



SASKATOON BOX LACROSSE ASSOCIATION

Parent's Guide to Box Lacrosse

PRE SEASON BULLETIN - A

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GENERAL CONCEPTS & REGULATIONS

- Lacrosse has similarities to other sports, but is probably most **like hockey and basketball**.
- It has **checking, shooting and goaltending** like hockey, but has the **1-on-1 play, ball control, offensive and defensive strategies** more like basketball (i.e. screening, transition, fast break, etc.).
- The **ball may be kicked**, but a goal cannot be scored this way.
- Each **team is allowed 6 players on the floor at one time, one of them normally being a goalie**, the others are often referred to as 'runners'. A team can dress a maximum of 18 runners and 2 goalies.
- The **goalie in Lacrosse can come out to play anywhere on the floor** and functions as any other player on the team. For safety reasons, a **goalie may NOT initiate any body contact on opponents**.
- The **floor is divided into 3 zones**: attacking, centre, and defensive. What is one team's attacking zone is the other's defensive zone. There is **no center red line and no off sides**.
- The typical **positioning for offense and defense is shown in the diagram**. However, there are many variations based on the game situation.
- **Legal contact can be made with offensive players that do not have the ball**, but only in designated areas and based on the division of play (i.e. Novice/Pee Wee: 24' circle). If your team has possession of the ball, **you cannot check back**. Any responsive checking will result in loss of possession.
- Checking is an important part of the game but **checking from behind and violent checks into the boards are not allowed**.
- Unlike hockey, **cross-checking is not a penalty unless it is from behind or violent in nature**. A cross-check to the top of the shoulder or higher could be penalized as a 'high stick'.
- High sticking is a judgment call. **Player's are expected to maintain control of their stick at all times**. Generally speaking, in the younger divisions (novice & pee wee), any stick contact with the helmet, and specifically the facemask, is an automatic penalty.
- Except for goalies in their crease, **players may not contact the ball with their hand**. This would result in awarding possession to the other team.
- A **player with the ball cannot push off with their free hand** or arm. If so, possession is awarded to the other team. Defensive players are also not allowed to use a free hand and may be penalized for it.
- You cannot go into the other team's crease to take a shot, or cut through it. **Checking a player or touching the goalie while in the opposing team's crease results in a penalty**.
- **While killing a penalty**, a team has 10 seconds to move the ball into their own attacking zone.
- Adding to the speed of the game is a **30 second shot clock**, similar to basketball. The combination of action and reaction makes the game as much fun to watch as it is to play.
- Canada holds National Championships in every age category starting at the Pee Wee (11-12) level. The award for the premiere **Junior A** (17-21) championship is the **Minto Cup**, while **Junior B** teams compete at the National level for the **Founders Cup**. The best **Senior A** players (over 21) in Canada play for the **Mann Cup**, while the **Senior B** teams compete for the **Presidents Cup**.
- Box Lacrosse is quickly becoming popular outside of North America. Australia, Great Britain, and the Czech Republic are developing strong programs to compete with Canada and the U.S..

