**ALBERTA FIELD LACROSSE ASSOCIATION**

**REGULATIONS**

**REGULATION 1 – BOUNDARIES**

**1.01** Except as hereinafter provided, no player shall be registered as a member of, or compete for, a club in any AFLA sanctioned event who has not been a bona fide resident of that Club’s Boundary as established by AFLA since April 1st in the playing season.

**1.02** If there is no team in the player’s division in the Boundary area in which the player resides, or if the player does not reside within any Boundary, the player must play in the Boundary which is nearest by ordinary travel, which has a team registered in their Division. A player may not establish residency for the principal purpose of playing or practicing Lacrosse.

**1.03** Club Boundaries of AFLA as per Appendix A.

**1.04 (a)** If a player wishes to play for a club outside their Boundary and if both Members (the one releasing and the one receiving the player) agree to the release, then the player may play for the club outside their Boundary. If the player’s resident boundary Member does not agree, the release request will be directed to the AFLA executive committee. The Executive Committee’s decision will be final and binding. The request and submissions of the two (2) Members, if any, shall be in writing and there shall be no hearing. The player and the interested Members shall be provided with copies of the written submissions and shall have the opportunity to respond in writing. There shall be no appeal at the AFLA level.

**(b)** If a player wishes to try out for a higher calibre of team not offered by their home club, the player must fill out the Player Try Out Form in Appendix D. If the player is offered a spot on the team outside of their home club, then the player must complete a release in the ALA registration system - see regulation 1.04 (a)

**c)** All clubs willgrandfather players and their immediate family who reside in the same household when they are continuously registered, if requested.

**1.05** The release shall be completed in the ALA registration system and unless specifically stated to be otherwise, will be effective for one season only.

**1.06** If a player changes residence from one Boundary to another Boundary, no release from the player’s former Member in the Boundary he or she formerly resided in is necessary and the player shall, unless released, play for a team in the Boundary in which he or she resides pursuant to Regulation 1.01 and 1.02.

**1.07** For second (2nd) year Midget players coming from other leagues, the CLA transfer policy applies.

**REGULATION 2 – RULES OF PLAY 2.01** Rules of play shall be those of the CLA Rule book and ALA Lacrosse Regulations for the current season, with the exception of AFLA Regulations

**2.02** **Tyke and Mini tyke men’s field rules** Refer to LTAD Option X

2.02.1 Play will consist of 5 on 5 play (4 on 4 with a goalie)

2.02.2 Play will use 4 x 4 net with regulation crease and soft ball

2.02.3 Play will be non contact with no offsides and no faceoffs after goals

2.02.4 10 minute warm up, 2 x 15 minute halves, 5 min break between halves

2.02.5 Field of Play - Crossfield. (width will be restraining line to end line, length of field will be side line to side line) 35 x 60 in ends

2.02.6 Coaches act as officials and manage the game, no penalties

2.02.7 No score will be displayed, Roster sheet kept for legal purposes

**2.03** **Novice men’s field rules** Refer to LTAD Option X

2.03.1 Play will consist of 7 on 7 play (2 attack, 2 midfield, 2 long poles, 1 goalie) Only 2 long poles permitted on the field at a time.

2.03.2 Play will use 4 x 4 net with regulation crease

2.03.3 Play will be non-contact

2.03.4 10 minute warm up, 2 x 25 minute halves, 5 min break between halves

2.03.5 Field of Play – half field

2.03.6 Games will be officiated by ALRA, CLA Rules apply

2.03.7 Score to be displayed

**2.04** **Peewee, Bantam and Midget men’s field rules**. As per ALA regulations. All participants shall abide by CLA rules of Field Lacrosse.

