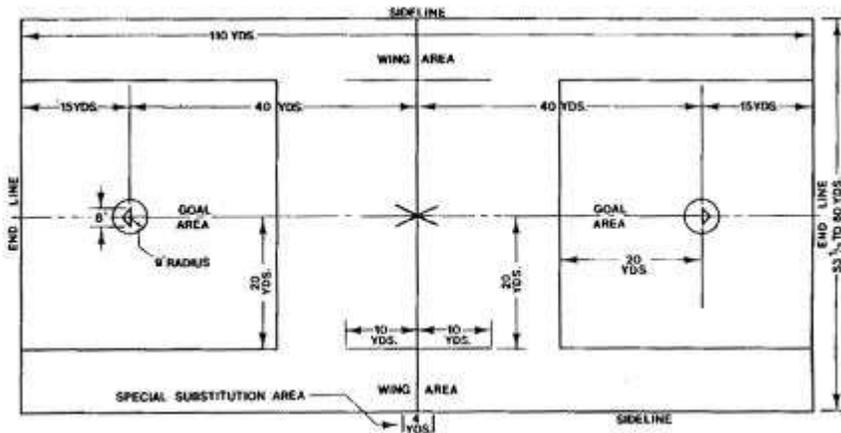


Part 1: Goals and Field

A lacrosse field is 110 yards long and can be from 53 1/3 to 60 yards wide. The goals are 80 yards apart with a playing area of 15 yards behind each goal. The length of the field is divided in half by a center line (in the center... duh...) An 18 ft. diameter circle is drawn around each goal and is known as the "crease." A rectangle, 35 yards by 40 yards surrounds each goal area and is known as the "goal area." An "X" is marked in the center of the field. There is a special substitution area on the sideline, next to the timers table. See the field diagram below for a clearer picture.



The goal is 2 vertical posts 6 feet apart, joined by a top crossbar (6 feet long...) which is 6 feet from the ground. (In layman's terms, it's a 6'x6' goal..) A line is drawn on the ground between the posts in order to indicate the plane of the goal. This line becomes known as the goal line. (Where do they think up these crazy terms?) Attached to the goal is cord netting, which is fastened to the ground 7 feet behind the center of the goal.

A goal is scored when the ball breaks the plane of the goal line, and is worth 1 point.

Part 2: Players

Each team has a total of 10 players on the field, plus substitutes. There are 4 positions in the game of lacrosse. Attack, midfield, defense, and goalie. The 3 attackmen play at the front of the team, and spend a lot of time around the opponents goal trying to score. They act in much the same way as forwards do in soccer. The 3 midfielders cover most of the field and spend time acting as both offensive and defensive players. The 3 defensemen hang out around their own goal, defending it.

That's the general gist of the players and their positions.

Part 3: Equipment

The lacrosse ball is white, and made of solid rubber. It is 2.5 - 3 inches in diameter and extremely hard. It must bounce 43 - 51 inches when dropped from the height of 6 feet onto a solid wooden floor. During the game, the ball may not be touched by the hands. (unless you're the goalie, and in the crease...) It is legal to kick the ball with your foot, (...not recommended since the ball is so hard...) or bat it with the stick. Usually, the ball is caught, thrown and carried within the pockets of the sticks.

The stick (or crosse, if you're being pure...) can be any length between 40 and 72 inches. The goalies stick may be of any length. The head on the stick must have an inside measurement of between 6 1/2 and 10 inches. (again, the goalies stick is excepted...) The stick can be made of wood, plastic, aluminum, titanium, or any other synthetic material. The net on the head of the stick is usually made from leather, cord and nylon. The pocket on the stick may not "sag" to a depth where the top edge of the ball is below the bottom edge of the side of the head.

Required personal equipment consists of a helmet, gloves and athletic supporter. (but aren't we all athletic supporters at heart?) The helmet is lacrosse specific and is considerably lighter than a football helmet. It must be equipped with a face mask and cupped chin strap. The gloves are similar to ice hockey gloves, but are more flexible and have more padding.

Optional gear includes arm pads, shoulder pads and rib pads. All are recommended. (the ball REALLY does hurt!!)

