

JAMES BOWIE HIGH SCHOOL
BOYS LACROSSE HANDBOOK
2011-2012

CONTACT INFORMATION

Coaching Staff

Head Coach
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JV Head Coach
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School Sponsor

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Booster Club Officers

President
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Communications
Robyn Clark
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REGISTRATION CHECKLIST

- _____ Player attends season orientation session in C-103 on Thursday, September 8, 2011 at 4:20 pm.
- _____ Player obtains updated medical release to play lacrosse (physical exam) dated on or after April 1, 2011 and must not expire during playing season.
- _____ Player and parent review contents of registration packet, sign, and return all necessary documents by Saturday, September 17, 2011. Registration and Opening Day Fruit Shoot will be on Saturday, September 17 at Covington Middle School @ 9:00 am. Packets may be returned prior to Opening Day to Lorrie Ayers in C-103 at Bowie High.
 - ✓ Registration / Medical Release Form (filled out completely)
 - ✓ Code of Conduct / Handbook Acknowledgement Form
 - ✓ Private Transportation Agreement / Photo Release
 - ✓ Current Physical with Doctor Signature
 - ✓ Equipment Needs / Fee Worksheet (sizing kits available at Opening Day)
 - ✓ Booster Volunteer Opportunities Form
- _____ Player and parent remit fees according to the schedule (check payable to **Bowie Boys' Lacrosse**):
 - ✓ Registration & equipment @\$250 by September 17, 2011
 - ✓ Uniforms (only if you ordered them) @\$200 by Oct. 25, 2011
 - ✓ Fair Share Fees @\$500 by December 1, 2011
 - ✓ Spring game fees @\$250 by January 31, 2012
- _____ Player and parent reply to confirm receipt of team emails. Notify Robyn Clark at robyntclark@sbcglobal.net or at 512-964-3160 if you are not receiving communications from Bowie Lacrosse within 2 weeks of registration.

HISTORY OF LACROSSE

With a history that spans centuries, lacrosse is the oldest sport in North America. Rooted in Native American religion, lacrosse was often played to resolve conflicts, heal the sick, and develop strong, virile men. To Native Americans, lacrosse is still referred to as “The Creator’s Game”.

Legend tells of as many as 1,000 players per side, from the same or different tribes. Contestants played on a field from one to 15 miles in length and games sometimes lasted for days. Some tribes used a single pole, tree, or rock for a goal while other tribes had two goalposts through which the ball had to pass. Balls were made out of wood, deerskin, baked clay or stone.

The evolution of the Native American game into modern lacrosse began in 1636, when some type of lacrosse was played by at least 48 Native American tribes scattered throughout what are now southern Canada and all parts of the United States. French pioneers began playing the game avidly in the 1800’s. Canadian dentist W. George Beers standardized the game in 1867 with the adoption of set field dimensions, limits to the number of players per team, and other basic rules. New York University fielded the nation’s first college team in 1877. The first high school teams were formed in 1882. There are now more than 400 college and 1200 high school men’s lacrosse teams from coast to coast.

Men’s and women’s lacrosse was played under virtually the same rules with no protective equipment until the mid-1930s. At that time, men’s lacrosse began evolving dramatically, while women’s lacrosse continued to remain true to the game’s original rules. Men’s and women’s lacrosse are derivations of the same game but are played under different rules. Women’s rules limit stick contact, prohibit body contact and therefore, require little protective equipment. Men’s lacrosse rules allow some degree of stick and body contact, although violence is neither condoned nor allowed.

US Lacrosse is the national governing body of lacrosse. This body, founded in 1998, is the result of a multi-faceted strategy to unify all national lacrosse associations. US Lacrosse combines the talents of individual organizations such as the National Junior Lacrosse Association, United States Women’s Lacrosse Association, United States Club Lacrosse Association and National Intercollegiate Lacrosse Officials Association.