**2.05** **U8 Women’s Field Rules** refer to women’s LTAD option X

2.05.1 Play will consist of 5 on 5 play (4 on 4 with a goalie)

2.05.2 Play will use 4 x 4 net with regulation crease and soft balls

2.05.3 Field of play – half field

2.05.4 Play will NOT include offside and will NOT include draws after goals

2.05.5 no substitution rule

2.05.6 10-minute warm up, 2 x 15 minute halves, 5 min break between halves

**2.06** **U12 Women’s Field Rules** refer to women’s LTAD option X

2.06.1 Play consist 8 on 8 (7players and a goalie)

2.06.2 Field of Play – half field

2.06.3 Play will use 6 x 6 nets

2.06.5 ALRA to officiate

2.06.6 10 min warm up 2 x 20 min halves, 5 min break

**2.07 Women’s Field U15 and U19** as per ALA Regulations**.** All participants shall abide by all FIL Rules of Women’s Field Lacrosse.

**REGULATION 3 - COMPETITION**

**3.01** Men’s Field Lacrosse as per ALA Regulations

**3.02** Women’s Field Lacrosse as per ALA Regulations

**3.03** Overaged players are not permitted to participate in provincials.

**REGULATION 4 - MEMBER RESPONSIBILITY - PLAYER ELIGIBILITY VIOLATIONS**

**4.01** Members shall be responsible to ensure that their players are eligible to play for their team in accordance with AFLA, ALA and CLA Bylaws, Regulations and Rules.

**4.02** An ineligible player includes the following:

**(a)** A player improperly registered within AFLA, ALA and CLA Bylaws, Rules and Regulations;

**(b)** A suspended player or team personnel;

**(c)** A player improperly released in accordance with AFLA, ALA, and CLA Bylaws and Regulations.

**4.03** If anyone participates in a game or if their name appears on the game sheet while ineligible, the persons responsible will be subject to immediate discipline and the team shall forfeit any points earned from any games played using an ineligible person.

**4.04** In any disciplinary proceeding arising out of a violation of this regulation, where it is established that the person or member who or which is the subject matter of the discipline proceedings should have known of the ineligibility of the player, and if in defense of the disciplinary action, it is submitted that the ineligibility was not known, the burden the burden of proof shall rest with the subject of the disciplinary action.

**4.05** AFLA Suspension Guidelines

**Fighting** - 1st fight of the season - Player is subject to ALA and CLA suspension guidelines.

- 2nd fight of the season – Suspended indefinitely. Must appear before the League Discipline Committee.

**Coach Game Misconduct** - 1st Offense of the season - Suspension as per ALA and CLA suspension guidelines.

- 2nd Offense of the season - Suspended indefinitely. Must appear before the League Discipline Committee.

**4.06** Current suspensions will be complied by the Director of Administration and published on the AFLA website in a timely manner.

**4.07** The Field Day tournament chair and/or discipline chair is responsible for contacting the coach, and/or manager of any team affected by a discipline issue made by the committee. If the coach or manager can not be contacted the discipline chair must contact the president of the affected club. It is then the club’s responsibility to inform the team.

**4.08** An appeal fee of $150.00 will be applied to each individual appeal issue.

**REGULATION 5 - FIELD LACROSSE PARITY**

**5.01** In Field Lacrosse, where a Member Club has more than one (1) team in a Division, that club shall take steps to ensure that the teams are composed so that there is parity between the said teams. If this Regulation is breached by any Member, then AFLA shall refer said club to competition committee as per reg 5.02

**5.02** Any complaints about parity shall be directed to the President of AFLA who shall form an ad-hoc committee to deal with the issue of parity with no member sitting on the ad-hoc committee belonging to the club involved, which said Committee shall, after considering submissions from the complainant and the Member make a ruling and, in the event that the ruling is that Regulation 5.01 has been breached, make such direction to the Member as necessary. The decision of the Committee is final and binding upon the Members, Lacrosse Teams and Players and there is no appeal there from.

**REGULATION 6 - OVERAGE PLAYERS** (refer to ALA regulations)

**REGULATION 7 - PLAYING IN A HIGHER DIVISION –**

**AFFILIATION 7.01**

**7.01.1** At no time will an A tiered player be allowed to affiliate to a B team of same division or open team within AFLA. This includes league play and exhibition play.

