

# Lacrosse Study Guide

## History of Lacrosse

Lacrosse originated from a variety of indigenous stickball games played by Native Americans. Unlike other stickball games, lacrosse has a netted racquet that is used to scoop up the ball off the ground, cradle, catch, throw, and shoot into a goal. With a few exceptions no matter the version, the cardinal rule is to not touch the ball with the hands. The history of the sport is very cloudy due to a lack of written accounts. The oldest surviving sticks are from the early 1800s. The name is derived from the French settler's description of the curved stick (crosse). Its origins are rooted in legend, curative purposes, and accompanied by ceremonies. It is sometimes referred to as the Creator's game. Early native games were played with hundreds of men on large fields lasting for entire days. Canada won both Olympic gold medals in 1904 and 1908. Johns Hopkins University represented the US in 1928 and '32 when it was a demonstration sport. 1948 was the last time it was played as a demonstration. The Canadians are credited with creating lacrosse as it is played now. Dr. William Beers founded the Montreal Lacrosse Club in 1856. He drew up rules in 1867.

## Objective of the Activity (Scoring system)

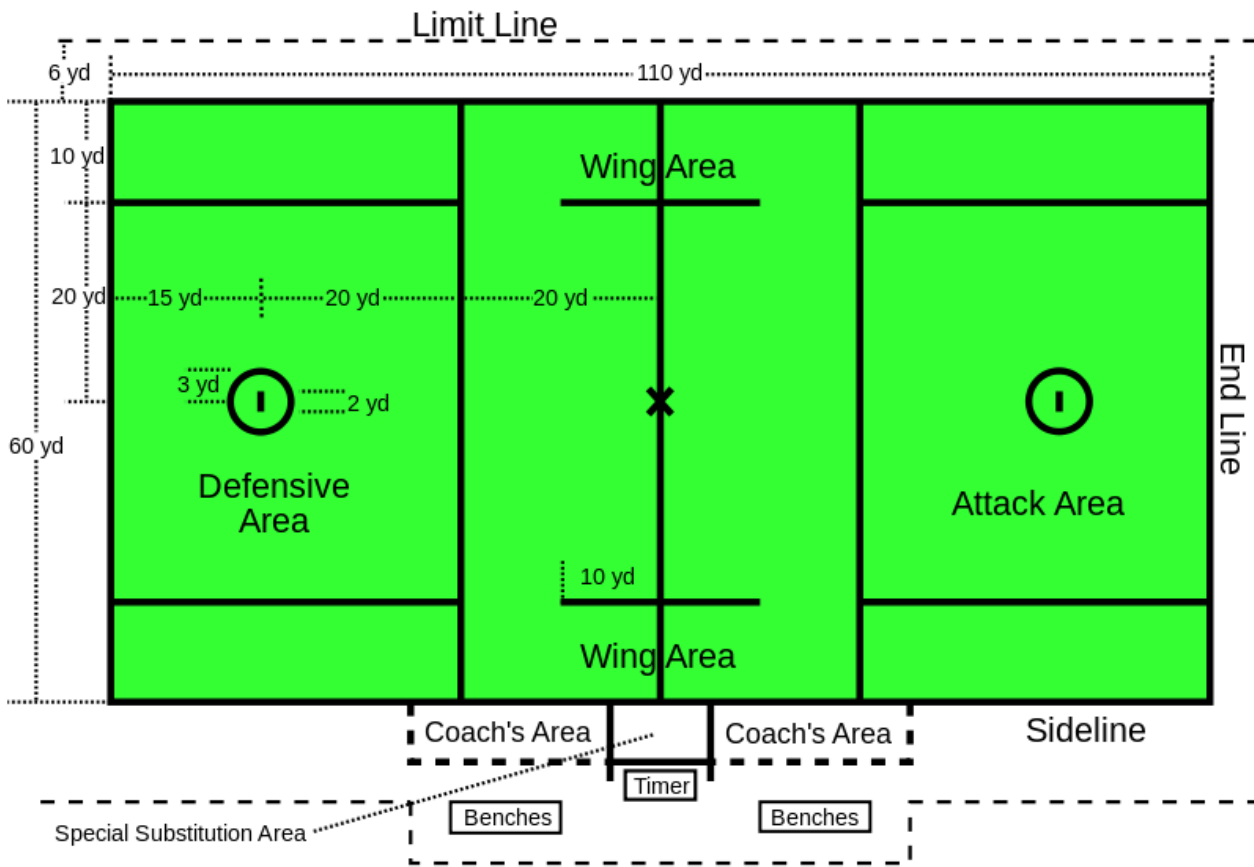
The objective is to propel the ball into the goal of the opponent. Each score is worth one point. Defensive schemes are usually man-to-man. There are differences in men's and women's field lacrosse. Box lacrosse (indoor) is played on covered skating rinks. There is a fourth version of lacrosse played in European countries called intercrosse. The sticks are plastic and the ball is larger and softer. Lacrosse is a timed game played for 4 quarters or 2 halves depending on the version. Men's lacrosse (field and box) involves trying to knock the ball out of the opponent's stick. Women's lacrosse is almost completely non-contact. After each score a draw takes place in the center of the field. Women draw the ball standing up. Both players sandwich the ball and thrust it into the air and then try to capture it. The men contest the draw from the ground.

