

## NON CONTACT LACROSSE

Men's lacrosse, and boy's lacrosse at the upper levels, is a very physical game that allows both body checking and stick checking. The players are outfitted with equipment that can run into the hundreds of dollars. From both a safety and financial standpoint, the game is modified to allow students in physical education classes to be exposed to the game of lacrosse in a safe manner and in a way that is not cost prohibitive to schools districts.

At the middle school level I break up the students into two teams that I personally referee. At the high school level I split them into four teams and I oversee both games, the students referee themselves. I am available to answer any questions they may have, help settle disputes, and make sure the games do not get physical.

### **Middle School/High School Non-Contact Lacrosse:**

The playing field is roughly 60 yards long and twenty yards wide. I choose to mark the field similar to a soccer field, with a mid-line and a goalie box area (roughly a ten foot by twenty foot area) at each end of the field where only the goalie is permitted to play.

We use hockey goals for our lacrosse goals. There will be an offensive line of four players, a defensive line of four players, and a goalie. Any additional players line up out of bounds past the goal line. To start play the four forwards align on the mid line, as a center, and three wingers. The centers kneel down facing the goal they are attacking, with their lacrosse sticks held on the ground running along the mid line. The lacrosse ball (actually a soft street hockey ball, I have used tennis balls as well), is placed on the ground between the heads of the two centers sticks. The defensive players are aligned midway between the midline and the baseline. On the whistle, the two centers attempt to be the first to cover the ball with their sticks and the forwards for each line cross over to the other half of the field where they must remain during play, they are not allowed to cross back over the mid line. The defensive players must allow stay on their half of the field. Whichever center secures the ball scoops the ball up and has five seconds to play the ball. Unlike regular lacrosse, where the players are allowed to run with the ball, in non-contact lacrosse once a player secures the ball they can only pass or shoot. The defense must be at least ten feet away, both stick and player, and they count out five "alligators", during which the player with the ball must play it or lost possession. The players advance the ball by passing to one another until they get close enough for a shot on goal. Quite frequently, the ball is not caught cleanly and is rolling on the ground. Whichever team can get to the ball first and cover it with their stick gains possession, at which time every one else backs up ten feet with the opposing team beginning their count. Any ball that enters the goal area can only be played by the goalie, no player, or their stick, is allowed in this area. If the goaltender leaves his goal box to play the ball, no one else may take his place when he is out of goal. Should a goal be scored, the players are lined up again and a new face off is executed. After a four or five minute "shift", the lines are rotated. The defensive players move up to offense, the goalie and three other players who were standing out of bounds awaiting their turn rotate out to defense, and the four offensive players rotate out of bounds.

If a ball goes out of bounds on the sideline, whichever team was not responsible for it going out simply inbounds the ball where it went out. If the ball goes out of bounds over the end line, regardless of which team was responsible for it going out, the team defending that end will inbound the ball where it went out. (One of the players who is standing out of bounds awaiting his turn to rotate in will inbound it).