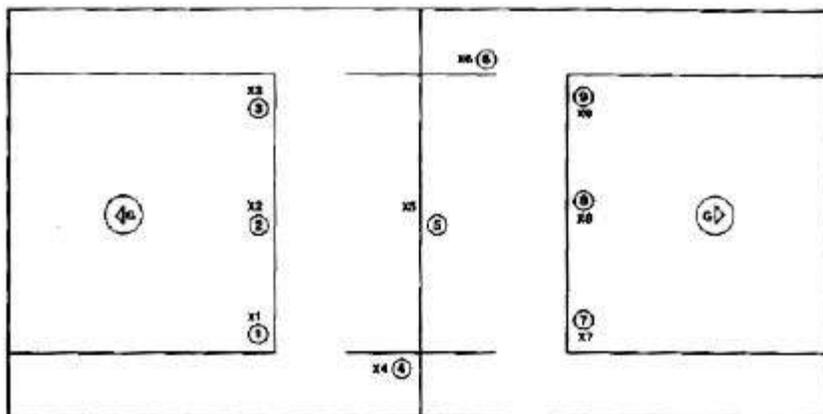
The remaining gear consists of shoes, a jersey, and shorts. Any football or soccer shoe can be used for footwear. The jersey is about the same as a football jersey, and the shorts are similar to basketball shorts.

Part 4: Playing the game

Regulation playing time in the game of lacrosse is 60 minutes divided into 4 15 minute periods. If there happens to be a tie at the end of regulation time, play will continue in 2 periods of 4 minutes each. If the game is then still tied, play will then continue sudden death style until a goal is scored.

Control of the game is held by 2 officials, the umpire and the referee. Sometimes a field judge is also used. The referee is the final word in all decisions.

Play is started at the beginning of each period (and after each goal,) with a faceoff. At a faceoff, each player on the team must stay in a specific area of the field. See diagram below....



When the official blows his whistle to start play, the 2 center midfielders (at position 5 on the chart,) start the faceoff. The 2 wing midfielders are then released from their positions. (at 4 and 6 on the chart) The remaining players on the field must hold their positions until a player on either team gains control of the ball, (usually signified by a whistle) the ball crosses either goal area line, or the ball goes out of bounds. After that, the team in control of the ball

tries to score and the game progresses.

The offside rule in lacrosse is downright odd. It requires each team to have 3 players on its attack half of the field and 4 players on its defensive half at all times. This prevents all twenty players from jamming up in any one spot on the field.

When a ball goes out of bounds (either by throw or carry,) the opposing team gets possession. As standard as this is, there is a peculiar exception. If the ball goes out of bounds as a result of a shot on goal, possession is awarded to the team whose player is closest to the ball when it goes out of bounds.

Substitutions of players may be made any time play is suspended, or may be made during play. (ice hockey style...) The in-play substitutions are made one player at a time at the special substitution area at the center line.

Body checking is legal if the opponent has the ball, or is within 5 yards of a loose ball, and the contact is from the front or side. (and above the knees...)

Stick checking is legal only when striking an opponents stick, (or his hands upon the stick,) and only in the situations described above. No other part of the body may be checked with the stick. (unless you can get away with it... he he he...)

When a player commits a penalty, that player is forced to spend time in the penalty box. His team is then forced to make do with 1 less player. There are 2 types of fouls. Personal fouls are punishable by a 1 to 3 minute penalty. (at the discretion of the officials...) Technical fouls are punishable by a 30 second penalty if the offending team does not have possession of the ball, and by a loss of possession if his team does have the ball. The penalized player must spend his penalty time in the penalty box and must remain there until the timekeeper informs him that his penalty is up. The fouls are as follows...

Technical Fouls:

- Interference: Interfering with the movement of a player who does not have the ball or is farther than 5 yards from a loose ball
- Holding: Holding an opponent or his stick (in any way...)
- Pushing: Pushing someone who does not have the ball, or is farther than 5 yards from a loose ball
- Illegal action with the stick: Throwing the stick, or playing without the stick (oops...)
- Illegal procedure: Crease violations, (a defending player with the ball running through the crease, or an offensive player stepping in his opponents crease,) or checking the goalies stick when he has the ball
- Withholding ball from play: Lying on a loose ball, or trapping it on the ground longer than is necessary to pick the ball up
- Offsides: Explained above

Personal Fouls:

- Unsportsmanlike conduct: Cussing, threatening, etc.
- Crosse checking: Checking the opponent with the portion of the stick between the players hands
- Tripping: Self-explanatory...
- Slashing: Striking an opponent with the stick on any illegal part of his body
- Illegal body checking: Checking an opponent in an illegal way

Attack: The attackman's responsibility is to score goals. The attackman 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 defense to 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 play.