



# Lacrosse for Life

*Canadian  
Lacrosse  
Association*



**Long-Term Athlete Development  
for Canadian Lacrosse**

**stages**



**Lacrosse is an exciting game with a proud history in Canada.**

Lacrosse for Life is a player development pathway that helps Canadian kids get into lacrosse, have fun, learn skills, and develop to their full potential over the long term. It's based on the best practices in sport training and coaching from around the world, and it's our way of keeping lacrosse fun and safe for kids of all ages and sizes, even while we develop the champions of tomorrow.



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## **Long-Term Athlete Development (LTAD)**

### **What?**

Lacrosse for Life is based on the Long-Term Athlete Development concept (LTAD), a way of coaching and training that matches sports programs to the physical, mental and emotional stages of kids as they grow.

### **How?**

LTAD describes the different stages and changes as young athletes grow from childhood through their teens, recommending modified game formats and training schedules to suit each stage.

### **Why?**

With LTAD, more kids start playing, more kids keep playing, and more athletes achieve excellence in our proud Canadian pastime.

# Growing with Lacrosse

Lacrosse for Life identifies seven basic stages for developing lacrosse players:



## Active Start

Young children begin basic play.



## FUNDamentals

Later childhood provides more structure but emphasizes FUN.



## Learning to Train

Pre-teens prepare for structured training.



## Training to Train

Early teens build training capacities.



## Learning & Training to Win

Players train solely for competitive results.



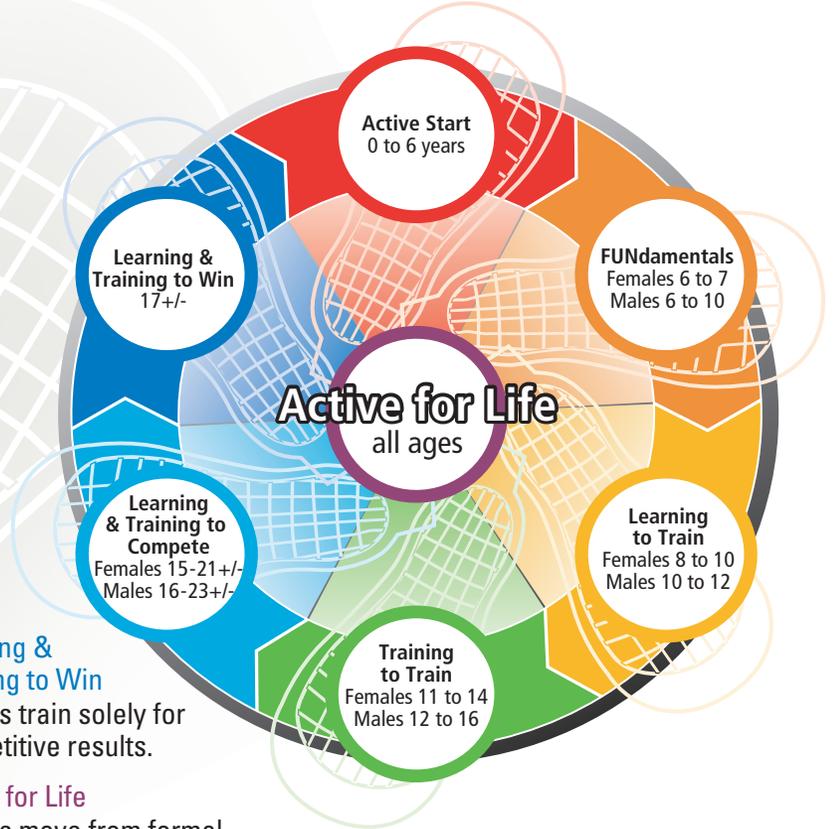
## Learning & Training to Compete

Older teens start training to compete for titles.



## Active for Life

Players move from formal competition and focus on wellness.



