

## Parent's Guide to Box Lacrosse

## **PRE SEASON BULLETIN - A**

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## **GENERAL CONCEPTS & REGULATIONS**

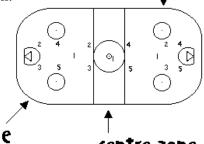
- Lacrosse has similarities to other sports, but is probably most like hockey and basketball.
- It has **checking**, **shooting and goaltending** like hockey, but has the **1-on-1 play**, **ball control**, **offensive and defensive strategies** more like basketball (i.e. screening, transition, fast break, etc.).
- The **ball may be kicked**, but a goal cannot be scored this way.
- Each team is allowed 6 players on the floor at one time, one of them normally being a goalie, the others are often referred to as 'runners'. A team can dress a maximum of 18 runners and 2 goalies.
- The **goalie in Lacrosse can come out to play anywhere on the floor** and functions as any other player on the team. For safety reasons, a **goalie may NOT initiate any body contact on opponents**.
- The floor is divided into 3 zones: attacking, centre, and defensive. What is one team's attacking zone is the other's defensive zone. There is no center red line and no off sides.
   The typical positioning for offense and defense is shown in the diagram.

• The typical **positioning for offense and defense is shown in the diagram**. However, there are many variations based on the game situation.

• Legal contact can be made with offensive players that do not have the ball, but only in designated areas and based on the division of play (i.e. Novice/Pee Wee: 24' circle). If your team has possession of the ball, you cannot check back. Any responsive checking will result in loss of possession.

• Checking is an important part of the game but checking from behind and violent checks into the boards are not allowed.

Attacking Zone



centre zone

- Unlike hockey, **cross-checking is not a penalty unless it is from behind or violent in nature**. A cross-check to the top of the shoulder or higher could be penalized as a 'high stick'.
- High sticking is a judgment call. **Player's are expected to maintain control of their stick at all times**. Generally speaking, in the younger divisions (novice & pee wee), any stick contact with the helmet, and specifically the facemask, is an automatic penalty.
- Except for goalies in their crease, **players may not contact the ball with their hand**. This would result in awarding possession to the other team.
- A player with the ball cannot push off with their free hand or arm. If so, possession is awarded to the other team. Defensive players are also not allowed to use a free hand and may be penalized for it.
- You cannot go into the other team's crease to take a shot, or cut through it. Checking a player or touching the goalie while in the opposing team's crease results in a penalty.
- While killing a penalty, a team has 10 seconds to move the ball into their own attacking zone.
- Adding to the speed of the game is a **30 second shot clock**, similar to basketball. The combination of action and reaction makes the game as much fun to watch as it is to play.
- Canada holds National Championships in every age category starting at the Pee Wee (11-12) level. The award for the premiere **Junior A** (17-21) championship is the **Minto Cup**, while **Junior B** teams compete at the National level for the **Founders Cup**. The best **Senior A** players (over 21) in Canada play for the **Mann Cup**, while the **Senior B** teams compete for the **Presidents Cup**.
- Box Lacrosse is quickly becoming popular outside of North America. Australia, Great Britain, and the Czech Republic are developing strong programs to compete with Canada and the U.S..