**7.02** In Mini Tyke and Tyke: any coach may request the opposing team to share players in the interest of fair play in league and exhibition play

**REGULATION 8 - REGISTRATION DEADLINES**

**8.01**

**(a)** Deadline for player registrations is as per ALA regulations

**(b)** All rosters are to be submitted to AFLA director of administration no later then 7 days prior to any given field day. Rosters must be a majority of that teams registered players

**(c)** Team roster sizes must comply with ALA regulations

**(d)** Teams to be declared to AFLA by July 5

**(e)** Affiliations for league and exhibition play. Teams may affiliate up to a maximum roster size as per ALA regulations.

**(f)** For any given field day a player may only play on one team.

**8.02** Any further exceptions to 8.01 may be considered by AFLA, upon AFLA approval will in turn be submitted to the ALA Executive on a case by case basis for the current season only.

**8.03** The host organization of any field day shall, within 48 hours of the end, file with AFLA director of administration a report outlining any discipline problems, accompanied by the corresponding game sheet (if applicable) and any suspensions of any official, player, coach, manager or other person.

**REGULATION 9 - EXHIBITION GAMES**

**9.01** All exhibition games must be approved by the AFLA Director of Administration.

**REGULATION 10– TRAVEL**

**10.01** Travel outside the province is permitted as per ALA Regulations

**REGULATION 11 - AFLA SAFETY AND EQUIPMENT SAFETY POLICY**

**11.01** As per ALA Regulations

**11.02** Googles are mandatory in all women’s age categories

**REGULATION 12 - COACHING CERTIFICATION REQUIREMENTS**

Each club will comply with CLA Minimum Standards **FIELD LACROSSE MINIMUM COACHING STANDARDS**

**REGULATION 13 - FINES**

13.01 Any Club that does not send representation to AFLA meetings may be fined $250 per meeting

13.02 All Field day co-ordinators are required to report their game score, penalties and submit their game sheet in the desired manner for the current season within 48 hours of the last game of said field day or will be fined $25.00 per game sheet

**APPENDIX CONTENT**

“A” - Voting Structure

“B” - Release Form

“C” – Tryout Form

“D” –Club Boundaries

**Appendix A –**

Directors and executive committee shall vote on every motion unless excused by resolution of the Meeting from voting on a specific motion, or unless is qualified from voting by reason of a conflict of interest as contemplated pursuant to subsection Bylaw 6.11.2

**Voting Structure Board of Directors (1 Vote Each)**

President

Vice-President of Men’s Field

Vice-President of Women’s Field

Secretary

Treasurer

**Presidents of Members (1 Vote each)**

Calgary Field Lacrosse

Mustang Lacrosse

Red Deer Orangemen Field Lacrosse

Lacoka Gators Field Lacrosse

Edmonton Razorbacks Field Lacrosse

Chaos Women’s Field Lacrosse

**Appendix B**



ALBERTA FIELD LACROSSE PLAYER RELEASE FORM

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

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

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

Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Registration Information:

Current Season (Association/Division/Team) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Previous Season (Association/Division/Team) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is Reason for release grandfathering please circle YES or NO

Other Reason for release please specify below

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Association Requesting Release: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

President’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Association Granting Release: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

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

Release Approved by AFLA President Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

**Appendix C**

**ALBERTA FIELD LACROSSE ASSOCIATION TRYOUT FORM**



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

Player Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Registration Information:

Current Season (Association/Division/Team) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Previous Season (Association/Division/Team) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reason for Tryout: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Association and team Player wishes to tryout for:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

President’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: / /

Players Home Association: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: / /

Approval from CA President Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: / / (If applicable) Approval from accepting LGB President Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: / /

This form is to be completed each time a player wishes to tryout for a team that is not in their home club. This is not a release to play on the team the player is trying out for. Once the player has successfully been accepted onto a team of which their home association does not provide, and all other rules for release have been followed, the player may then apply for a release from their home club. Players may not be granted release if there home association cannot field a team without their registration. Players must be registered with there home association in order to tryout with another team.