## Doing It Right

How we behave as players, coaches and parents has a big impact on the development of our sport. Lacrosse for Life suggests we set the right example.

### PLAYER Code of Conduct

- Honour the game.
- Play by the rules.
- Respect your opponents.
- Be a team player – attend all practices and games.
- Remember that winning isn't everything – have fun, improve skills, and do your best.
- Acknowledge the good play of ALL players – both teammates and opponents.
- Play because you want to, not because your parents or coaches want you to.
- Show respect to all coaches, officials, players and fans.

### COACH Code of Conduct

- Set a positive example in conduct and coaching.
- Put players' interests and welfare above your own.
- Treat everyone fairly, regardless of gender, ethnicity, colour or other traits.
- Direct coaching comments at performances, not persons.
- Make training activities suitable for player age, experience, ability and fitness level.
- Pursue opportunities for coaching development.
- Treat opponents and officials with respect.
- Respect your players' academic needs.

## **PARENT Code of Conduct**

- Remember that your child plays sport for his or her enjoyment, not yours.
- Teach your child that the effort is more important than the outcome.
- Praise your child for competing fairly and trying hard.
- Never yell at your child for making a mistake or losing a competition.
- Applaud good playing performances by both your child's team and the opponents.
- Do not force your child to participate in sports.
- Encourage your child to play by the rules.
- Respect game officials, team members, opponents and fans.
- Show appreciation for volunteers.

## **Find Out More**

Interested in learning more about coaching or playing lacrosse? The Canadian Lacrosse Association and your Provincial Lacrosse Association can direct you to lacrosse programs and clubs near you. They can also provide you with information on upcoming courses for coaches and referees.

*[www.lacrosse.ca](http://www.lacrosse.ca)*

# THE MATRIX

In recognition of the variance of talent and availability of time and resources between its member associations, the Canadian Lacrosse Association has created a matrix of options for implementation for a number of the stages in this document. The affected stages will be split up into Options L, A and X. The amount of variance differs between member associations and therefore each member association has been classified as type 1, 2 or 3.

**TYPE 1 MAs:** Clubs can choose to implement Option L, A or X at each stage.

Type 1 MAs: BCLA, ALA, OLA

**TYPE 2 MAs:** Clubs can choose to implement Option A or X at each stage.

Type 2 MAs: FCQ

**TYPE 3 MAs:** Clubs must implement Option X at each stage.

Type 3 MAs: SLA, MLA, LNB, LNS, Can-Am, ILA



# BOX LACROSSE



# BOX LACROSSE - Active Start

Mini-Tyke: 6 and under

**LTAD OBJECTIVES**

**FUN**

- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Play agility games (i.e. tag)

**SKILLS INTRODUCED AT THIS LEVEL**

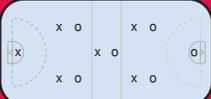
**TECHNICAL**  
Cradling, trap and scoop, catch, overhand pass, overhand shot, defensive body position

**TACTICAL**  
Give-and-go, cutting

**GOALIES**  
Goalies at this stage - rotate all players

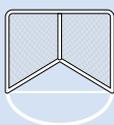
**CLA RULES**

**BOX SIZE Regulation**



**PLAYERS PER TEAM**  
5 on 5, plus goalie,  
12-15 players per team

**NET**



3 ft. wide x 3 ft. high.  
Net tail 3 ft. from boards.

**CONTACT**



Body position

**SCOREBOARD**

HOME	VISITORS
X	X

No scores displayed  
No score sheets

**EQUIPMENT**



Helmet, mask, knee pads (optional), small stick, soft ball, jock/jill strap.  
Goalies: Category 1 equipment.

**OFFICIATING**



Coaches remain on floor. Referees may be introduced.  
Modified CLA rules. Fall back rule (optional).

