

LAX Rules 101 for Parents

Common Lacrosse Myths

1. A GOAL IS SCORED IF THE BALL HITS TWO PIPES - The rules require the entire ball to cross the entire plane of the two-inch goal line. Hitting a side pipe and the crossbar means that, geometrically speaking, the entire ball never once crossed the entire line. Part of the ball might have, but part of the ball doesn't cut it. The only time a ricochet off the pipe would be a goal is if the ball crosses the line and hits the pipe along the ground. The ball will fly out of the goal, but in order to hit that inside pipe the ball had to go across the line first.

2. WHEN A PLAYER IS INJURED THE GAME IS STOPPED IMMEDIATELY - Not necessarily. If the officials notice an injury and the player is "*in the scrimmage area,*" or somewhere near the play, then play should be stopped. What usually happens is a midfielder will become injured and go down while his team is riding. Suddenly his team's fans are screaming at the officials to stop play for the injury, but the ball is being cleared away from the injured player. In these situations the officials wait to see what the offense will do. If they attack the goal then play should continue, but as soon as they slow things down and stop going to the net the whistle should sound to stop play.

3. CLAMPING THE BALL ON A FACEOFF AND TURNING AROUND AND AROUND IS LEGAL - Faceoff players get one step with the ball in the back of their heads. When a player clamps the ball, it is in the back of his head. In order to legally move with the ball he has to be actively moving the head of his stick off the ground to pop the ball out before he takes one step. This means a player clamping the ball and spinning around is not legal and should be called as withholding the ball from play.

4. A TEAM IS OFFSIDE IF IT ONLY HAS TWO ATTACKMEN OR DEFENSEMEN BEHIND THE MIDLINE - It is perfectly OK to have too few players behind the midline when on offense or on defense. There is no advantage to having too few players fifty yards away from where the ball is. Sometimes a player subs off the field and his replacement is a little slow getting off the bench, not a big deal. Now, if an extra player runs out of the substitution box and tries to play offense or defense for his team, that would be offsides or too many men on the field. Remember, no more than six players when on offense and no more than seven players when on defense.

5. THE GOALKEEPER CANNOT HIT THE BALL WITH HIS HAND WHILE IN THE CREASE - While inside the crease the goalkeeper, and only the goalkeeper, receives special privileges. One of those is to block or bat the ball with his hand. The hand can be holding the lacrosse stick or not. What the goalkeeper cannot do is physically hold the ball with his hand. No picking it up off the ground and putting it in his stick, and no catching a deflected ball in his hand.

6. IF YOU DIVE AND GET ILLEGALLY PUSHED INTO THE CREASE AND SCORE, THE GOAL STANDS - If you dive and land in the crease you can never score. If you jump, dive, or otherwise leave both feet by your own choosing and you land in the crease you can never, ever score. However, if you dive and get illegally pushed into the crease then the flag should be thrown, the goal wiped out by your crease violation, but your team gets to keep the ball and be man-up for the next restart.

7. THE COACH CAN ASK FOR ANY STICK ON THE OPPONENT'S BENCH TO BE CHECKED BY THE OFFICIALS, EVEN IF NOT BEING USED BY A PLAYER - Some coaches bring their stick to a game and leave it on the bench. It will never once come into the game, but the opposing coach tells the officials that he wants them to check that stick at the end of the bench because it was made in 1985 and won't be legal according to the rules today. The coach is trying to get a free penalty, but he is not allowed to ask for that stick to be checked. By rule, in order for a coach to ask for a stick check he must refer to an opposing player's number.

8. GOALKEEPER INTERFERENCE IS ALWAYS A FREE CLEAR - Goalkeeper interference with possession is a free clear, but loose-ball goalkeeper interference just gives possession to the goalkeeper's team. Say the goalkeeper clamps the ball in the crease, an attack man checks his stick, the official raises an arm in the air and states "play-on." If the goalkeeper picks up the ball then the play-on is over. If he doesn't pick it up then the whistle is blown, awarded to his team, and play restarted with no free clear.

9. A PLAYER ON THE FIELD CANNOT BE CONSIDERED DEFENSELESS BECAUSE HE KNOWS HE IS PLAYING A CONTACT SPORT - This is a fallacious argument used by some to say that defenseless and blindside hits should not be penalized. It's a type of argument called "argument by personal astonishment," which is stating offhand opinions as proven facts, often loudly. A player on the field is not omnipotent, as this argument implies. Do everything right and you can still be blindsided, and with what we learn every year about concussions and the dangers of defenseless/blindside hits in youth and scholastic play the more easily we can dispel this weak argument.

