



Pershing Boys Lacrosse



Lacrosse is one of the fastest growing sports in Texas and is now in its 4th year at Pershing Middle School! Lacrosse, considered to be America's first sport, was born of the North American Indian, christened by the French, and adapted and raised by the Canadians. Modern lacrosse has been embraced by athletes and enthusiasts all across the United States for over a century.

The sport of lacrosse is a combination of basketball, soccer and hockey. Anyone can play lacrosse -- the big or the small. The game requires and rewards coordination and agility, not brawn. Quickness and speed are two highly prized qualities in lacrosse.

Pershing's team is a member of the Greater Houston Youth Lacrosse Association (GHYLA) and plays against teams from other schools and clubs around Houston.

Practices are held at Pershing after school (Mondays/Wednesdays 4pm-6pm) and start in late September. Home games will be played on Pershing fields either in the evenings or on the weekends.

The lacrosse season runs from January through April with some tournaments scheduled in the Fall as well. I look forward to teaching your boys the sports of Lacrosse by emphasizing fundamentals, teamwork, and respect for self, teammates, coaches and referees.

Ben Barnes

Pershing MS Boys Lacrosse Coach

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kebenbarnes@gmail.com

Player Packet Checklist

Please complete, sign and turn in packet as soon as possible.

All players are required to join US Lacrosse in order to Practice and/or Play on the team. Please go to their website, <http://www.uslacrosse.org>, the cost is \$25 per year.

- Click on the 'Join/Renew Now' membership link (left hand side of page)
- Enter the member information
- A membership number will be automatically issued on the site.
- Please record this membership number on the "Player Contact Info" sheet on the website. www.pershingboyslax.com

The US Lacrosse Member Insurance Program provides General Liability and Accident Medical Insurance to all members while participating in covered amateur lacrosse activities. The program provides two important types of coverage, the General Liability policies and the Accident Medical Insurance. Please refer to the US Lacrosse website for details regarding the insurance coverage.

You will find the following forms in this packet. Please print clearly on all forms, thank you.

1. Mission Statement, Club Information, and Dues/Fees
2. Tournament/Travel and Lacrosse Equipment Information
3. Uniform Order Form
4. Pershing Boys Lacrosse Club Code of Conduct
5. Useful Lacrosse Links
6. Lacrosse Game Overview and Rules
7. Lacrosse Field Dimensions

Pershing Boys Lacrosse Club

Pershing Boys Lacrosse Mission Statement

The mission of Pershing Boys Lacrosse Club is to serve middle school students of the community by promoting sportsmanship and athletic achievement through the exciting game of lacrosse. We are committed to developing the individual and team skills necessary for play, teaching the rules of the game, developing self respect, respect for fellow players and officials, and respect for the traditions of the game.

The job of the club is to handle all of the non-coaching tasks thereby allowing the coaches to focus on the team. We handle all finances, records, fundraisers, and trip and tournament planning, which are always open to inspection.

Parent's Involvement

The club will consist of volunteer parents who collectively administer the activities of the club. We will be looking for parents to join our team, but involvement is not a requirement for your son to play lacrosse. Our involvement grew out of our desire to provide the best experience for our sons and the enjoyment of watching them play.

Ways parents can help:

- 1) Assistant coaching – Did you play in high school or college? We can use your help!
- 2) Helping transport/carpool the boys to away games and tournaments throughout the year
- 3) Assist in scheduling and participating in fundraising activities several times a year.
- 4) Assist in scheduling and participating in the Pershing Lacrosse Round Robin tournament, held here at Pershing in the spring. This may be in conjunction with the Pershing Girls Lacrosse tournament. Money will be raised by manning the concession stand
- 5) Learn how to manage the team affairs such as scheduling, tournaments, fundraising, etc.

Dues/Fees (***Check made payable to: Pershing Boys Lacrosse Club***)

- Dues are \$275 for the season.
- Payment plans may be available, please talk to the Treasurer to set this up.
- Jersey cost is \$65, this includes a game jersey and a practice pinnie. Players must provide their own shorts, cleats, socks and official lacrosse gear.
- A team jacket can be purchased for \$80, this is optional.
- Pershing Lacrosse Tshirts are also for sale, ranging from \$10-\$20 each.

