AGE & STAGE APPROPRIATE MODIFICATIONS 2.0

IMPLEMENTATION FOR 2026 CALENDAR YEAR

LACROSSE CANADA
CROSSE CANADA

ACKNOWLEDGEMENTS

THANK YOU TO OUR WORKING GROUP FOR HELPING IDENTIFTY AGE AND STAGE APPROPRIATE RECOMMENDATIONS AND MODIFICATIONS FOR OUR MEMBERSHIP.

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Age & Stage Appropriate Modifications 2.0 U5-U9

LACROSSE CANADA

	U5 LEAGUE (RECOMMENDATIONS)	U7	U9
BALL USED	Soft Ball	Soft Ball (HL Only), LC Regulation Ball (Rep)	LC Regulation Ball
PLAYING SURFACE SIZE & STYLE OF PLAY (TWO WAYS VS. O/D/T)	3v3 Cross Floor Everyone plays both sides of ball.	One coach on the Floor for each team. HL - 3v3 Cross Floor Rep - 5v5 Full Floor Everyone plays both sides of ball (O & D)	Rep and HL - 5v5 Full Floor Everyone plays both sides of ball (O & D)
STICK	The Lacrosse Stick a) The players stick shall not measure more than 101.6 cm (40"), nor less than 66.04 cm (26") in overall length. **	The Lacrosse Stick a) The players stick shall not measure more than 101.6 cm (40"), nor less than 66.04 cm (26") in overall length. **	The Lacrosse Stick a) The players stick shall not measure more than 101.6 cm (40"), nor less than 66.04 cm (26") in overall length. **
NET SIZE	3x3	4x4	4x4
# OF PLAYERS	10 on roster	HL - 10-12 on roster Rep - 18 Runners and 2 Goalies	18 Runners and 2 Goalies
BENCH STAFF PERMITTED ON BENCH DURING GAMES	All coaches must provide a Vulnerable Sector Check and 1 Coach should have Community Development Trained Status. Coaches permitted on the floor for direction.	4 coaches and 1 trainer (all coaches must provide a VSC and 1 coach must have Community Development Trained Status.) *1 coach permitted on the floor during games	4 coaches and 1 trainer *All coaches must have Community Development Trained Status.
PERIOD LENGTH	10 minute periods OPTIONAL - Drills Only	12 minute running time periods, 2 minutes in between OPTIONAL - 20 minute halves with 2 minute shifts on buzzer.	12 minute periods running time, 2 minutes in between each period. Last 2 minutes of 3rd period are stopped time.
SHOT CLOCK	No shot clock	No shot clock, goalie clears ball from crease for continuous play after goals.	No shot clock
FACEOFFS	Aligned with WL Rule Book	Aligned with WL Rule Book for mechanics, however they only take place at the start of each period.	Aligned with WL Rule Book

*Trainers must adhere to requirements listed in the Lacrosse Canada Regulations Document

**The goalkeeper's stick may be of any desired length, but shall not be more than 38.1 cm (15" in width. Nothing may be added to or attached to the outside of the stick. The measurement for width is to be inside frame measurement.

