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# *Shamrock's Lacrosse Handbook*

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## **Introduction to Lacrosse**

Lacrosse is one of North America's fastest growing sports. Its the fastest game on two feet!

This handbook will give you a brief background of the game and an overview of the rules. We hope that this will help you enjoy and fall in love the sport like so many others.

In a nutshell, lacrosse features the physicality of football, the speed and quickness of hockey, and the passing and transitions of basketball. Anyone can play this sport — from shorter people with speed and quickness to bigger people with strength and power. And after you start, it's very tough to stop. Lacrosse is habit forming.

### **Understanding the game of Lacrosse**

Someone watching a lacrosse game for the first time may be surprised, intimidated, or just plain confused — after all, there's a lot going on. Players are running on and off the field or floor rapidly, possession is often up for grabs, and the action is fast and furious! Lacrosse is a game of running, dodging, spinning, cutting, and faking. It offers plenty of excitement — from sprinting all out on a fast break to outrunning an opponent for a goal.

Lacrosse is a high-scoring game, which makes it especially exciting for fans. If you ever see a shutout in a lacrosse game, mark it on your calendar, because chances are, you'll watch thousands more games and never see another.

With lacrosse, throwing a ball — accurately — is the name of the game. The difference between lacrosse and most other sports is that you have to throw the ball using a stick, not with your hand.

A lacrosse ball is about 8 inches in circumference and about 2½ inches in diameter. It weighs a bit more than 5 ounces.

Although it's not easy, with good instruction and lots of practice, in a short time, almost anyone can master the basic skills needed to play the fastest game on two feet. In fact, unlike many other team sports where size and strength are essential, lacrosse rewards the small and the speedy. Sure, it helps to be big (especially if you're also fast), but small players can excel in lacrosse if they're quick, intelligent, aggressive, and skilled with a stick.



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## The two forms of Lacrosse: Field & Box

**Box Lacrosse:** Box, which is most popular in Canada, is played in a hockey rink. Positions are similar but the names are different. Centre = Point, R/L Winger = R/L Crease, R/L Defense = R/L Shooter. Same number of players on the floor – 5 on 5 plus the goalie, and the nets are smaller 4' x 4'.

**Field Lacrosse:** Field, is played outdoors on a football or soccer field. Positions are Attack, Midfield or "Middies" and Big Stick (they use a 6' long stick) 10 on 10, 3 attack, 3 middies, 3 big stick and a goalie. The nets are 6' x 6'

## Equipment

### Stick head

#### PARTS OF A LACROSSE HEAD





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## PLAYER



**Helmet:** All helmets must be CSA approved for ice hockey or NOCSAE approved. The helmet must have a chin strap which must be properly secured on both sides and cannot be altered from the manufactured form.

**Facemask:** Cannot allow the head of the stick or ball to make contact with the face. The mask must be CSA approved for ice hockey or NOCSAE approved and must be approved for helmet model that is mounted on.

**Mouth Guard:** Mandatory.

**Shoulder Pads:** One piece pad made of flexible, high density impact foam pad with poly-plastic shoulder caps. When properly fitted offers protection for upper body and shoulders.

**Arm & Elbow Guards:** Light weight hard plastic or high density impact foam that offers protection for the whole arm, while allowing full range of motion of the arm at the elbow.

**Lacrosse Gloves:** High density impact foam and leather or nylon offer protection and flexibility. New contour cuff systems allow full range of motion at the wrist for maximum protection and mobility. Gloves cannot be altered from the original manufacturer's design (ie palms cannot be cut out).

**Lacrosse Stick:** Plastic head with aluminum, carbon graphite or titanium enhanced alloy shafts of various shapes and textures. The stick cannot be strung to with-hold the ball from play. Only one stop allowed.

### Lacrosse Stick Width:

Standard stick width specifications are 4.5" to 8" inside measurement at the widest point.

### Lacrosse Stick Length:

- Pee Wee and under (12 years and under) — 34" to 46"
- Bantam and up (13 years +) — 40" to 46"
- Federation of International Lacrosse (FIL) — 40" to 46"

**Rib & Back Pads:** A one piece light weight plastic and high density impact foam pad which offers protection for the rib and back area.

**Lacrosse Shoes:** Suitable indoor shoes. Durable synthetic leather upper that won't wear out. Responsive flat rubber outsole that is built for play on flat surfaces such as astro turf, concrete & other hard surfaces. This outsole was created specifically for the Box Game.

**Athletic Support & Cup.**







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## CLA Goalie Sizing Chart

CLA Patch Age Division

- 1** Tyke & Novice
- 2** Pee Wee
- 3** Bantam & up

## GOALTENDER

**Helmet:** All helmets must be CSA approved for ice hockey or NOCSAE approved. The helmet must have a chin strap which must be properly secured on both sides and cannot be altered from the manufactured form.

