

Sports Rules

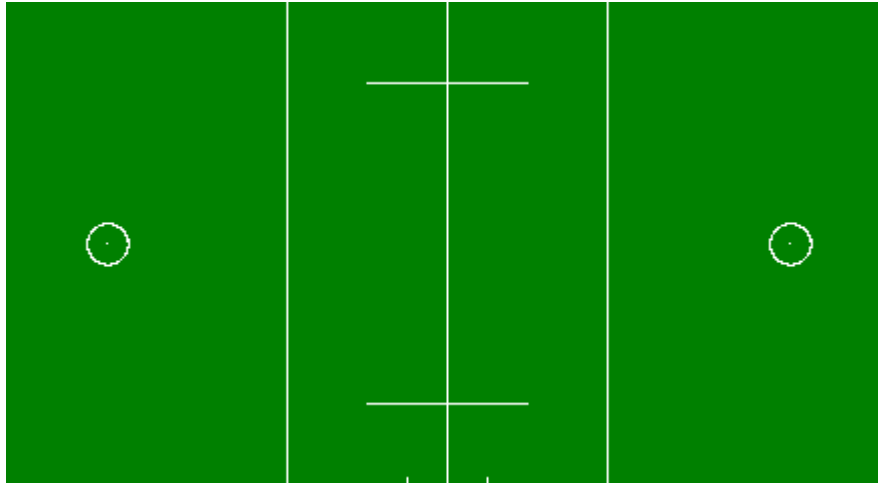


Handbook

Lacrosse
(Men and Women)

LACROSSE

(MEN)



The lacrosse field (men's game)

OVERVIEW

Objective: Two teams of 10 players try to get the ball into the opponents goal by carrying, throwing, or batting it with a long handled crosse (the stick with a net on the end).

There are four periods of 15 minutes each. At the end of each quarter, the teams change ends. There are intervals of two, ten, and three minutes between the quarters. Each goal scores one point. The winning team is the team with the most goals.

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THE HISTORY OF LACROSSE

Lacrosse, which the Native People of North America knew under many different names such as Baggataway or Tewaathon, played a significant role in the community and religious life of tribes across North America for many years. There were 12 to 15 players per team, and the goals were about 120 feet apart.

According to most accounts, the first Europeans to see baggataway being played were French explorers who thought the stick resembled a bishop's crozier--*la crosse*, in French--so the sport was given a new name.

Early in the 19th century, Europeans in Canada began playing the game. Montreal's Olympic Club organized a team in 1844, specifically to play a match against a Native American team. Similar games were played in 1848 and 1851.

In the 1840s the first games of Lacrosse were played between the townsfolk and the Native People. Though it was many years before any significant wins were logged against the Natives, the game of Lacrosse was quickly winning the loyalty and interest of the newest North Americans.

Lacrosse was named Canada's National Game by Parliament in 1859. In 1867 the Montreal Lacrosse Club, headed by Dr. George Beers, organized a conference in Kingston in order to create a national body whose purpose would be to govern the sport throughout the newly formed country.

The National Lacrosse Association became the first national sport governing body in North America dedicated to governing sport, and developed the standards for rules and competition, and the running of national championships.

The U. S. Amateur Lacrosse Association, founded in 1879, adopted the Canadian rules. Seven colleges formed the first Intercollegiate Lacrosse Association three years later. That was succeeded in 1905 by the Intercollegiate Lacrosse League, which changed its name to the U. S. Intercollegiate Lacrosse Association (USILA) in 1929.

In the early part of the 20th century lacrosse was the dominant sport in Canada. There were extensive amateur and professional leagues across the country and teams routinely travelled from Quebec and Ontario to B.C. and vice versa to challenge for supremacy in the game.

In 1901 Lord Minto, the Governor General of Canada, donated a silver cup to become the symbol of the championship of Canada. The Minto Cup, today is presented to the junior Canadian champion.

In 1910 Sir Donald Mann, chief architect of the Canadian Northern Railway, donated a gold cup to be awarded to the national amateur senior champion. Today it is the championship prize of the best Senior team in Box Lacrosse in Canada.

The coming of the 1930s brought innovation once again to the sport. Promoters married the two most popular games, Lacrosse and Hockey, and created Indoor Lacrosse, also known as Box Lacrosse or Boxla. The game was built upon speed and action and very quickly won massive support within the organization. By the mid 30's the field game had been completely replaced by Boxla and the box version became the official sport of the Canadian Lacrosse Association.