Club Board Meetings

A schedule of Board meetings will be published by the Board. Typically, Board meetings are held on a monthly basis. All parents are welcome to attend.

Pershing Boys Lacrosse Club

Tournaments and Travel

Our team will travel to various tournaments and away games throughout the fall and spring semesters. All players must travel with a parent or a designated, assigned and responsible adult driver to the event. When overnight travel is necessary, players will be roomed with 3 to 5 other players, depending on hotel arrangements. Chaperones will be on the floor, but not in rooms, so boys are expected to abide by the team code of conduct at all times.

Parents of younger players may opt to have their player in the room with them however cost for the trip will remain the same.

Players not conducting themselves appropriately will be sent home with no monies refunded and at the expense of their parents.

The club will pay tournament registration fees and provide lunches for the weekend. The hotel costs will be divided between the attending participants and charged accordingly. Players will be responsible for dinners, road meals and t-shirts/souvenirs. Please contact the Board if this causes a hardship and we can discuss options privately. We do not want anyone to miss a tournament due to financial issues – they are an important part of “team bonding” and self-esteem.

Where to get Lacrosse Equipment

Lacrosse Unlimited (aka Adrenaline Lacrosse and South Swell Sports), 3601 W. Alabama, Houston, TX - <http://www.southswellsports.com/houstontx.html>

Academy Sporting Goods, 2404 Southwest Fwy (between Shepherd and Kirby)
Houston, TX
<http://www.academy.com>

SportStop.com
<http://www.sportstop.com>

2017-2018 PERSHING BOYS LACROSSE

CODE OF CONDUCT

US LACROSSE AND THE POSITIVE COACHING ALLIANCE

Lacrosse is the oldest American sport. Native Americans played lacrosse centuries ago, long before our colonies were settled. Through lacrosse, Native Americans celebrated and emphasized their spiritual and cultural values.

In an effort to promote appropriate values in the modern game, US Lacrosse has partnered with the Positive Coaching Alliance to promote positive coaching and good sportsmanship at all levels of the lacrosse. US Lacrosse has included the following "Lacrosse Code of Conduct" as part of its membership application to encourage and foster appropriate values in players, coaches, parents, officials and spectators. US Lacrosse believes that it should be a priority of every lacrosse player, team, program and league to **"Honor the Game"**.

US LACROSSE CODE OF CONDUCT

Players, coaches, officials, parents and spectators are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other players, coaches, officials, parents and spectators fans. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this "Code of Conduct" are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of lacrosse, themselves, their team and their organization. It is only through such conduct that our sport can continue to earn and maintain a positive image and make its full contribution to amateur sports in the United States and around the world. US Lacrosse supports the following behaviors for those who participate in the sport or are involved in any way with US Lacrosse. The following essential elements of the "Code of Conduct" must be followed:

- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field during practices and games.
- The value of good sportsmanship, the concepts of fair play, and the skills of the game should always be placed above winning.
- The safety and welfare of the players are of primary importance.
- Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as adults.
- Coaches should always demonstrate positive behaviors and reinforce them to players, parents, officials and spectators alike. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials and spectators.
- Players should always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators.
- Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect to players/teammates. Coaches are also expected to educate their players as to the important role of lacrosse officials and reinforce the ideal of respect for the official to players/teammates.
- Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants.

- Officials are professionals and are therefore expected to conduct themselves as such and in a manner that demonstrates total impartiality, courtesy and fairness to all parties.
- Spectators involved with the game must never permit anyone to openly or maliciously criticize badger, harass or threaten an official, coach, player or opponent.
- Coaches must be able to demonstrate a solid knowledge of the rules of lacrosse, and should adhere to the rules in both the letter and the spirit of the game.
- Coaches should provide a basic knowledge of the rules to both players and spectators within his/her program. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
- Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as age, previous level of participation, team transfers, etc, have been established to encourage and maximize participation, fair play and to promote safety.

