



SYLVAN LAKE LACROSSE ASSOCIATION

MANAGER BINDER

U7-1

DATE MODIFIED	VERSION	MODIFIED BY	CHANGES

Contents

1.0	General Information	2
2.0	SLLA Guiding Principles.....	3
3.0	2026 Board Members	4
4.0	Volunteer Commitment.....	5
5.0	Raffle Tickets	5
6.0	Volunteer Fee Reimbursement.....	6
7.0	Team Jobs.....	8
8.0	Player Medical Form.....	10
9.0	Code of Conduct.....	12
10.0	Player & Parent Contract	14
11.0	Team Fundraising.....	19
12.0	Team Budget.....	20
13.0	Team Bank Account	22
14.0	Season Timeline.....	24
15.0	U7 Rules	25
16.0	2026 Rule Change	28
17.0	Equipment – Player & Goalie	30
18.0	Dispute Resolution Process.....	34
19.0	CALL Discipline.....	35
20.0	Regulation 12 – Automatic Suspensions	36
21.0	Cross Checking in Lacrosse.....	38
22.0	Affiliation	39
23.0	Festivals	40
24.0	Pirates on the Shore	41
25.0	Time Clock Rules	42
26.0	Game Sheet Instructions	43
27.0	Yeti/Sasquatch	45
28.0	Medical/Injuries	46
29.0	Checklist	47

1.0 General Information

U7

Games are structured in accordance with the Long Term Athlete Development Program of Lacrosse Canada indicated in the CLA Rule Book - Option X. Games are played with smaller nets and on half the playing surface.

There will be 5-6 festival dates throughout the season, weekend play starting April 18th. All festival days will include one U7 game, with the exception of the wind-up on June 13th which will include two games per team.

U9

U9 Lacrosse will be played as per Lacrosse Canada Rule Book - Option L.

Season begins April 11th and the Wind-Up will be in Stettler on June 13-14th.

There will be 5-6 festival dates available on the season timeline.

U11

U11 season will begin April 11th. Chargers will host playoffs on June 19-21st.

All teams participate; format is available on the webpage under the Playoff tab.

Game play will consist mainly of weekend games.

Practices are booked by your home club.

U13

U13 season will begin April 10th. Sylvan Lake Buccaneers will host playoffs on June 26-28th.

All teams participate; format is available on the webpage under the Playoff tab.

Game play will consist mainly of weekend games.

Practices are booked by your home club.

U15

U15 season will begin April 10th.

Playoffs will run June 17-21st.

Top 8 teams participate; format is available on the webpage under the Playoff tab.

Game play will consist mainly of weeknight games, with weekend games scheduled to support teams traveling greater distances.

Practices are booked by your home club.

U17

U17 season will begin April 10th.

Lacoka Lacrosse will host playoffs June 24-28th.

Top 8 teams participate; format is available on the webpage under the Playoff tab.

Game play will consist mainly of weeknight games, with weekend games scheduled for teams traveling greater distances.

Practices are booked by your home club.

2.0 SLLA Guiding Principles

The Sylvan Lake Lacrosse Association (SLLA) is grounded within a philosophical framework that guides our practice and the decisions we make in support of our membership and the sport of lacrosse. At the core of this philosophy is our mission vision and motto.

OUR MISSION: To be the premier source for the sport of lacrosse in Central Alberta through targeted efforts to increase local expertise in the areas of coaching, team building, player development and respect within the sport

OUR VISION: A safe, fair, fun and respectful lacrosse environment that encourages and supports active participation, positive effort, and optimal performance at all levels within the sport of lacrosse

OUR MOTTO: Active Participation; Positive Effort; Optimal Performance

SLLA honors and respects our opponent, the referees and minor officials in competition.

SLLA believes that participation in the sport of lacrosse develops a strong mind, strong body and strong spirit.

SLLA believes in the principles of fair play and respect within our sport: we believe that every player has the right to participate in the sport of lacrosse equally and without discrimination of any kind.

SLLA believes that the learning and development that occurs on the journey toward winning is ultimately more valuable to the participants than the actual win.

The Sylvan Lake Lacrosse Association expects all its volunteers, including board members, coaching staff, minor officials, players and parents to uphold these guiding principles when participating with Sylvan Lake Lacrosse.

3.0 2026 Board Members

Chris Jervis
President
president@sylvanlakelacrosse.com

Corinne Nolte
Vice President
vp@sylvanlakelacrosse.com

Jordan Gillard
Secretary
secretary@sylvanlakelacrosse.com

Robin Crossey
Treasurer
treasurer@sylvanlakelacrosse.com

Nekita Lloyd
Scheduler
scheduler@sylvanlakelacrosse.com

Nova Bouchard
Registrar
registrar@sylvanlakelacrosse.com

Ed Coles
Discipline
discipline@sylvanlakelacrosse.com

JonPaul Sola
Equipment Coordinator
equipment@sylvanlakelacrosse.com

Sean Reed
Coaching/Manager Coordinator
coaching@sylvanlakelacrosse.com

Corinne Nolte
Media Coordinator
media@sylvanlakelacrosse.com

Vacant
Fundraising
fundraising@sylvanlakelacrosse.com

Malissa Jervis
Tournament Director 2026
tournament@sylvanlakelacrosse.com

4.0 Volunteer Commitment

The SLLA Board has identified many types of job functions, which occur both in-season or throughout the entire year. To ensure successful operations, it is imperative that the membership base volunteer to perform these tasks or that additional help be hired to complete the tasks. It is expected that ALL volunteering obligations will be met by the registrant's family member(s).

SLLA requires a \$200.00 deposit to be paid (per player) upon registration. EMT's are not accepted for volunteer deposit.

Each SLLA family is required to volunteer a **minimum of 10 hours per player**. It is expected that families will make every effort to disperse their hours among their children's team.

If the family is unable to complete a task, then the registrant must make alternate arrangements and inform the volunteer coordinator.

If a family does NOT complete their volunteer commitment, their volunteer refund will be forfeited. There is no allowance for partial volunteering, 100% volunteering effort or 100% payment (\$200.00) is expected.

Please keep track of your hours. It is up to each family to be aware whether they have completed their volunteer commitment.

A **volunteer reimbursement form** must be submitted for each player to their teams manager by June 10th. It is up to you to track and fill out the form with your volunteer hours/duties. The team manager will sign off on all forms where obligations have been fulfilled.

The Treasurer will make every effort to have refunds available for the close of the season. Mail outs will follow if necessary.

Volunteer Positions available but not limited to: Coach/assistant coach - Teams: manager, treasurer, photo parent, TeamSnap parent, timekeeper, scorekeeper, shot clock, jersey parent.....

5.0 Raffle Tickets

Each athlete is required to sell TWO (2) booklets of raffle tickets for the season, totaling \$100. Ticket booklets will be handed out at the parent meeting on the first night of practice. Families must return both the \$100 and all completed ticket stubs to the Team Manager no later than June 1, 2026. The raffle draw will take place on June 12, 2026. Participation in this fundraiser is mandatory for all athletes

Prize amounts will be announced once finalized, and winning tickets will receive:

1st – \$5000.00

2nd - \$1000.00

3rd – \$500.00

6.0 Volunteer Fee Reimbursement

Each registered player is required to have a Volunteer Fee Reimbursement Form completed and submitted at the end of the season.

This form is used to confirm that the volunteer commitment outlined in the Volunteer Commitment section of this binder has been fulfilled. Families are responsible for tracking and recording their volunteer hours throughout the season and documenting them on this form.

Important details:

- A separate form must be completed for each player
- The form is available on the SLLA website under FORMS
- The completed form must list all volunteer duties and hours completed in accordance with the SLLA Volunteer Commitment requirements
- Forms must be submitted to the team manager by the specified deadline
- The team manager will review and sign off on the form to confirm that volunteer obligations have been met
- Once approved, forms will be submitted for processing, and the volunteer fee reimbursement will be issued at the close of the season

Families who do not submit a completed and approved Volunteer Fee Reimbursement Form, or who have not met the full volunteer commitment as outlined in this binder, will forfeit their volunteer deposit.

*For full details regarding required volunteer hours, deposit requirements, and consequences of incomplete volunteering, please refer to the **Volunteer Commitment** section of this binder.*

7.0 Team Jobs

Each SLLA team is required to complete an SLLA Team Job List at the start of the season.

