



LACROSSE CANADA
CROSSE CANADA



PARENT & PLAYER GUIDE



TABLE OF CONTENTS

About this Guide

- 3 Introduction
- 4 How Parents Can Help
- 5 A Checklist for Parents and Lacrosse Players

The Game of Lacrosse

- 6 History of Lacrosse
- 7 Disciplines in Lacrosse
 - The Game of Box Lacrosse
 - 8 Programs
 - 10 Player Equipment
 - 12 Sticks and Balls
 - 13 Rules
- The Game of Men's Field Lacrosse
 - 15 Programs
 - 17 Player Equipment
 - 19 Sticks and Balls
 - 20 Rules
- The Game of Women's Field Lacrosse
 - 21 Programs
 - 22 Player Equipment
 - 24 Sticks and Balls
 - 25 Rules

Basic Skills

- 28 Holding the Stick
- 29 Picking Up the Ball
- 30 Cradling
- 31 Throwing
- 32 Catching

Organizations

- 33 Lacrosse Canada
- 34 Member Associations



ABOUT THIS GUIDE

Introduction

To assist parents and players in understanding the sport of lacrosse, Lacrosse Canada has developed the Parents and Players Guide to Lacrosse.

This guide will provide you with general information to help you and your child get the most out of participating in lacrosse. As a parent, you will:

1. understand how this truly 'Canadian game' is played;
2. grasp the basic skills;
3. comprehend what your child needs to fully enjoy playing the sport;
4. find out where you can obtain further information on programs and competitions.

Lacrosse is about having fun. As a parent, you can play a vital role in the development of your child while having fun. Be positive about your child's participation. Encourage. Support. Volunteer. Listen. Pay attention to your child's progress. Be a positive role model. Remind your child, and yourself, that winning isn't everything.

Did You Know?

Lacrosse is Canada's national summer sport.



ABOUT THIS GUIDE

How Parents Can Help

- Support your child by giving encouragement and showing interest in their participation. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are more important than victory - that way your child will always be a winner despite the outcome of the game!
- Be a positive role model for your child. Applaud good plays by your child's team as well as good plays by the opposing team.
- Let your child establish their own goals - to play the game for themselves. Don't put too heavy a burden on your child to win games.
- Offer positive reinforcement to help your child achieve their goals and overcome their natural fear of failure. If your child makes a mistake, remember it's all part of learning, so encourage your child's efforts and point out the good things that your child accomplishes.
- Refrain from coaching or refereeing from the sidelines as the officials are usually parents just like you. They volunteer their time to help make your child's lacrosse experience a positive one. They need your support too.
- Offer your services as a volunteer – a fundraiser, driver, timekeeper, scorekeeper, manager of equipment, board member, etc.



ABOUT THIS GUIDE

A Checklist for Parents and Lacrosse Players

- Always play by the rules.
- Don't lose your temper.
- Cheer good plays made by either team.
- Don't talk trash or tease or goad the opponent.
- Win or lose, be sure to shake hands with the opponent and officials after a game.
- Don't yell at teammates for making a mistake. Never criticize teammates or coaches on the sideline.
- Admit your mistakes instead of making excuses or blaming others.
- Try your hardest on every play, even if your team is losing by a large margin of goals.
- Point out incorrect calls when they go in your favour.
- Don't argue with calls that go against your team.
- Don't show off.





THE GAME OF LACROSSE

History of Lacrosse

- Lacrosse is a medicine still used today, the Creator gave this to us to use in many ways. It was used by Indigenous peoples as a deterrent to war and fighting, but it is mainly used as a medicine to help cleanse the mind, body, and spirit.
- In the 1840s, the first games of Lacrosse were played between settlers and Indigenous peoples.
- Lacrosse was named Canada's National Game by the Parliament of Canada in 1859.
- In 1867, the National Lacrosse Association became the first national sport governing body in North America.
- Lacrosse was the dominant sport in Canada at the turn of the 20th century.
- In 1901, Lord Minto, then Governor-General of Canada, donated a silver cup that continues to symbolize junior lacrosse supremacy in Canada.
- The 1930s saw the creation of Indoor Lacrosse, also known as Box Lacrosse or Boxla.
- Canada joined the International Women's Field Lacrosse scene in 1982, participating in the first World Field Championship, and has competed at every World Field Championship since.
- Lacrosse was re-confirmed by Parliament as the National (Summer) Sport of Canada in 1994.
- In 2021, Lacrosse gained full recognition by the International Olympic Committee, a critical step on the journey to becoming an Olympic sport.

Did You Know?

Lacrosse is also known as Baggataway or Tewaarathon.



LACROSSE CANADA
CROSSE CANADA

DISCIPLINES OF LACROSSE

Box Lacrosse

- Played on a standard-sized arena floor.
- Features six players (goaltender and five runners).
- Similar to basketball with all five runners involved in the offense and the defense.
- Speed and excitement are created by a 30-second shot clock.



