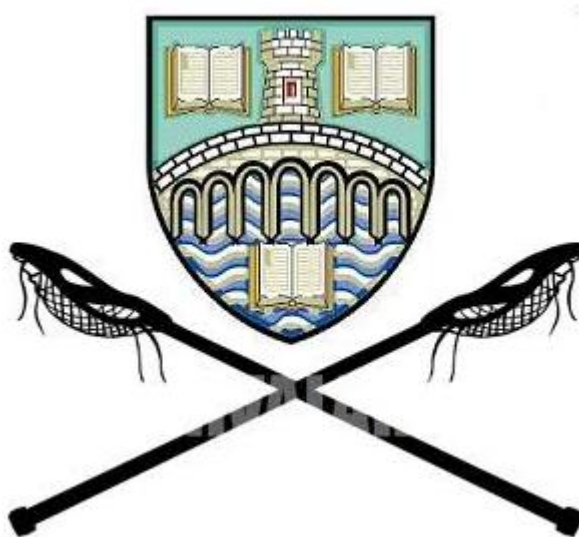


STIRLING



Lacrosse

Player's Handbook

2011/2012

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General Information

Training:

- Tuesday 8-10pm, @ Stirling University Astro turf Pitches
- Friday 6-8pm, @ Stirling University Astro turf Pitches

Matches:

- Wednesday, British University & College Sports League (BUCS)
- Saturday/Sunday, Scottish Lacrosse League (SLL)
- Home fixtures @ Airthrey playing fields

Sponsorship:

- The Meadowpark (Med)/ The Red Rooms

Recent Achievements:

- 2011-2012: Two players selected for the European Championship squad
- 2011-2012: four players selected for the Junior World Championship squad
- 2011: Seven players represented Scotland at the British National Championships (3 Senior Team, 4 under-22's)
- 2010-2011: BUCS Quarter Finalists
- 2010: Finished 8th at European Club Championship
- 2010: Three players represented Scotland at the World Championships
- 2009-2010: Winner's of the SLL
- 2009-2010: Recorded the SLL's highest win margin, 23-0

Committee:

- President: Gareth Thomas – *Email:* grt00004@students.stir.ac.uk
- Vice-President: Steven Mitchell – *Email:* ssm00001@students.stir.ac.uk
- Club Captain: Jamie Fleming – *Email:* jtf00001@students.stir.ac.uk
- Offensive Vice-Captain: Malcolm Kent – *Email:* mak00023@students.stir.ac.uk
- Defensive Vice-Captain: Euan Bean
- Treasurer: Stephen De Hertogh

- Social Secretary: Scott Young & Steven Coutts - *Email*: scy00003@students.stir.ac.uk
- Tour Committee: Thomas Russell & Stephen De Hertogh – *Email*: thr000010@students.stir.ac.uk

Competitions:

Biggest Rivalry:

- Aberdeen University

BUCS (Scottish Conference) Teams:

- Aberdeen University
- Edinburgh University
- Glasgow University
- Stirling University

BUCS Trophy:

- Northumbria

SLL Teams:

- Aberdeen City
- Aberdeen University
- Edinburgh City Gentleman's Lacrosse Club
- Glasgow City Lions (Team A)
- Glasgow City Lions (Team B)
- Glasgow University
- St Andrews University
- Stirling University

Team Rules

1. If you cannot attend training or a match let the captain or vice-captains know via text or the Facebook page as soon as possible.
2. Only players that talk to refs are the captain & vice-captains, unless directly spoke to in which case you show respect & call him sir. If caught back talking to a ref you will be forced to wear lipstick for the entirety of the next social.
3. If you throw a punch on the pitch you will be forced to eat your match tea with oven gloves strapped to your hand.
4. Formal wear (shirt and tie) must be worn traveling and after all games.
5. If you are a fresher you will (take it in turns to) be responsible for getting the goals out & putting them away at the end of training, also filling up the water bottles before games & other duties. We are not picking on you it's just the process to make sure these things get done & trust us every senior has taken their turn!
6. Never come to training drunk, as it voids our insurance, anyways there is plenty time to get wrecked in the Med afterwards. Also, our sponsors The Med are very accommodating of our antics reward this by showing the bar staff some respect.
7. Initiation must be attended! Avoid it at your own peril. For all other socials it is mandatory to make a comment questioning the whereabouts of Tommy's stick. (ask a senior)
8. If it's raining- we are training, if it's snowing -we are training, if we are hung-over –we are training. In fact until told otherwise assume training is taking place (the exception of lightning & Zombie apocalypse aside!)
9. During a game if you are told by an experienced senior to get off the pitch, move in to a particular position or defend/attack an opposing player do so! There is a reason behind it.
10. Never leave a man behind! Make sure they get home... then take pictures, always take pictures.
11. Dead ants, lava & positions are in affect at all socials! Fresher's cannot ask a senior what this entails & must pick it up... quickly!
12. Our girls team is a shy bunch so please don't swear or make any sexual remarks around these delicate flowers.

What Is Lacrosse?

