



Lacrosse: The Guide

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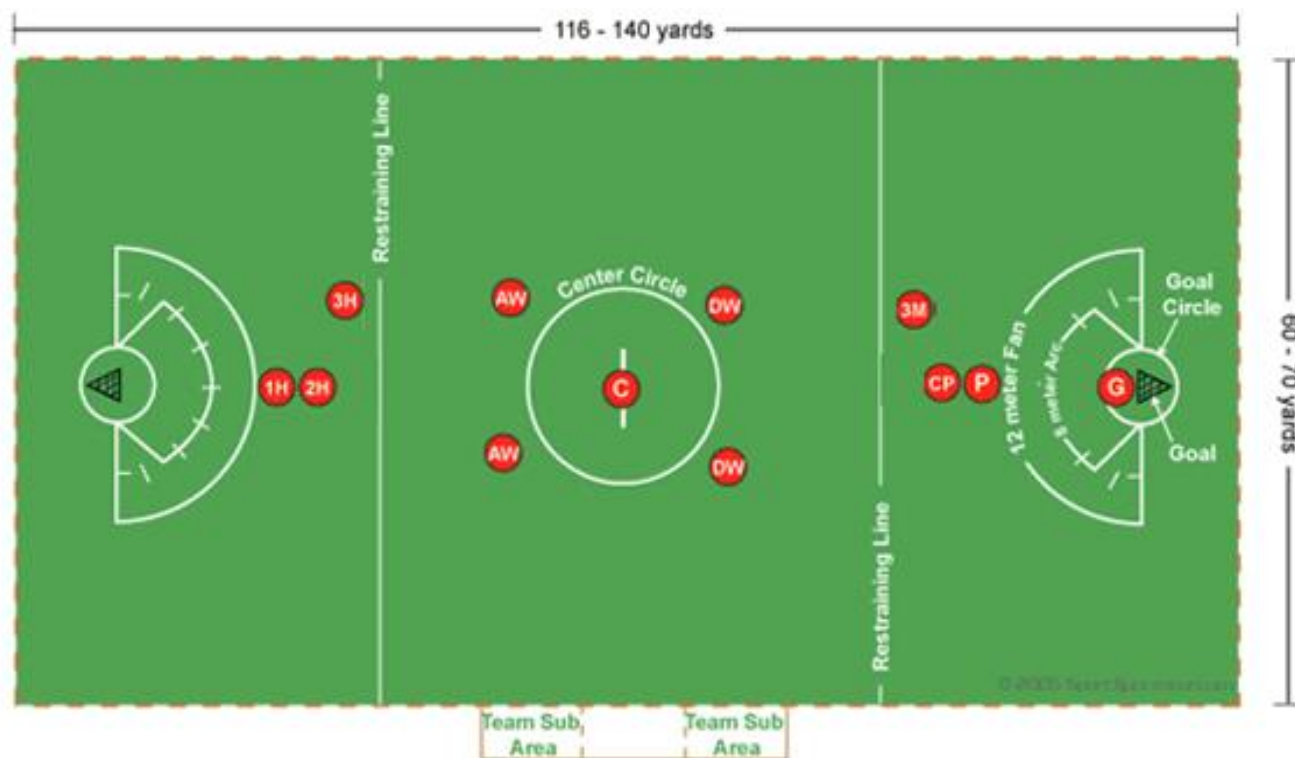
Although we have tried hard to make these as complete as possible, they are not the full rules, if you want to know more, contact your respective captain for more details or clarification.

A Brief History

Lacrosse was thought to have been created in the 13th Century to settle arguments between Native Americans. The French were the first to adopt the sport in 1637 where they named the sport Lacrosse. In 1856 the rules were drawn up by Dr William Beers. The sport continued to grow across America and Canada, leading to become Canada's national sport today. The game split into Men's and Women's in the 20th century and the rules were changed accordingly. The sport became popular in the UK in the 1930's with Women's lacrosse being more popular across independent schools. Lacrosse was the first female sport played at Royal Holloway dating back to at least 1888.

