



LACROSSE CANADA



# 2026 WL/LC Digested Rulebook



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# The Team



- **Players in Uniform - 3.2**
  - During all games not more than (20) players including the goalkeepers shall be permitted. The twenty (20) players shall be comprised of eighteen (18) runners, and two (2) goalkeepers, if available. At no time shall a team be comprised of more than eighteen (18) runners.
- **In-Home - 3.3**
  - The designated in-home may be any runner on the team. A goalkeeper cannot be designated as the in-home. The in-home player will serve any non-designated player penalty, bench minor, or **all penalties to the goalkeeper.**
  - **U17 and below - Any substitute from the floor will serve penalties not assigned to any runner (Bench minors, Goalie penalties, etc).**
- **Non-Playing Personnel On Bench - 8.38.7**
  - **U17 and lower - 4 Coaches and 1 Trainer**
  - **Junior and above - 5 Coaches and 1 Trainer**



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# Equipment

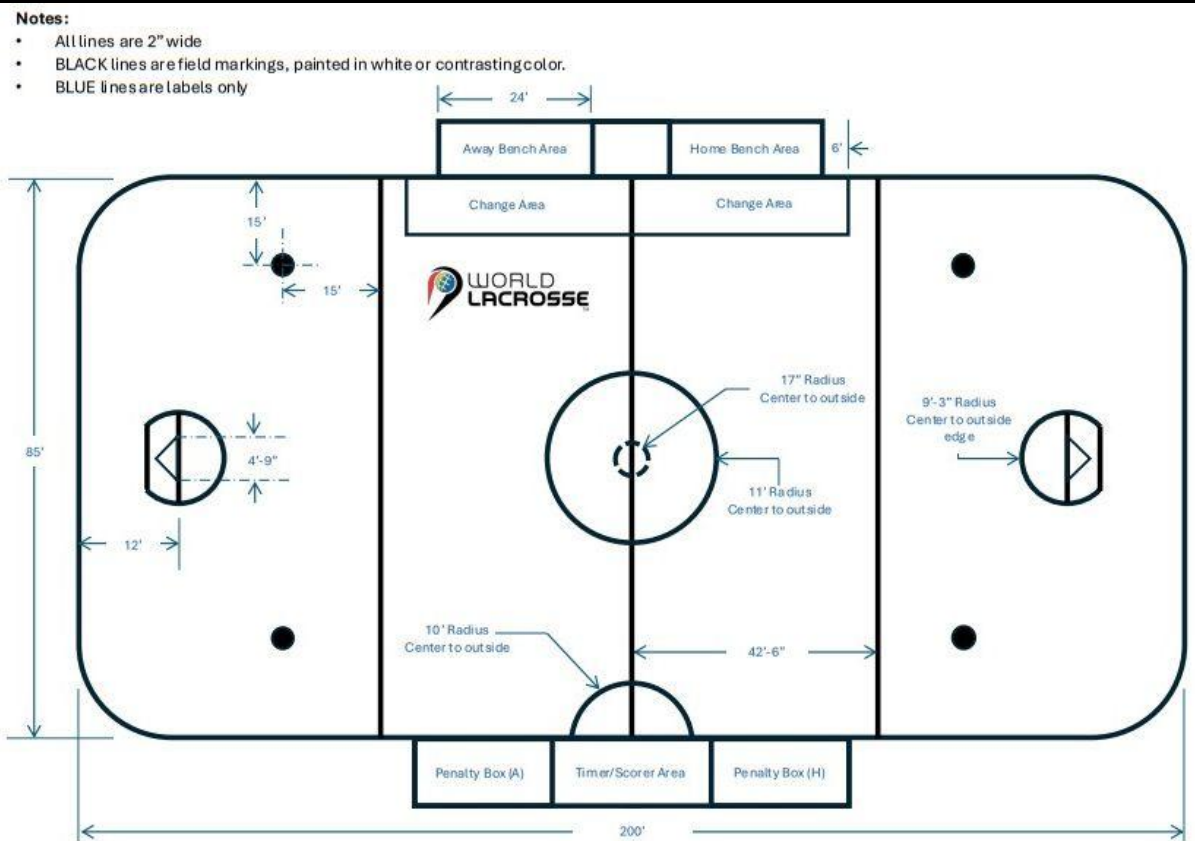


- **Lacrosse Stick - 2.2**
  - The lacrosse stick shall be an overall fixed length of forty (40") to forty-two inches (42") except the goalkeeper's lacrosse stick. (26" - 40" for U5 - U11).
  - Wood sticks are permitted.
- **Goalkeeper Stick - 2.3**
  - The goalkeeper's stick may be of any desired length, but shall not be more than 15" in width. Nothing may be added to or attached to the outside of the stick. The measurement for width is to be inside frame measurement.