This document is used to identify and assign all required team-level volunteer positions to ensure teams operate smoothly and in compliance with SLLA policies throughout the season. The Team Job List supports the Volunteer Commitment requirements by clearly outlining how volunteer responsibilities are distributed within each team.

Team volunteer roles may include, but are not limited to:

- Team Manager
- Team Treasurer
- Jersey Parent – takes jerseys home, washes them and brings them to next game
- Timekeeper / Scorekeeper – home team will supply one score box worker for each game
- Timebox Scheduler
- Snack Parent – brings snacks to each game – can be included in your team budget
- Photo Day or Media Parent – sends photos to SLLA media to be posted on social media

Important details:

- Police Vulnerable Sector Screening/Police Information Checks for all Head Coach, Assistant Coach, Trainer, Manager and Treasurer are required.
- Each team must ensure all required roles are filled.
- Roles may be shared where appropriate, provided responsibilities are clearly defined.
- Families are encouraged to volunteer in roles connected to their child's team whenever possible.
- The completed Team Job List should be submitted to the Coaching/Manager Coordinator or as otherwise directed by SLLA.
- Information from the Team Job List may be used to support verification of volunteer participation at the end of the season.

Completion of the SLLA Team Job List helps ensure transparency, accountability, and fair distribution of volunteer duties in alignment with the Volunteer Commitment section of this binder.

SLLA - Team Jobs U7-1

Title	Name	Email	Phone	Criminal Record Check	Coach Pledge
Head Coach					
Assistant Coach					
Assistant Coach					
Assistant Coach					
Assistant Coach					
Manager					X
Treasurer					X
Snack Parent				X	X
Jersey Parent				X	X
Photo Day				X	X
Timebox Scheduler				X	X
Media Parent				X	X
Game Sheet Entry				X	X

Please email back to the registrar - registrar@sylvanlakelacrosse.com

8.0 Player Medical Form

Each registered player is required to have an SLLA Player Medical Information Sheet completed and submitted to their team manager at the start of the season.

This form provides essential medical and emergency contact information to ensure the safety and well-being of players during games, practices, and team activities. A completed medical information sheet must be readily available at every game and event in the event of an injury or medical incident.

Important details:

- A separate form must be completed for each player
- The completed form must be handed directly to the team manager
- **Team managers are responsible for ensuring the medical forms are available at every game**
- Information on the form must be kept confidential and used only for emergency or medical purposes
- At the conclusion of the season, team managers are required to securely destroy all medical information sheets

Sylvan Lake Lacrosse Association – Player Medical Information

Player Name: _____

Date of Birth: Day _____ Month _____ Year _____

Mailing Address: _____

Provincial Health Care Number: _____

Mother/Guardian Name: _____ **Cell:** _____

Father/Guardian Name: _____ **Cell:** _____

Emergency Contact Name: _____ **Cell:** _____

Medical Information

Has your child had any previous history of **concussions**?

Yes No

Does your child have any **allergies** (food, medication, environmental)?

Yes No

Does your child have any **medical conditions** that could affect participation in lacrosse?

Yes No

Does your child carry **medication** (e.g., inhaler, EpiPen)?

Yes No

If yes, please specify and provide instructions if applicable:

Additional Medical Details

(Please provide details if you answered “Yes” to any of the above)

Consent & Acknowledgement

I understand that it is my responsibility to notify team management immediately of any changes to the medical information provided above.

In the event that a parent or guardian cannot be reached, I authorize Sylvan Lake Lacrosse Association team management to seek emergency medical treatment for my child if deemed necessary. I authorize physicians, nursing staff, and emergency personnel to conduct examinations, investigations, and provide necessary treatment.

I also authorize the release of relevant medical information to appropriate individuals (team manager, coach, medical professionals) solely for the purpose of ensuring my child’s safety and care.

I acknowledge that:

- Lacrosse is a physical sport with an inherent risk of injury, including concussion
- I will promptly report any new injuries, illnesses, or medical concerns
- This medical form will be kept confidential, carried by the team manager for games and events, and securely destroyed at the end of the season

Parent/Guardian Signature: _____ **Date:** _____

9.0 Code of Conduct

Each SLLA team is required to complete an SLLA Code of Conduct Form each season.

This form outlines the standards of behaviour and expectations for coaches, parents/guardians, and players, and supports SLLA's commitment to providing a safe, fair, respectful, and positive lacrosse environment. All individuals associated with the team are expected to read, understand, and adhere to the Code of Conduct.

Important details:

- The Code of Conduct must be reviewed by all coaches, parents/guardians, and players
- One completed form is required per team
- The form must include the required signatures confirming acknowledgement and agreement
- The completed form must be submitted by April 11th
- Forms are to be submitted by email to coaching@sylvanlakelacrosse.com

Member Conduct

1. All SLLA members will perpetuate the guiding principles of the organization without prejudice
2. All members, board members, players, coaches, volunteers, contract holders, and parents are required to read and follow the codes below.
 - a. Always be courteous and objective when dealing with others.
 - b. Refrain from unfavorable criticism of others.
 - c. Show respect for cultural, social and political values of all participants in the sport of lacrosse
 - d. Encourage and practice the concepts of fair play in a drug free sport.
 - e. If conflict arises, address the issue using the appropriate avenues provided by the Board.
 - f. Show respect for game officials, minor officials, coaches, spectators, and players always.
 - g. Strive to achieve the SLLA vision.

Parents Conduct

The sport of Lacrosse is a game of respect and teamwork. The SLLA expects every parent to follow the Parent Code of Conduct and Fair play code for parents. Some of these include but are not limited to. Parents will:

1. Be supportive and fair spectator
2. Applaud good plays by members of both teams
3. Remember that their child plays sport for his/her enjoyment, not for theirs
4. Encourage players to lay by the rules and resolve conflict without hostility or violence
5. Review the principals of the fair play code for athletes with their child

Coach Conduct

Coaches are ultimately responsible for their team, including parents and fans, players and other bench personnel. The SLLA expects coaches to follow the coaches Code of Conduct, and the fair play code for coaches. Some of these include but are not limited to. Coaches will:

1. Be a role model for all aspects of the coach's code of conduct, the fair play codes, and harassment policy
2. Be a model of the ethics and behavior expected of the players
3. Follow, teach and enforce the rules of the game at all times.
4. Ensure the safety of all athletes with whom they work. This includes monitoring behavior at all times, controlling the style of play and providing a safe environment.
5. Ensure respect between all participants. The dignity of the individual must be preserved; verbal and physical behaviors that constitute harassment or abuse are unacceptable towards players, officials, and other bench personnel
6. Never condone the use of performance enhancing drugs in any form
7. Ensure that all athletes get equal instruction, support and play time
8. Will not ridicule or yell at players for making mistakes or poor performance

Players Conduct

Players are expected to review and follow the fair play code for athletes. Some of these include but are not limited to. Players will:

1. Play by the rules, and in the spirit of the game
2. Control their temper, fighting and mouthing off as it may spoil the activity for everyone
3. Respect their teammates and opponents
4. Remember that coaches and officials are there to help and they will accept their decisions and show them respect at all times.

10.0 Player & Parent Contract

SLLA Player Contract

Each registered player is required to review and sign an SLLA Player Contract each season.

The Player Contract outlines the expectations, responsibilities, and standards of behaviour for players participating in Sylvan Lake Lacrosse Association programs. It supports SLLA's commitment to providing a safe, fair, respectful, and positive lacrosse environment, and reinforces the principles of sportsmanship, teamwork, and personal responsibility.

Important details:

- The Player Contract must be reviewed with the player to ensure understanding
- The contract must be signed by the player (and by a parent/guardian where applicable)
- A separate contract is required for each player
- The completed contract must be submitted as directed by SLLA prior to participation
- Players may not be permitted to participate in practices or games until the contract has been completed and submitted

Completion of the SLLA Player Contract confirms the player's commitment to upholding SLLA values, respecting teammates, opponents, officials, and volunteers, and following the rules and spirit of the game.

SLLA Parent / Guardian Contract

Each registered player's parent or guardian is required to review and sign an SLLA Parent / Guardian Contract each season.