Women' s/Mixed Lacrosse

By Kat Bentz



Above is a picture with positions and the pitch lay out. Here the red team are attacking to the left and defending to the right .

The circle around each goal is called the crease, and only the goalkeeper defending that goal may enter it. BUT if the goalie leaves the circle one defender may enter the circle, though rules such as shooting space still apply. Around the crease are the 2 fans; the 12m and the 8m (the larger and smaller one respectively).

Offside rule. In lacrosse, like in all sports, there is an offside rule. This is to have 4 field players and the goalie behind the $\frac{3}{4}$ line, also known as the restraining line!! Most likely this will be Cover point (CP) Point (P) 3rd Man (3M) and one wing defence in the defence side. For the attack it will be 1st home (1H) 2nd home (2H) 3rd home (3H) and one attack wing.

Again like in other sports if a ball is taken off the pitch by team A team B is allowed precession. The only exception is when a shot is taken, in this case the closest person to the ball when it comes off the pitch receives the ball.

Positions

Goalkeeper (GK): responsible for saving shots from the opposition and clearing the ball following a save. Also is in charge of the defence and organisation of the defence.

Point: the most defensive-oriented position on the field, after the goalie!! The player handling this position works closely with the goalie, communicating what the opponent is doing and orchestrating where players need to be on the field to counter the attack. Generally the Point does not stray that far from the fan. **Marks 1st home (1H)**

Cover Point (CP): relied on to make clearing passes, and quickly turning up field to look for teammates who can receive the ball. Good footwork is an asset for excelling in this position because the player must stick with the opponent to deny passes and shots on goal. **Marks 2nd home (2H)**

3rd Man (3M): This is the highest place straight defender, to do well in this position attributes such as good reflexes, the ability to read the opponent's attack, and the ability to jump into the passing lanes to intercept balls are very helpful! **Marks 3rd home (3H)**

Left and right defensive wings (LD RD): These positions require substantial running, as the players' primary responsibility is to guard the opponent's left and right attack wings. Generally either one takes turns running up into the attacking lane. Helpful attributes in these positions are a real drive for the ball as they are one of 4 players that come into the centre circle to compete for the ball at the draw. **Marks left and right attack (LA RA)**

Centre (C): This position is a magnet of activity on both attack and defence. the position requires strong play both with and without the ball, as well as a variety of other skill such as communication.

The centre patrols the middle of the field. When her team has control of the ball, she looks to step up into the action, where she can feed the ball to the first, second, and third home players. When her team is on defence, she retreats to her team's defensive half of the field, providing coverage against the opponent's centre, disrupting the passing lanes, and looking to intercept balls delivered by the attack wings. **Marks the opposing Centre (C)**

Left and right attack wings (LA RA): These positions are very similar to the defensive wings but generally played by people with more of an attacking drive. These players feed the ball to the players manning the first, second, and third home positions. They also must hustle back on defence to help out the left and right defensive wings, generally one of the attacking wings will come down into defence. **Marks Left and Right Defence (LD RD)**

Third home (3H): This position requires a skilful passer who can feed the ball to the first and second home players, as well as the right and left attack wings. She also takes shots on goal when scoring opportunities arise and creates openings for herself to shoot or pass.

Marks 3rd Man (3M)

Second home (2H): orchestrates the attack and makes the passes that help the offense run smoothly and effectively. The offense will be more difficult to defend if the second home player is a threat to score goals!!! Marks Cover Point (CP)

First home (1H): This position represents the most attacking player on the lacrosse field. The first home's main responsibilities are to score goals and to deliver accurate passes to teammates who are in scoring position. Helpful qualities for this position are to be quick and have good movement, as well as a good shot! Marks Point (P).

The Rules

In women's lacrosse there are a fairly large number of rules. BUT these are generally for the safety of the players, so they are just common sense really. For a FULL list of rules please see <http://www.sportcentric.com/vsite/vnavsite/page/directory/0,10853,5106-169002-186220-nav-list,00.html>

The rules are split into Major and Minor.