US Lacrosse aims at promoting the sport across the country. It assumes a pivotal role in dissemination of information and allied services to lacrosse enthusiasts. The US Lacrosse has its headquarters in Baltimore and is presided over by a national board of directors that oversees issues specific to each version of the game.

*Sources – US Lacrosse website and Ebetcom.com

MEMBERSHIP INFORMATION / REQUIREMENTS

Player must have a physical every school year and be cleared to play by the physician.

Players may access physical forms in the registration packet or may use the forms found on the AISD website at: <http://www.austinisd.org/academics/sports/forms.phtml>. Most physicians can provide a generic physical form which is also acceptable. All information on physical forms is confidential. Physical evaluations are good for 1 calendar year and must not expire within the regular playing season. Physicals must be dated later than April 1, 2011 to be applicable to the current school year. Players will not be allowed on the field for any physical activity until cleared by a physician. NO EXCEPTIONS!

Player must be a member in good standing with US Lacrosse

Players must provide a current US Lacrosse number as proof of membership with US Lacrosse. Membership costs \$35 per player and provides player insurance as well as team insurance. Players may register with US Lacrosse at: <http://www.lacrosse.org>. US Lacrosse number should stay current through the Spring playing season.

Player must have all appropriate equipment.

Players are required to have all appropriate equipment and will not be allowed to play without it. Players must have a certified helmet (must be matching team helmet per league rules), legal stick, shoulder pads, rib pads (optional), elbow pads, gloves with palms intact, athletic cup, mouth piece (not red), and rubber cleated shoes (such as football or lacrosse cleats). Players provide their own equipment but in most cases may purchase it with the team discount which results in uniform colors and styles at a substantial cost savings. To find out about suggested equipment and pricing, please consult the head coach and / or team website at: <http://www.bowiedawgs.lax.org>.

Player and parent must sign and turn in all required documents.

Player must have paid all fees and / or arranged a payment plan.

Lacrosse is still a club sport in the state of Texas and therefore receives no state or UIL funding for its activities. The Bowie Lacrosse program costs approximately \$1000 per player to operate. All money needed by Bowie Lacrosse comes from player fees and fundraising efforts. The Boy's Lacrosse fee schedule for the 2011-2012 season is \$250 payable by Sept. 17, 2011 and \$250 payable by Jan. 31, 2012. Checks should be made out to **Bowie Boys Lacrosse**. The remaining \$500 is "paid" by each player through the money he earns in the "Fair Share" fundraising opportunities and is due Dec. 1, 2011. Player fees are used to fund player apparel, coaches' stipends, league dues, officiating fees, field maintenance, tournament fees, team equipment, practice equipment and field rental. Players will not be placed on the team roster and may not compete in games or tournaments until all completed forms and fees are returned. Upon payment of fees, players will receive a team number and a place on the Bowie roster. There are a limited number of scholarships available where financial need is documented. Players who qualify for "Free and Reduced Lunch" program or who demonstrate other serious need will be considered for financial aid scholarships. Payment plans are also available for those who do not qualify for scholarships but need financial aid. These are negotiated on an individual basis and all payment information is confidential. Players on scholarship or receiving financial aid are expected to participate in team and fair share fundraising efforts. Please contact sponsor, Lorrie Ayers at 924-0454, for information.

Seniors are not permitted to join the Bowie Lacrosse team unless they have at least one year of previous high school lacrosse playing experience.

Seniors cannot join the team as a first year player. New seniors seeking a position on Bowie Boy's Lacrosse must provide proof that they have had at least 1 year of experience on a high school lacrosse team. If the team is other than a Bowie team, the incoming player must provide the name of the former school and contact information as a reference. Bowie High School and Division 1 league rules require that any player on the Bowie High School Lacrosse team must be a student enrolled at Bowie High School. **Only Bowie students may play on a Bowie lacrosse team.**

EXPECTATIONS OF FAMILIES OF THE BOWIE LACROSSE PROGRAM

Support the team, coaches, and school sponsor in spirit and financially by attending monthly booster meetings, fundraising events, and games.

