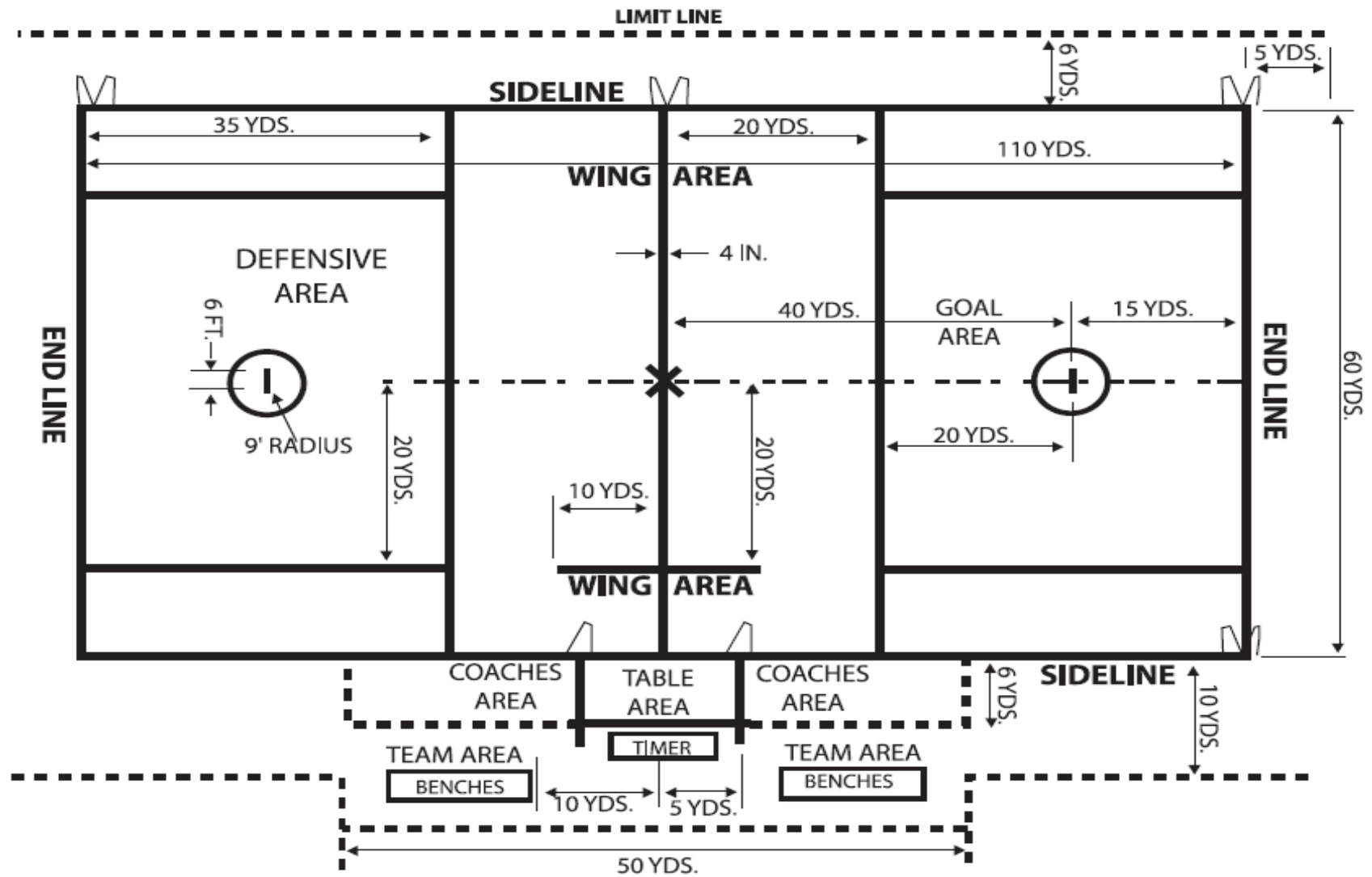


MANKATO LAX 101

