

Sabrecats Lacrosse  
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# Agenda

- History of Lacrosse in Canada
- How its Played
- Equipment
- Rules
- Videos of Skills/Techniques
- Questions

# History of Lacrosse in Canada

- Its origin lost in the antiquity of myth, Lacrosse remains a notable contribution of the Native culture to modern Canadian society.
- Lacrosse was named Canada's National Game by Parliament in 1859.
- The National Lacrosse Association became the first national sport governing body in North America dedicated to the governance of a sport, the standardization of rules and competition, and the running of national championships to promote good fellowship and unity across the country. The unforgettable motto of the organization was, "OUR COUNTRY - OUR GAME".
- In 1901 Lord Minto, the Governor General of Canada, donated a silver cup to become the symbol of the championship of Canada. The Minto Cup, today the symbol of supremacy in the Junior ranks, remains one of the proudest prizes of Lacrosse.

# History of Lacrosse in Canada

- The coming of the 1930s brought innovation once again to the sport. Promoters married the two most popular games, Lacrosse and Hockey, and created Indoor Lacrosse, also known as Box Lacrosse or Boxla.
- The Canadian Lacrosse Association today recognizes four separate disciplines in the game of Lacrosse: Box, Men's Field, Women's Field and Inter-Lacrosse. Box Lacrosse is uniquely a Canadian game and is best described as a game of speed and reaction. Men's Field Lacrosse is a game of patience and strategy which focuses on control of the ball. The Women's Field game has stayed truest to the original sport in its play. It is a game based on the skills of passing and ball control. Inter-Lacrosse is a non-contact version of the sport designed to be adaptable to the various age and skill levels of the participants.
- Lacrosse was re-confirmed by Parliament as the National (Summer) Sport of Canada in 1994.

