

Lacrosse

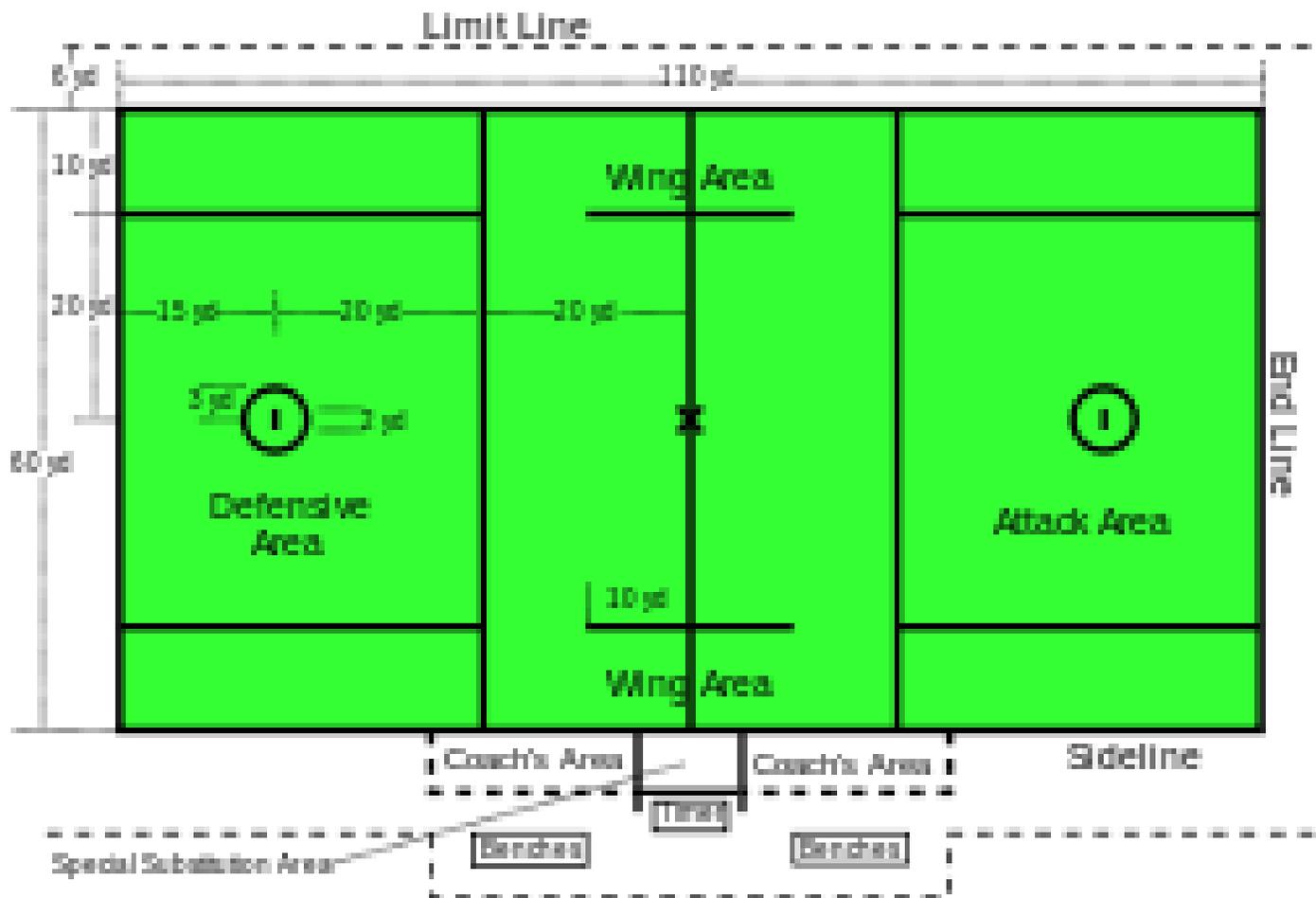
History: Lacrosse is a team sport of Native American origin played using a small rubber ball and a long-handled stick called a crosse or lacrosse stick. When originally played by Native Americans it was known by several different names, depending on the tribe, including "bagataway" or "the little brother of war" in the Ojibwe language, and "tewaarathon" in the Mohawk language.[1]