This contract outlines the expectations, responsibilities, and standards of conduct for parents and guardians supporting players within SLLA programs. It reinforces SLLA's commitment to a positive, respectful, and development-focused lacrosse environment, and clarifies the role parents and guardians play in supporting athletes, coaches, officials, and volunteers.

Important details:

- The Parent / Guardian Contract must be reviewed and signed by a parent or legal guardian
- A separate contract is required for each player
- The completed contract must be submitted as directed by SLLA prior to participation
- Failure to submit a completed Parent / Guardian Contract may result in the player being ineligible to participate until requirements are met

Completion of the SLLA Parent / Guardian Contract confirms agreement to uphold SLLA policies, including expectations related to conduct, communication, dispute resolution, and respect for all participants in the sport.

Player Contract

This form is to be completed by all players.

It is the intention of this contract to promote fair play and respect for all participants within the Sylvan Lake Lacrosse Association (“SLLA”). Accordingly, all players MUST sign this contract before being allowed to participate in any SLLA lacrosse activity and must continue to observe the principles of fair play and the rules, regulations, policies and procedures of SLLA. Failure to observe the terms of this contract may result in disciplinary action being taken against the member in violation, said disciplinary action may include suspension or expulsion from SLLA. Any disciplinary action would be governed by the SLLA discipline chair and any SLLA policies that may be relevant to the matter at hand.

Players:

1. I will play lacrosse because I want to, not because someone (my parents, my friends) wants me to.
2. I will play fairly and respect the rules, the officials, my opponents, my teammates, my coaches, referee officials, spectators and minor box officials.
3. I will always give my best efforts and maintain a positive attitude in games and practices
4. I will play by the rules of the game. I will play hard but in a safe and responsible manner. I will not intentionally endanger another player in any way. I will avoid inappropriate behavior, including the use of profanity or other inappropriate language, during practices, games, and team activities.
5. I will encourage good sportsmanship from my teammates at every game and practice. I will acknowledge all good plays and performances from those of my team and my opponents. I will not badger or root against the opposing team or make negative comments to the referee or team officials from the bench or penalty box.
6. I will come to practices and games prepared with proper equipment. I will always treat personal, facilities and team equipment with respect.
7. I will help maintain order and cleanliness of dressing rooms and facilities, by cleaning up before departing and refraining from any horseplay.
8. I will observe and abide by the policies of SLLA, Central Alberta Lacrosse Association, Alberta Lacrosse Association and the Canadian Lacrosse Association
9. The use of recording devices of any kind in rooms where there is a reasonable expectation of privacy (Dressing Rooms) is strictly prohibited.

This document is to be reviewed and signed by all players, the absence of a signature does not excuse the party from the standards or consequences set out by the SLLA.

Parent(s)/Guardian Contract

This Form is to be signed by all Parent(s)/Guardians of SLLA Players

It is the intention of this contract to promote fair play and respect for all participants within the Sylvan Lake Lacrosse Association ("SLLA"). Accordingly, all parents/Guardians MUST sign this contract before being allowed to participate in any SLLA lacrosse activity and must continue to observe the principles of fair play, the rules, regulations, policies and procedures of SLLA. Failure to observe the terms of this contract may result in disciplinary action being taken against the member in violation, said disciplinary action may include suspension or expulsion from SLLA. Any disciplinary action would be governed by the SLLA discipline chair and any SLLA policies that may be relevant to the matter at hand.

1. I will not force my child to participate in lacrosse and remember that children play lacrosse for their enjoyment, not mine
2. I will try to arrange for alternate transportation if my child can't get to a practice/game on time so that they can have the necessary warm up. I will notify the coaches of any absences as soon as I become aware of them to allow coaching staff adequate time to ensure there are enough players for games/tournaments etc.
3. I will be a positive role model for my child. I will encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, referees/officials and spectators at every game, practice, or any team event. I will not use abusive language or actions and will always control my anger. I will never badger the other team or argue with their supporters
4. I will teach my child(ren) to play fairly and to respect the rules, the officials, their opponents, their teammates and their coaches according to the fair play principles of the Government of Canada (Fitness and Amateur Sport)
5. I will not be a sideline coach or referee. I will allow all coaching during the games to be done by the coaches and not by parents, guardians, or guests in the stands. I recognize officials are being developed in the same manner as players and will be supportive of their decisions during games, and that each referee will make calls they feel are appropriate to what they have witnessed.
6. I will remember that every player on the team is a contributing player. I will spread my encouragement equitably amongst the team. I will recognize initiative and integrity, always congratulate the winner, and encourage the loser. I will never harass or berate a player, coach, manager, official, or other parent on social media or otherwise.
7. I will have tactful, quiet, one-on-one discussions of any concerns with the Good of the Game representative /manager /coach(es) in accordance with SLLA guidelines. I will respect the 24-hour rule prior to approaching the Good of the Game representative / coach / manager.
8. I will respect and show appreciation for the volunteers who give their time to lacrosse for my child.
9. I will observe and abide by the policies of SLLA, Central Alberta Lacrosse, Alberta Lacrosse Association and the Canadian Lacrosse Association
10. The use of recording devices of any kind in rooms where there is a reasonable expectation of privacy (Dressing Rooms) is strictly prohibited.

This document is to be reviewed and signed by all parents/guardians, the absence of a signature does not excuse the party from the standards or consequences set out by the SLLA.

11.0 Team Fundraising

Contact fundraising@sylvanlakelacrosse.com for all your enquiries, or potential fundraising endeavours.

- No fundraising can be started until parent and SLLA have approved the team budget.
- Before approaching sponsors, contact the fundraiser coordinator to ensure companies are not approached twice. Please only consider companies you have connections with for your team. Teams are not allowed to go door to door requesting sponsorship.
- Bottle Drives – routes are given out to teams on a first come, first serve basis. It is the team's responsibility to coordinate the route with the fundraising coordinator, so that no areas are canvassed twice.

12.0 Team Budget

At your first parent meeting you will set your team budget. The team will determine their seed fees to pay for tournaments, book extra floor time, snacks, etc. If you think for the season the fees will include \$200 season end party/team building, jersey deposit \$200, coaching & team staff gifts \$200 and you have 10 athletes, then the base start-up fee per player will be \$60.00 - this is just an example. Your team is always welcome to sponsorship and donations to help cover fees for the season. Please contact the treasurer to accommodate e-transfer payments in or out of your team account. Once your team has determined your team budget for the season, you will fill out the 'Sylvan Lake Lacrosse Association Team Budget' and forward it to the treasurer@sylvanlakelacrosse.com and president@sylvanlakelacrosse.com for approval. Once approved you will collect seed fees from your team and deposit them into the bank account by April 27th.

The Association requests that you do not approach companies without reaching out to Fundraising on the Board (fundraising@sylvanlakelacrosse.com). The team is always welcome to accept sponsorship/donations from a family member's business, if you inform the Board.

During the season there are costs associated with the team, tournaments are due, gifts need to be purchased before the apparel store closes and the season ends, extra floor time, team building activities, snacks, so please pay your seed fees before April 27th. If at any point during the season that you need to request more start-up fees, then please have a team meeting for discussion and approval.

After the season is over, the treasurer and manager will go over the fees collected and the costs associated with the team. If there are any monies left over, they will be split evenly between team members and returned to the parents.

Sylvan Lake Lacrosse Association Team Budget Form to be completed and returned April 13th to treasurer@sylvanlakelacrosse.com.

Seed feeds due April 27th

Sylvan Lake Lacrosse Association Team Budget

Team: U7-1		
	Original Budget	Actuals Final
Revenue		
Parent Start Up Fee		
Other- Sponsorship/Team Donation		
Refund from Jerseys		
Total Revenue		
Expenses		
Tournament Expenses (See Tournament Tab)		
Other Administration Costs (TeamSnap, gifts, wind up, etc.)		
Jersey Deposit		
Team Snacks for tournaments/games		
Refund to Parents		
Total Team Expenses from Fundraising \$\$		
Net Budget		

Budgets discussed with team parents and brought to Association Board for approval prior to seed fees requested

*Jersey deposit is \$200 for U7

*Jersey deposit is \$350 for U9 - U17

Email to treasurer@sylvanlakelacrosse.com & president@sylvanlakelacrosse.com

13.0 Team Bank Account

Managers and Treasurers are required to complete registration in RAMP and upload a clean criminal record check per ALA policy. Once this has been done, you can go to ATB – Sylvan Lake branch - to gain signing authority on your team bank account. When you attend the branch, you must bring a copy of the team meeting minutes that formally appoint the Manager and Treasurer. Managers and Treasurers do not have to go to the branch together. These minutes must be signed by the parents at the start up parent meeting to confirm approval of the appointments. Once you have been to ATB, please contact the Treasurer at treasurer@sylvanlakelacrosse.com to arrange a time to obtain your cash receipt book, deposit books and cheques for your team bank account. At this meet up, you will also sign your Jersey/Equipment deposit cheque and any tournament fee reimbursement cheques. These cheques will not be cashed until the team has had a chance to complete their fundraising.