Lacrosse was re-confirmed by Parliament as the National (Summer) Sport of Canada in 1994.

International Lacrosse

Lacrosse, as already noted, was introduced to England in 1867. From England, it spread to Scotland, Wales, Ireland, Australia, New Zealand, and South Africa.

It was an Olympic sport in 1904 at St. Louis and in 1908 at London. Only three countries, Canada, England, and the United States, were represented and Canada won both gold medals.

Lacrosse was a demonstration sport at the Olympics in 1928, 1932, and 1948, and an exhibition tournament was held at the Los Angeles Olympics in 1980. A few other countries, most notably Germany and Japan, have taken up lacrosse, but there are still not enough national governing bodies to warrant its consideration as a full-fledged Olympic sport.

The International Lacrosse Federation has conducted a men's world championship tournament since 1967.

Indoor Lacrosse

An indoor version of lacrosse, known as **box lacrosse** or "**boxla**," was developed in Canada during the early 1930s. Played in hockey rinks with six-man teams, it became very popular throughout the country and was the dominant form of the sport in Canada by the end of the decade.

Most games are divided into four-15 minute quarters depending of the level of play. Intervals of two, ten and three minutes are given between each quarter. The clock is stopped after every whistle, and teams are limited to a 30-second possession. If a team has possession of the ball after the 30-second time limit has expired, the ball is awarded to the opposing team. If a team recovers a rebound the 30-second clock is restarted.

The Mann Cup, originally donated by Sir Donald Mann in 1910 as a challenge trophy for the Canadian amateur champion team, was transferred to box lacrosse in 1937.

Outdoor lacrosse has made something of a comeback in Canada, spurred in part by the establishment of the International Lacrosse Federation and the world championship tournament in 1967. However, box lacrosse is still far more popular than field lacrosse in Canada.

In 1986, the Major Indoor Lacrosse League (MILL) began operating with six teams in the United States, playing a form of the sport very similar to boxla. The MILL has an unusual structure in that the league is owned by three partners, while teams are operated by local organizations that have no ownership position.

That structure gave the MILL stability, since the failure of one or two franchises couldn't drag the entire league down. However, it also made expansion difficult, if not impossible.

The National Lacrosse League (NLL) was organized in 1997 as a group of independently owned teams to begin play the following year. After much negotiation, the MILL merged into the NLL, which played its first season in 1998.

BASIC RULES

Play is started with a face off (or face). The referee places the ball on the ground at the centre of the field and one player from each team stands or crouches facing the other on his own side of the line.

Both players rest their sticks on the centre line, on either side of the ball, and when the referee calls 'set' then blows the whistle, both players attempt to get the ball with their sticks.

No other player may stand within 9.1 metres (10 yards) at this point in the game. The face off can be used to restart play in any part of the field, except within 18.2 metres (20 yards) of the goal line, or 6 metres (6.5 yards) of a boundary. A face off is used at the centre spot at the start of each quarter and after a goal is scored.

Playing the Ball

Players may pass, throw, catch, or carry the ball in their sticks, and roll or kick it. A goalkeeper may touch the ball with his hand, but only to deflect a shot within the goal crease. He cannot catch or throw it.

A player must be gripping the stick with at least one hand to be involved in the game or play the ball.

A player can 'take out' an opponent, usually by charging and hitting with the shoulder, as long as the opponent has possession of the ball or is within 2.7 metres (9 feet) of a loose (unpossessed) ball.

The contact must be above the knees and below the neck, and not from behind. A player may also check an opponent's stick with his own if that player has the ball, or is within 2.7 metres of a loose ball.

Scoring

A goal is scored when the ball completely crosses the goal line. It can be scored by a defender, and will count for the opposing team. A goal can be scored by being kicked into the goal.

A goal cannot be scored if:

- an attacking player is inside the goal crease
- the offensive team is offside (has too many attacking players)

Out of play

The ball is out of play if it, or the player in possession of it, crosses a boundary line (lines around the edge of the field). Possession is given to the team whose player(s) were not the last to touch the ball before it went out of play, except for out of play after a shot at goal. In this case, possession is awarded to the player of either side nearest the ball when it went out.

The game is restarted with a free play. A player from the team that did not touch the ball last stands outside the boundary lines and puts the ball back into play. All other players must be at least 2.74 metres (9 feet) from the player taking the free play.