Be Involved – Bowie Lacrosse is a club sport and therefore sometimes has unique needs. The program values the input of each family in providing solutions to challenges as they arise. Volunteer opportunities abound! Please review the many opportunities to give your time to the team and sign up for at least 1, if not more, volunteer opportunities.

Be in the Know – The primary avenue of communication for the team is the email. Please check your email often especially for updates on game times, tournament information, practice time and location changes, and booster meeting information. Check the website often for maps, resources, schedules and game pictures.

Be a Positive & Supportive Fan – Cheer the team on to victory while being a role model for sportsman-like conduct.

Due to space constraints, Bowie Lacrosse must practice off-campus. Players are expected to find their own transportation to practices. Players should not leave school early to attend practices.

Please be on time to pick up your son from practice. Players will be supervised until picked up by parents but this places a hardship on the coaching staff as they have families of their own.

EXPECTATIONS OF BOWIE LACROSSE PLAYERS

Sportsmanship – All AISD rules apply on the lacrosse field. Players are expected to be on time for practices and games and should adhere to the AISD Student Code of Conduct. Good sportsmanship is expected of all players and therefore, abusive language, obscene gestures, cursing and misbehavior toward officials, coaches, teammates, district employees, parents, opposing team members or spectators will not be tolerated. Any player actions, both on or off the field, that do not best reflect Bowie and its high standards may face team reprimands, team suspensions, or dismissal from the program, as well as any relevant AISD consequences.

Be a Team Player – Lacrosse is a team sport (T=together, E=everyone, A=achieves, M=more). Players should know that their individual actions do affect the entire program. Players should respect and encourage team members. Hazing is not allowed. In addition, Varsity players are expected to attend JV games and JV players are expected to attend Varsity games as game times allow.

Academics – Academics are the highest priority. The Bowie Lacrosse Program adheres to all No Pass, No Play policies. The coaching staff and faculty sponsor will monitor student academic progress through weekly grade sheets and progress reports. Players who are struggling academically will be put on a tutoring schedule. Daily grade sheets will be used to closely monitor progress toward improvement. UIL rules and Bowie policies regarding player eligibility are:

- ✓ 6 weeks grade must be a 70 or higher in Academic (non-weighted) classes.
- ✓ 6 weeks grade must be a 60 or higher in Pre-AP, AP, Pre-Calculus, and other weighted classes.
- ✓ If a player becomes ineligible, he is expected to practice with the team but may not play in games or scrimmages until eligibility is regained.**
- ✓ If a player becomes ineligible, he may not dress out in uniform or stand on the sidelines with the team during games or scrimmages until eligibility is regained.**
- ✓ Ineligible players do not travel to out of town games or tournaments nor do they leave school early to attend games.

Know the Game – Know the Rules – Know the Handbook

Participate in Fundraisers – Helping out with fundraising events is EXPECTED as the lacrosse program receives no financial support from AISD. Money raised helps offset player fees as well.

Be Punctual – Be on time to practice with your equipment and be ready to work. Usually players are expected to be at games, “padded out”, 1 hour prior to game time to warm up. Players who must miss practices or games are expected to call the coach **before** each practice or game that will be missed. Repetitive tardies and absences from practices will result in reduced playing time during games. To build a championship team, we need players who are willing to do what it takes to be “CHAMPIONS”.

Help Out – Players are expected to help with field set up and clean up before and after practices and games. This includes, but is not limited to, transporting goals when necessary, finding balls, and picking up water bottles and other “team trash” on the sidelines.

Attitude – All players are expected to have a positive attitude at all practices, games and lacrosse events. Players who commit to the team should give their best effort on behalf of the team.

Appearance – Players should keep uniforms and equipment clean, neat, and in good repair. Players are responsible for replacing uniforms and gear when necessary and at the player’s expense. Players are expected to wear the required practice equipment to practices and game day shirts to school on game days. This promotes a positive team image and helps to build a solid reputation for the game of lacrosse.