- **Goalkeeper Equipment - 2.7**
  - U15 and lower - follow LC guidelines on height and CAT code.
  - U17 and up - NLL pads permitted, conformity requirement enforced.



LACROSSE CANADA

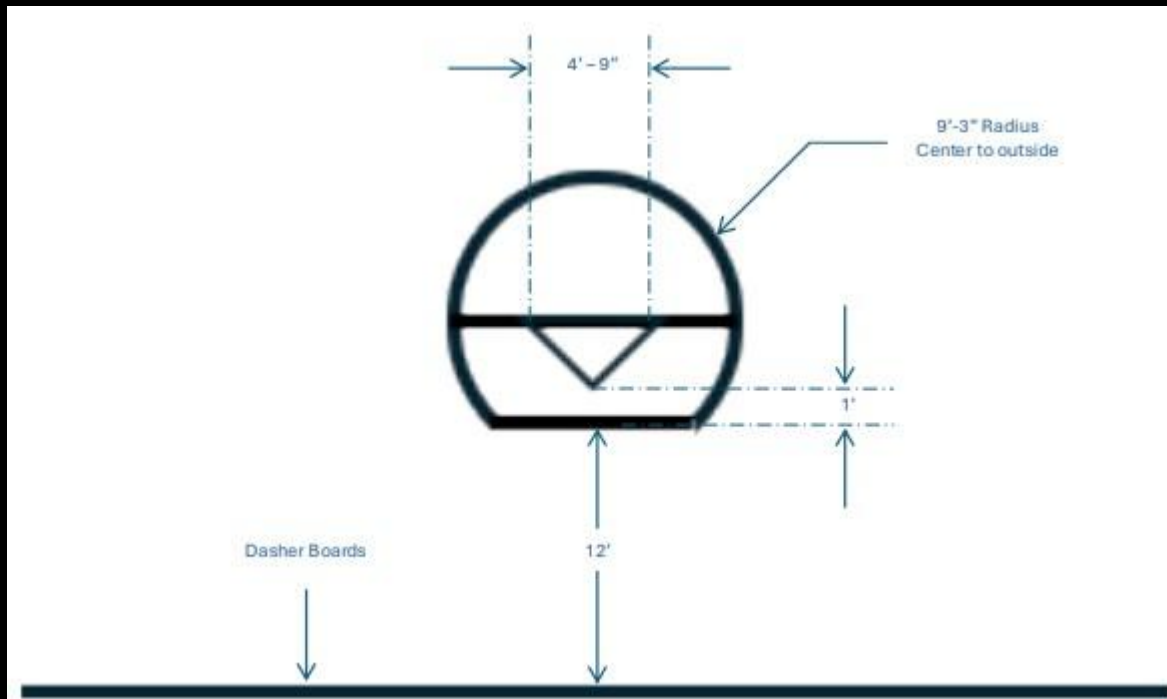
# The Floor





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# The Floor Cont.





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# Faceoffs



- **Facing at Center - 6.2.2**

- The face-off players shall stand on the same side of the centerline of the floor as the goal each is defending, with their lacrosse stick resting on the floor along the centerline. Both hands and feet of each player facing off must be to the left of the throat of the stick. The hands of each face-off player must be on the handle of the stick, must be touching the floor, and must not touch any strings. Their feet may not touch the stick.
- No portion of either stick may touch. Nor may either player be in contact with their opponent's body by encroaching in the opponent's territory. The walls of the stick must be approximately eight inches apart touching the floor. The sticks must be placed so that they are parallel to the centerline, and the players facing off must keep their feet behind the centerline. Once the players have assumed their positions, the referee shall say, "set". Players must remain motionless until the whistle is blown. Two lines shall be drawn on the turf at the center face-off position eight inches (8") apart measured from the inside edges, one half inch (1/2") width and six inches (6") long.



