



# 2026 SUMMARY OF OLA MODIFIED RULE CHANGES: BOX LACROSSE

Beginning in 2026, Ontario Lacrosse sanctioned games will be played under the World Lacrosse rules for box lacrosse. With the exception of any approved rule modifications as separately communicated, the summary below identifies impactful rule changes to review. For the complete set of rules, consult the World Lacrosse Rulebook.

Rule	Topic	Summary of Rule Change
2.2.1	Player's Stick	<b>Previous Rule:</b> U13 and Below: player's sticks may be 34" to 46" in length, U15 and Above: player's sticks are 40" to 46" in length <b>New Rule:</b> U11 and Below: player's sticks may 34" to 42" in length, U13 and Above: player's sticks are 40" to 42"
2.2.2	Player's Stick Width	<b>Previous Rule:</b> all stick heads may be 4.5" to 8", measured inside frame to inside frame at the widest point <b>New Rule:</b> all stick heads may be 4.5" to 7", measured inside frame to inside frame at the widest point
2.2.4	Player's Pocket Depth	<b>Previous Rule:</b> the player's stick cannot be strung in a way that withholds the ball <b>New Rule:</b> the player's stick cannot be strung in a way that withholds the ball, and also the pocket depth cannot exceed 5" when measured from the top outside edge of the sidewall to the bottom of the mesh
2.3.1	Goaltender's Stick	<b>Previous Rule:</b> the goalie's stick could be of any desired length, and could be up to 15" measured inside frame to inside frame at the widest point <b>New Rule:</b> the goalie's stick may be 40" to 72", and may be up to 15" measured inside frame to inside frame at the widest point
2.4.5	Stick Examination Request	<b>Previous Rule:</b> one specific measurement of the stick is performed on request from the opposing team's captain <b>New Rule:</b> all components of the stick are inspected on request from the opposing team
2.4.7 (6.12.1)	Illegal Stick	<b>Previous Rule:</b> minor penalty is assessed for an illegal stick, and the stick is removed from the remainder of the game <b>New Rule:</b> minor penalty is assessed for an illegal stick, and the stick is removed from the remainder of the game. However, if a goal is scored with an illegal stick, and the stick is challenged prior to the ensuing face-off, the goal is disallowed, the minor penalty is not assessed, but the stick is still removed from the game.
2.5.5	Mouth Guard	<b>Previous Rule:</b> required in minor lacrosse. Where a player is playing without a mouthguard, a minor penalty and a 10 minute misconduct are assessed. <b>New Rule:</b> required at all levels. Where a player is playing without a mouthguard, the player receives a warning on the first offense, and a minor penalty for all subsequent offenses. There is no equipment request process by an opposing team; it is the official's discretion to assess the penalty.
5.6.1	Team Time-Outs	<b>Previous Rule:</b> In minor lacrosse, one time-out per team per game, which is 60 seconds long. In Junior-Senior lacrosse, two time-outs per team per game, which are 60 seconds long and cannot be used in the same period. Time-outs are not granted or carried over into overtime. Requests must come from the playing surface when the team is in possession, or at a stoppage in play. <b>New Rule:</b> In minor lacrosse, one time-out per team per game, which is 45 seconds long. In Junior-Senior lacrosse, two time-outs per team per game, which are 45 seconds long and cannot be used in the same period. Time-outs are not granted or carried over into overtime. Requests may come from the playing surface when the team is in possession, or may come from the bench when the team is in possession, or at a stoppage in play.

Rule	Topic	Summary of Rule Change
5.6.2 (6.15.1)	Injury Time-Outs	<b>Previous Rule:</b> Play is stopped when a player is injured. The injured player must leave the playing surface for the restart of play. <b>New Rule:</b> Play is stopped when a player is injured. The injured player must leave the playing surface for the restart of play, and is ineligible to return to play until the next non-technical stoppage of play. A minor penalty for delay of game is assessed if a player returns before this stoppage. A team may avoid waiting until the next non-technical stoppage by using an available time-out.
6.1.1	Free Play	<b>Previous Rule:</b> No player may be within 9' of the ball-carrier when play is restarted. <b>New Rule:</b> No player may be within 6' of the ball-carrier when play is restarted. Where a defending player prevents the fast restart of play by not immediately moving away from the ball on a stoppage in play, a minor penalty for delay of game is assessed.
