



2025 Official's Handbook

1. List of Terms

LC – Lacrosse Canada - www.lacrosse.ca

MLA – Manitoba Lacrosse - <https://manitobalacrosse.com/>

LW – Lacrosse Winnipeg - <https://winnipeg.manitobalacrosse.com/>

2. Official's Code of Ethics

- I will faithfully enforce the rules of lacrosse in a just, impartial, and reasonable way.
- I will adhere to all the policies and rules of LW.
- I will follow the dress code of LW.
- I will conduct myself in a manner that exemplifies sportsmanship and fairness whether as an Official or any other position in the sport.
- I will promote the sport of lacrosse by being an example for others to follow.
- I will honor the obligations of my position and strive to attain excellence in the performance of my duties.

3. Rule of Two

The rule of two is for the protection of minor aged athletes/Officials and adult coaches and Officials. The Rule of Two states that there will always be two screened and NCCP/NOCP trained or certified coaches/Officials with a minor aged athlete/Official, when in a potentially vulnerable situation. This means that any one-on-one interaction between a coach/Official and a minor aged athlete/Official must take place within earshot and view of the second coach/Official, except for medical emergencies. One of the coaches/Officials must also be of the same gender as the athlete/Official.

Should there be a circumstance where a second screened and NCCP/NOCP trained or certified coach/Official is not available, a screened volunteer, parent, or adult may be recruited. This rule serves to protect minor aged athletes/Officials in potentially vulnerable situations by ensuring that more than one adult is present.

Vulnerable situations can include closed doors meetings, travel, and training environments amongst others. Organizations must create and implement policies and procedures that limit the instances of vulnerable situations whenever possible.

4. Dress Code

4.1 The Uniform

- Well-groomed and professional in appearance
- Official's jersey
- Black pants
- A black belt may be worn
- Black runners and black socks are preferred
- Come with all equipment required to perform duties as an Official
- CSA/NOCSAE approved helmet (visors are optional)
- Fox 40 Classic CMG Fingergrasp Whistles or Fox 40 Classic Fingergrasp Whistles
- Black Shorts may be worn on hot days so long as both Officials have them to match

4.2 Pre and Post-Game Attire (Minor)

- No Winnipeg Lacrosse team logoed apparel
- Clean pants/shorts and respectful shirt

5. Game Fees

Division	Game Fee
U11	\$40
U13	\$40
U15	\$60
U17	\$70

6. Mileage

Lacrosse Winnipeg encourages officials to carpool when possible. Mileage will apply to the following rinks:

Rink	Mileage Rate
Garson	\$29 per Official
St Agathe	\$23 per Official
Stonewall	\$16 per Official

7. Box Lacrosse – Rules of Play

Rules of play in Manitoba shall be those of the LC Rule Book for the current season. To ensure uniformity, there will be no variation of the LC Rules and officials shall enforce the LC Rules with the following enhancements:

Standardized Game Time for Box Lacrosse is as follows:

Division	Allotted Time	Warm Up	Period 1	Period 2	Period 3	Intermission
U11	1 hour	3	12	12	12	3
U13	1 hour	3	12	12	12	3
U15	1 ½ hour	5	15	15	15	5
U17	1 ½ hour	5	15	15	15	5

- In Minor Box Lacrosse, the clock shall stop for goals, penalties, time-outs, and Officials discretionary stoppages (i.e. injury) with a minimum two (2) minute break between periods. In U11 the game shall be straight time except that the clock will be stopped for timeouts.
- In U11, U13, U15, and U17 lacrosse, if five (5) minutes before the scheduled end time of the game time slot for league games, there is more than five (5) minutes left on the clock, the clock shall be reset to five (5) minutes and play shall continue in straight time to the end of the game, for each of U11, U13, U15, and U17 box lacrosse. As required, a game may be called at this time if an injury is present and cannot be taken care of in a timely fashion.
- In U13, U15, and U17 lacrosse if a goal differential of seven (7) or more goals is present at any time during the game, at the next whistle to start play, the clock will run at straight time. If the goal differential is brought within five (5) goals, the clock shall return to stop time at that time.
- In the event a team is late for reasons outlined in LC Rule 19, the Officials may allow five (5) minutes past the normal start time of the game for the team to arrive unannounced. If the team that has been delayed has contacted the arena directly or via persons within the arena, the official shall provide an additional reasonable delay (up to 30 minutes).