Major fouls.

- 1) No tackles can be towards the head.
- 2) All tackles must be in controlled; anything too violent or a general swing is a foul.
- 3) No member of the defence, bar the goalie can be in the 8m fan for more than 3 seconds.
- 4) Shooting space. The shooting space rule in women's lacrosse is very important in keeping the players safe. It occurs when a defender moves into the attackers' shooting lane to goal, at an angle that makes the defender at risk of being hit by the ball if the offender were to shoot.
- 5) An attacker must make an effort to shoot around a players marking them (within 1m) and must not have a dangerous follow through from their shot, i.e. hitting their defender.
- 6) A shooter must not hit a goalie in the head on purpose.
- 7) Stick head looming into the face of another player. Entering the "bubble" around their head.

Minor fouls

- 1) Covering the ball with a stick head.
- 2) Deliberately kicking a ball.
- 3) Barging into the opposition.
- 4) Entering into the crease when the goalie is in the goal.
- 5) A player cannot "block" the ball into her face. She must hold the stick a decent distance away.
- 6) A goalie can only hold onto the ball in her stick for 10 secs in the crease.

What to do if a foul has been committed.

Under NO circumstances are you to talk back to the umpires, their word is law no matter how bad you think the decision is!

When the whistle is blown you must stand still and not move you will then be given instructions on what has occurred. If it is a minor foul you will then be told to move 4m away from the player you fouled, if it is a major foul then you will be asked to go 4m to the side. The only exception to this is within the 8m fan.

If a minor foul happens within the 8m the person who has been fouled will be asked to travel to the nearest hash mark (the cross like markings on the 8m) The person who has fouled will be asked to travel to the nearest hash mark to the person they fouled. The people within the fan will not be asked to move, but if there are players who are in danger of shooting space the umpires will let them know.

If a major foul happens then again the person who has been fouled will move to the nearest hash mark. The player who has caused the foul will travel 4m behind that player. All players within the fan must then leave to the nearest hash mark. This means that there is a one on one between the attacker and goalie. This is called a free position and is just like a penalty in a football match.

We know there are a lot of rules in lacrosse, so don't worry if you don't know them all at once. Just remember to not hit anyone or get yourself into anything dangerous!

FAQ's

What do we need to wear on the pitch?

- 1) A team shirt that has a number on the front and the back
- 2) A mouth guard
- 3) Football boots
- 4) NO jewellery

Where can I get kit from?

At Holloway we supply almost all of the kit, shirts and some shorts. What you need to bring is a mouth guard and boots, which can be found at any sports shop.

How does the game start?

The game starts/restarts from a goal by a draw. This is taken by both team's centres. Both centres face each other either side of the centre spot, where the ball is placed between the reverse side of the stick netting. The ball must travel above the shoulders of the centres, after this the wingers and centres then compete for the ball.

How long is a match?

Generally the matches are either 4 ¼ 's or 2 ½ 's.

What happens if there is a foul but the umpires cannot decide?

If a ref cannot call who committed a foul and the play generally looks messy a "throw up" will occur. This is when you stand "goal side" to your opponent 1m apart. The ball is then thrown in-between you and the player, you then compete for the ball.

How do you score a goal and can they be disallowed?

To score a goal in lacrosse it must past the goal line. Yes goals can be disallowed if:

- 1) An attacking player then travels into the crease with the goalie in the goal.
- 2) If a foul is committed before the goal is scored
- 3) If the stick of the scorer is illegal, you cannot see the top of the ball when it is in the stick.
- 4) A shot is deemed dangerous, i.e. at the goalies head.
- 5) A shot is not under control

Where can I find information about matches and who do I tell if I cannot make a match?

Match information can be found on the facebook page. More information such as league position and other teams results can be seen on the BUCs website for Wednesday matches and SCWLA website for the Sunday matches.

If you cannot make a match or a practice you must let your captain know so we can make other arrangements.

Is mixed different to women's lacrosse?

