



BOX LACROSSE



SAFETY STANDARDS - EQUIPMENT AND RULES IN 2026



Memorandum

To: Member Associations, Officials, Coaches, and Stakeholders

From: Lacrosse Canada

Date: Wednesday January 28th 2026

Subject: Equipment and Rule Considerations – 2026 Box Season

The World Lacrosse rulebook, together with Lacrosse Canada Age and Stage Modifications, must be followed and adhered to for the 2026 Box season, unless otherwise noted below.

As discussed during the Playbook Series, this represents a phased approach to adopting the full World Lacrosse Rulebook. Lacrosse Canada will continue to host ongoing conversations with Member Associations, Players, Coaches, Officials and Working Groups, while gathering data to ensure that all changes are age- and stage-appropriate across Canada.

Goalie Sticks

Ongoing, evidence-based research regarding goalie sticks will continue throughout the 2026 season. No changes will be implemented during this period.

Period Length

- For the 2026 season, interprovincial play may make amendments to period length and follow what best suits their respective programs.
- All National Championships must adhere strictly to all Lacrosse Canada rule modifications. No amendments will be permitted at National Championship events.

Net Specifications / Size

Please refer to the attached Net Specification Sheet. All manufacturers must follow these measurements precisely. The intent is to make the manufacturing process accessible coast to coast, helping to reduce shipping costs and improve net availability nationwide.

Equipment Standards

- Helmets must meet the minimum requirement of four points of contact.
- All 1st Year Officials must have helmet with a visor. All Officials at a National Championship will require a visor.
- Goalies must wear approved goalie masks; cat-eye masks are not permitted.
- All athletes must meet minimum equipment standards as outlined by Lacrosse Canada.
- Wooden sticks are permitted for both players and goalies during the 2026 season, unless otherwise specified by a Technical Package or Tournament Contract. All player sticks must adhere to measurements.

Officiating Mechanics

- Two-official mechanics will be permitted as needed until capacity allows for full three-person mechanics.
- Supporting presentation materials will be made available for officiating clinics.

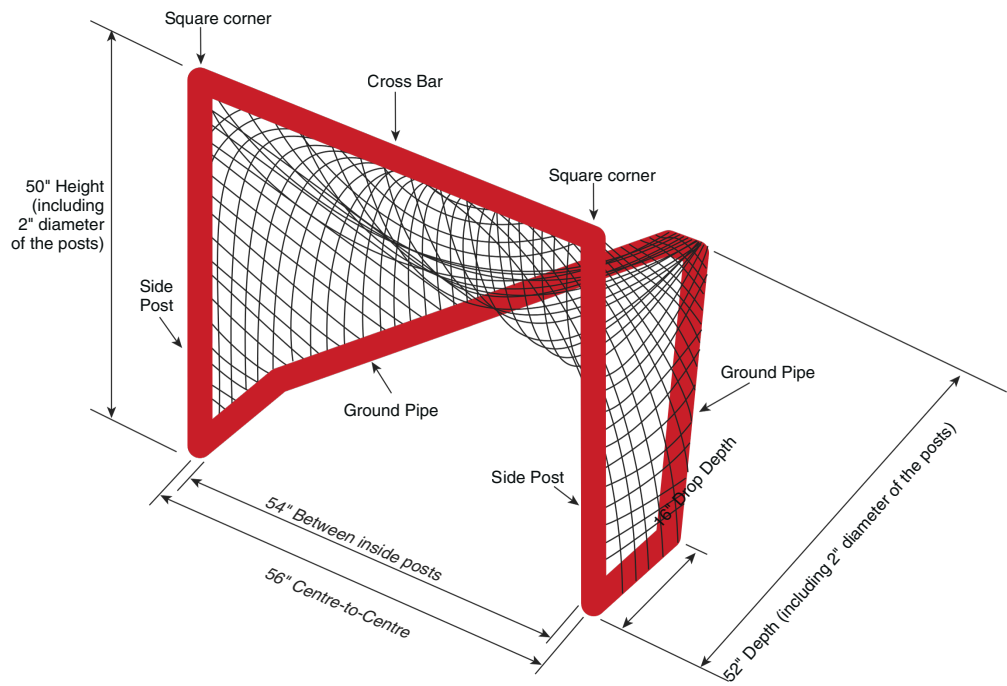
Contact

On and Off Ball Contact - will permit players to establish defensive positioning and use extended arms to steer and direct the player where to go. Players must have awareness of where the ball is in relation to their mark. Teaching appropriate on and off ball defense is a point of emphasis heading into 2026 to eliminate unnecessary contact.

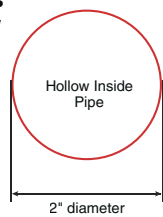
Additional Implementation - For representative Lacrosse, we will be adopting a 10 second count to get across half (from the defensive end to the offensive end on a Penalty Kill). This has been reflected in the Age and Stage Document.

For any questions or concerns, please contact Dustin Dunn and Rachael McKinnon via email.

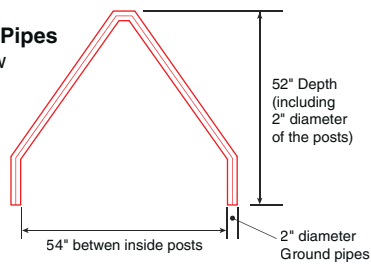
The Lacrosse Net
4' (h) x 4'6" (w)



Cross Bar & Posts
Cross Section View
(Hollow inside)



Ground Pipes
Top View



Flat Iron Ground Pipes
Cross Section View

