



## **LC Operations Manual**

### **Summary of Additions & Revisions as of September 2024 from 2024 SAM**

#### **2024 LC SAM Additions & Revisions – All changes are noted in **RED****

##### *Policy 3.11—Lacrosse Canada Events updated as follows: **(Effective 2024)***

3.11.1 All Lacrosse Canada events operated within the Member Association **will be the rights of Lacrosse Canada. Lacrosse Canada does not need the permission of the MA to host any or all events.**

3.11.2 Member Associations shall approve and sign off Provincial grants that are not being used by the MA. The MA must show all grant applications for all events that pertain to National Championships and provide financial statements, documents to show proof of spending and a detailed report outlining the grant requirements were met.

---

##### *Policy 10.1.2.1 – Anti-Doping Education Program updated as follows: **(Effective 2024)***

10.1.2.1 To ensure Canadian lacrosse athletes receive proper education on anti-doping and are equipped with knowledge about the CCES regulations and testing procedures, LC requires that all athletes and team personnel members (e.g.coaches, trainers, managers, etc.) on the roster for **a all LC National Championships, except U13at the following levels** complete the CCES True Sport Clean 101 (Untracked) online education course and submit the electronic declaration form **annually by uploading it into RAMP. The course need only be done once. Those who previously completed a CCES or LC online education course and who appear on LC's confirmation list have complied with this policy.**

- ~~BOX—Senior A, Senior B, Junior A, Junior B, Junior Women~~
- ~~FIELD—Senior Men, Junior Men (U17/U19), Senior Women, Junior Women (U17/U19)~~
- ~~SIXES—Senior Men, Junior Men (U17/U19), Senior Women, Junior Women (U17/U19)~~



**12.10 Equipment Chart updated as follows (Effective 2024)**

**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"

**13.10.8.3 Travel Arrangements and Expenditures updated as follows: (Effective 2024)**

13.10.8.3 Persons who are on flights or trains **or in hotels** which provide meals as part of the service are not eligible to claim those meals as expenses.

**Policy 13.17.2.1—Official Fees updated as follows: (Effective 2024)**

13.17.2.1 ~~\$10~~ **\$20.00** / official to offset the cost of transportation for Referees to National Championships as outlined in ~~Section 24.18.3~~ and to World Lacrosse international qualifiers and championships.

**Policy 13.17.2.1 and 24.17.3.1—Official Fees updated as follows: (Effective 2024)**

13.17.2.1. \$10/official to offset the cost of transportation for Referees to National Championships as outlined in Section ~~24.18.3~~ **24.17.3.1**;

**Section 13— updated as follows: (Effective 2024)**

Section 13 All references to “The Association” needs to be changed to **Lacrosse Canada (LC)**.



---

*Policy 18.2.2.5 – Affiliation Structure updated as follows: (Effective 2024)*

18.2.2.5 Players may not affiliate ~~16U-U17~~ to Senior Lacrosse.

---

*Policy 18.3.1.2 – Player Eligibility updated as follows: (Effective 2024)*

18.3.1.2 Effective 2024, **Senior 'A'** players may be signed or released from any team up until July 10; Senior players that have been released can be signed by another Senior team within that MA on or before July 15, and shall be eligible to compete in LC competitions.

---

*Policy 22.4.2.2—Coaching Coordinators updated as follows: (Effective 2024)*

22.4.2.2 responsible to forward all applicable coaching concerns or problems to the ~~Sector-Coaching Committee~~ on behalf of the MAs;

---

*Policy 23.2.7—Sixes Official in Charge (OIC) updated as follows: (Effective 2024)*

23.2.7 Sixes **Official in Charge (OIC)**

23.2.7.1 This person(s) shall be recommended by LC Sixes Lacrosse Sector in consultation with LC Officiating Committee Chairperson for a two (2) year term each ~~even~~ odd numbered year and be ratified by LC Board of Directors.

23.2.7.2 Responsibilities of the position include:

23.2.7.2.1 developing and maintaining an Officials Development and Certification program for the Sixes Sector;

23.2.7.2.2 administering the Officiating component of the national championships for the ~~Women's Field Sixes~~ Sector;

23.2.7.2.3 administering and coordinating the International component of the Officiating program for the ~~Women's Field Sixes~~ Sector as required;

23.2.7.2.4 sitting as a member of the Officiating Committee reporting to and being accountable to the ~~Women's Field Sixes~~ Sector Chair.

