

RAISE YOUR GAME



Parent Handbook

YOUTH BOYS



Introduction

DEAR PARENT OF A YOUTH BOYS' LACROSSE PLAYER:

US Lacrosse welcomes you and your young players to the sport of lacrosse. Lacrosse has benefited from rapid growth in recent years. More and more people every day are learning to play America's oldest – and fastest growing – sport.

Lacrosse is about having fun and learning a sport. As parents, part of your role is to make sure that your child is enjoying his lacrosse experience. Be positive about your child's participation. Encourage. Support. Volunteer. Remind your child, AND yourself, that winning is not everything. You and your child will participate in many games over the years and the friendships and great experiences will certainly outweigh the win/loss record in your child's memory.

GUIDING PRINCIPLES FOR BOYS' YOUTH LACROSSE:

- Respect your coaches, teammates, opponents, officials and the fans
- Compete with heart, honor and hustle
- Honor the traditions of the game and respect the ancestors of the sport
- Have fun, be passionate and adhere to the spirit of the game both on and off the field



This season, as a parent and player, I pledge to **COMPETE** with **CLASS** and **HONOR** the **GAME**.

- I will honor the history of men's lacrosse and commit to maintaining the core values of the game's culture.
- I will recognize the value of safe and fair play by teaching, enforcing and playing by the letter and spirit of the boys' game.
- I will practice and encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other boys' lacrosse event.
- I will place the emotional and physical well-being of the players ahead of any personal desire to win.
- I will support coaches and officials working with players in order to encourage a safe, positive and enjoyable experience for all.
- I will do my very best to make the sport fun for every participant.
- I will ask all family members and fans to be tolerant and inclusive by treating other players, coaches, fans and officials with high regard and respect.



Scan this QR Code with your Smartphone. If you don't have a Smartphone or reader, you can visit this website at: www.uslbarcodemy.org

Game Overview

Boys' lacrosse is a contact game played by 10 players. The object of the game is to shoot the ball into the opponent's goal and to keep the other team from scoring. The team scoring the most goals wins.

Positions:

Each team must keep at least four players, including the goalie, in its defensive half of the field and three in its offensive half. Three players (midfielders) may roam the entire field. Attackmen and defenders, including the goalie, can cross midfield, but another player that would normally be able to cross the line has to stay behind the line to ensure that the team has the proper number of players on each side.



Face-off:

Boys' lacrosse begins with a face-off. The ball is placed between the sticks of two squatting players at the center of the field. The official blows the whistle to begin play. Each face-off player tries to control the ball. The players in the wing areas can run after the ball when the whistle sounds. The other players must wait until one player has gained possession of the ball, or the ball has crossed into the offensive zone, before they can release. Face-offs are also used at the start of each quarter and after a goal is scored. Many youth leagues award the ball to the losing team after a goal instead of facing off if there is a wide goal differential to ensure a more competitive experience.

Basic Skills:

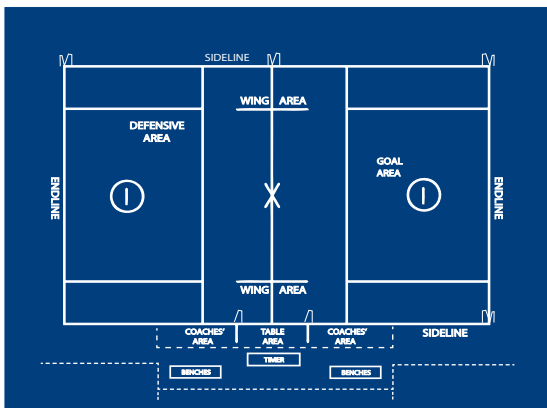
Field players must use their crosses to pass, catch and run with the ball. Only the goalkeeper may touch the ball with his hands. A player may gain possession of the ball by dislodging it from an opponent's crosse with a stick check, the controlled poking and slapping of the stick and gloved hands of the player with the ball.

Rules:

The US Lacrosse Youth Council has adopted modified rules for play by youth ages 15 and under. The official rules can be found at www.uslacrosse.org/TopNav2Right/Rule/MensRules.aspx. The rules are modifications to the National Federation of State High School Associations boys' rule book, which governs high school play. College play is governed by the NCAA rulebook.

To order these rulebooks, please visit the US Lacrosse online store at www.uslacrosse.org/store.

Field and Equipment



Attack (3 per team)

The attacker's responsibility is to:

- Score goals and assist goals by passing the ball
- Stay on the offensive side of the field
- Demonstrate excellent stick work with both hands and have quick feet

Midfield (3 per team)

The midfielder's responsibility is to:

- Cover the entire field playing offense and defense
- Clear the ball from defense to offense
- Demonstrate great stick work (throwing, catching, ground balls)
- Possess speed and stamina

Defense (3 per team)

The defenseman's responsibility is to:

- Defend the goal
- Be agile, aggressive and possess great stick work
- Read any attacker's play and react quickly in game situations

Goalie (1 per team)

The goalie's responsibility is to:

- Protect the goal and prevent the opposing team from scoring
- Lead the defense by directing defensemen to react
- Possess excellent hand-eye coordination and a strong voice

REQUIRED EQUIPMENT

- Crosse (Stick)
- Ball
- Helmet
- Mouthpiece
- Gloves
- Shoulder pads
- Arm pads
- Rib pads (strongly recommended)
- Throat protector (goalie only)
- Chest protector (required for goalie)

Personal Fouls

PERSONAL FOULS

The penalty for a personal foul results in a one-to-three-minute suspension from play and possession to the team that was fouled. Players with five personal fouls are ejected from the game, though this is a very rare occurrence in lacrosse.