The type of mixed lacrosse we play at Royal Holloway (and in our matches through the ULU league) uses the same rules as in women's lacrosse except in mixed lacrosse the number of players is reduced to 10 from 12 losing 3M and 3H in mixed.



Men's Lacrosse

Men's Lacrosse features 10 players a side and up to 8 substitutes. The positions are simply broken down into Goalkeeper, Defence, Midi, Centre and Attack.



The pitch is split into 3 thirds, the attacking third, the neutral third and the defensive third. For the purposes of offside, the pitch is also split into 2 half's separated by the central line. Usually a pitch is around 80-100m long. The circle around the goal is known as the crease and the area behind the goal is known as X.

The Men's game uses a different stick from the Mixed/Women's game. Notable differences include the use of mesh instead of string for the netting, a deeply recessed pocked, and thicker shaft. Players also have to wear a helmet, elbow guards, gloves and a cup, although shoulder pads and rib

protectors are encouraged. Boots with studs or Astroturf trainers are required depending on playing surface.

Mode of Play

The game consists of 4 20minute quarters (swapping ends at the end of each).

The game starts/restarts from a goal by a faceoff. This is taken by both team's Centres. Both Centres kneel on the floor either side of the centre spot, where the ball is placed. The 2 Midis are positioned either side of the Centres (see diagram above), Attackers and Defenders must stay in their thirds until possession is called.

When the whistle is blown, the Centres try to trap the ball to flick it out to one of their Midis. When a player for one team is judged to have clear possession of the ball, possession is called and players are free to move into the central third.

The game then continues with both teams trying to pass, tackle, attack and defend the corresponding goal. If a goal is scored play restarts with a faceoff.

If a ball goes out of play on the 2 long edges of the pitch, the team took the ball out of play return possession to the opposing team.

If the ball goes out of play on the narrow edge of the pitch behind the goals possession is given to:

- The attacking team if it is a shot and an attacker is nearest the ball when the ball leaves the field
- The defending team if it is a shot and a defender is nearest the ball when the ball leaves the field

- If the ball left play by any other means than a shot, normal rules on possession apply

During the course of the game penalties may be called for various fouls (explained below), this results in the referee dropping a flag – this signals advantage to the fouled team, the advantage runs until:

- The fouled team scores a goal
- The fouled team runs the ball out of play or the ball goes dead (on the ground with no clear possession
- The fouling team gains possession of the ball

Substitutions can be made at anytime but must. Substitutes must only enter the field once the exiting player is off the pitch.

Teams are permitted two 2minute Time-outs each half.

Body and stick checking may occur if a player is within 3 metres of the ball. Only the gloves and stick may be checked with the stick. Body checks must be legal (see rules below).

Rules – General

Offside – Each side must keep 4 players (including the goalkeeper) in the defending half at all times, and 3 in the attacking half at all times. Violation results in a change in possession.

Crease Violation – Occurs when a player enters the other team's crease. Possession is given to the defending goalkeeper. Note: Defenders can enter the crease; Attackers may end up in the crease following a "dive shot" resulting in a goal.

Rules – Personal Fouls

Personal fouls result in a 1-3 minute penalty where the player must leave the field (another player cannot substitute for him). The player is Sin Binned on the bench for the duration of his penalty, this is timed only when the player sits on the bench. and possession is given to the opposing team. Players with 5 personal fouls are (supposed to be) ejected from the game.

Slashing – Slashing is called when a player's stick viciously and maliciously contacts an opponent in any area other than the stick or glove

Tripping – Occurs when a player obstructs his opponent at or below the waist with and part of the body

Cross-Checking – Occurs when a player uses the shaft of the stick between his hands to check a player, hands must be together to avoid a penalty in this situation.

Roughing – Occurs when a player strikes an opponent with his stick or body using excessive or violent force.

Unsportsmanlike Conduct – Occurs when any player (on field or on the sidelines) commits an act considered to be unsportsmanlike – this includes excessive taunting, swearing, arguing or gestures.

