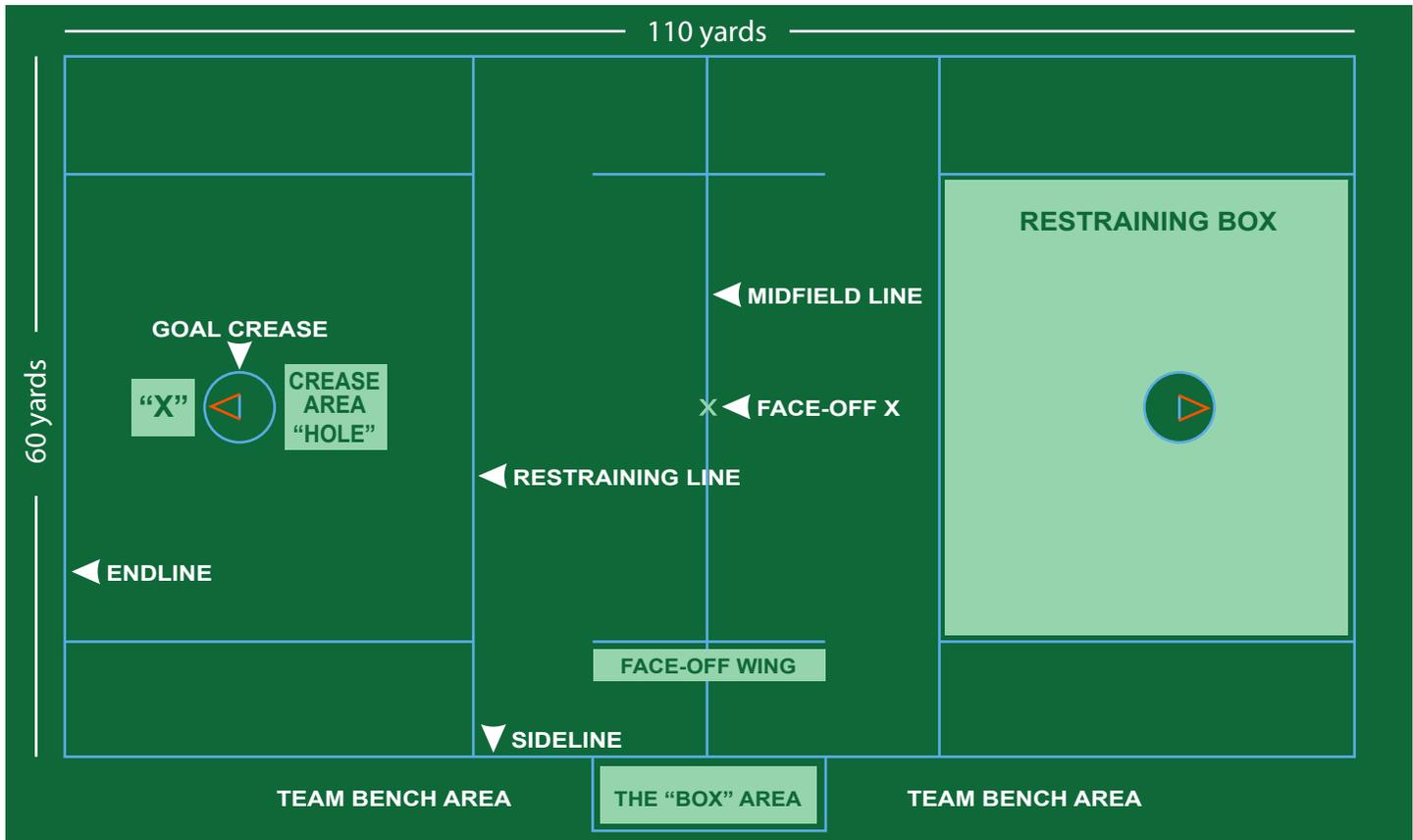




**SEA KING  
LACROSSE 101**

*Know the game. Grow the game.*



"X" - refers to the area directly behind the goal crease. Most offenses, both settled and unsettled, are initiated through "X".

