

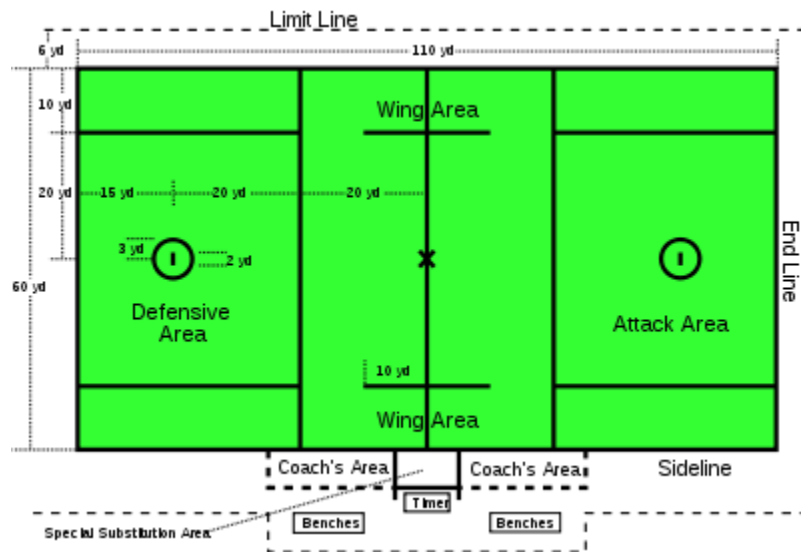
Field Lacrosse

Description:

Field lacrosse, sometimes referred to as the "fastest sport on two feet," is a full contact outdoor men's sport played with ten players on each team. The sport originated among Native Americans. Field lacrosse is one of three major versions of lacrosse played internationally. The other versions, women's lacrosse (established in the 1890s) and box lacrosse (which originated in the 1930s), are played under significantly different rules.

The object of the game is to use a long handled racket, known as a lacrosse stick or crosse, to catch, carry, and pass a solid rubber ball in an effort to score by ultimately hurling the ball into an opponent's goal. The triangular head of the lacrosse stick has a loose net strung into it that allows the player to hold the lacrosse ball. In addition to the lacrosse stick, players are required to wear a certain amount of protective equipment. Defensively the object is to keep the opposing team from scoring and to dispossess them of the ball through the use of stick checking and body contact. The rules limit the number of players in each part of the field and require the ball to be moved continuously towards the opposing goal.

Playing Field



A standard lacrosse field is 110 yards (100 m) in length, and 60 yards (55 m) in width .

Field lacrosse goals are centered between each sideline, positioned 15 yards (14 m) from each endline and 80 yards (73 m) apart from one another. Positioning the goals well within the endlines allows play to occur behind them. The goal is 6 feet (1.8 m) wide by 6 feet (1.8 m) tall, with nets attached in a pyramid shape. Surrounding each goal is a circular area known as the "crease," measuring 18 feet (5.5 m) in diameter.

If a player enters the "crease" while shooting toward the goal, the referee will call a foul and the ball gets turned over to the other team.

A pair of lines, 20 yards (18 m) from both the midfield line and each goal line, divides the field into three sections. From each team's point of view, the one nearest its own goal is its defensive area, then the midfield area, followed by the attack or offensive area. These trisecting lines are called "restraining lines." A right angle line is marked 10 yards (9.1 m) from each sideline connecting each endline to the nearer restraining line, creating the "restraining box. If an official deems that a team is "stalling," that is not moving with offensive purpose while controlling the ball, the possessing team must keep the ball within the offensive restraining box to avoid a loss-of-possession penalty.

