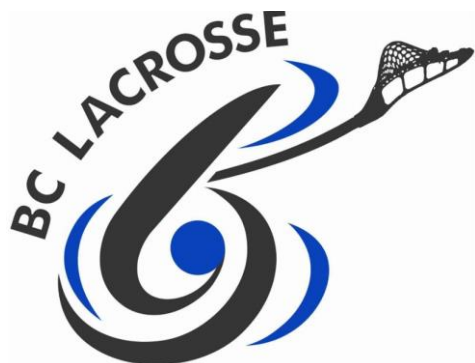




Interested in playing Wheelchair Lacrosse?



WHEELCHAIR LACROSSE

Get Involved – Lacrosse is Canada’s National Summer Sport. It is a game of speed, finesse and team work. It is a challenging game for players interested in demanding, fast paced action. BC Wheelchair Lacrosse’s ultimate goal is to run a Wheelchair Lacrosse League, which will give those athletes with a physical disability another sport option to play.

The Basics! – Wheelchair Lacrosse is played by two teams of eight players each. Two Attackers; three Midfielders; two Defenders and one Goalie. The game is played in an indoor arena or outdoor box. Athletes use netted sticks to carry, throw, and shoot a ball in an effort to score goals. A goal counts as one point and is scored when the ball completely crosses the opposing goal line between the posts and under the crossbar. The team scoring the greater number of goals in the allotted time wins the game.

How Long Is A Game? – The regulation playing time of a game is 60 minutes, divided into four quarters of 15 minutes each, running time (game clock continues to run even after a whistle). In the last 3 minutes of the fourth quarter, stop time will be used. Game clock will stop on a whistle and resume when play is restarted. Each quarter begins at the center circle with a “draw” between two opposing players. Team captains flip a coin to choose playing sides and teams switch sides at halftime. Each team gets four time-outs per half.

Equipment Needed? - Lacrosse stick, solid no-bounce rubber ball, helmet, mouth guard, protective gloves, arm pads and a sport chair (same as a Wheelchair Basketball chair). Goalkeepers wear extra padding including chest and throat protection, shin guards and carry a larger stick.

Lacrosse Sticks – Players sticks can be 40-42 inches (short stick) and 47-50 inches (long poles). Two long poles can be on the floor at one time. The width of the head, at its widest point is between 6-10 inches. Goalies’ sticks are between 40-50 inches and the head will measure between 10-12 inches at its widest area. The pocket must meet the proper specifications. The shaft can be metal or synthetic material and have a plastic or wood plug on the end to prevent injury.

Chair Regulations – Must mirror those standards held to the current National Wheelchair Basketball Association. Height of the seat pan can be no more than 21 inches from the ground. The footrest must have rounded or smooth corners. Any chair equipped with push handles or bar behind the backrest must have their areas sufficiently padded so as to prevent injury to another player. Any straps must be tight so that a foot may not be used as a brake.

Surface of Play – Wheelchair Lacrosse is played on a dry floor arena or outdoor box with a smooth surface. A red line is marked through the centre of the court perpendicular to the sideboards. Two blue lines, less than 20 feet on each side of the red line defines the Attack Zone and the Defense Zone. The team benches will be on the same side of the course, with the scorer’s area in between. Players not participating in the game shall be confined to their team’s Team Bench Areas or Substitution Zones. The Substitution Zone is between the two blue lines directly in front of the Team Bench Area and may extend 12 feet onto the course (marked off by cones or tape). The Substitution Zone should accommodate up to 6 players from each team. Goal creases shall be a plainly marked circle, with a radius of seven feet from the midpoint of the goal line.

Substitution – Players are substituted “on the fly”. When a player is called off, he/she must enter the Substitution Zone before the new player can enter. There is no limit to the number of substitutions a team may make, but only one can be made at a time.

Face Off / Draw! - The Draw Takes place between opposing players in the center circle to start each quarter and after every goal. The two centers shall face their opponent’s goal with the right shoulder facing towards the centre X, holding their sticks above hip level with the stick pockets touching back-to-back. The referee places the ball between the netting of the stick pockets. When the referee blows the whistle, each player pulls his/her stick upward and backward to release the ball into the air. The flight of the ball must go higher than the heads of both faceoff players. Players then attempt to gain possession of the ball. Prior to the start of the draw, the goalie and defense, must stay behind the defensive blue line, two attacking players behind the offensive blue line and two midfielders must remain completely outside the center circle.

Out of Play - If the ball goes out of bounds on a shot or deflection from a shot, possession will be awarded to the team who has an in-bounds player closest to the point the ball left the playing surface (the lacrosse stick is not considered a part of a player’s body).

Player Classifications – Class I (1 point) – Complete motor loss at T7 or above; Class II (2 points) – complete motor loss at T8 through to and including L2 or amputees with bilateral hip disarticulation; Class III (3 points) – all other physical disabilities as related to the lower extremity paralysis, all lower extremity amputees, except for those listed in Class II. Teams cannot have more than 14 points on the floor at any time. This helps balance the teams out. A team can have three players playing who don’t have a physical disability.

Did You Know? – Wheelchair Lacrosse USA was founded in 2009 by Ryan Baker and Bill Lundstrom. Neither of these two had played lacrosse growing up, but both had a desire to play a team sport. They decided on the sport of lacrosse while on a ski trip. When they got home, they borrowed some sticks and balls and started throwing around. Soon after, others joined in. Their first camp was in 2010, and from there the sport continued to grow.

In 2018, Wheelchair Lacrosse USA held their National Championships in Colorado with 10 teams and over 100 athletes. Teams from Virginia, Milwaukee (2), Minnesota, Buffalo, San Diego, Indianapolis, Baltimore, Arizona and Colorado all completed over the two day event.

Two of these teams are supported by a pro National Lacrosse League Team. Colorado Mammoth (Colorado Rolling Mammoth) and the Buffalo Bandits.



For more information and rules, please visit these websites:

www.wheelchairlacrosse.com (USA)
www.filacrosse.com/rules

Interested in playing or have any questions?

Contact Dave Showers today.

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Try something new... come out and play wheelchair lacrosse!!



Photos courtesy of Wheelchair Lacrosse USA.
(Only until we can make our own memories)