

WHAT IS ADAPTIVE LACROSSE?

Definition

Adaptive Lacrosse is any format of lacrosse that is designed for athletes with disabilities.

Who Can Participate?

Any athlete with a disability that prevents them from playing typical or “mainstream” formats of lacrosse can participate in an adaptive lacrosse program with appropriate support.

Can Family and Friends Play?

Yes! Family, friends, and peer athletes without disabilities may participate in some formats of adaptive lacrosse as adaptive teammates. Teammates provide support and may assist adaptive athletes in skills like scooping, throwing, and catching—but only as needed.

What Equipment Do I Need?

You just need a lacrosse stick and a soft practice ball or tennis ball. Stick checking and body checking are typically not allowed, and protective equipment is not required. (Note: full men’s lacrosse protective equipment is currently required for wheelchair lacrosse competitions that allow checking).

What Rules are Followed for Games?

The [Flex6 Lacrosse](#) Rules and Guidelines may be used as the basis for an adaptive lacrosse game—with the understanding that flexibility and adaptability are key elements of all types of programming. [Wheelchair Lacrosse USA](#) has developed rules for the wheelchair game in collaboration with USA Lacrosse.

How Do I Get Involved?

This guidebook offers a framework for developing and delivering an adaptive lacrosse program. If you are interested in supporting a new or existing adaptive lacrosse program in your community, please send an email to: adaptive@usalacrosse.com