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Within the front pocket of binder – Lacrosse Canada Rule book if available and Blank Game sheets.
The rule book can also be found at centralalbertalacrosse.com/content/minor-lacrosse

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Central Alberta Lacrosse League 2025

TOURNAMENTS

24-Feb	Monday	ALL game floor submitted to CALL Executive Director		
25-Mar	Thursday	Deadline to submit Teams U9 - U17 submitted to CALL Executive Director		
22-Mar	Saturday		Comp Intro Red Deer	
23-Mar	Sunday		Comp Intro Red Deer	
29-Mar	Saturday	ALA U13 Development Camp at Collicut	Referee Clinic in Lacombe level 1	
30-Mar	Sunday	ALA Goalie Camp at Collicut	Referee Clinic in Innisfail or Olds level 1	
04-Apr	Friday	All U7 teams submitted to CALL Executive Director		
05-Apr	Saturday		Referee Clinic in Red Deer Level 1	
06-Apr	Sunday		Referee Clinic in Red Deer Level 2/3 *tentative	
07-Apr	Monday	All Rosters including certified coaches entered in RAMP		
11-Apr	Friday	Eye Opener Weekend - All teams must be avail		
12-Apr	Saturday	Eye Opener Weekend - All teams must be avail	U9 games during eye opener	
13-Apr	Sunday	Eye Opener Weekend - All teams must be avail	U9 games during eye opener	
18-Apr	Friday	Good Friday		
19-Apr	Saturday		U9 League games	
20-Apr	Sunday	Easter Sunday		
25-Apr	Friday	Spirit of Sticks U15-U17		
26-Apr	Saturday	Spirit of Sticks U15-U17	U7/U9 - Lacoka	U9-U11 Barn Burner High River
27-Apr	Sunday	Spirit of Sticks U15-U17	CC Dev clinic in Red Deer U7/U9 - Lacoka	
29-Apr	Tuesday	last day to submit game changes		

02-May	Friday				
03-May	Saturday		Comp Intro clinic in Lacombe	U9 Timberfest in CDLA	
04-May	Sunday		Comp Intro clinic & CC Dev clinic - Lacombe	U9-U17 Ice Breaker Edmonton	
09-May	Friday	War on the Shore U15-U17			
10-May	Saturday	War on the Shore U15-U17	U7/U9 TOTT - Innisfail	U9 - Ice Melter in Cold Lake	
11-May	Sunday	War on the Shore U15-U17	U7/U9 TOTT - Innisfail		
15-May	Thursday	Registration Closed (players and staff)			
16-May	Friday	BLOCKED	TRADITION LIVES TOURNAMENT	U9 - Tradition Lives	
17-May	Saturday	BLOCKED	TRADITION LIVES TOURNAMENT		
18-May	Sunday	BLOCKED	TRADITION LIVES TOURNAMENT		
23-May	Friday				
24-May	Saturday		Comp Intro Clinic in Innisfail /U9 League games		
25-May	Sunday		U9 League games-Comp Intro in Innisfail		
30-May	Friday	Gauntlet at the Grove U11-U13		U9 - RVLA Rage in Airdrie	
31-May	Saturday	Gauntlet at the Grove U11-U13	U9 League games		
01-Jun	Sunday	Gauntlet at the Grove U11-U13	U9 League games		
06-Jun	Friday			U9 - Lax to Max in Med Hat	
08-Jun	Saturday			U9 - Hornets in Calgary	
09-Jun	Sunday			U9 - Jeremy Richardson	
10-Jun	Monday				
13-Jun	Friday				
14-Jun	Saturday		U7/U9 Wind Up in Stettler		
15-Jun	Sunday		U7/U9 Wind Up in Stettler		

