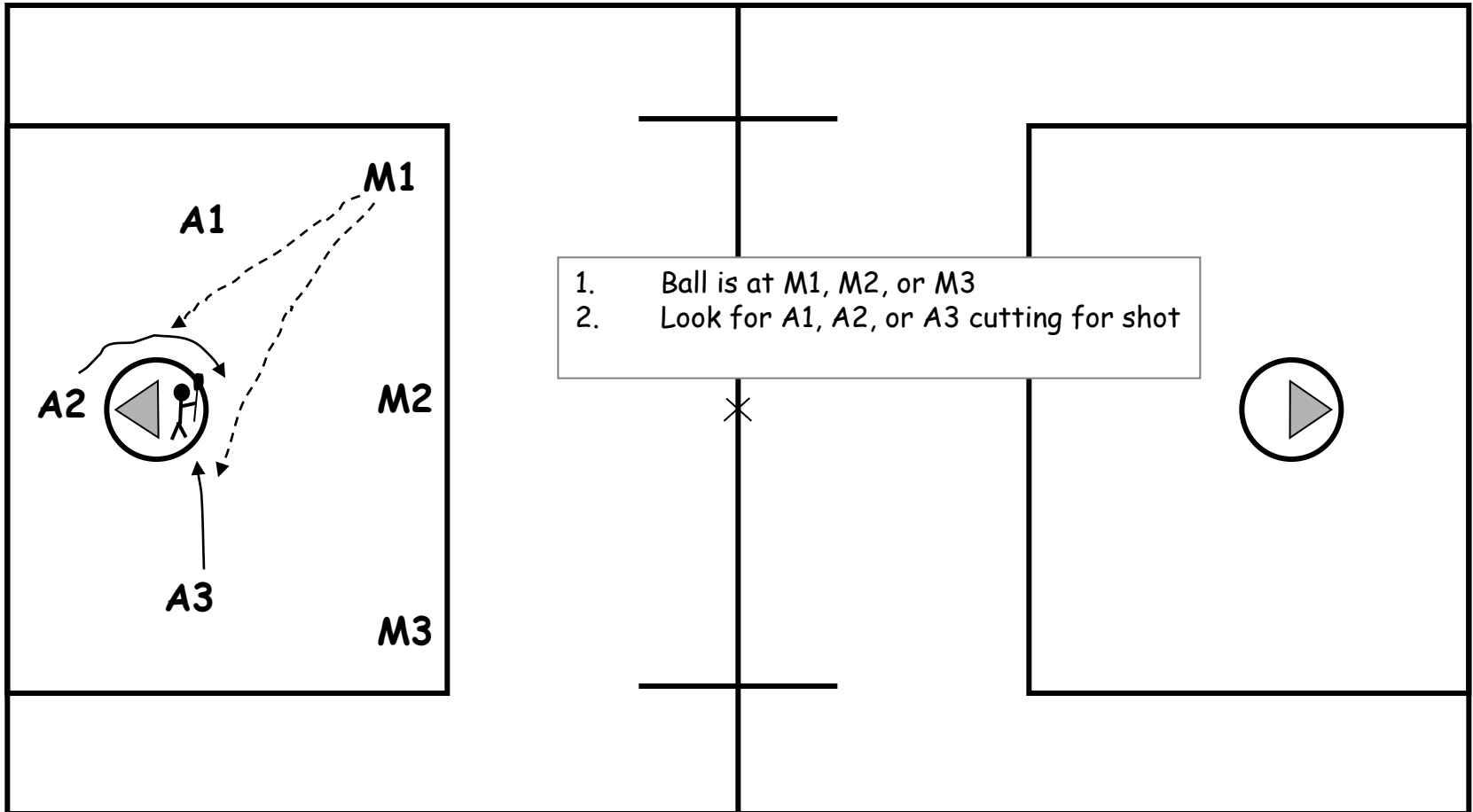
## *Offensive Play:*



X = Pick

# Basic Offensive Play

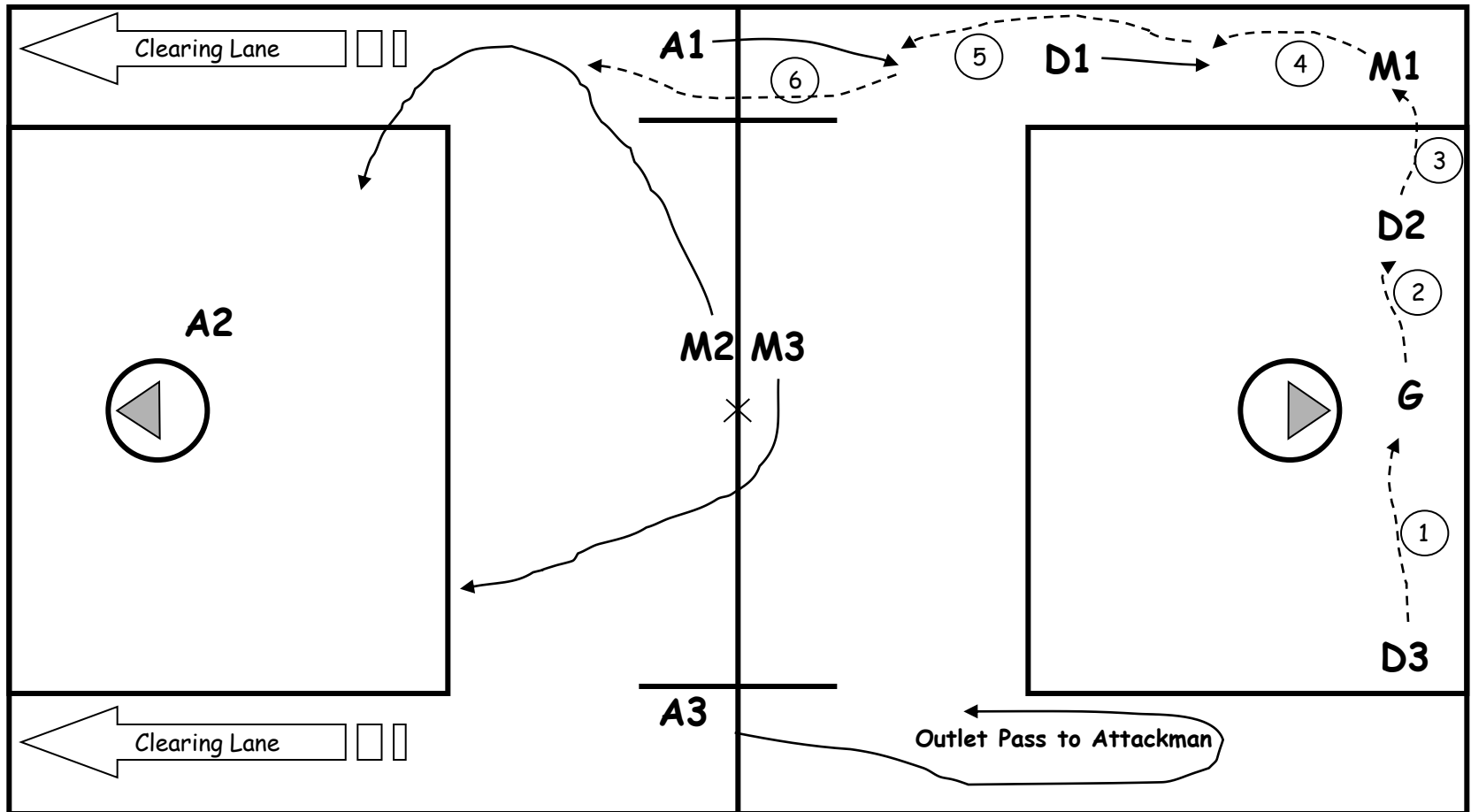
## *Offensive Play:*





# Clearing