



# Lax 101

An Introduction To The Game Of Boys  
Lacrosse

# Expectations: Training

- Make The Meetings
- Read The Rule Book
- Complete The Test
- Participate in Scrimmages
- Watch games: Learn The Sport
- Study, Learn, Improve
- Pay Attention: Stay Off Your Phone

# Expectations: Assignments

- Meet The SDCLOA Meeting/Scrimmage Requirements
- Be Available
- Be Ready
- Be Willing
- No Guarantee Of Assignments

# Expectations: Former Players

- Use Game Knowledge As Your Guide
- Separate Player Mindset From That Of An Official's Mindset
- Observe, Learn, Strengthen
  - Mechanics
  - Signals
  - Rules Knowledge
- Hustle
- Take It Seriously

# Expectations: Cross-Over Officials

- Use Official Bearing As Your Guide
  - Fake It 'Til You Make It
- Use Known Techniques As Your Template
- Slam Dunk The Signals & Mechanics –  
Figure Out Rules Along The Way
- Hustle
- You Know How To Look The Part – So Look  
The Part

# Expectations: Learn Fundamentals

- Communication: W\Partners, Coaches, Players
- Judgment: Be Wise – Ref The Game Not The Rule Book
- Be Consistent: It Starts Here
- Game Management. Keep The Game:
  - Safe
  - Fair
  - Fun