6.1.2	Player Possession	<b>Previous Rule:</b> A ball that is controlled by a player is considered the start of possession. <b>New Rule:</b> A ball that is clamped is considered the start of possession, which initiates the crease count (4 seconds), the defensive team possession count (8 seconds or 10 seconds), and the 30-second clock.
6.1.6	Non-Technical Stoppage	<b>Previous Rule:</b> A dead ball is defined as a goal, a penalty, a time-out or the end of a period. <b>New Rule:</b> The terminology has changed from "dead ball" to "non-technical stoppage." The criteria for non-technical stoppage is still a goal, a penalty, a team time-out, or the end of a period.
6.2.2 (6.3.2)	Face-Off Positioning: Drawing Players	<b>Previous Rule:</b> Drawing players are positioned with their right shoulder facing their own goal, behind their respective face-off lines and outside of the centre circle. <b>New Rule:</b> Drawing players must be positioned with their hands and feet to the left of the throat of their stick, on their defensive side of half. Drawing sticks will be placed approximately 8" apart (4" off the centre line).
6.2.3	Face-Off Violations	<b>Previous Rule:</b> Play begins with a whistle. <b>New Rule:</b> Drawing players may not move after the official gives the "SET" command. Play begins with a whistle. A drawing player who wins the ball onto the back of their stick is permitted only one step before the ball must be released from the back of their stick.
6.2.4	Contesting the Ball at the Face-Off	<b>Previous Rule:</b> Drawing players must pull their sticks straight back until the head of their stick clears the face-off dot. <b>New Rule:</b> Drawing players may not "dead stick" or "clamp" their stick to withhold the ball from play. Players may not "overclamp" onto an opponent's stick. Drawing players must contest the ball.
6.3.2	Face-Off Positioning: Non-Drawing Players	<b>Previous Rule:</b> Non-drawing players must be positioned outside of the restraining lines and are not released until the ball proceeds out of the centre circle. <b>New Rule:</b> Non-drawing players must be positioned outside of the restraining lines and are released on the whistle.
6.4	Ten-Second Count	<b>Previous Rule:</b> When teams are short-handed, they have 10-seconds upon gaining possession in their defensive zone to advance the ball into the attacking zone. The 10-second count is not reset when a time-out is called. <b>New Rule:</b> During all possessions, teams have 10-seconds upon gaining possession in their defensive half to advance the ball into the attacking half with both of the ball-carrier's feet making contact with the floor over the centre line. The 10-second count is reset when a time-out is called.
6.5.2	"Back Court" Violation	<b>Previous Rule:</b> When teams are short-handed, they may not carry, direct or cause the ball to enter into their defensive zone. <b>New Rule:</b> During all possessions, teams may not carry, direct or cause the ball to enter into their defensive half.

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6.5.3	“Back Court” Violation During a Face-Off	<p><b>Previous Rule:</b> When teams are short-handed, they may not carry, direct or cause the ball to enter into their defensive zone.</p> <p><b>New Rule:</b> Immediately after the face-off, the ball and/or ball-carrier may move towards the defensive zone, provided they have not established a clear forward direction while possessing the ball in their attacking half. Once possession and forward direction have been established by the ball-carrier in the offensive half, the backcourt violation becomes in effect.</p>
6.11.2	Goal Net Inadvertently Moved	<p><b>Previous Rule:</b> If the net is inadvertently dislodged at any time, play is stopped.</p> <p><b>New Rule:</b> If the net is inadvertently dislodged during a scoring opportunity, the ball passing through the imaginary plane of the goal is allowed. The plane of the goal does not move, regardless of the position of the net.</p>
6.11.3 (8.39.5)	Goal Net Intentionally Moved	<p><b>Previous Rule:</b> If the net is deliberately dislodged at any time, a delay of game penalty is assessed.</p> <p><b>New Rule:</b> If the net is deliberately dislodged to prevent a scoring opportunity, a penalty shot is awarded. If the net is deliberately dislodged during play, a delay of game penalty is assessed.</p>
6.11.4	Shot Origin	<p><b>Previous Rule:</b> A shot released from behind the goal line will not cause the 30-second clock to be reset. Contact with the goal post or cross bar is considered a crease violation.</p> <p><b>New Rule:</b> The head of the player’s stick must be in front of the goal line when the ball is released for a goal to be scored or a reset to be granted; the position of the player’s body is not considered. Contact with the goal post or cross bar is permitted by an attacking player’s stick.</p>