- If less than two (2) full periods of any game have been completed, then, at the discretion of the League Commissioner, the game shall be considered incomplete, and the remainder of the game may be rescheduled for a suitable time.
- The Home team shall use substitute sweaters when there is a colour conflict. When the Home team causes a game to be delayed because of sweater colour conflict, the team shall be assessed a delay of game penalty. If the game remains delayed beyond 15 minutes for this reason, the game shall be forfeited to the Visiting team.
- All bench personal (excluding a registered trainer) must be NCCP certified.
- No overtime shall be played during regular season play.

Lacrosse Winnipeg Modified Rules

- I. **U11:** All U11 box lacrosse games shall be played in accordance with LC Rules according to LTAD Option X except as modified herein.
- II. U11 Modification to Fall Back: U11 will not implement the Fallback Rule in option X
- III. **Equipment Measurement:** There shall be no stick or equipment measurement in the U11 and U13 divisions.
- IV. **Intra-oral Mouthpiece:** After one warning to the team, a Misconduct penalty will be assessed to any player who participates on the floor without an intra-oral mouthpiece.

8. Game Day Procedure

All Officials must follow the game day procedure noted below. By doing so this greatly reduces the chances of Officials missing their assignments, or Officials being late for their assignments.

- Go through your ref bag and ensure you have all of your necessary equipment (helmet, jersey, pants, shoes, socks, tape measure, string for repairing holes in nets and whistles).
- Leave with plenty time to ensure you arrive at the arena at least 30 minutes before game time. Allow extra time for traffic if necessary.
- If your partner has not arrived by 20 minutes prior to the game, contact your assignor. If you do not hear back from your assignor within 10 minutes, contact your OIC.
- If you have not heard back from your assignor or OIC informing you they have been in touch with your partner, or if they have found a replacement Official by the time you get to the arena, you may look for a qualified Official in the stands. You will need to confirm with your assignor or OIC that this person is qualified to officiate with you.
- **If after following the above procedure, we were unable to find a certified official to join you, or you were unable to find one at the arena, the game will be canceled.**

Under no circumstances does an official referee a game alone

Lacrosse Canada Penalty Option Chart for Box Lacrosse								
Rule #	Rule	Minor	Major	10 min	Game Misc.	Match	Penalty Shot	Awarded Goal
6	The Lacrosse Stick	Yes						
11	Headwear	Yes			Yes			
12	Goalkeeper's Equipment	Yes	Yes		Yes			
13	Player's Equipment	Yes		Yes	Yes			
14	The Teams	Yes						
15	Captain of the Team			Yes				
17	Non-Playing Personnel	Yes			Yes			
28	Abuse of Officials	Yes		Yes	Yes	Yes		
30	Reckless and Endangering Play					Yes		
33	Boarding		Yes			Yes		
34	Broken Stick/Without Stick	Yes		Yes				
35	Butt-Ending		Yes		*Yes	Yes		
36	Change of Players/Too Many Men	Yes					Yes	Yes
37	Charging	Yes	Yes			Yes		
38	Checking from Behind	Yes x2	Yes		Yes	Yes		
39	Crease Play	Yes	Yes					
40	Cross-Checking	Yes	Yes					
41	Delaying the Game	Yes		Yes			Yes	
42	Elbowing		Yes					
44	Falling on the Ball	Yes					Yes	
45	Fighting		Yes		Yes			
46	Free Hand	Yes						
49	Handling the Ball with Hands	Yes					Yes	Yes
50	High Sticking	Yes	Yes		Yes	Yes		
51	Holding	Yes						
52	Hooking	Yes	Yes					
55	Interference	Yes						Yes
57	Kicking a Player		Yes		*Yes	Yes		
59	Kneeing	Yes	Yes					
60	Leaving the Player's/Penalty Bench	Yes			Yes		Yes	Yes
62	Abuse of Officials					Yes		
63	Refusing to Start Play	Yes						
64	Slashing	Yes	Yes			Yes		
65	Spearing		Yes		*Yes	Yes		
67	Third Man in Altercation				Yes			
69	Throwing Stick	Yes	Yes	Yes			Yes	Yes
71	Tripping	Yes					Yes	Yes
72	Unnecessary Roughness	Yes	Yes					
73	Wrap Around	Yes						
87	Taunting	Yes						
88	Face masking	Yes	Yes			Yes		
*Special situations note in minor lacrosse only.								
Review. Checking and Interference outside the 24' dotted line. Review Cross-Checking in Rule Book								
Stick measurements: 40"-46" for the length (U13 and lower = 34") 4 ½"-8" inside measurement.								
Rule 48 Gross Misconduct also includes a minor penalty.								
Referees are in full control of all off floor Officials and their control extends into the stands.								