

COMMON RULES of LACROSSE



LEGAL vs ILLEGAL BODY CHECKS

LEGAL CHECKS ✓

- ✓ Contact only on the ball carrier or near a loose ball
- ✓ Shoulder-to-shoulder positioning
- ✓ Approach from the front or side
- ✓ Maintain balance and control
- ✓ Hands remain on the stick



⚠️ ILLEGAL CHECKS

- ⚠️ Checking from behind
- ⚠️ Head or neck contact
- ⚠️ Cross-checking with the stick shaft
- ⚠️ Late hits after the pass
- ⚠️ Dangerous or reckless force