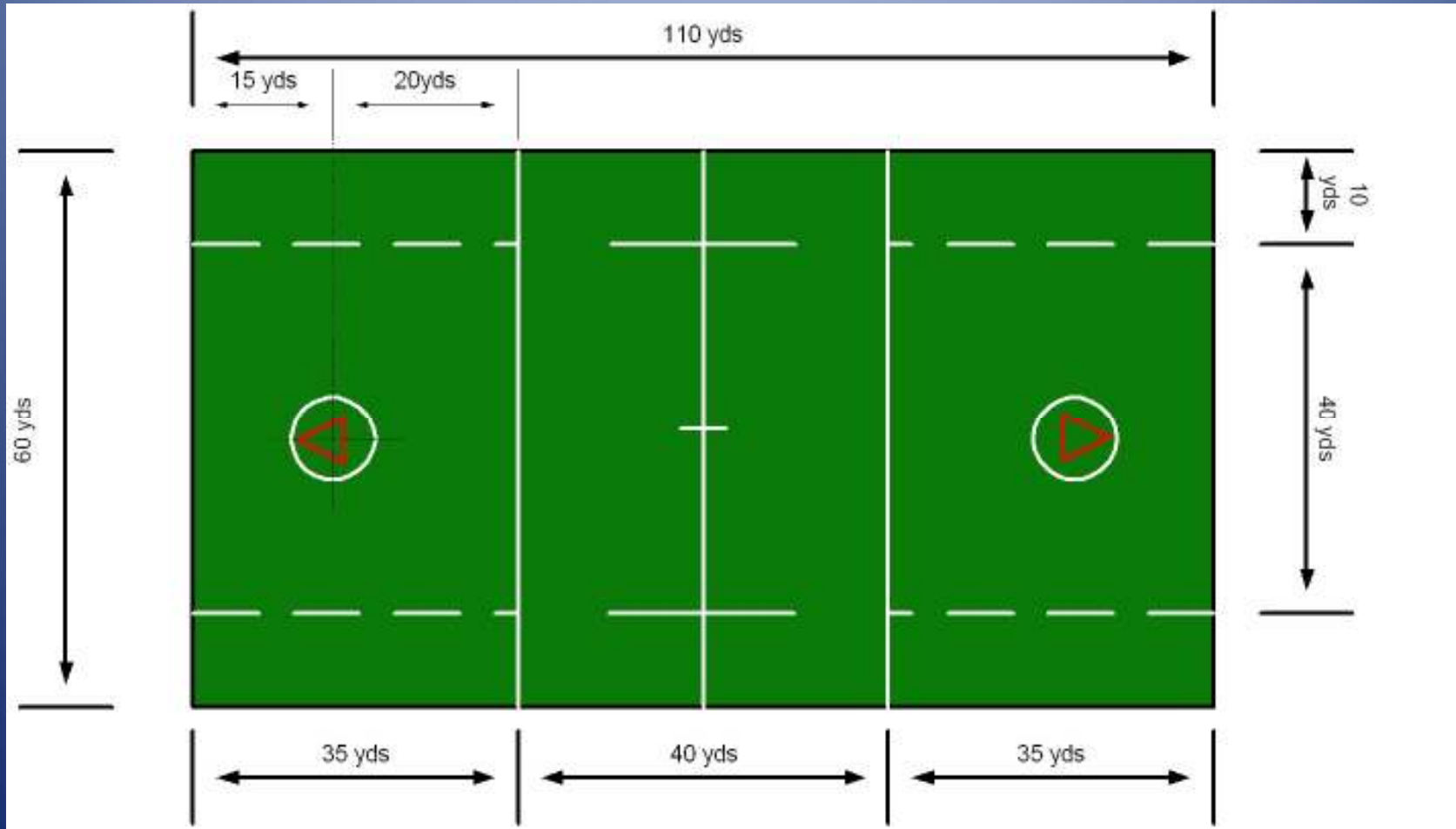


Welcome Players, Parents and
Volunteers!