Field markings dictate player positioning during a face-off. A face-off is how play is started at the beginning of each quarter and after each goal. During a face-off, there are six players (without considering goalkeepers) in each of the areas defined by the restraining lines. Three midfielders from each team occupy the midfield area, while three attackmen and three of the opposing team's defensemen occupy each offensive area. These players must stay in these areas until possession is earned by a midfielder or the ball crosses either restraining line. Wing areas are marked on the field on the midfield line 10 yards (9.1 m) from each sideline. This line indicates where the two nonface-off midfielders per team lineup during a face-off situation. These players may position themselves on either side of the midfield line. During a face-off, two players lay their sticks horizontally next to the ball, head of the stick inches from the ball and the butt-end pointing down the midfield line. Once the official blows the whistle to start play, the face-off midfielders scrap for the ball to earn possession and the other midfielders advance to play the ball. If possession is won by the face-off player, he may move the ball himself or pass to a teammate.



Skills

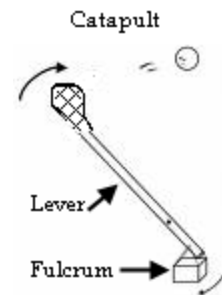
Catching: To catch a lacrosse ball takes concentration. You need to focus on the ball as it comes in, and watch it all the way into the pocket. Once the ball hits the net there has to be give in the stick, so that the ball doesn't bounce out when it hits the net. To do this you have to relax your grip on the stick and allow it to move in the direction of the ball, so that you cushion the blow of the ball into the pocket. If you keep your stick stiff, and do not allow it to move with the ball as you catch it, the chances are much better that it will bounce out.

<http://www.simplylacrosse.com/lacrosse-catching.html>

Throwing: The lacrosse pass is very similar to launching a rock with a catapult. In effect that is exactly what it is. The lacrosse stick is a long lever that allows the user to add leverage to the force of the player which increases the velocity of the ball sitting in the head or net allowing the player to fire the ball just like a catapult.

When throwing right handed the left hand should be secured around the base (bottom) of the stick and held firm. Speaking in terms of a catapult this is the fulcrum.

The Right hand is the force that moves the stick first back as you wind up, and then quickly snap your wrists forward as you slide your right hand down the shaft to guide the angle and direction of the shot.



As you motion from back stroke forward to fire your fulcrum hand (left) will move in toward your body while your Right hand will extend in the direction of the target. You should finish with the stick pointing at the target.

<http://www.youtube.com/watch?v=sGoO5SO23Xg>

Cradling: Lacrosse Cradling is a technique for maintaining the lacrosse ball in the pocket of the lacrosse stick. The design of the stick head is such that the ball does not want to stay in the pocket and will fall out very easily. Imagine trying to run while holding an egg in a table spoon. It is a similar kind of thing when players are learning to run with a lacrosse ball. The technique that is used to keep the ball in the pocket is called a cradle.

Cradling the ball is where a player twists his wrists and flexes his forearm back & forth as a way to cause the ball to stay in the pocket by the addition of centrifugal force. This is one of the most fundamental and important skills a player will need to master.

<http://www.youtube.com/watch?v=XRufbeD-JJ>

Rules

Field lacrosse involves two teams, each competing to shoot a lacrosse ball into the opposing team's goal. Each team plays with ten players on the field: a goalkeeper; three defenders in the defensive end; three midfielders free to roam the whole field; and three attackers attempting to score goals in the offensive end. Players are required to wear some protective equipment, and must carry a lacrosse stick (or crosse) that meets specifications. Rules dictate the length of the game, boundaries, and allowable activity. Penalties are assessed by officials for any transgression of the rules.

Duration and tie-breaking methods: High school games typically consist of four twelve minute quarters. The clock typically stops during all dead ball situations such as between goals or if the ball goes out of bounds. The method of breaking a tie generally consists of an overtime period (five minute periods) in which the first team to score a goal is awarded a sudden victory.