---

*Policy 23.2.8—NOCP Technical Committee updated as follows: (Effective 2024)*

23.2.8 NOCP Technical ~~Committee~~ Working Group



---

*Policy 23.4.3—Manuals updated as follows: (Effective 2024)*

23.4.3 The ~~Sector~~ **Officiating Committee** must ensure that these manuals are developed and disseminated to the officiating community in each MA. The development of these manuals is subject to the availability of finances, and the needs and priorities as established by the **Officiating** Committee.

---

*Policy 23.2.8.1—NOCP Technical Committee updated as follows: (Effective 2024)*

23.2.8.1 An NOCP technical-~~committee~~ **working group** will be created to complete tasks assigned to it.

23.2.8.2 The members of this ~~committee~~ **working group** will be appointed by the Officiating Committee Chair in consultation with the Board of Directors.

23.2.8.3 This ~~committee~~ **working group** will report back to the **Officiating** Committee.

23.2.8.4 The responsibilities of the NOCP Technical ~~Committee~~ **working group** include:

23.2.8.4.1 Continuous upgrading of technical material for the National Officiating Certification Program;

23.2.8.4.2 Ensure word smithing of rules is correct to eliminate confusion and ensure proper administration;

23.2.8.4.3 Continuous upgrading of current situations of Rules of Play as required;

23.2.8.4.4 Annual review of all documentation/forms placed on LC website for officiating.

---

*Policy 24.3.2.1—Box Lacrosse National Championships and Competitions updated as follows: (Effective 2024)*

24.3.2.1 LC shall endeavour to conduct national competitions at the Masters, Senior, Junior, U17, U15 and ~~U13~~ **U13** levels on an annual basis. The Masters, Senior, Junior and U19 competitions shall be designated as Major Championships. The U17, U15, and U13 competitions shall be designated as Minor Competitions

---

*Policy 24.3.2.2—Approved Championships and Competitions updated as follows: (Effective 2024)*

**24.3.2.2** The Senior A championship of Canada shall be conducted annually under the guidelines established by the agreement of participants to which all participating MAs, leagues that qualify and LC must be signatories. **Effective 2024, the rating of the MA's competing in the Senior A championship of Canada (Mann Cup) as defined in Section 18 are as follows:**



BC	Type 2
ON	Type 1

**Policy 24.4.3.1.1—Men’s Field Lacrosse National Championships and Competitions updated as follows: (Effective 2025)**

The Senior Championships of Canada shall be conducted annually ~~on the basis of one (1) representative per MA league or province per trophy (i.e. 1 team for the Ross Cup; 1 for the Victory Cup).~~ More than one (1) representative team per MA league or province may participate per trophy (Ross Cup and Victory Cup).

**Policy 24.4.3.4.1—Men’s Field Lacrosse National Championships and Competitions removed as follows: (Effective 2025)**

~~24.4.3.4.1 To be eligible to host a national championship when it is their turn in the rotation, an MA must have sent a team to that championship in the year prior. For purposes of hosting through the National Championship rotation, attendance at either the U19 or U17 age divisions constitutes the right to host in the determination of the tournament rotation.~~

**Policy 24.5.5.1—Women’s Field Lacrosse National Championships and Competitions amended as follows: (Effective 2024)**

24.5.5.1 The selection of host for Women’s Field National championship will follow even years ~~(adjusted as per when a decision is made on the odd or even year Alberta then Nova Scotia host Nationals) and~~ in the West (AB, SK, MB, BC) and odd years for the East (FNLA, QC, NB, NS, OLA PEI). The inability to host will not relegate the MA to the bottom of the rotation if they wish to trade spots with another MA in their East/West group. ~~The MA must participate in the previous year Championship in order to be eligible to host~~

**Policy 24.9.1.1— Registration Fees For Major Box Lacrosse National Championships updated as follows: (Effective 2025)**

**24.9 REGISTRATION FEES**

**24.9.1 For Major Box Lacrosse National Championships**

24.9.1.1 The Host shall set the registration fees for the Championship or Competition. These fees shall be in consideration of the number of participants and the operating costs of the event. A budget must be filed with LC with their application to host. Entry fees will be set the year prior to the competition based on the following:



