

LACROSSE

Lacrosse, considered to be America's first sport, was born of the North American Indian, christened by the French, and adapted and raised by the Canadians. Modern lacrosse has been embraced by athletes and enthusiasts of the United States and the British Commonwealth for over a century.

The sport of lacrosse is a combination of basketball, soccer and hockey. Anyone can play lacrosse--the big or the small. The game requires and rewards coordination and agility, not brawn. Long sprints up and down the field with abrupt starts and stops, precision passes and dodges are routine in men's and women's lacrosse. Lacrosse is played with a stick, the crosse, which must be mastered by the player to throw, catch and scoop the ball.

Lacrosse was standardized the game in 1867 with the adoption of set field dimensions, limits to the number of players per team and other basic rules.

Men's and women's lacrosse were played under the same rules, with no protective equipment, until the mid-1930s. At that time, men's lacrosse began evolving dramatically, while women's lacrosse continued to remain true to the game's original rules. Men's and women's lacrosse remain derivations of the same game today, but are played under different rules. Women's rules limit stick contact, prohibit body contact and, therefore, require little protective equipment. Men's lacrosse rules allow some degree of stick and body contact, although violence is not allowed.

Field lacrosse is sometimes perceived to be a violent and dangerous game, however, injury statistics prove otherwise. While serious injuries can and do occur in lacrosse, the game has evolved with an emphasis on safety, and the rate of injury is very low. Ensuring the safety of participants is a major focus for US Lacrosse and its [Sports Science and Safety Committee](#), which researches injury data in the sport and makes recommendations to make the game as safe as practicable.

Derivations- the origin or source of something

Perceived- to understand something in a particular way

Scattered- a number of things spread untidily around an area

Evolving- to develop something

Avidly- eager for, dedicated to, or enthusiastic about something