Do not collect seed fees from families until you have received your folder from the treasurer. For audit purposes, CASH must have a written receipt, and no team related funds can go through personal bank accounts. No exceptions! Currently, we do not accept e-transfers for seed fees, cash and cheques only.

At the end of the season once your Jersey/Equipment have been returned you will receive your refund into the team account, then all remaining team funds need to be dispersed by July 31st, or the funds remaining in the team account will be forfeited to the association. If you refund cash, you need to write a receipt and have the parent sign the receipt. The treasurer folder then needs to be turned in including the deposit book, cash receipt book and any remaining cheques. You can place it in the black drop box at the Nexsource and then let the treasurer know that you have done so. Please feel free to reach out if you have any questions or concerns treasurer@sylvanlakelacrosse.com.

Team Bank Account Information

Meeting Minutes

U7-1 Sylvan Lake Lacrosse Team

Date:	Time:	Location:
-------	-------	-----------

Motion: _____ Seconded of the motion: _____

The U7-1 Sylvan Lake Lacrosse Team authorizes the opening of a bank account at ATB Financial. The following individuals are appointed as signing authorities on the account, including authorized to sign on behalf of the team for all banking matters.

Position	Print Name	Signature
Team Manager		
Team Treasurer		

Vote:

All in favour: _____

Anyone opposed: _____

Position	Print Name	Signature
Chair (Team Manager)		
Secretary		

Team Members Initials

Quorum confirmed: Yes No

14.0 Season Timeline

April 10 – First floor time at the Nexsource

April 18-19 – U7/U9 Red Deer Festival

April 22 – Photo Day – Nexsource

May 9-10 – U7/U9 Innisfail Terror of the Tykes

May 15-17 – May Long Blocked League (no games)

May 23-24 – U7/U9 Blackfalds Festival

May 22-24 – U11/U13 War on the Shore Tournament – Nexsource

May 30-31 – U7/U9 Pirates on the Shore Festival – Nexsource

June 13-14 – U7/U9 Stettler Wind Up

April 25 – Sasquatch game 6pm-8pm

May 2 – Yeti game 12pm-2pm

May 3 – Yeti game 9:30am – 11:30am

May 9 – Sashquatch game 3pm – 5pm

May 9 – Yeti game 6pm-8pm

May 10 – Yeti game 11am – 1pm

June 6 – Sasquatch game 3pm – 5pm

June 6 – Yeti game 6pm – 8pm

June 7 – Yeti game 2pm – 4pm

June 13 – Yeti game 3pm – 5pm

June 13 – Sasquatch game 6pm – 8pm

June 14 – Sasquatch game 11am – 1pm

June 14 – Yeti game 2pm – 4pm

June 20 – Yeti game 3pm – 5pm

June 21 – Sasquatch game 2pm – 4pm

June 21 – Yeti game 5pm – 7pm

July 4 – Yeti game 3pm-5pm



15.0 U7 Rules

REGULATION 5 – RULES OF PLAY

5.01 Rules of play shall be those of the ALA Lacrosse Rules for the current season, with the exception of the CALL Regulations and/or Rules as adopted by the Association.

5.02 When there is a 10-goal difference at the halfway point of the game, the coach of the trailing team has the option to request the teams swap players or goalies. The game will be awarded to the team with the lead, and the score at that time will be recorded on the game sheet. Penalties will still be recorded, and players are subject to the rules and any suspensions that may occur during the remainder of the game.

5.03 CALL League games will end in a tie.

5.04 There is no drop clock in CALL League play.

5.05 Game Length



Central Alberta Lacrosse League Time Clock Rules (There is no Drop Clock within CALL)

Division	Allotted	Warm Up	Period 1	Period 2	Period 3	Per. Break	Clock Rules
U7	1 hour	5 min	12 min	12 min	12 min	2 mins	Run Time
U9	1 hour	5 min	12 min	12 min	12 min	2 mins	Run Time
U11	1 hour	5 min	15 min	15 min	15 min	2 mins	Run Time
U13	1 hour	5 min	15 min	15 min	15 min	2 mins	Run Time
U15	1 1/2 hour	5 min	15 min	15 min	15 min	2 mins	Stop Time *
U17	1 1/2 hour	5 min	15 min	15 min	15 min	2 mins	Stop Time *
In U9 last 5 min third period stop time In U11 and U13 last 2 min third period stop time							
*Clock will only stop for goals, penalties, and time-outs, except for the 6 goal differential rule.							
(Clock will restart when game comes within 4 goals) Fall back rule applies in U7 and U9							
During run time all penalties run at normal designated time (Minor 2 min, Major 5 min, Misconduct 10 min etc)							

CALL No Longer allows music during game play, only warm up and intermission
Timeouts are 45 seconds and each team is allowed one per game

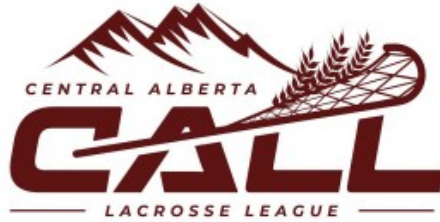
5.06 In U9, U11 and U13 each game or period will be played as run-time. Run time is defined as straight play except for time outs or goalie water breaks

[World Lacrosse Box Lacrosse Rulebook](#)

In U7, LTAD Option X will apply. Individual organizations will decide whether to use a goalie (based on number of players, availability of equipment, etc.)

In LTAD Option X, the following shall apply in addition to LC Rule book:

- Shift on the fly.
- Soft ball is used.
- Fall back rule applies



U7 Rules

Long Term Athletic Development Program

- 1. Have FUN!**
- 2. Introduce skills**
- 3. Learn basic rules**
- 4. Fair Play**
- 5. Physical activity**
- 6. Play agility games**

Coach Certification: Community Development (Comm. Dev.)

Parents: Praise efforts, not results; be positive, praise performance of both teams, do not yell instructions, volunteer!

Equipment: Full Equipment - CSA approved helmet and face mask, shoulder pads, arm pads, gloves, kidney protection, (*mouth guard-optional*), Athletic support cup (jock or jill), lacrosse stick. Soft lacrosse balls (or inter- lacrosse balls) will be used for the U7 program. Volleyball knee pads are optional.

Player Development: Introduce the basic skills of the game and provide an enjoyable learning experience which will allow children the ability to progress into future levels. Teaching basic lacrosse skills will be achieved through a variety of drills and games. Each child will be on the floor for a practice each week for approximately 12 weeks. U7 players are scheduled to play up to 6 games (in Festival format) over the season. The program will consist of the following:

Skills and Drills:

- 1. Ball Pick Up** - *trap and scoop, scoop from a stationary position, scoop while running.*
- 2. Cradling** - *stationary, walking, running*
- 3. Loose Ball** - *Coach throws the ball into the corner of the arena, the players run to pick it up, one player at a time, and one-on-one*
- 4. Throwing** - *coaches will teach the player how to throw the ball properly, over hand passes, simple passes and shooting.*
- 5. Catching** – *simple passes, with emphasis on stopping the ball, trying to catch!*
- 6. Shooting** – *stationery and game play shooting at the net*



Long Term Athletic Development Program (pg. 2)

Game Format:

1. A score sheet (provided by the home team, as listed on the schedule) is filled out at the beginning of each game, including **game number, date, start time, club, players and coaches names and signatures. No score is recorded or displayed.** Home team (as stated on the Game Schedule), will supply one score box worker for each game. And upon game completion will **scan and email the score sheet to admin@centralalbertalacrosse.com**
2. Games will be played with the soft pink/blue practice ball, **on half floor**, 3 on 3 format, with no goalies used. The Goals will be the 3x3 version, and a collapsible net may be used at U7. No Shot Clock is used.
3. The duration of the game shall be three 12-minute run time periods, change on the fly (no buzzer for player changes) with a 5 min warm up and 2-minute breaks between periods. Each period starts with a face off.
4. There will be no goaltenders.
5. Play starts with a face off then it is a possession change after each goal.
6. A defensive player may check an opponent by using equal pressure or placing their stick head on the opposing player's stick head. There is no body checking.
7. Any offensive player (including the ball carrier) who charges directly at a defensive player, will see play stopped, with the coach on the floor explaining the infraction to the offender and the opposing team being awarded the ball.
8. The modified (CALL) fall back rule will be used (see below).
9. One coach from each team shall be on the floor to instruct players and act as officials.