## Equipment/Playing surface

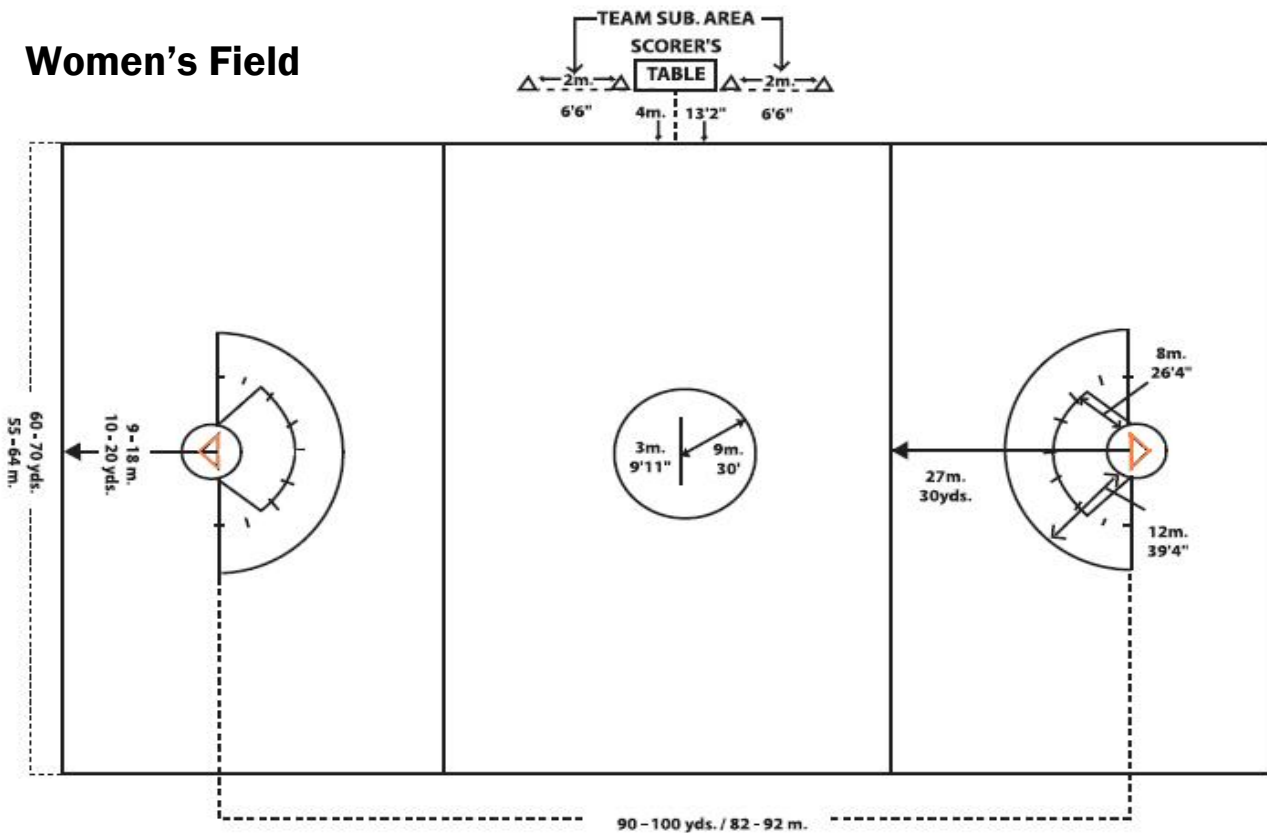
Women's lacrosse uses a stick, goggles, and mouth guards. Box and men's lacrosse use helmets, padding, and gloves in addition to the stick. The grass or turf field is 110 by 60 yards. The women's field is slightly larger at 120 x 70 yards. The goals are 6' high and 6' wide. The 7.75" to 8" circumference balls are solid rubber weighing 5 to 5.5 ounces.

The men's field has a wing area not found on a women's field. The men's field lacks the center circle found on the women's. The women's is distinguished by the fan in front of the goal.

# Men's Field



# Women's Field



## **Players/Positions/Skills**

There are four basic positions: attack, midfield (middle), defense, and goalie. Twelve players are on the field at a time. The goalie is the last line of defense and tries to keep the ball from entering the goal. The goalie is the only player allowed in the goal circle, also known as the crease. A goalie stick is much larger, resembling the shape of a spatula. No matter which version is being played the goalie is easy to spot. They have the most padding of any position player. In the field, attack does not play defense on its own end. Defense typically does not cross the restraining line into offensive territory. Middies play the entire field and do the most running. All players are allowed to score goals and may prevent offside by switching with a teammate.

Besides being able to scoop up ground balls, lacrosse players need to be able to carry the ball in the pocket without it bouncing out. This skill is called cradling. Women's sticks have shallower pockets making cradling more difficult. While the men are trying to avoid having the stick hit by a defender in an attempt to dislodge the ball. Throwing and catching with a lacrosse stick takes lots of practice as well.

## **Rules/Faults**

- Offside – being on the wrong side of the line for your position. In field lacrosse, the officials just count the number of bodies on that side of the line. If a team has too many players over the line, the goal is not scored.
- Checking – rough or reckless body contact with the crosse. Cross-check is with the shaft.
- Illegal contact – initiating crosse-to-body or body-to-crosse contact
- Charging – an offensive player initiating contact.
- Slashing – swinging the crosse at an opponent.
- In the sphere – playing defense with the crosse over the opponent's head
- Dangerous propelling – following through with the stick into the defender's space, especially when shooting.
- Illegal cradle – holding the crosse in front of the face.
- Cover – placing the pocket over the top of a ground ball.
- Hand ball – touching the ball with the hand, except the goal keeper in the circle.
- In the circle – stepping on or into the goal circle is illegal and no goal is scored.
- Out of bounds – the ball goes to the nearest player that is in the field of play

The team committing the foul will stand 4m behind the player awarded the ball.

## **Components of Fitness**

High level lacrosse requires cardiorespiratory endurance, especially for the midfielders.