Competition	Fees	Notes
Presidents' Cup	<del>\$1,200</del> \$1,900	If multiple venues will be used, the entry fee may be increased by \$200 so the host can cover the expenses of an Assistant RIC and Convenor. A \$2,000 fine is to be charged for withdrawals after June 1 payable to LC. Should a host committee incur a financial loss in hosting the event as a direct result of a team withdrawing they may apply in writing with complete financial reporting to the Board of Directors at LC AGM for reimbursement equal to that of the fine collected.
Founders' Cup	<del>\$1000</del> \$1,700 for single venue <del>\$1,500</del> \$2,500 For 8 and 9 team events	A \$2,000 fine is to be charged for withdrawals after June 1 payable to LC. Should a host committee incur a financial loss in hosting the event as a direct result of a team withdrawing they may apply in writing with complete financial reporting to the Board of Directors at LC AM for reimbursement equal to that of the fine collected.  \$1,000-\$1,700 to be paid with Notice of Attendance and \$500 remainder to be paid on determination that the event will be comprised of 8 (or 9) teams
Junior Women's	<del>\$1000</del> \$2,500	The <del>\$1,000</del> \$2,500 registration fee will still be charged if there is a withdrawal after January 31st deadline

24.9.1.3 Non-refundable registration fees for Major National Championships shall be paid to LC Head Office on or before June 1 of each calendar year. ~~Non-refundable registration fees for all Minor Box Championships shall be paid to LC Office on or before April 30th of each calendar year.~~ LC will forward to each Host Committee the appropriate fees, less 25%, thirty (30) days prior to the start of the championship or competition. ~~Junior Women's registration fee payment per 24.33.13.3.~~

*Policy 24.9.2.1— Registration Fees for Men's Field Lacrosse National Championships updated as follows: (Effective 2025)*

24.9.2.1 The fees for National Championships and Competitions are as follows:

24.9.2.1.1 Masters - ~~\$1,300~~ \$2,000

24.9.2.1.2 Senior Division I (P.D. Ross Trophy) - ~~\$1,300~~ \$2,000

24.9.2.1.3 Senior Division II (Victory Cup) - ~~\$1,300~~ \$2,000

24.9.2.1.4 Alumni Cup – U17, First Nations U19 - ~~\$1500~~ \$2,500

24.9.2.1.5 U15 - ~~\$1,100~~ \$1800

24.9.2.2 Registration fees shall be paid to LC Head Office on or before the date indicated in

Appendix 25-13: LC Calendar of National Championships. LC Head Office will

forward to each Host the appropriate fees, less 25%, thirty (30) days prior to the

start of the event. ~~The total amount forwarded to the Host will be less the following:~~

24.9.2.2.1 ~~hosting fee(s)~~ Repealed



24.9.2.2.2 ~~medals~~ Repealed

---

*Policy 24.9.3.1—Registration Fees for Women’s Field Lacrosse National Championships and Competitions updated as follows: (Effective 2025)*

*24.9.3 For Women’s Field Lacrosse National Championships*

24.9.3.1 The entry fee is ~~\$1500.00~~-\$2,500 for Senior events and ~~\$1500.00~~-\$2,500 for Junior events.

24.9.3.2 Registration fees shall be paid to LC Head Office on or before the date indicated in Appendix 25-13: LC Calendar of National Championships. LC shall forward to each Host the appropriate fees, ~~less 25%~~, thirty (30) days prior to the start of the event. A team which fails to adhere to the registration deadline may forfeit an opportunity to participate in the event.

---

*Policy 24.9.3.3—Registration Fees for Women’s Field Lacrosse National Championships and Competitions updated as follows: (Effective 2024)*

24.9.3.3 Withdrawal from an event after Notice of Attendance is filed, as per Appendix 25-13, will result in forfeiture of the entry fee plus a fine to a maximum of \$1000. The entry fee will remain with the Host MA, and the fine will be used to off-set costs incurred by the Host MA and other participating MAs. The forfeiture fine amount will be levied ~~by the Director of Domestic Competitions~~ within 30 days of the competition. Decisions regarding distribution of the forfeiture fine will be decided ~~by the Director of Domestic Competition~~ in consultation with the Host

---

*Policy 24.10.3.3—Men’s Field Lacrosse National Championships and Competitions amended as follows: (Effective 2024)*

24.10.3.3 LC logo is to be placed on all ~~junior U19~~ and ~~midget-U17~~ jerseys for the National Championships. The location is to be the front left shoulder, size is to be 3 inches minimum and it will be the same as LC logo as it appears on LC letterhead. The color of this LC logo must be contrasting to the color of the jersey.

