

## LACROSSE TERMS

**ASSIST:** when one player passes the ball to another and it leads directly to a goal without the scorer having to dodge a defender.

**BODY CHECK:** contact with an opponent from the front or side (but not a blind side check) — between the shoulders and waist — when the opponent has the ball or is within 3 yards of a loose ball. Not permitted at U9 and U11 levels.

**BOX:** an area drawn in both ends of the field surrounding the crease area. Also called the goal area or defensive area.

**BREAKOUT:** when the defending team gains possession of the ball, players spread out across the field to initiate a clear.

**CREASE:** a circle around the goal with a radius of 9 feet into which only defensive players may enter.

**DODGE:** a move by the ball carrier to advance past a defender.

**EXTRA MAN OFFENSE (EMO):** a man advantage resulting from an opponent's time-serving penalty. Also known as "**man-up.**"

**FACEOFF:** this technique is used to put the ball in play at the start of the game, each quarter, half, or after a goal is scored.

**FEED:** a pass to another offensive player in an attempt to create a scoring opportunity.

**FLAG/DELAYED WHISTLE:** when a team in possession is fouled, a flag is thrown but no whistle will sound to stop play until the fouled team loses possession.

**INTERFERENCE:** a player can't interfere with the free movement of an opponent, except when they have the ball or both are within 3 yards of a ball in flight or a loose ball.

**LOOSE BALL:** a ball that is not in possession of a player is referred to as a **loose ball**. Players will attempt to gain possession by **scooping** the ball off the ground. This is a technique practiced by players and involves lowering the body and hands and using the stick like a shovel to pick up the ball. The act of gaining possession of a loose ball is called a **ground ball**. At the U9 and U11 level players must **play the ball** when competing for ground balls. While incidental contact is allowed they cannot intentionally body check their opponent.

At the U13 and U15 levels, players may use the **boxing out** technique where one player uses body contact to keep his opponent away from the loose ball so that a teammate can more easily gain possession and win the **ground ball**. When using this technique, players should communicate and say, "**I've got man**" (meaning he will check the opponent) and "**I've got ball**" (meaning he will scoop the ball). Once the **ground ball** is won, the player gaining possession will say **release** (telling his teammate possession has been gained and he can no longer legally check his opponent). Like transition, winning a **ground ball** can often lead to an **odd-man** situation and a scoring opportunity as the defense can be caught out of position when possession is gained.

**MAN-DOWN:** the defense plays with at least a one-man disadvantage due to teammates serving penalties.

**MATCH-UP:** a call given by the goalie to tell each defender to find his man and call out his number.

**MIDFIELD LINE:** the line across the center of the field of play.

**ON-THE-FLY SUB:** a substitution made during play.

**PENALTIES:** the penalty for a technical foul is loss of possession or 30 seconds. The penalty for a personal foul is 1-3 minutes and/or expulsion. Penalties can be releasable or non-releasable after a score.

**PICK/SCREEN:** an offensive maneuver in which a stationary player attempts to block the path of a defender guarding another player.

**RELEASE:** the term used by a timekeeper to notify a penalized player in the box that he may re-enter

the game.

**SCORER'S TABLE:** the table and area between the benches at midfield where time and score is kept, penalties served and some substitutions made.

**SHAFT:** the stick's handle, the shaft, may be made of aluminum, wood, or composite material and is connected to the stick head.

**SLIDE/HELP:** when a defender leaves his defensive position to help a teammate guard an offensive player.

**STICK CHECK:** using stick-to-stick contact to try to dislodge the ball.

**STICK POCKET:** the strung part of the head of the stick, which holds the ball. Sticks with pockets not to specification may be removed from the game and may also lead to penalties.

**GLE:** goal line extended

**HOLE:** another name for the area outside/in front of the crease area, the imaginary box, 10 yards by 10 yards in front of the goal

**SWITCH:** a term used for off ball players to switch positions with their adjacent teammate in an attempt to occupy the off ball defenders during a doge from the opposite end of the set play

**RE-DODGE:** can be done from X or up top. A player dodges, can make a two- or three-step drop, then re-dodge back towards the goal.

**V-CUT:** offense players make this movement to get their hand free and to get open. The offense player cuts into the defending player and then into open space.

**SLIDE:** leaving the man you are guarding to pick up another offensive player.

## GOALIE TALK

**CHECK:** tells a defender a pass is being made to an area for a potential shot, defender must be ready to clamp down or "check"

**HOLD:** tells a defender to hold his man where he is and not let him any closer to the goal

**FIRE:** commands a defender to slide

**EARLY:** communicating to the defense that the ball carrier is a threat

**PUSH:** tells defender the offensive player is coming too close to the goal and he needs to push him away from the goal.

**SHOT:** tells defender that offense is in a threatening position to shoot, must step up and block or push out

**TURN:** tells defender to get above the offensive player's top hip and drive him the opposite direction

**BREAK:** tells the defense that a save has been made and the goalie is looking for outlets to clear the ball out of the defensive end of the field.