

A goal counts even if an attacking player is inside the goal crease.

a. True

b. False

A women's lacrosse field is larger than a men's lacrosse field.

a. True

b. False

In a woman's lacrosse game when a foul occurs, the player who is fouled is allowed a free shot at the goal.

a. True

b. False

In men's lacrosse, each team must keep at least 4 players in it's defending half of the field.

a. True

b. False

10 to 20 goals may be scored in a typical lacrosse game.

a. True

b. False

In the women's game, defenders have longer sticks than attackers.

a. True

b. False

The 8 meter arc is where all draws and face offs are held.

a. True

b. False

When Native Americans played lacrosse, a game stretched on for days and the goals could be 15 miles apart.

a. True

b. False

A made goal in lacrosse counts for _____ point(s).

a. 1

b. 2

c. 3

d. 4

In lacrosse substitutions are limited to two per team per half.

a. True

b. False

In women's lacrosse the crosse is 36 to 44 inches long, while the goalkeepers crosse is 36 to _____ inches long.

- a. 42
- b. 44
- c. 46
- d. 48**

In lacrosse a goal is scored when the ball crosses partly over the goal line, between the posts, and under the crossbar.

- a. True
- b. False**

In lacrosse _____ is viciously or recklessly swinging a crosse at an opponents crosse or body.

- a. blocking
- b. marking
- c. picking
- d. slashing**

In lacrosse _____ is the term used to describe guarding an opponent within a sticks length away.

- a. blocking
- b. marking**
- c. picking
- d. slashing

The color of the ball used in the game is:

- a. white
- b. yellow
- c. orange
- d. all of the above**

Body checking is permitted if the opponenet has the ball or is within 5 yards of a loose ball?

- a. True**
- b. False

How many players are at the center of the field to start the game?

- a. 2**
- b. 4
- c. 6
- d. 8

What position must the players be in during a face-off at the center of the field?

- a. standing
- b. kneeling
- c. *squatting***
- d. sitting

Except for the goalie, how many inches should the head of the stick be?

- a. 5.5 - 9 inches wide
- b. *6.5 - 10 inches wide***
- c. 7.5 - 11 inches wide
- d. 8.5 - 12 inches wide

How many seconds does the the offensive team have to move the ball into its attack goal area once they cross the midfield line?

- a. 5 seconds
- b. *10 seconds***
- c. 15 seconds
- d. 20 seconds

Give 2 skill cues for properly throwing using a LaCrosse stick.

- ***Elbow of the bottom hand up when throwing***
Push and pull stick
Top hand at middle of stick and bottom hand at end of stick
Quick flick of wrist

Center face-offs are used after a goal and at the start of each quarter.

- a. *True***
- b. False

A defensive player may reach into the crease with his stick to scoop a loose ball.

- a. *True***
- b. False

The lacrosse ball is made of solid rubber.

- a. *True***
- b. False

Which players in the men's game are free to roam the whole field?

- a. the goalie
- b. *middies***
- c. attackers
- d. defenders

Defensemen may enter the crease.

- a. **True**
- b. False

All major fouls are penalized by a free shot on the eight meter arc, no matter where on the field they occur.

- a. True
- b. **False**

The length of an official collegiate women's lacrosse game is two _____ minute halves.

- a. 15
- b. 20
- c. 25
- d. **30**

Men's lacrosse is distinctly different from women's in that in the men's game, there are no set boundaries, while in women's lacrosse boundaries are set.

- a. True
- b. **False**

In lacrosse if the ball goes out of bounds, it is given to the nearest player.

- a. **True**
- b. False

In women's lacrosse when a goalkeeper leaves the goal circle she loses all goalkeeping privileges.

- a. **True**
- b. False

In women's lacrosse minor fouls include:

- a. guarding a ground ball with the players foot or crosse
- b. touching the ball by hand
- c. throwing a crosse
- d. **all of the above**

In lacrosse (a) _____ occurs when a defender moves with an opponent without making body contact but causing her to slow, change direction, or pass off.