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## Faceoffs Cont.



- **Face-Off Violations - 6.2.3**

- Movement by any player, facing off, after the “set” command shall cause possession to go to the opponent. When the ball is stuck in the back of a player’s stick upon facing off, possession shall be awarded to the non-offending team
- “NLL Style” faceoffs - A player may not trap, clamp, or dead stick (clamp or trap and not move your stick) the ball, the opponent’s stick, or the opponent’s body, with the intent to withhold play inside or outside of the dotted circle.



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# 10-Second Count



- **10-Second Count - 6.4**

- In all situations, there shall be a ten-second (10) count half-court applicable to both teams. When a team gains possession in the defensive half of the floor, they must get the ball across the centerline within ten (10) seconds of gaining possession.
- Being across the centerline means both feet of a player in possession of the ball must be in the offensive half of the floor, they may not be touching the centerline or if a loose ball crosses the line
- **U15 and Below - The 10-Second count and Backover only applies when a team is shorthanded. (This is the old LC rule)**
- **GWLL - U15 will utilize the same rules as U17, 10-Second count and Backover will always apply.**



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# Backover



- **Backcourt Definition - 6.5.1**
  - Teams must keep the ball in their offensive half after gaining possession in their offensive half, or after carrying the ball across the centerline and making contact in the offensive half. Violation will result in possession awarded to the non-offending team.
- **Backcourt Violation During A Face-Off - 6.5.3**
  - Immediately after a face-off, the ball and/or the player with possession of the ball is allowed to move towards their defensive zone.
  - Once the player has established possession and their forward direction is toward their offensive zone, the player will have committed a back court violation should the loose ball and/or the player with possession of the ball come in contact with the line immediately behind them. Behind being the next line towards the player's defensive zone.
- **U15 and Below - The 10-Second count and Backover only applies when a team is shorthanded. (This is the old LC rule)**
- **GWLL - U15 will utilize the same rules as U17, 10-Second count and Backover will always apply.**



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# Crease



- **Player Possession - 6.1.2**
  - A player shall be considered in possession of the ball when that player has control of the ball and can perform any of the normal functions of ball control such as carrying, cradling, passing or shooting.
  - Any defender or goalkeeper, whether inside or outside the crease, who clamps down with their stick on the ball while the ball is in the crease is defined as having possession.
  - It is illegal to check any player or goalkeeper, whether that player is inside or outside the crease, when they clamp down with their stick on the ball while the ball is in the crease.
- **Goal-Crease Violations - 8.8.1**
  - A crease infraction occurs if members of either team violate the privileges as described in rule 6.1.2. The result of infractions can range from a technical turnover to time served penalties. The crease line is considered inside the crease
- **Attacking Player In Crease - 8.8.2**
  - An attacking player in possession of the ball, is in violation of the crease if any part of their body is on the line or inside the crease. A player who is in contact on the crease line or in the crease with their stick only is not in violation of this rule.



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# Crease Cont.



- **Contact With Goalkeeper - 8.8.8**
  - A crease violation occurs when contact is made between the attacking player and/or their stick and goalkeeper, while the attacking player is in the crease.
  - It is not a crease violation when a goalkeeper reaches out with their stick and makes contact with an attacker who is in the crease.
  - The attacking player is in violation of the crease when that attacking player, while in the crease makes contact with a defender, and as a result the defender then makes contact with the goalkeeper.
  - Incidental contact, at the discretion of the referee, by an attacker who is in the act of shooting on a goalkeeper and makes contact with their body or stick, which in no way affects the ability of the goalkeeper to attempt to make a save or play on the ball shall not result in a crease violation provided the ball enters the goal. If the ball does not enter the goal from the attacker shooting and contact is made within the crease between the goalkeeper and the shooter, play will be stopped immediately and possession awarded to the non-offending team.
  - At the discretion of the official, the attacker and goalkeeper may be subject to a penalty as per Rule 8.10, "Contact on goalkeeper initiated by attacker and contact initiated by goalkeeper".
  - An attacking player who makes incidental contact with the goal posts and or mesh shall not constitute a crease violation. Also, refer to Displacement of Goal, Rule 8.39.
- U15 and above - "Crease Diving" in effect
- U13 and below - "Crease Diving" not allowed.