17-Jun	Monday			
20-Jun	Friday	U11 (Sylvan Lake) and U13 Playoffs		
21-Jun	Saturday	U11 (Sylvan Lake) and U13 Playoffs		
22-Jun	Sunday	U11 (Sylvan Lake) and U13 Playoffs		
25-Jun	Wednesday	U15 (Lacombe) and U17 (Blackfalds) Playoffs		
26-Jun	Thursday	U15 (Lacombe) and U17 (Blackfalds) Playoffs		
27-Jun	Friday	U15 (Lacombe) and U17 (Blackfalds) Playoffs		
28-Jun	Saturday	U15 (Lacombe) and U17 (Blackfalds) Playoffs		
29-Jun	Sunday	U15 (Lacombe) and U17 (Blackfalds) Playoffs		
11-Jul	Friday	Provincials in CALGARY		
12-Jul	Saturday	Provincials in CALGARY		
13-Jul	Sunday	Provincials in CALGARY		

U7 (Mini Tyke) 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

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

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

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

Skills and Drills:

1. **Ball Pick Up** - trap and scoop, scoop from a stationary position, scoop while running.
2. **Cradling** - stationary, walking, running
3. **Loose Ball** - Coach throws the ball into the corner of the arena, the players run to pick it up, one player at a time, and one-on-one
4. **Throwing** - coaches will teach the player how to throw the ball properly, 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. **No score is recorded or displayed.** There is no score sheet required for practice times.
2. Games will be played with the **soft** pink/blue practice ball, on half floor, 3 on 3 format, with no goalies used. The Goals will be the 3x3 version, collapsible net may be used at U7. No Shot Clock is used.
3. The duration of the game shall be three 15-minute straight time periods, buzzer every two minutes for shift change, with 3-minute intermissions. 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 players stick head. There is no body checking.
7. Any offensive playing (including the ball carrier) who deliberately charges directly at a defensive player, may be asked to sit the rest of the shift and another player will take that players place. Or the play is stopped, the coach on the floor explains the infraction to the offender and the opposing team is awarded the ball.
8. The modified (CALL) fall back rule will be used (see below).
9. One coach from each team may be on the floor to instruct players and act as officials.

The CALL Modified U7 - Mini Tyke Fall Back Rule Explained:

- Applies whenever possession is gained by the goalkeeper (by a save or awarded possession after a goal).
- All opposing players must clear out to the neutral zone 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 must PASS the ball to a teammate OUTSIDE the 24' arc (as there are no lines-within reason)
- Rolling the ball to a teammate from the crease is not allowed
- If the pass to a teammate is unsuccessful, the referee shall blow the whistle to stop play and allow the goalkeeper to try again.

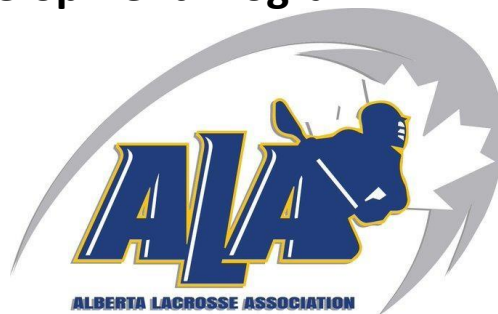
U7 Fall Back Modifications are made as there are no designated goalies, no 24' lines, nor lines for neutral zone. But the idea is to get the players used to clearing to the neutral zone once a goalie gains possession of the ball.

U7 (Mini-Tyke) Rules (CLA Rule Book, Appendix D, Option L)

If you would like more information, please refer to Regulation 15 of the Alberta Lacrosse Association Regulations, or the CALL Executive.

U9 - LTAD Rules

Long Term Athletic Development Program



U9 -

- No Shot Clock (ALA 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.
- Each goal shall consist of two upright poles 3' (91.44cm) apart, joined by a rigid crossbar 3' (91.44cm) from the playing surface
- 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 15-minute straight time periods, with 3-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
- A score sheet (provided by the home team) must be completed prior to each game.
- All goals, assists and penalties are recorded on the game sheet, and displayed on the score board.
- A differential of more than 5 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").
- Any offensive player (including the ball-carrier) who deliberately charges toward an opponent may be assessed a charging penalty.
- There is to be NO BODY-CHECKING.

- 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 Explained:

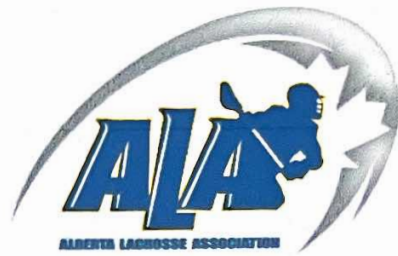
- Applies whenever possession is gained by the goalkeeper (by a save or awarded possession).
- All opposing players must clear out to the neutral zone (over the nearest restraint line) before they can re-enter the offensive zone.
- If the opposing team fails to clear all players to the neutral zone before re-entering, the play will be stopped, and possession will be awarded to the goalkeeper.
- The referee shall ensure that all opposing players are in the neutral zone before restarting play.
- All of the goalkeeper's teammates must clear out of their dotted line/24' arc.
- Goalkeeper must PASS the ball to a teammate OUTSIDE the 24' arc, in an overhand passing motion.
- Rolling the ball to a teammate from the crease is not allowed
- If the pass to a teammate is unsuccessful, (i.e. does not leave the 24' before being retrieved) the referee shall blow the whistle to stop play and allow the goalkeeper to try again.

U11 LTAD Rules Long Term Athletic Development Program



U11 rules

- Shot clock applies.
- Standard 4x4 Net
- Body contact as per CLA Rule Book.
- The duration of the game shall be three 15-minute run time periods, with 3-minute intermissions.
- Each period starts with a face off.
- A score sheet (provided by the home team) must be completed prior to each game.
- All goals, assists and penalties are recorded on the game sheet, and displayed on the score board.
- A differential of more than 5 goals shall not be displayed but must still be recorded on the score sheet.
- Any offensive player (including the ball-carrier) who deliberately charges toward an opponent may be assessed a charging penalty.



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 11 - PLAYING IN A HIGHER DIVISION – AFFILIATION

11.01 Players may play a maximum of 6 (six) games per season in a higher division (which includes regular season play, and CALL Championship Tournaments, but not exhibition games) to be reviewed annually. However, a player may play an unlimited number of games in a higher division once his/her team in his/her own division has concluded its regular season, and CALL Championship Tournament. The CALL Executive Committee may make exceptions to this rule provided there is compliance with ALA rules and provided that those players register with a team in their age division. In cases of conflict between the Team in the higher division and the Team in the player's own age division in regard to practices and games, that player shall, unless excused by the coach of the latter team, be required to participate in the latter team's practice or game.

11.02 Teams may affiliate to a maximum of 18 players and 2 goalies. Any affiliate goaltenders must be dressed as goaltenders. Teams may carry a maximum of 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.

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

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

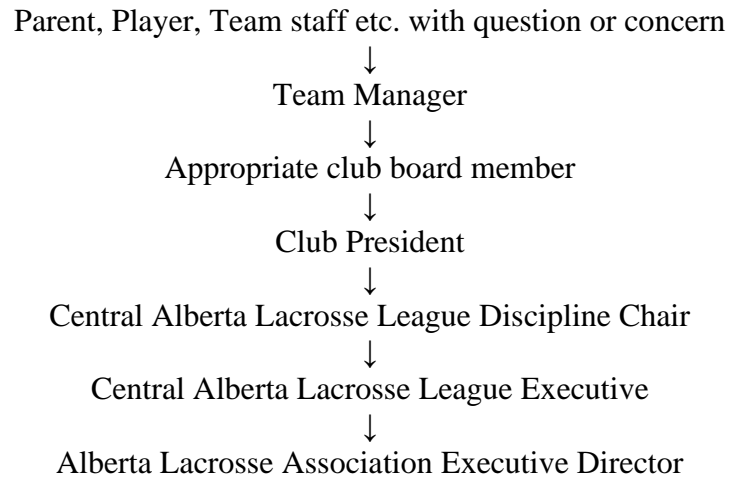
11.05 Girls residing in CALL but playing in B Division Girls league (within another LGB) may be affiliated to the same level parity box team in CALL

11.06 U7 and U9: any coach may request the opposing team to share players in the interest of fair play

11.07 All affiliations must be requested via email from requesting teams head coach to the affiliate teams head coach. Should the affiliates head coach approve the affiliation, they will then reach out to the parents of said affiliate. It is the responsibility of the affiliates head coach to track the number of affiliations and send each request to their clubs 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 Central Alberta Lacrosse League



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

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

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

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

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

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

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

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

A SPECIAL NOTE WITH RESPECT TO OFFICIALS ABUSE

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

STANDING COMMITTEES

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

8.01.12 DUTES AND DESCRIPTIONS OF STANDING COMMITTEES

8.01.12.1 Discipline/Appeals Committee

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

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

CALL Discipline Chart

It is the responsibility of the Head Coach for any team to know the rules of the game, and any automatic suspensions that accompany a game infraction

Type	ALA Position	CALL Position
Game Misconduct- Player <i>(For Game Misconduct - Coach see "Abuse of Official")</i>	As per LC Rule 79	Player must immediately leave the floor return to the dressing room and sit for the remainder of the game.
Match	As per LC Rule 80	2 games automatic suspension. Automatic referral to discipline committee. Participant maybe suspended further after the Committee meets, even if participant has returned to play.
Gross Misconduct	As per LC Rule 48	2 games automatic suspension. Automatic referral to discipline committee. Participant may be suspended further after the Committee meets, even if participant has returned to play.

Infraction	ALA Position	CALL
5 Penalties in 1 Game (Expulsion)	Remainder of game	Player must immediately leave the floor return to the dressing room and sit for the remainder of the game. Game Expulsions also contribute to the "3 rd game misconduct in a season" rule-see below
Checking from Behind	Double minor or major penalty and remainder of game	Double minor or major and game misconduct, or match penalty
Attempts to Butt End	Major penalty, game misconduct and 1 additional game	Major penalty, game misconduct and additional 1 game suspension
Butt Ending	Match – Referred to Committee	2 games automatic suspension. Automatic referral to discipline committee. Participant maybe suspended further after the Committee meets, even if participant has returned to play.
Attempts to Kick	Major penalty, game misconduct, and 1 additional game	Major penalty, game misconduct and additional 1 game suspension
Kicking	Match – referred to Committee	2 games automatic suspension. Automatic referral to discipline committee. Participant maybe suspended further after the Committee meets, even if participant has returned to play.
Attempts to Spear	Major penalty, game misconduct and 1 additional game	Major penalty, game misconduct and 1 game suspension
Spearing	Match LC Rule 65 – Major	2 games automatic suspension. Automatic referral to discipline committee. Participant maybe suspended further after the Committee meets, even if participant has returned to play.
Fighting	Major penalty, game misconduct	Major and game misconduct

Fighting in last 10 minutes of game	Major penalty, game misconduct and 1 additional game	Major and Game misconduct – plus 1 game suspension
Fighting off the floor	LC rule 45 player is suspended from any further lacrosse activities	2 games automatic suspension. Automatic referral to discipline committee. Participant maybe suspended further after the Committee meets, even if participant has returned to play.
Fighting – Instigator or Aggressor	Major penalty and game misconduct plus 1 additional game	Major penalty and game misconduct plus 1 additional game suspension
Restarting a fFght	Match	2 games automatic suspension. Automatic referral to discipline committee. Participant may be suspended further after the Committee meets, even if participant has returned to play.
2 nd Fight in the Season	Not included	An additional 1 game suspension plus any other suspension
3 rd Fight of the Season	Not included	2 games automatic suspension. Automatic referral to discipline committee. Participant may-be suspended further after the Committee meets, even if participant has returned to play.
2 nd Player Game Misconduct in same game	Match	2 games automatic suspension. Automatic referral to discipline committee. May be suspended further after the Committee meets, even if player has returned to play.
Misconduct off the playing floor	Gross misconduct	2 games automatic suspension. Automatic referral to discipline committee. May be suspended further after the Committee meets, even if player has returned to play.
Abuse of Officials (*Coach Game Misconduct)	Match – referred to Committee LC Rule 28, individual suspended until the Committee directs otherwise	2 games automatic suspension. Automatic referral to discipline committee. Participant may be suspended further after the Committee meets, even if participant has returned to play. Coach Suspensions escalate and may carry over into additional seasons and sport disciplines (ie Field, RMLL, etc.) and are reported to the Alberta Lacrosse Association
Molesting of Game Officials	Gross misconduct	2 games automatic suspension. Automatic referral to discipline committee. Participant may-be suspended further after the Committee meets, even if participant has returned to play.
Refusing to play	LC Rule 57	Gross misconduct to Head Coach of the game shall be suspended until heard by the Committee
3 rd misconduct in a season	Refer to Discipline Committee	Automatic referral to discipline committee. Participants are suspended until after the Committee meets. 3 Game expulsions in a season also falls under this rule.

Central Alberta Lacrosse League Penalty Option Chart 2018

Rule#	Rule	Minor	Major	10 min.	Game Misc.	Match	Pen. Shot	A. Goal
6	The Lacrosse Stick	yes						
11	Headwear	yes			yes			
12	Goalkeepers equipment	yes			yes			
13	Player's Equipment	yes		yes	yes			
14	The Teams	yes						
15	Captain of the Team			yes				
17	Non-Playing Personnel	yes						
28	Abuse of Officials	yes		yes	yes	yes		
30	Reckless and Endangering Play-Rules 33,				**yes	yes		
33	Boarding		yes		**yes	yes		
34	Broken Stick/without a stick	yes		yes				
35	Butt-Ending		yes		*yes	yes		
36	Change of Players/Too Many Players	yes					yes	
37	Charging	yes	yes		**yes	yes		
38	Checking from Behind***	yesx2	yes&game		**yes	yes		
39	Crease Play	yes	yes					
40	Cross-Checking	yes	yes		**yes			
41	Delaying the Game	yes		yes			yes	
42	Elbowing		yes		**yes			
44	Falling on the Ball	yes					yes	
45	Fighting		yes		*yes/**yes			
46	Free Hand	yes						
49	Handling the Ball with Hands	yes					yes	yes
50	High Sticking	yes	yes		**yes	yes		
51	Holding	yes			**yes			
52	Hooking	yes	yes		**yes			
55	Interference	yes			**yes			yes
57	Kicking		yes		*yes/**yes	yes		
59	Kneeing	yes	yes		**yes			
60	Leaving the Players/Penalty Bench	yes			yes/**yes		yes	yes
62	Physical Abuse of Officials					yes		
63	Refusing to Start Play	yes						
64	Slashing	yes	yes		**yes	yes		
65	Spearing		yes		*yes/**yes	yes		
67	Third Person in Altercation				yes/**yes			
69	Throwing the Stick ****	yes	yes	yes	**yes		yes	yes
71	Tripping	yes			**yes		yes	yes
72	Unnecessary Roughness	yes	yes		**yes			
73	Wrap Around	yes			**yes			

** In the exchange area, any penalty under this rule shall also be assessed a game misconduct penalty.

*Special situations. In minor Lacrosse only

***CFB receives double minor, major plus game, or match. Can also receive double minor and game if in exchange area.

****Review all situations as a player cannot receive a minor

Review: Checking and interference outside the 24' dotted line. Review Cross-Checking in Rule Book

Stick measurements:40"-46" for the length. Pee Wee and lower 34"-46" 4 1/2"-8" inside head measurement

Review: Checking into the boards or goal net

Review: Restarting of play after penalties have been assessed. *No gain in territory advantage.*

Rule 39: Crease Play restarts in the crease, player may cut through the crease to catch player outside 24' line

Referees are in full control of all off floor Officials (including score sheets) and extends into the stands.

Overtime: CALL league games end in ties. Playoff and Tournament rules will apply.

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. 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 ABUSING OFFICIALS will result in 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 will result in a MATCH PENALTY, with the individual being suspended from all further ALA sanctioned activities and the incident is referred to committee.

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: A major penalty and a game misconduct will be assessed to any player/goalkeeper who fights.

12A.1.02 FIGHTING IN THE LAST 10 MINUTES: A major penalty, a game misconduct, and an additional one (1) game suspension in Minor lacrosse.

12A.1.03 FIGHTING OFF THE FLOOR will result in a player being suspended from any further lacrosse activities. An incident report will be forwarded to the committee and the player remains suspended until the committee directs otherwise.

12A.1.04 INSTIGATING A FIGHT OR BEING AN AGGRESSOR will result in the player receiving a Major for Fighting and a Game Misconduct. An instigator or aggressor in a fight, a major penalty plus any other penalties shall be assessed to the offending player(s). The player will be suspended for the remainder of the game, immediately leave the venue or go to the dressing room and the incident will be referred to committee with the player remaining suspended until the committee directs.

12A.1.05 RESTARTING A FIGHT will result in player being assessed a MATCH PENALTY.

12A.1.06 SPEARING will result in the player automatically receiving a major penalty, a MATCH PENALTY, an automatic two (2) game suspension, and a referral to Committee, which may add a further suspension.

12A.1.07 ATTEMPT TO SPEAR will result in a five-minute major penalty, a game misconduct, plus a one (1) game suspension.

12A.1.08 BUTT ENDING will result in the player automatically receiving a major penalty, a MATCH PENALTY, an automatic two (2) game suspension, and a referral to Committee, which may add a further suspension. The player may return to play if not notified by the Committee.

12A.1.09 ATTEMPT TO BUTT END will result in a five (5)-minute major penalty, a game misconduct, and a one (1) game suspension.

12A.1.1 KICKING: The player will automatically receive a major penalty, asses a MATCH PENALTY, an automatic two (2) game suspension, and a referral to Committee, which may add a further suspension. The player may return to play if not notified by the Committee.

12A.1.1.01 ATTEMPT TO KICK will result in a five (5) minute major penalty, game misconduct, plus a one (1) game suspension.

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 63 of the LC Rule and Situation Handbook, 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 63 of the LC Rule and Situation Handbook, 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.

12A.1.1.03 THIRD GAME MISCONDUCT IN ONE SEASON will receive a two (2)-game suspension and referral to the Committee, which may further suspend, although the individual has finished the two (2) game suspension and resumed participation in lacrosse.

12A.1.1.04 If the penalty resulting in the automatic suspension is incurred in a tournament (other than the Club team Provincials) then the individual shall be suspended from participating in the applicable number of remaining tournament games and those games shall count toward the automatic suspension. The tournament suspension if not fully served shall carry forward into regular season and/or league/provincial playoff games only



Central Alberta Lacrosse League

Time Clock Rules

(There is no Drop Clock within CALL)

Division	Allotted	Warm Up	Period 1	Period 2	Period 3	Per. Break	Clock Rules
U7	1 hour	5 min	15 min	15 min	15 min	3 mins	Run Time
U9	1 hour	5 min	15 min	15 min	15 min	3 mins	Run Time
U11	1 hour	5 min	15 min	15 min	15 min	3 mins	Run Time
U13	1 hour	5 min	15 min	15 min	15 min	3 mins	Run Time
U15	1 1/2 hour	5 min	20 min	20 min	20 min	5 mins	Stop Time *
U17	1 1/2 hour	5 min	20 min	20 min	20 min	5 mins	Stop Time *
*In U15 and U17 only the 3rd period will be played stop time.							
*Clock will only stop for goals, penalties, and time-outs, except for the 6 goal differential rule.							
(Clock will restart when game comes within 4 goals)				*Fall back rule applies in U7 and U9			
*Music played during games must be radio appropriate and volume low (referee discretion)							

Land Recognition: At this time, we would like to give thanks to the creator for giving this medicine to the Iroquois / Haudenousnee (people of the longhouse), for them sharing this medicine with the world. We would also like to give thanks to all First Nations, Metis, and Inuit as we all sit in their territories, we say thank you. We say thank you Creator for giving us mother earth, she then gave us the tree in which our sticks are made from. This is the true roots of the medicine we call lacrosse today.



Central Alberta Lacrosse League 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, at least TWO representatives from each team are to be in the time box for the duration of the game (ideally, 5 people should be present), arriving 15 minutes early.

The **home team** will supply one person to work the time clock, as home team should have had instructions on how to work their home clock. The second volunteer will run the home penalty box door and assist where needed.

The **visitor team** will supply one person to fill out the score sheet, as every club manager should have gone through how to properly fill these out during your team meeting. The second visitor volunteer will run the shot clock and with assistance, work the visitor penalty box 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 the 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.

Below are some brief descriptions and explanations to help you out, as a minor official.

Time Outs: Time outs are 60 seconds in duration (run the shot clock twice) and each team is allowed ONE time out per game. The time out is called only by a referee as a request from 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, then it restarts at 22 seconds when play is blown back in). The referee may at any time call a 'referee time out' for their own purposes, i.e. injury, or other issues.

Minor Penalties: when assessed without a coincident major, these are always recorded on the penalty clock and require the removal of the player for 2 minutes or until a goal is scored, whichever is 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: The only penalty assessed a double minor (2-2min minors) is Checking from behind (CFB). 4 minutes goes up on the clock, but it is written as two 2-minute minors, on two separate lines of the score sheet. This counts as two penalties of the 5 penalty limit per player.

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 five minute penalty is never shortened, but if the non-offending team scores two goals on a power play that resulted from a Major penalty, the penalized team may substitute a player from the bench onto the floor, returning the team to full strength, while the penalized player remains in the box until the five minutes have finished, and only returns to the floor at a dead ball.

If less than two goals are scored against the penalized players team during the major penalty, then that penalized is able to return to the game immediately once the five minutes is up; no stoppage of play is required.

In all situations where a single 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, the goal shall count first toward the minor penalty. Subsequent goals shall count towards the major as noted above.

Dead Ball: the clock is stopped for a penalty, time out, or a goal is scored. Clock restarts at the referee's whistle.

Misconduct Penalties: these require the removal of the player for 10 minutes and are never displayed on the main score clock. 10 minute misconducts do not begin until after the expiry of any additional penalties. Any additional non-coincidental penalties shall be served by another player.

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

Multiple penalties: These are situations when a number of penalties are assessed at the same time. These situations can become quite complicated, however there are a couple of simple rules that can help when sorting them out. A team is always entitled to have at least 3 players plus a goalie on the floor at all times, but a team cannot have more than 2 penalties running at the same time! Penalties for player in addition to the first two penalties must wait for one of the first two to expire before their penalties may begin. (Most, if not all time clocks, are able to "stack" a number of penalties and will automatically start penalties as they expire).

During multiple penalty situations, players may return to the floor only during a dead ball or when enough of these penalties expire such that they are entitled to have more than 3 players on the floor; however, if a team already has 5 players on the floor (not including the goal keeper) than any 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 shall be equipped with a separate timing device and horn to signal the referees whenever a violation of the thirty 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 great deal of concentration. Mistakes happen but continue to watch for when the next shot or possession change occurs.