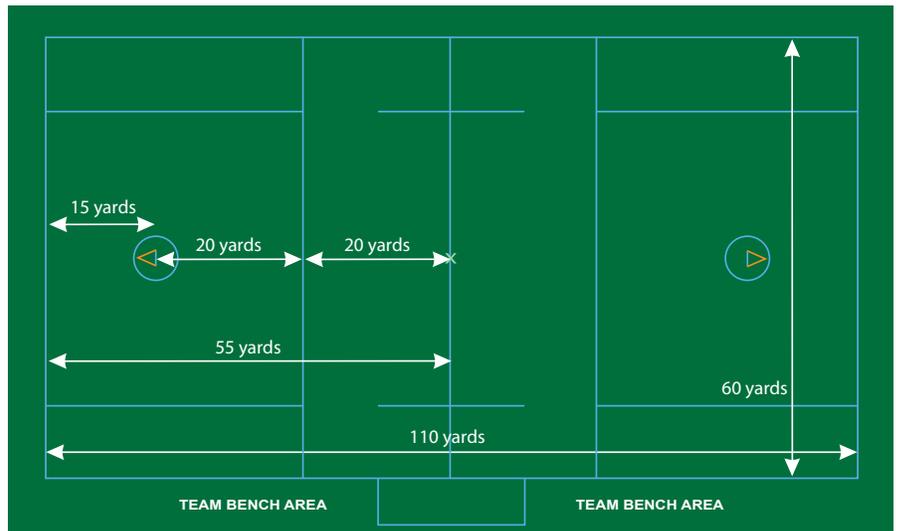
"The Box" - refers to two places on the lacrosse field - the first is the Restraining Area delineated by the restraining line (side to side) and the two lines running from the restraining line to the endline. Offensive and defensive players must remain behind the restraining line during a face-off until one of the midfielders participating in the face-off gains possession or the ball enters the box area. In the last two minutes of a game, the winning team, or both teams if the game is tied, must keep the ball inside of their offensive box once it enters that area, or the result is a turnover.

The second "box" is the substitution area at midfield. Similar to ice hockey, teams may substitute players through the box while the ball is in play - one player comes off, one player goes on. These substitutions must occur on the proper side of midfield to avoid going offsides.

"The Crease" - technically, it is the 9' radius goal crease around the goal which protects the goalie. An offensive player who goes into the goal crease area commits a turnover, unless he is pushed or scores prior to entering the crease. The "Crease Area" typically refers to the area directly in front of the goal crease. Offenses typically have at least one player "on the crease" at all times - similar to having a player posted up in the lane in basketball.

"The Hole" - a defensive term for the area in front of the goal (crease area). Coaches will often yell to their players to "get in the hole" in unsettled defensive situations.

"Down the Side" - refers to a fundamental strategy in the transition game and unsettled situations in which the team going from defense to offense pushes the ball "down the side" to an attackman on the wing, who then distributes it to a second attackman at "X".



## General Rules

### Number of Players & Substitutions

There are a total of ten players on the field at a time: 1 goalie, 3 defensemen, 3 midfielders and 3 attackmen. Player substitutions take place between periods, during timeouts and "on the fly" through the substitution "box" at midfield.

### Length of the Game & Overtime

A high school game consists of four 12 minute periods. If there is a tie at the end of regulation, the teams play a series of 5 minute sudden overtime death periods until someone scores. Teams are allowed two timeouts per half and one in each overtime period.

### The Stick

Players "sticks" must be between 40-42 inches long and 52-72 inches in length for long sticks. There is a limit of four "long stick defensemen" on the field at any one time (per team). Sticks can be found illegal for length, depth of the "pocket," or if it has been altered to gain an advantage. A player who uses an illegal stick is given a 2-minute non-releasable penalty.

### The Goal & Crease

The goal is 6' by 6'. It is in the center of a "crease," which is 9' in radius or 18' in diameter. The crease, and the rules governing it, are designed to protect the goalie. No player on offense may enter the crease at any time (unless pushed by a defender). Going in the crease on offense results in a change of possession, or a free clear if the goalie has possession. Upon a save and gaining possession of the ball, the goalie has up to 4 seconds to remain in the crease with the ball.

### The Face-Off

The start of play begins with a "face-off" at midfield. The official places the ball on the ground and, on his whistle, the face-off "specialists" and their two wing men battle for possession. All other players must remain behind the two point arc until one of the midfielders gains possession. Face-offs are held at the start of each quarter and after a goal is scored.

### Penalties

Penalties are similar to those in ice hockey - illegal substitution, offsides, crease violation, holding, slashing, pushing, tripping, cross-checking, illegal stick or equipment, and game misconduct. Penalties range from a simple change of possession to time serving penalties, creating "man-up" opportunities similar to hockey's power play.

### Offsides

In order to remain on-sides, teams must keep three players on their offensive half of the field (typically 3 attackmen) and four on their defensive half (typically three defensemen and a goalie) at all times. Should the goalie or a defenseman wish to cross midfield while clearing the ball, they can have another player (midfielder) "stay back" for them until they return to the defensive end of the field. The same goes for an attackman who wishes to cross into the defensive half of the field while riding a player from the other team.

