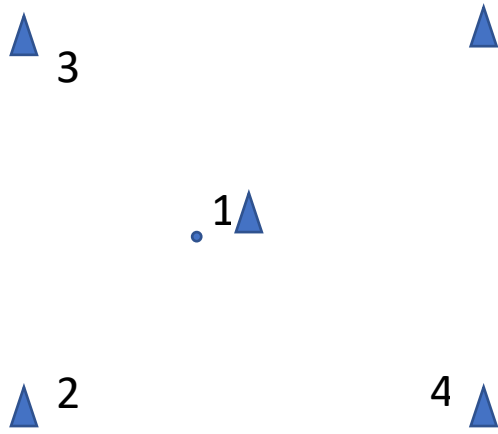
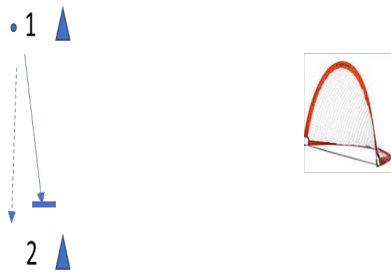


Lacrosse for Beginners
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Lacrosse has some of the same skills found within team handball, ultimate frisbee and basketball. Speed lax is a modified version of the full field lacrosse game using similar offensive skills but modified defensive skills.

Groundball	Cues: take the icing off the cake or green knuckles, top hand near the head of the stick (scoop through GB)
Cradling	Cues: facetime / phone call (use wrist to make a C or backward C)
Throwing	Cues: (Preparation) Side to target, Dominant hand top of the stick, nondominant elbow points at target, (Execution) step (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 (try to mirror the stick of the on ball defender)
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 inbounding player must pass the ball to a player on the player – similar to basketball. On the sidelines, inbounding 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, inbounding 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 inbounding in the same area.