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Within the front pocket of binder –

Lacrosse Canada age and stage modifications if available and Blank Game sheet templates. The rules book can also be found at: <https://lacrosse.ca/rulebooks/>

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# Wheatland Lacrosse Association (WLA) Code of Conduct



The Wheatland Lacrosse Association Code of Conduct is intended to support the mission, values, and objectives of WLA and the Alberta Lacrosse Association (ALA), and to ensure a safe, respectful, and positive lacrosse experience for all participants.

All players (athletes), parents/guardians, coaches, managers, volunteers, and officials are required to adhere to this Code of Conduct, as well as all policies and regulations of WLA, the ALA, and the Lacrosse Canada (LC). This Code of Conduct must be signed prior to the commencement of the season. Failure to do so may result in an individual being deemed *not in good standing* and ineligible to participate in WLA-sanctioned activities. Repeated or serious breaches may result in disciplinary action, including suspension or loss of Alberta Lacrosse membership.

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## Parent / Guardian Code of Conduct

As a parent/guardian, I agree that:

1. I will adhere to all policies and regulations of the LC, ALA, and WLA, including policies related to harassment, bullying, abuse, and safe sport.
  2. I will be supportive of all athletes, coaches, officials, and volunteers.
  3. I will respect all facilities, equipment, and property.
  4. I will not use or encourage profane, insulting, harassing, or otherwise offensive or derogatory language or behavior.
  5. I will not engage in, or encourage, any behavior that endangers the health, safety, or well-being of any participant, including verbal or physical threats.
  6. I will not publicly criticize, ridicule, or demean athletes, coaches, officials, volunteers, or other spectators.
  7. I will not post detrimental, critical, or negative comments, images, or videos about any game, official, athlete, coach, parent, volunteer, board member, or organization associated with lacrosse on any form of social media.
  8. I will encourage my child to demonstrate good sportsmanship, respect others, and play by the rules.
  9. I will raise concerns in a respectful manner through the proper chain of communication, allowing a 24-hour cooling-off period unless there is an immediate health or safety concern.
  10. I will not enter the playing floor or approach the bench during practices or games unless requested by team staff.
  11. I will not approach game officials before, during, or after games for any reason.
  12. I will always model respectful behavior.
-



## Athlete (Player) Code of Conduct

As a player, I agree that:

1. I will follow all policies and regulations of LC, ALA, and WLA.
  2. I will arrive prepared for practice and games and follow the reasonable expectations of my coaches.
  3. I will respect all facilities, equipment, dressing rooms, and property.
  4. I will be supportive and encouraging of my teammates and treat them fairly and respectfully.
  5. I will not bully, harass, threaten, or physically or verbally harm others.
  6. I will report concerns related to safety, bullying, harassment, or inappropriate behavior to a coach or trusted adult.
  7. I will not use vaping products, tobacco, drugs, alcohol, or engage in prohibited activities at any WLA-sanctioned event or facility.
  8. I will not use profane, obscene, or offensive language or behavior.
  9. I will not engage in behavior that endangers the health, safety, or well-being of others.
  10. I will not post inappropriate, harmful, or disrespectful content related to lacrosse on social media.
  11. I will respect opponents, officials, teammates, and volunteers at all times.
  12. I will follow facility rules, including dressing room access times and door/security requirements.
  13. I will accept victory and defeat with dignity and sportsmanship.
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## Coach Code of Conduct

As a coach, I agree that:

1. I will adhere to all policies and regulations of LC, ALA, and WLA.
  2. I will complete all required certifications, training, and screening requirements.
  3. I will promote a positive, inclusive, and safe lacrosse environment.
  4. I will respect all facilities and equipment.
  5. I will treat all players fairly and provide equal opportunities for development.
  6. I will not ridicule, demean, or alienate any player.
  7. I will communicate respectfully with players and parents and follow the proper chain of communication.
  8. I will be discreet and respectful when handling team concerns and confidential matters.
  9. I will not permit profane, offensive, or inappropriate language, music, or behavior in dressing rooms or facilities.
  10. I will ensure that no coach or volunteer is alone with a minor in a dressing room or confined area, except with their own child.
  11. I will respect the decisions of officials and will not approach them before or after games.
  12. I will always model good sportsmanship and leadership.
-

## Manager Code of Conduct

As a team manager, I agree that:

1. I will adhere to all policies and regulations of LC, ALA, and WLA
  2. I will promote a safe, respectful, and positive environment for players, parents, and spectators.
  3. I will respect all facilities and property.
  4. I will manage team matters fairly, respectfully, and confidentially.
  5. I will follow the proper chain of communication when addressing issues or concerns.
  6. I will work collaboratively with coaches and parents when decisions impact families.
  7. I will act responsibly in managing team finances and provide transparency as required.
  8. I will not engage in or tolerate abusive, harassing, or inappropriate behavior.
  9. I will respect officials and ensure spectators do the same.
- 

## Acknowledgement & Signature

I acknowledge that I have read, understand, and agree to abide by the Wheatland Lacrosse Association Code of Conduct. I understand that failure to comply may result in disciplinary action, including suspension or loss of membership privileges within Alberta Lacrosse.

Name: \_\_\_\_\_

Role(s) (Player / Parent / Coach / Manager): \_\_\_\_\_

Team: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# WLA Zero Tolerance Standard



Issues of inappropriate behavior in minor lacrosse is a growing concern. These guidelines are designed to remind all players, coaches, officials, league officials, parents and spectators to maintain a sportsmanlike and respectful atmosphere before, during and after all lacrosse-related events.

Working together we can minimize these negative behaviors. Coaches, team managers, parents and spectators can be positive role models by setting an example for others.

Violators may be subject to disciplinary action by the Wheatland Discipline Committee. Inappropriate or disruptive behavior shall include:

1. Use of obscene or vulgar language in a boisterous manner to anyone at any time;
2. Taunting of players, coaches, officials, or other spectators by means of baiting, ridiculing or threat of physical violence;
3. Any actions that inhibit the viewing pleasure of other spectators;
4. Throwing of any object in the spectators' viewing area, player's bench, penalty box or on the playing surface, directed in any manner as to create a safety hazard; or
5. Unwarranted or unwanted physical contact.

Sanctions may be placed on any offending individual that could include game or seasonal suspensions, educational or referee training courses.

You, and only you, are responsible for your actions. If you feel yourself crossing the line, act by removing yourself from the situation.

