

Lacrosse Study Guide

Terms :

Groundball- scooping lacrosse ball off the ground

Raking- using the back of the lacrosse net to pull the ball back, then scoop it up

Cradle – keeping the lacrosse ball secure by turning the lacrosse net with the top hand while keeping the bottom hand loose

Poke Check- using your stick poke the lacrosse ball out of an opponent’s net

Slashing- swinging your stick violently at an opponents stick or body

Rules :

Out of Bounds (if a ball is passed or is carried out of bounds) – ball will go to the other teams closest player

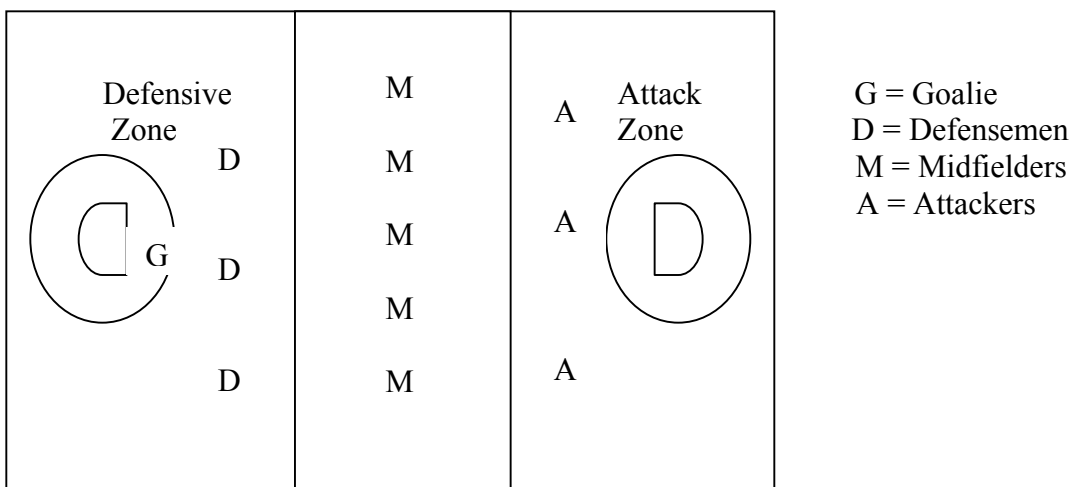
(If the ball is shot out of bounds) - ball goes to the nearest player, no matter what team

Face Off – two players face off at the beginning of the game, after a goal is scored, or to start the second half of the game.

Using your hands- Only the goalie may use their hands to pick up a lacrosse ball

Goalie’s Crease- opposing may not take a shot inside the crease

Positions: Women’s Lacrosse (12 Players)/ Men’s Lacrosse (10 Players)



Defensemen: Must have **4 players** including goalie in defensive zone at all times. Defensive players can go to the midfield zone if midfielders come into defensive zone.

Midfielders: Midfielders may go anywhere on the field

Attackers: There must be **3 Attackers** in the attack zone at all times. Attackers may not leave their zone.