Men's Field Lacrosse

- Played outdoors on a 100m x 55m field.
- Teams consist of 10 players: a goaltender, 3 attackers, 3 midfielders, and 3 defenders.
- Differs from box lacrosse in the style of play and strategy. There is no shot clock - thus the game is more strategic and relies more heavily on possession and control of the ball.



Women's Field Lacrosse

- A quick, free-flowing game.
- Played on a 100m x 55m field with 12 players per side.
- Women's field lacrosse is a non-contact sport; no aggressive checking with either the stick or body is allowed.





THE GAME OF BOX LACROSSE

Box Lacrosse Programs

Each member association has jurisdiction over clubs, leagues, and associations but typically shares a common structure as follows:

Participation Leagues (House Leagues)

- At the grassroots level of an organization, teams are formed to organize recreational play.
- The objective is fun, fitness, and skill development.
- Modified rules in younger age categories may include: players are rotated in 3-minute shifts; when the ball is turned over, the attacking team must clear the offensive zone; shootouts; 5-second possession rule; a minimum number of passes must be attempted before a shot on goal, etc.
- The season usually begins in the spring and ends in late summer.
- Skill levels will vary and teams are usually balanced to encourage skill development.

Examples of age categories:

AGE	CATEGORY
3-4	Soft Lacrosse
5-6	Paperweight
7-8	U9
9-10	U11
11-12	U13
13-14	U15
15-16	U17
17-21	U22
21+	Senior
35+	Masters

Did You Know?

NHL players Wayne Gretzky, John Tavares, and Connor McDavid played box lacrosse in Canada.



THE GAME OF BOX LACROSSE

Box Lacrosse Programs (contd.)

Competitive Program

- The next level involves the organizations' best players competing as a select, all-star or rep team.
- Various levels of competition exist and can be defined by skill level – A, B, C, etc. or by age.
- National Championships occur annually - Minor (under 16), Junior, Senior.

Elite

- The award for the premiere junior (17-21) National Championship is the Minto Cup.
- The best senior teams in Canada (over 21) play for the Mann Cup.
- Opportunities exist for elite athletes to secure athletic scholarships to American universities.
- The vast majority of players on Canada's national field team played box lacrosse.
- National Teams participate at a senior world championship every 4 years.

Professional

- After an absence of a professional league in North American since the 1970s, the National Lacrosse League (NLL) is experiencing a huge resurgence in Canada. The league is comprised of Canadian and American teams.
- It is not uncommon for teams to play in front of crowds of more than 18,000 spectators.
- The Premier Lacrosse League was formed in 2019 and features the best men's field lacrosse players, including many Canadians.
- Professional leagues for female players are in development, and opportunities for continued play increase every year.



Box Lacrosse Player Equipment

Helmet & Cage

A hockey helmet can be used providing it meets CSA approval. A player can wear a full face mask that has CSA approval for hockey or lacrosse and cannot allow the head of the stick or ball to make contact with the face. The chin strap must be as supplied by the mask manufacturer and fasten to the CSA approved helmet. A player may also wear a NOCSAE approved lacrosse helmet and face mask which is all attached together and cannot be altered.



Shoulder Pads

One-piece adjustable pad which offers protection for shoulders and arms.



Gloves

Field/Box lacrosse gloves offer excellent protection.



Back and Kidney Pads

Lightweight and wrap around to protect the lower back and kidney area.



Athletic Supporter & Cup or Jill Strap

Mouth Guard



Basketball or Court Shoes



Elbow Pads

When using hockey shoulder pads, elbow pads or slash guards provide additional protection.

Visit www.lacrosse.ca for the latest equipment specifications and bulletins, and for more examples of approved helmet/facemask combinations as they may have changed since the publication of this handbook.



Box Lacrosse Goalie Equipment

Helmet, Mask & Throat Guard

Helmet must be CSA approved for hockey with a CSA approved full face protector CSA approved for either hockey or lacrosse. A Goalie can wear a shell style mask that meets CSA approval, has protection on the back of the head and has a chin strap. A goalie may also wear a NOCSAE approved lacrosse helmet and face mask which is all attached together and cannot be altered. A throat guard attaches to the mask for extra protection for the throat & neck.



Chest & Arm Protector

Offers protection for shoulders and arms.



LaxShopper.com



Goalie Gloves

Field/Box lacrosse gloves offer excellent protection.



Basketball or Court Shoes



Athletic Supporter & Cup or Jill Strap

Mouth Guard



Goalie Pants

Hockey pants provide waist and thigh protection.

Leg Pads

Made of hard plastic. Covers the player's shins.



Visit www.lacrosse.ca for the latest equipment specifications and bulletins ,and for more examples of approved helmet/facemask combinations as they may have changed since the publication of this handbook.