ALA Rule and Regulation 25  
Wheatland Bylaw 11.0  
ALA Bylaw 11.01.2  
CLA Situational Handbook – situation 28

## **REGISTRATION – Team Staff**

- Coaches must be registered in RAMP with NCCP# and VSS before going on floor
- Managers must be entered in RAMP, if you don't have NCCP# enter 00000
- Any team staff with direct interaction with children should have clean VSS uploaded to RAMP
- Any team staff dealing with team finances should have CRC/VSS uploaded in RAMP
- All players and team staff should be synced to RAMP APP – no manual entry-

## **COACH CERTIFICATION - GENERAL INFORMATION**

- must be 16 years old
- all coaches on a bench must meet the coach requirements (Head Coaches and Assistant Coaches)
- Coaches can take one course per season
- First year coaches must start with Community Development

## **U7-U13 Coach Requirements**

- Community Development
- [Making Headway](#)
- [Making Ethical Decisions](#) - Moving to the locker on April 1st
- [Understanding Rule of Two](#)
- [Emergency Action Plan](#)
- Current VSS Police Clearance (valid for 3 season)

## **U15-U17 Coach Requirements**

- Competitive Introduction
- [Mental Health in Sport](#)
- Safe Sport [Link to safe sport - under Elearning](#)
- Current VSS Police Clearance (valid for 3 seasons)

**Non-compliant coaches will be removed from the bench as of May 15, 2026.**

# 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) can 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 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*

### **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.
- 2.** Games can be played with the soft pink/blue practice ball or regulation ball (coaches discretion), **half floor**, 3 on 3 format, with no goalies used. The Goals will be the 3x3 version, No Shot Clock is used.
- 3.** The duration of the game shall be two 20-minute run time halves with a 2-minute shift buzzer, and 5 min warm up and 2-minute break 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 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 Modified 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



# U9 - LTAD Rules

## Long Term Athletic Development Program



- No Shot Clock (LC Rule)
- The stick shall measure no longer than 40" (101.6cm) and no shorter than 26" (66.04cm).
- The ball used shall be a standard lacrosse ball that conforms to CLA standards and approved by the CLA.
- 3X3 NET
- All players must wear the following equipment: helmet, mask, elbow pads, mouth guard, gloves, jock/jill strap, shoulder and arm pads, back/kidney pads.
- Soft knee pads are optional.
- The duration of the game shall be three 12-minute straight time periods, Last 5 minutes of the third period stop time, with 2-minute intermissions. Each period starts with a face off, as well as after each goal scored.
- Shift changes are done on the fly
- NO coaches on the floor
- Coaches must have Community Development Trained Status
- A differential of more than 8 goals shall not be displayed, but still need to be recorded on the score sheet.
- Defensive players may place their stick on their opponent and push them away ("place and push"). **No Off-Ball Forceful Cross Checks.**
- Any offensive player (including the ball-carrier) who deliberately charges toward an opponent may be assessed a charging penalty.
- No Crease dives in U9
  - Loose ball in crease = live ball for both attackers and defenders. Attackers cannot direct a loose ball into the goal that is inside the crease. Defender can pull back into the crease.
  - A defensive player may check an opponent by placing their stick head on the opposing player's stick head.
  - Fall Back Rule applies:  
The "fall back" rule will apply to any scenario where the defending goaltender takes possession of the ball in their crease. In those situations, the attacking team must fall back behind the center line. The goaltender must pass out of the crease and, once the pass has been completed and is in possession of a goaltender's teammate, the now defending team may come into their attacking half.



## 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

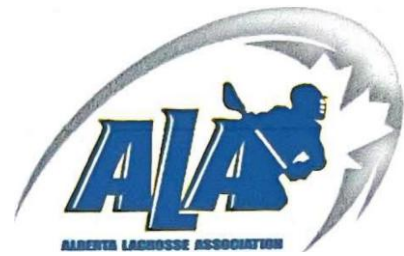
- No cylinder.
- Crease diving permitted.
- 10 seconds over half while short handed

### 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



## 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.

## **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 Wheatland 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 Wheatland Championship Tournament. The WLA 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.

**12.04** Females playing in any female-only league or tournament teams may be affiliated to the same level parity box team in Wheatland. Alternatively, any females playing COED in Wheatland may be affiliated to the same female level parity box team in Wheatland.

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

**12.06** All affiliations must be requested via email from the requesting team's head coach to the affiliate team's head coach.

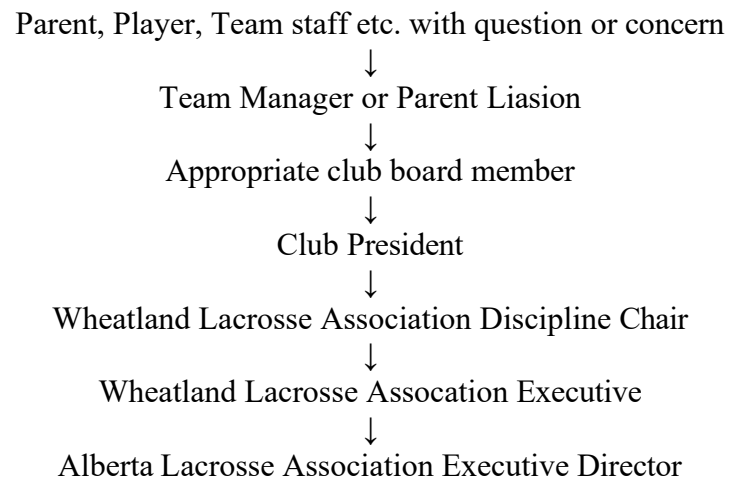
Should the affiliate's head coach approve the affiliation, they will then reach out to the parents of the said affiliate.

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.



## Communication flow chart

Occasionally disputes arise within a team over issues such as behavior, discipline, coaching, opponents, facilities, officiating etc. parents should bring their concerns to the parent liaison or team manager who should work with the coach and parents to resolve the issues. Should concerns ever arise, it is **ESSENTIAL** to use “the 24-hour rule” before approaching the parent liaison or manager in person, phone, or email. Please familiarize yourself with the Flow of Communication within the Wheatland Lacrosse Association.



## **WLA** **DISCIPLINE**



### **Discipline and Suspensions**

Dear: Coaches & Managers

The primary purpose of the Discipline Committee is to enforce the decisions made by our officials pursuant to the LC 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's 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. 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. You can contact the Discipline Director to find out time served status via email to [discipline@wheatlandlacrosse.com](mailto:discipline@wheatlandlacrosse.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 WLA 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 imposed with respect to abuse of officials, whether verbal or otherwise, after hearing from the relevant parties, will be severe if the facts of the incident warrant it. 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 Official in Charge, shall be appointed by the Board of Directors annually.

