

## 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)<br>— and separately —<br>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)<br>NOTE: Not allowed in U7       | Attackers may reach in to contest or retrieve a <b>loose</b> ball in the opponent's crease.<br>- A ball <b>in the crease</b> 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 <b>in the crease</b> 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.<br>- <b>In U13 and below:</b> Goals shall NOT be allowed if the shooter <b>jumps or dives</b> and <b>lands</b> in the crease.                                                                                      |
| Injured Players (5.6.2)                                       | Injured players may not return to play until the <b>following</b> non-technical stoppage. (Goal, Penalty, etc). <b>Possession does not change, Shot clock does not reset.</b>                                                                                                                           |
| Face-offs (6.2.2)                                             | - Players on restraining lines are released on the whistle<br>- Draw players are behind their sticks (and left of head of stick)<br>- 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<br>Backcourt violations apply, see rule 7.6.2. <b>ONLY</b> 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).<br>- 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).<br>- 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)<br>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.                                                                                                                              |