

PJHS PE Lacrosse Review

No boundary lines.

You can score from any side of the goal (garbage can).

3 cones designate the center line.

If a player Traps a grounded with the back of their cradle, that player is allowed a free pass from that spot on the field.

No one is allowed inside the crease (circle around the goal) while the ball is in play (alive).

Crosses are not allowed in the crease (ground).

A player with possession of the ball has only 3 seconds.

No stick checking.

Every attacking player must be on the attacking half of the field in order for a goal to count.

If a ball is stopped (dead) inside a crease, a defensive player may enter the crease to obtain possession.

Dead ball (inside the crease) restarts are taken from the top of the crease.

Only one person from each team is allowed to retrieve a grounded ball.

To start the game, the first pass is taken from the center line.

After a goal is scored, the team scored upon restarts play (first pass) at the center line.

If a ball is held for more than 3 seconds, the ball is turned over to the other team for a free pass.

No body contact (body checking) is allowed.

You may not regain possession of the ball; if you previous had possession of the ball in your cradle and the ball goes down to the ground. Someone else needs to touch it first.