---

*Policy 24.12.3—LC Convenors to be updated as follows: (Effective 2025)*

24.12.3 LC Convenor appointment is to be made ~~by the National Championships Committee~~ no later than April 1<sup>st</sup>, ~~unless a later date is specified in a sanction-agreement~~.

---

*Policy 24.13.3—LC RIC OR UIC to be updated as follows: (Effective 2025)*

24.13.3 The RIC appointment to be made ~~by the National Championships Committee in consultation with the Host and Chair of the Officiating Committee~~ no later than April 1<sup>st</sup> ~~unless a later date is specified in a sanction agreement~~.

\*All references to RIC or UIC in Operations Manual will also be updated to “OIC: Official in Charge”



Policy 24.16.4 and 24.33.19.1—Transportation to Nationals to be updated as follows: **(Effective 2025)**

24.16 TRANSPORTATION FOR TEAMS, LC CONVENOR, LC RIC, AND REFEREES

24.16.4 Teams are responsible for their own transportation during the championship., ~~with the exception of box minor nationals (as stated in policy 24.33.19)~~

24.33 MINOR NATIONALS

24.33.19 Transportation

24.33.19.1 ~~To be arranged by Host Committee, transportation will be provided from the Official Residence to the event. Repealed.~~

Policy 24.17.1.6 & 24.33.4.5 Officials to National Championships and Competitions to be updated as follows: **(Effective 2025)**

24.17 OFFICIALS TO NATIONAL CHAMPIONSHIPS AND COMPETITIONS

24.17.1.6 The Host Committee is responsible for the following expenses for Officials:

Item	Fees	Notes
Accommodation		1 room/2 Officials - see <del>note</del> <b>Note 1</b> below
Per Diem		As per LC Guidelines – see Note 2 below <del>but Excludes Minor Box, Men’s Field, and Women’s Field</del>
Game Fee Sr. A - Box	<del>\$375</del> \$525	3 officials x \$150/Official + \$75/standby Official for each game
Game Fee Sr. B – Box	<del>\$250</del> \$350	3 officials x \$100/Official + \$50/standby Official for each game
Game Fee Jr. A – Box	<del>\$250</del> \$350	3 officials x \$100/Official + \$50/standby Official for each game
Game Fee Jr. B – Box	<del>\$200</del> \$280	3 officials x \$80/Official + \$40/standby Official for each game
Game Fee – Masters Field	\$105	3 officials x \$35/Official for each game
Game Fee – Sr. Men’s Field	<del>\$140</del> 160	4 officials x <del>\$40</del> /Official for each game





**Note 1:** If an official wishes to have single accommodations, stay at a location other than the option provided by the Host, or have spouse or spousal equivalent included, the Host shall make the arrangements. The official shall pay all costs and be reimbursed by the Host to half the room rate of the accommodation where the official would have stayed

**Note 2:** Per diem must be paid at the start of the event. Meal allowance per 13.10.8, corrected for meals provided with the hotel stay if applicable. The payment method must be agreed-upon between the Host Committee and OIC.

**AND**

24.33 MINOR NATIONALS

24.33.4 Referees

24.33.4.5 ~~Host to supply meals or per diem.~~ Per diem per 24.17.1.6.

---

*Policy 24.17.1.8 1-8 Officials to National Championships and Competitions to be updated as follows: (Effective 2025)*

24.17.1.8 LC is responsible for all Minor Box/Female Box and Minor Field/Female Field Lacrosse

National Championships officials game fees as follows:

24.17.1.8.1 Female Box (U22)- \$40/official/game – 2 officials. If standby used, \$20/game.

24.17.1.8.2 U17 Box (Male/Female) - \$35/official/game – 2 officials. If standby is used, \$17.50/game.

24.17.1.8.3 U15 Box (Male/Female) - \$35/official/game – 2 officials. If standby is used, \$17.50/game.

24.17.1.8.4 U13 Box - \$35/official/game – 2 officials. If standby is used, \$17.50/game.

24.17.1.8.5 U19 Men's Field - \$40/official/game – 4 officials

24.17.1.8.6 U17 Men's Field- \$40/official/game – 4 officials

24.17.1.8.7 U15 Men's Field - \$40/official/game – 3 officials

24.17.1.8.8 Women's Field - \$40/official/game – 4 officials

---

*Policy 24.33.5—Minor Nationals to be updated as follows: (Effective 2024)*



24.33.5 Game Structure

24.33.5.3 ~~Peewee~~-U13

24.33.5.3.1 3-15 minute periods, the 3rd period last 5 minutes stop time.