The CALL Modified U7 - U7 Fall Back Rule Explained:

- Applies whenever a goal is scored.
- All opposing players must clear out to the neutral zone (half floor) before they can re-enter the offensive zone.
- If the opposing team fails to clear all players to the neutral zone before reentering, the play will be stopped, and possession will be awarded to the **goalkeeper (player closest to net)** again.
- The officials/coaches shall ensure that all opposing players are in the neutral zone before restarting play.
- **Goalkeeper** shall be encouraged to pass the ball to a teammate OUTSIDE the 24' arc (as there are no lines; so within reason.)

(U7 Fall Back Modifications are made as there are no designated goalies, no 24' lines, nor lines for neutral zone. But the idea is to get the players used to clearing to the neutral zone once a goalie gains possession of the ball.)

Modified by:
. Feb 21, 2026

16.0 2026 Rule Change

[ALA Regulations](#)

[CALL Regulations](#)

Regulation 9.04 was revised so that the “drop clock rule” does not apply to the last 5 minutes of a medal game in a tournament, a playoff game or a provincial championship game.

Regulation 10A.2.02 was revised to require smaller nets for U7 and U9 Field Lacrosse.

Regulation 6.03.1 was revised to exempt 4v4 tournaments carried on under the ALA Regulations from the maximum number of games and games rest in a single day.

Regulation 6.03 was revised and Regulation 6.03.2 was added to increase the notice required for a tournament schedule to provide to the ALRA and increase the notice required to provide tournament schedules and add cancellation as a possible consequence of a tournament schedule being egregiously late.

Regulation 14B.01 was revised to increase the financial consequences of late tournament schedules.

Regulation 12C was significantly revised to provide a clearer description of when conduct in and around the watching of ALA games and activities will be considered inappropriate and empowering members to ensure spectators and parents are behaving appropriately.

Regulation 5A.01 was revised to clarify rules surrounding Team Alberta and affiliations to major lacrosse.



LACROSSE CANADA
CROSSE CANADA

2026 LC Modifications 2.0

U7

Faceoffs:

- No faceoffs after goals.
- Faceoffs occur only at the start of each period to maintain game flow and maximize playing time.

Dotted Line Guidance:

- The dotted line is a teaching tool, not a defensive boundary or restricted zone. (All ages)
- Coaches and officials should reference the Place & Push resource materials for proper application and instruction.

U9

- Removal of crease cylinder.
- No crease diving.
- Crease remains active:
- Defensive players may pull back into the crease.
- Offensive players may pull back out, but cannot swat the ball into the net.
- Bigger objective: encouraging the development of active, engaged goaltenders, rather than defaulting to size-based selection.

U11 – U13

- No cylinder.
- No crease diving.
- Crease remains active during loose-ball play.
- 10 seconds over half while shorthanded

U15

- No cylinder.
- Crease diving permitted.
- 10 seconds over half while short handed

U17 – U22

- No cylinder.
- Crease diving permitted.
- 5v5 sudden-victory overtime periods
- 10-second over-half count while even
- 10-second over-half count while shorthanded

Junior Women (U22), Junior Men A, B, C, Senior A, B, C, WMSL/Women's Senior

- No cylinder.
- Crease diving permitted.
- 3v3 sudden-victory OT for all non-playdown games.
- 5v5 OT during playdowns and playoffs.
- Officials discretion when Goaltender is hit in the facemask with a ball. NOT an automatic whistle. Safety remains a priority.
- WMSL to Senior A: 8-second count over half

17.0 Equipment – Player & Goalie

Information for goalie equipment pick up and drop off

Information for jersey pick up and drop off



CLA Approved Equipment - Sticks, Balls, and Nets

Sticks

- Women's field lacrosse sticks must comply with World Lacrosse regulations.
- Approved sticks and pockets must be listed under the [World Lacrosse Women's Approved Crosses & Pockets List](#).

Approved Ball Manufacturers

Only balls from the following manufacturers are permitted in sanctioned play:

Warrior/Brine

Northern Amerex – STX/Cardinal

Harrow

GAIT

Signature Lacrosse

Ball Boys (Velocity and Union)

Net Requirements

- All box lacrosse nets must meet Lacrosse Canada's official specifications.
- The term "nets" includes both the goal frame and mesh.
- Approved net sizes include [3'x3'](#), [4'x4'](#), and [4'x4'6"](#).

Goalkeeper Equipment

The Goalkeeper Exemption form has been changed using height-based criteria. Equipment manufacturers make equipment based on height and weight specifications. Adjustable straps on equipment ensure that the athlete has a safe and proper fit to their equipment.

Using these criteria, the expectation is that there will be fewer exemptions required as the athlete’s equipment is based on their height rather than their age category.

The Equipment Chart (12.10) below from the Lacrosse Canada Operations Manual outlines the height specifications for each piece of equipment and category. If the standard equipment is too big for a goalkeeper, they may go down a size without requiring approval from the Lacrosse Canada Equipment Review Committee.

CHEST AND ARM PROTECTORS

LACROSSE CANADA GOALTENDER EQUIPMENT STANDARD	HEIGHT	MAX. WIDTH OF PADDING OUTSIDE OF ARM ON EACH SIDE	MAX. WIDTH OF ARM PADDING	MAX. THICKNESS ABOVE SHOULDER PLANE
3	5’5” and above	4”	8”	3”

CHEST AND ARM PROTECTORS

LACROSSE CANADA GOALTENDER EQUIPMENT STANDARD	HEIGHT	MAX. WIDTH ACROSS SHOULDERS	MAX. WIDTH OF ARM	MAX. THICKNESS ABOVE SHOULDER PLANE
2	4’7” - 5’4”	25”	7”	1.5”
1	Up to 4’6”	20”	6”	1”

****Note: Shoulder caps must be anchored**

SHIN GUARDS AND PANTS

LACROSSE CANADA

GOALTENDER EQUIPMENT STANDARD	HEIGHT	SHIN MAX. BELOW KNEE	GUARD WIDTH	SHIN MAX. KNEE CAP	GUARD OF	PANTS MAX. THIGH WIDTH
3	5'5" and above	Tapered from 9" to 7"		11"		11"
2	4'7" - 5'4"	Tapered from 8" to 5"		9"		9"
1	Tyke- Novice	Tapered from 7" to 4"		7"		7"

Goalkeeper Equipment

Equipment Standards

- Goalkeeper gear must be sized based on height, not age category, to ensure optimal protection.
- Adjustable straps must be used to provide a secure and proper fit.
- If standard equipment is too large, goalkeepers may size down without requiring approval.

Exemption Approval Process - [2026](#)

In cases where standard equipment does not fit safely, goalkeepers may request an exemption:

1. Submit a [Goalkeeper Equipment Exemption Form](#) with height measurements and photos.
2. The form must be approved by the Lacrosse Canada Safety & Equipment Review Committee.
3. Approved exemptions must be carried by the goalkeeper at all games.
4. The annual deadline for exemption requests is May 31.

Important: There is no appeal process for exemption decisions.

How to Measure Goaltender Height

1. Have tape measure fixed to wall, showing full view from floor to above the athletes' head.
2. Goaltender must be in shorts, T-shirt and bare feet.
3. Goaltender stands up straight with heels against wall, head level.
4. A ruler is used to measure straight from the top of the athletes' head.
5. Pictures need to be full view from head to toe of the athlete with the measurement clearly visible.

