

La Crosse Study Guide

History

Lacrosse is considered the oldest sport in North America. Native Americans originally played it as a method of training warriors and for recreation. The game, as played today, first appeared in Quebec, Canada around 1840 and became the Canadian National Sport in 1867. La Crosse became an Olympic event in St. Louis in 1904; and was last featured in the 1984 Olympic games.

Game Play

There are 7 players on a team, plus substitutes for each of the four positions: goalie, defensemen, midfielders and attackers. Substitutions may occur during the game as in ice hockey, or when there has been a stop in play.

A team consists of:

- 1 goalkeeper
- 2 defense players
- 2 offensive players (attackers)
- 2 midfielders (1center)

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 be disallowed if the La Crosse stick breaks the plane of the goal circle, or if any attacking player is in the goal circle.

Rules

- The object of the game is to score goals by throwing the ball into the goal of the opposing team.
- Face off: after each goal and in the beginning to start the game. (Drop ball between two players.
- Two hands on the stick at all times if you don't have possession of the ball.
- The stick must be held below the waist when running.
- Must be 1 stick length away from the opponent (may hit stick on stick)
- No attacking player may enter the goal crease (only stick can)
- Only the goalkeeper may touch the ball with his/her hand.
- The ball can be caught or "scooped" off the ground by any player for either team.

-If the ball goes out-of-bounds, it is given at the spot to the side opposite of the player who touched it last. If the ball goes out-of-bounds after a shot it is rewarded to the person closest to the area it went out at (Usually goalkeeper)

-No unnecessary roughness or unsportsmanlike conduct is allowed. This includes fighting, hitting the body with the stick, tripping, body checking from the rear, or any other illegal contact.

-No player may interfere with the progress of an opponent unless the opponent has possession of the ball, or unless both players are within (5) yards of a loose ball.

-When a player commits a foul, he/she is out of the game and sent to the penalty box for a period of 1-3 minutes. If a team is penalized, the other team is awarded the ball.

Vocabulary Terms

Attack men-the two offensive players that operate around the goal area

Midfielders-the two players, who play in the center of the field, but play both offense and defense

Defensive men-the two players who play back by their own goalie.

Clear-running or passing the ball from the defensive part of the field to the offensive side

Cradling-the rhythmical coordinated motion of the arms and wrists that keeps the ball secure in the stick and ready to be passed or shot.

Crease-the circle with a nine-foot radius around the goal

Dodges-ball carrying maneuvers used for eluding defenders

Holding-a technical foul committed either by grabbing an opponent or by hindering a ball carriers progress with one's stick

Interference-a technical foul committed by preventing the free movement of an opponent who is neither in possession of the ball nor within five yards of a loose ball

Penalty Box-players, who have committed a violation, must stay in for a short period of time

Offsides-a player who is not of the side of the field that they are supposed to be on