Stick & Balls

The Stick

There are two types of sticks:

1. The traditional wood stick comes with a rawlon sidewall and a choice of pockets with leather runners.
2. Sticks with moulded heads; pockets with rawlon lace or synthetic lace with leather runners and wood or metal handles.

The lacrosse stick should not be more than forty-six (46"), nor less than forty (40"), and not more than eight (8"), nor less than four and one half (4 1/2") inches in width. In Pee Wee and all lower divisions (see page 6 for categories), the minimum length of the stick can be thirty-four (34") inches.

Balls:

The balls used in all matches should conform to LC standards and be approved by LC. The approved ball is the same used in Field Lacrosse.

Did You Know?

In 1856, the Montreal Lacrosse Club was organized, and in 1860 the rules of the game were codified for the first time.



Rules of Box Lacrosse

Structure of Play

These types of rules set the fundamental guidelines for the sport. The rules describe such items as the playing surface, markings, nets, player equipment, and make-up of the teams. Also included are elements such as how goals are scored and rules pertaining to the crease.

Flow of Play

These types of rules set out how play is started and stopped and the basics of how the game is played. Included in the flow of play rules are the 30-second rule (getting a shot on net), the 10-second rule (advancing the ball into the attacking zone while playing short-handed), or the 5-second rule (time the goaltender can keep possession of the ball in the crease). These rules also cover out-of-bounds guidelines, face-offs, time-outs, and how to re-start play.

Infractions

The third class of rules deals with undesirable behaviour in the game. The rules set out the guidelines for acceptable play and what constitutes an infraction of the intent of the game. These rules generally stem from three types of behavior – interfering with the flow of play, attempting to gain an illegal advantage, and creating a risk of, or actual personal injury to an opponent.

Interfering with play includes such items as an illegal pick or pushing an opponent on a loose ball. Illegal advantage refers to such acts as too many men on the floor on a line change. The risk of injury is the broadest type which includes such acts as slashing, high sticking, or checking from behind.





Rules of Box Lacrosse (contd.)

There are three types of penalties that are given when a player commits an infraction of the rules.

1. Loss of Possession

The loss of possession means the ball must be turned over to the opponent. It is the penalty applied to violating the flow of play rules such as out-of-bounds, interference by an offensive player, or violation of any of the time rules (5, 10, and 30- second).

2. Penalty Shots

This is the most extreme penalty which is applied when a player, in committing an infraction, has taken away a clear scoring opportunity – for example tripping an opponent who has a breakaway, or a defensive player touching the ball with his hand in his own crease. For this type of penalty, the game is stopped and a player is given an uncontested shot on the goaltender.

3. Time-served Penalty

This type of penalty has the player who commits the infraction removed from the game for a specific period of time. The amount of time ranges from two minutes to the remainder of the game. There are five types of time-served penalties:

- Minor penalty - 2 minutes (which is released if the opponent scores one goal);
- Major penalty - 5 minutes (which is released if the opponent scores two goals);
- Misconduct - 10 minutes (regardless of the number of goals);
- Expulsion - immediate removal from the game; and
- Match - immediate removal from the game and could carry a further suspension of games.

Rulebooks, coaching manuals, and other resources are available from your Member Association.



THE GAME OF MEN'S FIELD LACROSSE

Men's Field Lacrosse Programs

Each member association has jurisdiction over clubs, leagues, and associations but typically shares a common structure as follows:

Participation Leagues (House Leagues)

- At the grassroots level of an organization, teams are formed to organize recreational play.
- The objective is fun, fitness, and skill development. Depending on the age level, contact may or may not be involved
- Modified rules in younger age categories may include: a minimum number of passes must be attempted before a shot on goal, played on a smaller field, teams carry smaller rosters, etc.
- The season for field lacrosse depends on the member associations, i.e. some provinces play from Sept. to April, others in the fall only, and yet others in the early spring.
- Skill levels will vary and teams are usually balanced to encourage skill development.

Examples of age categories:

U11

U13

U16

U19

Senior Men

Masters





THE GAME OF MEN'S FIELD LACROSSE

Men's Field Lacrosse Programs (contd.)

Competitive Program

- The next level involves the organizations' best players competing as a select, all-star or rep team.
- Various levels of competition exist and can be defined by skill level – A, B, C, etc. or by age.
- National Championships occur annually:
 - Intermediate (U16)
 - Junior Men (U19)
 - Senior Men (20+)

Elite

- The award for the premier intermediate (U16) National Championship is the Alumni Cup.
- The award for the premier junior (U19) National Championship is the First Nations Trophy.
- The best senior teams in Canada (20+) play for the Ross Cup (Div 1) or Victory Cup (Div 2).
- Opportunities exist for elite athletes to secure athletic scholarships to American universities.
- National Teams participate in world championships every 2 years.



