

WFB MS PE  
Lacrosse Rules  
Study Guide

**Players:** Regulation Lacrosse has 10 players (3 Attackmen, 3 Midfielders, 3 Defensemen, 1 Goalie). WFBMS PE Lacrosse games have smaller numbers of players on the field with no goalie.

**Field:** A regulation Lacrosse field is 110yds long and 60 yds wide. WFBMS PE Lacrosse is 50 yds long and 30yds wide.

**Start of Play:** Play is started with a face-off. Players will face off at the beginning of the game and after a goal is scored.

**Game Play:**

Play begins with a face off. Players pass and run the ball towards the opponents' goal and attempt to shoot the ball in the goal. Each team must keep at least 4 players (Defenders) in its defensive half of the field, and 3 players (Attackmen) in its offensive half of the field. Midfielders may roam the entire field. No player may go into the crease at any time. Hands may not be used to move the ball in any way; (Exception for the Goalie).

Slick checking is allowed. Body checking is allowed. The ball is out of bounds when it crosses the sideline and goes to the opposing team. A ball shot past the goal and over the end line goes to the player nearest the ball when it crossed over the line. Play is restarted by throwing the ball back into play.

**Points:** 1 point per goal

**Skills Required:** Scooping, Passing, Catching, Cradling Checking

**Personal Fouls: 1 minute penalty**

Slashing      Tripping      Cross-Checking      Unnecessary Roughness

**Technical Fouls: 30 second penalty**

Holding, Interference, Offsides, Pushing, Screening, Stalling, Warding-Off, Withholding the ball.

**Terms:**

Body Check – Contact with an opponent from the front or side when the opponent has the ball or is within 5 yds.

Clearing – Running or passing the ball from the defensive half of the field to the attack area

Crease – Circle around the goal

Crosse – Stick used to throw, catch and carry the ball

Face Off – Used to start the game and restart play after a goal. Both players are on one knee.

Pocket – Top of the Crosse. Used to hold the ball.

Rake – Face-off technique in which the player sweeps the ball to the side.

Stick Check – Technique used to dislodge the ball from the Crosse. Controlled poke is legal.

**FOULS:**

Slashing – Downward motion with the stick contacting the opponents' body

Cross Checking – Using the handle of the Crosse, between the hands to make contact with an opponent

Holding – Impeding the movement of an opponent with the ball

Interference – Impeding movement of an opponent without the ball

Offsides – Wrong number of players on attacking or defending side of the ball

Pushing – Pushing a player from behind

Screening – Offensive player impeding a defender from defending an attacker.

Stalling – Intentionally holding the ball without making an attacking play.

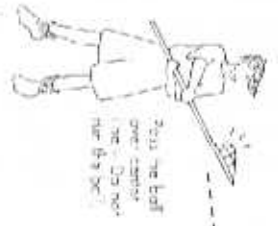
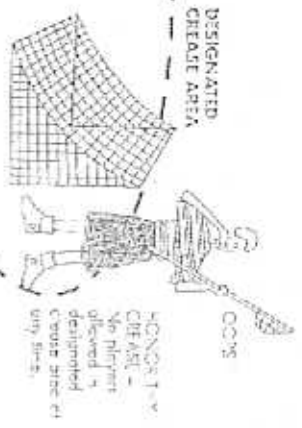
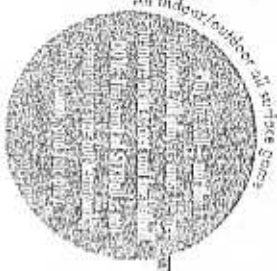
Warding-Off – An attacker using a free hand or arm to hold an opponent away

Withholding the ball – Clamping a loose ball against the ground or body

# STXBALL

## The No Contact Lacrosse Game

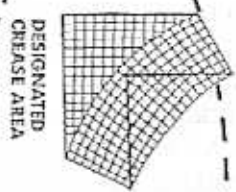
### A Great Game



**THE LAW - PENALTIES -**  
Player hit in crease line.



**HONOR THE CREASE -** Shots on goal must be taken outside of designated crease area. [Judge whether use basketball "key" area - when in gym.]



**GAME SUGGESTION:**  
Unlimited substitution - no goal.

**REFEREE SUGGESTION:** Have extra balls readily available to keep the game moving.

### FIVE BASIC RULES

- Play the ball - not the opponent!
- All players must be feet on ground in lacrosse and handles. (If a stick or body contact allowed!)
- Players must keep both hands on their sticks.
- If a stick is not passed over the centerline.
- Two passes must be made before each shot at the goal (after the center line pass).
- They should be continuous.
- It's all in the air!

Note: Players and coaches will receive one of the following game rules and skill levels.



Close supervision is essential to the success of a school or recreational STXBall program. The "no-contact" rules, and use of the specified frame ball only, are important to a safe game. Specific requirements for use of protective equipment are makers for school or recreational supervisor determination. Replace all parts if lost, damaged or loose.

STX, 1500 Bush Street, Baltimore, Maryland 21230 410.837.2022 800.368.2250