Equipment: The boys/men's version of the game is a contact sport, which requires padding such as shoulder pads, gloves, helmets, elbow pads, cup, and sometimes rib guards. The girls/women's game limits stick contact and prohibit body contact, requiring little protective equipment. However as of 2003, women's lacrosse required the wearing of a protective face mask, commonly referred to as the "goggle," in the United States, while it remains an optional piece of protective equipment in the international version of the game. [2]

Objective: Offensively, the objective of the game is to score by shooting the ball into an opponent's goal, using the lacrosse stick to catch, carry, and pass the ball to do so. Defensively, the objective is to keep the opposing team from scoring and to gain the ball through the use of stick checking and body contact or positioning.

Association: The sport has four major types: men's field lacrosse, women's lacrosse, box lacrosse and inter-crosse. The Federation of International Lacrosse runs the World Championships. The European Lacrosse Federation runs the European Lacrosse Championships.

Rules: Men's Lacrosse Rules: Men's lacrosse is a contact game played by ten players: a goalkeeper, three defensemen, three midfielders and three attack men. The object of the game is to shoot the ball into the opponent's goal. The team scoring the most goals wins. Each team must keep at least four players, including the goalie, in its defensive half of the field and three in its offensive half. Three players (midfielders) may roam the entire field. Generally, high school games are 48 minutes long, with 12 minute quarters. Each team is given a two minute break between the first and second quarters, and the third and fourth quarters. Half-time is ten minutes long. Teams change sides between periods. Each team is permitted two time-outs each half. The team winning the coin toss chooses the end of the field it wants to defend first. Men's lacrosse begins with a face-off. The ball is placed between the sticks of two squatting players 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 in the wing areas can release; the other players must wait until one player has gained possession of the ball or the ball has crossed the goal line. Center face-offs are also used after a goal and at the start of each quarter. Players may run with the ball in the crosse, pass and catch 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, which includes 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. However, all contact must occur from the front or side, above the waist and below the shoulders. An opponent's crosse may also be stick checked if it is within five yards of a loose ball or ball in the air. If the ball or a player in possession of the ball goes out of bounds, the other team is awarded possession of the ball. If the ball goes out of bounds after an unsuccessful shot on goal, 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.



Penalties:

Men's Lacrosse Personal Fouls

The penalty for a personal foul is a one to three minute suspension from play and possession to the team that was fouled. Players with five personal fouls are ejected from the game.

SLASHING: Occurs when a player's stick contacts an opponent in any area other than the stick or gloved hand on the stick.

TRIPPING: Occurs when a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs.

CROSS CHECKING: Occurs when a player uses the handle of his crosse to make contact with an opponent.

UNSPORTSMANLIKE CONDUCT: Occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, obscene language or gestures, and arguing.

UNNECESSARY ROUGHNESS: Occurs when a player strikes an opponent with his stick or body using excessive or violent force.

ILLEGAL CROSSE: Occurs when a player uses a crosse that does not conform to required specifications. A crosse may be found illegal if the pocket is too deep or if the crosse was altered to gain an advantage.

ILLEGAL BODY CHECKING: Occurs when any of the following actions take place: (a) body checking of an opponent who is not in possession of the ball or within five yards of a loose ball; (b) avoidable body check of an opponent after he has passed or shot the ball; (c) body checking of an opponent from the rear or at or below the waist; (d) body checking of an opponent by a player in which contact is made above the shoulders of the opponent. A body check must be below the neck, and both hands of the player applying the body check must remain in contact with his crosse.

ILLEGAL GLOVES: Occurs when a player uses gloves that do not conform to required specifications. A glove will be found illegal if the fingers and palms are cut out of the gloves, or if the glove has been altered in a way that compromises its protective features.