Age & Stage Appropriate Modifications 2.0 U5-U9

LACROSSE CANADA

	U5 LEAGUE (RECOMMENDATIONS)	U7	U9
PENALTIES	a) No penalties are to be assessed. Instead play is stopped and the offending player has the infraction explained to them by either the Referee or their own coach.	a) No penalties are to be assessed. Instead play is stopped and the offending player has the infraction explained to them by either the Referee or their own coach. If the offending player's team had possession of the ball, it is awarded to the opposing team. In more serious cases the official may replace the offending player with another player.	Houseleague - Numbers on the floor depends on roster sizes. Recommendations are that teams play 3v3 or 5v5. Penalties will align with World Lacrosse Rule Book. 5v5 Rep - Penalties as per WL rule book.
COINCIDENTAL PENALTIES	N/A	N/A	N/A
GOALIE PENALTIES	N/A	N/A	Player from the floor serves the penalty
MERCY RULE/SHOWING THE SCORE	No scores are kept	Scores recorded and displayed but not beyond 8 goal spread if 5v5	Scores recorded but not shown if 3v3 Scores recorded and displayed but not beyond 8 goal spread if 5v5
CREASE DIVES	Not permitted	Not permitted	Not permitted
TIMEOUTS (WHEN AND HOW THEY CAN BE CALLED)	Not permitted	Not permitted	1 Timeout Permitted. The Timeout will be 45 seconds in length. This does not carry over to Overtime.
GOALIE EQUIPMENT & MEASUREMENTS	N/A	N/A	N/A
OVERTIME FORMAT	N/A	N/A	5v5 Sudden Victory in Overtime period in alignment with period length as needed.
OFFENSIVE SCREENS/PICKS	N/A	N/A	Rule 8.2

Age & Stage Appropriate Modifications 2.0 U5-U9

LACROSSE CANADA

	U5 LEAGUE (RECOMMENDATIONS)	U7	U9
JERSEY ASSIGNMENTS	N/A	Minor Lacrosse - Home Team chooses jersey but has Home Bench. Home team has optional uniform if there is a conflict. If tournament rules differ, then teams would adhere to the tournament rules.	Minor Lacrosse - Home Team chooses jersey but has Home Bench. Home team has optional uniform if there is a conflict. If tournament rules differ, then teams would adhere to the tournament rules.
CONTACT ON/OFF BALL	A) Defensive players may occupy a space to prevent an offensive player from entering. The defensive player may place their stick on an opponent, but they are not to apply a forceful crosscheck with the stick. (Shadow Defense - arms out and ready to direct - steer/push). B) Any offensive player (including ball carrier) who deliberately charged directly at a defensive player may be assessed a charging penalty. C) There is to be no body-checking. D) A defensive player may check an offensive player by placing their stick head on an opposing players stick head. Fall Back Rule - Local Lacrosse associations may incorporate the fall back rule at the HL level. This applies when the ball is with the goalkeeper. All defensive players must enter the neutral zone. Once the defensive players are in the neutral zone, they are free to go wherever they want. The goalie must pass to one of the offensive players.		On Ball - Checking Off-Ball - Arms extended Shadowing (pushing to direct, contain) *No Off-Ball Forceful Cross Checks
CREASE RULES	Defender/Goalie can pull back into the crease. Attacking player cannot reach into the crease. 'Back in' rule applies.	Defender/Goalie can pull back into the crease. Attacking player cannot reach into the crease. 'Back in' rule applies.	Loose Ball in crease = live ball for both the attackers and defenders. NLL Batted Rule - attackers cannot direct a loose ball into the goal that is inside the crease. Defender can pull back into the crease.
GOALIE FACE MASK	Automatic Whistle for Hitting Goalie Mask & Throat Guard	Automatic Whistle for Hitting Goalie Mask & Throat Guard	Automatic Whistle for Hitting Goalie Mask & Throat Guard

Age & Stage Appropriate Modifications 2.0 U11-U15

LACROSSE CANADA

	U11	U13	U15
BALL USED	LC Approved Regulation Ball	LC Approved Regulation Ball	LC Approved Regulation Ball
PLAYING SURFACE SIZE & STYLE OF PLAY (TWO WAYS VS. O/D/T)	Rep and HL - 5v5 Full Floor Everyone plays both sides of ball (O&D)	Rep and HL - 5v5 Full Floor Everyone plays both sides of ball (O&D)	Rep and HL - 5v5 Full Floor Everyone plays both sides of ball (O&D)
STICK	The Lacrosse Stick a) The players stick shall not measure more than 101.6 cm (40"), nor less than 66.04 cm (26") in overall length. **	As per WL Rule Book with the addition of wood sticks. **	As per WL Rule Book with the addition of wood sticks. **
NET SIZE	4x4	4'X4'	4'X4'
# OF PLAYERS	18 runners and 2 goalies	18 Runners and 2 Goalies	18 Runners and 2 Goalies
BENCH STAFF PERMITTED ON BENCH DURING GAMES	4 coaches and 1 trainer *All coaches must have Community Development Trained Status.	4 coaches and 1 trainer *All coaches must have Community Development Trained Status.	4 coaches and 1 trainer *All coaches must have Competition Introduction Certified Status.
PERIOD LENGTH	15 minute periods run time, 2 minutes in between. Last 2 minutes of the 3rd period is stopped time.	15 minute periods run time, 2 minutes in between. Last 2 minutes of the 3rd period is stopped time.	15 minute periods stopped time, with 2 minutes in between periods.
SHOT CLOCK & TIME TO GET OVER HALF	30 seconds	30 seconds	30 seconds
FACEOFFS	Aligned with WL Rule Book	Aligned with WL Rule Book	Aligned with WL Rule Book