- Lacrosse was first played by the Iroquois native Americans in the 1100s and was used as a way to train warriors for battle. The games would be played from sunup to sundown for three days straight. Today lacrosse is played all over the world & has even been a demonstration sport at the Olympics.
- Lacrosse contains the physical hitting of American football, the speed and quickness of ice hockey, and the passing and shooting ability of basketball. Due to its fast & technical style of play it has been nicknamed “the fastest sport on two feet”.
- **How long is a game?** . A game clock dictates the length of the game. A match consists of four 15 minute quarters.
- **How do you win?** The lacrosse team that ends the game with the most goals wins.
- **What if there is a draw?** Lacrosse matches like most American sports generally do not end with ties. In the case of a draw the match will go into overtime, with the match ending when the first goal is scored. A draw can only be achieved if there have been a number of overtime periods, time constraints on the playing surface or reduced visibility.
- **How does a match start?** At the start of every quarter & after every goal scored there is a face-off. A faceoff is one of the many areas where lacrosse resembles both hockey (the only other sport with face-offs) and basketball (with its jump-ball set-up at the beginning of games). They consist of two players at the centre X and two players from each team perched on the wing area lines (20 yards from the middle of the field and 20 yards long, parallel with the side-line). Once possession is gained by one of these eight players, the rest of the players can cross the restraining lines that are perpendicular to the side-line and 20 yards from the midline.
- **How many people play?** There are 10 players on the pitch at any one time (1 goalie, 3 defenders, 3 midfielders, & 3 attack-men). The number of players on the bench is determined by the level & type of competition you are playing.
- **How many substitutions are there?** In lacrosse substitutions occur “on-the-fly” or “rolling”. What this means is that similar to ice hockey there can be any number of substitutions that can take part throughout most of the game.

Equipment

Here is a list of the protective gear worn & the tools used on the pitch:



The Helmet – Used to protect your head not only the flying balls but from stick checks as well.



Chest Pads – Protects vital organs from flying balls & mistimed stick checks (You can also purchase rib pads if you want extra protection)



Arm Pads - Ask any senior they will tell you these are their best friends. There used to protect the arms from stick checks, particularly important for middies & attackmen. Its best to protect your arms, they're kind of important.



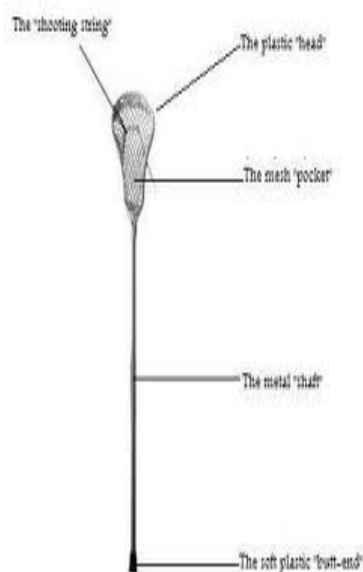
Gloves – In lacrosse you hands are considered extensions of the stick, meaning that like the stick your hands are fair game for checks.



The Cup – Buy it, wear it, let it save your life, thank it!



Cleats – There are specialist lacrosse shoes for both Astroturf & grass, however, football ones are also suitable.



The Stick - Your weapon of choice & the most important piece of equipment on the pitch. Used to pass, shoot, pick up ground balls & to hit opponents. Everyone's stick is different, depending on the combo on the head n shaft they choose as well as the stringing. Goalies sticks are more like a sunken tennis racket & the defence use 6ft shafts instead on the usual 3ft shafts used by the midfield & attack.



The ball – Smaller than a hockey ball & twice the weight, and is made of hard rubber. When in your stick = friend, when flying towards you = foe!



The Goal – Its 6ft by 6ft & home to the goalie. The crease around it can be entered by the defence but not the attack.

Positions

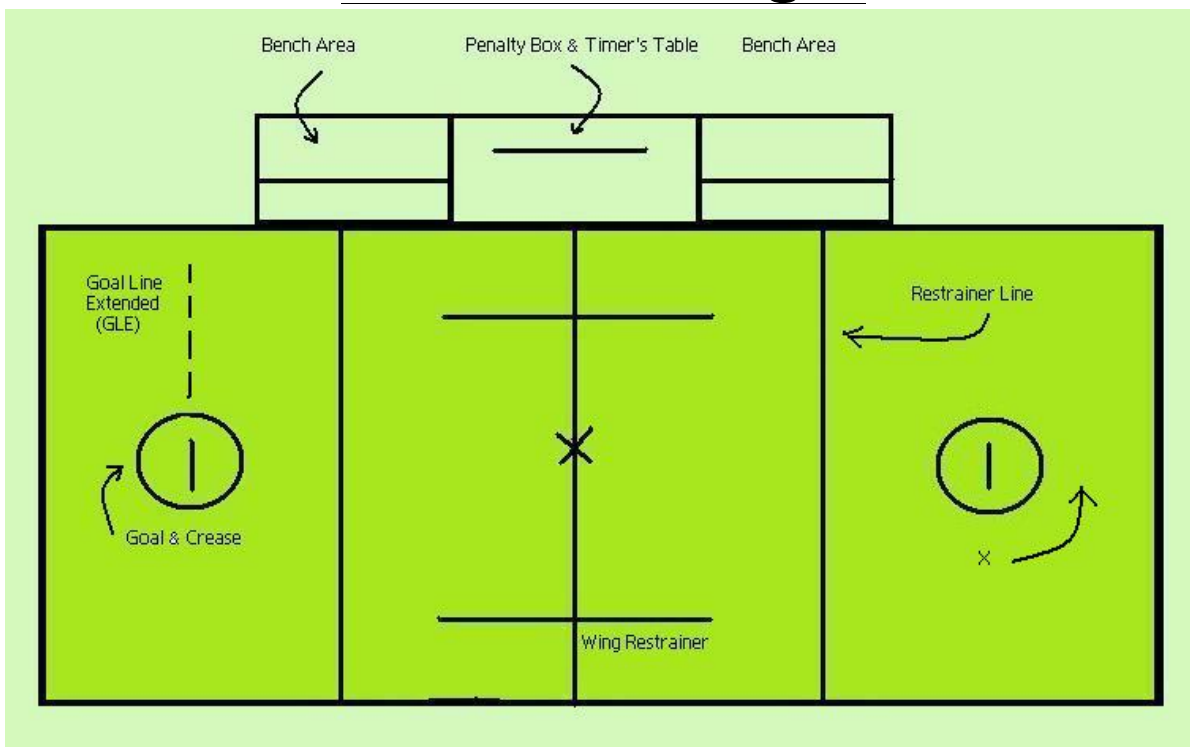
Attack-men: The attack-men are the primary offensive weapons aiming to both feed and score. The real test of a great attack-men is not only how adept they are at scoring goals, but how well they pass (feed) to the open man setting up the goal. Great attack-men usually also have large numbers of assists as well as goals. These guys need to be extremely agile and excellent stick handlers, being equally capable with either hand. They create most of the offense, so should be more capable at evading checks than trying to land them. They're the three players kept on the opposite side of the midline while the ball is at the other end and cannot cross the midfield line during play unless they are replaced by a middy.

