

Lacrosse Study Sheet

History

- Founded by the Native Americans in the 16th Century
- netted pocket, stick made out of wood, ball made out of skin
- played with 100 or even 1000 people, game went on for days and weeks

Positions

There are 10 players on the field for each team

1. Goalie Plays primarily in the goal crease and attempts to stop all shots from going in the goal
2. Defensemen Plays in the defensive zone and attempts to prevent opponents from taking close shots on goal. At full strength there are 3 defensemen.
3. Midfielder Plays the entire field depending on the position of the ball. At full strength there are 2 wings and 1 center that are considered midfielders.
4. Attack Plays in the offensive zone at all times and whose primary job is to score. At full strength there are 3 attack men.

Skills

Cradling- controlling the ball in the pocket on the run using a “twist and rock motion”

Scoop- gaining possession of the ground balls or bouncing balls

Dodging- faking a defender by changing directions quickly while maintaining possession of the ball.

- Face dodge
- Roll dodge

Face off- At the start of the game, 2 opposing centers compete for possession of the ball

Clamp- covering the ball with the stick

Rake- using a raking motion so that you can scoop the ball

Rules

Positions

1. Attack- must remain on the opponents half of the field
2. Midfield- may play anywhere on the field
3. Defense- must remain in their own half of the field
4. Goalie- may play anywhere on the field, but is the only player allowed in the crease area

Starting the game:

1. Two centers face off at center field
2. All players must be paired in the appropriate positions
3. Players may not move until the ball is off the centerline

Out of Bounds Rules:

1. If a player in possession of the ball steps out of bounds, the player closest to them on the opposing team takes possession
2. If a loose ball goes out of bounds, the team that last had the ball loses possession, and the opposing team takes possession
3. If a loose ball goes out of bounds on a goal shot, the team closest to the ball takes possession
4. The ball is thrown in bounds from the point where it went out

Offensive play:

1. No player may enter the crease area at any time

Defensive play:

1. Players may not check until they are within at least 15 feet of the ball

Penalties:

1. Technical fouls result in loss of possession for the team committing the foul
2. Personal fouls result in loss of possession, plus a penalty of 1 to 3 minutes in the penalty box for the player committing the foul.
3. Severe personal fouls and unsportsmanlike conduct will result in permanent expulsion from the game.

Personal foul example-intentional illegal personal contact, tripping

Technical foul example- interference, illegal moves the the stick, offsides

McWhipit (what we play)

No stick check if cradling

Only downward stick checks

No physical body contact allowed

2 hands on the stick at all times

no trapping the ball