

DISC LACROSSE

“The greatest game played indoors with a disc.”

Disc Lacrosse has characteristics of both an invasion game and a target sport. It is a combination of Ultimate, lacrosse and disc golf.

- It is a great game to play where space is at a premium.
- It is safer to play indoors than Ultimate because players are less likely to run into walls due to the lack of end zones.
- Playing Disc Lacrosse has been shown to improve physical fitness and competency in motor skills and movement patterns needed to perform a variety of physical activities.
- It requires the passing and catching skills of Ultimate, the strategies/tactics of lacrosse, and the putting skills of disc golf.
- Disc Lacrosse is often played by both boys and girls at the same time and can be played with as few as 6 players (3 on each team).
- The equipment is inexpensive and durable.

Equipment:

- Colored jerseys or mesh bibs to distinguish team members.
- One larger diameter catch disc such as the Innova Pulsar (www.innovadiscs.com)
- Two disc golf targets. (The Innova DISCatcher® Traveler works well as it is lightweight, portable, collapsible, and has rubber feet that will not damage a gym floor).
- You could make your own targets but the 360° design, ease of storage, quick set-up and durability make purchasing them worth the investment.

Rules of Play:

1. **The field** - The size of the field is dependent upon the space limitations. Most often played indoors, there is no out-of-bounds. There may be designated areas deemed unsafe and therefore off limits (e.g., bleachers). Each target is positioned a safe distance from each end wall (about 30 ft.), allowing enough space behind the target for play (similar to lacrosse or hockey).

Each target is encircled by a 9 feet (2.74 m) **crease** (just like lacrosse) designated by small cones and/or tape on the floor.

2. **Initiating play** - Each point begins with both teams lining-up (horizontally) at either end of the gymnasium-behind their respective target. The game begins when the defense throws ("pulls") the disc to the offense.

3. **Scoring** - Each time an offensive player throws the disc into the opposing team's target, a score (goal) is recorded. The disc must be in the basket or supported by the chains (on top does not count). Play is initiated after each score with a new pull by the team that scored.

- Neither offensive nor defensive players are allowed to be in the crease during game play (even one foot is not permitted).
- Players may not cut through the crease, jump across the crease, or dive into the crease in an attempt to score or block a scoring attempt.
- Offensive players do not have to demonstrate balance to score, but they can't travel or step/ jump into the crease.
- If an offensive player dives into the crease in an attempt to score, the result is an automatic turnover.

- If a defensive player enters the crease in an effort to block a scoring attempt, the result is an automatic score.
- If a defensive player falls into the crease while guarding an offensive player attempting to score and the offensive player scores, the goal is allowed. If the offensive player misses or does not attempt to score, the defensive player must reestablish his/her stance before play resumes.

4. Movement of the disc

- The disc may be advanced in any direction by completing a pass to a teammate.
- Players may not run with the disc.
- The person with the disc ("thrower") has ten seconds to throw the disc if the defender guarding the thrower ("marker") counts out a 10-second stall count.
- As in the game of Ultimate,[®] the defender must allow the thrower room to throw (about a disc width away).
- Throwers must establish a pivot foot (just like basketball) or the result is a "travel." The result of a travel or stall is a turnover at the spot of the infraction.
- Double-teaming the player with the disc is permitted (unlike Ultimate[®] but similar to basketball).

5. **Change of possession** - When a pass is not completed or a shot on goal is unsuccessful, the defense immediately takes possession of the disc and becomes the offense. A player may enter the crease to retrieve an errant shot on goal that came to rest in the crease.

6. **Substitutions** – If substitutions are used, players not in the game may replace players in the game only after a score and during an injury timeout.

7. **Non-contact** - No physical contact is allowed between players. Picks and screens are also prohibited (unlike basketball). A foul occurs when contact is made.

8. **Fouls** - When a player initiates contact on another player a foul occurs. When a foul disrupts possession or a shot attempt, play resumes as if the possession was retained (the disc goes back to the offensive player) and the 10-second stall count starts over.

Playing outside? Consider these alterations:

- Space the two targets about 80 feet apart.
- Use field marker paint to draw the crease.
- The puller must throw from a two foot line painted a few feet behind his/her team's target.
- In the outdoor version, a team may score a goal on the pull if the disc lands in the opposing team's target. (This gives the puller incentive not to throw the disc in any direction).
- Setting-up to play this game outside is simple because there is no need to mark a field.

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