Midfielders (Middy's): The middies roam the entire field playing in both offense & defence. These guys should have good all round fitness as they are expected to cover a lot of ground while following the flow of the game (But don't worry their also the guys who get to sub the most). Middy's need to be good defenders, and they need to be able to be strong on the attack, but their real value is in their ability to transition the ball from the defensive to the offensive ends of the field. Middies are the real workhorses of the lacrosse team.

Defensemen (Long-Poles): The Long poles are the enforcers; their role is generally to stop the opposing attack-men & dominant middies from creating offense or scoring. They are the players who are capable of dictating to the opponent's attack where they can go, and where they will be punished for going. They need to be very physical, but still extremely agile. They utilize much longer sticks up to 6ft long, which allow them to disrupt the opponent's attack. Great defensemen need to have exceptional footwork as positioning on the field is the key to being a great defender. Cutting off the opponent's angles to the goal is critical. The long pole will generally abuse the enemy with a barrage of checks and work themselves between the attacker and the goal, all the while working to dislodge or intercept the ball. Long-poles like the attack-men must stay on the defensive half of the field unless replaced by a middy. The defenders job is often also to "Clear" the ball down the field after a turnover out of the defensive zone.

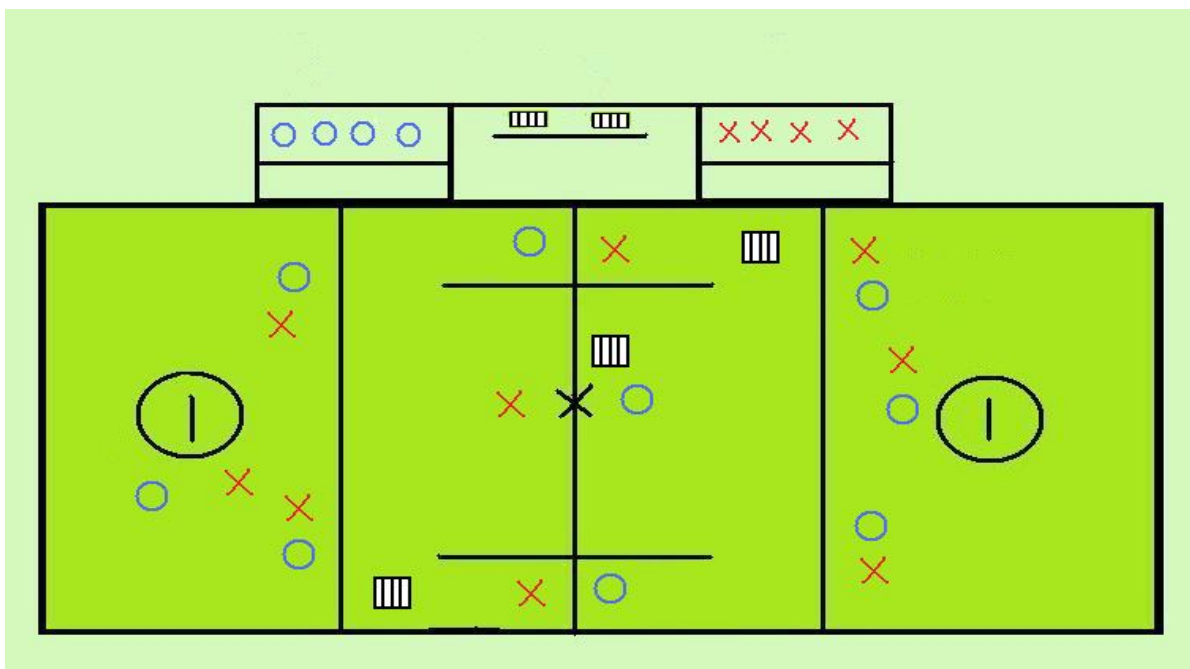
Goaltender (Goalie): In addition to stopping shots and getting the ball out of the defensive end, goalies are also responsible for directing the defence, as he generally has the best view on the pitch. Goalies are required to stand in front of a speeding ball that is the size of a tennis ball but made of rubber & weighs much more. Believe me when a ball gets through the armour it hurts. They are going to have to endure pain for sure; and if they have a low pain threshold then they tend to get gun shy and start ducking. Many people believe that Goalies should be large to take up space in front of the goal, clearly the more space you can cover the harder it is for the enemy to find a hole, but it is far more important to be a agile catcher with lightning hand eye coordination and reflexes. I have seen very small goalies with quick reflexes play great in goal.