**Facemask:** Cannot allow the head of the stick or ball to make contact with the face. The mask must be CSA approved for ice hockey or NOCSAE approved and must be approved for helmet model that is mounted on.

**Goaltender Throat Guard:** Mandatory. High-grade plastic construction, attaches to goalie face shield, protects throat and neck.

**Mouth Guard:** Mandatory.

**Arm & Chest Protector:** A mandatory one piece upper body protector constructed from high density/low density closed cell foam and high-density polyethylene plastic provides superior protection. Fully moulded plastics with offset ridging used in key areas for maximum safety. Articulating belly and arms designed to keep protective padding in place and maximize flexibility. Full back and kidney padding offer the goalie greater protection.

**Goaltender Gloves:** High density impact foam and leather or nylon offer protection and flexibility. New contour cuff systems allow full range of motion at the wrist for maximum protection and mobility.

**Goaltender Pants:** Exclusively for lacrosse goalies. Extensive frontal protection combined with inner thigh inserts provide safety in crucial key areas. Moulded components maximize safety using lightweight, breathable materials. Anatomically designed for protection and mobility.

**Goaltender Leg Guards:** Moulded from high-density polyethylene (HDPE 5100) providing superior protection. Inner cradle stabilizes leg pad, side extensions offer complete calf coverage. Full ankle drop with moulded inserts provide maximum foot protection, multi strapping anchors pad in place.

**Lacrosse Stick:** Standard goalkeeper stick width specifications are up to 15" inside measurement at the widest point and no restriction on overall length.

**Lacrosse Shoes:** Suitable indoor shoes.

**Athletic Support & Cup**



**BODDAM**  
LACROSSE + TOTALLY CANADIAN



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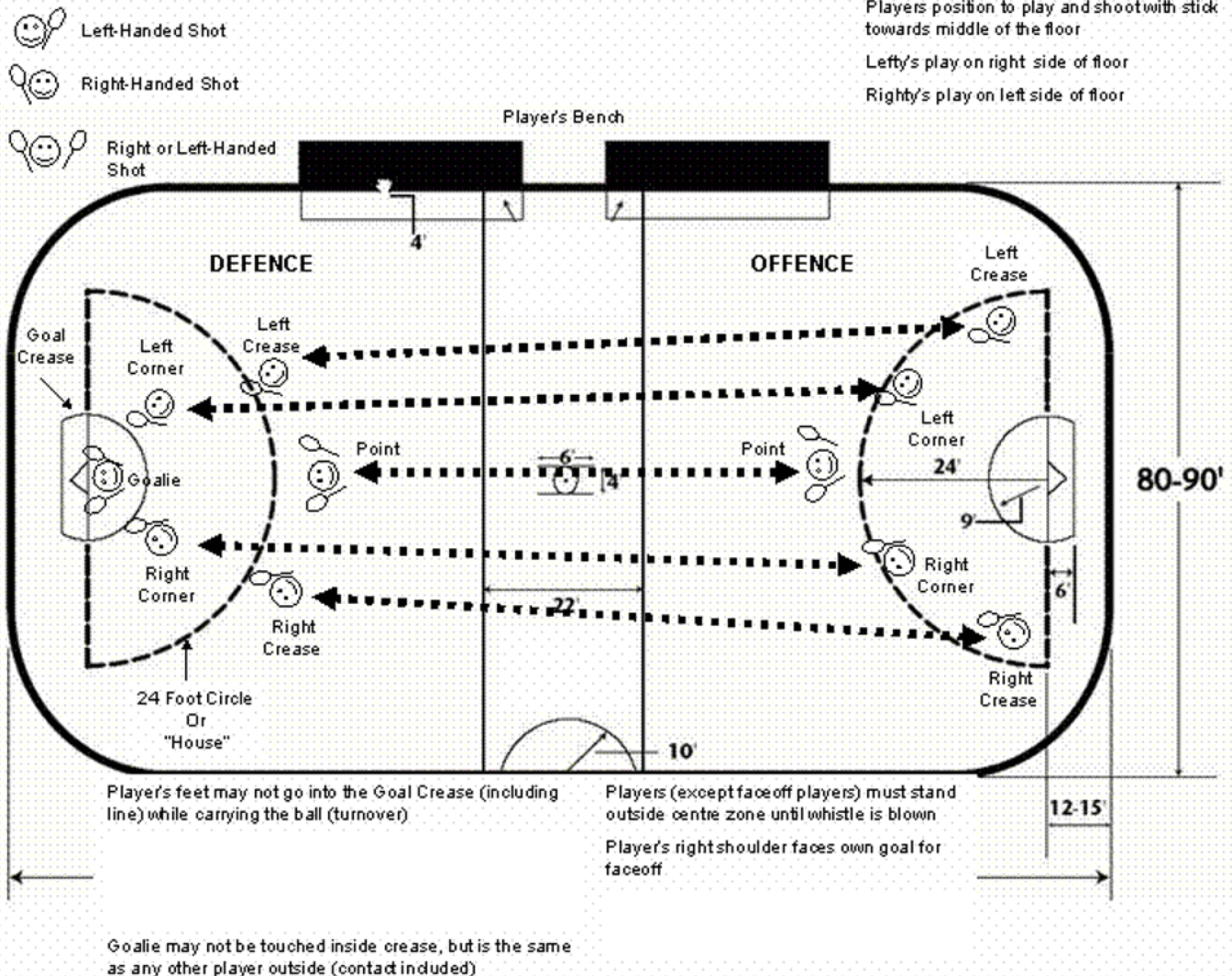
## Skills

Lacrosse is made up of 5 primary skills.