**Eligibility schedule will be posted on the website.

PRACTICE ATTENDANCE POLICY

Lacrosse is a team sport and it is important that all team members practice. Consistent practice also conditions players and reduces the possibility of injury. Individual absence affects player performance and team success. It is the player's responsibility to arrange his schedule so that he maximizes attendance at practices. It is the player's responsibility to notify the coaching staff before each scheduled practice he intends to miss. The consequences for not notifying the coach will include but are not limited to limited playing time, demotion, suspension from games and/or dismissal from the team. Attendance is an important factor in consideration for "lettering" as a Varsity team member. Players should realize that while attendance may not be the most important factor in qualifying for a Varsity "letter", it is the factor that most often eliminates Varsity players from being eligible to "letter". Unexcused tardiness includes detention, socializing, and teacher's meetings because of misbehavior. If a player is late to practice for academic reasons (projects, tutoring, school trips, or other athletics) or due to a doctor's appointment, a note from a parent, teacher, or doctor must be given to the coach on arrival at practice. Consequences will be the same as for unexcused absences. Players who are on PE waivers will lose credit for PE with excessive tardies or absences.

Bowie Lacrosse must practice off campus. This means that players must find their own transportation to practice. Carpools are recommended due to the amount of traffic on the Bowie campus at the end of the day. Tardiness due to a lack of transportation will not be an excuse. Players are expected to be at the designated practice site, Stassney @ 6:00 pm, dressed and ready to practice.

Players will not be allowed to practice without the appropriate protective equipment.

A player that is academically ineligible is expected to attend practices to maintain conditioning. Varsity players that lose eligibility during the season may not be allowed to "letter" that season.

All injuries, regardless of how minor, must be reported to the coaching staff. A player with an injury that requires medical attention may not resume practice without a written clearance from the attending physician. An injured player that attends school is expected to attend practices even though he may not actually practice due to the injury.

Unforeseen or special circumstances may occur outside the situations stated above and will be assessed individually by the coaching staff.

No Practice – No Play! At the coach's discretion, players that do not attend practices during a week prior to a game may not be allowed to play in that game.

Practice and game schedules are updated on the calendar on the www.bowiedawgslax.org website. Please check them often.

GAME EXPECTATIONS

Players are expected to be padded out at the game site 1 hour prior to game time unless otherwise specified by the coach.

Players are expected to have the appropriate equipment and uniforms must be clean and in good shape. Unless otherwise specified, teams **wear white for home games and black for away games.**

Players who are injured and not released to participate by a doctor may dress out and stand on the side lines but may not play. Players who are academically ineligible may attend games but must sit in the stands as a spectator. Ineligible players may not be dressed out or on the sidelines during the warm up or game. Players who are suspended from school or who are attending ALC may not attend any lacrosse event, game or practice, or any other event in an AISD facility during the time he is removed from Bowie.

As representatives of Bowie High School, players are expected to conduct themselves as good sports. Players will be removed from competition for behavior deemed un-sportsman like by coaches and/or officials.

Swearing and other obscenities will not be tolerated and may result in benching or suspension from the competition.

Any other inappropriate behavior not stated will be reviewed on an individual basis by the coaching staff.

Player behavior while on the sideline is just as visible as that on the field to the officiating crew and fans. Player conduct on the sideline is held to the same sportsman-like standard as that on the playing field.

Fighting is not allowed.

Any player that attempts to leave the sideline during an altercation on the field (bench clearing) will face the same consequences as those directly involved.

Penalties for behavior infractions may result in team penalties or player suspension.

Playing Time – No athlete is entitled to playing time. Players who are in the 12th grade will be placed on the Varsity roster but this does not automatically determine playing time. Playing time is earned based on several variables including: practice attendance, attitude, ability, and ongoing academic eligibility. Coaches continually observe performance and re-evaluate playing time during practices, tournaments, and games throughout the entire school year. Players who want “play time” are encouraged to always give maximum effort to the team.

