



BCLA Box Lacrosse Game Guidelines (Indoor & Outdoor Games) – Restart 2.0 – STEP 2

FINAL - Novice & Older

UPDATED JUNE 15, 2021

Lacrosse players, coaches and officials look forward to playing Lacrosse games. All sport activities are based from the direction of the BC Ministry of Health, the PHO and through guidance from viaSport BC and the BCLA Return to Lacrosse Restart 2.0 Guidelines.

Our collective return to Lacrosse will not be linear, and it will require flexibility from everyone involved. As of May 25, 2021, public health and viaSport BC have updated information as they relate to sport activities. **Sports, like Lacrosse, can carefully permit contact in indoor and outdoor facilities only.** This offers BCLA member associations/clubs a gradual introduction back to a normal Box Lacrosse game.

For updated information, see [viaSport website](#)

The safety of all participants is important in all decisions around COVID-19. This document outlines some basic guidelines for safe Lacrosse activities. Activities will change as we move through the BC Restart steps so we can play the game we love. In all cases, associations/clubs are advised to ease into physical activity with a focus on participant safety prior to introducing games and competitions.

The BCLA anticipates a gradual increase in activities as we progress through BC's Restart Plan. Game play and activity guidelines may change periodically. Any movement between steps will be decided through collaboration with the Provincial Health Office, viaSport BC and BCLA. We must collectively be ready to adapt and continue to follow all safety plans.

In this current step, games and competitions are allowed **INDOORS & OUTDOORS** within one's home association as in-house games, **as well as, inter-club games with other associations/clubs (at June 15, 2021).**

Please see the BCLA Minor Directorate confirmed game play rules (2021 season) on the BCLA website under the "Minor Box Rules" section here: https://www.bclacrosse.com/forms.php#minor_box_rules

Lacrosse Canada (CLA) Rulebook: [Lacrosse Canada \(CLA\) 2019-2020 rulebook.](#)

Lacrosse Canada (CLA) Male Novice Rules (2021 season):

Novice Rules - Option L with the exception to follow Option A for contact (Place and Push)

APPENDIX F - See page 151-153 in [Lacrosse Canada \(CLA\) 2019-2020 rulebook.](#)

Lacrosse Canada (CLA) All Female Rules (2021 season):

APPENDIX H: [Female Box Lacrosse Rules](#)

See page 156-160 in [Lacrosse Canada \(CLA\) 2019-2020 rulebook.](#)

Female Novice - [Option L with the exception to follow Option A for Contact \(Place and Push\)](#)

Female Pee Wee - [Option X](#)

Female Bantam - [Option A](#)

Female 16U (Midget) - [Option A](#)

Female Junior - [Option A](#)

Pee Wee & Older: follow Lacrosse Canada (CLA) Rulebook: [Lacrosse Canada \(CLA\) 2019-2020 rulebook.](#)



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Playing Facility-

1. The game shall be played **IN INDOOR & OUTDOOR FACILITIES**, like arenas and lacrosse boxes. **Indoor & outdoor games are allowed (at June 15, 2021).**
2. Associations/clubs must adhere to all local city/municipality facility guidelines for all safety protocols. Different facilities may have varying requirements to follow.
3. **Entrances and Exits.** Prior to activities, participants must adhere to correct entrance and exit procedures at your facilities. Follow the directions of local city/municipality facility personnel, coaches and team officials.
4. **Dressing Rooms/Changing Rooms>Showers.** Different facilities may/may not allow access to certain rooms.

Teams-

1. Regulation team roster sizes apply.
2. Associations/clubs must be flexible for team roster size to enable activities.
3. Team officials, players, referees and a designated team safety person are only permitted on the floor.

Coaches-

1. Each team will have one (1) coach designated as the head coach, on the bench, with applicable assistant coaches and team officials. Each team must have coaches trained at the Community Development level or higher per age group and discipline as noted on the back of the BCLA Coach Registration Form 100B (Box). Each team must have a responsible adult at all activities (i.e., team safety person).
2. Community Development coaches who have never taken a clinic must have the following completed before they are able to step on the facility:
 - Criminal Background Record Check as per BCLA Policy (CRC);
 - Community Development on-line modules/pre-clinic work;
 - Emergency Action Plan (EAP) - free online through CAC Locker;
 - Making Head Way (free online through CAC Locker).

Appointment of Officials-

1. The appropriate governing body or their delegate may appoint two (2) referees for the game (Rule 22).
2. One timekeeper/scorekeeper (up to two people) in the timekeeper's bench area or as permitted per facility.

Game Structure-

1. See applicable Lacrosse Canada game option rules link on page 1 (Male Novice; Female Novice to Junior).
2. **Game time allotments** may vary per city/municipality for different age groups (i.e., 60, 75 min).
3. Game period length and intermission breaks may require modifications depending on time allotment per session.

Player's Equipment – COVID-19 Safety Protocols

1. No sharing of any gear or lacrosse sticks.
2. No sharing water bottles. Label water bottles clearly with the individual player's first and last name.