**SUBS**



Equal participation  
3 minute shifts

**SESSIONS**



5 min warm-up,  
3x12 straight time, 3 min breaks, cool down

**SUSTENANCE**



Water bottle, healthy snacks. No pop, chips or sugar



# BOX LACROSSE - Active Start Mini-Tyke: 6 and under

**LTAD OBJECTIVES**

**FUN**

- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Play agility games (i.e. tag)

**SKILLS INTRODUCED AT THIS LEVEL**

**TECHNICAL**  
Cradling, trap and scoop, catch, overhand pass, overhand shot, defensive body position

**TACTICAL**  
Give-and-go, cutting

**GOALIES**  
Goalies at this stage - rotate all players

**CLA RULES**

**BOX SIZE**  
Play cross-floor on 1/2 of box.

**PLAYERS PER TEAM**  
3 on 3, plus goalie  
7 to 9 players per team

**NET**

3 ft. wide x 3 ft. high.  
Net tail 3 ft. from boards.

**CONTACT**

Body position

**SCOREBOARD**

HOME	VISITORS
X	X

No scores displayed  
No score sheets

**EQUIPMENT**

Helmet, mask, knee pads (optional), small stick, soft ball, jock/jill strap. Goalies: Category 1 equipment.

**OFFICIATING**

Coaches remain on floor. Referees may be introduced. Modified CLA rules. No players sent to penalty box. Fall back rule applies.

**SUBS**

Equal participation  
3 minute shifts

**SESSIONS**

2 x 15 min. skill training  
2 x 15 min. games  
No face-offs

**SUSTENANCE**

Water bottle, healthy snacks. No pop, chips or sugar



**FAMILY:** Praise effort, not results; be positive; praise performance of both teams; do not yell instructions  
**PLAYERS:** Honour the game; new friendships; equal participation; co-operation; volunteering

# BOX LACROSSE - Active Start Mini-Tyke: 6 and under

**LTAD OBJECTIVES**

**FUN**

- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Play agility games (i.e. tag)

**SKILLS INTRODUCED AT THIS LEVEL**

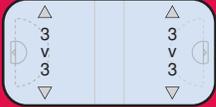
**TECHNICAL**  
Cradling, trap and scoop, catch, overhand pass, overhand shot, defensive body position

**TACTICAL**  
Give-and-go, cutting

**GOALIES**  
No goalies at this stage

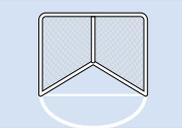
**CLA RULES**

**BOX SIZE**  
Play cross-floor on 1/2 of box.



**PLAYERS PER TEAM**  
3 on 3, NO goalie, 6-8 players per team

**NET**



3 ft. wide x 3 ft. high.  
Net tail 3 ft. from boards.

**CONTACT**



Body position

**SCOREBOARD**

HOME	VISITORS
X	X

No scores displayed  
No score sheets

**EQUIPMENT**



Helmet, mask, knee pads (optional), small stick, soft ball, jock/jill strap.

**OFFICIATING**



Coaches remain on floor. Referees may be introduced. Modified CLA rules. Fall back rule applies.

**SUBS**



Equal participation  
3 minute shifts

**SESSIONS**



2 x 15 min. skill training  
2 x 15 min. games  
No face-offs

**SUSTENANCE**



Water bottle, healthy snacks. No pop, chips or sugar



# BOX LACROSSE - FUNDamentals 1 Tyke: 7-8

**LTAD OBJECTIVES**

**FUN**

- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Train ABCs

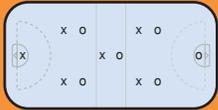
**SKILLS INTRODUCED AT THIS LEVEL**

**TECHNICAL**  
Cradling, scoop, catch, overhand pass, overhand shot, defensive body position, face-off, creating space

**TACTICAL**  
Give-and-go, cutting, face-off, floor positioning

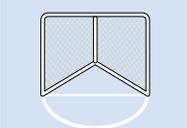
**GOALIES**  
Stance, angles, passing, stopping shots

**BOX SIZE Regulation**



**PLAYERS PER TEAM**  
5 on 5, plus goalie,  
12-15 players per team

**NET**



3 ft. wide x 3 ft. high.  
Net tail 3 ft. from boards.

