



BOX LACROSSE



**SAFETY STANDARDS FOR PLAYERS, COACHES & OFFICIALS
RE: PLAY AROUND THE CREASE**



This memo outlines mandatory safety standards for teaching, performing, and officiating crease play at the U11 and above under Lacrosse Canada's 2026 Age & Stage Modifications.

Core Safety Principles

1) No Contact With the Goalie

Goalie protection remains the highest priority. Any contact—body, stick, or landing—is immediately penalized and results in no goal.

2) Low, Controlled, Lateral Dive Only

U11 athletes must extend outward or to the far-side post, *not upward*, and never toward the goalie.

3) Release Before Landing

The ball must leave the stick before the player contacts the crease or ground inside the crease cylinder.

4) Must Have a Visible Landing Space

Players must have clear visual awareness of their landing area prior to takeoff.

5) Abort When Unsafe

If the lane, angle, or goalie position becomes unsafe, the dive must be abandoned. Coaches must reinforce this habit.

Coaching Expectations

Coaches introducing crease dives must use a progressive, controlled development model, including:

- Footwork and angle work before any jumping
- Low-level “mini-dives” before full extension
- Use of mats or padding when feasible
- Immediate correction of unsafe habits

- Clear instruction on far-side post finishing

The objective is safe, fundamental skill acquisition, not high-risk highlight dives.

Officiating Standards

Officials must prioritize goalie safety and stop play immediately for:

- Any contact with the goalie
- Diving directly at the goalie
- Uncontrolled elevation or speed
- Landing in the crease prior to release

Officials will error on the side of safety when evaluating advantage/disadvantage.

- Stick propelling or directing a loose ball into the goal. (NLL Rule application)

Player Education

Athletes should be taught three questions before attempting a dive:

1. Do I have space?
2. Is the goalie out of my lane?
3. Can I land safely?

If any answer is “no,” the dive is not allowed.

Summary Statement

Crease dives are permitted but must be performed safely, technically, and under strict supervision and officiating standards. Lacrosse Canada emphasizes consistency, controlled mechanics, and goalie protection across all member associations.