

Simplified Lacrosse



How to play Lacrosse -

The object of lacrosse is to score the most points. Points are scored when a player kicks, nudges, bats with the stick, or throws with their stick the very hard tennis sized rubber ball into the opponents net. Players cannot use their hands to throw the ball into the net.

How to play Lacrosse - the *Length* of play

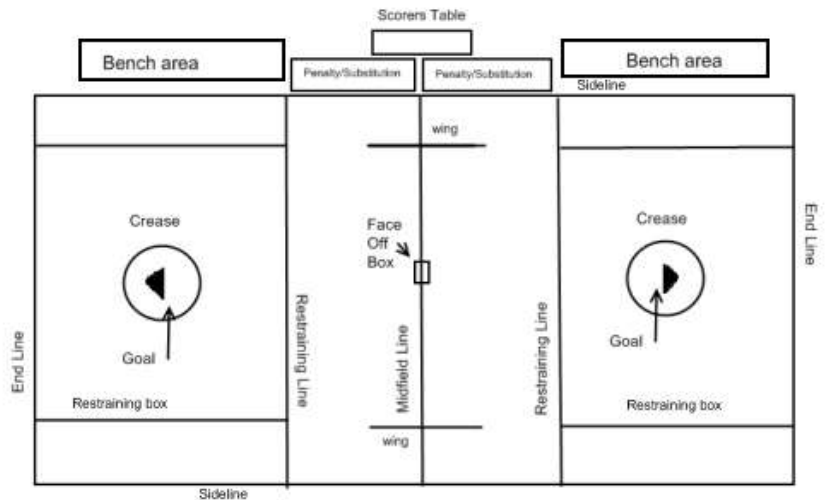
Games are divided into four timed quarters. The length of the quarter depends on the age group of the game being played.

- Youth quarters are typically 8 minutes long.
- High School quarters are 12 minutes.
- College, Pro, and International games have 15 minute quarters.

At the end of each quarter teams must switch ends. When time runs out at the end of the fourth quarter the team with the most points wins. Ties are decided by sudden death playoffs.

How to Play Lacrosse - the *Field* layout

The basic layout of a lacrosse field utilizing NCAA rules is 110 yards long by 60 yards wide. Lacrosse rules have been modified for most high school and youth organizations, so that a standard american football field can be utilized. The net is positioned 15 yards from the end line giving about 13.5 yards between the back of the crease and the end line.



How to play Lacrosse - lacrosse *Positions*

Men's Field Lacrosse is played with 10 players.

- 3 Attackmen
- 3 Midfielders
- 3 Defenders
- 1 Goalie

How to Play Lacrosse - basic *Play*

Play begins with a face off in the center Face-off square or circle. The lacrosse face off is similar to a hockey face off. Two opponents face each other and try to win possession of the ball. The lacrosse face off is different because the two players basically start on their hands and feet with their sticks laying along the center line, and the ball between the heads of the sticks. At the officials signal each player can employ a number of different lacrosse face off skills and tactics to win possession of the ball, but there is no substitute for being quick or powerful. Most often the ball will be knocked or passed to a player other than the two fighting for the ball in the face off. Once a player is able to pick the ball up with their stick possession occurs. The object is to get close enough to the opponents net to throw the ball into the net scoring a goal. A goal counts as one point.

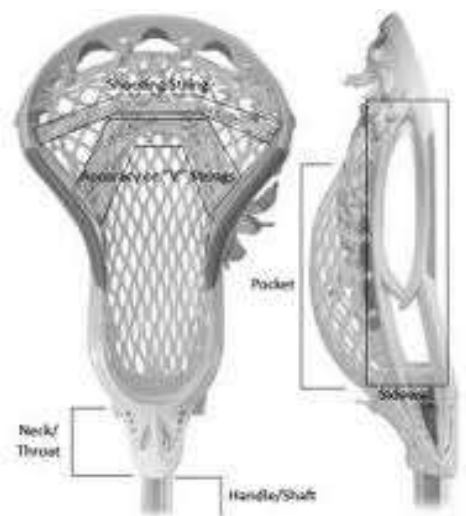
Offensive players maneuver down the field toward the goal by running with or passing the ball to a team mate. Players can run the entire length of the field as long as they are not offside's by not leaving enough players in the defensive end.

Offensive players cannot enter the crease area that surrounds the goal. The crease is a circle that surrounds the goal and it is where the goalie works. Defensive players can enter the crease area. If an offensive player enters the crease, it is a crease violation and position goes to the opponent. Offensive layers cannot go into their own crease either unless they gain possession while in the crease they can take the ball out.

If the ball crosses the end line or side line, the other team takes possession and the player who restarts the game must be given 3ft of clear space. If the ball goes out of bounds after a shot on goal, possession is awarded to the player nearest the ball when it went out (normally the opposing goalkeeper)

THE WOMANS GAME

Woman's lacrosse differs from the men's game. The field is larger, and there are 2 more players on each team. All players use short sticks which have a shallower pocket. Woman can't body check, and they can't kick the ball. To shoot on goal, woman must have a clear view of it – as for men can shoot through a group of players.



Lacrosse is the MOST popular sport in North America. It is the official summer sport if Canada and the fastest growing sport in the USA.