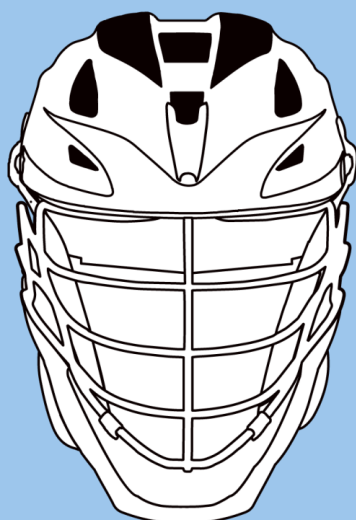


# MEN'S LACROSSE



## How it started

Lacrosse was started by the Native American Indians and was originally known as stickball.” Jean de Brébeuf later wrote about the game being played by the Huron Indians in 1636 and it was he who named the game "lacrosse." As a result of this, interest in the game developed in Canada, and a dentist by the name of Dr. William George Beers, was responsible for founding the Montreal Lacrosse Club in 1856. A decade later he drew up rules which included reducing the number of players, introducing a rubber ball and a redesigned stick.



By the turn of the century, lacrosse was becoming more popular in several countries, and in 1904 and 1908 lacrosse was played in the Summer Olympics.

## HOW IT'S PLAYED

The objective of this game is much similar to the sports that involve a ball, more specifically this game is similar to games where players shoot ball into the goal and opponents have to stop it. The lacrosse stick is known as ‘crosse’. It is used to carry, catch and pass the ball with the purpose of stopping your opponents from gaining points or score. When the opposite team has the ball, the team defending can try to divert them using crosse against opponents’ bodies or sticks.



## EQUIPMENTS USED

**The Crosse (lacrosse stick)** must be an overall length of 40 - 42 inches for attackmen and midfielders or 52 - 72 inches for defensemen. The head of the crosse must be 6.5 - 10 inches wide, except a goalie's crosse which may be 10 - 12 inches wide.

**The Ball** must be made of solid rubber and can be white, yellow, or orange. The ball is 7.75 - 8 inches in circumference and 5 - 5.25 ounces.

**A Protective Helmet**, equipped with a face mask, chin pad, and a cupped four-point chin strap fastened to all four hookups, must be worn by all players.

**A Mouthpiece** that is a visible color must be worn

**All Players**, with the exception of the goalkeeper, must also wear protective gloves, shoulder pads, arm pads, and rib pads.

**The Goalkeeper** is required to wear a throat protector and chest protector, in addition to a helmet, mouthpiece, gloves, and a protective cup.

## SCORING

Scoring a goal in lacrosse is quite simple. Lacrosse rules of scoring a goal are quite similar to hockey rules. To score the goal, the team must hit the ball with such force into the goal that it crosses the goal line. A lacrosse stick is used to hit the ball forcefully.

**Caution:** While scoring the goal, the team must keep this mind that if any player enters the crease (goal line) before the ball has crossed the goal line, this will cause disqualification of the goal.

