



Pope Jr. Greyhound Lacrosse is fortunate to have Ryan Rowe in our program as a parent and coach for our U9 boys. Ryan has been a boys lacrosse referee for 17 years. During that time, he has officiated every level from U9 through NCAA Division 1. He has a wealth of knowledge on this sport that we wanted to share with our entire program. Ryan has offered to provide our program with a Lax IQ posts throughout the season to assist veteran and new families with increasing their knowledge of the game and some of the rules/calls you will hear during games. We hope you find this helpful and if you have any particular questions that you want explained, please let us know.

The Basics - Field Terminology

Play of the Game: Lacrosse is commonly described as the fastest game on two feet. Traditional lacrosse is played on a field that is longer and wider than a football field, however, the field for U9 divisions are about half the size at around 60 yards long.

Positions: The basic positions on the field are: goalkeeper, midfielders (aka middies), defense, and attack.

Crease (Boys) or Goal Circle (Girls): The circle around the goal where the goalkeeper receives special protections.

Hot: For all of U9 (boys + girls) and the U11 girls, a team is required to complete a pass, without the ball touching the ground (with some small exceptions). When they do they are considered "Hot". The team can then score by putting the ball in the goal. A team will remain "Hot" until they score, hit the goalkeeper/goal, or lose possession of the ball. U11 Boys and all of U13 are not required to make a completed pass before attempting a goal.

X: The area behind the goal. You may hear a coach yell 'go to X', meaning they want the player to go behind the goal where the defense is less motivated to follow.