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## Crease Cont.



- Loose balls in the crease are a live ball for both the attackers and defenders.
- Defenders can pull the ball back into the crease.
- **Disallowed Goal - 6.12**
  - *Directed Into Net* - If the ball is loose in the crease, by rule, a defensive player is deemed to have possession. Therefore, if the ball is loose in the crease a player may not direct the ball into the goal. Also, a no goal shall be called if an offensive player directs a loose ball in the crease, and the ball makes contact with the goalkeeper or a defender prior to the ball going into the net.
  - *Stick Head Behind Goal-Line-Extended* - The goal will be disallowed if the attacker's stick head is behind the goal-line-extended while releasing the ball during the act of shooting.
  - *Stick Head Dislodged* – If a player takes a shot and the head of the shooter's stick comes off and the ball enters the goal, the goal will be disallowed and the ball awarded to the goalkeeper.
- **Ball Ensnared In Netting - 8.8.15**
  - Should the ball be continuously contacting or resting on the back of the netting (ensnared), the official shall stop play and the ball is given to the goalkeeper in their crease.



LACROSSE CANADA

## Crease Cont.



- **Goalkeeper Privileges - 8.9.1**
  - The goalkeeper or defending player after gaining control of the ball has four (4) seconds to either pass the ball or vacate the crease.
- **Contact with Goalkeeper in Crease - 8.9.2**
  - If the goalkeeper has two feet in the crease and possession of the ball in their stick and both stick and ball are outside of the crease, they may not be checked.
  - If a defender makes contact with the goalkeeper's stick while the goalkeeper still has possession of the ball during an outlet pass, while the goalkeeper is in their crease (deemed two feet in their crease), the defender will receive a minor penalty for goalkeeper interference.
  - If the ball is clamped outside the crease by the goalkeeper, a player may rake under the goalkeeper's stick.



LACROSSE CANADA

# Offensive Screens/Picks/Blocks



- **Offensive Screens/Picks/Blocks - 8.2**
  - A screen, pick, or block is legal if applied below the shoulder and above the waist, on the front, or back, or side, or on the arms of an opponent. At the discretion of the referee, screens/picks/blocks are allowed as long as forceful contact with the body, and/or excessive crosschecking during the application of the screen/pick/block is not made against an opponent. “Clutching and grabbing” is not permitted. Contact is expected; if contact is excessive and blatant, it shall be penalized under the appropriate rule.
- **Offensive Interference - 8.1.11**
  - Any minor interference by an offensive player on their opponent such as: holding of stick; or knocking the stick out of their hands.
- **Contact While Pursuing A Loose Ball - 8.11.3**
  - When two players are pursuing a loose ball, checking the opponent’s stick and body is allowed within three (3) yards of the loose ball.
  - Also, the player may initiate contact with an opponent who is in possession of the ball or who is within three (3) yards of a loose ball with either a closed gloved hand on the handle of their stick or either forearm. Both gloved hands need not be on the player’s stick when initiating contact with an opponent.



LACROSSE CANADA

# Time-Outs



- **U17 and Below** - 1 permitted per game. They are 45 seconds in length. They do not carry over to overtime. Team calls Time-Out from the floor or coach on bench when team has possession of the ball.
- **Junior and Above** - 2 permitted per game. They are 45 seconds in length. They do not carry over to overtime. Team calls Time-Out from the floor or coach on bench when team has possession of the ball.
- During dead ball situations (Non-Technical Stoppages - 6.1.6) any team can request a time out provided the team has not used their allotted time out.



