

Lacrosse Basics

- I. The Game – Fast paced, contact game. Score goals.
 - a. Field – 110 yards long, 60 yards wide
 - i. Lines
 - 1. Mid field – face offs
 - 2. Restraining – 20 yards from goal line, 35 from end
 - 3. End – 60 yards, 15 yards behind goal
 - 4. Side - 110 yards
 - a. Teams – 50 yards for teams 20 each plus 10 for table
 - b. Substitution / Penalty
 - 5. Wing – 10 yards in
 - ii. Goals – six foot square – 80 yards apart
 - 1. Crease – 9 foot diameter
 - b. Players – ten players on the field at a time at full strength
 - i. Attack
 - ii. Mid Fielders
 - iii. Defense
 - iv. Goalie
 - c. Equipment
 - i. Ball – solid rubber
 - ii. Sticks – 40” to 72”
 - iii. Player
- II. Play of the game
 - a. Time – 4 quarters 10-12 minutes each. Half. Time Outs 2/2 per half.
 - b. Face Offs
 - c. Offense
 - d. Defense
 - e. Transition phase - Counts
 - i. Clears
 - ii. Rides
 - iii. Fast Breaks
 - f. Player Substitutions
 - i. Dead ball
 - ii. On the fly
 - g. Man up / Man Down
 - h. Scoring
 - i. Contact
 - j. Checking
- III. Fouls
 - a. Technical - Change of possession / Time serving
 - i. Hold
 - ii. Interference

- iii. Off Sides
- iv. Pushing
- v. Screening
- vi. Stalling
- vii. Warding off
- viii. Illegal Procedure
- ix. Conduct

b. Personal

- i. Slashing
- ii. Tripping
- iii. Cross Checking
- iv. Unsportsmanlike
- v. Unnecessary Roughness
- vi. Illegal Crosse
- vii. Illegal Body Checking