the Ball on an End Line

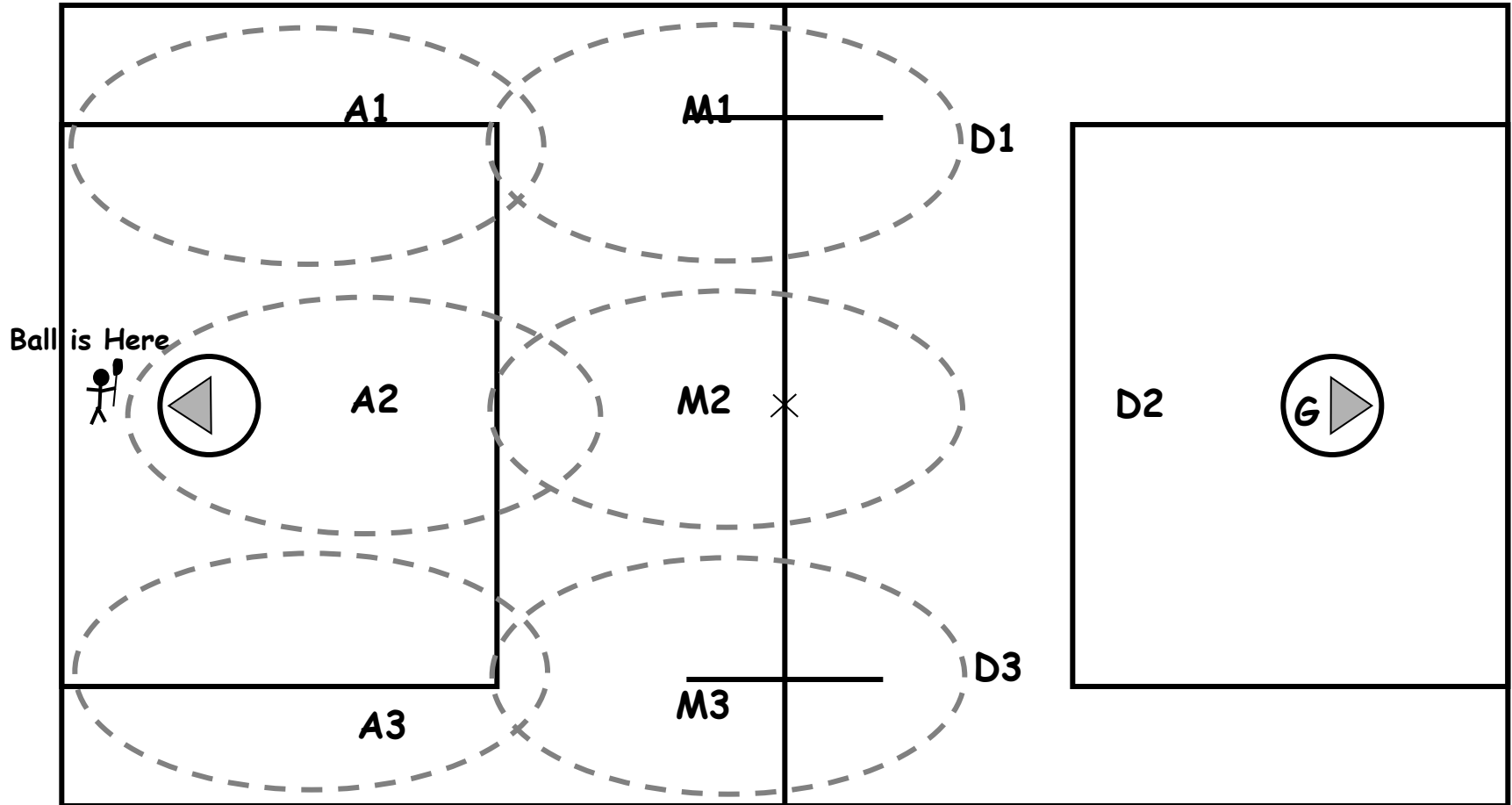
**"Clear"**



1. Ball starts at D3
2. Attack and Middies (A1, A3, M2, M3) break position when ball reaches M1.
3. Ball moves in L pattern toward half field pass to Attack or Middle
4. You may skip a pass or run the ball further up the field
5. NOTE: Middies are back, Attack goes down field