How to Play Lacrosse

A lacrosse game starts with a face-off. During face-off, two players line up against one another, get down on their hands and knees, with the sticks parallel to each other and with the ball placed between them. As soon as the referee blows their whistle, these two players try to gain possession of the ball.

Once a team gets possession of the ball after the faceoff, they try to pass the ball, or run with it, close to the opponent's goal and try to shoot. In the meantime, the defenders try to keep the attackers from scoring. If the team shoots the ball into the goal, the team is awarded one point.

After a goal is scored, the game is restarted with a face-off at midfield. Face-offs also take place after halftime and after timeouts.

Boy's Lacrosse Rules Explained - <https://www.youtube.com/watch?v=hevA5ZiJdd8>

Lacrosse 101 for Parents - https://youtu.be/jiak6nk-qLo?si=JIX_rJ7soTz1jU23

How many players in lacrosse?

In lacrosse each team consists of **ten players**: three attackmen, three midfielders, three defensemen, and one goalie.

Attackmen - Attackmen are offensive players, who spend their play in the offensive end. Their job is to score goals.

Defensemen - Defenders spend their time in the defensive half and their role is to try to stop the other team from scoring.

Midfielders - They play both offense and defense. They are responsible for carrying the ball up the field and also for stopping the other team from scoring.

Goalie - The goalie is the last line of defense. His/her job is to protect the goal and stop the other team from scoring.

How to score in lacrosse?

Players score goals by shooting the ball into the opposing team's goal. A goal is worth one point.

Players are not allowed to use their hands to touch the ball (except the goalkeeper). Instead, to get the ball on their offensive side, players have to carry it or pass it to a teammate, only by using the stick.

Players are not allowed to get too close to the opposing net when trying to score. A crease surrounding each goal marks the field to show the offensive players where they are not allowed to enter.

Out of bounds lacrosse rules

When the ball goes out of bounds the game stops. If a player shoots the ball out of bounds, then possession of the ball is awarded to the team with a player closest to the end line, where the ball went out of bounds. Remember that in lacrosse, the stick is considered an extension of a player's body. If the ball goes out of bounds for other reasons, such as when a player goes out of bounds carrying the ball, the team that did not touch the ball last will get possession. Play resumes with a faceoff at the spot where the ball went out of bounds.

Stick check and body check lacrosse rules

A stick check in lacrosse is when a player uses his or her stick to knock the ball out of an opponent's stick. A lacrosse body check is when a player uses his stick to physically push the opponent off of their path, stopping the opponent from having an easy path to the goal. It is important to know a few rules in order to make a legal body check:

- A player can only body check an opponent if that player has the ball and is within five yards of him or her.
- A body check must be initiated from the front or the side, above the waist and below the shoulders.

Lacrosse fouls

There are two types of fouls in lacrosse:

- **Personal fouls**

Personal fouls are penalized more severely than technical fouls, as they involve contact between players. If a player commits a personal foul, he or she will be given a one to three minutes suspension from play and the possession of the ball is awarded to the team that was fouled. If a player accumulated five personal fouls, he or she is eliminated from the game.

- **Technical fouls**

Technical fouls are minor penalties that do not involve contact between players. A technical foul results in a suspension of thirty seconds for the player, if his or her team was in possession of the ball when the infraction occurs, or possession of the ball is awarded to the team that was fouled if there was no possession when the violation occurred.

Personal Fouls

Cross Checking: Occurs when a player uses the handle of his lacrosse stick between his hands to make contact with an opponent.

Illegal Body Checking: Occurs when any of the following actions takes place:

- A. Body checking an opponent who is not in possession of the ball or within five yards of a loose ball
- B. Avoidable body check of an opponent after he has passed or shot the ball
- C. Body checking an opponent from the rear or at or below the waist
- D. Body checking an opponent above the shoulders. A body check must be below the shoulders and above the waist, and both hands of the player applying the body check must remain in contact with his lacrosse stick.

Illegal Gloves: Occurs when a player uses gloves that do not conform to required specifications. A glove will be found illegal if the fingers and palms are cut out of the gloves, or if the glove has been altered in a way that compromises its protective features.