- a. **body checking**
- b. cross checking
- c. penalty lane
- d. slow whistle

What is the name of the stick used to play the game?

- a. bat
- b. club
- c. racquet
- d. crosse**

What is the circumference of the ball?

- a. 6.75 - 7 inches
- b. 7.25 - 7.50 inches
- c. 7.50 - 7.75 inches
- d. 7.75 - 8 inches**

What is the skill for passing a ball to a teammate who is in position for a shot on goal?

- a. setting
- b. screening
- c. handing
- d. feeding**

A player may gain possession of the ball by dislodging it from an opponent's crosse with a stick check.

- a. True**
- b. False

What is the responsibility of the defenseman?

- a. to cover the entire field
- b. to score goals
- c. to transition the game
- d. to defend the goal**

How long is the stick for the defenseman?

- a. 40 - 60 inches
- b. 45 - 65 inches
- c. 52 - 72 inches**
- d. 56 - 86 inches

Give 2 skill cues for properly catching using a LaCrosse stick.

- **Top hand at top of stick base of basket/net**
Bottom hand near bottom of stick
Stick should be up and down with net facing outward
Want to cradle the ball as you catch to keep it in net
Soft hands approach

There are technical fouls in lacrosse.

- a. **True**
- b. False

When the whistle blows to indicate a penalty all players must remain still in women's lacrosse.

- a. **True**
- b. False

On a free position position players may run, pass or shoot.

- a. **True**
- b. False

Midfielders can run the whole field.

- a. **True**
- b. False

Lacrosse has professional, college, high school and youth programs across the country.

- a. **True**
- b. False

In an official men's lacrosse game how many players play for each side?

- a. 8
- b. 10**
- c. 12
- d. 14

Men's lacrosse is distinctly different from women's in that in the men's game, body contact is prohibited, and stick contact is limited.

- a. True
- b. False**

A lacrosse game begins with a draw - two opposing players toeing the center line, their crosses held in the air, parallel to the center line.

In women's lacrosse the only player that can be inside the goal circle is the _____.

- a. defense
- b. goalkeeper**
- c. midfielder
- d. attacker

In women's lacrosse, the goalkeeper must clear the ball from the goal circle within _____ seconds.

- a. 6
- b. 8
- c. 10**
- d. 12

In women's lacrosse major fouls include;

- a. rough or reckless tackling or checking.
- b. slashing
- c. hooking an opponent's crosse
- d. all of the above**

How long are the breaks between the first and second quarters and the third and fourth quarters?

- a. one minute
- b. two minutes**
- c. three minutes
- d. four minutes

What is the penalty for a personal foul?

- a. one to two minute suspension
- b. one to three minute suspension**
- c. two to four minute suspension
- d. three to five minute suspension

When a player strikes an opponent with his stick or body using excessive or violent force is:

- a. interference
- b. pushing
- c. unnecessary roughness**
- d. clearing

What is a loose ball on the playing field

- a. slow roller
- b. ground ball**
- c. high hopper
- d. bouncer

What is the width of the field/

- a. 45 yds
- b. 50 yds
- c. 55 yds
- d. 60 yds**

How is choosing the end of the field to defend decided?

- a. home team decides
- b. visiting team decides
- c. by tossing a coin**
- d. the official decides

All players may touch the ball with their hands.

- a. True
- b. False**

It is legal to protect the ball by covering it with the back of a stick's net and trapping it to the ground.

- a. True
- b. False**

No body contact or rough stick play is allowed in the women's game.

- a. True**
- b. False

Which players use the longest stick?

- a. attackmen
- b. defensemen**
- c. midfielders

Which is not a major foul in women's lacrosse?

- a. slashing
- b. blocking
- c. touching the ball with your hand**
- d. three seconds

Goalkeepers may use any body part to keep the ball out of the goal.

- a. True**
- b. False

In an official women's lacrosse game how many players play for each side?

- a. 8
- b. 10
- c. 12**
- d. 14

Lacrosse is a combination between basketball, soccer and _____ and requires quickness speed and endurance.