Men's Field Lacrosse Player Equipment

Helmet & Facemask

A hockey helmet can be used providing it meets CSA approval. A player can wear a full face mask that has CSA approval for hockey or lacrosse and cannot allow the head of the stick or ball to make contact with the face. The chin strap must be as supplied by the mask manufacturer and fasten to the CSA ap-proved helmet. A player may also wear a NOCSAE approved lacrosse helmet and face mask which is all attached together and cannot be altered.



Shoulder Pads

One-piece pad made of flexible, durable material that when fit properly offers protection for upper body and shoulders.



Gloves

Field/Box lacrosse gloves offer excellent protection. Hockey gloves can be used, but they don't provide the same grip or flexibility.



Back and Kidney Pads

Lightweight and wrap around to protect the lower back and kidney area.



Mouth Guard



Athletic Supporter & Cup or Jill Strap



Molded Cleat Footwear



Arm Pads - 2 Types

Light weight, hard plastic that offers protection for the whole arm, while allowing full range of motion of the arm at the elbow.

Visit www.lacrosse.ca for the latest equipment specifications and bulletins ,and for more examples of approved helmet/facemask combinations as they may have changed since the publication of this handbook.



Men's Field Lacrosse Goalie Equipment

Helmet & Facemask

Helmet must be CSA approved for hockey with a CSA approved full face protector CSA approved for either hockey or lacrosse. A Goalie can wear a shell style mask that meets CSA approval, has protection on the back of the head and has a chin strap. A goalie may also wear a NOCSAE approved lacrosse helmet and face mask which is all attached together and cannot be altered. A throat guard attaches to the mask for extra protection for the throat & neck.



Chest Protector (mandatory)

A pad made of dual density foam, offering flexibility, protection, and full range of motion.

Gloves

Field/Box lacrosse gloves offer excellent protection. Hockey gloves can be used, but they don't offer the same grip or flexibility. Palms may be cut out, but fingers must be encased. Goal-tenders are not allowed to wear hockey goalkeeper gloves.



Mouth Guard (mandatory)



Molded Cleat Footwear



Shoulder Pads (optional)

One piece pad made of flexible, durable material that when fit properly offers protection for upper body and shoulder.



Athletic Supporter & Cup or Jill Strap



Goaltender Pants

Track pants may be worn, but for a particular team they must be of the same colour, and it is recommended that they be of different colour from those worn by opponents.



Back and Kidney Pads (optional)

Lightweight and wrap around to protect the lower back and kidney area.

Arm Pads (optional)

Light weight, high density foam that offers protection for the whole arm, while allowing a full range of motion of the arm at the elbow.



[Larger Image](#)

Visit www.lacrosse.ca for the latest equipment specifications and bulletins, and for more examples of approved helmet/facemask combinations as they may have changed since the publication of this handbook.



Stick & Balls

The Stick

There are two types of sticks:

1. The traditional wood stick comes with a rawlon sidewall and a choice of pockets of leather or nylon lace with leather runners.
2. Sticks with moulded heads; pockets with rawlon lace or synthetic lace with leather runners and wood or metal handles.

There are two different lengths of lacrosse sticks allowable in Men's Field Lacrosse:

- The short stick shall be an overall length of 40 inches to 42 inches.
- The long stick shall be an overall length of 52 inches to 72 inches.

A team may have no more than four long sticks (excluding the designated goalkeeper) on the field of play, at any one time when the ball is live.

The head of the stick shall be between 4 inches and 10 inches inside measurement at its widest point.

The goalie shall be an exception:

There may be one stick up to 15 inches inside measurement in use by each team at any one time. The length of the goalie's stick shall be an overall length of between 40 and 72 inches.

Balls:

The balls used in all matches should conform to LC standards and be approved by LC.

The approved ball is the same used in Box Lacrosse.





Rules of Men's Field Lacrosse

Structure of Play

These types of rules set the fundamental guidelines for the sport. The rules describe such items as the playing surface, markings, nets, player equipment, and make-up of the teams. Also included are elements such as how goals are scored and rules pertaining to the crease.

Flow of Play

These types of rules set out how play is started and stopped and the basics of how the game is played. Included in the flow of play rules are getting a shot on net, advancing the ball into the attacking zone while playing short-handed, and time the goaltender can keep possession of the ball in the crease. These rules also cover out-of-bounds guidelines, face-offs, time-outs, and how to re-start play.

Infractions

The third class of rules deals with undesirable behavior in the game. The rules set out the guidelines for acceptable play and what constitutes an infraction of the intent of the game. These rules generally stem from three types of behavior – interfering with the flow of the game, attempting to gain an illegal advantage, and creating a risk of, or actual personal injury to an opponent.

Interfering with play includes such items as an illegal pick or pushing an opponent on a loose ball. Illegal advantage refers to such acts as too many men on the field or an illegal substitution. The risk of injury is the broadest type which includes such acts as slashing, high sticking, illegal body checking, and unnecessary roughness.