### Chasing A Shot

After a missed shot, the team closest to the ball when it goes out of bounds is awarded possession. This can be on the endline or sideline.

### Player Contact

A player may make physical contact with a player from the opposing team as long as that player is in possession of the ball, or within 5 yards of a "loose ball." When making contact, the player must have two hands on his stick, make contact above the knees and below the neck, from the front or the side, and cannot lead with his stick (crosschecking) or his head (illegal body check/contact to the head)



# Lacrosse Terms

In lacrosse, there are 10 players on the field at a time:

- 1 Goalie
- 3 Defensemen
- 3 Midfielders
- 3 Attackmen

**Attack or Attackmen** - the 3 offensive specialist that operate around the goal at the offensive end of the field.

**Middie or Midfielders** - the 3 players who operate primarily in the center portion of the field, playing both offense and defense.

**Defense, Close Defense or Defensemen** - the 3 players who work in coordination with the goalie to prevent the opposition from scoring.

**Long Pole, Long Stick or LSM** - refers to a midfielder who is a defensive specialist and plays with a longer stick. The rules allow only 4 long sticks to be on the field at one time.

**Face-Off Man or FOGO** - usually midfielder who specializes in the face-off techniques. "Fogo" is an acronym and refers to the pure specialist whose role it is to simply Face Off, Get Off (leave the field right away).

**Chasing the Shot** - after a shot, the closest player (team) to the ball, when it goes out, is awarded possession. Thus, players will "chase a shot" to the point where it goes out of bounds.

**Check-Up** - a defensive term which means for all of the players on defense to find a player to defend (man to man).

**Clearing** - the running or passing of the ball from the defensive half of the field to the offensive.

**Cradling** - The rhythmical coordinated motion of the arms and wrists that enables a player to keep the ball secure in his stick and ready to be passed or shot.

**Extra-Man or Man Up** - A one-man offensive advantage (at least) that occurs following a time-serving penalty - usually 6 on 5.

**Fast Break** - a transition scoring opportunity in which the offense enjoys at least a one-man advantage - usually a 4 on 3.

**Feeding** - passing the ball to a teammate who is in a position to shoot.

**Goal Line Extended or "GLE"** - the imaginary line from the goal line to the sideline

**Ground Ball or "gb"** - A loose ball anywhere on the playing field

**Man-Down** - the defensive situation that arises from a time-serving penalty against a team in which their defense is in at least a one-man disadvantage - usually 6 on 5.

**Riding** - The act of attempting to prevent a team from clearing the ball.

**Slide** - A move by a defender to give support to a teammate who has been beaten by his man.

**Slow Break** - refers to an unsettled offensive situation in which the offense has at least a one-man advantage, but the advantage is not as obvious as a "fast break." In a slow break situation, the offense tries to get the ball to a player at "X" and find the open man.

**Transition** - the act of going from defense to offense (by clearing the ball from the defensive end) or from offense to defense (by the opponent clearing the ball from their defensive end).