SIGNATURE OF PARTICIPANT

DATE

SIGNATURE OF PARENT

DATE

2017-2018 PERSHING BOYS LACROSSE

Useful links

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

Greater Houston Youth Lacrosse Association (GHYLA) - <http://www.leaguelineup.com/welcome.asp?url=ghyla>

US Lacrosse Houston Chapter - <http://www.uslacrosse.org/chaptergreaterhouston/Home.aspx>

Pershing Middle School Athletics - <http://pershingsports.weebly.com/>

Pershing Middle School website - <http://www.pershingms.org/>

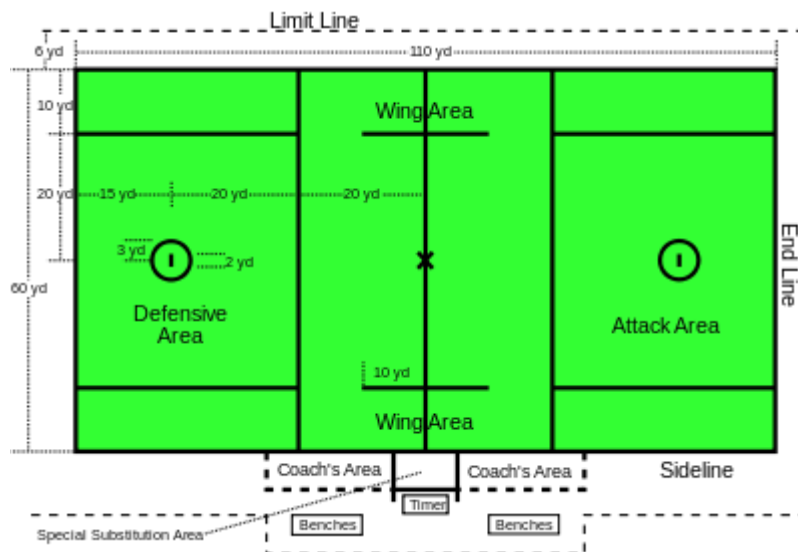
Pershing Middle School PTO website - <http://www.pershingpto.org/>

Youth Lacrosse

Overview

Men's field lacrosse is played with ten players on each team: a goalkeeper; three defenders in the defensive end; three midfielders (often called "middies") free to roam the whole field; and three attackers attempting to score goals in the offensive end. It is the most common version of lacrosse played internationally. The modern game was codified in Canada by Dr. William George Beers in 1856. The game has evolved from that time to include the protective equipment and lacrosse sticks made from synthetic materials.

Each player carries a lacrosse stick. A "short stick" measures between 30 inches and 42 inches long (head and shaft together) is typically used by midfielders and attackmen. A total of four players per team may carry a "long stick" (sometimes called "long pole" or "d-pole") that are 52 inches to 72 inches long. The head of the stick on both long and short sticks must be 6.5 inches or larger at its widest point and 2.5 inches wide or wider at its narrowest point. The designated goalkeeper is allowed to have a stick from 40 inches to 72 inches long and the head of a goalkeeper's stick may measure up to 15 inches wide, significantly larger than field players' heads to assist in blocking shots.



The field of play is 110 yards long and 60 yards wide. The goals are 6 feet by 6 feet. The goal sits inside a circular "crease", measuring 18 feet in diameter. Each offensive and defensive area is surrounded by a "restraining box." Each quarter, and after each goal scored, play is restarted with a face-off. During a face-off, two players lay their stick horizontally next to the ball, head of the stick inches from the ball and the butt-end pointing down the midfield line. Face-off-men scrap for the ball, often by "clamping" it under their stick and flicking it out to their teammates. Attackers and defenders cannot cross their "restraining line" until one player from the midfield takes possession of the ball or the ball sticks the restraining line. If a member of one team touches the ball and it travels outside of the playing area, play is restarted by possession being awarded to the opposing team. During play, teams may substitute players in and out freely. Sometimes this is referred to as "on the fly" substitution. Substitution must occur within the designated exchange area in order to be legal.