1. **Cradling** – the act of carrying the ball (like stick handling)
2. **Scooping up the ball** – picking the ball up
3. **Passing**
4. **Catching**
5. **Shooting**

Each skill is very important to lacrosse and should be practiced at home as well as in a team setting.

## The Floor and Positions





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## Which side of the floor do you play on?

At the youth level of box lacrosse, inexperienced players sometimes play both sides of the floor, because they don't know what they should do except run around, go after every loose ball (youth lacrosse has a lot of those)

But where players position themselves on the floor is important for both offensive and defensive strategy. For example, the cross-check is a defensive maneuver to stop or slow down the stick handler; with the cross-check, players are getting hit on the side of the arm while carrying the ball.

If the stick handler goes down the wrong side of the floor — in other words, a left-shot crease man goes down the left side of the floor — an incoming cross-check would force him to turn his body *away* from the cross-check to protect the ball, thereby turning his back to the play.

But if that same stick handler goes down the proper side of the floor — in other words, a left-shot crease man goes down the right side of the floor — he can still turn sideways to protect the ball from an incoming cross-check, but he won't be forced to turn completely away from the play. He can continue to face the play to see who's open or to see the net.

Players need to know their position on the floor. They also need to be aware of the role they've been assigned to carry out in the position.

## Starting & Playing the Game of Box Lacrosse

- Each period is started with a face-off with the ball placed on the ground between the sticks of two players. Play is also restarted in this way after each goal.
- When the ball goes out of play, the team who touched the ball last loses possession.
- A 30-second shot clock means that the attacking team must take a shot on goal with 30 seconds of gaining possession.
- Players must advance the ball from their own defensive end to the offensive half of the floor within 10 seconds.
- Players can check another player's stick but it must not be above the shoulders, below the waist, when the opponent is not on their feet, or when a non-ball carrier is outside the dotted line on the floor.
- Games ending with a tied score are decided by a sudden death overtime. Each overtime period is five minutes long but the game ends immediately a goal is scored.
- Teams may substitute players in and out freely while the game is in play.
- There are no offsides, meaning the game is fast-flowing.
- Minor penalties such as too many players, tripping, charging, checking from behind, elbowing, high sticking, holding the ball with your hands, result in the removal of the offending player for 2 minutes.
- Major penalties such as butt-ending, boarding, throwing the stick and face-masking, result in a 5-minute removal of the player from the floor, and can come back onto the floor once the 5 minutes has lapsed or 2 goals have been scored.
- Player who amass five penalties of any kind are expelled from the rest of the match.





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## **How Parents Can Help**

- ✓ Support your child by giving encouragement and showing interest in their participation. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are more important than victory - that way your child will always be a winner despite the outcome of the game!
- ✓ Be a positive role model for your child. Applaud good plays by your child's team as well as good plays by the opposing team.
- ✓ Let your child establish his/her own goals - to play the game for themselves. Don't put too heavy a burden on your child to win games.
- ✓ Offer positive reinforcement to help your child achieve their goals and overcome their natural fear of failure. If your child makes a mistake, remember it's all part of learning, so encourage your child's efforts and point out the good things that your child accomplishes.
- ✓ Refrain from coaching or refereeing from the sidelines as these officials are usually parents, or children just like you. They volunteer their time to help make your child's lacrosse experience a positive one. They need your support too.
- ✓ Offer your services as a volunteer – a fundraiser, driver, timekeeper, scorekeeper, manager of equipment, board member, etc.

## **Resources**

Manitoba Lacrosse Association - <https://manitobalacrosse.com/>

Canadian Lacrosse Association - <https://www.lacrosse.ca/>

Red River Lacrosse Association - <https://www.redriverlacrosse.com/>

Shamrocks Lacrosse Association - <https://www.shamrockslacrosse.ca/>

Box Lacrosse Rules 2019-2020 -

[https://cloud.rampinteractive.com/canadianlacrosse/files/misc%20pdf/2019 -  
\\_2020\\_box\\_rule %26\\_situation\\_handbook.pdf](https://cloud.rampinteractive.com/canadianlacrosse/files/misc%20pdf/2019_-_2020_box_rule_%26_situation_handbook.pdf)