The head coach determines team awards. The head coach and the Bowie faculty sponsor determine Varsity “letterman” status. Earning a Varsity “letter” rewards a player for the hard work and commitment that is necessary to compete at the advanced or varsity level. “Lettering” is a noteworthy achievement. Requirements for earning a Varsity “letter”:

- ✓ Player must play in at least 25 quarters of Varsity level games during the season.
- ✓ Player must be academically in good standing.
- ✓ Player must not have been suspended from the team for unsportsman-like conduct or for drug or alcohol abuse.
- ✓ Player must have a good attendance record at games and practices.

TOURNAMENTS

Bowie Lacrosse usually commits to 3 preseason tournaments for each team. The tournaments for the 2011-2012 season are:

October 29-30	Halloween Shootout	Dallas, TX (both teams)
December 3-4	UT Shootout	Austin, TX (both teams)
February 11-12 (?)	Aggieland Classic	College Station, TX (both teams)

While tournament entry fees are paid by the team, players must pay for their own transportation, accommodations, and food while at the tournament. The tournament coordinator will usually try to get a good discount on a reserved block of rooms in a hotel near the tournament site. The rooms go fast so it is recommended that you reserve yours as soon as possible after receiving the tournament information.

Players must travel to the tournament site and stay in the room with their parent or a parent designated other adult responsible party at out of town tournaments. Players may not drive themselves to an out of town event. Players may not stay in a room alone at an out of town event.

Players are strongly encouraged to stay in the same hotel as the rest of the team.

Unless otherwise specified by the coach, at out of town tournaments, players are expected to report to a team meeting at 9:00 pm on Friday night of tournament weekend. The meeting is held at the hotel.

GRADE SHEETS

Players are expected to turn in grade sheets updated and signed by ALL teachers every Wednesday. Grade sheets are turned to the coach.

Grade sheets may be picked up in Mrs. Ayers' room, C-103.

Information on grade sheets is confidential between player, faculty members and coach. Players are not expected to share grade information with any other players or adults that are not their own parents or coach.

Falsifying grade sheets is considered "academic dishonesty" and disciplinary action will be taken if this occurs.

Players receiving borderline or failing grades in a class or who receive negative behavior comments from teachers will be put on an appropriate improvement plan designated by faculty sponsor and/or coach.

MISSING CLASS TO ATTEND GAMES

Some games and tournaments will be held at locations that are a far travel distance from Bowie. In these cases, players may have to leave school early in order to be at warm-ups on time. The faculty sponsor designates and coordinates "field trip" or "early release" for players from their classes. Most of the time, the players will miss all or part of their last class only, but in some cases, such as when traveling to San Antonio, players may miss additional time as well. The coach will communicate the details to the players as needed.

When players are released early for games, they are listed on the attendance record as "School Business" or "Field Trips". These are excused absences and do not count against the player for academic attendance. Players who miss classes to attend lacrosse games are expected to make up ALL missed work, on time, as negotiated with that classroom

teacher. If a teacher does not want a player to miss his class for some reason, then the player must NOT miss that class to attend the lacrosse game.

Players who are academically ineligible are not allowed to miss class to attend games and are not allowed to travel to out of town games or tournaments with the team.

Players who are released early out of classes to attend games, MUST leave campus at the designated time. Players must either leave campus to attend the game or must remain in class if he cannot find a ride away from campus. Disciplinary action will be taken against those players who loiter on campus.

QUESTIONS AND ANSWERS

I am playing another sport; can I come out and join the lacrosse team in the spring?

Yes. The interested player should meet the fall registration deadlines and pay all necessary fees by the required deadlines. The player should then come out to off season conditioning sessions as often as possible. Students are encouraged to participate in all that Bowie has to offer but it will be very difficult to play an additional sport during lacrosse season in the spring so students playing two spring sports should expect limited play time at the Varsity level.

I just moved into the Bowie district and the registration deadline has passed. Can I join the team?

Yes. Contact the head coach or the faculty sponsor and remit all necessary paperwork and fees.