LACROSSE CANADA

# Fast Restarts & Delay of Game



- **Free Play - 6.1.1**
  - Whenever a player has been awarded possession for any reason, no opposing player may take a position closer than two yards (6 feet) before the whistle is blown to restart play.
  - Failure to provide this distance by an opposing player may result in a minor penalty for Delay of Game.
- **Throws, Retains, Or Rolls Ball Away - 8.38.3**
  - A minor penalty shall be imposed on any player or goalkeeper who throws, retains or rolls the ball away that results in a delay of game. This shall include any action by a player that disrupts the restart of the game such as holding onto the ball, or tossing the ball to the official, rather than immediately putting the ball down directly upon expiry of loss of possession inhibiting a fast restart for the opposing team.
  - A ball out of bounds is a fast restart and NOT a non-technical stoppage. The officials will produce a new ball and restart play immediately.



LACROSSE CANADA

# Penalty Administration



- **Coincidental Minor Penalties - 7.2.6**
  - When coincidental minor penalties of equal duration are imposed against players of both teams, the penalized players shall all take their places in the penalty box and teams shall play 4 on 4. Such penalized players shall not leave the penalty box until the expiration of their respective penalties. If another minor penalty occurs during this situation, teams will play 4-on-3. For coincidental major penalties, play would remain at 5-on-5. Such penalized players should not leave the penalty box until the first non-technical stoppage of play following the expiry of their respective penalties.
- **Two Player Down And Additional Penalty To Third Player - 7.9.2**
  - If a team is already two (2) players down from full strength and is assessed an additional time penalty to a third player, the non-offending team shall be awarded a penalty shot. Regardless of the outcome of the penalty shot, the floor strength will remain as it was prior to the penalty shot. The team that received the third time penalty will begin play after the penalty shot, two players down from full strength.
- **Expulsions - 6.8.5**
  - Any player/goalkeeper who is assessed five penalties in the same game shall be expelled from playing the balance of the game. Delayed penalties cancelled by goals or penalty shots shall be recorded on the official score sheet and count toward the five penalty limit. Infractions that cause a penalty shot to be awarded that result in assessing a major penalty shall count toward the five-penalty limit.



LACROSSE CANADA

# Penalty Administration Cont.



- **Match Penalty - 7.6.1**
  - The substitute player is released upon expiry of the full penalty time, on the next non-technical stoppage of play; or if three goals are scored on the match penalty.
- **Major And Minor Penalty Assessed Under Five Minutes In Regulation Or Overtime - 7.3.3**
  - During the last five (5) minutes of regulation time, or at any time in overtime, when a minor penalty and a major penalty are assessed to two opposing players on the same stoppage of play, the three-minute differential shall be served immediately as a major penalty. This is also applicable when coincidental penalties are negated, leaving the aforementioned example. In such instances, the team of the player receiving the major penalty must place the replacement player in the penalty box prior to expiration of the penalty. The differential will be recorded on the penalty clock as a three (3) minute penalty, and served in the same manner as a major penalty.
- **Gross Misconduct - 7.7**
  - No longer applies a minor penalty when assessed.



