

General Rules of Lacrosse

- HAVE FUN
- Lacrosse is a game of time, vision and space
 - **Time** – all players on the field move in a way that maximizes ball possession – moving in time.
 - **Vision** – head is up at all times, seeing the field, looking through the player covering – full vision.
 - **Space** – players move out of the way of the ball always making themselves more dangerous – creating space.
- A players stick is in triple threat at all times
 - From triple threat a player can pass, dodge or shoot
- All passing and shooting will be performed in the vertical position
- The whistle stops the play of the game not the game
- Know the situation
- When the ball falls to the ground it is every player's job to yell, "**BALL**"
- When a player picks up a ground ball (gb) he yells, "**BREAK**", "**OFF**" or "**RELEASE**"
- Never stop moving your feet if you have the ball or if you are covering the ball or if you are off-ball
- You can never talk too much
- Listen to the bench
- The ball moves faster than you do
- If the other team does not have the ball they cannot SCORE

Defensive Rules

- Defense is played with your feet not your stick
- Never slide up field
- When playing defense you are slow to go, quick to get home (meaning you go out and play the ball under control so that you are not dodged and once you are no longer covering the ball you get in towards zero to help out)
- Head-on-a-swivel – you see both the man you are covering and the player with the ball
- Never get beat topside
- Get beat going away from angle – give up bad shots

Offensive Rules

- Put your defender between you and the ball in a straight line as much as possible. He cannot watch you and the ball at the same time. If a defender cannot see either you or the ball he cannot understand the timing or spacing of it.
- If the player covering you turns his back on you cut behind his helmet to space
- After you pass the ball cut behind your man's helmet towards the goal – he must then watch you or the ball (challenge his vision)
- Never cut outside the ball

- Always keep your head up and see the field – looking through your defenseman (he cannot see what you see)
- If the ball is being carried towards you, you **MUST** cut towards the goal making yourself more dangerous, causing your defender to follow you and creating space for the ball.
- If you are on the crease: when the ball is high you are low and when the ball is low you are high
- Keep your stick in triple threat at all times.
- When moving off-ball always keep your stick in triple threat and keep the head of your stick facing the ball.
- Remember you will play without the ball more than you will with the ball.
- On a ball down, bad pass, missed shot low in the offensive end immediately go into a ride.

Substitution Rules

- **Ride Substitution** - Substitute offensive midfielders for defensive midfielders and one additional long pole on a ball down, bad pass, missed shot low in the offensive end.
- **Midline Substitution** - Substitute midfilders over the midline by pulling a defender off.

General Terms

- **GLE** – Goal line extended – a line from sideline to sideline that runs across the goal mouth
- **Zero / The Hole**– the area that is in front of the goal that is 8 yards by 8 yards
- **Crease** – the area around the goal – defensive players may cut through their crease – offensive players must stay out of the offensive crease
- **Restraining Line** – there are two – one at each end of the field – the line goes sideline to sideline and is 35yrds from the end line
- **Restraining Box** – there are two – one at each end of the field – the box is 35yrds by 40 yrds
- **Alley** – the area to each side of the restraining box between the dashed restraining line and the sideline
- **Wing Area** – The two lines that are perpendicular to the midfield line – these lines are 20yrds long and 20yrds from the faceoff X (if you lined up on the wing for a faceoff you cannot touch the wing line you must be behind it)
- **I Got Ball** – a call made in the defensive end to let teammates know that you are playing defense on the person carrying the ball
- **Ball** – what is said by all players on and off the field when the ball is dropped
- **Man / Ball** two players from the same team go for a ball; the first bodies the player from the other team and the second picks up the ball
- **Break** – what **MUST** be said when a ground ball is picked up so other players know to stop playing the man
- **I'm Hot** – in the defensive end of the field a player who makes this call is the first one to slide to the ball should the player covering the ball get beat in crease slide.
- **I Got 2** – in the defensive end of the field a player who makes this call is the second to

slide to the ball should the player covering the ball get beat in crease slide.

- **Back Right/Left** –defensive call made by the player to the right and left of the defensive player who called “ball” these two are helping out if needed in adjacent slide
- **Clear** – when the goalie makes a save he yells “clear” to tell the defense to break out and get open so the ball can clear the midfield. – you have 20 (twenty) seconds to clear midfield
- **Got-Your-Help / One-More** – is the call made by a player who does not have the ball but is open and in a position to help the ball carrier
- **Middie Back** – call made by the player who is staying onside because the goalie or defensive player has carried the ball to the offensive half of the field
- **Onside Middie** – the middie on the side of the field that the ball was not cleared on
- **Offsides** – if there are less than 4 (four) players in the defensive half of the field / if there are less than 3 (three) players in the offensive half of the field
- **Check** – a call made to tell players to rip arms of the players of the other team – normally there is a pass being made
- **Box** – where all substitutions are made live and dead ball
- **Yellow** – there was either a long defensive possession or there is a live ball substitution so the ball is slowed down and you do not go to the goal

Other Terms

- **Army** – this call can be made alone or with a play name – with Army you slow the ball down do not shoot or go to the goal
- **Navy** – Takes Army off and lets you go to the goal and or shoot
- **Fire** – get back in the hole as fast as possible
- **Delta** followed by a number – The number designates how many players we will be changing through the midfield line by taking a defender off the field.
- **Blue** – Adjacent slide package – one or less offense players on the crease.
- **Green** – Crease slide package - two or more offense players on the crease.
- **Yellow** – Slow the ball down once it has been cleared – do not go to the goal or shoot.
- **Motion** – Offense set run out of a 2-3-1
- **Deuces** – Offense set run out of a 2-2-2
- **Lightning** – runout of a 1-4-1 which is an isolation and the four players mumbo (Outside picks for inside) creating space in the middle of the field. (automatic vs zone defense)
- **Ride** – defense run immediately after a lost ball low in offensive side of the field. Force only outlet the cross field player.
- **Shutdown** – less aggressive than the ride.

Youth and High School Men's Lacrosse Field of Play