6.11.5	Pass From Behind the Goal Line	<p><b>Previous Rule:</b> A shot from behind the goal line that proceeds into the net is considered a goal.</p> <p><b>New Rule:</b> A pass which is deflected off of a defender and into the net is considered a goal. This does not include a pass which deflects off the goaltender and into the net.</p>
6.12.1 (2.4.7)	Disallowed Goal	<p><b>Previous Rule:</b> A goal may be disallowed if an ineligible player entered the game, or if the ball is kicked into the net by an attacking player, or if time has expired, or a crease violation by the attacking team, or the official’s whistle had sounded, or contact with the goaltender is made by the attacking team.</p> <p><b>New Rule:</b> A goal may be disallowed if an ineligible player entered the game (too many players on the floor), or if the goal scorer’s stick is found to be illegal prior to the next ensuing face-off, or if a loose ball within the crease is batted into the net by an attacking player, or if the head of the shooter’s stick is dislodged from its shaft during a shot, or the official’s whistle had sounded, or contact with the goaltender is made by the attacking team, or a ball which is caught in a stick is thrown into the net, or the goaltender who is in possession is pushed into the net, or the shot originates from behind the goal line.</p>
6.13.5	Illegal Substitution	<p><b>Previous Rule:</b> Too many players by the attacking team results in a loss of possession. Too many players by the defending team results in a minor penalty. For insufficient time remaining in regulation or at any point in overtime, a penalty shot is awarded.</p> <p><b>New Rule:</b> All illegal substitution situations result in a bench minor penalty. For insufficient time remaining in regulation or at any point in overtime, a penalty shot is awarded.</p>
6.14.2	Stoppage in Play for a Delayed Penalty	<p><b>Previous Rule:</b> Play is stopped for a delayed penalty after an attempted shot, or when defensive possession is gained, or when a loose ball proceeds outside of the attacking zone, or for any situation which which would normally stop play.</p> <p><b>New Rule:</b> Play is stopped for a delayed penalty when defensive possession is gained, or when a loose ball crosses the centre line proceeding towards an unattended goal, or for any situation which which would normally stop play.</p>

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6.15.1 (5.6.2)	Injury Time-Outs	<b>Previous Rule:</b> Play is stopped when a player is injured. The injured player must leave the playing surface for the restart of play. <b>New Rule:</b> Play is stopped when a player is injured. The injured player must leave the playing surface for the restart of play, and is ineligible to return to play until the next non-technical stoppage of play. A minor penalty for delay of game is assessed if a player returns before this stoppage. A team may avoid waiting until the next non-technical stoppage by using an available time-out.
6.15.7	Possession After Injury Time-Out	<b>Previous Rule:</b> If play is stopped for an injury to the attacking team, play is restarted with a face-off. In all other circumstances, the team in possession maintains possession with a reset to the shot clock. <b>New Rule:</b> If play is stopped for an injury the team in possession maintains possession with no reset to the shot clock. If play is stopped where neither team is in possession of the ball, a face-off is conducted.
7.2.2	Restarting Play After a Minor Penalty	<b>Previous Rule:</b> When a minor penalty is assessed, the non-offending team restarts play with possession of the ball at centre. <b>New Rule:</b> When a minor penalty is assessed, the non-offending team restarts play with possession of the ball at centre. Where a minor penalty is assessed after a goal, play will still restart with a face-off.
7.2.6	Coincidental Minor Penalties	<b>Previous Rule:</b> Coincidental minor penalties could only be cancelled if coincidental major penalties were also assessed on the same play. <b>New Rule:</b> When coincidental minor penalties are assessed while both teams are at full strength, play will resume will resume 4-on-4, and will return to the game during dynamic play at the expiration of their penalty time. In all other cases, the penalties will cancel with immediate substitution for all penalized players. There is no time placed on the penalty clock for coincidental penalties which are cancelled with immediate substitution.