### **Discipline/Appeals Committee**

Composed of current Wheatland President, Wheatland RIC, and Wheatland Director of Discipline. If one of the committee members is found to conflict with a ruling in their current LGA (local governing body) the committee can seek an unbiased replacement from a neighboring LGA within the ALA. The committee is to rule on disciplinary issues submitted to the Committee pursuant to Wheatland of ALA or LC rules and complaints against any member of the WLA. The committee can defer the incident to ALA or a member of ALA for review.

The Committee shall also act as an Appeals Committee to hear appeals from anyone who complains of a decision made by that person's club or team (in the case of a Member Team) and to hear appeals.



# Lacrosse Canada 2026 Penalty Option Chart

LACROSSE CANADA

Rule #	Rule	Minor	Double	Major	10 Mis	Gm. Mis.	Match	P.Shot	A.Goal
3.4	Captains	Y							
3.5	Coaches	Y							
2.4.5	Stick-Check Measurement Request Procedure	Y							
2.4.6	Illegal Stick	Y							
2.4.8	Random Stick Check Procedure	Y	Y						
2.5.4	Helmet Chin Strap	Y							
3.5.6	Mouth Guard	Y							
3.5.7	Goalkeeper Helet Removed							Y	Y
3.5.8	Dangerous Equipment -	Y				Y			
3.5.9	Goalkeeper Equipment Repair Time Limitation	Y							
3.5.10	Definition of Penalty Shot							Y	
8.3.1	Butt Ending			Y		Y	Y		
8.3.2	High Sticking			Y			Y		
8.4	Illegal Crosschecking	Y		Y			Y		
8.5	Spearing	Y		Y		Y	Y		
8.6	Throwing The Stick	Y				Y		Y	Y
8.7	Slashing	Y		Y		Y	Y		
8.8	Goal-Crease Violations	Y							
8.8.8	Contact While Shooting on Net	Y		Y		Y	Y		
8.11.2	Illegal Body Checking	Y		Y		Y	Y		
8.30.1	Holding	Y						Y	
8.30.3	Holding the Opponents Stick	Y						Y	
8.12	Boarding	Y		Y		Y	Y		
8.13	Spearing With Your Head	Y		Y		Y	Y		
8.14	Checking From Behind	Y		Y		Y	Y		
8.15	Dangerous Contact to the Head						Y		
8.16	Elbowing	Y		Y		Y	Y		
8.17	Face Masking	Y		Y		Y	Y		
8.18	Fighting	Y		Y		Y			
8.19	Head Butting	Y		Y		Y	Y		
8.2	Intentional Contact During Dead Ball Situations	Y		Y		Y	Y		
8.21	Kneeing / Kicking	Y		Y		Y	Y		
8.22	Roughing	Y	Y	Y		Y	Y		
8.23	Tripping	Y						Y	Y
8.31	Hooking	Y		Y					
8.33	Abuse of Officials								
8.34	Equipment Infractions	Y					Y		
8.35	Broken Stick	Y							
8.36	Equipment or Clothing Adjustment	Y							
8.37	Helmet Lost During Play	Y							
8.38	Delaying The Game	Y							
8.39	Displacement Of Goal	Y						Y	Y
8.4	Obscene or Profane Language or Gestures by Players	Y			Y	Y			
8.41	Unsportsmanlike Conduct	Y			Y	Y			
8.42	Leaving Players' Bench or Penalty Box	Y				Y			

## **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.



# Wheatland Lacrosse Association

## Time Clock Rules

Division	Allotted	Warm Up	Period 1	Period 2	Period 3	Per. Break	Clock Rules
U7	1 hour	5 min	20 min	20 min	n/a	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 *
<b>In U9, U11, U13 last 2 min third period stop time.</b>							
<b>*Clock will only stop for goals, penalties, and time-outs.</b>							
Timeouts are 45 seconds and each team is allowed one per game							
During run time all penalties run at normal designated time (Minor 2 min, Major 5 min, Misconduct 10 min etc)							



# Wheatland Lacrosse Association

## Minor Officials Guide

The referees in the game shall have full control of the game, but the positions filled by the minor officials are extremely important. Thank you for stepping up to work the **score clock**, fill in the **score sheet**, run the **30-second shot clock**, or open the **penalty gates** — the game wouldn't happen without you! For every game, we request **Five** volunteers to be in the timebox for the duration of the game, arriving **15 minutes early**.

**Please note: To maintain the safety and impartiality of the game, all timebox personnel must be at least 18 years of age, unless they are registered as an ALRA Official, or hold LC coaching certification.**

The **home team** – Game Sheet, Shot Clock and Home Penalty Door

The **visiting team** – Time Clock, Visitor Penalty Door

Please be courteous and acknowledge that each volunteer may have questions or concerns prior to the game beginning.

As these positions are considered **game officials**, it is necessary that they be conducted with a degree of **impartiality**. Minor officials should refrain from cheering or coaching the teams on the floor.

Minor officials are entitled to the same protection offered to **on-floor referees** with regard to abuse. If a minor official is abused in any fashion, this abuse shall be reported to a referee on the floor, who may then apply the appropriate rule.

---

- **Time Outs**

Time outs are **45 seconds** in duration, and each team is allowed **ONE** time out per game. The time out is called only by a referee, at the request of a player on the floor, during a stoppage in play or when their team has possession of the ball. The shot clock does not reset after the time out (if the time out was called with 22 seconds left on the shot clock, it restarts at 22 seconds when play resumes). The referee may at any time call a '**referee time out**' for their own purposes (e.g., injury or other issues).

- **Minor Penalties**

When assessed without a coincident major, these are recorded on the **penalty clock** and require the removal of the player for **2 minutes**, or until a goal is scored, whichever comes first.

- **Coincident Penalties**

Penalties of equal duration that start at the same time and are assessed to players on both teams. Both are shown on the clock and play resumes with **4-on-4** play.

- **Double Minor**
- **Major Penalties**

When assessed to a single player, it is recorded on the penalty clock and requires the removal of the player for **5 minutes**. A 5-minute penalty is never shortened. If the non-offending team scores **two goals** during the power play resulting from a Major penalty, the penalized team may substitute a player from the bench, returning to full strength — however, the penalized player must remain in the box until the five minutes have expired, and may only return to the floor at a **dead ball**.

If fewer than two goals are scored during the major penalty, the player may return to the game immediately once the five minutes have expired; no stoppage of play is required.

If a player is assessed a **minor and major at the same time**, the minor is served **first**. If a goal is scored by the opposing team, it first applies toward the minor penalty. Subsequent goals apply toward the major penalty as noted above.