Lacrosse Field of Play



Field of Play



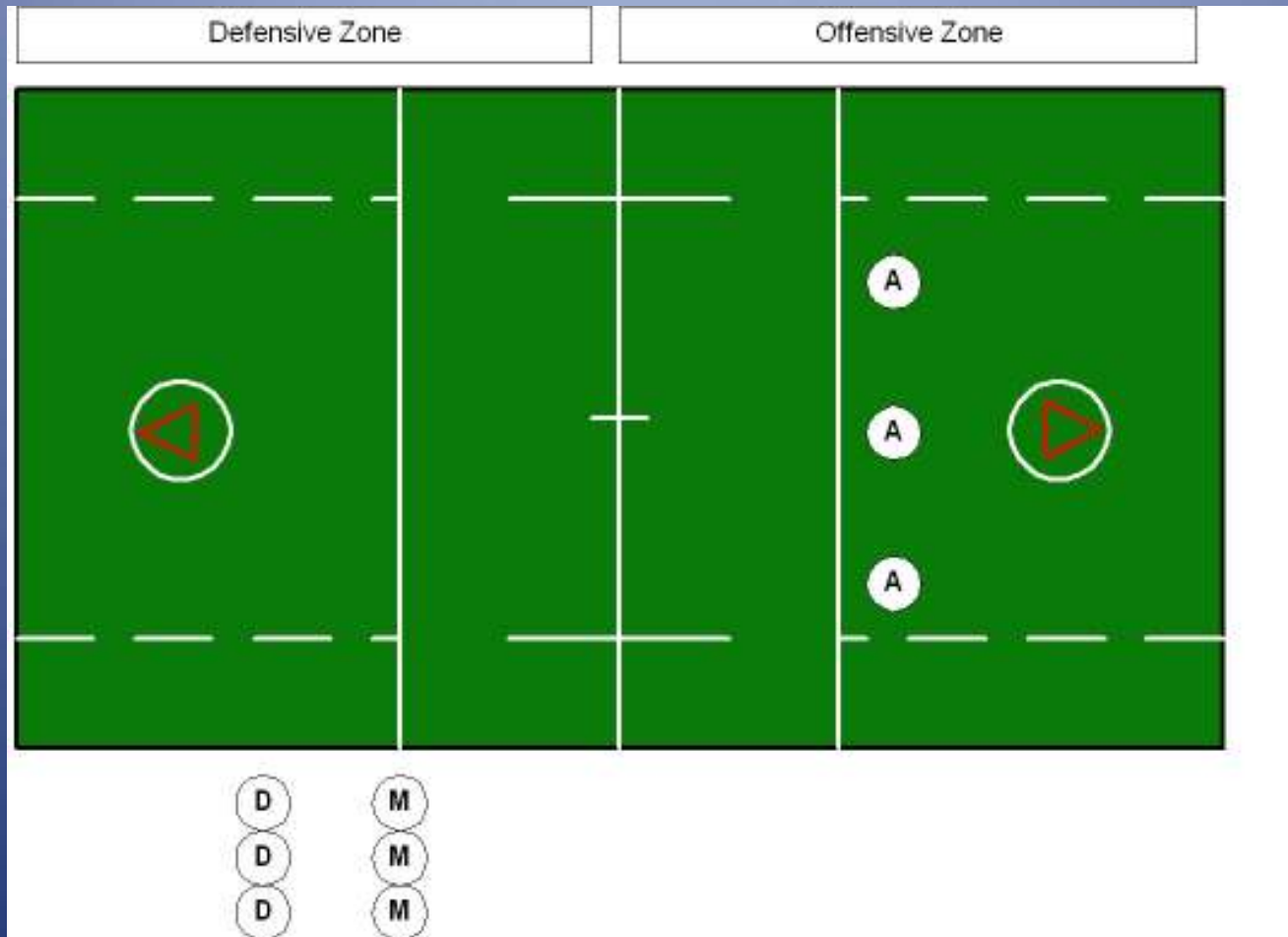
Positions

- Attack
- Midfield – Middies
- Defense
- Goal - Goalie

Positions - 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.