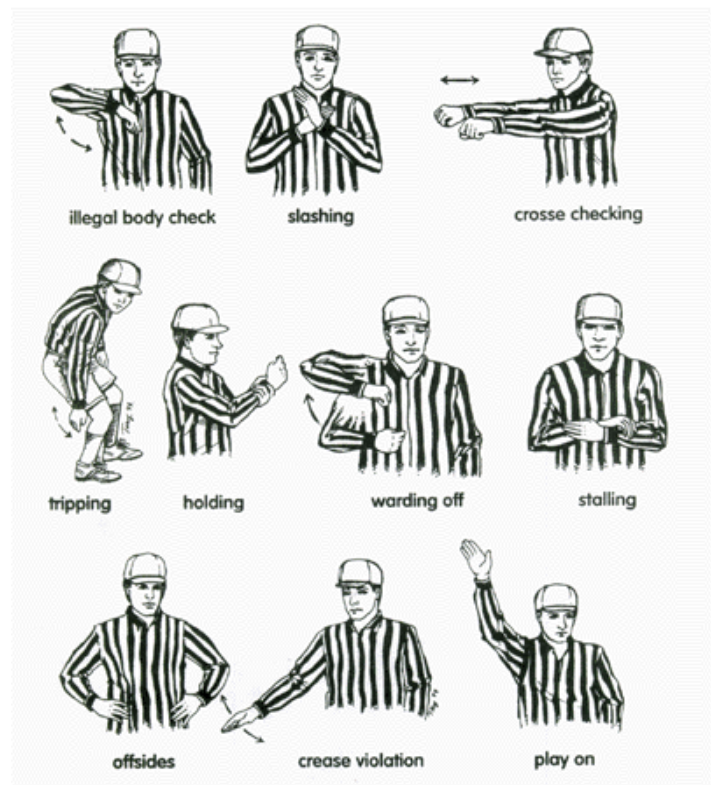
For most penalties, the offending player is sent to the *penalty box* and his team has to play without him and with one less player for a short amount of time. Most penalties last for 30 to 60 seconds. Occasionally a longer penalty may be assessed for more severe infractions. The team that has taken the penalty is said to be playing *man down* while the other team is on the *man up*. Teams will use various lacrosse strategies to attack and defend while a player is being penalized. Offsides is penalized by a 30 second penalty. It occurs when there are more than six players (three midfielders/three attackmen or three midfielders/three defensemen) on one half of the field. The zones are separated by the midfield line. Defensemen and attackmen can cross the midfield line, however the team must assure that a midfielder "stays back" in order to avoid an offsides penalty (a midfielder will raise his stick to signify they are staying back).

Rules

In men's lacrosse, players can be awarded penalties of two types by the referee for rule infractions. Personal fouls always result in the player serving time in the penalty box, located at the side of the field between the opposing teams' interchange benches. These penalties can last one, two, or three minutes at the referee's discretion. Two and three minute penalties are usually reserved for the most serious slashing or unsportsmanlike conduct fouls. Technical fouls are less severe and result in 30 seconds being served only if the foul was committed while the opposing team was in possession of the ball. If there was a loose ball situation or the player's team was in possession at the time of the foul, they only result in a turnover. Technical fouls are "releasable," meaning that a player may return to the game without spending the entire duration of his penalty in the box if the opposing team scores during the penalty. Fouls form an important part of men's lacrosse as while a player is serving time, his team is 'man down'. At this time his defense must play a 'zone' while they wait for the penalty to expire while the attacking team has its best opportunity to score. A list of the fouls in men's lacrosse is as follows:

Personal Fouls

- **Slashing:** Occurs when a player's stick viciously contacts an opponent in any area other than the stick or gloved hand on the stick.
- **Tripping:** Occurs when a player obstructs his opponent at or below the waist with the stick, hands, arms, feet or legs.
- **Cross Checking:** Occurs when a player uses the handle of his stick between his hands to make contact with an opponent.
- **Unsportsmanlike Conduct:** Occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, arguing, or obscene language or gestures.
- **Unnecessary Roughness:** Occurs when a player strikes an opponent with his stick or body using excessive or violent force.
- **Illegal Stick:** Occurs when a player uses a stick that does not conform to required specifications. A stick may be found illegal if the pocket is too deep or if any other part of



the stick was altered to gain an advantage (In addition, the penalized player may not use the illegal stick for the remainder of the game). A head must also not be too pinched so the lacrosse ball cannot come out.

