



WOMEN'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.



The modern women's game was introduced in 1890 at the St Leonard's School in St Andrews, Scotland. The rules of women's lacrosse differ significantly from men's field lacrosse. The two are often considered to be different sports with a common root.

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 35.5 - 43.25 inches. The head of the crosse must be seven to nine inches wide. The top of the ball when dropped in the pocket must remain above the side walls.* The goalkeeper's crosse may be 35.5- 48 inches long. The head of the crosse may be mesh and up to 12 inches wide.

The Ball: For 10U and above, the game ball must be yellow, lime green, or orange, and made of solid rubber, smooth without dimples.

Mouth Piece must be of a readily visible color other than clear or white and must not have graphics of white teeth.

Eyewear: All field players must properly wear protection that meets ASTM standard F3077 for women's adult/youth lacrosse for the appropriate level of play.

The Goalkeeper must wear a helmet with a face mask, separate throat protector, padded gloves, mouthpiece, and chest protector, they may also wear padding on arms, legs, and shoulders which does not excessively increase the size of those body parts.

Optional Equipment: Close-fitting gloves and headgear that meets ASTM standard F3137 are optional and may be worn by all players.

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.