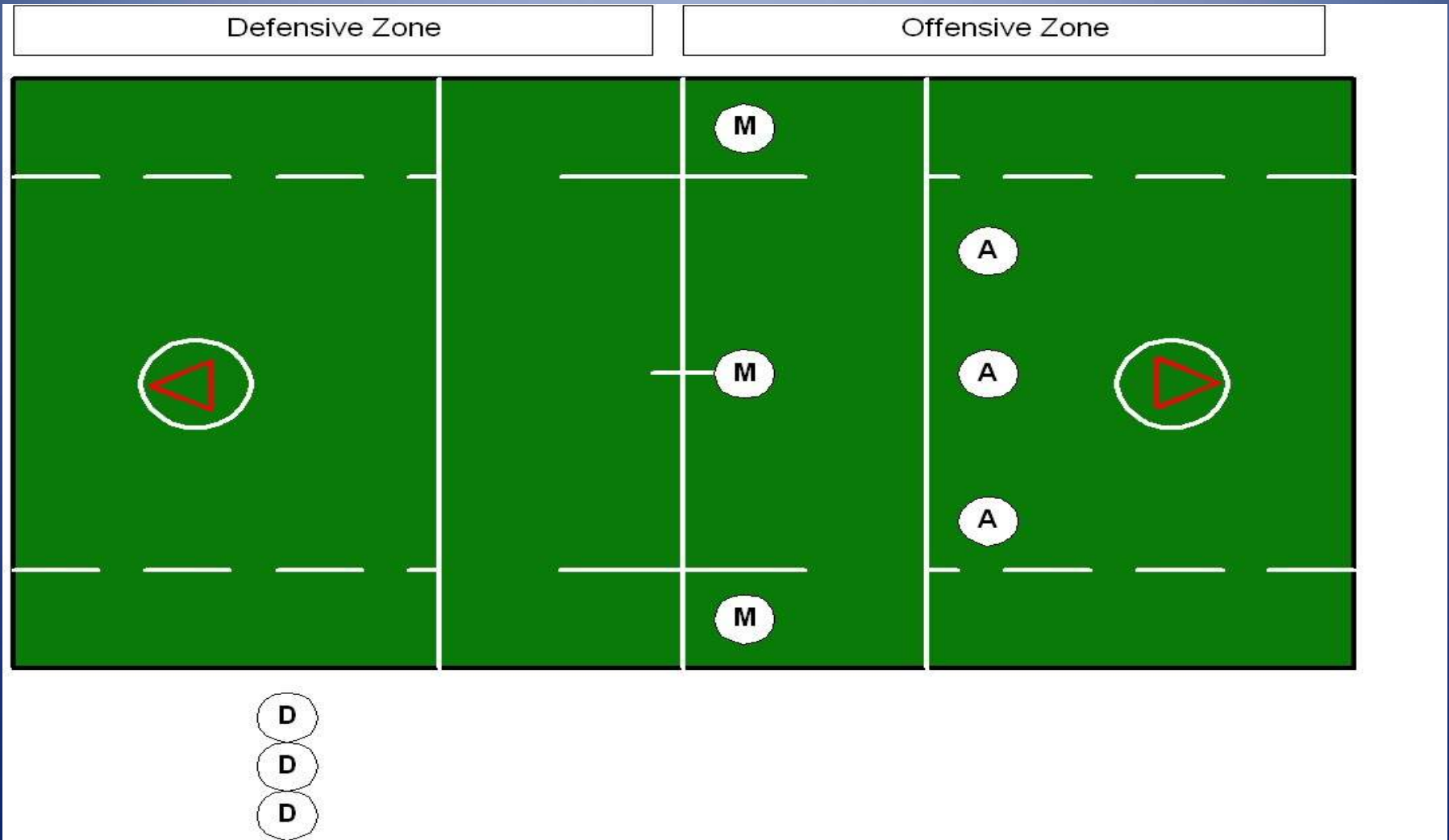
Positions - Attack



Positions – 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.

