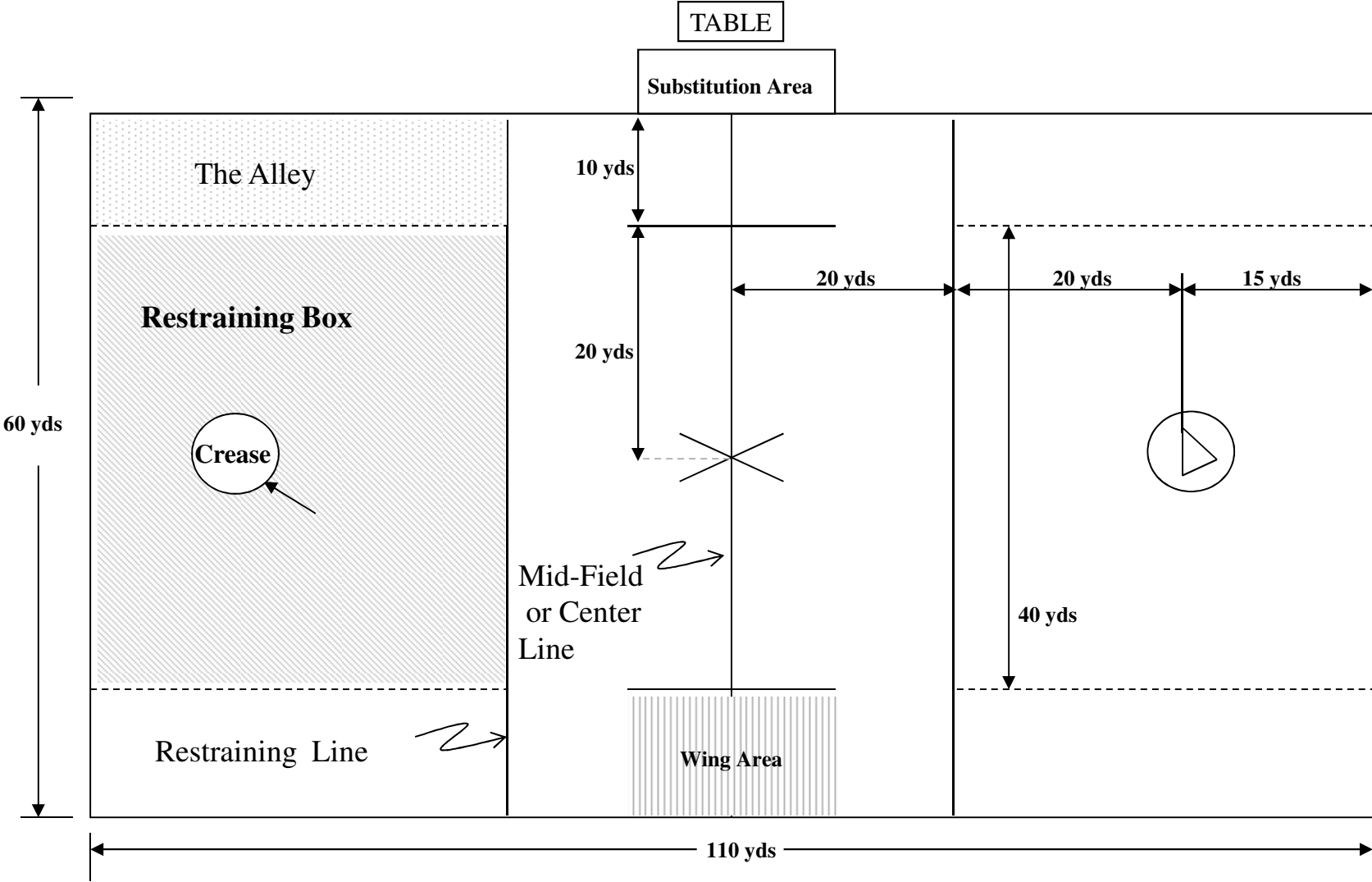


Freehold REC Boys Lacrosse Getting Started



The Playing Field



The Players

Ten Players on the field per Team:

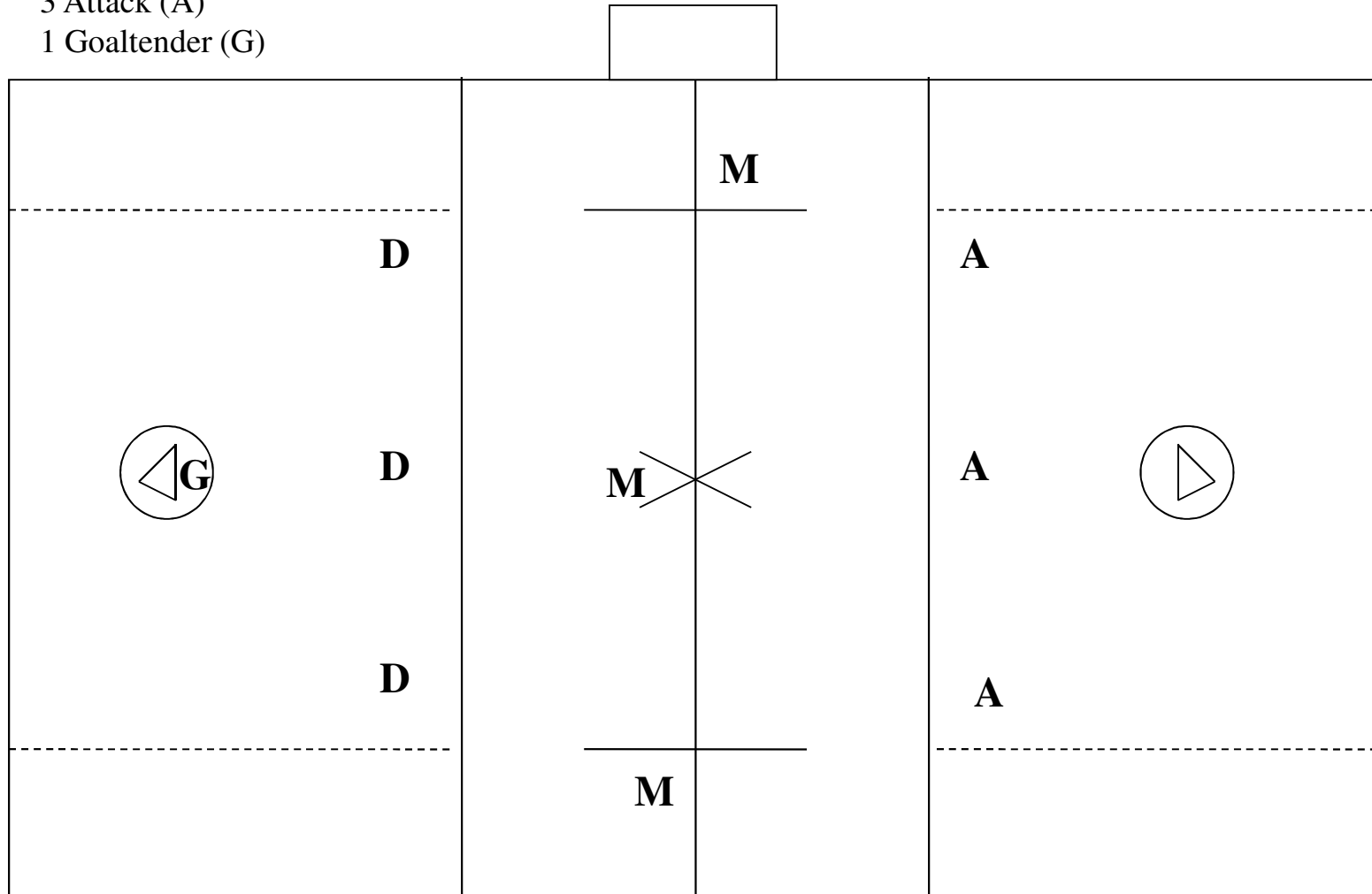
3 Defense (D)

3 Mid-Fielders: Middies (M)

3 Attack (A)

1 Goaltender (G)

The players are shown in typical starting positions.