Play of the Game-

1. **Face-offs:** Permitted.
2. **Contact:** Permitted indoors & outdoors.
3. See applicable Lacrosse Canada game rules for different age groups. Link on page 1.

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Penalties-

1. See applicable Lacrosse Canada game rules.

Post-Game – COVID-19 Safety Protocols

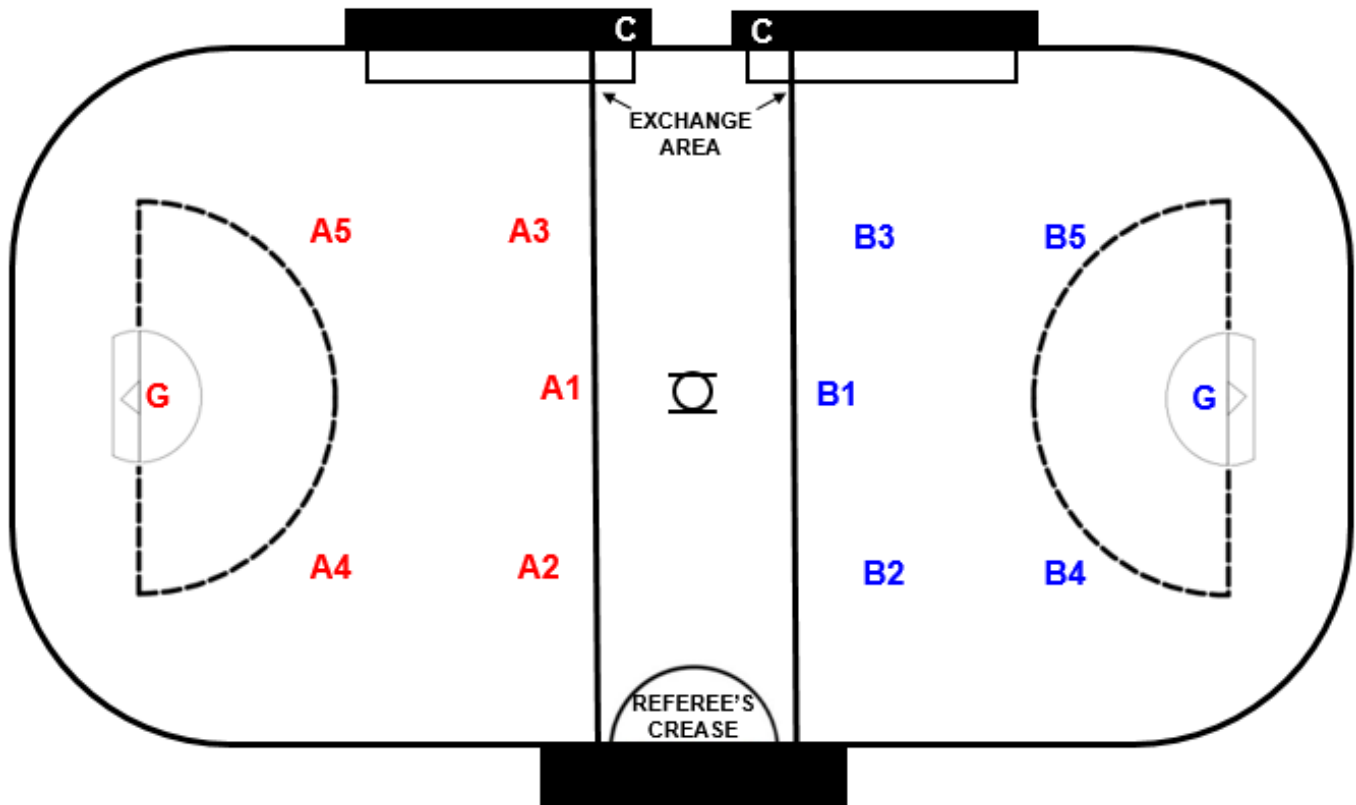
1. Associations/clubs must adhere to all local city/municipality facility guidelines and safety protocols. Different facilities may have varying requirements (i.e., entrances, exits, dressing rooms, etc.).
2. Physical distance is not required on field of play. Off field of play, physical distance of 2 meters must be maintained.
3. Do not engage in handshaking, high fives, or hugging between participants and staff.
4. All Participants promptly exit the playing facility through the designated exit gate.
5. At the end of the activity, participants must immediately leave the facility and return to your (parent/guardian’s) vehicle. Do not change out of your equipment inside the facility unless authorized.

Floor Diagram Example – Novice and Older

Full Court Game Floor Diagram – Outdoor Box Floor (Indoor Box Floor Games no permitted)

Age: Novice and Older 6 v 6 Game

C = Coach; A & B = Players; G = Goaltender



NEW NOTE (at June 15): Teams must manage roster sizes and adhere to the maximum group size. In STEP 2, games can be played in INDOOR & OUTDOOR facilities. Maximum Group Size is 50. That 50-person count includes participants, coaches, team managers, trainers and other persons involved in an official capacity.