## Failure to Advance and Stalling Rules

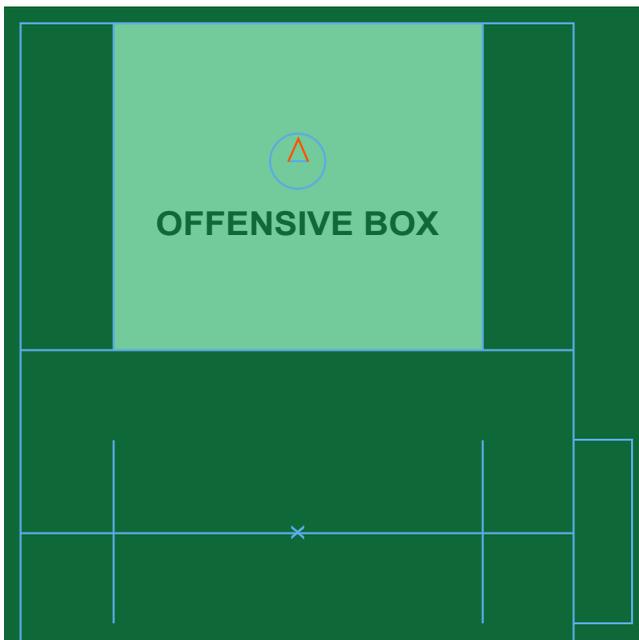
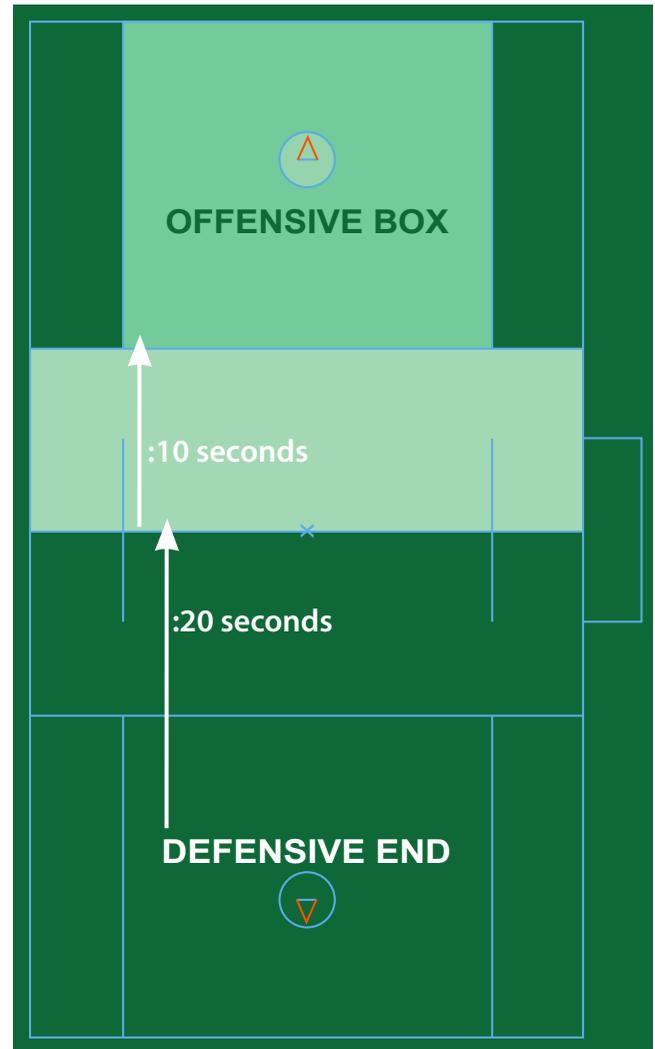
### “Failure To Advance”

Upon gaining possession in its defensive end, the team in possession has 20 seconds to clear the ball across midfield. The ball can be carried or thrown across the midfield line.

The referee has a twenty second timer on his belt. If it beeps before the clearing team crosses midfield, he will call them for “failure to advance” and award the ball to the riding team.

If the clearing team successfully crosses midfield, they have an additional 10 seconds to get the ball inside the offensive “box area.” You may hear coaches and teammates yelling for the player with the ball to “get a touch.” This is why - they are reminding him of the 10 second count. The referee uses a visual 10 second count with his arm.