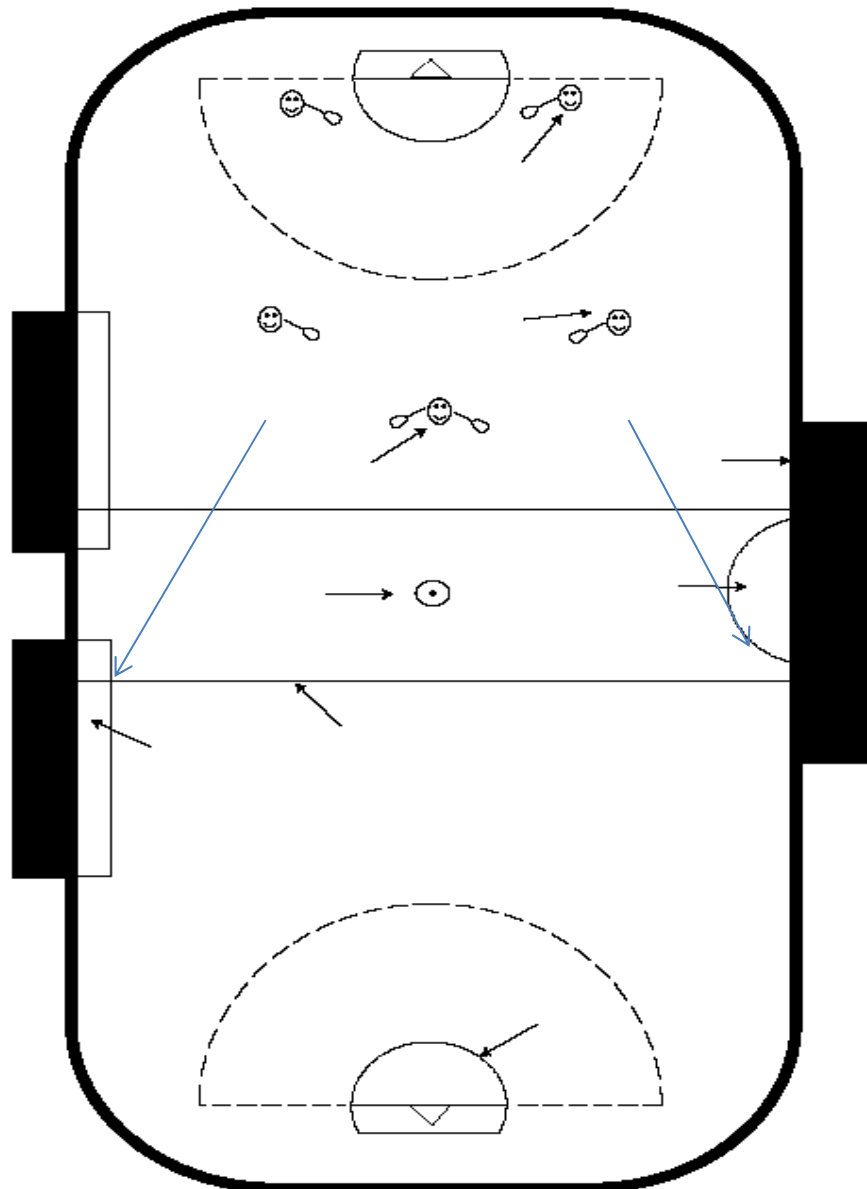
# How it's Played

- Box Lacrosse is a Fast and Exciting Running game.
- It has quick transitions, ball control and plenty of contact.
- Box Lacrosse does not delegate players to fixed positions like in hockey.
- Once a player gets the ball – they become “Quarterbacks”.

# How it's Played

- **Defence:** primary responsibility is to prevent the opposing team from scoring. Unlike in field lacrosse where some defensive players carry "long poles" (a lacrosse stick with a 5 feet (1.5 m) shaft or handle), all box lacrosse defenders play with a maximum 46 inches (1.2 m) long stick.
- Defensive tactics include **cross checking** (where a player uses the shaft of his stick to push the opposition player off balance), **body checking** (where a player makes contact with the opposition player in order to slow him down), and **stick checking** (where a player makes contact with the opposition player's stick in order to knock the ball loose).
- **Transition:** primarily plays during defensive situations with an offensive mindset. The goal of this player is to create fastbreaks and scoring opportunities.
- **Forwards:** primarily offensive. Typically, a forward is dominant throwing with one hand or the other, and will primarily play on that side of the floor. Some players, known as creasemen, do not focus on one side or the other. These players instead focus their offensive attention near the crease area in front of the goaltender.

Players in a defensive situation will often end up with a shape as per the diagram. However while playing a man to man type defence there is significant amount of switching coverage to avoid picks etc...



In Transition, the ball turns over to the goalie or a defensive player and that team switches to offense. In this situation, two players will often run quickly to the mid section of the floor near the boards to provide space and receive a pass.

[http://www.youtube.com/watch?v=0BkpF0ZJQ\\_8](http://www.youtube.com/watch?v=0BkpF0ZJQ_8)

# How it's Played

- Face-offs:
  - Players taking the face-off place the frames of their sticks flat along the playing surface at right angles to the length of the box. The open face of each player's stick shall face his goal and his feet shall not cross the parallel lines at the face-off circle until the ball has left the 2' face-off circle. (Players right shoulder must face or be closer to their own goal.)
  - Ref places ball on the floor between the players sticks. On the whistle the two players gain possession of the ball with a straight draw backwards (you can't touch the opponent's stick with your hand/feet). Draw motion must continue until both sticks clear the face-off dot.
  - If done wrong possession goes to the non-offending team.
  - When the ball is being faced-off, only the two players facing off are allowed in the centre zone. Once the ball leaves the 2' circle then they may enter the zone.



# Equipment

- Many beginner Lacrosse players will use a number of pieces of their Hockey Equipment.
- There are some differences to be aware of and to consider.
- The diagram on the next page outlines the equipment required for a Novice Player.

# Box Lacrosse Equipment Guidelines

## Lacrosse Stick

Stick length:  
PeeWee and down: 34" - 46"  
Bantam and up: 42" - 46"



## Mouth Guard

Mandatory



## Arm Pads - 2 types

Light weight, hard plastic that offers protection for the whole arm, while allowing full range of motion of the arm at the elbow.



## Face Mask

The mask must be CSA approved for ice hockey or a NOCSAE approved Calcoat mask Model #411Sr or #414 Jr. All masks MUST be approved for helmet model that it is mounted on.

## Back & Kidney Pads

A one piece light weight plastic pad which offers protection for the back and kidney area.