Offside

Each team must keep at least four players (including the goalkeeper) in its defending half and at least three in the offensive half. If the team does not have its players properly distributed throughout the field, they will be charged with an offside violation. When an offside occurs the defending team is awarded the ball and they put the ball into play with a free throw

Goal crease

The goal crease is the circle surrounding each goal area. It has a radius of 2.74 metres (9 feet).

No attacking player is allowed in the goal crease at any time. If he touches the crease with any part of the body, his side loses possession.

Attacking players can reach into the goal crease to catch or play a loose ball. If the goalkeeper gets the ball while in the crease, his stick cannot be checked by any opponent. Any defending player, including the goalkeeper, can only remain in the crease with the ball for up to four seconds. No defending player can enter the crease with the ball.

FOULS AND MISCONDUCT

A player may not:

- Charge an opponent in a reckless or dangerous manner.
- Hold or trip an opponent.
- Interfere with an opponent's stick (unless it is a legal check).
- Strike an opponent with the stick.
- Obstruct or impede an opponent (except by a legal body check or hold)
For example, not moving out of an opponents way, moving to obstruct is different.
- Throw the stick.
- Wave or hold the stick in front of an opponent.

Penalties

Time penalties are awarded for fouls. Personal fouls include the following violations

- Spearing and cross-checking
- Body checks after the ball has been thrown
- Tripping or violent play
- Body checks from behind or below the waist
- Body checks beyond five yards of the ball
- Reckless or dangerous use of the stick
- Unsporting behavior

For personal fouls, players are suspended for 1 to 3 minutes. For expulsion fouls, serious offences, players may be suspended for the remainder of the game.

Technical violations include the following violations.

- Offside
- Touching the ball with the hands (except the goalkeeper)
- Pushing or holding an opponent or limiting his movement

For technical (minor) fouls, the ball is either given to the opposing team, or the offending player is suspended for 30 seconds.

Players and Officials

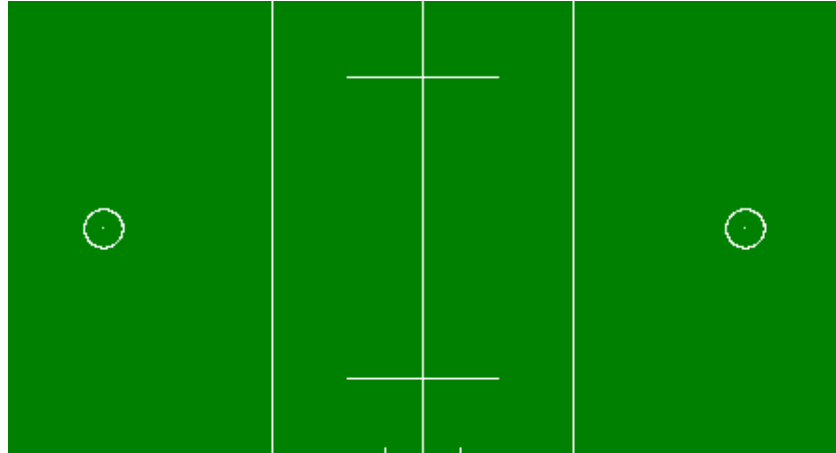
Each team will have a goalkeeper, and three players each in attack, midfield, and defense. There may also be up to 13 substitutes. Each team must keep at least four players (including the goalkeeper) in its defending half of the field and three in the offensive half.

One head referee, two additional referees, a chief bench official, a timekeeper, two penalty timekeepers for each team, and a scorer for each team.

EQUIPMENT

Pitch

The pitch is rectangular, 100.58 metres (110 yards) long, 54.86 metres (60 yards) wide, lines marked in white. Soft flexible cones are placed at each corner, at each end of the substitution gate (the two points either side of the centre line), and by the bench area directly opposite.



Goals

The goals have a pyramid shaped net behind them, and two posts and a crossbar holding it up. The posts are 1.83 metres (6 feet) apart, and the crossbar is the same height from the ground. The net extends to 13.72 metres (15 yards) back at the furthest point of the pyramid shape.

Ball

This is made of white, yellow, black, or orange India rubber, 19.69 to 20.32 centimetres (7.75 to 8 inches) in circumference, and 142 to 149 grams (5 to 5.25 ounces) in weight, and should bounce between 1.1 and 1.3 metres (44 to 51 inches) when dropped onto concrete.