THE GAME OF WOMEN'S FIELD LACROSSE

Women's Field Lacrosse Programs

Each member association has jurisdiction over clubs, leagues, and associations but typically shares a common structure as follows:

Participation Leagues (House Leagues)

- At the grassroots level of an organization, teams are formed to organize recreational play.
- The objective is fun, fitness, and skill development.
- Depending on the age level, contact may or may not be involved.
- The season usually begins in the spring and ends in late summer.
- Skill levels will vary and teams are usually balanced to encourage skill development.

Examples of age categories:

U11
U13
U15
U19
Over 21

Competitive Program

- The next level involves the organization's best players competing as a select, all-star, or rep team.
- Various levels of competition exist and can be defined by skill level – A, B, C, etc. or by age.

Elite

- Opportunities exist for elite athletes to secure athletic scholarships to American universities.
- As well, there are opportunities at the U-19 and Senior levels to represent Canada at world championship competition



LACROSSE CANADA
CROSSE CANADA

Women's Field Lacrosse Player Equipment



Jersey

Kilt or Shorts

Eye Protection (mandatory)

Mouthguard (mandatory)

Cleats (no metal)

Gloves (Optional)

NO jewelry!

Visit www.lacrosse.ca for the latest equipment specifications and bulletins, and for more examples of approved helmet/facemask combinations as they may have changed since the publication of this handbook.



Women's Field Lacrosse Goalie Equipment

Helmet, Mask & Throat Guard

Helmet must be CSA approved for hockey with a CSA approved full face protector CSA approved for either hockey or lacrosse. A Goalie can wear a shell style mask that meets CSA approval, has protection on the back of the head and has a chin strap. A goalie may also wear a NOCSAE approved lacrosse helmet and face mask which is all attached together and cannot be altered. A throat guard attaches to the mask for extra protection for the throat & neck.

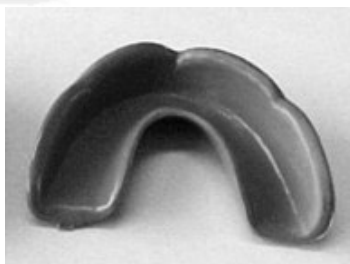


Chest Protector (mandatory)

A pad made of dual density foam, offering flexibility, protection, and full range of motion.

Gloves

Field/Box lacrosse gloves offer excellent protection. Hockey gloves can be used, but they don't offer the same grip or flexibility.



Mouth Guard (mandatory)



Jill

Goaltender Pants with Pads (optional)

Track pants may be worn, but for a particular team they must be of the same colour, and it is recommended that they be of different colour from those worn by opponents.



Molded Cleat Footwear (no metal)

Shin Pads (optional)

Light weight, high density foam that offers protection for the shin, while allowing a full range of motion of the arm at the knee.



Visit www.lacrosse.ca for the latest equipment specifications and bulletins, and for more examples of approved helmet/facemask combinations as they may have changed since the publication of this handbook.



Stick & Balls

The Stick

There are two types of sticks:

1. The traditional wood stick comes with a rawlon sidewall and a choice of pockets of leather or nylon lace with leather runners.
2. Sticks with moulded heads; pockets with rawlon lace or synthetic lace with leather runners and wood or metal handles.

The Pocket

The Women's Field stick is strung with 4-5 vertical thongs and 8-12 stitches of cross lacing. Mesh is not allowed. When the ball is dropped into the pocket, the top of the ball must remain even with or above the top of the walls.

The Goalkeeper

The goalkeeper can have a mesh pocket and depth of the pocket containing the ball may be unlimited except that the ball must move freely within all parts of the head both laterally and along its full length. When the crosse with the ball in it is held at eye level with the long axis of the stick vertical to the ground, more than half of the ball must be seen above the ball stop.

Length: 0.9 - 1.35 m

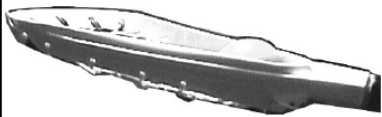

Weight: Not more than 773g

Balls:

The balls used in all matches should conform to LC standards and be approved by LC.

The approved ball is the same used in Box Lacrosse.

Did You Know?
The pockets of women's sticks are shallower than those of men's, making the ball harder to catch.