## Gloves

Field/Box lacrosse gloves offer excellent protection and flexibility. Short cuff hockey gloves can be used, but they don't offer the same grip or flexibility.

## Helmet

All helmets MUST be CSA approved for ice hockey. The helmet must have a chin strap and cannot be altered from the manufactured form.

## Shoulder Pads

One piece pad made of flexible, durable material when fit properly offers protection for upper body and shoulders

Athletic Support & Cup  
(Jock or Jill)

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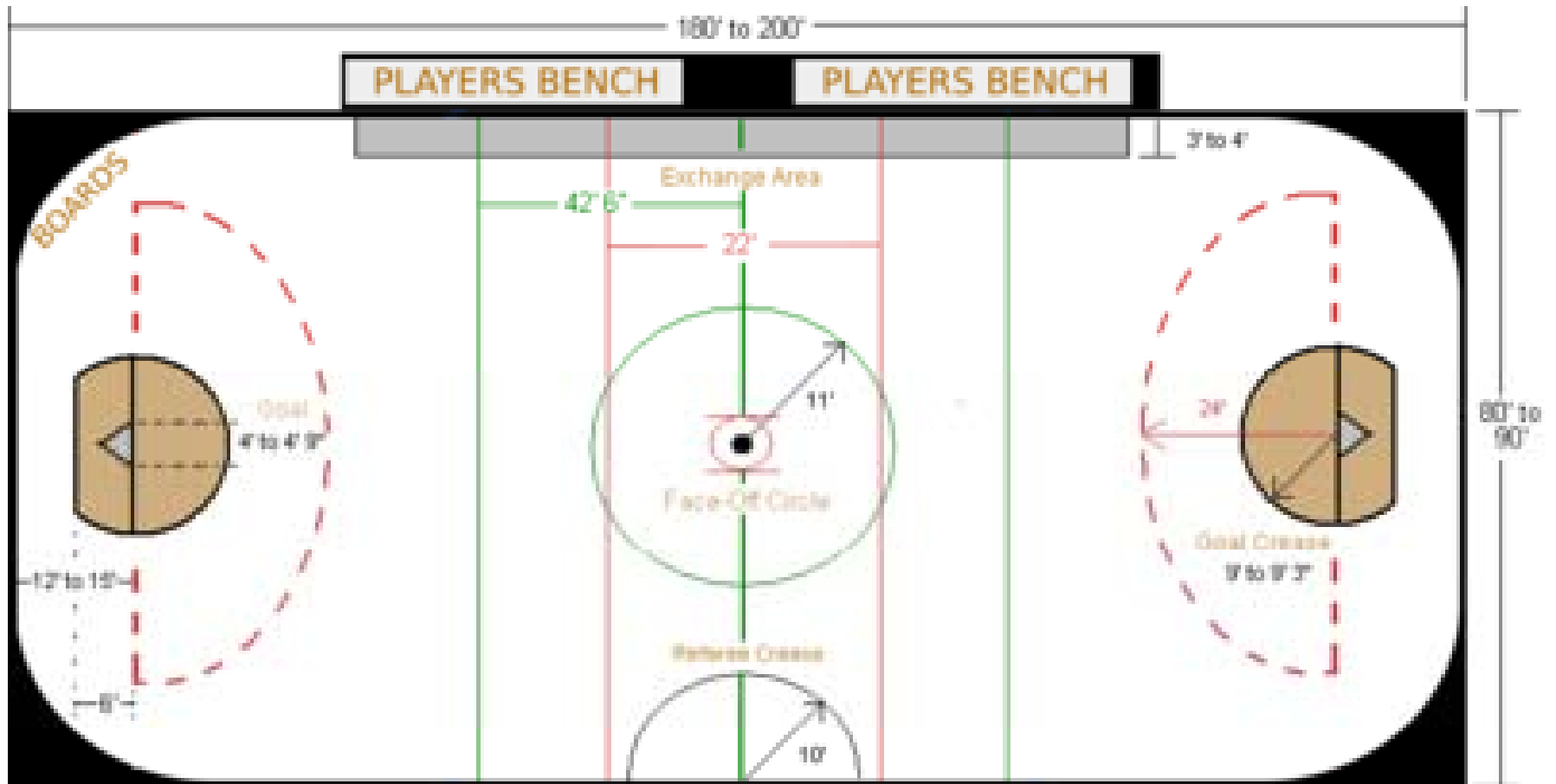
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# Rules