- **Dead Ball**

The clock is stopped for a **penalty, time out, or a goal**. The clock restarts at the referee's whistle. (Stop time play)

- **Misconduct Penalties**

These require the removal of the player for **10 minutes** and are never displayed on the main score clock. Ten-minute misconducts do not begin until after the expiry of any additional penalties. Any additional **non-coincident** penalties must be served by another player.

- **Game Misconduct**

**Game Misconduct** penalties require the removal of a player/goalkeeper for the remainder of the game and are never displayed on the penalty time clock. Any other penalties incurred by the player must be served by another player.

- **Multiple Penalties**

These situations arise when **multiple penalties** are assessed at the same time. These can become quite complex, but a few simple rules help:

- A team is always entitled to have at least **3 players plus a goalie** on the floor at all times.
- A team may not have more than **two penalties** running on the clock at the same time. Additional penalties must wait for one of the first two to expire before they can begin (most clocks can "stack" penalties and will automatically start new ones as others expire).

During multiple penalty situations, players may return to the floor only during a **dead ball**, or when enough penalties have expired to allow more than three players on the floor. If a team already has **5 players** on the floor (excluding the goalie), additional players must remain in the penalty box until the first **dead ball** after their penalty expires.

- **Offensive Timekeeper - 30 Second Shot Clock (Rule 26)**

The shot/possession clock operator must have a separate **timing device and horn** to signal the referees when a violation of the **30-second rule** occurs. The referee will indicate when a shot has been taken by verbally shouting and making a shot signal with their whistle hand (arm extended straight up, revolving the hand).

Operating the shot clock requires a **high level of concentration**. Mistakes happen — simply stay focused and watch carefully for the next shot or possession change.

- **Resets**

Following a shot on net (the ball striking the goal post or the goalie while the goalie is in the crease), the **shot clock is reset**. It is reset again when a team regains possession. For example, after a shot on goal and a reset, the ball could roll the entire length of the floor. The 30-second clock does not reset until the ball is picked up. Similarly, following a faceoff, the shot clock does not begin until a team has **clear possession** of the ball.

The shot clock always restarts at **30** after a **shot, possession change, or referee's whistle** to restart play, **except** after time outs or when a ball is lodged in a stick. In those cases, play restarts without a new 30 seconds of possession.

- **Possession**

**Possession** is defined as when a team obtains **clear control** of the ball. This possession continues until the ball becomes loose and the opposing team gains control. A player must have **control of the ball in their stick** to be deemed in possession — merely batting or kicking the ball is not considered possession. When time runs out, the horn will sound, and the referee will stop play and award possession to the opposing team.

- **Official Scorer (Rule 24)**

The **scorekeeper** must ensure that all **penalties, goals, time outs, and game information** (rosters, start and end time, date, game number) are entered in game sheet appropriately. All penalty abbreviations are available below:

<b>ABO</b>	Abuse of officials	<b>EXP 5th</b>	Fifth Penalty in game	<b>KN</b>	Kneeing
<b>AGG</b>	Aggressor	<b>FI</b>	fighting	<b>LPBE</b>	Leave Penalty Box Early
<b>AI</b>	Attempt to Injure	<b>FH</b>	Free Hand	<b>LPB</b>	Leaving Penalty Bench
<b>MB</b>	Bench Minor	<b>GI</b>	Goallie Interference	<b>LB</b>	Leaving the Bench
<b>BDG</b>	Boarding	<b>HBH</b>	Handling ball with Hands	<b>OL</b>	Obscene Language
<b>BST</b>	Broken Stick	<b>HBH</b>	Head Butt	<b>PS</b>	Penalty Shot
<b>BE</b>	Butt End	<b>HS</b>	High Sticking	<b>PABO</b>	Phys Abuse of Official
<b>CHG</b>	Charging	<b>HO</b>	Holding	<b>RO</b>	Roughing
<b>CFB</b>	Checking From Behind	<b>HOS</b>	Holding Stick	<b>2X5</b>	Second major in game
<b>CIC</b>	Checking in Crease	<b>HB</b>	Holding the Ball	<b>SL</b>	Slashing
<b>CI</b>	Crease Interference	<b>HO</b>	Hooking	<b>SP</b>	Spearing
<b>CV</b>	Crease Violation	<b>ICC</b>	Illegal Cross Check	<b>3rd MAN</b>	Third Man In
<b>CC</b>	Cross Checking	<b>IE</b>	Illegal Equipment	<b>TS</b>	Throwing Stick
<b>DOG</b>	Delay of game	<b>IEG</b>	Illegal Goalie Equipment	<b>TMM</b>	Too Many Men
<b>ELB</b>	Elbowing	<b>IS</b>	Illegal Substitution	<b>TR</b>	Tripping
<b>FM</b>	Fac Mask	<b>INS</b>	Instigator	<b>UR</b>	Unecessary Roughness
<b>FOB</b>	Falling on ball	<b>INT</b>	Interference	<b>USC</b>	Unsportsmanlike Conduct
<b>FINT</b>	Fan Interference	<b>KP</b>	Kicking Player	<b>WA</b>	Wrap Around
<b>EXP</b>	Expulsion	<b>MP</b>	Match Penalty	<b>GM</b>	Game Misconduct
		<b>M</b>	Misconduct	<b>GRM</b>	Gross Misconduct

- **Official Timekeeper (Rule 25)**

The **timekeeper** shall control the **playing time** and all **penalty times**, displaying them on the clock. They assist the scorekeeper with start and end times for penalties, as well as when goals are scored. The timekeeper must also inform players when penalties are about to expire and when they may leave the penalty box.



# RAMP GAMESHEET INSTRUCTIONS



1. Download the RAMP game sheet app if you have not already done so
2. Each team has a TEAM CODE (Your TEAM CODE can be found on the dashboard of your TEAM RAMP)
3. Login to the RAMP Game sheet App using the login that you use for your personal RAMP team app, If you do not use RAMP APP please create a login (this is also the same login that you would use to register your player)
4. Once in the app click on the three lines in the right top corner and go to Manage Accounts -----Team Accounts
5. Enter the team account code, your team will show up under my teams. games will take a little bit of time to load. The app will add any games that have not yet been played along with the home and visitor codes for those games so that you don't have to add the individual code for each of those games. If you are the home team it will also add the game sheet code. When you are the home team you will see 2 selections for the game.
6. When viewing your schedule make sure to click show older dates first.
7. GAMESHEET ACCESS- it will give you a GAME MODE option which is OFFLINE MODE or ONLINE MODE. Offline mode will download the current game data to your device and allow you to enter game sheet data while offline. You will need to push your game data once you are connected to a network. ONLINE MODE- means the scoring and updates will be done live. This also only gives you access to update the game's score, shots on net, penalties, goals. (But is missing the roster for both teams)
8. HOME TEAM ACCESS- this takes you directly to the game sheet and gives you access to update live without being in GAME MODE.
9. VISITOR TEAM ACCESS- This gives you access to only your team. (Do not panic when you see the home team roster crossed off)



### **If you are the Visiting Team**

Click on the scheduled game for that day/night, (Visiting Team Access) check off the players and staff in attendance that night. if using AP players please make sure you add these players under the add player tab and slide the AP player toggle.