Clothing

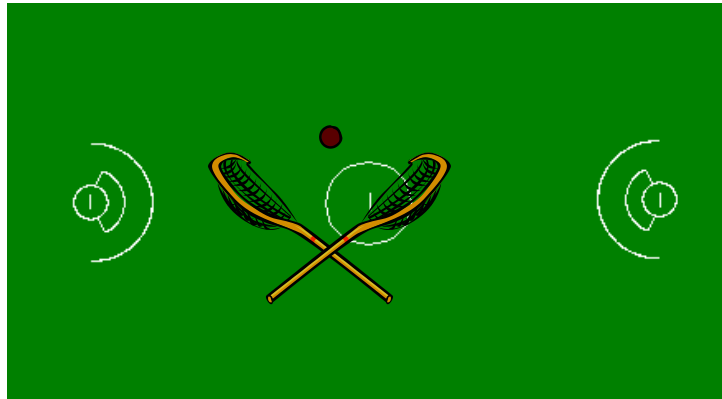
All players wear protective gloves and a helmet with a chinstrap and face mask. Jerseys are the same colour for the whole team, and have numbers of the players on the back.

Sticks (Crosse)

The sticks are between 101.6 and 182.8 centimetres (40 to 71 inches) long, and between 10.1 and 25.4 centimetres (4 to 10 inches) wide at the head (the end with the net). A short crosse is between 101.6 and 106.68 centimetres (40 to 42 inches) long. A long crosse is between 132.08 and 182.88 centimetres (52 to 72 inches) long.

There are only four long crosses allowed per team at any one time, not including the goalkeeper's crosse, which may be up to 38.1 centimetres (15 inches) wide, and any length.

LACROSSE (WOMEN)



The Lacrosse field (women's game)

OVERVIEW

Objective

Two teams of twelve players try to get the ball into the opponents goal by carrying, throwing, or batting it with the crosse (the stick with a net on the end). Unlike men's lacrosse, women's lacrosse is a non-contact sport.

Most games are divided into two-25 minute halves depending of the level of play. An interval of five minutes is given between the each half. The clock is stopped after each goal and at every whistle in the last two minutes of the game.

THE HISTORY OF WOMEN'S LACROSSE

Lacrosse was adapted for women's play during the 1890s, mainly because it was seen as the ideal spring sport for women who played field hockey during the fall. While men's lacrosse is very similar to ice hockey in many respects, women's lacrosse was patterned after field hockey, in which body contact is strictly forbidden.

Constance M. K. Applebee of England introduced field hockey to American women in 1901 and was also active in establishing lacrosse as a women's sport in the U.S.. The U. S. Women's Lacrosse Association was founded at her camp in the summer of 1931. The USWLA governed the sport on the collegiate and club levels until 1981, when the NCAA inaugurated its national championship tournament for women. Lacrosse is a popular women's sport in both Canadian and American universities and colleges.

The women's world championship, inaugurated in 1969, was replaced in 1982 by the World Cup tournament for women.

BASIC RULES

A toss decides the direction of play - the winner of the toss decides which goal to aim for. Play is started with a draw. The crosses (sticks) are held back to back in the air, above hip height and parallel to and above the centre line.

The umpire places the ball between the crosses, says 'ready' and then blows the whistle. The players then draw their crosses up and away. The ball must go higher than the heads of those two players. All other players must stay outside the centre circle until the whistle blows.

Scoring

A goal is scored when the ball passes completely over the goal line. It may be scored by a defender, and would count for the attacking team. It cannot be deflected by the foot or leg of an attacker. A goal cannot be scored:

- After an official has whistled.
- After the period has ended.
- If any part of the attacker is inside the goal crease.
- If the attacking team has too many players on the field.

Players

Teams are made up of 12 players, including the goalkeeper. Substitutions are unlimited. Any player substituted off may return to play, as long as they were not sent off by the umpire.

BALL RULES

Playing the Ball

Women players may throw, pass, catch or carry the ball in their sticks, and roll it. Kicking the ball is not allowed. A player must be gripping her stick with at least one hand to be involved in the game, or play the ball in any way.

A goalkeeper may catch the ball in her hand, but must put it in the stick immediately and must play it to a teammate within 10 seconds.

Out of Bounds

If a ball goes out of bounds it is given to the nearest player to the ball regardless of the last team in possession, except for deliberately putting the ball out of bounds.

In this case, a minor foul would be awarded to the opposing team. The player who gets the ball must be given at least 1 metre (3 feet) of clear space.

Goal Crease

The goal circles are the circles surrounding each goal. The line is the goal crease.