# Riding the Ball

*"Ride" - Watch the sidelines and man back*



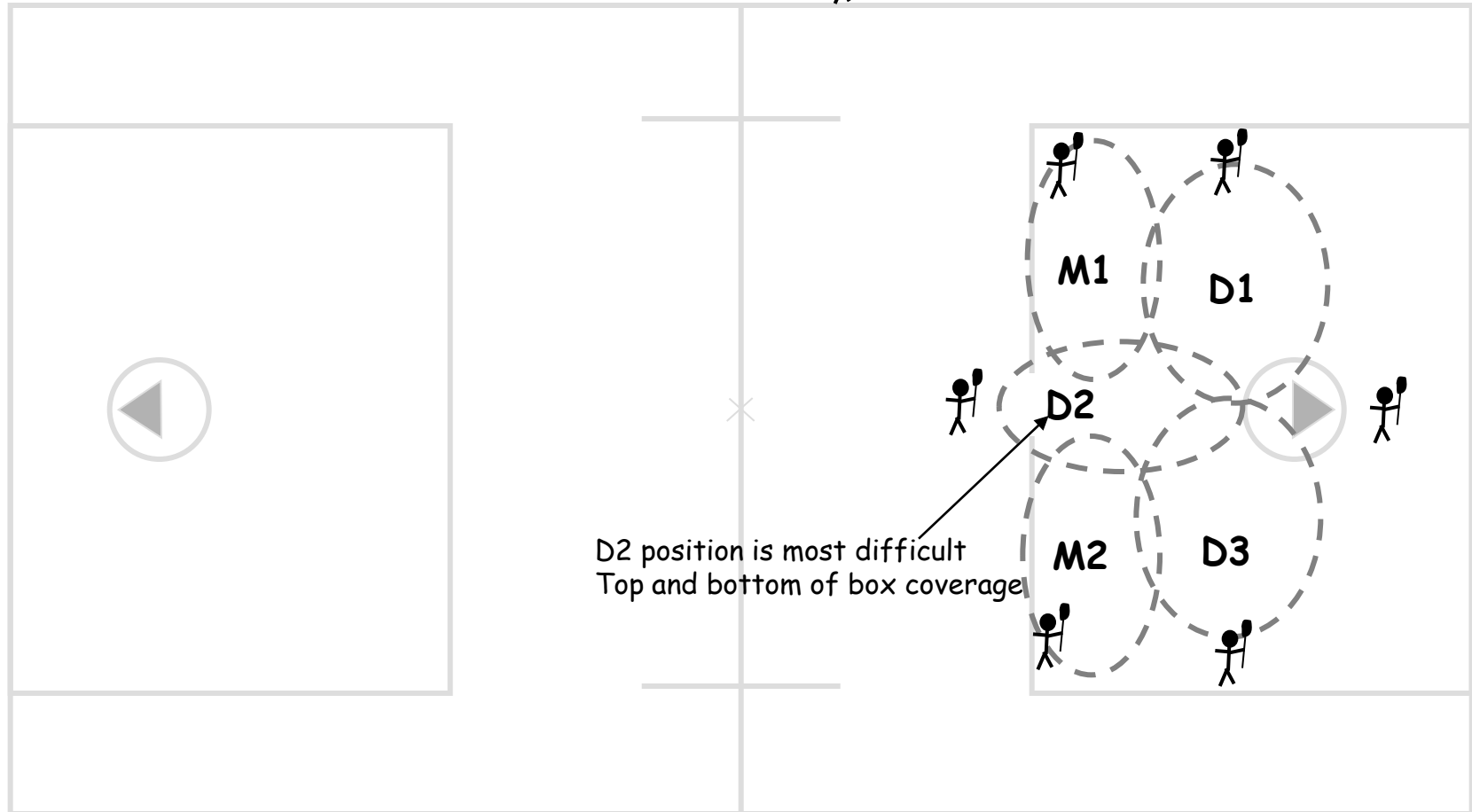
- Zone ride
- Each player picks up the opponent coming into his zone
- Middies back up Attack
- Defense backs up Middie