Pitch Markings:



Face-Off Positioning:

Left side: x(red) defence & o(blue) attack - Right side: o defence & x attack



The Basics

Catching:

- Have the stick upright & the face of the stick should be facing towards the ball
- Imagine a square at the side of your head which lies above your shoulders. This is where you want the head of the stick to be.
- Hands should be well spaced out on the handle, with the top hand at the top of the shaft.
- When the ball reaches the stick give with your top hand & cushion it into the pocket (often compared to trying to catch an egg).

Having problems?

1. Ball keeps rebounding out of the pocket: Relax your arms & cushion more when receiving the ball.
2. Keep missing the ball: Open the face of the stick towards the ball more. Also make sure your hand is at the top of the shaft when receiving as you can then judge when your stick head is more effectively.

Passing:

- Body should be side on to intended target
- Hands should be well spread on the handle & rest across the palm of the top hand.
- Hands should be raised so that the passer resembles an archer. Meaning the stick's head should be back pulled back with the bottom of the stick lined up with the target.
- To throw the top hand should be pushed through followed by snapping of the wrist so that the stick head points towards the target
- Should pass so that the top hand passes as closely to the ear as possible, ensuring the pass goes straight.

Having problems?

1. Ball drops short of target: stand more side on & make sure your arms are at shoulder level when passing. Also increase the amount you follow through with you stick but more diagonally than horizontal.
2. Ball goes too high/releases too early: stick head is dropped too far behind you. Want the stick to be parallel to the ground not pointing towards it.
3. Ball goes wide of the target: keep head of stick closer to own head when passing. Alternatively, before you pass ensure the butt of your stick is facing your target.

Scooping:

- When nearing the ball line the stick up so that it is directly behind the ball
- You should be choked up (top hand at the top of the shaft)
- Bend your knees so that you are lower and that your stick is parallel to the ground, with the front tip of the head in contact with the ground.
- Make sure as u scoop the ball you lead with the same foot as the hand at the top of the stick. I.e. right hand, right foot. The foot should be right next to the ball as you scoop through it.
- Push top hand through the ball, and then return the stick to an upright position as soon as possible.
- If challenging for a ground ball: Bring the shaft up & into your body as you scoop through, leaning forward to shield the ball as do so. Also if possible bring stick to the side so that your body is between the stick & the attacker.

(Note: even though it may appear easier always attempt to use two hands & the proper form while picking up a ground ball)

Having problems?

1. Keep missing the ball: best advice is to prepare earlier & line up the stick as you run onto it. It also my benefit to get the stick flat on the ground while scooping, as this will force it into the pocket.
2. Keep pushing the ball rather than scooping it up: get foot closer to the ball before you start to scoop, ensuring your head is over the ball helps as well. Plus try increasing the speed and the force of your scoop.

Cradling:

- The wrist of the top hand extends & bends to turn the pocket during the cradle.
- Grip the stick between your thumb and forefinger making a “V” shape
- As the arm extends the wrist should drop so that the pocket faces upwards, stopping the ball from falling out.
- As the arm bends the wrist should curl in similarly as if performing a bicep curl. If done correctly the pocket should be facing downward, again stopping the ball from falling out of the pocket.
- These actions should be performed in a swinging rhythmic action.
- Note: if being pursued by an opponent, cradle on the opposite side. For instance is a defender is on your left side you should be cradling on the right hand side of your body.
- Also, to protect the stick head from checks keep the cradling close to you body.

(Note: as you advance you can consider one handed cradling. This involves keeping the stick vertical and cradling from side-to-side by flicking your wrist. This is only to be attempted once the basic cradle has been mastered)

Having problems?

1. Keep dropping the ball: keep the stick vertical while relaxing your grip as you move from one side to the other. Work on making the extension & contraction of the top arm as smooth as possible.

Changing Hands:

- Being able to change hands allows the ball carrier not only to protect the stick better but increases possibilities for dodging, passing & shooting.
- When changing hands the stick should be as near to vertical as possible & the pocket should be facing towards your own face at all times.
- Hands should be well spread when initially carrying the stick.
- Stick is then moved across to opposite side of the body.
- The bottom hand slides up the handle, gripping it firmly.
- The top hand then moves down the stick to the bottom hand's previous position.

Having problems?

1. Keep dropping the ball: The biggest problem usually is that the motion is disjointed or jumpy. Practice the technique slowly breaking it down into 3 parts – move across, bottom hand up, top hand down. With repetition (on both sides) you will be able to get a fluid movement & can then build up the speed you perform it at.