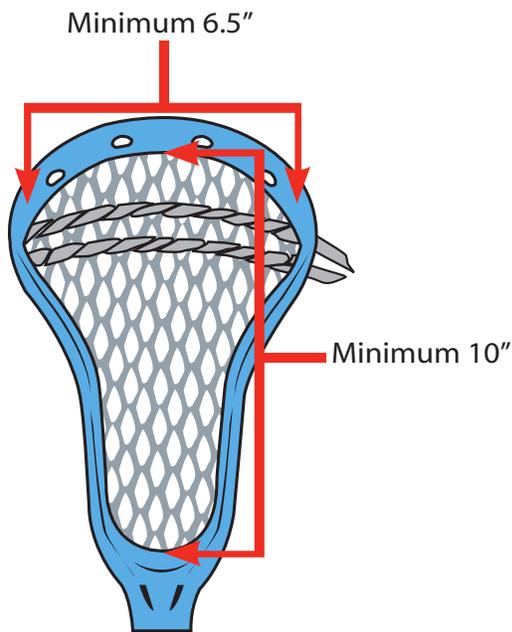
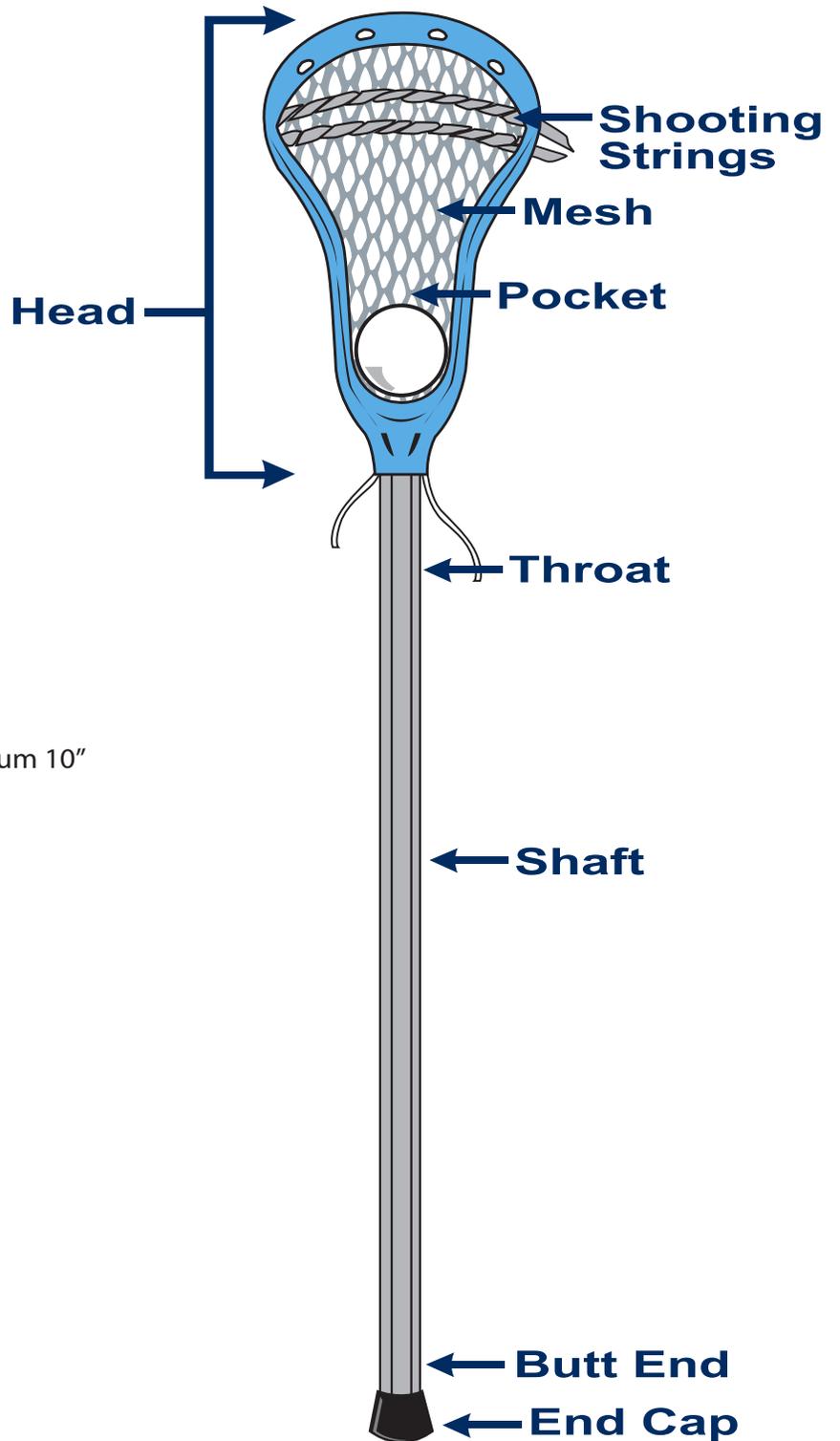
Failure to “get a touch” within ten seconds results in a “failure to advance call.” The official has made this call when you see him repeatedly touching the top of his head with the palm of his hand.



### “Keep It In”

In the last 2 minutes of a game, the team who is winning (by four goals or less), will be told by the referee to get the ball into the goal area and “keep it in.” This means the offense will have ten seconds to get it in and must then keep the ball inside of the restraining box. If the ball is already in the box when the “keep it in” warning is given the team must keep it in (no initial 10 second allowance to get it in). If the ball leaves the box area in any manner other than a shot on goal or a touch by the defensive team, stalling is called and the ball is awarded to the other team.

This warning can be issued at any time during the game if the referee feels the offensive team is not making an attempt to go to the goal. This “stall warning” remains in effect until a goal is scored, the defensive team gains possession of the ball or the period ends resulting in a face-off. After the team has been warned, stalling shall be called if the ball leaves the goal area in any manner other than a shot on goal or a touch by the defensive team.



Sticks on the field at any one time:

1 Goalie Stick

3-4 Long-Sticks (maximum 4)  
Minimum of 52" / Maximum of 72"

3 Close Defensemen

1 Long-Stick Midfielder

5-6 Short Sticks (minimum 5)

Minimum of 40" / Maximum of 42"

3 attackmen

2-3 midfielders