



# LACROSSE

is the oldest sport native to North America, dating back centuries with Native Americans playing various forms of the sport. Over the last two decades, lacrosse has been the fastest-growing team sport in the United States.

## BASIC PRINCIPLES

Each player has a stick (crosse) with a net on the end that is used for throwing and catching a rubber ball. The object is to advance the ball into your opponent's end and score a goal.



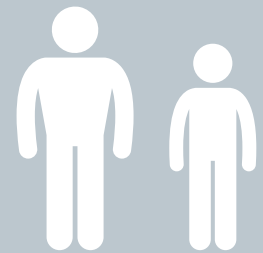
## SIMILARITIES

Lacrosse incorporates the concepts of other familiar sports, which helps new players adapt and love the game.



## PLAYER SIZE

It doesn't matter how big or how small you are, there's a place for you in lacrosse. Speed, skill and smarts are just as important as size on the lacrosse field.



## Men's Lacrosse vs. Women's Lacrosse

Men's lacrosse allows for varying levels of body contact while women's lacrosse is a non-contact sport. More protective equipment is required in men's lacrosse.



## WHERE IT'S PLAYED

Lacrosse has been the fastest-growing team sport in the United States for more than two decades and is experiencing growth on a global level as well. The Federation of International Lacrosse, now has more than 60 nations competing on six continents.