Shooting:

- This skill is similar to the throwing technique, but the top hand moves down the shaft to shorten the lever & give more speed to the stick head on release of the ball.
- Head should be looking down the line over the leading shoulder
- Should have a wide base to help with stability.
- As you move your shoulders & hips should rotate to help generate power.
- The ball is released when the top hand snaps through the release.
- Follow through with the ball as this will again help to generate more power.
- Start your shot with the stick head far back behind your own head, as this helps to limit the goalie's view of the ball.
- Also, similarly to passing ensure that the stick is straight when you shoot as the more tilted the shoot the greater inaccuracy.

- Finally, shot low & away from the keeper's stick. If the goalie has his stick in the top-right of his goal aim for bottom left, as it is the most difficult shot for him to save. (note: There are other various types of shots (i.e. underhand/golf swing shots & side arm shots) that should only be attempted once the basic form has been mastered)

Having problems?

1. Ball drops out the back: make sure your hands are up higher when preparing & don't tilt the head too much behind you.
2. Ball goes over target: increase follow through, make sure hips & shoulder follow your shot.
3. Ball misses target: Bring stick head closer to your own & make sure your stance is more side on.

Checking

The lacrosse check is an essential element of the game. The game is very physical and contact is a big part of it. Being aggressive and physical is a very good quality to have for a lacrosse player especially for defensive and midfield players, but even attackers can benefit from good checking technique especially during a loose ball situation. There are two distinct types of lacrosse checks – body & stick.

Note: checking is not an attempt to injure or hurt an opponent and penalty's can be called for excessively violent or over aggressive checking. A check may never be below the waste (tripping), above the shoulder (slashing), or from behind in the case of body checks.

A lacrosse check is basically an attempt to:

- Try to dislodge a ball from an opponent stick
- Try to harass or disrupt an attacking player
- Try to block or move an opponent from picking up a loose ball

The Body Check:

- Like Ronseal this does what it says on the tin, it is the technique of hitting an opponent with your body in an attempt to achieve any of the above. Body checks can only be performed against the ball carrier, or any player within 5 yards of a loose ball.
- To be successful requires more than just running into your opponent, it requires form & technique:
- When you line up to hit an opponent your stick should be raised so that you make a 'v' between your stick & your shoulder.
- Rather than hitting you opponent straight on, aim to lead with the shoulder.
- Crouch as you are about to hit you opponent & when you make contact drive up & away with your legs. This should lift the opponent off his feet.

The Stick Check:

Stick checks can be made as long as the attempt is to try to contact the opponents stick or glove which is considered part of the stick. Stick checks must be under control and not excessively Violent. You cannot swing the stick like a baseball bat or axe for example.

Note: Long-poles are only allowed to swing the stick from a maximum of 90 degrees, whereas, short sticks are allowed 180 degrees. There are a number of different checks that you can perform, each having an optimum time to use it.

Fundamental Checks:

1. **Poke Check:** Is when the defending player jams the net end of their stick into the offensive players gloved hand or stick. This is done by thrusting the stick much like a lance or spear. The glove is considered to be part of the stick for purposes of checking so the defender will often aim for the glove and utilize the poke check to keep the offensive player away or to dislodge the ball.

Best time to use check – when an opposition is attempting to dodge or is running straight at the defender. This is because it allows you to check your opponent without getting close enough to be beaten.

2. **Slap check:** Is when the defending player slaps at the opponents stick or bottom hand with his own stick and tries to jar the ball loose.

Best time to use check – When running alongside or slightly behind you opponent. Also, is effective if you want your opponent to go one-handed.

3. **Lift Check:** Is when the defending player lifts up the bottom hand of the opponents stick.

Best time to use check – When beaten by your opponent. Use it to disrupt attempt to pass or shoot.

Advanced Checks: *(only to be attempted once you've mastered the basic checks)*

4. **Ice Pick Check:** Is when the defending player uses the butt end of the stick to check their opponent.
5. **Wrap Check:** Is when the defending player (using 1 or 2) hands throw the stick around his opponent's body in the hope of making contact with a protected stick.
6. **Overhead Check:** Is when the defending player lifts his stick up & over an opponent's head & comes down on their stick. Rather than reaching behind for a trailing stick & risking being beaten this check will ensure you make contact with the stick even if the opponent tries to protect it.
7. **Ding Dong Check:** Is when the defending player is similar to an overhead check but differs in the ending. You lift the stick above the opponent's helmet & out of their view, as if you are going to attempt to check behind them. As they anticipate this they will bring the stick in front of their body, this is when you come down hard on their stick.

Dodging

The lacrosse dodge is a fundamental skill of lacrosse. The dodge is an offensive attempt to evade the defence. Developing good dodging skills is critical to the ability of your team to score. The goal of any dodge is to protect the stick for a pass or shot. There are many different types of dodges & share the common goal of trying to keep the stick and ball away from the defender to set up your next move, be it a pass, or a shot.