7.3.3	Coincidental Minor and Major Penalties Assessed in 3rd Period / Overtime	<b>Previous Rule:</b> Penalties are served as they are assessed. <b>New Rule:</b> Where a minor penalty and a major or match penalty are assessed to opposing teams with less than 3 minutes remaining in the 3rd period, or at any point in overtime, the three minute penalty difference will be served by the designated In-Home player as the major/match penalty portion for the purpose of power-play time.
7.6.1	Match Penalties	<b>Previous Rule:</b> Where a team is short-handed because of a match penalty, two goals can be scored before the team returns to full strength. <b>New Rule:</b> Where a team is short-handed because of a match penalty, three goals can be scored before the team returns to full strength.
7.9.1	Penalty Shot	<b>Previous Rule:</b> The player who is fouled while on a breakaway is awarded a penalty shot to replace the lost scoring opportunity. <b>New Rule:</b> Penalty shots are awarded to the fouled team. Any player may take a penalty shot, regardless of whether or not they were on the floor at the time of the infraction.
7.9.2	Stacked Penalty Administration	<b>Previous Rule:</b> Only two penalties may be served at any given time. Where a third (or subsequent penalty is assessed), those penalties are delayed in a stacked formation. <b>New Rule:</b> Where a team is serving two time-served penalties and is assessed a third penalty, their opponent is awarded a penalty shot. The minor penalty with the least amount of time remaining, or the major penalty with one goal scored against it, is released, and the third (or subsequent) penalty is assessed.
7.9.4 (8.6.3)	Throwing the Stick	<b>Previous Rule:</b> A major penalty is assessed where a player throws their stick or any other object at the ball or an opponent. <b>New Rule:</b> A thrown stick or any other object at an attacking player results in a penalty shot to the non-offending team. A minor penalty for throwing the stick is assessed whenever a thrown stick is not directed at an opposing player.

Rule	Topic	Summary of Rule Change
7.9.6	Defensive Crease Violation: Penalty Shot	<p><b>Previous Rule:</b> A penalty shot is awarded when a defending player uses their free hand on a ball inside the crease, or deliberately falls on the ball while inside the crease.</p> <p><b>New Rule:</b> A penalty shot is awarded when a defending player closes their free hand on a ball inside the crease, or deliberately falls on the ball while inside the crease whenever the ball is in front of the goal line.</p>
8.1.9	Loose Ball Push	<p><b>Previous Rule:</b> Minor interference is called when a player drives an opponent off a loose ball.</p> <p><b>New Rule:</b> The terminology has changed from “minor interference” to “loose ball push.” The official, at their discretion, may assess a change of possession, based on the degree of an illegal body check when pursuing a loose ball, including the slight impediment of a player from behind that does not occur near the boards or in an otherwise dangerous location on the floor.</p>
8.2.1	Offensive Screens/Picks	<p><b>Previous Rule:</b> Picks must be stationary.</p> <p><b>New Rule:</b> Limited mobility on screens is permitted, provided contact is not excessive. “Clutching and grabbing” is not permitted.</p>
8.3.1	Butt-Ending	<p><b>Previous Rule:</b> A major penalty (plus a game misconduct in minor lacrosse) or match penalty is assessed for butt-ending.</p> <p><b>New Rule:</b> Based on the degree of contact, a minor penalty, major penalty, major penalty plus a game misconduct or match penalty may be assessed for butt-ending.</p>
8.3.2	High-Sticking	<p><b>Previous Rule:</b> A minor penalty, major penalty, major penalty plus a game misconduct or match penalty may be assessed for high-sticking.</p> <p><b>New Rule:</b> Based on the degree of contact, a major penalty or match penalty may be assessed for high-sticking.</p>
8.5.2	Spearing	<p><b>Previous Rule:</b> A major penalty (plus a game misconduct in minor lacrosse) or match penalty is assessed for spearing.</p> <p><b>New Rule:</b> Based on the degree of contact, a minor penalty, major penalty, major penalty plus a game misconduct or match penalty may be assessed for spearing.</p>
8.6.2 (7.9.4)	Throwing the Stick	<p><b>Previous Rule:</b> A major penalty is assessed where a player throws their stick or any other object at the ball or an opponent.</p> <p><b>New Rule:</b> A thrown stick or any other object at an attacking player results in a penalty shot to the non-offending team. A minor penalty for throwing the stick is assessed whenever a thrown stick is not directed at an opposing player.</p>
8.8.5	“Through the Crease”	<p><b>Previous Rule:</b> An attacking player cannot cut through an opponent’s crease to gain an advantage on a loose ball, or on a ball-carrier positioned within the 24 foot line.</p> <p><b>New Rule:</b> An attacking player cannot an opponent’s crease to gain an advantage on a ball-carrier, or be the first player to pursue a loose ball or receive a pass from a teammate.</p>