Legal Pocket	Illegal Pocket
	



Rules of Women's Field Lacrosse

Major Fouls

Dangerous - may be carded

4 metres behind

- Obstruction of the free space to the goal
 - A defense player must not block or guard the goal outside the goal circle with any part of their body for the purpose of 'obstructing the free space to goal'. Obstructing the free space to goal denies the attacking team the opportunity to shoot safely. This rule is in effect only when the attacking team has the ball within the 15 m fan.
- Three Seconds
 - While inside the 11m marking area, defend-ers must be closely marking, within a stick's length distance from their opponents, or move out of the marking area.
- Dangerous Check
 - No checking of the stick towards the body or head.
- Blocking / Pushing / Tripping
 - A player may not push an opponent or the ball carrier to your advantage.
- Charging
 - An attacker may not take the space that the defender has already earned.
- Illegal Pick
 - A legal pick must be set in an opponent's visual field (180 degrees from the nose) and allow the opponent time and space to stop and/or change directions.
- Dangerous Shot / Propelling
 - Throwing the ball, or directing it in an unsafe manner.
- Illegal cradle
 - Holding the stick too close to the body, or not moving it through the player's personal space.



Rules of Women's Field Lacrosse

Minor Fouls

Used to gain advantage - not dangerous

4 metres from the direction you came

- Draw
 - Players may not draw before the whistle. During the draw, the ball must attain a height higher than both centres' heads. Players may not enter the centre circle before the ball is drawn.
- Restraining Line
 - Teams must play 7 v 7 below the restraining line. If they have more it is offside. The easiest way to maintain this is to remember you need 4 field players behind the restraining line at all times. The restraining line rule remains in effect at all times, for the entire game.
- Empty or held stick check
 - While inside the 11m marking area, defend-ers must be closely marking, within a stick's length distance from their opponents, or move out of the marking area.
- Body ball
 - Players may not direct the ball with their body to a clear advantage.
- Out of bounds
 - If a player is in contact with the ball – they may not step on or outside the boundary (not in effect on a shot).
- Warding
 - An attacker uses their arm to prevent a defender from checking their stick.
- Crease violation
 - Only on a shot may the plane of the goal crease be broken by a stick.
- Stick check
 - Coaches or captains may request a stick check. If the stick is illegal, possession is gained, but if the stick is deemed legal a second-time possession is lost.



Rules of Women's Field Lacrosse

Cards

Green = Intentional delay of game

Yellow/Yellow-Red/Red = Personal misconduct

- Green - Team warning; delay of game
 - No suspension; given to captain; minor foul
- Green/Yellow - Next offender
 - Major foul
- Green/Red - Next offender
 - 5-minute suspension; player down; may return to play
- Yellow - Serious personal foul
 - 2-minute suspension; no substitution allowed; play down with one less player; may return to game
- Yellow/Red - 2nd serious foul by same player
 - Player ejected; player down - 5 min
- Red - Flagrant foul; Gross misconduct
 - Player ejected; player down - 10 min

Advantage Situations

Indicates that the foul has been seen, but play is continued to give attack the advantage

- Offside
 - Offside is an immediate whistle unless the defense is offside when the attack is on a scoring play within 15 m of goal.
- Midfield foul
 - Umpire holds arm straight out. Player is allowed to continue.
- Foul in 15 metre fan on a scoring drive
 - Umpire raises yellow flag. Play continues to goal.



BASIC SKILLS

Holding the Stick

Thumbs and Fingers

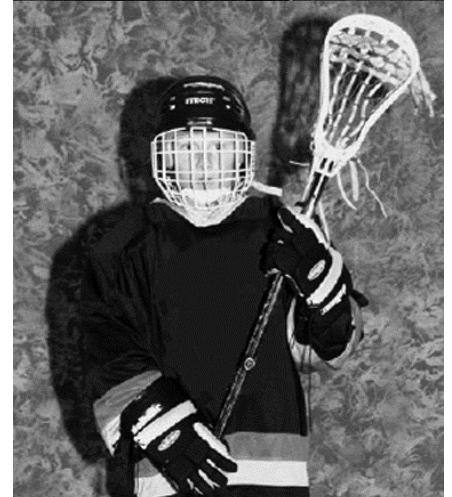
The handle rests in the pads of the fingers and the thumbs are positioned along the shaft. Holding the stick in this manner helps to keep the hands soft and the wrists flexible.

Ready Position

1. The bottom hand is placed at the butt of the stick and the top or strong hand is placed anywhere from the butt to the throat of the stick. Depending upon how the stick is being used, the hand position will be different for catching, cradling throwing, reaching, and checking.
2. In the ready position, the head of the stick is held about shoulder height with the top hand positioned near the throat and the bottom hand placed at the butt of the stick.

Common Faults

1. The natural way to hold the stick is to let the arms hang. If this position becomes a habit, players find it very difficult to maintain the ready position while on the floor or field and end up missing many opportunities to maintain or gain possession of the ball.





BASIC SKILLS

Picking Up the Ball

Preliminary Movements

1. To pick up the ball:
 - a. right-handers place the right foot beside the ball;
 - b. left-handers place the left foot beside the ball.
2. Key elements: body position and cradle.