1. Once the roster is confirmed correct 1 Staff member will have to digitally sign the roster

### **If you are the Home Team**

Click on the scheduled game for that day/night that says Home (Home Team Access), check off the players and staff in attendance that night. if using AP players please make sure you add these players under the add player tab and slide the AP player toggle.

1. Once the roster is confirmed correct 1 Staff member will have to digitally sign the roster
2. In the game option that says Game sheet Access there is a 9-digit code below that, you will need to give this to the volunteer doing the scoresheet that night. \*Anyone that has volunteered to do the scoresheet will have to also download the RAMP game sheet app.

### **Volunteer doing the scorekeeping**

#### **GOALS For and against**

At the top, click the new goal, enter the period, time (clock time), team, PP/EH/SH, who scored, who got the assist, who got the second assist, and whether it's a game winning goal (not required) then submit. If there's an error (e.g. same player as goal and assist) will give an error.

You can edit existing goals by tapping on them then clicking edit or delete.



## **PENALTIES**

Penalties - similar - Enter time on the clock, optional time on for when player returns to field/floor, offences (list from the league), which team, which player or staff, (and if need be a served area for bench minor)

Once saved, will show up in the penalties area.

You can edit and delete penalties like you can with goals.

### **GOALIE STATS** - This is optional

Usually entered at the end of the game.

Can edit and delete.

Choose goalie, team, time on field/floor, stats, win/loss/tie, whether it was a shootout.

**Roster area** - Should be completed by home and visitor team, but the scorekeeper will have the ability to do updates (e.g. adjust player number, add/remove players) - some options might be restricted by the league.

**When the game is over:** "Mark game as completed" this will submit this game to the association website.

Here is a link to the RAMP YouTube :

<https://www.youtube.com/watch?v=mH9IWNPAPFM>

[Gamesheet App Tutorial - RAMP InterActive - YouTube](#)

# Game changes

## Game Change protocol

ALL GAME CHANGES MUST BE SUBMITTED BEFORE APRIL 29th

1. Team requesting game change is to send request to manager of opposing team
2. Team with venue is to contact their association scheduler for a new floor time, please work together to find an appropriate time that works for both teams
3. Team requesting change is to fill out the [game change form](#) (must be signed by both managers). The completed form is to be sent to [admin@wheatlandlacrosse.com](mailto:admin@wheatlandlacrosse.com)

Once game change is complete with in WLA and the ALRA both managers will receive a confirmation email.



# Game Change Request Form



- Requesting Team: \_\_\_\_\_  
- Team Manager: \_\_\_\_\_  
- Applicable Division: \_\_\_\_\_

Original Game Date: \_\_\_\_\_  
Home Team: \_\_\_\_\_  
Visiting Team: \_\_\_\_\_  
Game Number: \_\_\_\_\_  
Date: \_\_\_\_\_  
Time: \_\_\_\_\_  
Location: \_\_\_\_\_

New Game Date: \_\_\_\_\_  
New Time: \_\_\_\_\_  
New Location: \_\_\_\_\_

- Home Team Manager's Name: \_\_\_\_\_  
- Home Team Manager's Signature: \_\_\_\_\_   
- Visiting Team Manager's Name: \_\_\_\_\_  
- Visiting Team Manager's Signature: \_\_\_\_\_ 



**Return to:**  
alainsurance@bflcanada.ca

**Insurance Claim Form**

**IMPORTANT:** This claim form must be validated by your Association (section on reverse). Once the claim form is complete and original itemized invoices attached, email to alainsurance@bflcanada.ca within 30 days following the accident.

**Name of Policyholder: Alberta Lacrosse Association**  
**Policy No.: SRG 9150757**

Insured's Surname: \_\_\_\_\_ Insured's Given Name: \_\_\_\_\_

Address: \_\_\_\_\_ Telephone No. (daytime): \_\_\_\_\_  
Email: \_\_\_\_\_

City/Town: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Date of Birth (M/D/Y): \_\_\_\_\_ Sex:  Male  Female

1. Date of Accident (M/D/Y): \_\_\_\_\_ Date of Initial Medical attention (M/D/Y): \_\_\_\_\_

2. Location and full details of accident and nature of injury sustained: \_\_\_\_\_  
\_\_\_\_\_

3. Name of Company who carries your Group Hospital or Medical Insurance: \_\_\_\_\_  
\_\_\_\_\_

4. Name and address of Family Physician: \_\_\_\_\_  
\_\_\_\_\_

5. Name and contact information of witness to this accident: \_\_\_\_\_  
\_\_\_\_\_

6. Name and address of Surgeons or Specialists who provided treatment regarding this accident:  
\_\_\_\_\_  
\_\_\_\_\_

**PERSONAL INFORMATION NOTICE:** I understand that the information provided by me on this claim form and otherwise in respect of my claim, is required by AIG Insurance Company of Canada, its reinsurers and authorized administrators (the "Insurer") to assess my entitlement to benefits, including but not limited to determining if coverage is in effect, investigating the applicability of exclusions and co-ordinating coverage with other insurers. For these purposes, the Insurer will also consult its existing insurance files about me, collect additional information about and from me, and where required, collect information from and exchange information with, third parties.

**CERTIFICATION:** The statements I provide in completing this claim form and otherwise in respect of my claims are true and complete to the best of my knowledge and belief. In the event of a false or misleading statement in the making of this claim, coverage can be cancelled, payment of benefits denied and past claims payments recovered. I agree to refund to the Insurer, the amount of any payments made in the event that such amounts should not have been paid in respect of my claim.

**AUTHORIZATION:** I authorize, for a period of not less than twelve and not more than twenty-four months from the date hereof, any physician, practitioner, health care provider, hospital, health care institution, medical organization, clinic and any other medical or medically related facility, any insurance company or reinsurance company, workers compensation board or similar plan or organization, benefit plan administrator, federal, territorial or provincial government department, or any other corporation or organization, institution or association (including obtaining information from the group policyholder or my employer) to release and exchange with AIG Insurance Company of Canada.