8.8.10	Contact by a Defender at the Time of a Goal	<p><b>Previous Rule:</b> No goal can be scored when an attacking player is in the crease at the time that the ball crosses the goal line.</p> <p><b>New Rule:</b> No goal can be scored when an attacking player is in the crease at the time that the ball crosses the goal line, unless the player was illegally checked in which case the goal stands.</p>
8.9.1	Possession by Defending Team within the Crease	<p><b>Previous Rule:</b> Upon gaining possession, the defending team has 5 seconds to move the ball outside of the crease.</p> <p><b>New Rule:</b> Upon gaining possession, the defending team has 4 seconds to move the ball outside of the crease.</p>

Rule	Topic	Summary of Rule Change
8.9.2	Contact with Goaltender Within the Crease	<p><b>Previous Rule:</b> The stick or body of a goaltender who is in possession of the ball with both feet inside the crease may be checked on any portion that is outside of the cylinder.</p> <p><b>New Rule:</b> The stick or body of a goaltender who is in possession of the ball with both feet inside the crease may not be checked. The stick or body of a goaltender who is in possession of the ball with only one foot inside the crease may be checked on any portion that is outside of the cylinder. When the ball is clamped outside of the crease by a goaltender who has both feet inside the crease, an attacking player can “rake” their stick underneath the goaltender’s stick in order to play the ball, but the attacking player cannot check the goaltender’s stick.</p>
8.11.2	Illegal Body-Checking	<p><b>Previous Rule:</b> <i>This is a new rule, which previously incorporated elements of the player interference rule and the charging rule. Neither player interference nor charging appear in the World Lacrosse rulebook. Goaltender interference is specifically exclusive to crease play.</i></p> <p><b>New Rule:</b> Based on the degree of contact, a minor penalty, major penalty, major penalty plus a game misconduct or match penalty may be assessed for illegal body-checking.</p>
8.11.3	Contact While Pursuing a Loose Ball	<p><b>Previous Rule:</b> Minor interference is called when a player drives an opponent off a loose ball.</p> <p><b>New Rule:</b> Players pursuing a loose ball may apply equal pressure against an opponent. Any unequal pressure applied during a loose ball that provides an advantage to a player over their opponent may be considered a loose ball push to award possession, or may be penalized under the appropriate infraction.</p>
8.11.4	Equal Pressure	<p><b>Previous Rule:</b> <i>This World Lacrosse terminology provides guidance on how legal contact can occur between opposing players.</i></p> <p><b>New Rule:</b> A player may impede the progress of an opponent providing they apply equal pressure (even or balanced force) with their body or stick on the front or side on the arms of an opponent. A violation occurs when a player uses excessive or disproportionate momentum against an opponent.</p>
8.12.4	Boarding	<p><b>Previous Rule:</b> A major penalty or match penalty is assessed for boarding.</p> <p><b>New Rule:</b> Based on the degree of contact, a major penalty, major penalty plus a game misconduct or match penalty may be assessed for boarding.</p>
8.14.2	Checking from Behind	<p><b>Previous Rule:</b> A double-minor penalty, a major penalty plus a game misconduct or match penalty is assessed for checking from behind.</p> <p><b>New Rule:</b> Based on the degree of contact, a minor penalty, major penalty, major penalty plus a game misconduct or match penalty may be assessed for checking from behind.</p>
8.16.2	Elbowing	<p><b>Previous Rule:</b> A major penalty or match penalty is assessed for elbowing.</p> <p><b>New Rule:</b> Based on the degree of contact, a minor penalty, major penalty, major penalty plus a game misconduct or match penalty may be assessed for elbowing.</p>
8.17.2	Face-Masking	<p><b>Previous Rule:</b> A minor penalty, major penalty or match penalty is assessed for face-masking.</p> <p><b>New Rule:</b> Based on the degree of contact, a minor penalty, major penalty, major penalty plus a game misconduct or match penalty may be assessed for face-masking.</p>
8.18.17	Second Fight During the Same Stoppage	<p><b>Previous Rule:</b> <i>This is a new rule.</i></p> <p><b>New Rule:</b> Players involved in the second (and any subsequent) fight which occurs during the same stoppage are assessed a match penalty.</p>

Rule	Topic	Summary of Rule Change
8.19.2	Head-Butting	<b>Previous Rule:</b> <i>This is a new rule. Head-Butting was previously covered under Unnecessary Roughness.</i> <b>New Rule:</b> Based on the degree of contact, a minor penalty, major penalty, major penalty plus a game misconduct or match penalty may be assessed for head-butting.