Preparation

1. Bend the knees to lower the handle of the stick.
2. Keep the head up.
3. Put the weight on the back foot.

Force Producing Movements

1. The movement starts with the thrust of the back foot followed by the acceleration of the arms and stick.
2. Key element: acceleration of the stick under the ball.

Follow-through

1. The head of the stick is brought up to the chest and leads into the cradle (see next page).
2. Key element: keep the wrists and arms soft.





BASIC SKILLS

Cradling

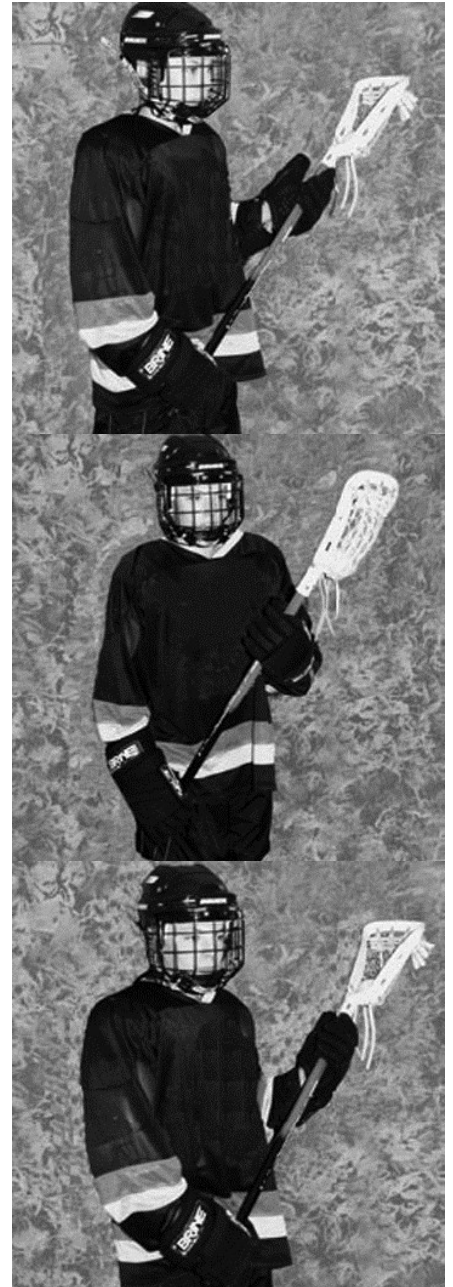
Cradling is the action of the wrist that uses the pocket of the stick to absorb the centrifugal force created as the arm moves back and forth. In effect, the pocket of the stick is turned to catch the ball at the end of each arm swing.

Teaching Progression

1. Hold the stick near the throat with the handle vertical.
2. Develop the wrist action by flexing and extending the wrist.
3. Swing the arm from side-to-side in front of the body.
4. Flex the wrist as the arm moves in front of the chest and extend it as the arm moves back.
5. Add the bottom hand, remembering that the bottom hand does not grip the stick or supply any of the cradling until the two hands feel coordinated.
6. The final step is to cradle the ball while slowly moving the stick to the normal carrying position often called the doublethroat position.

Switching Hands

1. To initiate the switch, bring the bottom hand up underneath the top hand. Players should always be conscious of using the body to shield the stick during the switch.
2. To complete the switch, the top hand now moves down to the butt of the handle.





BASIC SKILLS

Throwing

Preliminary Movements

1. The shoulder (if right-handed, the left shoulder) faces the target.
2. The feet are shoulder-width apart.
3. The arms are extended back slightly.
4. The passer midpoints the defender and the receiver.
5. The shoulder faces the target.

Preparation

1. Lift the arms to shoulder height.
2. The weight is on the back foot.
3. Extend the arms straight back.
4. Point the elbow at the target
5. Don't rest the stick on the shoulder and point the elbow.
6. Place the thumbs along the handle.

Force Producing Movements

1. Shift the weight forward.
2. Rotate the hips and shoulders.
3. Drive the arms forward.
4. Snap the elbow down. The two hands move together with the top hand acting as a moving lever.
5. Use the weight shift and body rotation to generate the force.
6. The wrists add the snap as the ball is released.

Follow-through

1. Let the stick follow through in the direction of the target.
2. Bring the back foot forward as in taking a step.
3. The stick follows through in the direction of the target.



BASIC SKILLS

Catching

Preliminary Movements

1. The top hand grips the stick near the throat.
2. Thumbs are placed along the shaft and the wrists are soft.
3. Present the stick as a target.

Preparation

1. Reach up to the ball.
2. Watch the ball into the stick.

Force Producing Movements

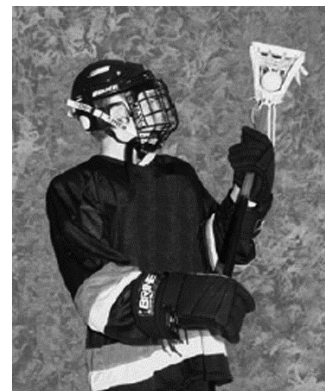
1. Cushion the pass by letting the head of the stick fall back as the ball enters the pocket.
2. Keep the wrists and arms soft.

