



## Lacrosse

The rules for lacrosse in PE class are altered from the traditional lacrosse rules. Lacrosse originated as a game played by American Indians.

### Rules:

1. The game is started with a draw.
2. Players may not attempt to score while in the crease.
3. Players may not touch the ball with any body part unless they are the goalie.  
Goalies may block the ball with their body.
4. Players must have both hands on the stick when they have possession of the ball.
5. Opponents may not hit the player's stick while it is in the halo area.
6. Opponents may hit the stick if the player is not cradling the ball in the halo area.  
Only the head of the stick may be hit and it may only be done with minimal force.
7. Only the goalie is allowed in the crease.
8. Players advance the ball by running with the ball while cradling it or by passing it.
9. Players are allowed to go behind the goal.

### Terminology:

1. Draw – the way the game is started. A player from each team holds their sticks back to back and traps the ball behind them. On the command “GO”, they flip the ball in the air. Neither one of them may play the ball before it is played by another player.
2. Crease – the area marked in front of the goal where no one is allowed except the goalie.
3. Halo area – the area that is 7” around the head.
4. Cradle – the basket of the stick and also the method used to keep the ball in the lacrosse stick.