Form: [Goalkeeper Equipment Exemption](#)

Helmets and Facemasks

Helmet Options for Players

Players must wear one of the following approved helmet configurations:

- CSA-approved hockey helmet + CSA-approved hockey facemask
- CSA-approved hockey helmet + CSA-approved lacrosse facemask

Approved Lacrosse Facemasks

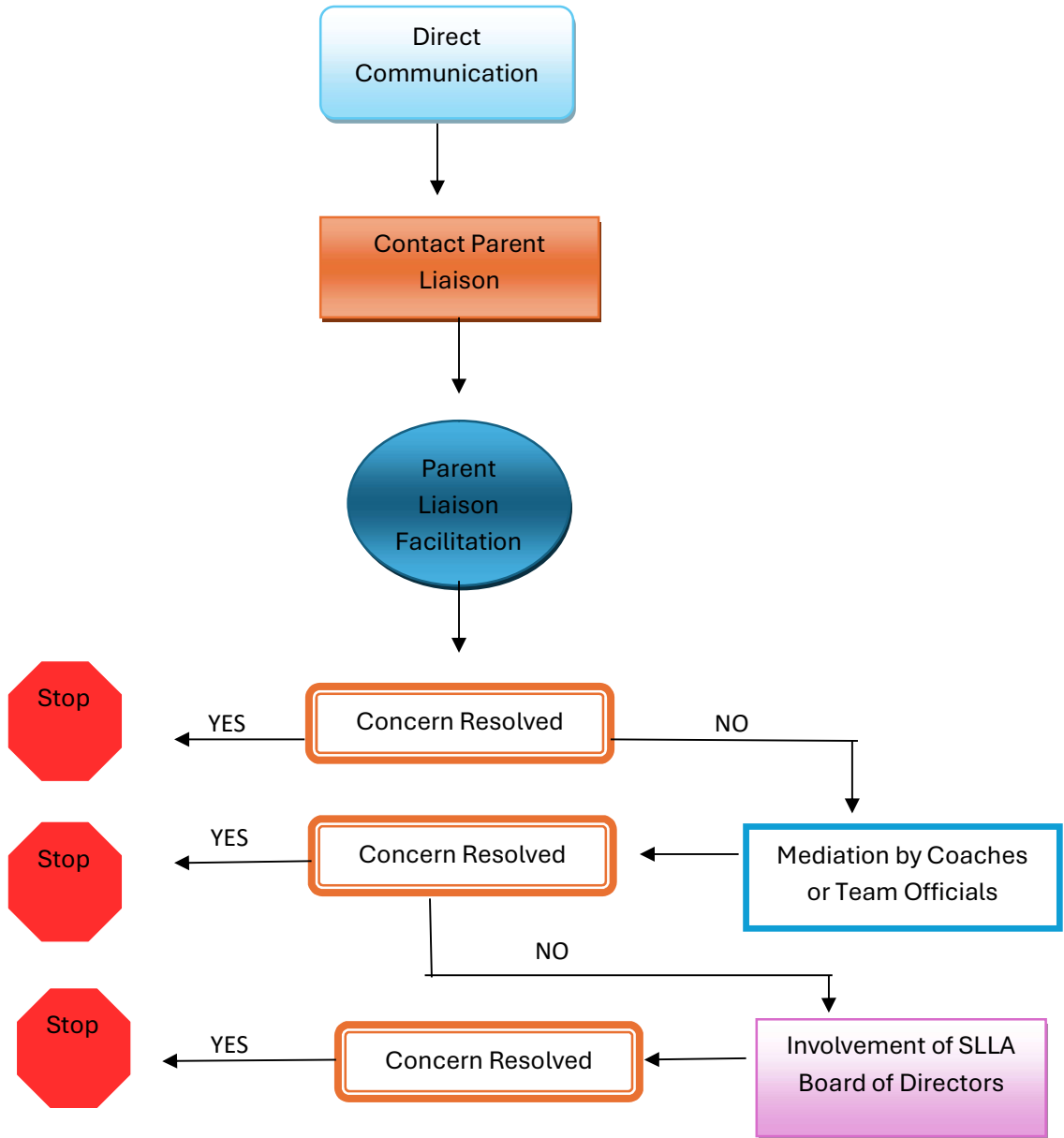
Only the following CSA-approved facemasks are permitted:

- Under Armour Model UA V96 (Jr. & Sr.)
- Under Armour CLA Mask (Jr. & Sr.)
- Marty O'Neill MX-13 (Jr. & Sr.)
- OTNY (Jr. & Sr.)
- Gait G7 (Jr. & Sr.)
- Warrior Fatboy (Jr. & Sr.)

18.0 Dispute Resolution Process

See Dispute Resolution Process in Policy & Procedure Manual

Flow Chart



19.0 CALL Discipline

Dear: Coaches & Managers

The primary purpose of the Discipline Committee is to enforce the decisions made by our officials pursuant to the CLA rules of play.

The following is the Discipline and Suspensions criteria that all Teams must follow when dealing with their players. It is the team's responsibility to track and record suspensions appropriately.

It is the club responsibility to ensure the suspensions are being served. If not recorded on the game sheet they are not counted towards time served. Team management is required to make sure players suspensions are recorded.

The Players Name and game(s) associated to that suspension ie: 1 of 3

All suspensions are required to be written under Game notes in the centers of the Game sheet. This includes players, coached and parents. Make sure these game sheets are emailed into the CALL Office admin@centralalbertalacrosse.com **even if you are the losing team to make sure the suspensions are recorded.**

Any team who uses a player who is suspended will forfeit all team and player points gained in the games played with the suspended player. If a team is in doubt if a player is under suspension, they should have this cleared up with the CALL. You can contact the CALL Office to find out time served status via email to discipline@centralalbertalacrosse.com.

A suspension status report, if further suspension is given, will be sent to coach and/or manager and Club President, once a decision has been rendered.

All suspensions not served at the end of the season must be then served in the following season at whatever level/league you play that season.

Our jurisdiction to dispense discipline is derived from the by-laws and regulations of the CALL noted below along with the process for how hearings should they arise by necessary.

We will notify appropriate team officials should your presence be required at a hearing.

A SPECIAL NOTE WITH RESPECT TO OFFICIALS ABUSE

Discipline dispensed with respect to officials abuse verbal or otherwise after hearing from the relevant parties will be sever in the event the facts of the incident warrant same. There is no room in our game for officials abuse by players, coaches, and/or fans of the game. They will be dealt with severely. Do not be the precedent setting example.

STANDING COMMITTEES

The members of the Standing Committees, the Chairs of the Standing Committees, and the Referee in Chief, shall be appointed by the Board of Directors annually.

8.01.12 DUTES AND DESCRIPTIONS OF STANDING COMMITTEES

8.01.12.1 Discipline/Appeals Committee

Composed of appointees from each of the Member Clubs (one appropriate each). To rule on disciplinary issues submitted to the Committee pursuant to CALL of ALA or CLA rules and complaints against any member of the CALL. The chair or his or her delegate, when requested, shall also interpret CALL or ALA or CLA rules when the issue relates to disciplinary action.

The Committee shall also act as an Appeals Committee to hear appeals from anyone who complains of a decision made by that persons club or team (in the case of a Member Team) and to hear appeals pursuant to Bylaw 8.02.3 (e) and (f)

20.0 Regulation 12 – Automatic Suspensions

REGULATION 12A – AUTOMATIC AND OTHER SUSPENSIONS (MINOR BOX)

The ALA establishes the following suspensions, including automatic suspensions under Bylaw 10.01.4 from which there is no appeal. These suspensions are in addition to, and may vary from, the WL Rules of Play and in any discrepancy between these Regulations and the WL Rules of Play, these Regulations govern.

In this regulation, “committee,” in the case of a game being played outside of the boundary of the LGB of the involved offender or a game being played in an ALA or other LC Member Association sanctioned tournament shall mean the Governing Body and / or Tournament Discipline / Appeal Committee.

In the case of the ALA Provincials “committee” shall mean the ALA Provincial Discipline / Appeals Committee.

Otherwise, inside the boundary of the offender “committee” shall mean the Discipline / Appeals Committee of the LGB.