Ball movement and play: Teams must advance the ball or be subjected to loss of possession. Once a team gains possession of the ball in their defensive area, they must move the ball over the midfield line within 20 seconds. If the goalkeeper has possession of the ball in the crease he must pass the ball or vacate the area within four seconds. Failure by the goalkeeper to leave the crease will result in the opposite team being given possession just outside the restraining box. Once the ball crosses the midfield line, a team has 10 seconds to move the ball into the offensive area designated by the restraining box or forfeit possession to their opponents. The term used to define moving the ball from the defensive to offensive area is to "clear" the ball. Offensive players are responsible for "riding" opponents, in other words attempting to deny the opposition a free "clear" of the ball over the midfield line.

If a ball travels outside of the playing area, play is restarted by possession being awarded to the opponents of the team which last touched the ball, unless the ball goes out of bounds due to a shot or a deflected shot. In that case, possession is awarded to the player that is closest to the ball when it leaves the playing area.

Penalties: For most fouls, the offending player is sent to the penalty box and his team has to play without him and with one less player for a short amount of time. Penalties are classified as either personal fouls or technical fouls. Personal fouls are of a more serious nature and are generally penalized with a 60 second player suspension. Technical fouls are violations of the rules that are not as serious as personal fouls, and are penalized for 30 seconds or a loss of possession. Occasionally a longer penalty may be assessed for more severe infractions. Any player who is penalized for more than five personal fouls is ejected from the game. The penalized team is said to be playing man down defense while the other team is on the man up, or playing "extra man offense." During a typical game, each team will have three to five extra man offense opportunities.

Personal fouls: Personal fouls include slashing, tripping, illegal body checking, cross checking, unsportsmanlike conduct, unnecessary roughness, and equipment violations.

Technical fouls: Technical fouls include holding, interference, pushing, screening, "warding off", stalling, and off-sides. Offside occurs when there are fewer than three players on the offensive side of the midfield line or when there are fewer than four players on the defensive half of the midfield line.

Equipment: A field lacrosse player's equipment includes a lacrosse stick, and protective equipment, including a lacrosse helmet with facemask, lacrosse gloves, and arm and shoulder pads. Players are also required to wear mouthguards and athletic supporter.



Players

Goalkeeper: The goalkeeper's responsibility is to prevent the opposition from scoring by directly defending the goal. A goalkeeper needs to stop shots that are capable of reaching over 100 miles per hour (160 km/h), and is responsible for directing the team's defense.

Goalkeepers have special privileges when they are in the crease, a circular area surrounding each goal with a radius of 9 feet (2.7 m). Offensive players may not play the ball or make contact with the goalkeeper while he is in the crease. Once a goalkeeper leaves the crease, he loses these privileges.

A goalkeeper's equipment differs from other players'. Instead of shoulder pads and elbow pads, the goalkeeper wears a chest protector. He also wears special "goalie gloves" that have extra padding on the thumb to protect from shots. The head of a goalkeeper's crosse may measure up to 15 inches (38 cm) wide, significantly larger than field players'.

Defensemen: A defensemen is a player position whose responsibility is to assist the goalkeeper in preventing the opposing team from scoring. Each team fields three defensemen. These players generally remain on the defensive half of the field. A defensemen carries a long crosse which provides an advantage in reach for intercepting passes and checking.

Midfielders: Midfielders contribute offensively and defensively and may roam the entire playing area. Each team fields three midfielders at a time.

Attackmen: Each team fields three attackmen at a time, and these players generally remain on the offensive half of the field. These are the players who score most of the goals.

Safety and Etiquette:

In contact lacrosse it is important to wear a helmet with a faceguard. Gloves, elbow pads, shoulder pads are also recommended. For classroom purposes (safety first) we will not need any protective gear because physical contact is limited. We will not be using a traditional goal and goalie. We will instead score goals by performing a successful pass to a teammate (we will call him/her the goalie). This person will be positioned with one foot in a hoola hoop at the same spot the goal would be positioned. The goalie will be surrounded by a 10 foot circular crease. No defensive or offensive play will be allowed to reach in or be positioned in the crease.

Pushing, cross checking, tripping, etc are not allowed.