Illegal Lacrosse Stick: Occurs when a player uses a lacrosse stick that does not conform to required specifications. A lacrosse stick may be found illegal if the pocket is too deep or if any other part of the lacrosse stick was altered to gain an advantage.

Slashing: When a player hits another with his or her stick in any other part of their body, except for the stick or gloved hand on the stick.

Tripping: Occurs when a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs.

Unsportsmanlike Conduct: Occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, arguing, or obscene language or gestures.

Unnecessary Roughness: Occurs when a player strikes an opponent with his stick or body using excessive or violent force.

Technical Fouls

Crease Violation: Occurs when an offensive player deliberately, through his own momentum, enters the opponent's goalcrease or a defensive player, including the goalkeeper, with the ball in his possession, enters from the surrounding playing field into his own goalcrease.

Holding: Illegally impedes the movement of an opponent with the ball.

Illegal Offensive Screening: Occurs when an offensive player, through moving contact of his body or equipment, blocks a defensive player from the man he is playing, or impedes his normal movements of playing defense.

Interference: Occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the player, or both players are within five yards of a loose ball.

Offsides: Occurs when a team does not have at least four players on its defensive side of the midfield line or at least three players on its offensive side of the midfield line.

Pushing: Occurs when a player thrusts or shoves a player from behind.

Stalling: Occurs when a team intentionally holds the ball, without conducting normal offensive play, with the intent of running time off the clock.

Warding Off: Occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick check.

Withholding The Ball From Play: Occurs when a player clamps a loose ball against the ground more than momentarily or clamps the ball against his body to prevent it from being dislodged.

Other Terms

Attack Goal Area: The area around the goal defined by the endline, the Goal Area Line and the two broken lines located 20 yards on either side of the goal. Once the offensive team crosses the midfield line, it has 10 seconds to move the ball into its attack goal area.

Body Check: Contact with an opponent from the front - between the shoulders and waist - when the opponent has the ball or is within five yards of a loose ball. At no time should a player initiate or receive body contact with his head.

Box: An area between the two team benches used to hold players who have been served with penalties, and through which substitutions "on the fly" are permitted directly from the sideline onto the field.

Check-Up: A call given by the goalie to tell each defender to find his man and call out his number.

Clamp: A face-off maneuver executed by quickly pushing the back of the stick on top of the ball.

Clearing: Running or passing the ball from the defensive half of the field to the offensive half of the field.

Crease: A circle around the goal with a radius of nine feet into which only defensive players may enter. Defensive players may not take the ball into the crease.

Defensive Clearing Area: The area defined by a line drawn sideline to sideline 20 yards from the face of the goal. Once the defensive team gains possession of the ball in this area, it has 10 seconds to move the ball beyond the Goal Area Line. Once beyond the Goal Area Line, the defensive team may not pass or run the ball back into the Defensive Clearing Area.

Extra Man Offense (EMO): A man advantage that results from a timeserving penalty by the other team.

Face-off: A technique used to put the ball in play at the start of each quarter, or after a goal is scored. The players squat down and the ball is placed between their crosses.

Fast-Break: A transition scoring opportunity in which the offense has at least a one-man advantage.

Ground Ball: A loose ball on the playing field.

Man Down Defense (MDD): The situation that results from a timeserving penalty which causes the defense to play with at least a one man disadvantage.

Pick: An offensive maneuver in which a stationary player attempts to block the path of a defender guarding another offensive player.

Play On: If a player commits a loose-ball technical foul or crease violation and an offended player may be disadvantaged by the immediate suspension of play, the official shall visually and verbally signal play on and withhold the whistle until such time as the situation of advantage, gained or lost, has been completed.

Rake: A face-off move in which a player sweeps the ball to the side.

Riding: The act of trying to prevent a team from clearing the ball from the offensive half to defensive half of the field.

Release: The term used by an official to notify a penalized player in the box that he may re-enter the game occurs at the conclusion at a time-serving penalty.

Officials' Signals for Boys



tripping



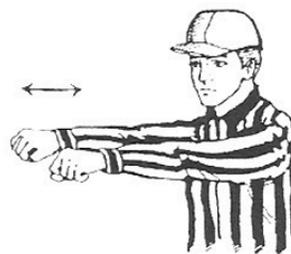
pushing



illegal body check



holding



cross checking



offsides



crease violation



play on

Officials' Signals for Boys (continued)



interference



slashing



unnecessary roughness



unsportsmanlike conduct



warding off



stalling



illegal pick