

Lacrosse Study Guide

HISTORY:

Lacrosse is the oldest organized sport played in North America. The French and English colonists found Native American Indians playing this game. It was called bagataway. The name was changed to lacrosse and the rules were revised around 1840. The Canadian parliament made lacrosse their national game in 1867. Women's lacrosse came to the United States from England in 1910. Previously, the size of a women's field was determined by "natural" restrictions such as trees or fences. In 2006 that rule was changed. Now, just like the men, women's fields have "hard" measured boundary lines. A lacrosse field is 110 yards long and can be from 53 1/3 to 60 yards wide. The goals are 80 yards apart with a playing area of 15 yards behind each goal. The length of the field is divided in half by a center line.

RULES OF THE GAME:

The game of women's lacrosse is a non-contact sport. Each team consists of 12 players: a goalkeeper, five attackers and six defenders. The object of the game is to shoot the ball into the opponent's goal. The team that scores the most goals wins. The high schools girl's game is 50 minutes long, each half being 25 minutes.

- The women's game begins with a draw. The ball is placed between two horizontally held sticks at the center of the field. At the sound of the referee's whistle, the ball is flung into the air as the crosses are pulled up and away. A draw is used to start each half of the game and after each goal.
- Rough checks and contact to the body are not permitted. All legal checks must be directed away from a seven- inch sphere around the head of a player. In class you are allowed only to check "color-to-color" and from the "top down".
- No players are allowed to touch the ball with their hands except the goalkeeper who may only touch the ball when she is within the goal circle.
- When the ball is grounded in a regulation game it is illegal to cover it with the back of the crosse, as this prevents play by another player and is thus prohibited.
- Protective eyewear is mandatory.

Differences between Men's and Women's Lacrosse

- The pocket of the men's stick is deeper than the women's
- Rough checking is allowed in men's. Only "crosse" checking, no body checks, are allowed in women's.
- The way in which the draw is done is different. Women hold their sticks, men start with theirs on the ground.
- Current men's rules come from Canada, women's come from England.

IN-CLASS MODIFICATIONS:

- 9 v 9 plus a goalie- 5D, 4O
- 2 hands are always on the stick
- Man to man defense
- No shots past the 3 point basketball line
- 1 pass before shooting- not from the goalie

KEY TERMS:

- Attack – Those players responsible for scoring. Five attackers play at a time.
- Checking – An attempt to dislodge the ball from an opponent's crosse.
- Cradling – The method by which a player holds the ball in the stick's pocket.
- Crosse – The name given to the stick used to play lacrosse
- Defenders- Those players are responsible for marking the attackers. Six defenders play at one time.
- Draw – A technique used to start or restart the game.
- Marking – Being within a sticks length of an opponent
- Sphere – An imaginary area approximately 7" which surrounds a players head. No stick checks toward the head are allowed to break this sphere.
- Warning Cards – A Yellow card is presented by an umpire to a player warning her about dangerous play or unsportsmanlike behavior. The player sits out for 3 minutes. If she continues a Red card will be given evicting her from the game.

DIAGRAMS:

