



# 2026 OLA MODIFIED RULES: MINOR BOX LACROSSE

Beginning in 2026, Ontario Lacrosse sanctioned games will be played under the World Lacrosse rules for box lacrosse, with the following modifications:

	U9	U11	U13	U15	U17	U22
Net Size	4' x 4'	4' x 4'	4' x 4'	4' x 4'	4' x 4'6"	4' x 4'6"
Stick Length	26" - 42"	26" - 42"	40" - 42"	40" - 42"	40" - 42"	40" - 42"
Period Length	3 x 15 mins	3 x 15 mins	3 x 15 mins	3 x 15 mins	3 x 15 mins	3 x 15 mins
Stop Time	Last 2 mins of 3rd	Last 2 mins of 3rd	Last 5 mins of 3rd	Last 5 mins of 3rd	Last 5 mins of 3rd	Last 5 mins of 3rd
Team Size: Players	5–18 Runners	5–18 Runners	5–18 Runners	5–18 Runners	5–18 Runners	5–18 Runners
Team Size: Goalies	1–2 Goaltenders	1–2 Goaltenders	1–2 Goaltenders	1–2 Goaltenders	1–2 Goaltenders	1–2 Goaltenders
Team Size: Coaches	1 HC, 1 TR, 3 AC	1 HC, 1 TR, 3 AC	1 HC, 1 TR, 3 AC	1 HC, 1 TR, 3 AC	1 HC, 1 TR, 3 AC	1 HC, 1 TR, 3 AC
	U9	U11	U13	U15	U17	U22
Shot Clock	Not Applicable	30 Second Shot Clock				
10-Second Rule	Not Applicable	Each Team has 10 seconds to advance the ball over the centre line				
Back-Over	Not Applicable	Once in the offensive half, the team cannot carry, direct or cause the ball back into enter their defensive half				
Goaltender Penalties	Served By Any Player	Served by the Team's designated "In-Home"				
Goalie Face-Mask/ Throat-Protector	Automatic Whistle	Official's discretion to ensure safety; possession is awarded inside the crease if the official stops play under this rule.				
Crease Diving	Not Permitted. An attacker who dives, jumps, launches, or otherwise enters the crease and contacts the goalie may be assessed 5 + GM or MP. An attacker who dives, jumps, launches, or otherwise enters the crease and, after hitting the ground first, contacts the goalie may be assessed 5.					
Timeouts	1 per team per game, 45 seconds in length, may be called from the floor or the bench.					
Goaltender Equipment	Team may request an equipment examination for conformity or "add-on" modifications; if illegal, a major penalty and fix the equipment.					
Overtime Format	5v5, Sudden Victory, teams do not change ends.					
Moving Picks	Equal pressure concept. Once equal pressure is met, defender can push to direct an opponent and re-establish defensive positioning. Defender is not permitted to crosscheck attacker off ball once defensive positioning is established. Pushing must be directed at the elbow.					
Contact Off Ball	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 be penalized under the appropriate infraction.					
Attacking Crease Rules	A loose ball in the crease can be played by an attacking player outside the crease. A loose ball inside the crease may not be "batted" into the goal.					
Defending Crease Rules	A loose ball outside the crease can be pulled back into the crease by a defender who is inside the crease.					
Expulsions	Assessed for any five penalties incurred by a player.					
Player's Equipment	When a player in possession of the ball loses their helmet or chinstrap, play is stopped immediately. If there is no penalty on the play which caused the helmet or chinstrap to become dislodged, then possession is awarded to the non-offending team.					