

SUMMARY OF KEY CHANGES - 2026 Lacrosse Canada Rules

NOTE: This abbreviated summary is not exhaustive

Two Rules Documents:

- 1) 2026 World Lacrosse Rulebook
- 2) Lacrosse Canada Age & Stage Modification



Please be professional and respectful as we all adjust to the new rules.

Rule	Description of Change
Chinstrap (2.5.4) — and separately — Mouthguard (2.5.5)	A player whose chinstrap is undone — or is not wearing their mouthguard properly — and participates in the play will receive a warning at the next non-technical stoppage; a subsequent violation is a minor penalty.
Loose Ball in Crease (8.8.2) NOTE: Not allowed in U7	Attackers may reach in to contest or retrieve a loose ball in the opponent's crease. - A ball in the crease that is covered or controlled by a defender is in possession by said defender and checking that player/stick is a penalty under Rule 8.11.2.
Loose Ball Outside of Crease (8.8.13)	Defenders in the crease may pick up a ball that is not deliberately directed into the crease and bring it inside the crease.
Crease Dives (8.8.7 and 8.10.1)	The ball must cross the goal line prior to the shooter's body contacting the crease. - In U13 and below: Goals shall NOT be allowed if the shooter jumps or dives and lands in the crease.
Injured Players (5.6.2)	Injured players may not return to play until the following non-technical stoppage. (Goal, Penalty, etc). Possession does not change, Shot clock does not reset.
Face-offs (6.2.2)	- Players on restraining lines are released on the whistle - Draw players are behind their sticks (and left of head of stick) - Clamping allowed, cannot over-clamp or touch opponent's stick with body
10 Second Count (6.4.1)	10 Seconds to get the ball with both feet down on the attacking side of centre Backcourt violations apply, see rule 7.6.2. ONLY while short-handed in U11-U15.
Loose Ball Contact (8.11.3)	Legal body contact permitted within 3 metres of a loose ball. "Equal Pressure" until U15
Delayed Penalties (7.14.2)	A shot attempt does not end play if there is a delayed penalty, nor does a second penalty to the defending team (unless the officials deem this a safety issue). - Play stops when possession changes or other stoppage occurs.
Checking goalkeeper in crease (8.9.2)	A goalkeeper with possession of the ball and two feet in the crease cannot be checked, including their stick.
Attacking players in crease (8.8.6)	- Non-shooter in the crease is automatic no goal (except when put in the crease by a defender illegally, resulting in a penalty). - Non-ball carriers cannot enter and then exit the crease, and be the first to a loose ball or first to receive a pass. Violation results in change of possession.
Penalty Administration (LC Section 9)	Minor penalties cancel (Except 5-on-5 and exactly one minor to each team = 4-on-4) Match penalties take 3 goals to be released. Minors are served before Majors.
Three time-served penalties (7.9.2)	No deferred penalties, penalized team "pays" a penalty shot to release the lowest time remaining. Only penalties that make a team short-handed are considered.
Illegal Screens (8.2)	Attackers may not apply "unequal pressure" when setting screens/picks on defenders.
Off-ball checking (8.11.4)	Defenders may apply "equal pressure" to non-ball carriers who are not in contention for a loose ball or receiving a pass. Only "Pushing to Direct" is permitted below U15.