AIG Insurance Company of Canada, or representatives thereof, all personal health information, benefit payment, employment or financial information about me or any other information or records about me in its possession that is requested while administering my claim. I agree that a reproduction of this authorization shall be as valid as the original.

Name of Insured's Parent/Guardian (if under age 18 - print please): \_\_\_\_\_

Signature of Insured or Insured's Parent/Guardian (if under age 18): \_\_\_\_\_

Date (M/D/Y): \_\_\_\_\_

**PHYSICIAN'S STATEMENT**

Name of Patient: \_\_\_\_\_

Full description of injury sustained: \_\_\_\_\_

Date of First Attendance (M/D/Y): \_\_\_\_\_ Date of Actual Loss (M/D/Y): \_\_\_\_\_

Is loss permanent and irrecoverable? Give degree of loss: \_\_\_\_\_

Is condition direct result of an accident?  Yes  No

Did any disease or previous injury contribute to loss?  Yes  No If yes, describe: \_\_\_\_\_

Was Patient hospitalized?  Yes  No If yes, give Hospital Name and Address: \_\_\_\_\_

Names and Addresses of other Physicians or Surgeons, if any, who attended the Patient: \_\_\_\_\_

Are you related to or in a business relationship with this patient?  Yes  No

**These statements are true and complete to the best of my knowledge and belief.**

Name of Attending Physician (please print) : \_\_\_\_\_

Address: \_\_\_\_\_

Signature of Attending Physician: \_\_\_\_\_ Date (M/D/Y): \_\_\_\_\_

Phone Number: \_\_\_\_\_ Fax Number: \_\_\_\_\_

**ASSOCIATION STATEMENT**

Name of Individual: \_\_\_\_\_ Name of Club: \_\_\_\_\_

The Individual is:  Member  Volunteer

Was the individual a member or volunteer on the date of the accident?  Yes  No

Did the injury occur while Insured was participating in an activity recognized by the Association?  Yes  No

Please attach a copy of your incident report related to this event (if available).

Signature: \_\_\_\_\_ Date (M/D/Y): \_\_\_\_\_

Title: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

**The furnishing of forms shall not be an admission of liability by the Company.**

# PLAYER MEDICAL INFORMATION FORM

## PLAYER INFORMATION

**Name:** \_\_\_\_\_ LEGAL GIVEN NAME      **DOB:** \_\_\_\_\_ MONTH/DAY/YEAR

**Address:** \_\_\_\_\_  
STREET, CITY, PROVINCE, POSTAL CODE

**Alberta Health Care Number:** \_\_\_\_\_

### Parent Contact #1

**Name:** \_\_\_\_\_      **Phone:** \_\_\_\_\_      **Alt:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
STREET, CITY, PROVINCE, POSTAL CODE IF DIFFERENT FROM ABOVE

### Parent Contact #2

**Name:** \_\_\_\_\_      **Phone:** \_\_\_\_\_      **Alt:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
STREET, CITY, PROVINCE, POSTAL CODE IF DIFFERENT FROM ABOVE

### Alternative Contact: (in the event the above parent contacts are not available)

**Name:** \_\_\_\_\_      **Phone:** \_\_\_\_\_      **Alt:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
STREET, CITY, PROVINCE, POSTAL CODE

## MEDICAL INFORMATION

**Doctor's Name:** \_\_\_\_\_      **Phone:** \_\_\_\_\_

**Dentist's Name:** \_\_\_\_\_      **Phone:** \_\_\_\_\_

**Please check the appropriate response pertaining to the below**

Previous history of concussions?		
Fainting episodes during exercise?		
Epileptic?		
Wears glasses?		
Are lenses shatterproof?		
Wears dental appliance?		
Hearing problem?		
Asthma?		
Trouble breathing during exercise?		
Heart Condition?		
Has had an illness lasting more than a week in the past year?		
Medication?		

Medical History	Yes	No
Allergies?		
Does your child have any health problem that would interfere with participation on a lacrosse team?		
Surgery in the last year?		
Has been in hospital in the last year?		
Has had injuries requiring medical attention in the past year?		
Presently injured?		

If you entered YES to any of the above questions please provide details below:

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Medication: \_\_\_\_\_

Allergies: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

Recent Injuries: \_\_\_\_\_

Last Tetanus Shot: \_\_\_\_\_

Any other relevant information: \_\_\_\_\_

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Date of last physical exam: \_\_\_\_\_

**\*\*Any medical condition or injury should be checked by your physician prior to participating in a lacrosse program\*\***

I understand that it is my responsibility to keep the team management advised of any changes in the above information as soon as possible. In the event no one can be contacted, team management can take my child to the hospital/M.D. if necessary.

I hereby authorize first responders, physicians and nursing staff to undertake examination investigation and necessary treatment of my child.

I also authorize the release of information to appropriate individuals (first responders, doctors, hospital staff) as deemed necessary.