- [http://cla.pointstreaksites.com/files/uploaded\\_documents/357/Rule and Situation handbook - 2011 final-protected.pdf](http://cla.pointstreaksites.com/files/uploaded_documents/357/Rule_and_Situation_handbook_-_2011_final-protected.pdf)
- Many rules are similar to Hockey however there are also a number which are unique to Box Lacrosse.
- Cross Checking, Stick Checking (Slashing), Body Checking are all part of the game. (In an appropriate manner/appropriate force).
- A two-minute minor penalty is often called for lesser infractions such as slashing, tripping, elbowing, roughing, too many players, illegal equipment, holding, or interference. Five-minute major penalties are called for especially violent instances of most minor infractions that result in intentional injury to an opponent, as well as for fighting. Players are released from the penalty box when either the penalty time expires, or the opposition scores a goal (or three goals for the instance of a major penalty).



Guide:  
 Red = CLA Floor Diagram  
 Green = NLL Floor Diagram  
 Black = CLA & NLL Floor Markings

# Rules

- **Length of Game:**
  - 3 Fifteen Minute Straight Time periods. (Goal differential of more than 5 not displayed.)
- **10 Second Rule**
  - When short handed, the ball must be advanced into the attacking zone within 10 seconds or possession goes to the other team. (rule 66)
- **30 Second Rule**
  - The Offensive team shall be required to take a shot on goal within 30 seconds of gaining possession. Otherwise possession is given to the other side. (Rule 68)
- **Possession**
  - When awarded possession by the Ref, no player or goal keeper can be within 9feet of the player awarded possession. Play starts with a whistle.
- **Fall Back Rule:**
  - When possession is gained by the goalkeeper, all defensive players must enter the Neutral Zone. Once all the defensive players are in the neutral zone, they are free to go wherever they want. The goalkeeper must pass the ball to one of the offensive players who must be outside the dotted line.
- **Free Hand:**
  - You can't use a free hand to push or manipulate an opponent or his stick.

# Rules

- **Player Exchange:**
  - During stoppage in play and on fly. Leaving players must have one foot in the exchange area before the sub makes contact with the floor. Violation by offensive side turns ball over / by defensive side is a penalty.
- **Crease Play:**
  - The offensive team on gaining possession of the ball in their goal crease, must pass or carry the ball out of the crease within 5 seconds or lose possession.
  - When shooting on goal the feet cannot be in the crease nor can you make contact with the floor with any part of your body.
  - No goal allowed if a player of the attacking team is in the crease, unless as a result of a check and no interference on the goalie/tried to get out of the crease.
- **Back In Rule**
  - Players and goalies cant carry the ball back into the crease . However the goalie (if he/she has one foot in the crease can reach out and retrieve the ball and return to the crease).
- **Cross check:**
  - Inside the “house” or dotted line any offensive player can be cross checked. Outside of the dotted line only the ball carrier can be checked.
- Head, back, hands, legs (off limits) this applies to Cross Checking, Body Checking and Slashing

# Videos

- <http://www.youtube.com/watch?v=oo43FZ8xPrA> (BEEF Shooting)
- [http://www.youtube.com/watch?v=WNJ7nbhd\\_eU](http://www.youtube.com/watch?v=WNJ7nbhd_eU) (Sport Science – Shot)
- <http://www.youtube.com/watch?v=syznY3kdoV0> (Sidearm / Underhand Shot)
- <http://www.youtube.com/watch?v=EHq6gKu9F-k> (Wall Ball)
- <http://www.youtube.com/watch?v=l9JEhpG1dPE> (Passing)
- <http://www.youtube.com/watch?v=VHH9wYjJ8i8> (1:1 Defence)
- <http://www.youtube.com/watch?v=L8Ry696P9ks> (Pick and Roll)
- <http://www.youtube.com/watch?v=dVOfWOfabw> (Dodging)
- <http://www.youtube.com/watch?v=fBSA5F1YObA> (Spectacular Goals)
- You Tube Search for “Stealth Lacrosse Academy LAX 101” will deliver a number of good videos to watch.