24.33.5.4 ~~Bantam~~-U15

24.33.5.4.1 3-17 minute periods, the 3rd period last 5 minutes stop time.

24.33.5.5 ~~Midget~~ U17

24.33.5.5.1 3-20 minute periods, the 3rd period last 5 minutes stop time.

---

**Policy 24.33.13.1—Minor Nationals Entry Fees to be updated as follows: (Effective 2025)**

24.33.13.1 ~~\$1600.00~~ \$2500 per team commitment to be made by January 31st, non refundable

fee to be paid by April 30th. (if you decide you can not commit after your January 31<sup>st</sup> deadline the MA will be charged the entry fee.)

**24.33.13.3 (Moved from 24.9.13)**

Non-refundable registration fees for all Minor Box Championships shall be paid to LC Office on or before April 30th of each calendar year. LC will forward to each Host Committee the appropriate fees, less 25%, thirty (30) days prior to the start of the championship or competition.

---

**Appendix 25-2—Rule Change Procedure to be amended as follows: (Effective 2024)**

Appendix 25-2 -Typo in title (says “27-2”). **Change to 25-2**

---

**Appendix 25-5—Notice of Attendance at National Competition to be amended as follows: (Effective 2024)**

Appendix 25-5 - Notice of attendance at National Championships. The form uses the “<Even>U” nomenclature. **Needs to change to “U<Odd>”.**

---

**Appendix 25-10—Championship Trophy/Cup Agreement to be amended as follows: (Effective 2024)**

Appendix 25-10 - Championship Trophy Agreement. This form has the wrong references to the Ops Manual. **It should be 24.20.2 to 24.20.4** rather than 24.21.2 to 24.21.4.



*Appendix 25-13—Calendar of LC National Championships to be amended as follows: (Effective 2024)*

Appendix 25-13 - Need to be amended to **replace peewee/bantam/midget with the numerical names, and fir the U<Odd> vs <Even>U for nomenclature.**

- Update age range for 17U (to 15-16)
- **need to add a title to the dangling second table: That's the National Championships tournament**

---

*Rule 20—Overtime updated as follows: (Effective 2025)*

- If at the end of regulation time the score is tied, the Referee shall order the game to continue after a **two (2) five (5) minute rest**. The game continues for a full ten (10) minutes stop time. In LC league games, if the score is tied after the first overtime period, the game shall be declared a tie.
- In LC playdowns, if the score is tied after the first **ten (10) minute** overtime period, the game shall continue. After a **ten (10) minute rest, five (5) minute rest** the teams will play twenty-minute stop time periods, with a **ten (10) five (5) minute rest** between each period, until a goal is scored (sudden victory).

---

*Rule 39—Crease Play updated as follows: (Effective 2025)*

- When **shooting on goal**, a player/goalkeeper may not step into the goal crease **prior to the ball leaving the stick**. The crease area is considered to be an imaginary vertical cylinder including the line on the floor. The stick or other parts of the body except the feet may enter the goal crease in the **act of shooting** or faking but may not make contact with the floor or a defending player/goalkeeper **prior to the ball leaving the stick**. Any goals scored by a player/goalkeeper, while in his/her opponent's crease, shall be disallowed and possession awarded to the opposing team in their crease.

---

*Senior A & Junior A Application & Modification – Coincidental Minor Penalties updated as follows: (Effective 2025)*

When coincidental minor penalties **or coincidental major penalties** of equal duration are imposed against players of both Teams, the penalized players shall all take their places in the penalty box and teams shall play **5-on-5 4 on 4**.

- **Such penalized players should not leave the penalty box until the first non-technical stoppage of play following the expiry of their respective penalties.**
- **Such penalized players should not leave the penalty box until the expiry of their respective penalties.**
- When **coincidental minor penalties** coincidental major penalties of equal duration are imposed against players of both Teams, the penalized players shall all take their places in the penalty box and teams shall play 5 on 5.
- Such penalized players should not leave the penalty box until the first non-technical stoppage of play following the expiry of their respective penalties.



**LACROSSE CANADA**  
**CROSSE CANADA**

INFO@LACROSSE.CA  
LACROSSE.CA  
HOUSE OF SPORT, RA CENTRE  
2451 RIVERSIDE DRIVE  
OTTAWA, ON K1H 7X7