



## **Lacrosse Rules Made Easy**

The rules of lacrosse and tactics utilized are much the same as basketball. Unlike hockey, there is no off side and the goaltender may advance to any portion of the floor. In novice and above, a thirty second clock is in effect. The team with possession of the ball must take a shot on net within the 30 seconds or give up possession. When a team is in possession of the ball, all players are on the attack. When a team is not in possession of the ball, all players are on the defense and trying to get possession from the opposing team.

Listed below is a short summary of the most common infractions:

1. Butt ending, slashing, and high sticking are called similar to hockey.
2. Cross-checking below the waist or in a chopping motion is not allowed. Players are to put the stick on the opponent and push.
3. Checking from behind is a major penalty. If the offensive player turns his back, no infraction is called.
4. Interference - If any player impedes another in going for the ball, interference is called and the non offending team gains possession.
5. Handling the ball - Not allowed, non offending team gains possession.
6. Crease play - No attacking player is allowed in the crease. No defensive player may check an offensive player or the goaltender in the crease. The goaltender or offensive team must move the ball out of the crease within 5 seconds.
7. Fighting - Any player who engages in a fight receives a game misconduct plus any additional games deemed necessary by the league commissioner.