# Uniform



# Uniform & Accessories

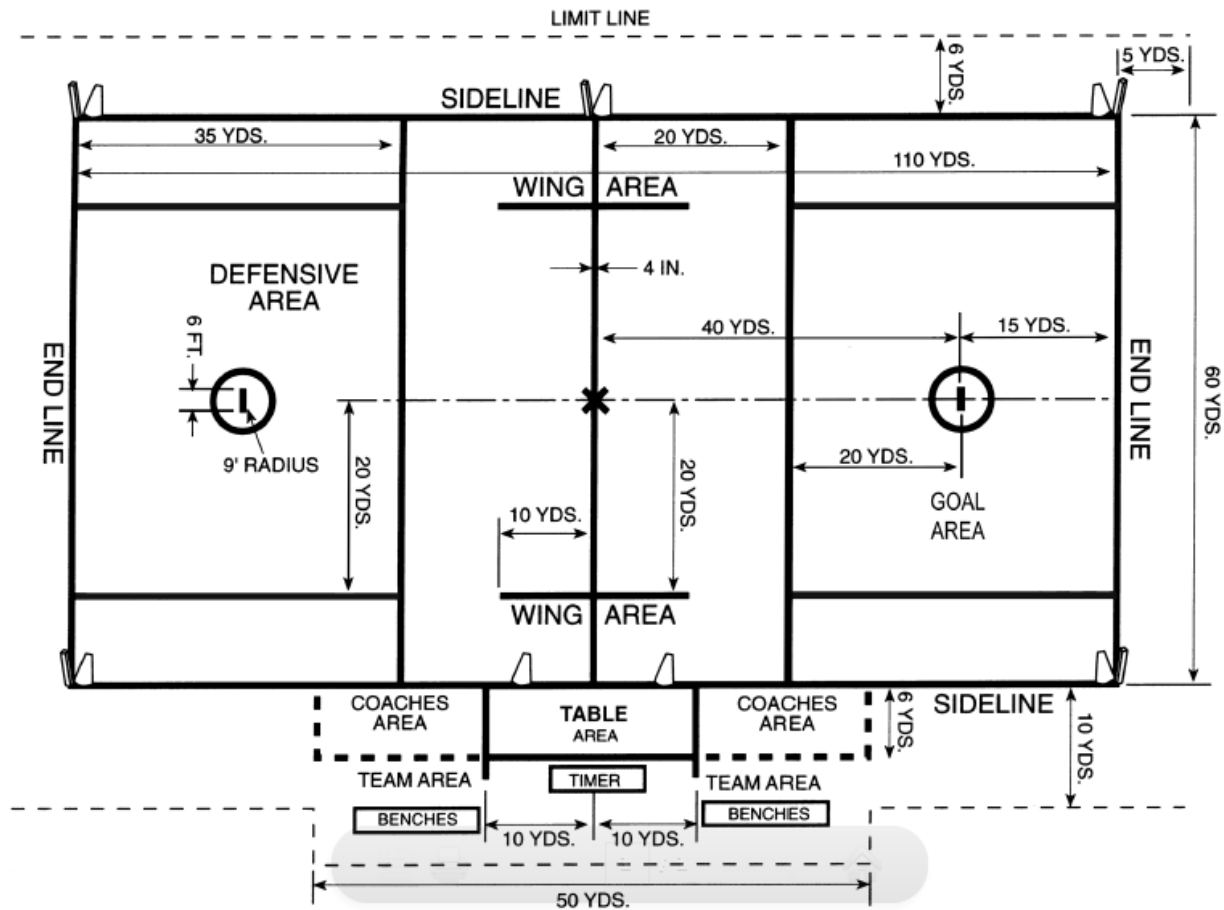


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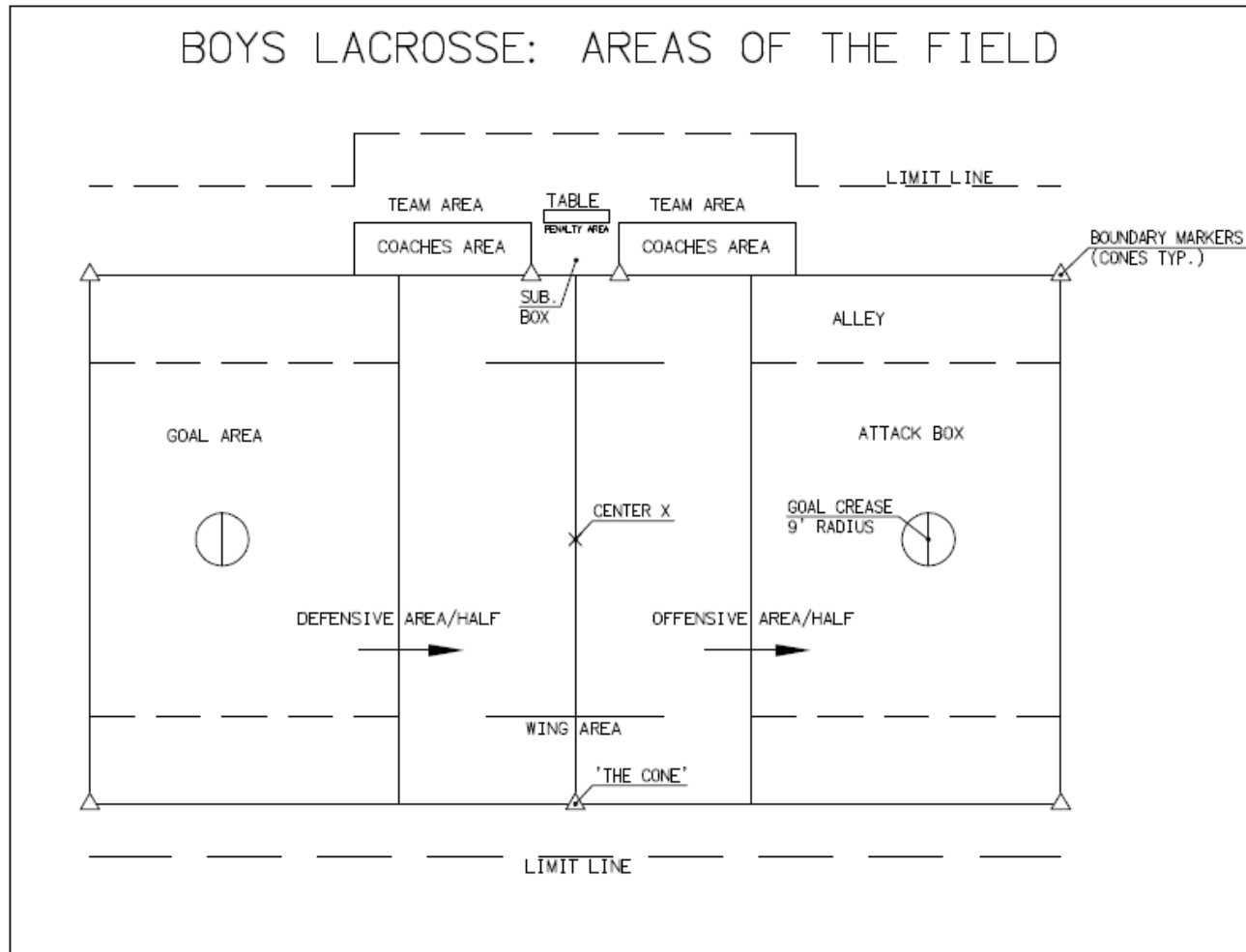