AUTOMATIC SUSPENSIONS

12A.01 Any individual given a Game Misconduct or Gross Misconduct for breach of Rule 4.1.2 (Treatment of Officials) or 8.33 (Abuse of Officials) or any other behaviour that is abusive toward officials will be treated as if they received an automatic MATCH PENALTY with the individuals being suspended from further ALA sanctioned activities with such incident being referred to committee and the individual remaining suspended until the committee directs otherwise.

12A.02 MATCH PENALTY will result in individual being suspended from all ALA sanctioned activities. An incident report will be immediately filled out and sent to the committee.

12A.03 GROSS MISCONDUCT will result in an automatic MATCH PENALTY with the individual being suspended from all further ALA sanctioned activities and the incident referred to committee.

12A.04 RECKLESS AND ENDANGERING PLAY Any individual assessed a Match Penalty as defined in WL Rules of Play 7.6 or for any of the infractions in Rule 8.3 which may result in a Match Penalty being called is suspended from all further ALA sanctioned activities and the incident is referred to committee for review.

12A.05 MISCONDUCT OFF PLAYING FLOOR will result in the individual being suspended from all further ALA sanctioned activities and the incident is referred to committee with the individual remaining suspended until the committee directs otherwise.

12A.06 GAME MISCONDUCT will result in individual being suspended for the remainder of the game, immediately leave the venue or go to the dressing room. All coach game misconducts are subject to referral to Discipline.

12A.07 2nd GAME MISCONDUCT IN THE SAME GAME will be referred to committee with the player remaining suspended until the committee directs otherwise.

12A.08 CHECKING FROM BEHIND a player will receive a double minor penalty - or - a major penalty and a game misconduct – or – a MATCH PENALTY.

12A.09 ABUSE BY FANS as perceived by a referee, Tournament Chair, or other ALA Executive Committee Members, will result in having the referee have the coach ask his/her “fan” to immediately remove him/herself from the arena and not to return for the remainder of the game. The game will not resume until said fan is completely removed from the arena. If the fan refuses to leave within a reasonable time, the team to which the fan is related will forfeit the game. Such removal and/or forfeit shall be noted on the game sheet and an official game report shall be forwarded to the LGB. An incident report will be sent to the committee.

12A.1.01 FIGHTING AND RELATED OFFENCES Any player assessed a penalty under Rule 8.18 related to fighting will be suspended a minimum of one game and referred to the committee for further review.

12A.1.06 SPEARING Any player receiving a Match Penalty for spearing under Rule 8.5 will receive at least an automatic 2 games suspension and referral to committee for possible longer suspension. If a Match Penalty for a spear, even if only an attempt, is assessed, the automatic suspension described above shall apply.

12A.1.07 BUTT ENDING Any player receiving a Match Penalty for butt ending under Rule 8.3.1 will receive at least an automatic 2 games suspension and referral to committee for possible longer suspension. If a Match Penalty for a butt end, even if only an attempt, is assessed, the automatic suspension described above shall apply.

12A.1.08 KNEEING/KICKING Any player receiving a Match Penalty for kneeing or kicking under Rule 8.21 will receive at least an automatic 2 games suspension and referral to committee for possible longer suspension. An attempt to kick may be considered by the referee as a kick under Rule 8.21 and the penalty assessed under that section will be as per the referee’s discretion as set out in that Rule. If a Match Penalty for a kick, even if only an attempt, is assessed, the automatic suspension described above shall apply.

12A.1.1.02 REFUSING TO START PLAY

- With both teams on the floor, after the game has started, a team for any reason refuses to play after being ordered to do so in accordance with Rule 5.5 of the WL Rules of Play, the designated Head Coach for that team shall receive a minimum six (6) game suspension from which there is no appeal.
- If prior to the start of a game or period, a team fails to begin play in accordance with Rule 5.5 of the WL Rules of Play the designated Head Coach for that team shall receive a minimum six (6) game suspension from which there is no appeal.
- The six (6) game suspensions referred to in subsections (a) and (b) shall begin immediately following the game in which the team refused to start play.
- The circumstances involving the suspension of the aforementioned Head Coach shall automatically be referred to the ALA Discipline and Appeals Committee in the form of a complaint pursuant to section 10.01.5 of the ALA Bylaws. Once referred, and should it deem necessary, the ALA Discipline and Appeals Committee may conduct a hearing in accordance with the Bylaws and Regulations of the ALA so as to determine whether further sanction and direction is warranted.
- The ALA Discipline and Appeals Committee may sanction any other Team Official of that team which refuses to start play in a manner determined by that Committee, but only after conducting a hearing in accordance with the Bylaws of the ALA.

21.0 Cross Checking in Lacrosse



CROSS-CHECKING IN THE GAME OF BOX LACROSSE

The cross-check in the game of box lacrosse is a legal play. Rule 40 of the CLA Rulebook states:
 "A legal cross-check shall be defined as a check applied with the portion of the stick held between the hands, on an opponent:

- From the front or side
- Below the shoulders
- Above the waist
- The extension of the arms while the check is being delivered is permissible."

The game of Box Lacrosse allows the cross-checking of players with the ball and without the ball. In Pee Wee and younger, the non-ball carrier can only be cross-checked inside the dotted line. In Bantam and older, the non-ball carrier can be cross-checked in the defensive zone.

The purpose of Rule 40 is to provide the guidelines of what is a legal and an illegal cross-check. The game of lacrosse is a physical game and the rules are in place to ensure fairness and player safety.

The cross-check is a skill that is part of playing defense. From a coaching perspective, it is critical that we teach players to play defense first. To know where the ball is, where the opposing player is, and how to prepare to help a teammate. A defender uses the cross-check on the ball carrier to stop the opposing player from getting into the prime scoring areas. A defender uses the cross-check on the non-ball carrier to stop the opposing player from advancing into the prime scoring areas to receive a pass. For example, if a non-ball carrier cuts through the middle of the floor, the defender can cross-check that player to deter their path towards the net.

The "Clear the House" mentality of playing defense needs to stop! Excessive force on the non-ball carrier is illegal and is a penalty. The referee has the discretion on whether a player is defending their zone or using excessive force against an opponent. Players need to use the cross-check as part of their defensive strategy, not in an attempt to hurt or intimidate opposing players.

Coaches can make a significant difference in the game by understanding the purpose of cross-checking, in its function and its implementation in the sport. The game of Box Lacrosse is inherently physical, it is why many people love the sport. The speed and contact make it a great game to play and watch. However, it is important to play the game within the rules, in order for the game to be safe for all participants.

22.0 Affiliation

REGULATION 12 – PLAYING IN A HIGHER DIVISION – AFFILIATION

12.01 Players may play a maximum of six (6) games per season in a higher division (which includes regular season play and CALL Championship Tournaments, but not exhibition games) to be reviewed annually. However, a player may play an unlimited number of games in a higher division once their team in their own division has concluded its regular season and CALL Championship Tournament. The CALL Executive Committee may make exceptions to this rule provided there is compliance with ALA rules and that those players register with a team in their age division.

12.02 Teams may affiliate to a maximum of eighteen (18) players and two (2) goalies. Any affiliate goaltenders must be dressed as goaltenders. Teams may carry a maximum of two (2) goalies. All affiliates must be drawn from the same club and in a lower division. U9 teams are permitted to affiliate first-year U9 players.

12.03 Club teams without a division below may affiliate from another team in their Local Governing Body. Players may not be affiliated if a conflict with their normal team exists. All players' first obligation is to their regular club team. Teams may affiliate from a lower division in another club within CALL, with executive approval prior to each game.

12.04 At no time will an A-tiered player be allowed to affiliate to a B or open team within CALL. This includes league play, exhibitions, or playoffs.

12.05 Girls residing in CALL but playing in the B Division Girls league (within another LGB) may be affiliated to the same level parity box team in CALL.

12.06 For U7 and U9, any coach may request the opposing team to share players in the interest of fair play.

12.07 All affiliations must be requested via email from the requesting team's head coach to the affiliate team's head coach. Should the affiliate's head coach approve the affiliation, they will then reach out to the parents of the said affiliate. It is the responsibility of the affiliate's head coach to track the number of affiliations and send each request to their club's designated board member.

23.0 Festivals

U7 and U9 Festivals are designed to give our youngest athletes a fun, development-focused experience. These events emphasize skills, drills, teamwork, and confidence-building, with a low-pressure environment that helps players fall in love with the game.