Types of Dodges: Dodges:

1. **Face Dodge:** The easiest dodge is probably the Face Dodge. With the face dodge you are really just moving your stick from a shooting or passing position quickly across the front of your face to the opposite side tucking it close to your ear. When you have the ball & a defender comes out to attack, you fake a shot and then transition from a shot/pass position to protect the stick with your head and body, and then accelerate past the Defender to an opening for a shot on goal, or a pass to another teammate.
2. **Split Dodge:** Split dodge is like the Face dodge in that it is a straight on dodge (no roll). This time instead of trying to fake the defender into thinking you are going to shoot, you are going to make him think you are trying to beat him on one side. But instead you quickly plant your lead foot and switch directions. You switch your stick side hands in front of your face, and then sprint by the other side of the defender. Basically just getting the defender off balance with the quick change of direction and stick hands, and protecting the stick near your opposite ear as you run by on the other side.
3. **Roll Dodge:** No doubt the roll dodge is one of the most effective dodges especially in the open field. This is effective as a side on or a straight on dodge.
 - **Straight on:** Run at the defender (say stick is in the right hand) & plant your left foot between their legs. Leading by your head spin by your left shoulder ensuring you protect the stick as you do so, then sprint away (do opposite if left handed).
 - **Side on:** if the defender is marking you on your left side, then the stick should be in your right hand. The plan is to encourage your defender to over commit & stop playing you high hip. Once this happens you plant your inner foot & spin back the way you have just ran. If done correctly you should be using the defender to roll off of, protecting your stick while you change hands.
 - **Bull Dodge:** Is generally for bigger stronger players. The key to a Bull dodge is that it really isn't a dodge in the true sense of the word. Unlike the previous dodges, the bull dodge is really won by getting close to your opponent, and running him over, always keeping the ball to the free hand side, away from the defender. Make sure you are at full speed when you try a bull dodge.
 - **Swim Dodge:** The swim dodge should not be attempted until you are comfortable in your stick skills. It involves cradling one handed in the run up to your opponent & swinging the stick over their head & breaking back into a run.

Rules & Penalties

Like in most American sports Lacrosse has a significant number of rules & regulations. Below is just an example of the common rules that a player may be called for and the penalties it results in.

Committing a foul: When a player commits a foul he will be sent out of the game for a specific amount of time (operates similarly to the sin-bin in ice hockey). The player must raise his stick at full arm's length above his head until he reaches the penalty box, he must remain in the penalty box until an official releases him.

The timing of a penalty will begin when the penalised player sits down on one of the seats in the penalty box, or when the whistle blows to re-start play, whichever is the later. If there are no empty seats left in the relevant penalty box, then the penalised player should kneel on one knee beside the seats.

Note: The penalty time will only run during normal playing time! Meaning stoppages for all time outs or between periods will temporally interrupt the penalty time. The penalty time will end when the time for the penalty has expired, except in the case of a technical foul where the penalised team concedes a goal. This shall release the player from serving the remainder of his penalty time.

Types of fouls: There are 2 distinct types of fouls – technical & personal.

1) Technical fouls are the minor fouls and generally result in a turnover of the ball to the opposition or result in a 30 second penalty (offside etc).

2) Personal fouls are those of a more serious kind normally results in the team being fouled to received possession of the ball. In the case of a personal foul the player who committed the fouls will be suspended from the game for a period of 1, 2 or 3 minutes, depending upon the referees' diagnosis of the severity & intention of the foul.

Technical Fouls:

- i) If the offending team has possession of the ball, or if the ball is loose at the time a technical foul is committed, then possession shall be awarded to the opposing team at the point where the ball was when the foul occurred.
- ii) If the opponents of the offending team have possession of the ball at the time a technical foul is committed, then the penalty shall be suspension from the field of play for 30 seconds for the player committing the foul.

- **INTERFERENCE:** A player may not interfere in any manner with an opponent in an attempt to keep him from a loose ball except when both are within 9 feet (2.74 metres) of a loose ball. A player may not, by the use of his body or his crosse, interfere with a player who is in pursuit of an opponent who has possession of the ball. A player may not guard

an opponent so closely as to prevent the opponent's free movement when the opponent is not in possession of the ball.

- **Pushing:** The pushing must not be from the rear, it must not be below the hip and it must not be at or above the neck unless the pushed player turns his back or jumps or moves in such a manner as to make what started as a legal push appear illegal. Pushing an opponent who is lying on the ground, or who is down on one or both knees, is illegal. Unnecessary roughness must not be used during a push.
- **ILLEGAL PICK:** No offensive player shall move into and make contact with a defensive player with the purpose of blocking that defensive player from the man he is marking. If a pick is to be made it must be stationary.
- **HOLDING:** A player shall not hold an opponent or an opponent's stick
- **KICKING AN OPPONENT'S CROSSE:** A player may not deliberately step on or kick the stick of an opponent.
- **HANDLING THE BALL:** A player shall not touch the ball with his hand(s) while it is in play, except the goalkeeper in his crease
- **WITH-HOLDING THE BALL FROM PLAY:** A player shall not lie on a loose ball on the ground. A player shall not trap a loose ball on the ground with his stick longer than is necessary for him to control the ball and pick it up in one continuous motion.
- **ILLEGAL ACTIONS WITH THE CROSSE:** A player shall not throw his stick under any circumstances. No player shall take part in the play of the game in any manner unless he is grasping his stick with at least one hand. Players who are legally on the field of play may exchange crosses
- **ILLEGAL PROCEDURE:** Illegal procedure is when either of the following occurs:
 - (i) A player leaves the penalty box before being authorised to do so by the penalty time-keeper is a foul.
 - (ii) A player delays the game. He delays the game if, during a stoppage in play, he bats, kicks or throws the ball away.
 - (iii) The team is not ready to start or restart play.
 - (iv) The team has more than 10 men (including men in the penalty box) in the game at any time, except after the scoring of a goal, at the end of a period, and during a time-out of any kind.
 - (v) A player enters the game illegally. When entering or leaving the field of play must do so through the gate, except after the scoring of a goal, at the start or the end of a period and during a time-out of any kind.
- **STALLING:** Any deliberate action on the part of a team in possession of the ball to maintain possession of the ball outside the attack goal area by holding or passing the ball without reasonable effort to attack its opponents' goal is a technical foul
- **OFF-SIDE:** a team is off-side, provided that the ball is in play, when:
 - i) It has fewer than 3 men in its attack half of the field between the centre line and the

- end line;
- ii) Or it has fewer than 4 men in its defensive half of the field between the centre line and the end line.