8.21.2	Kneeing/Kicking	<b>Previous Rule:</b> <i>This is a new rule that combines two separate rules.</i> <b>New Rule:</b> Based on the degree of contact, a minor penalty, major penalty, major penalty plus a game misconduct or match penalty may be assessed for kneeling or kicking.
8.34.5	Goaltender Equipment Examination	<b>Previous Rule:</b> Teams requesting a goaltender equipment examination must coordinate the request through their captain, and identify the specific article of equipment to be examined. <b>New Rule:</b> A request for goaltender equipment examination may only be made at a non-technical stoppage in play. Upon request, the officials will conduct a full examination of the goaltender, including helmet/throat-guard, gloves, chest protector, pants, leg pads, shoes and jersey.
8.34.7	Goaltender Adjusting Equipment Prior to an Examination	<b>Previous Rule:</b> Goaltenders who attempt to circumvent the equipment examination procedure are assessed a minor penalty for unsportsmanlike conduct. <b>New Rule:</b> Goaltenders who attempt to circumvent the equipment examination procedure are assessed a major penalty and a game misconduct for illegal equipment.
8.35.2	Goaltender Playing with a Broken Stick	<b>Previous Rule:</b> Goaltenders may continue to play with a broken stick, provided their body and any part of the broken stick remains inside the crease. <b>New Rule:</b> Goaltenders may continue to play with a broken stick, but must replace their stick during the first stoppage in play.
8.38.6	Illegal Time-Out	<b>Previous Rule:</b> Teams who call a time-out that they are not entitled to will forfeit possession. <b>New Rule:</b> Teams who call a time-out that they are not entitled to will be assessed a minor penalty for delay of game.
8.39.5 (6.11.3)	Goal Net Intentionally Moved	<b>Previous Rule:</b> If the net is deliberately dislodged at any time, a delay of game penalty is assessed. <b>New Rule:</b> If the net is deliberately dislodged to prevent a scoring opportunity, a penalty shot is awarded. If the net is deliberately dislodged during play, a delay of game penalty is assessed.
8.40.2	Obscene Gestures	<b>Previous Rule:</b> Penalized as a gross misconduct. <b>New Rule:</b> Obscene gestures are penalized by a minor penalty and game misconduct.
8.42.4	Leaving the Penalty Box Prior to Expiration of Time	<b>Previous Rule:</b> For a timekeeper's error, the player returns to the penalty box to serve their unexpired time. Where a player leaves the penalty box on their own accord, an additional minor penalty is assessed for ineligible substitution, in addition to the requirement to serve the unexpired time. <b>New Rule:</b> For a timekeeper's error, the player returns to the penalty box to serve their unexpired time. Where a player leaves the penalty box on their own accord, an additional minor penalty and a game misconduct is assessed for ineligible substitution. The designated In-Home player serves the minor penalty plus the additional unexpired time.

Deleted	Infractions Occuring within the Exchange Box During a Line Change	<i>This rule is not part of the World Lacrosse rulebook. The officials maintain discretion, based on the degree of contact and the vulnerability of the opposing player, to assess a game misconduct penalty for infractions occurring in this area of the floor.</i>
Deleted	Team Request for a Player's Equipment Examination	<i>This rule is not part of the World Lacrosse rulebook. Teams are not entitled to request the inspection of an opposing player's equipment. It is the responsibility of the Head Coach to ensure that their players are legally equipped by the rules. Officials, at their sole discretion, may conduct equipment examinations. The penalty for any dangerous or illegal equipment is a minor penalty and a game misconduct.</i>