Festival Schedule

There are six Festivals scheduled throughout the season. All Festival dates are listed in the Season Timeline.

- Each Festival is a one-day event held on a weekend
- The Stettler Wind-Up Festival is the only exception and will run over two days, with games scheduled on both days

Games & Activities

Festival games and activity schedules will be posted on the SLLA website under “Games.” Managers should remind families to check the website regularly for updates and game times.

Focus on Fun

The primary goal of these Festivals is simple: Create a positive, energetic, and enjoyable experience for our youngest players. Managers help support this by keeping communication clear, encouraging families, and promoting a fun-first atmosphere.

24.0 Pirates on the Shore

Our Pirates on the Shore weekend is one of the most exciting events of the season for our U7 and U9 athletes. Because these divisions participate in festivals rather than tournaments, the focus is on creating a fun, memorable, and engaging experience for our youngest players — and that only happens with the help of dedicated volunteers.

To make this weekend truly special, we rely heavily on parent and community involvement. In previous years, families have helped bring the festival to life with activities such as bouncy castles, goodie bags, pirate-themed games, and prize giveaways. These elements make the event unforgettable for the kids, and we want to continue building on that tradition.

We are always looking for enthusiastic volunteers to help plan, organize, and run the festival. Whether you can assist with setup, activity stations, decorating, prize coordination, or general event support, your contribution makes a huge difference. Even a small amount of time helps create a magical experience for our young athletes.

Getting involved is a great way to support the team, meet other families, and be part of a fun, high-energy weekend that the kids look forward to all season.

Committee:

Name	Position	Phone #	Email
	Coordinator		
	U7-1 Rep		
	U7-2 Rep		
	U7-3 Rep		
	U9-1 Rep		
	U9-2 Rep		
	U9-3 Rep		

25.0 Time Clock Rules



Central Alberta Lacrosse League Time Clock Rules (There is no Drop Clock within CALL)

Division	Allotted	Warm Up	Period 1	Period 2	Period 3	Per. Break	Clock Rules
U7	1 hour	5 min	12 min	12 min	12 min	2 mins	Run Time
U9	1 hour	5 min	12 min	12 min	12 min	2 mins	Run Time
U11	1 hour	5 min	15 min	15 min	15 min	2 mins	Run Time
U13	1 hour	5 min	15 min	15 min	15 min	2 mins	Run Time
U15	1 1/2 hour	5 min	15 min	15 min	15 min	2 mins	Stop Time *
U17	1 1/2 hour	5 min	15 min	15 min	15 min	2 mins	Stop Time *
In U9 last 5 min third period stop time In U11 and U13 last 2 min third period stop time							
*Clock will only stop for goals, penalties, and time-outs, except for the 6 goal differential rule.							
(Clock will restart when game comes within 4 goals) Fall back rule applies in U7 and U9							
During run time all penalties run at normal designated time (Minor 2 min, Major 5 min, Misconduct 10 min etc)							

CALL No Longer allows music during game play, only warm up and intermission
Timeouts are 45 seconds and each team is allowed one per game

26.0 Game Sheet Instructions

A score sheet (provided by the home team, as listed on the schedule) is filled out at the beginning of each game, including game number, date, start time, club, players and coaches' names and signatures. No score is recorded or displayed. Home team (as stated on the Game Schedule), will supply one score box worker for each game. And upon game completion will scan and email the score sheet to admin@centralalbertalacrosse.com

27.0 Yeti/Sasquatch

Our U7 to U15 athletes have the exciting opportunity to participate as Jr. Yettis and Sr. Sasquatch during the home games of the Sylvan Lake Yeti and the Sylvan Lake Sasquatch. This program gives our minor players a chance to step onto the floor with our older athletes, experience the energy of a real game day, and build meaningful mentorship connections that inspire confidence and love for the sport.

What the Players Get to Do

Our U7-U9 teams

- These teams will sign up as a team to attend either a junior or senior home lacrosse game. Players from the teams will participate as follows:
- Participate in a mini-game during intermission when team numbers allow
- Participate during the intermission to shoot on the junior or senior goaltenders
- Stay and watch the game afterward to cheer on their mentors

Our U11-U15 players

The players from these age groups will be able to submit their names into a draw to be a “ball boy or ball girl” for the junior and senior games. Those players who are selected will be on the floor during the team warm up to help been the balls do either end of the floor. They will help pick up all the balls off the floor prior to the game start.

Ball boys/girls will be able to wear a team jersey while they are on the floor with the team. They will remain on the floor with the team during the national anthem and be included in the team huddle prior to the game. They able to stay and watch the entire game.

As time permits, the junior & senior teams will try to get a team photo with the participants on game day.

What to Wear

The U7-U11 teams will be assigned a dressing room for the team to change in. They must wear full gear while on the floor and they will wear their own team jerseys.

The U9-U15 for ball boys/girls must wear helmet, gloves and appropriate running shoes and have their stick. Team jersey will be supplied to the players to wear.

This is a truly special experience for our youngest athletes. Being on the floor with older players builds confidence, excitement, and a sense of belonging. The mentorship they receive—simply by being included—is powerful. It shows them what they can grow into and strengthens the connection between all levels of our lacrosse community.

This program is always a highlight of the season, and we encourage all eligible players to take part. It’s fun, memorable, and an incredible way to grow their love for the game.

Players can sign up individually or as a full team by contacting:

president@sylvanlakelacrosse.com

Dates are available on the season timeline in this binder.

28.0 Medical/Injuries

Please see attached.

29.0 Checklist

Season Start Up Manager's Checklist

- Parent meeting first night of practice at Nexsource – Team Jobs to be filled
- Volunteer cheques (\$200) – due April 13th to managers – return cheque at the end of the end once Volunteer Tracking Form is returned
- Volunteer tracking forms distributed
- Volunteer Forms collected – to be emailed at the end of the season, once all collected email to coaching@sylvanlakelacrosse.com
- 2 books of raffle tickets for each athlete – due June 1st to the Board
- Team jobs form completed and emailed to registrar@sylvanlakelacrosse.com
- Medical form distributed, collected and to be brought to each game
- Player/parent contracts to be completed and returned to registrar@sylvanlakelacrosse.com
- Team budget form to be completed and returned April 13th to treasurer@sylvanlakelacrosse.com
- Team start-up fee to be collected by April 15th – include goalie equipment deposit – a portion will be returned once all equipment has been accounted for
- Manager and Treasurer make appointment with ATB – Sylvan Lake for team account
- Apply for tournaments ASAP – max 2/season
- Coaches, assistants & managers update their membership on RAMP
- Game sheets handed in at the end of the season (white copies)
- SLLA equipment turned in & cleaned including balls, 1st aid kits, jersey's, ets
- Equipment deposit returned from the board
- Bank accounts closed by August 1st - manager & treasurer
- Refund monies back to parents, if any left over

Parents Meeting Checklist:

- Hand out parent forms. Medical forms, code of conduct ect.
- Review parent forms and have parents turn in completed forms.
- Appoint team positions (see sheet provided)
- Email team position list to registar@sylvanlakelacrosse.com
- Fill out a signors sheet to allow treasurer and manager access to bank accounts at ATB. Must be signed by all parents.
- Manager update RAMP to show new position

Coach Checklist:

- Criminal record checks turned in
- Online coach course complete
- Registered for in person coaching course if not already complete
- Fill out proxy form and turn in to SLLA president
- Update RAMP to show coaching position

Fundraiser Checklist:

- Apply for bottle drive route by emailing fundraising@sylvanlakelacrosse.com
- Email fundraising@sylvanlakelacrosse.com to pick up association raffle tickets
- Collect SLLA raffle tickets and return to SLLA fundraising coordinator

Treasurer Checklist:

- Use the attached budget template to set a budget with the help of a manager and coach. Parents must review and sign budget sheet and send into President and Treasurer by April 13th
- Equipment deposit of \$350 is mandatory. Due by April 18th.
- Set seed fee amount and collect seed fee money from parents by April 18th
- Collect volunteer cheques from parents (will be returned at end of season as long as volunteer hours are completed)
- Refund money back to parents at the end of season if available.
- Close bank accounts by Aug.1st any left over funds in account will be donated to the association.