



2026 LNS Modified Rules: Box Lacrosse

Beginning in 2026, LNS sanctioned games will be played under the World Lacrosse rules for box lacrosse with the following modifications from Lacrosse Canada and Lacrosse NS.

Category	U9	U11	U13	U15	U17	Jr/Sr
Net Size	4' x 4'	4' x 4'	4' x 4'	4' x 4'	4' x 4'6"	4' x 4'6"
Player's Stick	34"-42"	34"-42"	40"-42"	40"-42"	40"-42"	40"-42"
Offense/Defense	Not permitted	Not permitted	Not permitted	Not permitted	Permitted	Permitted
Period Length	3 x 15 mins, 2 min break	3 x 15 mins, 2 min break	3 x 15 mins, 2 min break	3 x 15 mins, 2 min break	3 x 15 mins, 2 min break	Stop time 3 x 20, 10 min intermission
Stop Time (3rd Period)	Last 5 mins	Last 2 mins	Last 2 min	Last 2 mins	Full Game	Full Game
Category	U9	U11	U13	U15	U17	Jr/Sr
Shot Clock	Not Applicable	30 Second Shot Clock				
10-Second Rule	Not Applicable	10 seconds to advance over half when shorthanded			10 seconds to advance over half	
Back-Over	Not Applicable	Not permitted				
Shot at Goaltender	Play on with reset	Play on with reset	Play on with reset	Play on with reset	Play on with reset	Play on with reset
Goaltender Penalties	Served by player on the floor					Served by In-Home
Face-Mask/Throat-Guard	Automatic Whistle	Automatic Whistle	Automatic Whistle	Automatic Whistle	Play on with reset. Officials discretion to ensure safety.	
Team Size	5-18 Runners, 1-2 Goalies, 1 Head Coach , 1 Trainer, 3 Assistant Coaches					1 Head Coach , 1 Trainer, 4 Assistant Coaches
Timeouts	1 per game, 45 seconds					
Goaltender Equipment	Team may request an equipment check for conformity, or "add on" modifications					
Player's Equipment	When a player in possession of the ball loses their helmet, chinstrap and glove, play is stopped immediately. If there is no penalty on the play which caused the helmet, chinstrap or glove to become dislodged, possession is awarded to the non-offending team. No player can participate in play without the required equipment.					
Overtime Format	2 min break, 5-on-5 Sudden Victory, 15 min period, teams do not change ends. The game continues until the first goal is scored.					
Defensive Off-Ball Contact	On Ball: checking Off ball: arm extended, shadowing(push to direct/contain. No off-ball forceful cross checks			"Equal pressure" placement is enforced. Once equal pressure is met, a defender can push to direct an opponent and re-establish defensive positioning. Defenders are not permitted to cross check an attacker off ball once defensive positioning is established. Off-ball pushing must be directed at the elbow.		
Loose Ball Play	Players pursuing a loose ball may apply equal pressure against an opponent. Any unequal pressure applied during a loose ball that provides an advantage to a player over their opponent may be considered a loose ball push to award possession, or be penalized under the appropriate infraction.			Legal body contact permitted within 3 metres of a loose ball.		
Crease Possession	A loose ball in the crease can be played by an attacking player outside the crease. A loose ball inside the crease may not be "batted" into the goal by an attacker. A loose ball outside the crease can be pulled back into the crease by a defender who is inside the crease.					
Crease Diving	Not Permitted	Not Permitted	Not Permitted	Permitted. An attacker who dives, jumps, launches, or otherwise enters the crease and contacts the goalie with his stick may be assessed a 2 min minor. Contact to the Goalie's body by the player's body may be assessed 5 min or 5 min + GM or MP. Remove an attacker who dives, jumps, launches, or otherwise enters the crease and, after hitting the ground first, makes contact with the goalie may be assessed 5		
Expulsions	5 penalties					
Coincidental Penalties	No major modification					
Wooden Sticks	Permitted including goalie					