

## KEY RULES

**Game Basic:** Lacrosse is played between two teams who aim to score by throwing the ball into the opponent's goal using a lacrosse stick. Play starts with a pass or scoop from the centre. Players move the ball by cradling, passing, and shooting.

**Passing and Movement:** Players must use teamwork to pass the ball accurately and move into space to receive it. The stick must be used to cradle and control the ball. Players can only keep possession for a maximum of four seconds before passing or shooting. Only the head of the stick may touch the ball during play.

**Scoring and Goal Area:** A goal is scored when the ball crosses fully over the line and into the goal. Players must stay outside the goal crease when shooting. Only the goalkeeper may enter the crease. All shots should be taken safely, and passes must stay below shoulder height in primary play.

**Defending and Fouls:** Lacrosse is a non-contact game. Players must not push, block, or hit an opponent or their stick. Defenders aim to block passes and intercept the ball without making contact. Free passes are awarded for fouls or unsafe play.

**Fair Play and Safety:** Respect, teamwork, and honesty are essential. Players should use control when passing and shooting. Sticks should always stay below head height, and space awareness must be maintained to avoid collisions. Fair play and encouragement are key values in every game.

## NATIONAL GOVERNING BODY (NGB)

**England Lacrosse:** Responsible for developing and managing lacrosse across England, including schools and youth programmes.

**Lacrosse Scotland:** Supports participation, coaching, and competitions throughout Scotland.

**Welsh Lacrosse:** Promotes the growth and development of lacrosse in schools and clubs across Wales.

**Ireland Lacrosse:** Governs the sport across both Northern Ireland and the Republic of Ireland, promoting inclusive participation and national teams.

## USEFUL LINKS

**England Lacrosse:** [englandlacrosse.co.uk](https://englandlacrosse.co.uk)

**Lacrosse Scotland:** [lacrossescotland.com](https://lacrossescotland.com)

**Welsh Lacrosse:** [welshlacrosse.co.uk](https://welshlacrosse.co.uk)

**Ireland Lacrosse:** [irelandlacrosse.ie](https://irelandlacrosse.ie)

**World Lacrosse:** [worldlacrosse.sport](https://worldlacrosse.sport)

**Your School Games Lacrosse:** [yourschoolgames.com/taking-part/our-sports/lacrosse](https://yourschoolgames.com/taking-part/our-sports/lacrosse)