**CONTACT**



Place and push

**SCOREBOARD**

HOME	VISITORS
0	0

Differential of more than 5 goals not displayed.

**EQUIPMENT**



Helmet, mask, knee pads (optional), small stick, soft ball (optional), jock/jill strap. Goalies: Category 1 equipment.

**OFFICIATING**



Referees introduced. Modified CLA rules. Fall back rule optional.

**SUBS**



Equal participation.  
3 minute shifts.  
All play goal.

**SESSIONS**



5 min warm-up,  
3x12 straight time, 3 min. breaks, cool down

**SUSTENANCE**



Water bottle, healthy snacks. No pop, chips or sugar



**FAMILY:** Praise effort, not results; be positive; praise performance of both teams; do not yell instructions  
**PLAYERS:** Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

# BOX LACROSSE - FUNDamentals 1 Tyke: 7-8

**LTAD OBJECTIVES**

**FUN**

- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Train ABCs

**SKILLS INTRODUCED AT THIS LEVEL**

**TECHNICAL**

Cradling, scoop, catch, overhand pass, overhand shot, defensive body position, face-off, creating space

**TACTICAL**

Give-and-go, cutting, face-off, floor positioning

**GOALIES**

Stance, angles, passing, stopping shots

**CLA RULES**

**BOX SIZE**  
Play modified floor length

**PLAYERS PER TEAM**  
4 on 4, plus goalie  
8 to 10 players per team

**NET**

3 ft. wide x 3 ft. high.  
Net tail 3 ft. from boards.

**CONTACT**

Equal pressure

**SCOREBOARD**

HOME	VISITORS
X	X

No scores displayed  
No score sheets  
Use roster sheet for legal purposes

**EQUIPMENT**

Helmet, mask, knee pads (optional), small stick, soft ball (optional), jock/jill strap. Goalies: Category 1 equipment.

**OFFICIATING**

Coaches remain on floor. Referees may be introduced.  
Modified CLA rules.  
No players sent to penalty box.

**SUBS**

Equal participation.  
3 minute shifts.  
All play goal.

**SESSIONS**

2 x 15 min. skill training  
2 x 15 min. games

**SUSTENANCE**

Water bottle, healthy snacks. No pop, chips or sugar



# BOX LACROSSE - FUNDamentals 1 Tyke: 7-8

**LTAD OBJECTIVES**

**FUN**

- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Train ABCs

**SKILLS INTRODUCED AT THIS LEVEL**

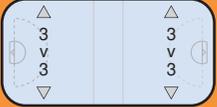
**TECHNICAL**  
Cradling, scoop, catch, overhand pass, overhand shot, defensive body position, face-off, creating space

**TACTICAL**  
Give-and-go, cutting, face-off, floor positioning

**GOALIES**  
Stance, angles, passing, stopping shots

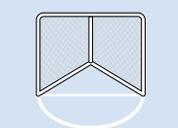
**CLA RULES**

**BOX SIZE**  
Play cross-floor on 1/2 of box.



**PLAYERS PER TEAM**  
3 on 3, plus goalie (optional), 6-9 players per team

**NET**



3 ft. wide x 3 ft. high.  
Net tail 3 ft. from boards.

**CONTACT**



Body position

**SCOREBOARD**

HOME	VISITORS
X	X

No scores displayed  
No score sheets  
Use roster sheet for legal purposes

**EQUIPMENT**



Helmet, mask, knee pads (optional), small stick, soft ball (optional), jock/jill strap. Goalies: Category 1 equipment.

**OFFICIATING**



Coaches manage games. Modified CLA rules. No players sent to penalty box. Coaches stop play & explain whistles.

**SUBS**



Equal participation.  
3 minute shifts.  
All play goal.