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

# Concussion Action Plan (CAP)

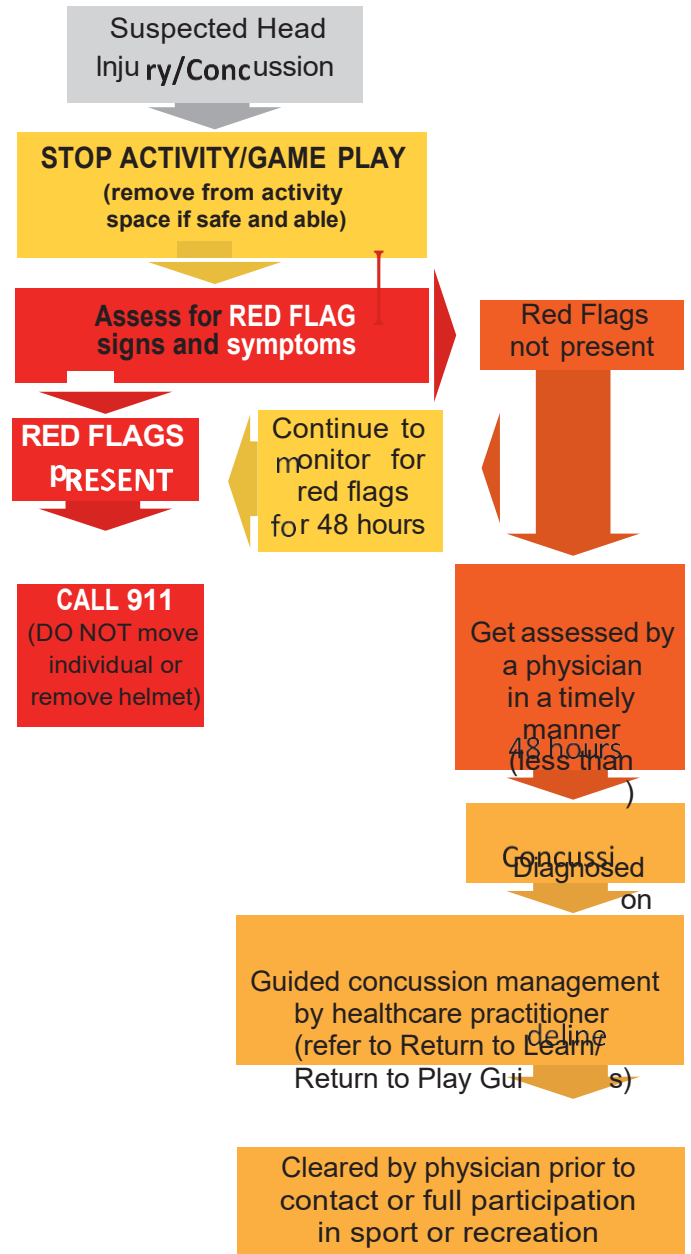
## RED FLAG

Signs and Symptoms

- Blocked airway/ Not breathing
- Poor circulation
- Loss of consciousness
- Headaches that worsen
- Seizures
- Memory Loss
- Looks drowsy or cannot be awakened
- Repeated vomiting
- Slurred speech
- Cannot recognize people or places
- Increase confusion; unusual behavior change; irritability
- Weakness or numbness in arms or legs
- Neck Pain
- Double Vision

## Signs and Symptoms of a Concussion

- Headache
- Dizziness
- Blurry Vision
- Feeling "slowed down" or "dazed"
- Sensitivity to light and sound
- Difficulty concentrating
- Difficulty with balance maneuvers
- General confusion
- Difficulty orienting to time and place
- Not feeling like yourself

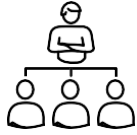


- If at any time it is suspected that an individual has sustained a concussion, immediately stop all activity. Do not move the individual.
- ACA defines suspected concussion as the recognition that an individual appears to have either experienced an injury or impact that may result in a concussion, or is behaving unusually that may be a result of concussion. Please note that concussions can occur from an impact to the head, face, body or no impact at all.
- Concussion may happen in organized sport, unorganized sport, physical education classes, recreational activities. Symptoms can be delayed up to 48 hours.
- When concussion symptoms are present, the injured individual should not take any medication.
- When monitoring the individual, look for red flag and concussion symptoms, as well as symptom severity.

# EMERGENCY ACTION PLAN (EAP)

Date: \_\_\_\_\_

Event: \_\_\_\_\_ Location: \_\_\_\_\_



## Charge Person

Backup

Backup



## Call Person

Backup

Backup



## Important Addresses

Site or Facility (Address, City, Province)

Nearest Hospital (Address, City, Province)

Additional Location Information



## Emergency Phone Numbers

Emergency Services

Facility Manager or Superintendent

Other

Event: \_\_\_\_\_ Location: \_\_\_\_\_

Directions to site/facility

**Charge Person Responsibilities**

1. Conduct an initial assessment of the injury.
2. Designate someone to watch the other participants (stop all activities and ensure all participants are in a safe area if nobody is available to supervise).
3. Wait with the injured participant and help keep them calm until emergency medical services arrive and conduct their assessment of the injury.
4. Record the injury using their club's accident report form.

**Call Person Responsibilities**

1. Call for emergency help.
2. Provide all necessary information to dispatch.
  - The facility location
  - The closest access door to the injured participant
  - The nature of the injury
  - A description of first aid that has been performed
  - Other medical information, such as allergies or medical conditions
3. Clear any traffic from the facility entrance or access road before the ambulance arrives.
4. Wait by the entrance to direct the ambulance.
5. Call the participant's emergency contact person.
6. Assist the charge person as needed.

**REMINDERS**

- You can save and re-use this form to prepare an EAP for your usual practice site and for any site where you host competitions.
- When preparing for away competitions, ask the host team or host facility for a copy of their EAP in advance.
- Attach the medical profile and parent or caregiver contact information for each participant to this emergency action plan.

12.10 EQUIPMENT CHART (UPDATED MAY 2024)  
LC GOALTENDER EQUIPMENT SPECIFICATIONS

LC GOALTENDER EQUIPMENT STANDARD	HEIGHT	CHEST AND ARM PROTECTORS		
		MAX. WIDTH OF PADDING OUTSIDE OF ARM ON EACH SIDE	MAX. WIDTH OF ARM PADDING	MAX. THICKNESS ABOVE SHOULDER PLANE
Category 3	Greater than 5'4"	4"	8"	3"

LC GOALTENDER EQUIPMENT STANDARD	HEIGHT	CHEST AND ARM PROTECTORS		
		MAX. WIDTH ACROSS SHOULDERS	MAX. WIDTH OF ARM	MAX. THICKNESS ABOVE SHOULDER PLANE
Category 2	Greater than 4'6"	25"	7"	1.5"
Category 1	Up to 4'6"	20"	6"	1"

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

LC GOALTENDER EQUIPMENT STANDARD	HEIGHT	SHIN GUARDS AND PANTS		
		SHIN GUARD MAX. WIDTH BELOW KNEE	SHIN GUARD MAX. OF KNEE CAP	PANTS MAX. THIGH WIDTH
Category 3	Greater than 5'4"	Tapered from 9" to 7"	11"	11"
Category 2	Greater than 4'6"	Tapered from 8" to 5"	9"	9"
Category 1	Up to 4'6"	Tapered from 7" to 4"	7"	7"

An MA may apply for an exception to this Rule by submitting a Request for Goalkeeper Equipment Exemption Form.

UPDATED MAY 2024

U17 and Up

- Conformity measurements will be conducted.
- Category 3 and NLL pads are permitted.
- Pads must conform to the legs and upper body.
- An LC Approved Caliper will be used for measurements.

U15 and Below

- For Category 3 pads, a valid exemption form must be present.
- If no exemption form is available and a call is made, the goaltender will be measured for both height and pad conformity while wearing full equipment, including footwear.
- If an exemption form is present and a call is made, the goaltender will be measured for conformity only.