Except in cases where a goal is scored when one or both teams are off-side.

- **THRUSTING CROSSE AT FACE OF OPPONENT:** A player shall not push, thrust or flick his stick at the face of an opponent.
- **WARDING:** When a player uses his free hand or arm to hold, push or control the direction of an opponent's stick check.

Personal Fouls:

The ball shall normally be given to the team which has been fouled. If the foul occurs prior to the start of the game, or after the scoring of a goal or the end of a period, then the ball shall be awarded to the opponents of the offending team at the centre of the field.

- **ILLEGAL BODYCHECK AND ILLEGAL TAKE-OUT:**
 - (I) A bodycheck *or a take-out* of an opponent who is not in possession of the ball, or within 9 feet (2.74 metres) of a loose ball or within 9 feet (2.74 metres) of a ball in flight, is illegal.
 - (II) An avoidable bodycheck *or take-out* of an opponent after he has thrown the ball is illegal.
 - (III) A *take-out* of an opponent in which contact is from the rear, below the hip, or at or above the neck is illegal, unless the player *taken-out* turns his back or jumps or moves in such a manner as to make what started as a legal *take-out* appear illegal.
 - (IV) *Taking-out* an opponent who is lying on the ground, or who is down on one or both knees, is illegal. *Unnecessary roughness MUST NOT be used during a take-out or a bodycheck*
- **SLASHING:** Under no circumstances shall a player swing his stick at an opponent's stick with deliberate viciousness or reckless abandon, and a foul is committed in such circumstances whether or not the opponent's stick or body is struck.
- **Head-Check:** A strike by the stick on the helmet or neck of an opponent is illegal, except when done by a player in the act of passing or shooting. For the purpose of this rule, mere contact is not a strike. The contact must be a definite blow, and not merely a brush.
- **CROSS-CHECK:** A player may not check an opponent with that part of the handle of his stick which is between his hands, either by thrusting his stick away from him or by holding it extended from his body.
- **TRIPPING:** A player shall not intentionally trip an opponent with any part of his stick or body.

- **UNNECESSARY ROUGHNESS:** An excessively violent infraction of the rules against holding or pushing is a personal foul, designated unnecessary roughness. Any avoidable act by a player which is deliberate and excessively violent shall be designated unnecessary roughness, whether it be with the body or the stick.

- **UNSPORTSMANLIKE OR UNGENTLEMANLY CONDUCT:** No player, substitute, non-playing member of a squad, coach or anyone officially connected with a competing team shall:
 - (i) Enter into argument with an official as to any decision which he has made;
 - (ii) In any way attempt to influence the decision of an official;
 - (iii) Use threatening, profane or obscene language or gestures to an official or to any member of the opposing squad;
 - (iv) Commit any act considered unsportsmanlike *or ungentlemanly* by the referees;
 - (v) Repeatedly commit the same technical foul.Where an unsportsmanlike *or ungentlemanly* conduct penalty has been inflicted, and the penalised person continues to act in an unsportsmanlike *or ungentlemanly* manner, the referees have the right to banish him from the bench area.

Rules & Regulations: Misc

- **PLAYER COMMITTING 5 PERSONAL FOULS:** Any player committing 5 personal fouls shall be “fouled out” of the game, and shall not be allowed to take any further part in it.
- **THE NATURE OF AN EXPULSION FOUL:**
 - (i) The act of deliberately striking or attempting to strike an opponent, a non-playing member of the opponents’ squad, a coach or anyone controlling the play of the game with the hand, stick, ball or otherwise by a player, a substitute, a non-playing member of a squad, a coach or anyone officially connected with a team may be an expulsion foul.
 - (ii) Where a fight occurs on the field of play, and the officials have “frozen” the benches, by indicating to the team personnel who are on the benches that they should remain there, then any team personnel pushing past an official in order to join in a fight may be expelled from the game.
 - (iii) Where two players from competing teams are fighting and a third participant enters the altercation, then the third man into the altercation may be expelled from the game.
 - (iv) Refusal to accept the authority of the officials, or the use of foul or abusive language *or unsportsmanlike or ungentlemanly conduct* may be an expulsion foul.
- **SIMULTANEOUS FOULS:** When a member of a team commits a foul, and then a member of the opposing team commit’s a foul, then the fouls shall be considered simultaneous fouls, provided that the fouls are not separated by a whistle which has restarted play, or by the scoring of a goal, or by the end of a period.
- When simultaneous fouls have been committed all fouls being technical, the fouls cancel, and the team in possession at the time of the first simultaneous foul retains possession where the ball was when the whistle sounded. If no team was in possession at the time of the first simultaneous foul, the ball is faced where it was when the whistle sounded.
- **THE PLAY-ON TECHNIQUE:** Where a player commits a loose-ball technical foul, and the offended team may be disadvantaged by the immediate suspension of play, then the referee shall visually and verbally signal “Play-on”, and he shall with-hold his whistle until such time as the situation involving the potential advantage has been completed, as follows:
 - i) If the offended team gains possession of the ball, then the play-on situation has lapsed, and the official will cease to signal.
 - ii) If the offending team gains possession of the ball, then the whistle sounds, and the offended team is awarded the ball.
 - iii) If the offended team commits a foul, then the whistle blows, and the usual simultaneous fouls rules apply.

