

## **BOY'S LACROSSE OVERVIEW**

Boys' lacrosse is a contact game played by ten players: a goalie, three defenseman, three midfielder, and three attackman. The object of the game is to shoot the ball into the opponent's goal and to keep the other team from scoring. A goal is scored when the entire ball passes the plane of the goal. It is legal to shoot, kick or bat a ball into the net. The team scoring the most goals wins.

Each team must keep at least four players, including the goalie, on 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 10 minutes long. Teams change sides between quarters. Each team is permitted two timeouts each half.

Boy's lacrosse begins with a face-off. The ball is placed between the stick 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 run after the ball when the whistle sounds. The other players must wait until one player has gained possession of the ball, or the ball has crossed a goal area line, before they can release. Center face-offs are also used at the start of each quarter and after a goal is scored.

Field players must use their crosses to pass, catch and run with 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. A stick check is the controlled poking or slapping of the stick and gloved hands of a player in possession of the ball. Body checking is permitted if the opponent has the ball or is within five yards of a loose ball. All body contact must occur from the front or side, above the waist and below the shoulders, and with both hands on the stick. An opponent's crosse may also be stick checked if it is within five yards of a loose ball or ball in the air. Aggressive body checking is discouraged.

If the ball or a player in possession of the ball goes out of bounds, the other team is awarded possession. If the ball goes out of bounds after an unsuccessful shot, the player nearest the ball when and where it goes out of bounds is awarded possession.