- **Illegal Body Checking:** Occurs when any of the following actions takes place:
 - a. body checking an opponent who is not in possession of the ball or within five yards of a loose ball.
 - b. avoidable body check of an opponent after he has passed or shot the ball.
 - c. body checking an opponent from the rear or at or below the waist.
 - d. body checking an opponent above the shoulders. A body check must be below the shoulders and above the waist, and both hands of the player applying the body check must remain in contact with his stick.
- **Other Illegal equipment:** not having a mouthguard, or not having it in the mouth, open ends on the shaft of the stick (no butt end), no shoulder pads, no arm pads (in most leagues, goalies do not have to wear arm pads so they can move their arms faster to block shots.)
- **Illegal Gloves:** Occurs when a player uses gloves that do not conform to required specifications. A glove will be found illegal if the fingers and palms are cut out of the gloves, or if the glove has been altered in a way that compromises its protective features.

Technical Fouls

- **Holding:** Occurs when a player impedes the movement of an opponent or an opponent's stick, or a player has his stick in between the arm pads and the players body.
- **Interference:** Occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the player, or both players are within five yards of a loose ball.
- **Offsides:** Occurs when a team does not have at least four players on its defensive side of the midfield line or at least three players on its offensive side of the midfield line.
- **Pushing:** Occurs when a player thrusts or shoves a player from behind.
- **Moving Pick:** Occurs when an offensive player moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending, as opposed to a legal pick, standing next to a defensive player, blocking him from the player he is covering.
- **Stalling:** Occurs when a team intentionally holds the ball, without conducting normal offensive play, with the intent of running time off the clock. This is called if no attempt is made to get in the box.
- **Warding Off:** Occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent this includes pushing him off.

The Players

Goalkeeper

The goalkeeper's responsibility is to prevent the opposition from scoring by directly defending the 6 feet wide by 6 feet tall goal. A goalkeeper needs to stop shots that are capable of reaching over 100 miles per hour, and is responsible for directing the team's defense.

Goalkeepers have special privileges when they are in the crease, a circular area surrounding each goal with a radius of 9 feet. Offensive players may not play the ball or make contact with the goalkeeper while he is in the crease. Once a goalkeeper leaves the crease, he loses these privileges.

A goalkeeper's equipment differs from other players'. Instead of shoulder pads and elbow pads, the goalkeeper wears a chest protector. He also wears special "goalie gloves" that have extra padding on the thumb to protect from shots. The head of a goalkeeper's stick may measure up to 15 inches wide, significantly larger than field players'.

Defensemen

A defenseman is a player position whose responsibility is to assist the goalkeeper in preventing the opposing team from scoring. Each team fields three defensemen. These players generally remain on the defensive half of the field. A defenseman carries a long stick which provides an advantage in reach for intercepting passes and checking.

Tactics used by a defenseman include body positioning and checking. Checking means attempting to dispossess the opposition of the ball through body or stick contact. A check may include a "poke check", where a defenseman thrusts his stick at the top hand or stick of the opponent (similar to a billiards shot), or a "slap check", where a player applies a slap to the hand or stick of the opponent. A "body check" is allowed as long as the ball is within a certain distance of the contact and is made to the torso of the opposing player.

Midfielders

Midfielders contribute offensively and defensively and may roam the entire playing area. Each team fields three midfielders at a time. One midfielder per team may use a long stick, and in this case is referred to as a "long-stick midfielder."

Over time, the midfield position has developed into a position of specialties. During play, teams may substitute players in and out freely, a practice known as "on the fly" substitution. The rules state that substitution must occur within the designated exchange area in front of the players' bench. Teams frequently rotate the midfielder specialists off and on the field depending on the ball possession. Some teams have a designated face-off midfielder, referred to as a "fogo" midfielder (an acronym for "face-off and get-off"), who takes the majority of face-offs and is quickly substituted after the face-off.