Glossary

- **One**: The call to let the defence that you are the person sliding if the defender marking the ball gets beaten.
- **Two**: The call to let the defence know that will slide second covering the attacker another defender has left to go to the ball carrier.
- **Ball**: a call to let the team know you are marking the ball carrier or to let the team know you intend to pick up a ground ball.
- **Body Check**: Contact with an opponent from the front - between the shoulders and waist - when the opponent has the ball or is within five yards of a loose ball.
- **Box**: An area used to hold players who have been served with penalties, and through which substitutions ""on the fly"" are permitted directly from the sideline onto the field.
- **Channels**: the areas where defenders try to send their opponents. They refer to the sidelines of the island so to speak. They are the areas from which shoots are more difficult to make.
- **Checking**: The act of attempting to dislodge the ball from an opponent's stick.
- **Check**: Called when an attacking player is likely to take a shot, come down hard on this player.
- **Choked up**: Refers to your hands being further up the shaft of the stick than they usually are.
- **Clearing**: Running or passing the ball from the defensive half of the field to the attack goal area.
- **Cradling**: The coordinated motion of the arms and wrists that keeps the ball secure in the pocket and ready to be passed or shot when running.
- **Crease**: A circle around the goal with a radius of nine feet into which only defensive players may enter.
- **Crease-man**: The attack-man who plays on crease
- **Crunch**: A call to let the defence know that they are too far out from goal and that

they need to return & help guard the goal.

- **Cutting**: A movement by an offensive player without the ball, toward the opponent's goal, in anticipation of a feed and shot.
- **Dice (Dice it up)**: The set up used during man down defence. This is the situation that results from a time-serving penalty which causes the defence to play with at least a one man disadvantage.
- **Dodging**: The technique of avoiding your defender to get a shot or pass off.
- **Drop Step**: The first step backwards a defender takes when his opponent is attempting to dodge them.
- **Face-Off**: A technique used to put the ball in play at the start of each quarter, or after a goal is scored.
- **Fake**: A technique that involves deceiving your opponent into believing that you have either shot or passed while the ball remains in your stick.
- **Fast-Break**: A transition scoring opportunity in which the offense has at least a one-man advantage.
- **Feeding**: Passing the ball to a teammate who is in position for a shot on goal
- **Flash**: Similar to the act of beginning to cut then retreating to original position
- **GLE**: Goal line extended, the imaginary line that continues from the goal, is used as a marker by both defensemen & attack-men.
- **Glory Run**: When a defender clears the ball out of defence by running it himself, usually dodging a number of attack-men & midfielders as he does so.
- **Green Light**: They have permission to do what is necessary i.e. you have a green light for a dodge.
- **Ground Ball**: A loose ball on the playing field.
- **High Hip**: a term to describe where a defender should be on his player while marking them. Should be higher than there hip so that they are forced from turning into the centre.
- **Hot**: (see one)
- **(the) Island**: roughly it is the 10ft by 10ft area in front of the goal that must be protected at all times. Any opposing player found in this area with the ball should not be left standing hence its nickname of the kill zone.

- **Iso**: Refer to an isolation call. To make the ball carrier aware that there is a mismatch (they are a better player than the person defending them) & tells them they have should go for a dodge.
- **(the) Kill Zone**: see (the) Island
- **(a) Kenny**: An indecisive player
- **Line up**: Before a match begins the starting 10 players line up opposite the opposing teams starting 10 for clarification of quarter times etc.
- **LSM**: Long-stick Middies, refers to when a long-pole is played at the 3rd midfielder
- **Man up**: (Also called man up offense) Not a command to grow a pair but when our team is at an advantage of having an extra man on the pitch man as a result of the other team suffering a penalty
- **Midfield Line**: The line which halves the field of play.
- **Middie Back**: A call to let the defender in possession of the ball know that a midfielder is staying back so that they can cross over the half way line without being called for offside.
- **On-The-Fly Substitution**: A substitution made during play.
- **Pick**: An offensive manoeuvre in which a stationary player attempts to block the path of a defender guarding another offensive player.
- **Pocket**: The strung part of the head of the stick which holds the ball.
- **Point**: a call to let other players know that on a fast break you are the first person to slide.
- **Up top**: refers to the area around the attacking restrained. For instance, who's marking the man up top.
- **Riding(Ride)**: The act of trying to prevent a team from clearing the ball.
- **Ripping the duck**: When a shot bursts through the ties of the goal net
- **Release**: The term used by an official to notify a penalized player in the box that he may re-enter the game.
- **Sag**: see crunch
- **Slide**: Sadly not referring to the play park equivalent. The act of changing the person

you are marking when the teammate you are covering gets beat.

- (a) **Strip**: The act of dislodging the ball from an opponent's stick with a timed stick check.
- **Sugar foot**: (see drop step)
- **Wheels**: A term to signify that the player in possession of the ball should use their speed to evade their opposition.
- **X**: The area behind the lacrosse goal.
- **Yard Sale**: When a check forces an opponent to drop their stick.