

Men's Lacrosse

Men's Lacrosse Positions:

Attack:

The attack man's responsibility is to score goals. The attack man generally restricts his play to the offensive end of the field. A good attackman demonstrates excellent stick work with both hands and has quick feet to maneuver around the goal. Each team should have three attackmen on the field during play.

Midfield:

The midfielder's responsibility is to cover the entire field, playing both offense and defense. The midfielder is a key to the transition game and is often called upon to clear the ball from the defense to the offense. A good midfielder demonstrates good stick work including throwing, catching and scooping. Speed and stamina are essential. Each team should have three midfielders on the field.

Defense:

The defenseman's responsibility is to defend the goal. The defenseman generally restricts his play to the defensive end of the field. A good defenseman should be able to react quickly in game situations. Agility and aggressiveness are necessary but great stick work is not essential to be effective. Each team should have three defensemen on the field.

Goal:

The goalie's responsibility is to protect the goal and stop the opposing team from scoring. A good goalie also leads the defense by reading the situation and directing the defensemen to react. A good goalie should have excellent hand/eye coordination and a strong voice. Quickness, agility, confidence and the ability to concentrate are also essential. Each team has one goalie in the goal during game play.

Men's Lacrosse Equipment:

1. The crosse (stick) is made of wood or synthetic material with a shaped net pocket at the end.
2. The ball is made of solid rubber.
3. The helmet, face mask, chin pad with strap.
4. A mouthpiece
5. Gloves, padded for hand protection.
6. Protective equipment, shoulder pads, arm pads, rib pads, and athletic supporters and protective cups.
7. Goalie equipment, throat protector, chest protector and the above.

Rules:

Men's lacrosse is a contact game played by ten players. The object of the game is to shoot the ball into the opponent's goal. The team scoring the most goals wins.

Men's lacrosse begins with a face-off. The ball is placed between the sticks of two players at ground level at the center of the field. The official blows the whistle to begin play. Each face-off player tries to control the ball. The players must wait until one player has gained possession of the ball, or the ball has crossed the goal area line before they can release.

Field players must use their crosses to pass, catch and run with the ball. Only the goalkeeper may touch the ball with his hands. A player may gain possession of the ball by dislodging it from an opponent's crosse with a stick check. A stick check is the controlled poking and slapping of the stick and gloved hands of the player in possession of the ball.

Body checking is permitted if the opponent has the ball or is within five yards of a loose ball. All body contact must occur from the front or side, above the waist and below the shoulders, and with both hands on the stick. An opponent's crosse may also be stick checked if it is within five yards of a loose ball or ball in the air. Aggressive body checking is discouraged.

If the ball or player in possession of the ball goes out of bounds, the other team is awarded possession. If the ball goes out of bounds after an unsuccessful shot, the player nearest to the ball when and where it goes out of bounds is awarded possession.

An attacking player cannot enter the crease around the goal, but may reach in with his stick to scoop a loose ball.