- a. volleyball
- b. cycling

- c. **hockey**
- d. swimming

In high school lacrosse each team may take _____ timeout(s) per half.

- a. **1**
- b. 2
- c. 3
- d. 4

In lacrosse a goal does not count if the ball bounces off an attacking player and goes into the goal.

- a. **True**
- b. False

In lacrosse _____ is used by a player without the ball to force an opponent to take a different direction.

- a. blocking
- b. marking
- c. **picking**
- d. slashing

In lacrosse (a) _____ occurs when a defender tries to dislodge the ball from his opponents crosse by tapping it with his own crosse.

- a. body checking
- b. **cross checking**
- c. penalty lane
- d. slow whistle

The length of the field is:

- a. 90 yds
- b. 100 yds
- c. **110 yds**
- d. 120 yds

The act of receiving a passed ball is called:

- a. checking
- b. poking
- c. **catching**
- d. none of the above

How long must the overall length of the stick for the attackmen and midfielders be?

- a. 36 - 38 inches
- b. 38 - 40 inches

c. 40 - 42 inches

d. 42 - 44 inches

Where must all body contact occur?

a. back or side

b. front or back

c. front or side

d. there is no body contact allowed

Players with _____ personal fouls are ejected from the game.

a. 3

b. 4

c. 5

d. 6

How long are high school LaCrosse games?

a. 32 minutes

b. 38 minutes

c. 42 minutes

d. 48 minutes

What is the coordinated motion of the arms and wrists that keeps the ball secure in the pocket and ready to be passed or shot when running?

a. netting

b. handling

c. holding

d. cradling

Women lacrosse defensive players use the same type of stick as the other players on the field.

a. True

b. False

There are attack, midfield and defensive positions in lacrosse.

a. True

b. False

In both the women's and men's game, teams play with 12 players.

a. True

b. False

Who typically scores the most goals in lacrosse?

a. defensemen

b. midfielders

c. goalies

d. attackers

Which of the following players is not an attacker in the women's game?

- a. point**
- b. first home
- c. second home
- d. third home

There is no offsides in the women's game.

- a. True**
- b. False

Lacrosse originated in _____ (_____) where it was played by Native Americans.

- a. Europe
- b. South America
- c. North America**
- d. Asia

In women's lacrosse an area measuring 110 meters by _____ is desirable to use for a field.

- a. 64**
- b. 66
- c. 68
- d. 70

In lacrosse the stick or *crosse* has a much shallower pocket for women, while the men's has a deep pocket that allows them to run easily down field with the ball.

In lacrosse if the ball goes out of bounds and two players of opposing teams are an equal distance from the ball the game is restarted with a *throw* .

In lacrosse _____ occurs when a player moves into the path of an opponent who has the ball without giving the opponent a chance to stop or change direction without contact.

- a. blocking**
- b. marking
- c. picking
- d. slashing

Holding is a technical foul?

- a. True**
- b. False

What equipment is the goalkeeper required to wear?

- a. throat and chest protector

- b. helmet
- c. mouthpiece and gloves
- d. all of the above**

What is the weight of the ball?

- a. 4.25 - 4.5 ounces
- b. 4.5 - 4.75 ounces
- c. 4.75 - 5 ounces
- d. 5 - 5.25 ounces**

Use of a mouthpiece is optional?

- a. True
- b. False**

Give 2 skill cues for properly scooping using a LaCrosse stick.

- **Body should be low to ground and almost in a squat position with back bent forward**
The foot of the top hand should be near the ball when scooping
It should be a forceful quick scoop, followed by a cradle up
End of stick should be low to ground almost parallel to prevent a shoveling effect

Stick checking is allowed in lacrosse when

- a. the ball is loose on the ground
- b. the stick is below the shoulders**
- c. the stick is above the shoulders
- d. stick checking is not allowed in lacrosse

French missionaries named the game of lacrosse.

- a. True**
- b. False

Which of the following are penalties in a Lacrosse game?

- a. pushing
- b. holding
- c. slashing
- d. offsides
- e. all of the above**

The sticks in men's and women's lacrosse are the exact same.

- a. True
- b. False**