Only the goalkeeper or a replacement may enter the goal crease (on the ground and in the air). The goalkeeper's stick can only be checked if it is outside the crease. The maximum time the ball can be in the crease is 10 seconds.

Neutral Throw

The umpire stands facing away from the centre of the field, 5 to 10 metres (16 to 32 feet) away from the players, and throws the ball with a short high throw so that the players take it as they move in.

A neutral throw would restart play if:

- Two players are the same distance from the ball when it goes out of play.
- The ball gets stuck in clothing or a stick.
- Two opposing players commit fouls at the same time.
- The ball goes into the net off a non-player.
- An unintentional incident has stopped play.
- Play is stopped for any other reason.

Sticks and bodies must be 1 metre (3 feet) apart for a throw, and play cannot restart within 8 metres (26 feet) of the (goal) crease line, or within 4 metres (13 feet) of the agreed boundaries. Similarly, the throw cannot be taken from within those areas.

FOULS AND MISCONDUCT

For major fouls such as body contact, dangerous play, severe misconduct, or repeated minor fouls, a 'free position' is given. The player who has been fouled is given the ball, and all other players must be at least 4 metres (13 feet) away. On the whistle, the player may pass, run, or shoot.

For a minor foul, such as tackling a stick when the opponent is about to receive the ball, playing with an illegal stick and kicking the ball, a 'free position' is awarded to the non-offending team.

A player sent off may be replaced by another team member, but only after three minutes has passed. For sending offs, the umpire will show the offending player a yellow card as a warning, or a red card to send them off immediately. Two yellow cards also equal one red.

Officials

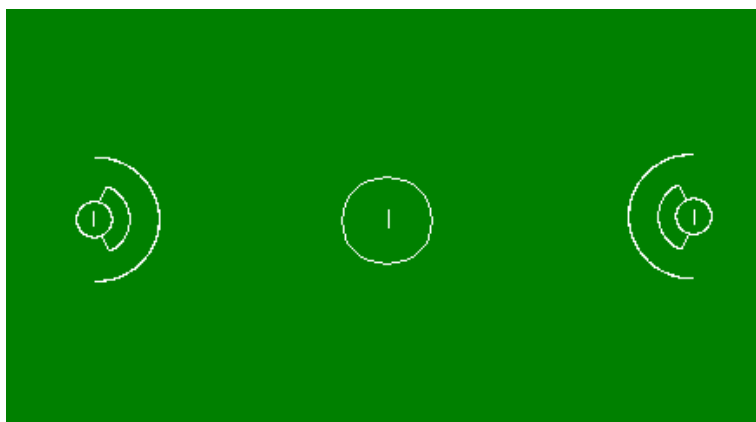
A referee, an umpire and a field judge supervise field play. Timekeepers and scorers assist.

EQUIPMENT

Pitch

The pitch has no set boundaries for the women's game, although an area of metres by 60 metres (120 by yards) is often used.

There is a goal circle at each end of the field, with a radius of 2.6 metres (3 yards) and a centre circle a radius of 3 metres.



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70

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Goals

The goals have a pyramid shaped net behind them, and two posts and a crossbar holding it up. The posts and crossbar are made of wood or metal and painted white. The posts are 1.83 metres (6 feet) apart, and the crossbar is the same height from the ground. The net extends to 13.72 metres (15 yards) back at the furthest point of the pyramid shape.

Ball

This is made of rubber, any single colour, 20 to 20.32 centimetres (7.75 to 8 inches) in circumference, and 142 to 149 grams (5 to 5.25 ounces) in weight, and should bounce between 1.1 and 1.3 metres (44 to 51 inches) when dropped onto concrete from a height of 1.8 metres (6 feet).

Sticks (Crosse)

Made of any material except metal, only head is allowed to be made of metal. The sticks are between 90 centimetres and 110 centimetres (35 to 43 inches) long, and between 18 and 23 centimetres (10 to 12 inches) wide at the head (the end with the net). The depth of the pocket must be just enough to catch and hold the ball.

The goalkeeper's crosse is longer than the field player crosses. The goalkeeper crosse may be between 90 centimetres and 110 centimetres (35 to 43 inches) long, and a maximum width at the head of 30 centimetres (12 inches). The depth of the pocket can be unlimited.

Uniforms

Players wear shirts with numbers and kilts or shorts. The goalkeeper must wear a helmet, facemask, throat and chest protection. Gloves are permitted by all players