Illegal Stick – Occurs when the players stick doesn't conform to regulation dimensions or specifications

Illegal Body Checking – Occurs when any of the following takes place:

a – Body checking an opponent who is not in possession of the ball or within 3 metres of loose ball

b – Avoidable body on an opponent after he has shot or passed the ball

c – Body checking an opponent above the shoulders. Body checking must be below the shoulders and above the waist – both hands must remain on the stick during an attempted body check

Rules – Technical Fouls

Technical fouls are called for less cynical fouls. The penalty for a technical foul for the team in possession is a 30 second sin bin, a penalty for the team without possession or a loose ball results in possession to the victim team.

Holding – Occurs when a player impedes the movement of an opponent or an opponent's stick

Interference – Occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within 3m of the player, or both players are within 3m of a loose ball.

Offside – Occurs when a team does not have at least four players in its defensive half or three players in the attacking half.

Screening - Occurs when an offensive player moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending.

Pushing - Occurs when a player thrusts or shoves a player from behind.

Stalling - Occurs when a team intentionally holds the ball, without conducting any offensive player, with the intent of running down the clock.

Warding - Occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of the opponents stick or body check.

Stalling (Goalkeeper) - The after shot that the goalkeeper has saved, and picked up the ball within the crease, the goalkeeper has 5 seconds (1 Mississippi etc..) to step outside the crease.

Glossary of Lacrosse Terms

Cradle - The act of moving the stick from side to side causing the ball to remain in the net securely

Checking (Men's) - Attempting to gain possession of the ball by using a controlled swing of the stick to the other player's stick or a legal body tackle.

Checking (Women's) - Attempting to gain possession of the ball by using a controlled tap to the head of an opponent's stick to dislodge the ball.

Check Up - A call given by the goalkeeper to tell each defender to find their opponent and call their number.

Cutting - Movement by a player without the ball to lose their marker to anticipate a pass

Clearing - Any action taken by a player (usually the goalkeeper) to take the ball from the crease to distribute up the field to their team.

Ccrease - The goal circle

Crosse - Another word for the lacrosse stick.

Deputy - A player who enters the crease when the goalkeeper is out of the goal circle and their team is in position of the ball. In Men's this player is also subject to personal fouls a goalkeeper may make.

Draw - A technique to start or restart the game in women's / mixed. The ball is placed between the 2 centre's back netting, after the whistle is blown they attempt to "draw" the ball away.

Dodging - A technique used by an attacking player to evade a marker by rapid change of speed and direction; or rolling around the marked player.

Faceoff - The technique used in Men's to start or restart the match, the ball is placed on the floor with both team's centres kneeling either side of it, on the whistle both players fight for possession of the ball.

Fast Break - A period where transition from defence to attack is quick resulting in the opposing defence being unready and/or a man down.

Feeding - Passing the ball to a team mate who is in a position for a shot on goal.

Free Position - An opportunity awarded to the offence when a major or minor foul is committed in women's / mixed. All players must move 4m away from the ball, with the fouling player standing behind.

Ground Ball - When the ball is loose on the ground.

Indirect Free Position - An opportunity awarded to the offence when a minor foul is committed by the defence inside the 12m fan. The player may not shoot until another member of the team has touched the ball.

Marking - Being within a sticks length of a player.

Point - A position in Men's. This is an attacker who, on a play, is the deepest attacking player. Point usually takes long underarm shots from the top.

Poke Check - A stick check in which the player pokes the head of an opponent's stick through the top hand by pushing the bottom hand (like a pool cue).

Raking - Covering the ball and "raking" it out to the side. Only in women's / mixed

Rolling Subs - When a player can sub on for an existing player at any time during active play.

Shooting Space - The path to goal from an attacker with the ball to the goal, a defender that is not within a sticks length of the attack may not move to obstruct this path.

Sphere - An imaginary area, approximately 7inches in diameter around the head. No checks may enter

Hope this has helped! Don't worry no one expects you to know all of these rules, especially not to start with! Any questions, contact your captain!