**The Panther Times**

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**Spring Lacrosse is just around the corner!** Not so sure what it is? Here are some facts that will get you where you need to be.

**Offense and Defense**

Offensively, the objective of the game is to score by shooting the ball into an opponent's goal, using the lacrosse stick to catch, carry, and pass the ball to do so. Defensively, the objective is to keep the opposing team from scoring and to dispossess them of the ball through the use of stick checking and body contact or positioning.

**History**

The people who invented this sport were the Native Americans; it developed as early as the 5th century. Each team consisted of about 100 to 1,000 men on a field that stretched from about 500 yards to a couple of miles long. These games were played as part of ceremonial ritual to give thanks to the Creator. Lacrosse played significant role in the community and religious life of tribes across the continent for many years. Early lacrosse was characterized by deep spiritual involvement, befitting the spirit of combat in which it was undertaken. Those who took part did so in the role of warriors, with the goal of bringing glory and honor to themselves and their tribes.[5] The game was said to be played "for the Creator" or was referred to as "The Creator's Game".

**Coach Discusses Rules and info for Beginners**

*Reported by Bryan Souza, freshman*

Coach Bob hosted a meeting on Friday, April 1st for new lacrosse players trying out for the freshman team. He discussed the main important ideas about the sport. If you couldn’t make it this is what he said, “Lacrosse is a very physically demanding sport that requires not only fitness but also good stick handling and hand eye coordination in combination. 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. For most penalties, the offending player is sent to the penalty box which is located between each team's benches.

**Personal Fouls**

1. **Slashing:** Occurs when players stick viciously contacts an opponent on any part of the body.
2. **Cross Checking:** Occurs when a player uses the handle of his shaft between his hands to hit a player.
3. **Illegal Body Checking:** Body checking an opponent who is not in control of the ball or within five yards of a loose ball.

