

## 2026 Modified Rules: Minor Box Lacrosse

Beginning in 2026, the ALA sanctioned games will be played under World Lacrosse rules with the following modifications:

	U7	U9	U11	U13	U15	U17
Net Size	3'x3'	3'x3'	4'x4'	4'x4'	4'x4'	4'x4'6"
Playing Surface	3 v 3 Cross Floor	5 v 5 Full Floor	5 v 5 Full Floor	5 v 5 Full Floor	5 v 5 Full Floor	5 v 5 Full Floor
Stick Length	26"- 40"	26"- 40"	26" - 40"	40" - 42" with addition of wood sticks		
Period Length	2 x 12 mins	3 x 12 mins	3 x 15 mins	3 x 15 mins	3 x 15 mins	3 x 15 mins
Stop Time	Not Applicable	Last 2 mins of 3rd	Last 2 mins of 3rd	Last 2 mins of 3rd	Stopped time each period	
Team Size: Players	10 - 12 Runners	12-18 Runners	12 - 18 Runners	12 - 18 Runners	12 - 18 Runners	12 - 18 Runners
Team Size: Goalies	Not Applicable	1 - 2 Goaltenders	1 - 2 Goaltenders	1 - 2 Goaltenders	1 - 2 Goaltenders	1 - 2 Goaltenders
Team Size: Coaches	1 HC, 1 TR, 3 AC	1 HC, 1 TR, 3 AC	1 HC, 1 TR, 3 AC	1 HC, 1 TR, 3 AC	1 HC, 1 TR, 3 AC	1 HC, 1 TR, 3 AC
Certifications	All Coaches must have Community Development Trained status				All Coaches must have Competition Introduction Certified status	
	U7	U9	U11	U13	U15	U17
Shot Clock	Not Applicable	Not Applicable	30 Second Shot Clock			
Penalties	Not Applicable	Not Applicable	Each Team has 10 seconds to advance the ball over the centre line when short handed			Applies at all time regardless of strength.
Back-Over	Not Applicable	Not Applicable	Once in the offensive half, the team cannot carry, direct, or cause the back into enter their defensive half			
Goaltender Penalties	Not Applicable	Player from the floor serves the penalty				Player designated on the game sheet at the start of the game.
Goalie Face-Mask/ Throat Protector	Not Applicable	Automatic Whistle	Automatic Whistle			
Crease Diving	Not Permitted	Not permitted, no cylinder exists, crease remains active			Permitted, no cylinder exists	
Face Offs	Only take place at the start of each period	Aligned with <a href="#">World Lacrosse</a>				
Timeouts	Not Permitted	1 permitted per game. 45 seconds in length. They do carry over to overtime. Team calls TO from the floor or coach on the bench when team has possession of ball.				
Goaltender Equipment	Not Applicable	Team may request an equipment examination for conformity or modifications, if illegal a 5 min Major penalty, a game misconduct, and fix the equipment				
Overtime Format	Not Applicable	As per <a href="#">ALA Regulation 9.07</a> , no overtime in regular season games.				
Contact On/Off Ball	As per <a href="#">LC Age and Stage</a>	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 elbow.		
Attacking Crease Rules	Attacking player cannot reach 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.				
Defending Crease Rules	Defender/Goalie can pull back into the crease.	Defender can pull back into the crease.				
Expulsions	Not Applicable	Assessed for any 5 penalties incurred by a player/goalkeeper				
Jersey Assignment	Home Team chooses jersey but has Home Bench. Home team has optional uniform if there is a conflict.		Home Team chooses jersey but has home bench.			