*Trainers must adhere to requirements listed in the Lacrosse Canada Regulations Document

**The goalkeeper's stick may be of any desired length, but shall not be more than 38.1 cm (15" in width. Nothing may be added to or attached to the outside of the stick. The measurement for width is to be inside frame measurement.

Age & Stage Appropriate Modifications 2.0 U11-U15

LACROSSE CANADA

	U11	U13	U15
PENALTIES	As per World Lacrosse Rule Book including 10 seconds to get over half.	As per World Lacrosse Rule Book including 10 seconds to get over half.	As per World Lacrosse Rule Book including 10 seconds to get over half.
COINCIDENTAL PENALTIES	Rule 9.1	Rule 9.1	Rule 9.1
GOALIE PENALTIES	Player from the floor serves the penalty	Player from the floor serves the penalty	Player from the floor serves the penalty
MERCY RULE/SHOWING THE SCORE	Scores recorded and displayed.	Scores recorded and displayed.	Scores recorded and displayed.
CREASE DIVES	Not Permitted, No cylinder exists	Not Permitted, No cylinder exists	Permitted, no cylinder exists
TIMEOUTS (WHEN AND HOW THEY CAN BE CALLED)	1 permitted per game. They are 45 seconds in length. They do not carry over to overtime. Team calls TO from floor or coach on bench when team has possession of the ball.	1 permitted per game. They are 45 seconds in length. They do not carry over to overtime. Team calls TO from floor or coach on bench when team has possession of the ball.	1 permitted per game. They are 45 seconds in length. They do not carry over to overtime. Team calls TO from floor or coach on bench when team has possession of the ball.
GOALIE EQUIPMENT & MEASUREMENTS	Alignment with LC guidelines based on height and CAT code.	Alignment with LC guidelines based on height and CAT code.	Alignment with LC guidelines based on height and CAT code.
OVERTIME FORMAT	Sudden Victory in Overtime period in alignment with period length.	Sudden Victory in Overtime period in alignment with period length.	Sudden Victory in Overtime period in alignment with period length.
OFFENSIVE SCREENS/PICKS	Rule 8.2	Rule 8.2	Rule 8.2

Age & Stage Appropriate Modifications 2.0 U11-U15

LACROSSE CANADA

	U11	U13	U15
JERSEY ASSIGNMENTS	Home Team chooses jersey but has home bench.	Home Team chooses jersey but has home bench.	Home Team chooses jersey but has home bench.
CONTACT ON/OFF BALL	On Ball - Checking Off-Ball - Arms extended Shadowing (pushing to direct, contain) *No Off-Ball Forceful Cross Checks	On Ball - Checking Off-Ball - Arms extended Shadowing (pushing to direct, contain) *No Off-Ball Forceful Cross Checks	Equal pressure concept. Once equal pressure is met, defender can crosscheck to direct opponent and re-establish defensive positioning. Defender is not permitted to repeatedly crosscheck, or slash an attacker off ball once defensive positioning is established. Checking must be directed at the elbow.
CREASE RULES	Loose Ball in crease = live ball for both the attackers and defenders. NLL Batted Rule - attackers cannot direct a loose ball into the goal that is inside the crease. Defender can pull back into the crease.	Loose Ball in crease = live ball for both the attackers and defenders. NLL Batted Rule - attackers cannot direct a loose ball into the goal that is inside the crease. Defender can pull back into the crease.	Loose Ball in crease = live ball for both the attackers and defenders. NLL Batted Rule - attackers cannot direct a loose ball into the goal that is inside the crease. Defender can pull back into the crease.
GOALIE FACEMASK WHISTLE	Automatic Whistle for Hitting Goalie Mask & Throat Guard	Automatic Whistle for Hitting Goalie Mask & Throat Guard	Automatic Whistle for Hitting Goalie Mask & Throat Guard