Equipment

- All Players excluding the goal keeper must wear:
 - Helmet
 - Mouthguard
 - Shoulder Pads
 - Arm Guards
 - Gloves
 - Athletic Cup

- The goal keeper must wear:
 - Helmet
 - Mouthguard
 - Neckguard
 - Chest Protector
 - Gloves
 - Athletic Cup
 - Shoulder Pads, Arm Guards, and Thigh Pads (football pants) are optional

Starting A Game

- Players from each team line up as in the previous diagram
- The two center Middies “face-off” and play starts when the Ref blows the whistle
- Both teams’ Attack and Defense players must stay in their respective Restraining Lines until:
 - the Ref declares possession of the ball by one team or the other.
 - The Ref does this by shouting the color (of the jersey) of the team that gains position of the ball and spinning the arm.
 - The ball crossing into one of the Restraining boxes
 - The ball goes out of bound
- At that point, all players can cross the Restraining line, but must remain “on-sides.”
- To be on-sides in Lacrosse, each team must have at least 4 players (e.g., 1 goalie and 3 defenders) in their defensive half of the playing field and at least 3 players (3 attackers) on their offensive half of the playing field, unless short handed.

- **Ball Movement and Scoring**
 - Players can advance the ball and score using any body part except their hands (but using the stick, called the crosse, is the recommended method)
- **Checking**
 - Body checking is legal if the opponent has the ball, or is within 5 yards of a loose ball, and the contact is from the front or side. (and above the waist and below the neck...)
 - Stick checking is legal only when striking an opponent's stick, or his hands upon the stick,) if the opponent has the ball, or is within 5 yards of a loose ball. No other part of the body may be checked with the stick.
- **Penalties**
 - Players committing a penalty may spend time in the penalty box. The penalized player must spend his penalty time in the penalty box and must remain there until the timekeeper informs him that his penalty is up.

Penalties: Technical Fouls

- 30 second penalty if the fouled team has possession of the ball. The ball is awarded to the fouled team if the ball is loose or is awarded to the fouled team if the team committing the foul has possession of the ball
- Interference: Interfering with the movement of a player who does not have the ball or is farther than 5 yards from a loose ball
- Holding: Holding an opponent with your stick or free hand (in any way...)
- Pushing: Pushing someone from behind in a way to cause that player or team to lose an advantage or cause the team pushing to gain an advantage
- Throwing the stick, or playing without the stick (oops...)
- Illegal procedure: Crease violations: (a defending player with the ball running through the crease, or an offensive player stepping in his opponent's crease,) or checking the goalies stick when he has the ball and is in the crease.
- Withholding ball from play: Lying on a loose ball, or trapping it on the ground with the crosse longer than is necessary to pick the ball up
- Offsides: Explained on page 4
- Failure to Advance the Ball:
 - The goalie can only hold the ball in the crease for 4 seconds
 - The defending team must advance the ball over the mid-field line within 20 seconds of being charged with possession
 - The attacking team must get the ball into the goal area within 10 seconds of crossing the mid-field line with possession, assuming they retain possession

Penalties: Personal Fouls

- 1 to 3 minute penalty. (at the discretion of the officials...)
- Unsportsmanlike conduct
 - Cussing, threatening, etc.
- Cross checking: Checking the opponent with the portion of the stick between the players hands
- Tripping: Self-explanatory...
- Slashing: Striking an opponent with the stick on any illegal part of his body or with excessive force on any part of the opposing player
- Illegal body checking: Checking an opponent in an illegal way
- Unnecessary roughness: Too big a hit at referee discretion
- Illegal Stick: stick too long, pocket too deep, head or handle illegally modified