I have a job and will not be available for all practices and games. Is this considered an excused absence?

Being on a team is a commitment and your absence from practice will affect the team as a whole. Students who work are expected to try to arrange work schedules around practices and games as much as possible. Missing games and practices for work will not result in players being cut from the team but will impact playing time the same as any other absence. Players on PE waivers must attend the required number of practices to receive credit. Work is NOT an excused absence for PE Waivers.

I do not have my equipment yet. Can I still attend practice?

Yes. All players are encouraged to attend practice. Players may NOT engage in contact without protective equipment.

If I join the team, and then do not like it, can I get a refund?

No. Player fees are not refundable however, a player who pays fall fees and drops out before the spring season will not be required to pay the spring portion of his fees.

If I do not have private health insurance can I still be on the team?

Yes, your US Lacrosse membership provides you with insurance for lacrosse related injuries. See benefits provided on the US Lacrosse web site at <http://www.uslacrosse.org>. The Booster Club and Bowie High School have no financial liability for injuries that occur while playing or in transit to a game or other lacrosse event.

Can I join the team as a senior who has never played lacrosse?

No. In order to play lacrosse, you have to have at least one year of prior high school lacrosse experience to make the varsity squad. Seniors do not play on the JV team.

Can a player drive himself to an out of town game or tournament?

No. A player must travel to an out of town event either on the team bus, with a parent, or with a parent approved adult. When staying overnight at an out of town event, the player must stay in the room with his parent or a parent designated adult. The designated adult has full responsibility for the player.

HELPFUL WEBSITES

Bowie Boys Lacrosse: <http://www.bowiedawgslax.org>

US Lacrosse: <http://www.uslacrosse.org>

Lacrosse Tips: <http://www.laxtips.com>
<http://www.laxdrills.com>

Texas High School Lacrosse League: <http://www.thsll.org>

National Lacrosse League: <http://www.nll.com>

West Side Lacrosse: <http://www.westsidelax.com>

Texas Lacrosse: <http://www.texaslacrosse.com>

Links to Texas College Lacrosse teams can be found at: <http://mcla.us/LSA/>

BASIC GAME PLAY

Lacrosse is a fast-moving sport, which features the goal scoring and checking of hockey, the offensive strategies of basketball, the throwing and catching of baseball, and the running of soccer.

Players

Each team fields 10 players at a time: a goalie, three defensemen (usually with long sticks), three midfielders, and three attack men. A team must always have three players in their offensive end of the field and four (including the goalie) in its defensive end. A team failing to do so is “off sides”, which is a technical foul. Normally the midfielders are the ones who play at both ends of the field, but any member of the team may cross midfield provided the proper number of players stays back.

Teams normally carry 15-30 players. Substitution may be done “on the fly” through the area located in front of the scorer’s table.

Equipment

All players must have helmets, shoulder pads, arm pads, gloves, athletic supporter, and mouth pieces. Failure to wear any required piece of equipment results in a one-minute, non-releasable penalty. In particular, mouth pieces must cover all upper teeth and be in the mouth; biting on the corners is not sufficient.

The crosses (sticks) must be within specifications. If the pocket is too deep, it is a one-minute non-releasable penalty. Crosses violating other requirements earn a three-minute non-releasable penalty.

The Field

A regulation lacrosse field is 110 yards long by 60 yards wide. The goals are 6 feet by 6 feet, and are surrounded by a 9-foot diameter circle called the “crease”. There is a scorer’s table area (which also serves as a penalty box and substitution area), and there are lines marking attack, defensive and wing areas.

Face-Offs

Though there are exceptions (which involve penalties or technical fouls), a face-off normally occurs at the beginning of each period and after each goal. During the face-off, all attack men and defensemen must be in their respective areas, and there must be one midfielder from each team behind each wing line.

