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***Lacrosse Study Guide***

***History***

Lacrosse, considered to be America's first sport, was born of the North American Indian, christened by the French, and adapted and raised by the Canadians. For over a century, athletes and enthusiasts of the United States have embraced modern lacrosse. Lacrosse is one of the fastest growing team sports in the United States. Youth membership (ages 15 and under) in US Lacrosse has more than tripled since 1999 from 40,000 to over 125,000. No sport has grown faster at the high school level over the last 10 years and there are now an estimated 169,000 high school players. Lacrosse is also the fastest-growing sport over the last five years at the NCAA level and that's just the tip of the iceberg. There are more than 400 college club programs, the majority of which compete under the umbrella of US Lacrosse and its "intercollegiate associates" level.

***General PE Safety Rules***

• Safety First

• No checking

• Two hands on the stick at all times if you don’t have possession of the ball

• Must be 1 stick length away of the opponent (may hit net on net)

• The stick must be held below the waist when running

* The stick may not be used as a weapon at any time of student will be asked to sit out.

***Players***

*A team consists of:* 8 players total

• 1 goalkeeper

• 3 defensive players

• 3 offensive players (attackers)

• 1 center

***Game Play***

A team must **always** have 3 players on defense and 3 players on offense. If at any point during the game a team has less than 3 players on offense or defense they will be called offside and turn the ball over to the other team. When the ball goes out of bounds every player should **STOP** where they are until the ball is put back in play. If a ball touches your teams stick last before going out of bounds it is the other team’s ball. At the beginning of each game and after each goal we will have a “jump ball” with the center from each team.

***Scoring***

A team scores a goal when the ball passes completely over the goal line. A goal counts if it bounces off a defender and proceeds into the goal. Also, a goal may also be called back if any part of a players stick is in the crease (goal circle); or if any attacking player is in the (crease) goal circle.

***Game Penalties***

Personal Fouls/Penalties:

*All penalties are at the discretion of the physical education teacher.*

***Game Strategies:***

* Movement off the ball (example = an overlap)
* Spatial Awareness (spreading out)
* Communication is key!

***The differences in Men’s vs. Women’s Lacrosse***

• There are no boundary lines in women’s lacrosse. Men’s lacrosse is played within a 110 by 60 yard rectangular field.

• The men’s center draw starts on the ground. The women’s center draw starts from a standing position.

• Men’s lacrosse is a body contact sport while it is strictly prohibited in women’s lacrosse.

• Field players in the men’s game are heavily padded with shoulder pads, heavy gloves and helmets. Women wear lacrosse goggles to protect their eyes and nose.

* Men’s lacrosse sticks have deeper pockets so it is harder for the defense to get the ball from their stick. Females and much more shallow pockets which makes cradling even more important in the girls game.

***Terms***

Crease- goalie area where NO ONE else may enter into or through

Cradling – a technique used to keep the ball in the stick while on the move

Checking – this is prohibited in PE however, checking is the act of using your stick to try to free the ball from an offensive players stick