Slashing: When a player's stick viciously contacts an opponent in any area other than the stick or gloved hand on the stick.



Tripping: When a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs.



Cross Checking: When a player uses the handle of his crosse between his hands to make contact with an opponent.



Unsportsmanlike Conduct:

When any player or coach acts in a way deemed by an official as unsportsmanlike conduct, including taunting, arguing or obscene language or gestures.



Unnecessary Roughness: When a player strikes an opponent with his stick or body using excessive or violent force.



Illegal Body Checking:

- A. Body checking an opponent who is not in possession of the ball or within five yards of a loose ball
- B. Avoidable body check of an opponent after he has passed or shot the ball

- C. Body checking an opponent from the rear or at or below the waist
- D. Body checking an opponent above the shoulders. A body check must be below the shoulders and above the waist, and both hands of the player applying the body check must remain in contact with his crosse.

Illegal Crosse:

When a player uses a crosse that does not conform to required specifications. A crosse may be found illegal if the pocket is too deep or if any other part of the crosse was altered to gain an advantage.

Technical Fouls

COMMON TECHNICAL FOULS

The penalty for a technical foul is a 30-second suspension if a team is in possession of the ball when the foul is committed, or possession of the ball to the team that was fouled if there was no possession when the foul was committed.



Crease Violation: When an offensive player deliberately, through his own momentum, enters the opponent's goal-crease or a defensive player, including the goalkeeper, with the ball in his possession, enters from the surrounding playing field into his own goal-crease.



Holding: Illegally impedes the movement of an opponent with the ball.



Illegal Offensive Screening: When an offensive player, through moving contact of his body or equipment, blocks a defensive player from the man he is playing or impedes his normal movements of playing defense.



Interference: When a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the player or both players are within five yards of a loose ball.



Offsides: When a team does not have at least four players on its defensive side of the midfield line or at least three players on its offensive side of the midfield line.



Pushing: When a player thrusts or shoves a player from behind, with or without the ball, unless a player turns.



Stalling: When a team intentionally holds the ball, without conducting normal offensive play, with the intent of running time off the clock.



Warding Off: When a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick check.



Withholding The Ball From Play: When a player clamps a loose ball against the ground more than momentarily or clamps the ball against his body to prevent it from being dislodged.

Glossary

GLOSSARY FOR BOYS' LACROSSE

Checking: The act of attempting to dislodge the ball from an opponent's stick.

Clearing: Running or passing the ball from the defensive half of the field to the offensive half of the field.

Cradling: The coordinated motion of the arms and wrists that keeps the ball secure in the pocket and ready to be passed or shot when running.

Crease: The circle around the goal with a radius of nine feet into which only defensive players may enter. Defensive players may not take the ball into the crease – only the goalie.

Extra Man Offense (EMO): A man advantage that results from a time-serving penalty by the other team.

Ground Ball: A loose ball on the playing field.

Man Down Defense (MDD): The situation that results from a time-serving penalty which causes the defense to play with at least a one-man disadvantage.

On-The-Fly Substitution: A substitution made during play.

Pick: An offensive maneuver in which a stationary player attempts to block the path of a defender guarding another offensive player.

Play On: If a player commits a loose-ball technical foul or crease violation and an offended player may be disadvantaged by the immediate suspension of play, the official shall visually and verbally signal "play on" and withhold the whistle until such time as the situation of advantage, gained or lost, has been completed.

Release: The term used by an official to notify a penalized player in the box that he may re-enter the game occurs at the conclusion of a time-serving penalty.

Riding: The act of trying to prevent a team from clearing the ball from the offensive half to the defensive half of the field.

THE ROLE OF PARENTS

You as the parent are equally as important to your child's positive lacrosse experience as the coach of the team. In order for your child to get the most out of playing lacrosse, it is important that you do the following:

- 1. Be supportive of your child by giving encouragement and showing an interest in his team. Positive reinforcement encourages learning and fun.**
- 2. Attend games whenever possible. If you cannot attend, ask about your child's experience, not whether the team won or lost.**
- 3. Be a positive role model by displaying good sportsmanship at all times to coaches, officials, opponents and your child's teammates. "Honoring the game" is an important part of what US Lacrosse represents. Help us by honoring the game in your behavior as a spectator.**
- 4. Let your child set his own goals and play the game for himself. Be your child's "home court advantage" by giving him your unconditional support regardless of how well he performs.**
- 5. Let the coach coach. Refrain from giving your child advice when he is playing. Also, let the coach know when he is doing a good job.**
- 6. Respect the decisions of the referees or umpires. They are the authority on the field.**
- 7. Read the rulebook. A full understanding of the rules will help you enjoy the game and educate others.**
- 8. Get to know who is in charge. Meet with the leadership of the program, whether it is school-sponsored or recreational, to discuss topics such as cost, practice and game scheduling, insurance coverage, emergency procedures, etc. Be a good consumer for your child.**
- 9. Get involved—coach or assist, keep score, run the clock, line the fields, manage the equipment, raise funds, coordinate social events, develop an online picture book, help manage the team web site. These are just a few of the activities that parents can do to get involved and support the team. Go to www.uslacrosse.org for more ways to volunteer.**
- 10. Sit back and enjoy the game. Remember, lacrosse is played for FUN.**

