

## LACROSSE

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<b>ALL GRADES</b>			
<p><b>SOFT LACROSSE:</b></p> <p>Use "soft" lacrosse balls.</p> <p>Have goaltender wear a face mask.</p> <p>Use molded plastic sticks.</p> <p><b>BOX/FIELD LACROSSE:</b></p> <p>If a goaltender is used, have him/her wear full equipment.</p> <p>Wear helmets, gloves and mouth guards if stick on stick contact is allowed.</p> <p>Use lacrosse sticks.</p> <p>Check lacrosse sticks often for cracks and splinters.</p>	<p>Inspect playing area regularly to be sure it is free of debris and obstacles, and provides good footing.</p> <p>Bring holes and severely uneven surfaces to the attention of the principal and make students aware of them.</p>	<p>Teach skills in proper progression.</p> <p>Base games on skills that are taught.</p> <p><b>SOFT LACROSSE:</b></p> <p>Play only non-contact lacrosse in physical education class.</p> <p>Modify rules to exclude stick on stick, or stick on body contact and to prevent accidental contact within 1 m of the gym wall or playground fence.</p> <p>Stress student responsibility regarding individual space.</p> <p><b>BOX/FIELD LACROSSE:</b></p> <p>No body contact.</p> <p>No stick on body contact.</p> <p>Establish a crease area around the goal and don't allow anyone except the goalie in the crease.</p>	<p>Provide on-site supervision.</p>