 - Indicates position of opposing player

# Man Down

*"Man Down"*

 - Indicates position of opposing player



D2 position is most difficult  
Top and bottom of box coverage

1. Zone Defense
2. Each player owns a zone
3. Players must "Slide" if another player gets beat by a player with the ball
4. Constant stick checks on defense
5. Do Not chase the player unless you are sure you can take away the ball
6. Clear ball up field immediately

# Body Checking: Learn it properly, Learn it early

PLEASE READ THIS CAREFULLY - PLEASE ASK THE COACHES QUESTIONS IF YOU DO NOT UNDERSTAND

- Lacrosse is a very fast and physical sport
- For many of you, this will be the first time you experience body checking
- Use the techniques you learn wisely and carefully
- The coaches will demonstrate proper technique

## • **BODY CHECKING**

- **NEVER, NEVER use the top of your head to check another player. This will result in neck injuries.**
- When checking, you must keep both of your hands on your stick
- The other player must either have the ball in his stick or be within a few yards of a ball on the ground
- Use your shoulder and arm (Right or Left) to check the other player facing you. Use your shoulder pads
- As you drive your shoulder into the other player, drive your body up and out to knock him off balance
- You cannot check from behind or below the knees

## **STICK CHECKING:**

- Poke or slap checks must be on the stick or hand connected to the stick
- If you wind up your stick and hit another player anywhere but the stick, **YOU WILL BE CALLED FOR A SLASH PENALTY**

## **INJURIES:**

Put ice on a bruise immediately. Work a cold pack for first 48 hours.

After 48 hours use heat and cold alternately

Superficial scratches should be treated with a antibiotic and kept clean

Deep cuts should be seen by a physician immediately



# The Lacrosse Field: Explanation

- ❑ The line that traverses the entire field in the middle is called the "midfield line".
- ❑ There has to be four players in your defensive zone or on your defensive side of the midfield line at all times. This is typically the goalie and three defensemen. Midfielders can and do stay "back" and in particular when a defensemen is clearing the ball and can run it over the midfield line. In this case the Midfielder will typically raise their stick and call out "middie back" so the referee can easily count the players. If there is not the correct number of players on the defensive side of the field this is a change of possession infraction and the other team is awarded the ball at midfield.
- ❑ Typically there are three players in the attack zone unless the team has penalty and is a 'man down'.
- ❑ The box around the crease is called the "restraining box" or in lacrosse terminology the "box". The lines around it are called restraining lines. During face offs the defense and attack must stay in the "box" until possession for one team or the other happens and the referee calls this out.
- ❑ The small rectangles to either side of the box are called the "alleys". When an infraction is called by a referee that is a change of possession the team taking the ball will begin play here if the infraction occurred in the Defensive or Offensive Zone. If the infraction occurs in the midfield area the ball can be awarded in the wing area or the center.
- ❑ The "crease area" is 9' radius circle around the goal. Only the goalie can be in this area or defensemen for that team can run through it. However, when the ball is outside of the crease neither the defense or goalie can re-enter the crease. A goalie is considered in their crease even if one foot is on the line and they are reaching out with their stick. Once the ball is in the goalies possession they have three seconds to exit the crease. If an opposing player touches or checks the stick of the goalie while they are in the crease it is goalie interference and the ball is awarded at the midfield line. This includes the goalie being in the act of passing.
- ❑ The "special substitution area" is where players enter and exit during live play replacing each other. At the higher levels of the game you will see offensive and defensive specialists entering the game for both sides once the ball is cleared and in a settled situation. This includes a "long pole" middie whom is a player that plays the midfield position with a long defensemen stick
- ❑ Players serving penalties take a knee near the scorers table behind the "special substitution area".
- ❑ The "wing area" is where wing midfielders line up for face offs and can not leave until the whistle is blown by the ref. It is common to see one of the wing midfielders rush to the area of the face off to try to gain possession of the ball and the other to line up further down the line and run to a defensive position several yards behind the face off circle in case their team does not win the face off.
- ❑ The "limit line" on the sideline opposite the benches is where the spectators watch the game. It is against the rules to be a spectator on the player's side of the field.