**SESSIONS**



2 x 15 min. skill training  
2 x 15 min. games  
No face-offs

**SUSTENANCE**



Water bottle, healthy snacks. No pop, chips or sugar



**FAMILY:** Praise effort, not results; be positive; praise performance of both teams; do not yell instructions  
**PLAYERS:** Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

# BOX LACROSSE - FUNDamentals 2 Novice: 9-10

**LTAD OBJECTIVES**

**FUN**

- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Train ABCs
- Emphasize speed, flexibility

**SKILLS INTRODUCED AT THIS LEVEL**

**TECHNICAL**

Cradling, scooping, catching, overhand pass, overhand shot, bounce shot, bull dodge, rolling, face-off, defensive body position, cross-checking, creating space

**TACTICAL**

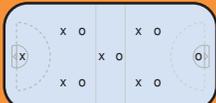
Floor positions, Give-and-go, cutting, line changes, breakout, face-off

**GOALIES**

Stance, angles, passing, stopping shots

**CLA RULES**

**BOX SIZE:** Regulation  
**NET SIZE:** 4' wide by 4' high



**PLAYERS PER TEAM**  
5 on 5, plus goalie  
12 to 15 players per team

**CONTACT**



Option L: Full contact  
Option A: Place and push  
Option X: Equal pressure

**SCOREBOARD**

HOME	VISITORS
0	0

Score sheet is kept  
Differential of more than 5 goals is not displayed

**EQUIPMENT**



Helmet, gloves, mask, mouthguard.  
Knee (optional), elbow, shoulder, arm & kidney pads, jock/jill strap.  
Stick no shorter than 86.36 cm (34").  
Goalies: Category 1 equipment

**OFFICIATING**



Referees introduced.  
Modified CLA rules.  
Fall back rule applies to Options A and X.

**SUBS**



Equal participation.  
All encouraged to play goal

**GAMES**



5 min warm-up, 3x12 straight time, 3 min breaks, cool down

**SUSTENANCE**



Water bottle, healthy snacks. No pop, chips or sugar



# BOX LACROSSE - Learning to Train

Peewee: 11-12

**LTAD OBJECTIVES**

**FUN**

- More advanced skills & tactics
- Introduce competition
- Introduce mental training
- Basic rules & fair play
- Physical activity
- Train ABCs
- Emphasize speed, flexibility

**SKILLS INTRODUCED AT THIS LEVEL**

**TECHNICAL**

Inside shooting, faking, dodging, mid-pointing, open floor defence

**TACTICAL**

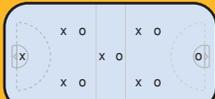
Picks & screens, set plays, 2-1s and 3-2s, breakout, sagging man-to-man defence, power play offence and defence, man-short offence

**GOALIES**

Stance, angles, passing, stopping shots, communication

**CLA RULES**

**BOX SIZE:** Regulation  
**NET SIZE:** 4' wide by 4' high



**PLAYERS PER TEAM**  
5 on 5, plus goalie  
12 to 15 players per team

**CONTACT**



CLA rules

**SCOREBOARD**  
Score sheet is kept

HOME VISITORS



**OFFICIATING**  
CLA rules

**EQUIPMENT**



Helmet, gloves, mask, mouthguard.  
Knee (optional), elbow, shoulder, arm & kidney pads, jock/jill strap.  
Stick no shorter than 86.36 cm (34").  
Goalies: Category 2 equipment

**GAMES**



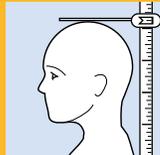
10 min. warm-up  
2 x 15 min. straight time  
1 x 15 min. stop time  
3 minute breaks  
Cool down

