

# LACROSSE STUDY GUIDE

(revised 07/05)

## I. History

- Lacrosse is the oldest sport in North America adopted from Native Americans.
- It was originally played by Native Americans in what is now Canada and New York.
- Originally, Lacrosse was played by hundreds of players in games that lasted over several days using goals that were up to 15 miles apart.
- Lacrosse games were originally used to toughen braves for actual combat. There were even times when games were played between two tribes to settle their differences and disputes.
- The first lacrosse club was founded in Montreal in 1842.
- In 1868, the game was brought to the United States. The first Intercollegiate Lacrosse Association was formed in 1892.
- Today, it is popular in Australia, Canada, England, and the United States. There are men rules and women rules for Lacrosse.

## II. The Game and Equipment

- A game consists of four 15 minute quarters.
- A face-off (men's rule) or draw (women's rule) in the center of the field starts play each quarter, and after a goal is scored.
- In a face-off, the referee places the ball between the sticks of two midfielders. The players try to gain possession of the ball at the referee's signal.
- A team consists of a goalkeeper, 3 defensemen, 3 midfielders, and 3 attackmen (ten players). Each player uses his/her stick to throw, catch, or carry the ball (A player may run with the ball).
  1. Attackers: Responsible for scoring goals and usually restricts his/her play to the offensive end.
  2. Midfielders: Responsible for covering the entire field playing both offense and defense.
  3. Defenders: Responsible for defending the goal and usually restricts his/her play to the defensive end.
  4. Goalie: responsible for protecting the goal and stopping the opposing team from scoring. The goalie may touch the ball with his/her hands. No players, other than the goalie, may enter the circle around the goal.
- Sticks have two parts- a handle and a head.
- The ball is slightly smaller than a baseball. When thrown, it can travel up to 100 miles per hour.
- Players wear shorts, shoes with cleats, plastic helmets, arm pads and padded gloves.

## III. Skills

### A. Throwing the ball

1. Bring the "head" of the stick back
2. Keep eyes on target
3. Keep hands and wrists relaxed when gripping the handle
4. Wrists should "break" on follow-through (like throwing a baseball)
5. Head of stick should point to target at the end of throw
6. Passing is the fastest way to move the ball down the field.

### B. Catching the Ball

1. Watch ball into the pocket of stick
2. "Give" a little as the ball reaches stick (Keep arms and wrists relaxed)
3. Top hand should be allowed to slide on handle

### **C. Scooping**

1. Bend knees and back
2. Keep butt end of stick to the side of body
3. Place back of stick on the ball and pull the ball back into the stick handle

**D. Face-off or draw:** begins the game and after each score.

**E. Cradling or carrying the ball**

**F. Shooting and Goalkeeping**

### **IV. Game Fouls**

1. Tripping: with the stick, hands, arms, feet or legs.
2. Holding: blocks the movement of an opponent.
3. Pushing: shoving an opponent from behind.
4. Slashing: contacting an opponent with the stick
5. Unnecessary Roughness: using excessive or violent force against an opponent.
6. Unsportsmanlike Conduct: taunting, obscene language or gestures, and arguing with an official, teammate or opponent.

### **V. Basic Rules**

1. Play the ball – not the opponent. No stick or body contact allowed
2. Players must keep both hands on their sticks. The ball can only be played with the stick
3. Game begins with a face-off (men) or draw (women) and after each goal
4. The ball must be passed over the centerline
5. Two passes must be made before each shot at the goal (After the centerline pass)
6. Play should be continuous (no stalling)
7. Once the ball has been covered it cannot be taken away. The player is allowed to scoop the ball without interference.
8. When the ball goes out of bounds, the team which did not touch it throws it in from where it crossed the sideline.

### **VI. Basic Game Objective**

Players score points by throwing the ball into the goal. A goal counts one point. The team scoring the most goals wins. The game stresses passing and catching skills, teamwork and continuous action.