Age & Stage Appropriate Modifications 2.0 U17-Senior

LACROSSE CANADA

	U17	U22 MENS	JUNIOR MEN & JUNIOR WOMENS/U22 WOMEN	SENIOR MEN'S & SENIOR WOMEN'S
BALL USED	LC Approved Regulation Ball	LC Approved Regulation Ball	LC Approved Regulation Ball	LC Approved Regulation Ball
PLAYING SURFACE SIZE & STYLE OF PLAY (TWO WAYS VS. O/D/T)	O/D is permitted at U17 and up. However, coaches would still be permitted to have players playing both ends.	O/D is permitted at U17 and up. However, coaches would still be permitted to have players playing both ends.	O/D is permitted at U17 and up. However, coaches would still be permitted to have players playing both ends.	O/D is permitted at U17 and up. However, coaches would still be permitted to have players playing both ends.
STICK	As per WL Rule Book with the addition of wood sticks. **	As per WL Rule Book with the addition of wood sticks. **	As per WL Rule Book with the addition of wood sticks. **	As per WL Rule Book with the addition of wood sticks. unless otherwise specified in a tournament contract**
NET SIZE	4'X4'6" (Larger Nets)	4'X4'6" (Larger Nets)	4'X4'6" (Larger Nets)	4'X4'6" (Larger Nets)
# OF PLAYERS	18 Runners and 2 Goalies	18 Runners and 2 Goalies	18 Runners and 2 Goalies	18 Runners & 2 Goalies
BENCH STAFF PERMITTED ON BENCH DURING GAMES	4 coaches and 1 trainer *All coaches must have Competition Introduction Certified Status.	4 coaches and 1 trainer *All coaches must have Competition Introduction Certified Status.	5 coaches and 1 trainer *All coaches must have Competition Introduction Certified Status.	5 coaches and 1 trainer *All coaches must have Competition Introduction Certified Status.
PERIOD LENGTH	15 minute periods stopped time with 2 minutes in between periods.	15 minute periods stopped time with 2 minutes in between periods.	20 minute periods stopped time, 10 minutes in between periods.	20 minute periods stopped time, 10 minutes in between
SHOT CLOCK & TIME TO GET OVER HALF	30 seconds with 10 seconds to get over half.	30 seconds with 10 seconds to get over half.	30 seconds with 8 seconds to get over half.	30 seconds with 8 seconds to get over half.
FACEOFFS	Aligned with WL Rule Book	Aligned with WL Rule Book	Aligned with WL Rule Book	Aligned with WL Rule Book

*Trainers must adhere to requirements listed in the Lacrosse Canada Regulations Document

**The goalkeeper's stick may be of any desired length, but shall not be more than 38.1 cm (15" in width. Nothing may be added to or attached to the outside of the stick. The measurement for width is to be inside frame measurement.