LACROSSE CANADA

Lacrosse Canada Penalty Option Chart

Rule #	Rule	Minor	Major	10 Mis	Gm. Mis.	Match	Gross	P.Shot	A.Goal
2.4.6	Illegal Stick	Y							
3.5.8	Dangerous Equipment	Y+			Y+				
7.9.4	Throwing The Stick	Y			Y			Y	Y
8.3.1	Butt Ending	Y			Y	Y			
8.3.2	High Sticking		Y			Y			
8.4	Illegal Crosschecking	Y	Y		Y				
8.5	Spearing	Y	Y		Y	Y			
8.7	Slashing	Y	Y		Y	Y			
8.8.14	Goal-Crease Violation	Y							
8.8.8	Contact with Goalkeeper	Y	Y		Y	Y			
8.11.2	Illegal Body Checking	Y	Y		Y	Y			
8.30.1	Holding	Y						Y	
8.30.3	Holding the Opponents Stick	Y							
8.12	Boarding		Y		Y	Y			
8.13	Spearing With Your Head		Y		Y	Y			
8.14	Checking From Behind	Y	Y		Y	Y			
8.15	Dangerous Contact to the Head					Y			
8.16	Elbowing	Y	Y		Y	Y			
8.18.4	Instigator		Y+		Y+				
8.18.6	Aggressor		Y+		Y+				
8.17	Face Masking	Y	Y		Y	Y			
8.19	Head Butting	Y	Y		Y	Y			
8.20	Intentional Contact During Dead Ball Situations	Y	Y		Y	Y			
8.21	Kneeing / Kicking	Y	Y		Y	Y			
8.22	Roughing	Y	Y		Y	Y			
8.23	Tripping	Y						Y	Y
8.31	Hooking	Y	Y						
8.33	Abuse of Officials						Y		
8.34.6	Illegal Goalkeeper Equipment		Y+			Y+			
8.34.7	Goalkeeper Adjusting Equipment Before Inspection		Y+			Y+			
8.35	Playing with Broken Stick	Y							
8.37	Helmet Lost During Play	Y							

Legend:

- + Multiple penalties assess for a single situation
- ^ Announced as the penalty in the header, record under the penalty to the left
- Y Announced as the penalty to the left





LACROSSE CANADA

Lacrosse Canada Penalty Option Chart (cont)

Rule #	Rule	Minor	Major	10 Mis	Gm. Mis.	Match	Gross	P.Shot	A.Goal
<b>Rule 8.18 - Fighting</b>			Y	Y	Y	Y			
8.18.2	Fighting		^+			^+			
8.18.12	Tape on Hands (causing injury)					^			
8.18.16	Non-fighting Player Floor Positioning			^					
<b>Rule 8.38 - Delay of Game</b>		Y						Y	Y
2.4.5	Stick-Check Measurement Request Procedure	^							
2.5.4	Helmet Chin Strap	^*							
2.5.5	Mouth Guard	^*							
3.5.9	Goalkeeper Equipment Repair Time Limitation	^							
5.6.4	No Team time-outs remaining	^							
8.8.5	Attacking player in Crease to Gain Advantage on Defender	^							
8.36	Equipment or Clothing Adjustment	^							
8.38	Delaying The Game	^							
8.39	Displacement Of Goal	^						X	X
<b>Rule 8.40 - Obscene or Profane Language or Gestures</b>		Y		Y	Y		Y		
8.40.1	Obscene or Profane Language by Players	^		^					
8.40.2	Obscene Gesture by Players	^+			^+				
8.40.3	Obscene Gesture or Profane Language by Non-playing personnel	^			^				
8.40.4	Discriminatory Language						^		
<b>Rule 8.41 - Unsportsmanlike Conduct</b>		Y	Y	Y	Y	Y	Y		
2.4.8	Random Stick Check Procedure	^							
3.4	Captains	^							
3.5	Coaches	^							
8.18.9	Jersey Removal During a Fight	^							
8.18.10	Equipment Removal Prior to or During a Fight	^							
8.41.1	Unsportsmanlike Conduct	^		^	^				
8.41.3	Throwing Ball or Equipment Away or out of playing area			^					
8.41.7	Continuing to Fight			^	^				
8.41.11	Interference with Officials		^	^	^	^	^		
8.41.14	Unsportsmanlike Actions (e.g.. Hair pulling)		^	^	^	^	^		
8.41.15	Spitting at an Official						^		
8.41.16	Physical Interference by Player with Spectators						^		
<b>Rule 8.42 - Leaving Players' Bench or Penalty Box</b>		Y			Y				
8.42.2	Leaving Player's Bench during a fight	^							
8.42.3	Leaving Player's Bench to start or join an altercation				^				
8.42.4	Leaving Penalty Box prior to Penalty time Expiring	^+			^+				
8.42.7	Non-playing Personnel on the floor	^							
8.42.9	Illegally Returning to game after being Removed from Game				^				

Legend:

- + Multiple penalties assess for a single situation
- ^ Announced as the penalty in the header, record under the penalty to the left
- Y Announced as the penalty to the left