**SUSTENANCE**



Water bottle, healthy snacks. No pop, chips or sugar

**GROWTH - PHV**  
(Peak Height Velocity)



Measure annually



**FAMILY:** Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

**PLAYERS:** Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

# BOX LACROSSE - Training to Train 1

Bantam: 13-14

**LTAD OBJECTIVES**

- FUN & physical activity
- Develop skills & tactics
- Continue mental training
- Ethics & fair play
- Train ABCs
- Emphasize stamina, aerobic capacity
- Begin talent identification

**SKILLS INTRODUCED AT THIS LEVEL**

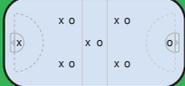
**TECHNICAL**  
Over-the-shoulder pass, sidearm shot

**TACTICAL**  
Double teaming, presses, transitions

**GOALIES**  
Stance, angles, passing, stopping shots, communication

**CLA RULES**

**BOX SIZE:** Regulation  
**NET SIZE:** 4x4 feet



**PLAYERS PER TEAM**  
5 on 5, plus goalie  
12 to 15 players per team  
Select teams introduced

**SCOREBOARD**  
Score sheet is kept

HOME	VISITORS
0	0



**OFFICIATING**  
CLA rules

**CONTACT & EQUIPMENT**



CLA rules

**GAMES**



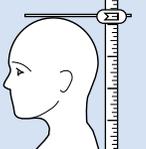
10 min. warm-up  
3 x 15 min. stop time  
5 minute breaks  
Cool down

**SUSTENANCE**



Water bottle, healthy snacks. No pop, chips or sugar

**GROWTH - PHV**  
(Peak Height Velocity)



Measure quarterly



# BOX LACROSSE - Training to Train 2

Midget: 15-16

**LTAD OBJECTIVES**

- FUN & physical activity
- Increase competition
- Develop skills & tactics
- Continue mental training
- Ethics & fair play
- Emphasize speed, aerobic capacity
- Offer late-entry

**SKILLS INTRODUCED AT THIS LEVEL**

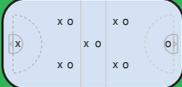
**TECHNICAL**  
Develop and refine all skills

**TACTICAL**  
Walling, 6-5, situational lacrosse

**GOALIES**  
Stance, angles, passing, stopping shots, communication

**CLA RULES**

**BOX SIZE:** Regulation  
**NET SIZE:** 4x4 feet



**PLAYERS PER TEAM**  
5 on 5, plus goalie  
15 to 20 players per team  
Select teams

**SCOREBOARD**  
Score sheet is kept

HOME	VISITORS
0	0



**OFFICIATING**  
CLA rules

**CONTACT & EQUIPMENT**



**CLA rules**

**GAMES**



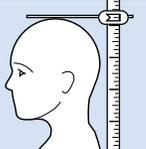
10 min. warm-up  
3 x 20 min. stop time  
5 minute breaks  
Cool down