Age & Stage Appropriate Modifications 2.0 U17-Senior

LACROSSE CANADA

	U17	U22 MENS	JUNIOR MEN & JUNIOR WOMENS/U22 WOMEN	SENIOR MEN'S & SENIOR WOMEN'S
PENALTIES	As per World Lacrosse Rule Book including 10 seconds to get over half.	As per World Lacrosse Rule Book including 10 seconds to get over half.	As per World Lacrosse Rule Book including modification to 8 seconds to get over half.	As per World Lacrosse Rule Book including modification to 8 seconds to get over half.
COINCIDENTAL PENALTIES	Rule 9.1	Rule 9.1	Rule 9.1	Rule 9.1
GOALKEEPER PENALTIES	Player from the floor serves	Player from the floor serves	In-Home serves all	In-Home serves all
MERCY RULE/SHOWING THE SCORE	Accurate Score at all times	Accurate Score at all times	Accurate Score at all times	Accurate Score at all times
CREASE DIVES	Permitted, no cylinder exists	Permitted, no cylinder exists	Permitted, no cylinder exists	Permitted, no cylinder exists
TIMEOUTS (WHEN AND HOW THEY CAN BE CALLED)	1 permitted per game. They are 45 seconds in length. They do not carry over to overtime.	1 permitted per game. They are 45 seconds in length. They do not carry over to overtime.	2 permitted per game. They are 45 seconds in length. They do not carry over to overtime.	2 permitted per game. They are 45 seconds in length. They do not carry over to overtime.
GOALIE EQUIPMENT & MEASUREMENTS	NLL Pads are permitted , provided they are worn to conformity. Officials must have calipers.	NLL Pads are permitted , provided they are worn to conformity. Officials must have calipers.	NLL Pads are permitted , provided they are worn to conformity. Officials must have calipers.	NLL Pads are permitted , provided they are worn to conformity. Officials will have calipers on site.
OVERTIME FORMAT	Sudden Victory in Overtime period in alignment with period length. 5v5	Sudden Victory in Overtime period in alignment with period length. 5v5	Sudden Victory in Overtime period in alignment with period length. Regular Season Play - 3v3 in OT (point accumulation is 1 point for tie, 1 point for win) Playoff/Tournament Format - 5v5 in OT	Sudden Victory in Overtime period in alignment with period length. Regular Season Play - 3v3 in OT (point accumulation is 1 point for tie, 1 point for win) Playoff/Tournament Format - 5v5 in OT
OFFENSIVE SCREENS/PICKS	Rule 8.2	Rule 8.2	Rule 8.2	Rule 8.2

Age & Stage Appropriate Modifications 2.0 U17-Senior

LACROSSE CANADA

	U17	U22 MENS	JUNIOR MEN & JUNIOR WOMENS/U22 WOMEN	SENIOR MEN'S & SENIOR WOMEN'S
JERSEY ASSIGNMENTS	Home Team chooses jersey but has home bench.	Home Team chooses jersey but has home bench.	Home Team chooses jersey but has home bench.	Home Team chooses jersey but has home bench.
CONTACT ON/OFF BALL	Equal pressure concept. Once equal pressure is met, defender can crosscheck to direct opponent and re-establish defensive positioning. Defender is not permitted to repeatedly crosscheck, or slash an attacker off ball once defensive positioning is established. Checking must be directed at elbow.	Equal pressure concept. Once equal pressure is met, defender can crosscheck to direct opponent and re-establish defensive positioning. Defender is not permitted to repeatedly crosscheck, or slash an attacker off ball once defensive positioning is established. Checking must be directed at elbow.	Equal pressure concept. Once equal pressure is met, defender can crosscheck to direct opponent and re-establish defensive positioning. Defender is not permitted to repeatedly crosscheck, or slash an attacker off ball once defensive positioning is established. Checking must be directed at elbow.	Equal pressure concept. Once equal pressure is met, defender can crosscheck to direct opponent and re-establish defensive positioning. Defender is not permitted to repeatedly crosscheck, or slash an attacker off ball once defensive positioning is established. Checking must be directed at elbow.
CREASE RULES	Loose Ball in crease = live ball for both the attackers and defenders. NLL Batted Rule - attackers cannot direct a loose ball into the goal that is inside the crease. Defender can pull back into the crease.	Loose Ball in crease = live ball for both the attackers and defenders. NLL Batted Rule - attackers cannot direct a loose ball into the goal that is inside the crease. Defender can pull back into the crease.	Loose Ball in crease = live ball for both the attackers and defenders. NLL Batted Rule - attackers cannot direct a loose ball into the goal that is inside the crease. Defender can pull back into the crease.	Loose Ball in crease = live ball for both the attackers and defenders. NLL Batted Rule - attackers cannot direct a loose ball into the goal that is inside the crease. Defender can pull back into the crease.
GOALIE FACE MASK	Whistle Stoppage for hitting Goalie Mask	Whistle Stoppage for hitting Goalie Mask	No call for hitting Goalie Mask	No call for hitting Goalie Mask

