



GENERAL LACROSSE RULES

Men's lacrosse is a contact game played by ten players: a goalkeeper, three defensemen, three midfielders and three attack men. The object of the game is to shoot the ball into the opponent's goal. The team scoring the most goals wins.

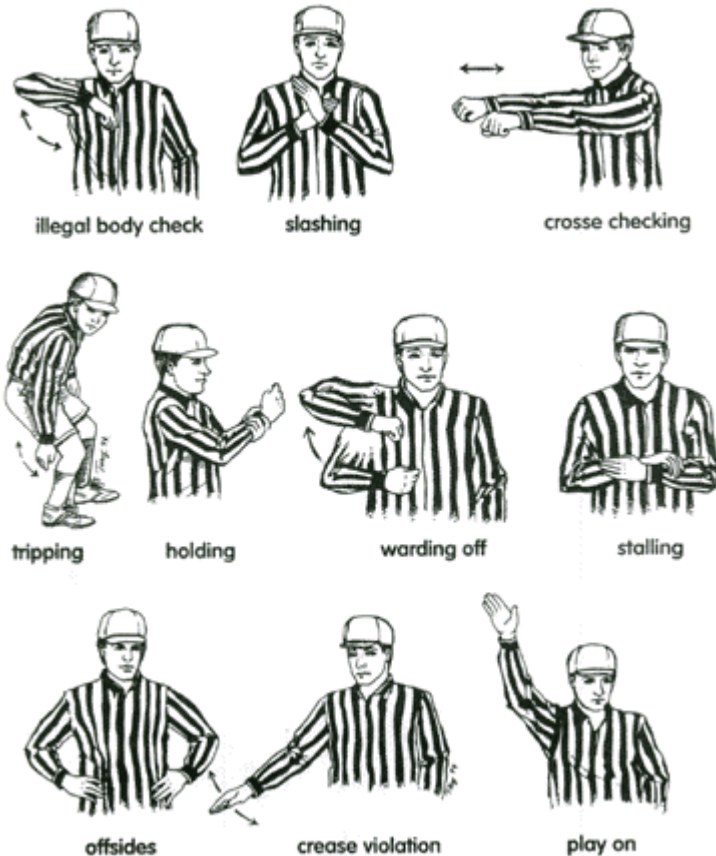
- Each team must keep at least four players, including the goalie, in its defensive half of the field and three in its offensive half. Three players (midfielders) may roam the entire field.
- Generally, high school games are 48 minutes long, with 12 minute quarters. Each team is given a two minute break between the first and second quarters, and the third and fourth quarters. Halftime 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. However, all contact must occur from the front or side, above the waist and below the shoulders. An opponent's crosse may also 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.

PERSONAL FOULS The penalty for a personal foul is a one to three minute suspension from play and possession to the team that was fouled. Players with five personal fouls are ejected from the game.

- **SLASHING:** Occurs when a player's stick contacts an opponent in any area other than the stick or gloved hand on the stick.
- **TRIPPING:** Occurs when a player obstructs his opponent at or below the waist with the crosse. hands. arms. feet or legs.

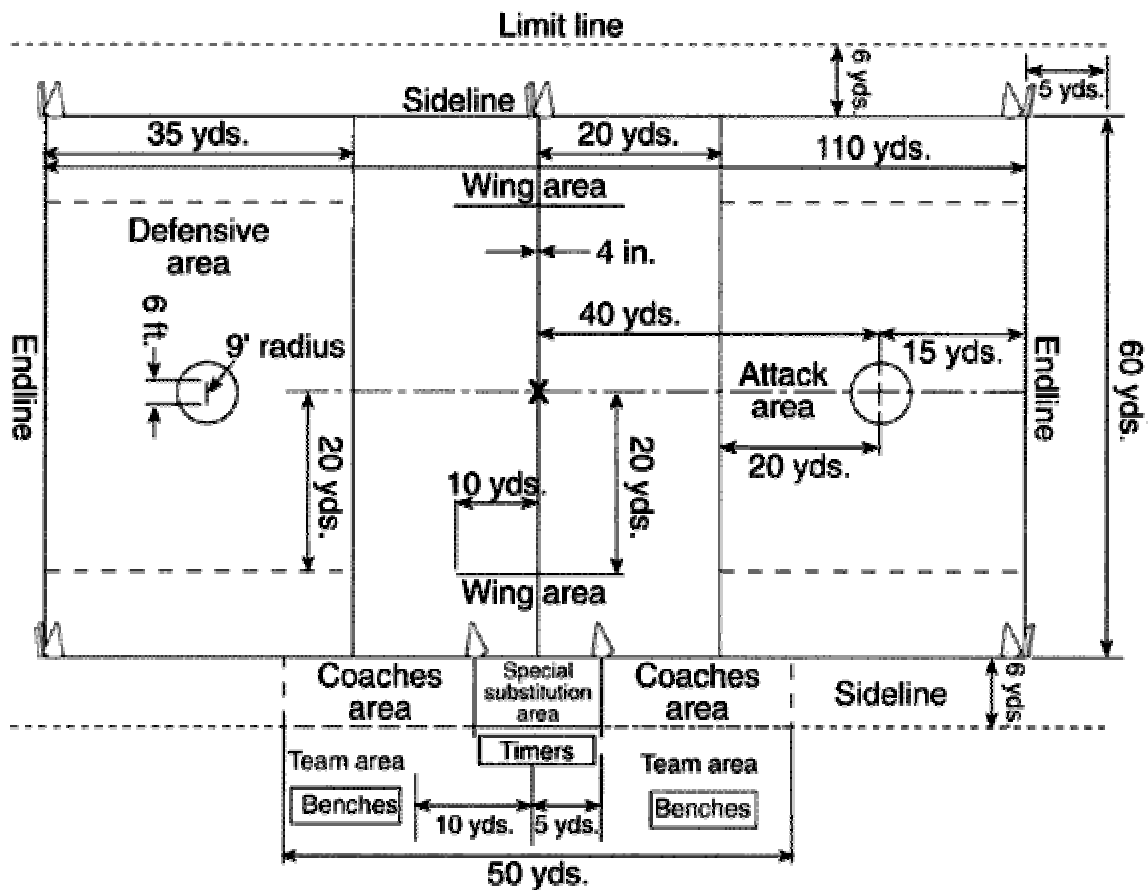
- **CROSS CHECKING:** Occurs when a player uses the handle of his crosse to make contact with an opponent.
- **UNSPORTSMANLIKE CONDUCT:** Occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, obscene language or gestures, and arguing.
- **UNNECESSARY ROUGHNESS:** Occurs when a player strikes an opponent with his stick or body using excessive or violent force.
- **ILLEGAL CROSSE:** Occurs when 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: (a) body checking of an opponent who is not in possession of the ball or within five yards of a loose ball; (b) avoidable body check of an opponent after he has passed or shot the ball; (c) body checking of an opponent from the rear or at or below the waist; (d) 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:** Occurs when 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.