Follow-through

1. In catching, the follow-through is the recovery movement to absorb the force of the pass and becomes the preliminary movement for a pass or shot.

Common Faults

1. When the stick rests on the shoulder, the use of the body to supply force is blocked and encourages the use of the arms only.
2. The top hand is too close to the throat – there is no leverage and it encourages a pushing rather than throwing action.
3. The elbow and hand are pointing to the ground – the ball will hook toward the ground.





**LACROSSE CANADA
CROSSE CANADA**

ORGANIZATIONS

Lacrosse Canada

Lacrosse Canada (LC) is responsible for the organization, administration, and promotion of lacrosse, Canada's National Summer Sport. It oversees the five versions of the game - box lacrosse, men's field lacrosse, women's field lacrosse, inter-lacrosse, and Six v Six.

Programs administered by LC which Member Associations have access to are:

- Nationals: participation in National Championships and national invitational tournaments; and opportunities to host Nationals.
- Developmental Programs: inter-lacrosse resource materials; technical material support for school programs; stick loan program; and domestic development programs.
- Rules: nationally standardized rules and rule interpretation.
- Coaching and Officiating: access to national certification programs; training of Master Learning Facilities and Course Conductors; development of clinic delivery materials; and technical resource materials.
- Fundraising Programs: national fundraising programs National Lacrosse Week; general brochures and posters, and national sponsorship.
- International Competition: international lacrosse federations; national team programs; training program and developmental camps; and World Championships.



Lacrosse Canada

18 Louisa St., Suite 310
Ottawa, ON
K1R 6&6

Phone: 613-260-2028
Email: info1@lacrosse.ca

www.lacrosse.ca

Values

Heart
Excellence
Accountability
Respect
Teamwork



LACROSSE CANADA
CROSSE CANADA

ORGANIZATIONS

Member Associations



Alberta Lacrosse Association
#116, 817 19 St NE Box 37005 Mayland Heights
Calgary, AB
T2E4X0
Phone: 780-907-0239
Email: info@albertalacrosse.com
<https://www.albertalacrosse.com/>



British Columbia Lacrosse Association
7382 Winston Street, Suite 101
Burnaby, BC
V5A2G9
Phone: 604-421-9755 ext. 4
Email: info@bclacrosse.com
<https://www.bclacrosse.com/>



Fédération de crosse du Québec
CP33
Sainte-Catherine, QC
J5C1A1
Phone: 514-252-3148
Email: directeur.technique@crossequebec.com
<https://www.crossequebec.com/>



First Nations Lacrosse Association
Email: FNLA.president@gmail.com
<https://fnjbl.wordpress.com/>



**LACROSSE CANADA
CROSSE CANADA**

ORGANIZATIONS

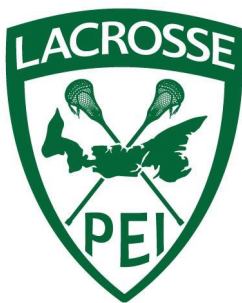
Member Associations



Lacrosse New Brunswick
211 Route 616,
Keswick Ridge, NB
E6L 1R9
Phone: 506-632-9188
E-mail: evan.richtsfeld@unb.ca
www.laxnb.ca/



Lacrosse Nova Scotia
5516 Spring Garden Rd; 4th Floor
Halifax, NS
B3J 1G6
Phone: 902-425-5450 Ext. 310
E-mail: lacrosse@sportnovascotia.ca
www.lacrossens.ca



Lacrosse PEI
40 Enman Cres
Charlottetown, PEI
C1E 1E6
Phone: 709-964-2814
E-mail: info.lacrossepei@gmail.com
<http://lacrossepei.ca/>



Manitoba Lacrosse Association
145 Pacific Avenue
Winnipeg, MB R3C 2Z6
Phone: 204-925-5684
E-mail: lacrosse@sportmanitoba.ca
www.manitobalacrosse.mb.ca



**LACROSSE CANADA
CROSSE CANADA**

ORGANIZATIONS

Member Associations



Ontario Lacrosse Association
1 Concord Gate, Suite 200C
Toronto, ON M3C 3N7
Phone: 416-426-7066
E-mail: info@ontariolacrosse.com
www.ontariolacrosse.com



Saskatchewan Lacrosse Association
2205 Victoria Avenue
Regina, SK S4P 0S4
Phone: 306-780-9216
E-mail: lacrosse@sasktel.net
www.sasklacrosse.net/



LACROSSE CANADA
CROSSE CANADA

Copyright © 2022 by Lacrosse Canada

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage or retrieval system without permission, in writing, from Lacrosse Canada.