Positions - Midfield



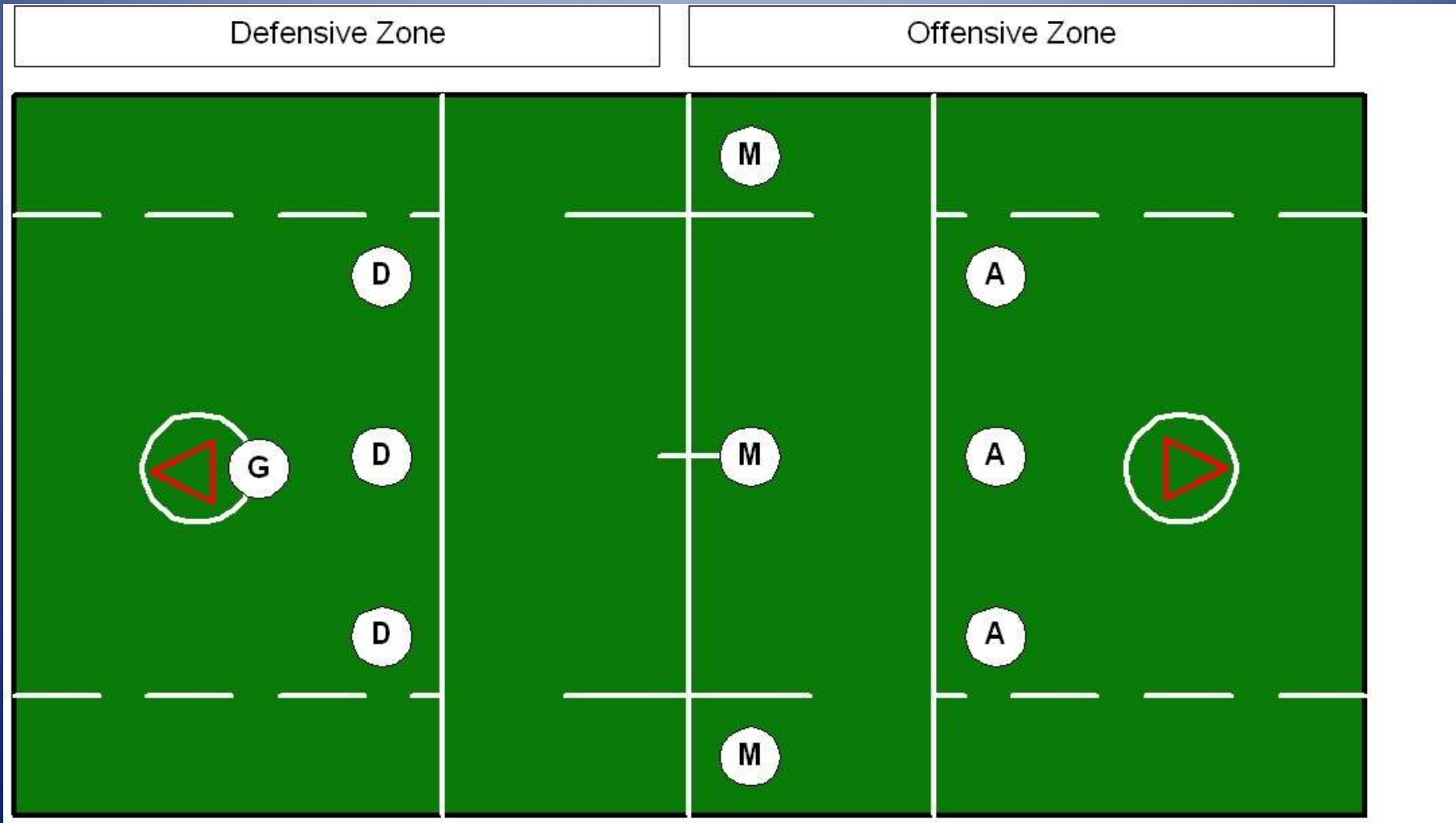
Positions - Defense

- 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
- Each team should have three defensemen on the field.

Position - 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.

Positions – Defense/Goalie



Positions - All



Lacrosse Rules

- U 11 lacrosse is NO body checking of any kind is permitted!!
- Legal pushes and holds are allowed. In all loose ball situations players should “play the ball,” but incidental contact, “boxing out”, or screening techniques during such play shall not be considered a violation of this rule.
- If a loose ball is not moving, stuck, or the players are having difficulty picking the ball up the referee may restart play following the alternate possession rule played by ten players: a goalie, three defensemen, three midfielders and three attackmen.
- Each team must keep at least four players, including the goalie, in its defensive half of the field and three in its offensive half. Three players (midfielders) may roam the entire field.

Rules Cont.

- Games will consist of four 8 minute stop time quarters. If running time is to be used, 12 minute running time quarters are recommended. In the event of a tie at the end of regulation time the game should end as a tie. If league or tournament play requires that a winner be determined, overtime should be played in accordance with U15 sudden victory overtime rules.
- Each team is given a two-minute break between the first and second quarters, and the third and fourth quarters. Halftime is ten minutes long.
- Teams change sides between periods (typically). Each team is permitted two timeouts each half. The team winning the coin toss chooses the end of the field it wants to defend first.
- At any point during a game when there is a six goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face off as long as the six goal lead is maintained, unless waived by the coach of the trailing team.

Rules Cont.

- Lacrosse begins with a face-off.
- The ball is placed between the sticks 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.

Rules Cont.

- Center face-offs are also used at the start of each quarter and after a goal is scored (unless down by 6 goals).
- 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 BOTH hands need to remain on stick at U11.
- A stick check is the controlled poking and slapping of the stick and gloved hands of the player in possession of the ball.

Rules Cont.

- Body contact NOT checking is permitted if the opponent has the ball or is within THREE 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 three yards of a loose ball or ball in the air.

Rules Cont.

- 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 to the ball when and where it goes out of bounds is awarded possession.
- An attacking player cannot enter the crease around the goal, but may reach in with his stick to scoop a loose ball.

Lacrosse Fouls

- There are personal fouls and technical fouls in boy's lacrosse.
- The penalty for a personal foul results in a one to three minute suspension from play and possession to the team that was fouled.
- The penalty for a technical foul is a thirty-second suspension if a team is in possession of the ball when the foul is committed, or possession of the ball to the team that was fouled if there was no possession when the foul was committed.

Personal Fouls

- **Slashing:** Occurs when a player's stick viciously contacts an opponent in any area other than 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.
- **Cross Checking:** Occurs when a player uses the handle of his crosse between his hands to make contact with an opponent.

Personal Fouls

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

Personal Fouls

- **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 crosse.

Personal Fouls

- **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.

Technical Fouls

- **Holding:** Occurs when a player impedes the movement of an opponent or an opponent's crosse.
- **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.

Technical Fouls

- **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.
- **Screening:** Occurs when an offensive player moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending.

Technical Fouls

- **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.