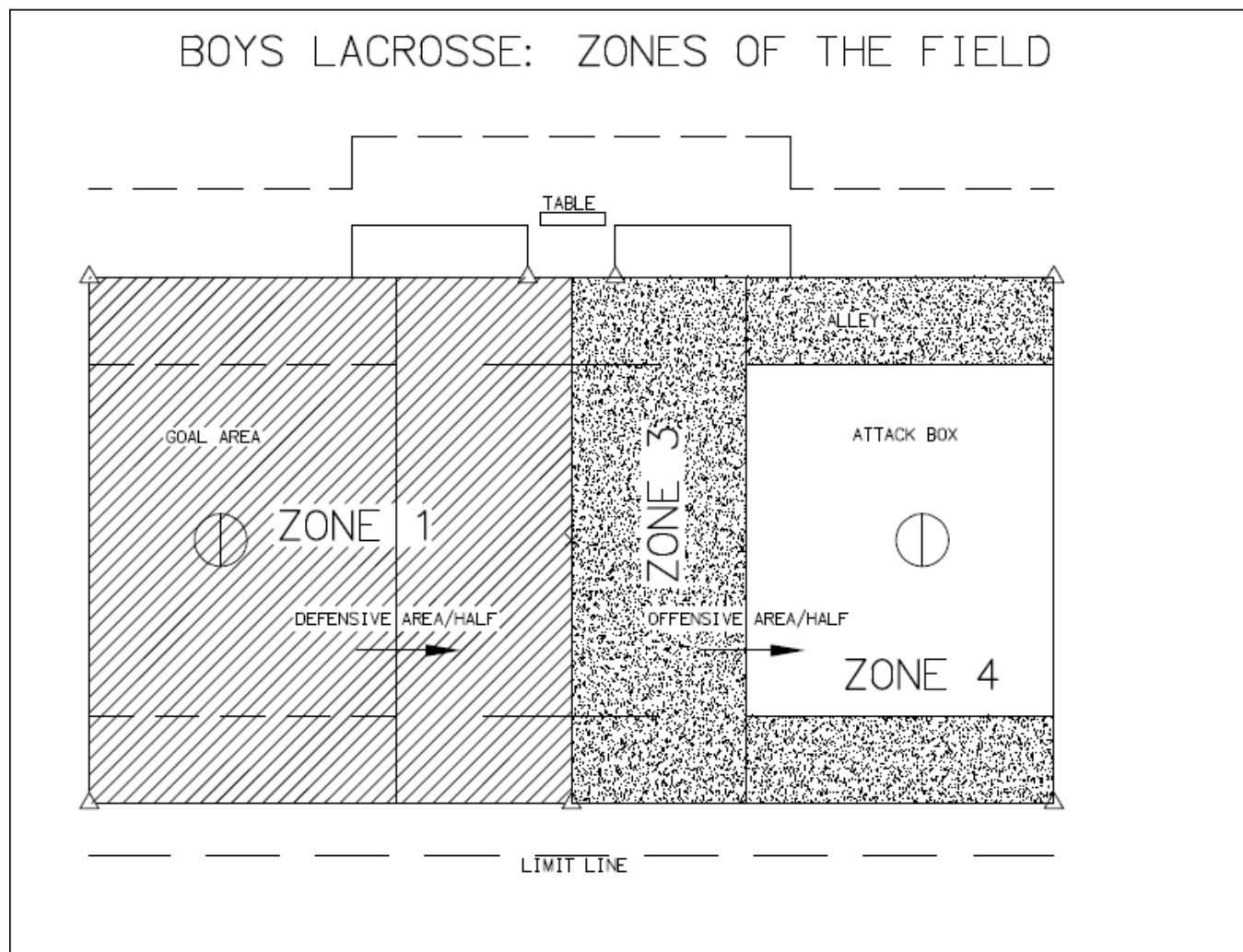
# NFHS Field Dimensions



# NFHS Field Areas



# NFHS Field Zones



# Participants

- Two Officials
- Table Personnel/Time Keeper
- One Head Coach/Multi Assistants
- Ten (10) Players Per Team
  - Three (3) Attack [Offensive End]
  - Three (3) Defenders [Defensive End]
  - Three (3) Midfielders [Full Field]
  - One (1) Fully-Equipped Goalkeeper