Attackmen

Each team fields three attackmen at a time, and these players generally remain on the offensive half of the field. An attackman uses a short stick and generally demonstrates good stick-handling with both hands. These are the players who score most of the goals.

Duration and tie-breaking methods

Duration of games depends upon the level of play. In international competition, college lacrosse, and Major League Lacrosse, the total playing time is sixty minutes, composed of four fifteen-minute quarters. High school games typically consist of four twelve minute quarters, while youth leagues may have shorter games. Time generally continues to run in dead ball situations such as in between goals. However the clock is stopped for any interruption during the last three minutes of the fourth quarter, and at earlier stages referees may stop the clock to avoid a significant loss of playing time—for example when chasing a ball shot far away or during care of an injured player. The method of breaking a tie generally consists of an overtime period in which the first team to score a goal is awarded a sudden victory. International lacrosse plays two five-minute overtime periods, and then applies the sudden victory rule if the score is still tied.

Ball movement and out of play

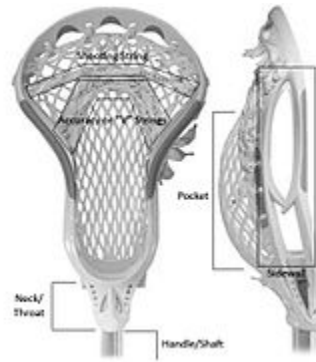
Teams must advance the ball or be subjected to loss of possession. Once a team gains possession of the ball in their defensive area, they must move the ball over the midfield line within 20 seconds. If the goalkeeper has possession of the ball in the crease he must pass the ball or vacate the area within four seconds. Failure by the goalkeeper to leave the crease will result in the opposite team being given possession just outside the restraining box. Once the ball sticks the midfield line, a team has 10 seconds to move the ball into the offensive area designated by the restraining box or forfeit possession to their opponents. The term used to define moving the ball from the defensive to offensive area is to "clear" the ball. Offensive players are responsible for "riding" opponents, in other words attempting to deny the opposition a free "clear" of the ball over the midfield line.

If a ball travels outside of the playing area, play is restarted by possession being awarded to the opponents of the team which last touched the ball, unless the ball goes out of bounds due to a shot or a deflected shot. In that case, possession is awarded to the player that is closest to the ball when it leaves the playing area.

Equipment

A field lacrosse player's equipment includes a lacrosse stick, and protective equipment, including a lacrosse helmet with facemask, lacrosse gloves, and arm and shoulder pads. Players are also required to wear mouthguards and athletic supporter.

Each player carries a lacrosse stick measuring 40 - 42 inches long (a "short stick"), or 52 - 72 inches long (a "long stick"). On each team up to four players at a time may use a long stick: the three defensemen and one midfielder. The lacrosse stick is made up of the head and the shaft (or handle). The head is roughly triangular in shape and is loosely strung with mesh or leathers and nylon strings to form a "pocket" that allows the ball to be caught, carried and thrown. In field lacrosse, the pocket of the stick is illegal if the top of the ball, when placed in the head of the stick, is below the bottom of the stick's sidewall. The head of a stick may be 10 inches in length. The maximum width of the head across the top is 4 - 10 inches, for international competition, or 6.5 - 10 inches according to NCAA regulations. The NCAA instituted stricter specs to ensure the "safety and integrity of the game." As the shape of the stick evolved, dislodging the ball from an opponent's stick became more difficult, and defenders used an increased amount of force when checking. The rule change was intended to reduce injuries, as defenders would need less forceful checks in order to dispossess opponents.



Head of a men's lacrosse stick

Most modern sticks have a tubular metal shaft, usually made of aluminum, titanium or alloys while the head is made of hard plastic. Metal shafts must have a plastic or rubber cap at the end. The heads are strung with string, leather, and mesh. The strings in the pocket are called shooting, accuracy, or "v" strings.

Many players have at least two lacrosse sticks prepared for use in any contest. Traditionally players used sticks made by Native American craftsman. These were expensive and, at times, difficult to find. The introduction of the plastic heads in the 1970s gave players an alternative to the wooden stick, and their mass production has led to greater accessibility and expansion of the sport.

