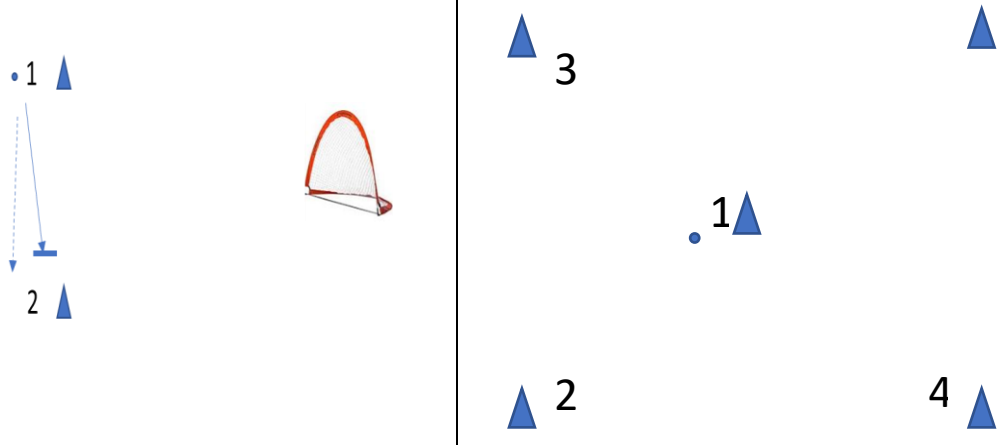


Lacrosse: The fastest game on two feet  
 Dr. Susan Nye  
 nyesb@jmu.edu

Lacrosse has some of the same skills found within team handball, ultimate frisbee and basketball. Speed lax is a modified version of the full field lacrosse game using similar offensive skills but modified defensive skills.

Skills within Lacrosse	
Groundball	Cues: take the icing off the cake or green knuckles
Cradling	Cues: facetime / phone call
Throwing	Cues: (Preparation) Side to target, Dominant hand top of the stick, nondominated elbow points at target, (Execution) step and (Follow-Through) head of stick points at target
Catching	Cues: Show, Give, Cradle
Defense (on ball)	Cues: Athletic stance, stick head vertical between 10:00 and 2:00
Stick Tricks	Back of the Stick catch Spin stick Spin over Shaft Underarm spin Catch between legs (behind the back)
Lacrosse offensive strategies:  Pick and Roll	Space passing (ball starts in center, can only pass to a player moving and no two players can be at the same cone)  

## Speed Lax Rules:

- a. Field is 40x20 yards with the goal 5 yards off the end line. Goal circle can be 8 feet in diameter. Goals are 4x4. (\*foldable goals and size of the field can be modified to be larger or smaller based on the skill level of the players)
- b. A regulation match is three periods of 6 minutes each.
- c. A match win is credited to the team that wins the best 2 out of 3 periods. This is similar to the rules in tennis. Each period will be scored separately, resulting in a winner at the end of each period. The score then resets to zero-zero at the start of each subsequent period.
- d. Sticks can be 36"-42". Ball is soft ('pinky' or a tennis ball)
- e. No checking (defense cannot contact an offense player's stick)
- f. Fouls: Any of the below can result in a foul which results in a loss of possession and a :15 second penalty (to be served in the sub box)
  - i. Cross Checking –hands "wide" on the shaft & used to deter offensive progress Down
  - ii. Checking from above shoulder height Slashing –attempted defensive stick check that forcefully contacts the offense
  - iii. Shot Slash -striking the defense on a shot follow through
  - iv. Body Checking -use of the body to excessively impede offensive progress ("hit")
  - v. Charging – losing body control while in possession of the ball High Sticking –contact above shoulders
  - vi. Swim Dodging –raising the stick above the shoulders while dodging Pushing-
  - vii. Unequal Pressure –extending or locking elbows & "driving" the offense
  - viii. Over the Head Checking – down checking from above/over the head
- g. Fairplay Fouls: foul will result in a loss of possession and a :60 seconds penalty. (Penalty to be served in the sub box area and the opposing team will play a player down during this time.)
  - i. Foul Language / Swearing
  - ii. Arguing Calls Fighting
  - iii. Overly Physical Play
- h. One attempted pass before a shot on goal
- i. After a goal a player from the opposing team circles behind the goal before starting the transition up field
- j. If the ball goes out of bounds, it is a throw-in from the side line. The player throwing the ball in must stay behind the line and can move 3 yards or 3 steps in each direction.
- k. Shots on cage and passes are determined to be out-of-bounds based on the last player to touch the ball. "Backing up" the end line is not allowed. "Backing up" is when a shot is made that it is the first person to the end line is who gets possession of the ball.
- l. Players stepping on end lines and sidelines are considered out-of-bounds and shall result in a change of possession. All lines are considered "hot".
- m. Balls shall be put back into play by a single player standing off the field in proximity to where the ball left the field or player carried it out. The inbound player must pass the ball to a player on the player – similar to basketball. On the sidelines, inbound players may move 3 yards in either direction. Exceeding the 3 yards will result in a possession turnover with the opposing team possessing the ball at mid court. On end lines, inbound players may run the length of the end line
- n. Players have :05 seconds to inbound the ball. Failure to inbound within the allotted time will result in a possession turnover with the opposing team inbound in the same area.