**SUSTENANCE**

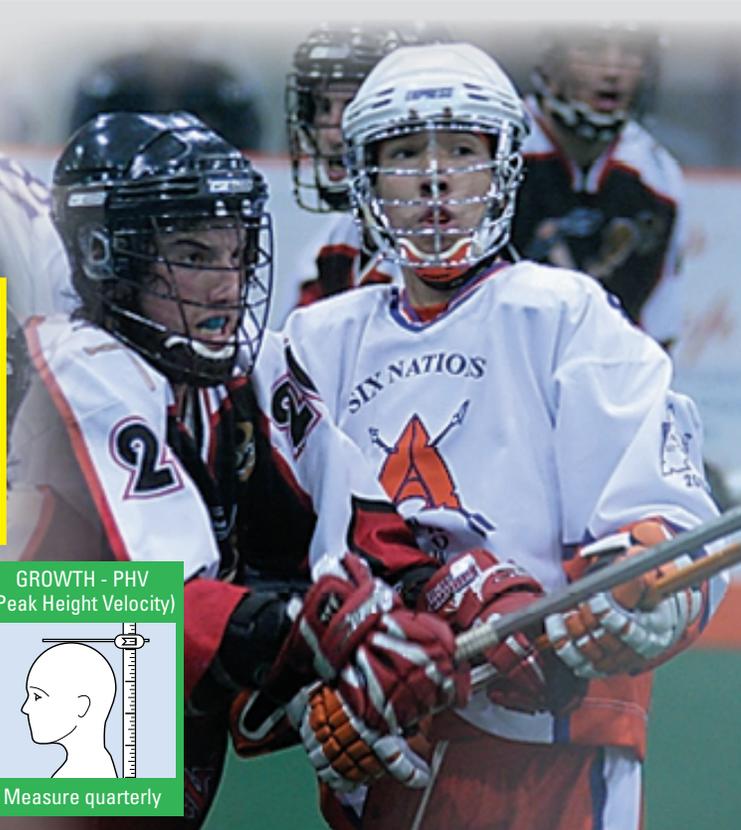


Water bottle, healthy snacks. No pop, chips or sugar

**GROWTH - PHV**  
(Peak Height Velocity)



Measure quarterly



**FAMILY:** Praise effort, not results; be positive; praise performance of both teams; do not yell instructions. **PLAYERS:** Honour the game; new friendships; equal participation; win with dignity & lose with grace; personal & team goals; volunteering

# BOX LACROSSE - Learning to Compete Intermediate/Junior: 17-19

**LTAD OBJECTIVES**

- Increase competition
- Advanced skills & tactics
- Introduce year-round physical training
- Train strength
- Ethics & fair play
- Continue mental training
- Continue late-entry
- Begin specializing in lacrosse

**SKILLS AT THIS LEVEL**

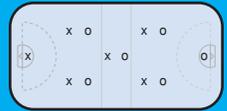
**TECHNICAL**  
Refine all skills

**TACTICAL**  
Develop and refine all tactics

**GOALIES**  
Develop and refine all skills

**CLA RULES**

**BOX/NET SIZE:** Regulation



**PLAYERS PER TEAM**  
5 on 5, plus goalie  
20 to 25 players per team  
Select teams

**SCOREBOARD**  
Score sheet is kept

HOME	VISITORS
00	00



**OFFICIATING**  
CLA rules

**CONTACT & EQUIPMENT**



**CLA rules**

**GAMES**



30 min. warm-up  
3 x 20 min. stop time  
10 minute breaks  
Cool down

**SUSTENANCE**



Advanced hydration & nutrition



# BOX LACROSSE - Training to Compete Junior: 20-21

**LTAD OBJECTIVES**

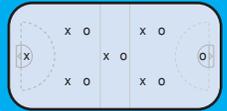
- Increase competition
- Advanced skills & tactics
- Introduce year-round physical training
- Ethics & fair play
- Develop mental training
- Specialize in lacrosse

**SKILLS AT THIS LEVEL**

- TECHNICAL**  
Refine all skills
- TACTICAL**  
Refine all tactics
- GOALIES**  
Refine all skills

**CLA RULES**

**BOX/NET SIZE:** Regulation



**PLAYERS PER TEAM**  
5 on 5, plus goalie  
20 to 25 players per team  
Select teams

**SCOREBOARD**  
Score sheet is kept

HOME	VISITORS
00	00



**OFFICIATING**  
CLA rules

**CONTACT & EQUIPMENT**



**CLA rules**

**GAMES**



30 min. warm-up  
3 x 20 min. stop time  
10 minute breaks  
Cool down

**SUSTENANCE**



Advanced hydration & nutrition



**FAMILY:** Praise effort, not results; be positive; praise performance of both teams; do not yell instructions  
**PLAYERS:** Honour the game; new friendships; win with dignity & lose with grace; personal & team goals; volunteering

# BOX LACROSSE - Learning to Win Junior A/Senior B: 20+

**LTAD OBJECTIVES**

- Winning titles
- Advanced skills & tactics
- Year-round physical training
- Training environment with full Performance Enhancement Team support
- Ethics & fair play
- Continue mental training
- Specialize in lacrosse