6.8.5 EXPULSIONS:

Administration of five penalties to a player - Any player/goalkeeper who is assessed five penalties in the same game shall be expelled from playing the balance of the game.

Delayed penalties cancelled by goals or penalty shots shall be recorded on the official score sheet and count toward the five penalty limit.

Infractions that cause a penalty shot to be awarded that result in assessing a major penalty shall count toward the five-penalty limit.

Supporting Documentation for Penalty Administration will be distributed to the Member Associations in a separate document.

12.10 EQUIPMENT CHART (UPDATED MAY 2024)
LC GOALTENDER EQUIPMENT SPECIFICATIONS

LC GOALTENDER EQUIPMENT STANDARD	HEIGHT	CHEST AND ARM PROTECTORS		
		MAX. WIDTH OF PADDING OUTSIDE OF ARM ON EACH SIDE	MAX. WIDTH OF ARM PADDING	MAX. THICKNESS ABOVE SHOULDER PLANE
Category 3	Greater than 5'4"	4"	8"	3"

LC GOALTENDER EQUIPMENT STANDARD	HEIGHT	CHEST AND ARM PROTECTORS		
		MAX. WIDTH ACROSS SHOULDERS	MAX. WIDTH OF ARM	MAX. THICKNESS ABOVE SHOULDER PLANE
Category 2	Greater than 4'6"	25"	7"	1.5"
Category 1	Up to 4'6"	20"	6"	1"

**** Note: Shoulder caps must be anchored**

LC GOALTENDER EQUIPMENT STANDARD	HEIGHT	SHIN GUARDS AND PANTS		
		SHIN GUARD MAX. WIDTH BELOW KNEE	SHIN GUARD MAX. OF KNEE CAP	PANTS MAX. THIGH WIDTH
Category 3	Greater than 5'4"	Tapered from 9" to 7"	11"	11"
Category 2	Greater than 4'6"	Tapered from 8" to 5"	9"	9"
Category 1	Up to 4'6"	Tapered from 7" to 4"	7"	7"

An MA may apply for an exception to this Rule by submitting a Request for Goalkeeper Equipment Exemption Form.

UPDATED MAY 2024

U17 and Up

- Conformity measurements will be conducted.
- Category 3 and NLL pads are permitted.
- Pads must conform to the legs and upper body.
- An LC Approved Caliper will be used for measurements.

U15 and Below

- For Category 3 pads, a valid exemption form must be present.
- If no exemption form is available and a call is made, the goaltender will be measured for both height and pad conformity while wearing full equipment, including footwear.
- If an exemption form is present and a call is made, the goaltender will be measured for conformity only.

Exemptions

Goaltenders must carry their exemption paperwork at all times.
Tournaments

Rules for National Championships

These rules apply to all National tournaments, including minor competitions.

Lacrosse Canada Penalty Administration Guidelines

SECTION 9.1 ADMINISTRATION OF COINCIDENTAL PENALTIES

i) Cancel as many penalties as possible.

ii) If possible, cancel in a way to make the on-floor situation such that one team will play full strength and the other team is only one player short.

iii) If possible, cancel in a way to avoid taking an extra player off the floor.

iv) All major coincidental penalties with matching minors are offsetting.
Substitute off the bench to the floor for the coincidentally penalized players.
There is no time on the penalty clocks for the coincidental penalties.

v) All major coincidental penalties with non-matching minors require substitution in the penalty box for the non-matching minor penalty.