# OFFSIDE

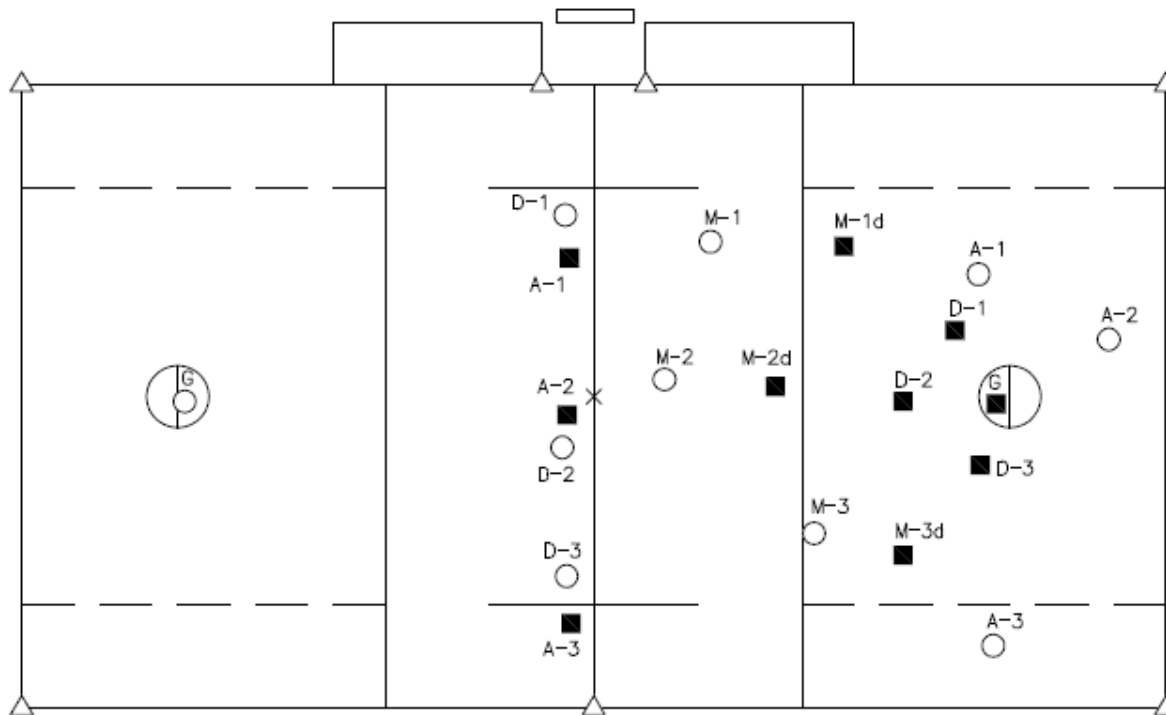
- Either Team Is Not Allowed To:
  - Have More Than Six (6) Players In Offensive Half At ANY Time
  - Have More Than Seven (7) Players In Defensive Half At ANY Time
- **NOTE: Players That Are Serving Penalty Time Are Part Of The Six (offense) or Seven (defense)**