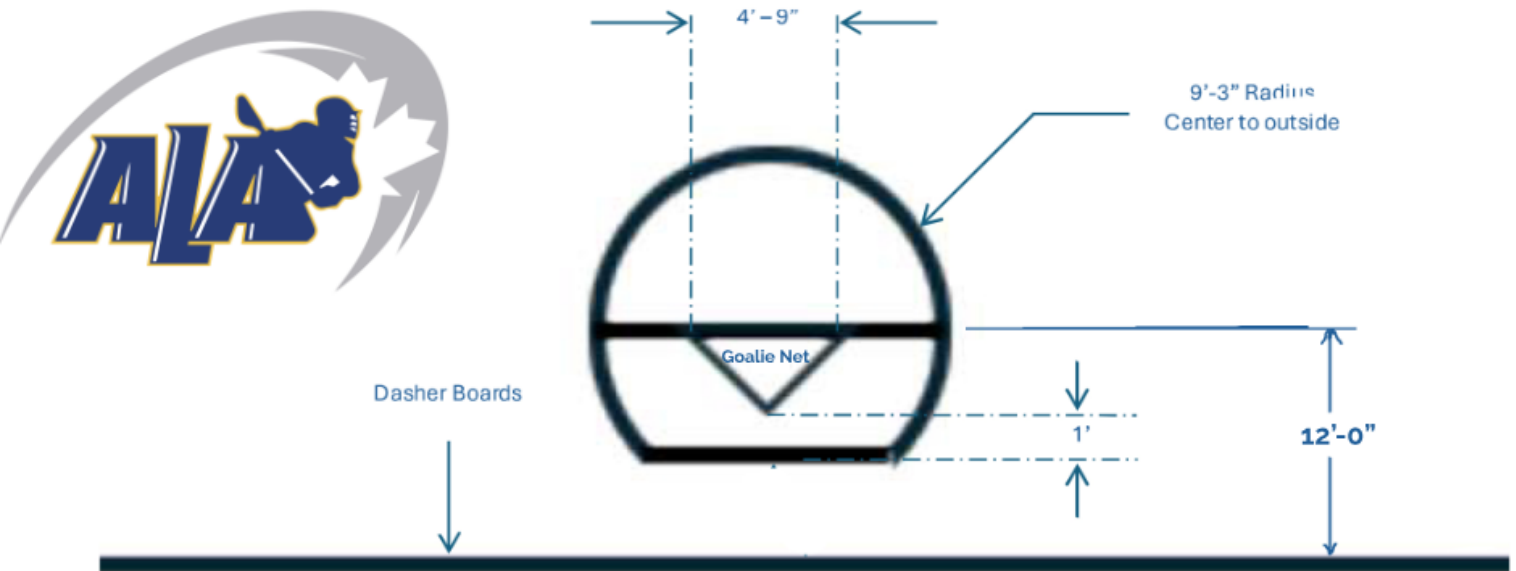
Exemptions

Goaltenders must carry their exemption paperwork at all times.  
Tournaments

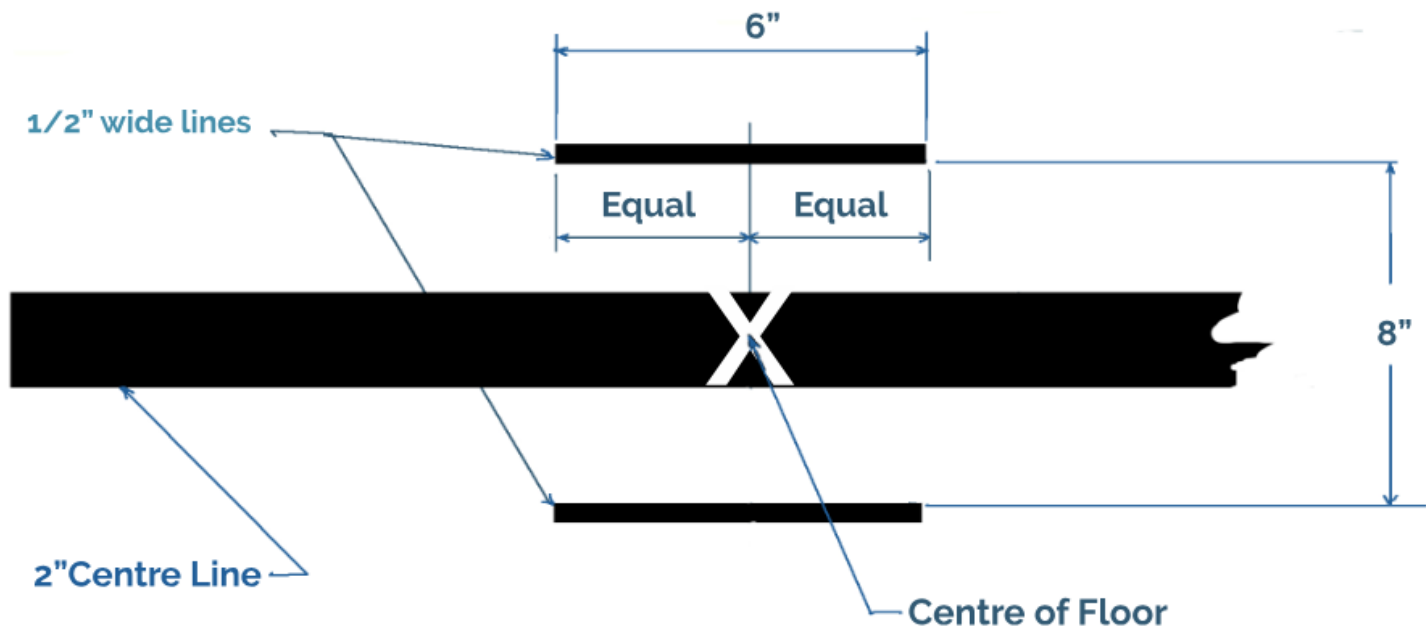
Rules for National Championships

These rules apply to all National tournaments, including minor competitions.

## GOAL CREASE DIAGRAM



## CENTRE FACE-OFF MARKINGS



## NOTES

- All lines are 2" wide unless noted other wise.
- BLACK lines are floor markings, painted in white or a contrasting colour.
- BLUE lines are labels only.
- The FACE OFF "X" is positioned in the middle of the face-off circle in the middle of the floor area and the lines are 1/2" wide and painted in a contrasting colour to the Centre line.

# Box Lacrosse Floor Diagram 2026 1 of 2

**Notes:**

- All lines are 2" wide.
- BLACK lines are field markings, painted in white or contrasting colour.
- BLUE lines are labels only.
- The two restraining lines are painted with a distance of 85" between each other.
- The two restraining lines are 42'-6" from the centre line.

