

LACROSSE

SKILLS

CRADLE

- hold the stick vertically at the shoulders
- top hand near the throat of the stick and the bottom hand lightly holding the butt of the stick
- using the top hand, the wrist and forearm rotate the stick forward and backwards
- eyes look forward not at the ball

PICKUPS

- two hands on the stick
- keep eyes on the ball
- plant the foot opposite the stick beside the ball and bend the knees to get low
- grab the stick at its throat with the top hand and keep the bottom hand low to the field so the stick is almost parallel to the field
- using a shovelling motion scoop "through" the ball

CATCHING

Grip - bottom hand gripping the butt of the stick and the upper hand is about half way up the shaft

- Receiving - line up the face of the pocket to the passer to provide a target
- hold the stick in front, about one foot, and over the shoulder
 - keep the eyes on the ball
 - on impact "give" with the stick by relaxing the top hand
 - catch the ball beside the head
 - "twirl" the stick inwards to help maintain the ball in the pocket

THROWING

Grip - as for catching (more force can be exerted by moving the top hand down closer to the bottom hand)

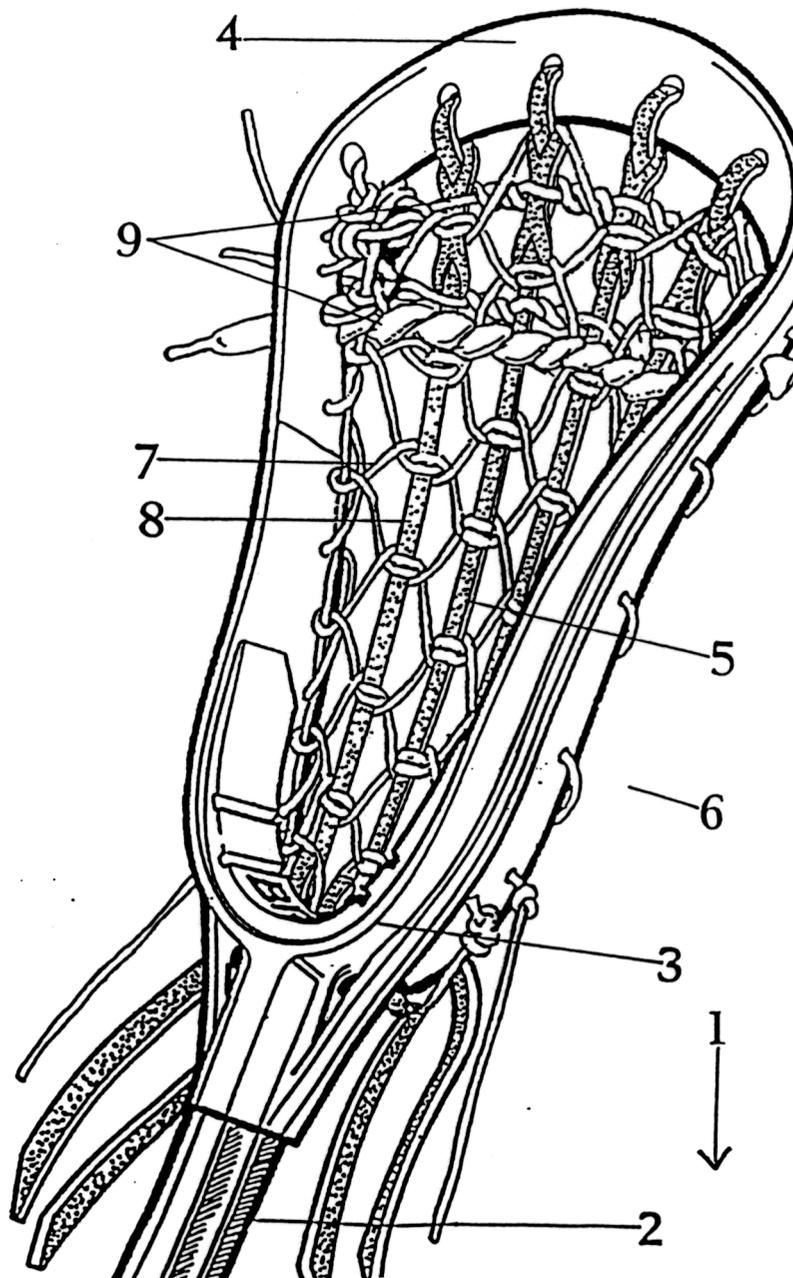
- Pass - eyes of the target
- push with the top hand and pull the stick in with the lower hand
 - twist the hips for added power
 - step with the foot opposite the throwing hand to transfer the weight and lead the throw with the elbow opposite the throwing hand
 - release the ball at the top of the arc
 - follow through so the face of the stick almost touches the field