The two face-off men come down facing each other, with their sticks parallel to the centerline and their bodies to the left of the head of their sticks. Both hands must be on the stick and touching the ground. The official calls “set” and then blows the whistle. At this point, both players try to clamp the ball or direct it to one of their midfielders (who are free to run in from the wing at the whistle). The defensemen and attack men cannot cross their defensive area line until someone gains possession of the ball or until the ball crosses either defensive area line.

If a team commits a violation (such as delay of game, having an illegal face-off position, moving before the whistle, or crossing a line before permitted), possession of the ball is awarded to the other team.

The Crease

The crease area offers protection to the goalie. No offensive player may step on or in the crease area, nor may they interfere with the goalie while the goalie is in the crease. However, offensive players may reach into the crease with their sticks provided they do not interfere with the goalie.

If the offensive player steps into the crease, while he has possession, or while there is a loose ball, the ball is awarded to the defense. If the offensive player steps into the crease while the defense has possession outside of the crease, it is a 30-second penalty.

Once the defense gains possession of the ball in the crease, they have four seconds to run or pass the ball out of the crease. Failure to do so will result in loss of possession. If the defense has the ball outside of the crease, they may pass the ball into the crease, but it is illegal to re-enter the crease with the ball by stepping back into it.

Advancing the Ball

Once the defense secures the ball, they have ten seconds to move the ball out from the defensive area. Failure to do so will result in loss of possession. The ball cannot normally be passed or run back into the defensive area once it is brought out.

As soon as the offensive team has possession of the ball over the midline, they have ten seconds for either the ball or the player carrying the ball to touch inside the attack area. They may then bring the ball back out, at which time another ten second count begins.

Ground Balls

When the ball is on the ground, players usually attempt to scoop the ball by sliding their sticks underneath it. (It is also possible to “rake” the ball by placing the stick on top of it and pulling back, but this is difficult to do while moving). Like a good rebounding team in basketball, a team proficient in getting ground balls, often has a better chance at winning the game because being in possession of the ball longer results in more shots on goal.

Cradling

When a player has the ball, he will “cradle” by rocking his stick back and forth so that the ball stays in the pocket. The force generated by cradling helps keep the ball from falling out or being checked out of one pocket and it keeps the ball in the proper position for passing and shooting.

Where the Ball Restarts

If the ball goes out of bounds on a shot on goal, whichever team has a player closest to the ball when it goes out of bounds is awarded possession at the spot where the ball went out. This is true even if the shot is touched or deflected provided that the momentum from the shot is what carries the ball out of bounds.

In other situations, if Team A is the last team to touch the ball before it goes out of bounds then Team B is awarded possession of the ball at the spot where the ball went out of bounds.

If there is a violation resulting in a whistle, the ball restarts at the spot where it was when the whistle blew or-if it was in the attack box-outside the attack box. The offense will generally be required to restart from the side or the corner of the attack box since starting in the center would give them a clear shot to the goal.

Stick Checking

Players may attempt to dislodge the ball from an opponent’s stick by “stick checking”: hitting the stick (or the gloved hand on the stick) with their own stick. Swinging a stick recklessly is not allowed and may result in a penalty.

Passing

Though player may run with the ball, they can move the ball more quickly by passing it. Most passes are thrown overhand and in the air, although you will see bounce passes and behind-the-back passes.

Shooting

Players will usually shoot overhand or sidearm, although some players will attempt underhand and behind the back shots. Sometimes a player may out maneuver his defender to get open and take a shot, but often it’s a pass from a teammate that results in a shot on goal. In this situation, the attack player may try to “quick stick” the ball into the goal by redirecting the pass without cradling first. It is legal to try to kick a loose ball into the goal or to flick a loose ball off the ground with the stick.

Body Checking

It is legal to body check an opposing player in possession of the ball, or within 5 yards of a loose ball, provided the check occurs: below the neck and above the waist, the check is from the front or the side (not the back), and the checking player has both hands on the stick. The check may be in the form of a hit or a push. The check must be applied with the shoulder or the hands, and the player being checked must not be touching the ground with any part of the body except the feet.