**SKILLS AT THIS LEVEL**

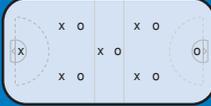
**TECHNICAL**  
Refine and perfect all skills

**TACTICAL**  
Refine and perfect all tactics

**GOALIES**  
Refine and perfect all skills

**CLA RULES**

**BOX/NET SIZE:** Regulation



**PLAYERS PER TEAM**  
5 on 5, plus goalie  
20 to 25 players per team  
Select teams

**SCOREBOARD**  
Score sheet is kept

HOME	VISITORS
0	0



**OFFICIATING**  
CLA rules

**CONTACT & EQUIPMENT**



**CLA rules**

**GAMES**



30 min. warm-up  
3 x 20 min. stop time  
10 minute breaks  
Cool down

**SUSTENANCE**



Advanced hydration & nutrition



# BOX LACROSSE - Training to Win Senior A/Major/National Team: 20+

**LTAD OBJECTIVES**

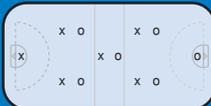
- Winning titles
- Advanced skills & tactics
- Year-round physical training
- Training environment with full Performance Enhancement Team support
- Refine mental training
- Specialize in lacrosse
- Ethics, fair play, excellence & respect

**SKILLS AT THIS LEVEL**

- TECHNICAL**  
Perfect all skills
- TACTICAL**  
Perfect all tactics
- GOALIES**  
Perfect all skills

**CLA RULES**

**BOX/NET SIZE:** Regulation



**PLAYERS PER TEAM**  
5 on 5, plus goalie  
25 players per team  
Select teams

**SCOREBOARD**  
Score sheet is kept

HOME	VISITORS
0	0



**OFFICIATING**  
CLA rules

**CONTACT & EQUIPMENT**



**CLA rules**

**GAMES**



30 min. warm-up  
3 x 20 min. stop time  
10 minute breaks  
Cool down

**SUSTENANCE**



Advanced hydration & nutrition



**FAMILY:** Praise effort, not results; be positive; praise performance of both teams; do not yell instructions  
**PLAYERS:** Honour the game; new friendships; win with dignity & lose with grace; personal & team goals; volunteering

# BOX LACROSSE - Active for Life Competitive (Senior B & C)/Recreational (Masters)

## LTAD OBJECTIVES

- Wellness and recreation
- Divisions by skill, competition and recreation
- Giving back to lacrosse
- Fun, fairness & staying healthy

## SKILLS AT THIS LEVEL

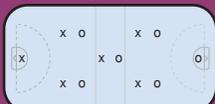
**TECHNICAL**  
Maintain all skills

**TACTICAL**  
Maintain all tactics

**GOALIES**  
Maintain all skills

## CLA RULES

### BOX/NET SIZE: Regulation



**PLAYERS PER TEAM**  
Competitive: 25 players  
Recreational: 12-20 players

### CONTACT



Competitive: CLA rules  
Recreational:  
Modified CLA rules

### SCOREBOARD

HOME VISITORS

0 0

Score sheet is kept

### EQUIPMENT



Competitive: CLA Rules  
Recreational: Helmet, mask, gloves, Category 3 equipment (goalies)

### OFFICIATING



Competitive:  
CLA Rules  
Recreational:  
Modified Rules  
[See Appendix A - Masters Rules (Box)]



### GAMES

Competitive: 30 min. warm-up, 3x20 min. stop time, 10 min.

breaks, cool down  
Recreational: 5 min. warm-up, 2x15 min. straight time, 1x12 min stop time, 3 min. breaks, cool down

### SUSTENANCE



Competitive:  
Advanced hydration & nutrition  
Recreational: Water



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*Find out more by visiting **[www.lacrosse.ca](http://www.lacrosse.ca)** – and help the development of our great game.*