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TECHNICAL FOULS The penalty for a technical foul is a thirty 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:** Occurs when a player impedes the movement of an opponent or an opponent's crosse.
- **INTERFERENCE:** Occurs when 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.
- **OFF SIDES:** Occurs when 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 midfield line.
- **PUSHING:** Occurs when a player thrusts or shoves a player from behind.
- **SCREENING:** Occurs illegally when an offensive player moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending.
- **STALLING:** Occurs when a team intentionally holds the ball. without conducting normal offensive play, with the intent of running times off the clock.
- **WARDING OFF:** Occurs when 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.



A Glossary of Terms ¶

The following is a list of terms you may frequently hear while watching a lacrosse game. Some, you may be familiar with, others, may sound a little odd at first. But all are part of knowing the game of lacrosse...

Attack Goal Area: The area defined by a line drawn sideline to sideline, 20 yards from the face of the goal. Once the offensive team crosses the midfield line, it has ten seconds to move the ball into its attack goal area.

Body Check: Contact with an opponent from the front, between the shoulders and the waist, when opponent has the ball or is within five yards of a loose ball.

Box: An area on the sideline used to hold players who have been served with penalties, and through which substitutions "on the fly" are permitted directly from the sideline onto the field.

Check-Up: A call given by the goalie to alert the defender to find his man and call out his number.

Clamp: A face-off maneuver executed by quickly pushing the back of the stick on top of the ball.

Clearing: Running or passing the ball from the defensive half of the field to the attack goal area.

Crease: A circle around the goal, nine feet in radius, into which only defensive players may enter.

Crosse (Stick): The equipment used to throw, catch and carry (cradle) the ball.

Defensive Clearing Area: The area defined by a line drawn sideline to sideline, 20 yards from the face of the goal. Once the defensive positioned correctly, usually due to a loose ball or an unsuccessful clear.

Extra Man Offense: A man advantage that occurs following a time-serving penalty.

Face-Off: A technique used to put the ball in play at the start of each quarter, or after a goal is scored. The players squat down and the ball is placed between their sticks.

Fast-Break: A transition scoring opportunity in which the offense has at least one man advantage.

Ground Ball: A loose ball on the playing field.

Handle (Shaft): The pole connected to the head of the stick.

Head: The plastic or wood part of the stick connected to the handle.

Loose Ball: A situation in which neither team has control of the ball.

Man Down Defense: The situation that results from a time-serving penalty which causes the defense to play with a least a one man disadvantage.

Midfield Line: The line bisecting the field of play.

On-the-Fly Substitution: A player substitution made during play. Usually executed while the ball is being handled offensively.

Pick: An offensive maneuver in which a stationary player attempts to block the path of a defender

with his body.

Pocket: The strung part of the head of a stick which holds the ball.

Rake: A face-off maneuver in which a player sweeps the ball to the side.

Riding: The act of trying to prevent a team from clearing the ball.

Release: The term used by an official to notify a penalized player in the box that he or she may re-enter the game.

Unsettled Situation: Any situation in which the defense is not positioned correctly, usually due to a loose ball or an unsuccessful clear.