GAME RULES

- the game starts with a faceoff at centre
- the ball is progressed down the field by running or passing
- a goal is scored when a player on the offence catches a passed ball inside the marked square
- only one player from offence is allowed in the square at a time
- if the offence drops the ball in the square the defence gains possession
- a goal cannot be scored by running the ball into the square
- the defensive players are not allowed inside the circle but they can guard the perimeter
- if a defensive player is inside the circle the offence regains possession outside the circle
- after a goal there is a faceoff at centre to restart the game

PARTS OF THE STICK

1. Butt or end
2. Handle or shaft
3. Throat
4. Head or tip
5. Face of the pocket
6. Back of the pocket
7. Pocket or netting
8. Leather runners
9. Shooting strings



162. BASIC RULES OF MEN'S LACROSSE

- Men's lacrosse is a contact game played by ten players: a goalkeeper, three defenders, three midfielders, and three attackers.
- The object of the game is to shoot the ball into the opponent's goal.
- The team scoring more 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.
- High school games are generally 48 minutes long, with 12-minute quarters.
- Each team is given a 2-minute break between the first and second quarters, and the third and fourth quarters.
- Half time 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.
- 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 release; the other players must wait until one player has gained possession of the ball or the ball has crossed the goal line.
- Center face-offs are also used after a goal and at the start of each quarter.
- Players may run with the ball in the crosse, pass, and catch 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, which includes 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.
- All body contact must occur from the front or side, above the waist, and below the shoulders.
- An opponent's crosse may be stick-checked if it is within five yards of a loose ball or ball in the air.
- If the ball or a player in possession of the ball goes out of bounds, the other team is awarded possession of the ball.
- If the ball goes out of bounds after an unsuccessful shot on goal, 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.

163. PERSONAL FOULS IN MEN'S LACROSSE

The penalty for a personal foul is a 1- to 3-minute suspension from play and possession to the team that was fouled. Players with five personal fouls are ejected from the game.

Slashing	A player's stick contacts an opponent in any area other than the stick or gloved hand on the stick.
Tripping	A player obstructs his opponent at or below the waist with the crosse, hands, arms, feet, or legs.
Cross Checking	A player uses the handle of his crosse to make contact with an opponent.
Unsportsmanlike Conduct	Any player or coach commits an act that is considered unsportsmanlike by an official, including taunting, obscene language or gestures, and arguing.
Unnecessary Roughness	A player strikes an opponent with his stick or body using excessive or violent force.
Illegal Crosse	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 the crosse was altered to gain an advantage.
Illegal Body Checking	Occurs when any of the following actions take place: <ul style="list-style-type: none">• Body checking of an opponent who is not in possession of the ball or within five yards of a loose ball.• Avoidable body check of an opponent after he has passed or shot the ball.• Body checking of an opponent from the rear or at or below the waist.• Body checking of an opponent by a player in which contact is made above the shoulders of the opponent. A body check must be below the neck, and both hands of the player applying the body check must remain in contact with his crosse.
Illegal Gloves	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.

104. TECHNICAL FOULS IN MEN'S LACROSSE

The penalty for a technical foul is a 30-second suspension if a team is in possession of the ball when the foul is committed or possession of the ball to the team that was fouled if there was no possession when the foul was committed.

- Holding** A player impedes the movement of an opponent or an opponent's crosse.
- Interference** 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 players, or both players are within five yards of a loose ball.
- Offsides** 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 mid-field line.
- Pushing** A player thrusts or shoves a player from behind.
- Screening** An offensive player illegally moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending.
- Stalling** A team intentionally holds the ball without conducting normal offensive play, with the intent of running time off the clock.
- Warding Off** 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.

165. LACROSSE PLAYING FIELD

Although women's lacrosse fields have no boundaries, an area of 120 yards \times 70 yards is desirable. For men's lacrosse, the dimensions are as follows: width: 60 yards; wing area to sideline: 10 yards; wing area to center spot: 20 yards; center line to goal area line: 20 yards.