vi) First in first out principle is used such that the player with the least amount of penalty time is released first.

vii) When a player receives a minor and major, they will serve the minor first.

viii) If a goal has been allocated to a major you must continue to allocate to the major.

ix) Penalty shots - allocate a penalty shot goal scored to the player with the least amount of time remaining on their minor penalty or one goal off the major penalty with the least amount of time remaining.
TWO PLAYERS DOWN AND ADDITIONAL PENALTY TO THIRD PLAYER - If a team is already two (2) players down from full strength and is assessed as an additional time penalty to a third player, the non-offending team shall be awarded a penalty shot. Regardless of the outcome of the penalty shot, the floor strength will remain as it was prior to the penalty shot. The team that received the third timeserving penalty will begin play after the penalty shot, two players down from full strength. Third player serves penalty time in the box and releases the following player from the penalty box prior to the penalty shot. Release the player with the least amount of penalty time on a minor or one goal attached to a major penalty.

x) Player receiving a major penalty will serve the penalty time in its entirety. The player is released upon expiry of the full penalty time, on the next non-technical stoppage of play. If two goals are scored on the major then the team may substitute a player from the team's player bench onto the floor. The substitute player shall serve Goalkeepers major penalties.

xi) If a player who has incurred penalty time that results in a substitute from the bench serving a portion of their time then the penalized player will only remain in the penalty box for the balance of time the sub is not serving. The substitute player always serves shorter time or equal time compared to the penalized player and the substitute player always returns to the floor before or at the same time as the penalized player. The substitute player never stays in the penalty box longer than the penalized player.

xii) Match penalties – substitute must serve the penalty time. The substitute serves the full time regardless of the number of goals scored.

xiii) A minor penalty is released when the penalized team is playing short-handed and a goal is scored against them.

xiv) The designated in-home may be any runner on the team. A goalkeeper cannot be designated as the in-home. The in-home player will serve any non-designated player penalty, bench minor, or minor and major penalty to the goalkeeper.

FAQ

PLEASE NOTE THAT ANY UPDATES THAT MUST BE REFLECTED IN THIS SEASON OUTSIDE OF WHAT WAS ALREADY COMMUNICATED, WILL BE SENT TO TECHNICAL STAFF AND EXECUTIVE DIRECTORS IN A MEMO FOR IMMEDIATE CIRCULATION.

What rules are being implemented in the 2026 Season?
We will be adhering to all World Box Lacrosse Rules in 2026 with the exception of lines for faceoffs, Player helmets which will still require 4 points of contact, Period Length and Net size. All components will be reviewed by our Working Group in collaboration with players, coaches and officials across Canada throughout the 2026 Calendar Year.

Are wooden sticks permitted?
Yes, wooden sticks will be permitted for the 2026 calendar year unless otherwise stated in a league or tournament technical package/contract. Player sticks will still need to meet the specifications outlined in this document.

Is there 10 seconds to get over half during penalties in minor lacrosse?
Yes, we do have a timer for Minor Lacrosse U17 and under to get the ball over half during a penalty. Over and back exists when short handed U11 and up.

Are crease dives permitted?
Yes, crease dives are permitted starting in U15, however the cylinder no longer exists in U9 and above.

Is contact changing on and off of ball?
Yes, we are making a small adjustment to the contact to ensure the consistency and safety of our athletes.
All contact must be directed at elbow height. On Ball - Checking is permitted.
Off-Ball - Arms extended Shadowing (pushing to direct, contain)
*No Off-Ball Forceful Cross Checks in U15 and below.

The rationale behind this change is to ensure that we are developing the technical skills and tactical implementation of appropriate defense. We are building awareness to not only the ‘mark’ but also where the ball carrier is in relation to defensive positioning. This will become a point of emphasis with our Master Coach Developers and Officials entering the 2026 season.

Faceoff Lines
We will be permitting what already exists for our Members in 2026. However National Championships will adhere to the World Lacrosse lineups in Nova Scotia. Rollout will begin in 2027 for World Lacrosse Lines to be implemented.