



## Lacrosse FAQ

### What is Lacrosse?

Lacrosse is a team sport of Native American origin that is played using a small solid rubber ball and a long-handled racquet called a “crosse” or lacrosse stick. The head of the lacrosse stick is strung with loose netting that is designed to hold the lacrosse ball. Offensively, the objective of the game is to use the lacrosse stick to catch, carry, and pass the ball in an effort to score by ultimately hurling the ball into an opponent's goal. 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.

Lacrosse is a very physically demanding sport that requires not only fitness but also good stick work. 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.

### How long has the OU Lacrosse Team been in existence?

Founded in 2006, the OU lacrosse team is a sports club registered with the university's Sport Club Council. All players are required to pay dues, and no scholarships are offered for being on the team. The club receives limited financial assistance from the university; the dues paid allow the team to compete.

In Norman, the OU Lacrosse Team plays home games at the Intramural Recreation fields located off Timberdale Rd. to the east of Jenkins Avenue

### In what league does OU Lacrosse play?

The Sooners play in Division I of the Lone Star Alliance (LSA). The LSA is a part of the Men's Collegiate Lacrosse Association (MCLA), the national governing body for Club Lacrosse representing more than 215 colleges and universities throughout the country. The Lacrosse season is from February to May.

Here are the teams in the Lone Star Alliance:

#### Division I

##### North Division

University of North Texas  
University of Oklahoma  
Oklahoma State University  
Southern Methodist University  
Texas Christian University  
Texas Tech University

##### South Division

Baylor University  
Louisiana State University  
Rice University  
University of Texas  
Texas A&M University  
Texas State University

#### Division II

Austin College  
Century College of Louisiana  
Sam Houston State University  
Stephen F. Austin State University  
Trinity University  
University of Texas – San Antonio