

# INTER-LACROSSE

07/00

## HISTORY OF LACROSSE

Native North Americans played Lacrosse for many centuries before European settlers voyaged to the North American continent.

"Baggataway" as it was known by the Native peoples, was a stick and ball game often involving hundreds of players aside.

The game was played on an open field anywhere from a few hundred yards to several miles in length. Some tribes used a single tree, or rock, at either end of the playing area as a goal and scores were made by hitting the goal with a ball thrown from a netted stick. Other tribes used a pair of posts, 6 to 9 feet apart, and the ball had to pass between them. The game had no time limit, often lasting for several days.

Typically, sticks were carved by hand and strung with leather. The ball consisted of wood or tightly wound deer hair covered by deerskin.

When first viewed by French missionaries in the early 1600's, the resemblance between the shape of the stick and a Bishop's crosier (or cross) was noted and the French named the game "La Crosse".

In the 1930's a hybrid of Lacrosse and Hockey was born. Box Lacrosse, or Boxla, spread quickly across the country and by 1935 was the only form of Lacrosse being played in Canada. Meanwhile Field Lacrosse remained the preferred form of the game in the other Lacrosse playing countries.

Today, Lacrosse in Canada has four disciplines. Box has maintained its position as the dominant, and most popular form of competitive Lacrosse.

Canadian National teams in men's and women's Field Lacrosse compete for the World Championship every four years, and Field Lacrosse is the fastest growing version of the game in Canada.

The fourth and newest form of the game is Inter-Lacrosse. This non-contact, skill oriented game has been introduced to over 40 countries around the world.



## OFFICIAL RULES OF INTER-LACROSSE

### **RULE 1 - Teams:**

The teams shall be made up of 5 players each, including 4 runners and one goalkeeper. Each team is permitted to substitute up to 4 players during a game. Substitutions can be made at any time.

### **RULE 2 - The Game:**

In organized leagues the game shall be composed of three 15 minute periods with a three minute interval between periods.

### **RULE 3 - Start of Play**

There are no face-offs in Inter-Lacrosse. The teams toss a coin at the beginning of the game to determine which team will have possession of the ball to start each period. After a goal is scored, the goalkeeper puts the ball back into play at the referee's signal.

### **RULE 4 - Hand Ball**

Touching the ball with the hand is NOT permitted. When a player violates this rule, the ball goes to the opposing team which shall put it in play immediately.

### **RULE 5 - Out of Bounds**

When one team causes the ball to go out of bounds, the other team shall put it back into play by passing or carrying it. If the ball is not put back into play within 5 seconds it is awarded to the other team.

### **RULE 6 - First to Cover**

When the ball is free, the first player to cover it with the head of the stick becomes the ball carrier and the opposing players must not come within a radius of 2 metres. At the referee's signal the player may pass or run with the ball.

### **RULE 7 - 5 Seconds Possession**

No player may have the ball in their possession longer than 5 seconds. If this rule is violated the ball is given to the opposing team.

### **RULE 8 - Movement**

When a player has the ball, he/she must either run with it or remain stationary in order to pass the ball. At no time is a player allowed to walk with the ball. If this rule is violated the ball is given to the opposing team.

### **RULE 9 - Crease**

The goalkeeper, or a teammate, has 5 seconds to get the ball out of the crease.

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## **RULE 10 - The Goalkeeper**

The goalkeeper is not permitted to receive a pass from a teammate while in the goal crease. If this rule is violated the ball is given to the opposing team in the nearest corner of the field. The goalkeeper may however join in the attack anywhere on the field and may even score a goal.

## **RULE 11 - Offensive Contact**

An offensive player carrying the ball may not run into or make contact with, a defensive player who is standing still. If this rule is violated the ball is given to the opposing team.

## **RULE 12 - Interference**

An offensive player who does not have the ball may not make contact with a defensive player. This includes setting blocks, picks or screens. If this rule is violated the ball is given to the opposing team.

## **RULE 13 - Free Hand**

An attacking player who is holding his/her stick in one hand may not use the free hand to push away the stick of the defending player who is checking him/her. If this rule is violated the ball is given to the opposing team.

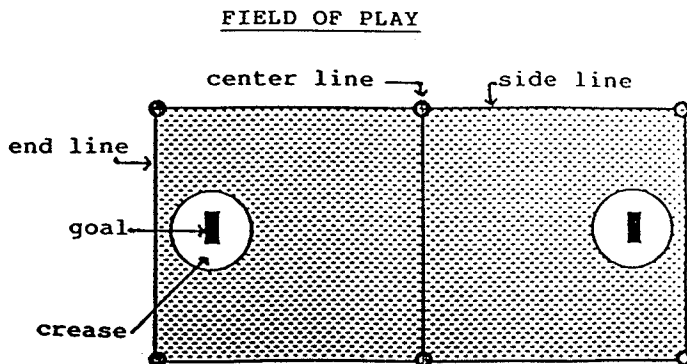
## **RULE 14 - Physical Contact**

No physical contact (body on body, stick on body, stick on stick) is permitted.

An attacking player who is interfered with in the attacking zone is given a penalty shot. If the player is interfered with in his/her team's defensive zone, the aggressor shall be given a 1 minute penalty.

## **RULE 15 - Defending Players**

Defending players must keep both hands on the stick at all times, except when trying to cover a ball on the ground or to intercept a pass in the air. A player who violates this rule shall be given a 1 minute penalty.



**MINOR PENALTIES** - A one minute penalty shall be given to any player who:

- \* interferes with or hits the opponent in the opponents defensive zone.
- \* holds his/her stick with one hand while in the defensive zone and the ball is in an attacking players basket.
- \* intentionally holds his/her stick in face of an opponent in order to taunt him/her or obstruct their view.
- \* use abusive or obscene language towards an opponent (including trash-talking).
- \* delays the game by shooting the ball instead of putting it on the ground after a violation.
- \* delays the game by not staying at least 2 metres away from the player who is putting the ball back into play after a loss of possession.
- \* leaves the penalty bench before the penalty is over.

**MAJOR PENALTIES** - a major penalty results in automatic ejection from the game.

- \* attempting to injure an opponent.
- \* spearing or butt-ending an opponent.
- \* making physical contact with an official.
- \* using abusive or obscene language towards an official.
- \* making unsportsmanlike gestures during a game