# ONSIDE

## BOYS LACROSSE: ONSIDE RESTRICTIONS

TEAM ○ MUST HAVE  
MIN. 4 PLAYERS IN  
DEFENSIVE HALF  
GOALIE + 3 DEF-MEN

TEAM ■ MUST HAVE  
MIN. 3 PLAYERS IN  
OFFENSIVE HALF  
3 ATTACKMEN

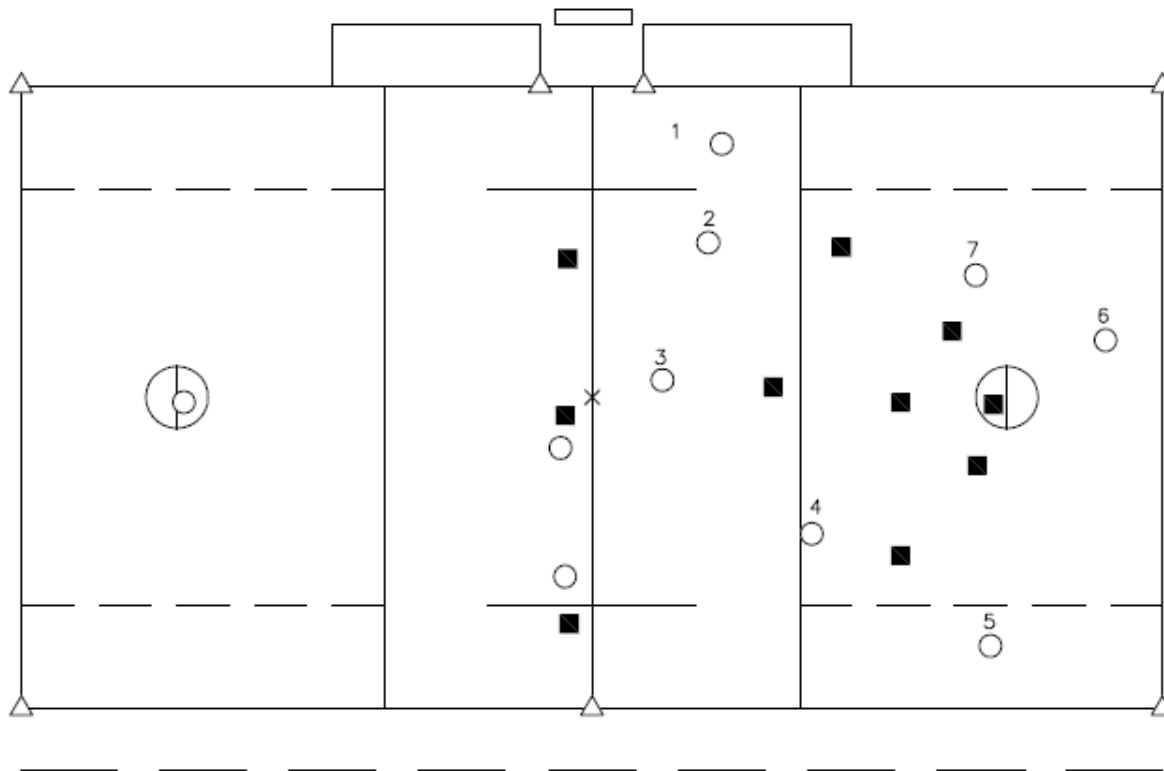


# OFFSIDE

BOYS LACROSSE: TEAM ○ IS OFFSIDE

TEAM ○ MUST HAVE  
MIN. 4 PLAYERS IN  
DEFENSIVE HALF  
GOALIE + 3 DEF-MEN

TEAM ■ MUST HAVE  
MIN. 3 PLAYERS IN  
OFFENSIVE HALF  
3 ATTACKMEN



# Lacrosse Terms & Definitions

- The Cone – Midline/Far Side
- The Box
  - Substitution Box
  - Attack Box
- The Table – Table area, Penalty Area
- “X” – X is Center-back behind The Goal Crease
- Center “X” – Face Off Spot
- Alley – 10-Yard Wide Lane Between Sideline & Goal Area



# Play Of The Game Terms

- Restart – i.e. Free Play
- Player Possession: Carry, Cradle, Pass, or Shoot
- Team Possession: When Team Has Player in Possession OR is Entitled to Possession
- Loose Ball: Ball NOT in Player/Team Possession
- Center “X” – Face Off Spot
- Pass: Intentional Loose Ball Movement
- Clear: Team In Possession in Defensive Half MUST Clear The Ball Past Midline Into Offensive Half

# Play Of The Game Terms

- **Shot:** Propelling Ball Towards Opponent's Goal In Deliberate Manner
  - Shots Can Be Propelled W\Stick, Foot, Elbow, Knee, Head, Butt, Any Part of Body other Than Free Hand That Is Off The Handle Of Stick
- **Face Off:** Contest/Scrum For Free Ball at Center X
- **Free Clear:** Restart At Center X
- **“Middie Back”:** A Midfielder That Stays On Defensive Half Of Field (Typically w\stick in air) To Allow Teammate To Pass Midline
- **EMO (aka Man-up):** Extra Man Opportunity – similar to Power Play in Hockey

# Officials Terms

- **Referee:** Crew Chief/Head Official
- **Umpire:** Assistant Referee
- **Man Up:** Team With Numerical Advantage Of Players On Field Due To Penalty
- **Man Down:** Team With Numerical Disadvantage
- **All Even:** Both Teams At Even Strength (10-on-10, 9-on-9, etc.)
- **AP:** Alternate Possession – Don't Rely On AP
- **Horn/Buzzer:** Sound Alarm That Signifies The End Of A Period