Resets: Following a shot on net (the ball striking the goal post or the goalie while he/she is in the crease) the shot clock is reset and is reset again when a team regains possession following the shot. For example, after a shot on goal and a reset, the ball could roll down the entire length of the floor. The 30 second clock would not reset until the ball is picked up. Similarly, following a face off, the shot clock does not begin until a team has control of the ball. The shot clock always restarts at 30 after a shot, possession change or the referees whistle to restart play. EXCEPT for time outs (as described above) or if a ball is lodged in a stick. The play would stop and would restart without a new 30 seconds of play.

Possession: is defined as when a team obtains control of the ball and continues from that point even if the ball becomes loose and runs until the other team gains control or time runs out. In order to be deemed in possession of a loose ball, a team must have control of the ball in their stick. It is not considered possession if a team merely bats or kicks the ball. When time runs out the horn will sound, and the referee will stop the play and award possession to the opposing team.

Official Scorer (rule 24): The score keeper must ensure all penalties, goals, time outs and game information (rosters, start and end time, date, game number) be recorded **NEATLY** on the home supplied score sheet. All penalty abbreviations are listed on the back of each score sheet. The score sheet is the official document required for score keeping as well as for legal purposes, so please be sure to complete it in full.

Official Time Keeper (rule 25): The time keeper shall control the playing time and all penalty times, displaying them on the clock. He/she assists the score keeper with start and end times for penalties as well as when goals are scored. They also must inform players of when penalties are about to expire and when they can leave the penalty box.

GAME REPORTS

20.01 For **Game Results (U7-U19)**, immediately following a game, the Home Team must scan the score sheet entirely (including referee names and game number) and email it to admin@centralalbertalacrosse.com and discipline@centralalbertalacrosse.com.

In the Subject line, state Game Number (ex. game 7), and in the body of the email include the team names and the score, and if any major penalties occurred. (You can even just state: you'll want to see this! check this out! Or something similar in the subject line so discipline knows to address it ASAP)

20.02 All league games must be entered and verified on the CALL website within **24 hours** of the game ending, as per reporting procedures found on centralalbertalacrosse.com.

20.03 All Home Teams must submit score sheets as stated in **20.01 and 20.02**, and report all game stats for league games in the format outlined on the CALL website within **24 hours** of the game completion, or face fines.

20.04 All Visiting Teams must verify score sheets as outlined on the CALL website within **48 hours** of the game completion, or face fines.

20.05 Game sheets missing any required information as per the reporting procedures outlined on the CALL website may be subject to a fine.

20.06 For U7 games, the **CALL game sheet (in binder and on website)** will be used.

20.07 Game Sheet Distribution

- The white copy remains with the Home Team (to be collected by each club's representative).
- The yellow copy is given to the Winning Team.
- The pink copy is given to the Losing Team.
- Abbreviations for all penalties are listed on the reverse side of each sheet, or can be found on penalty abbreviation chart in Manager binder

20.08 All teams are required to send a copy of the game sheet from any exhibition, tournament, or provincial game—whether they are the home or away team—to admin@centralalbertalacrosse.com and discipline@centralalbertalacrosse.com.

Game Reporting Procedures

HOME Team Entry (within 24 hours of game finish):

1. Click ADMIN LOGIN on the CALL homepage (top left corner)
2. Enter your team LOGIN and PASSWORD
3. Click LOGIN
4. You are logged in and viewing the DASHBOARD of your team microsite within the BGL
5. Click LEAGUE GAMES
6. Find the game you have completed, preferably using the GAME NUMBER
7. Click the menu button GAMESHEET
8. Enter the Home Team **SCORE**
9. Enter in the Visitor Team **SCORE**
10. Click the box **GAME IS FINISHED**
11. Click SUBMIT
12. Click the menu button **ROSTER**
13. If you do not see a player's name listed that is on the game sheet, click the ADD PLAYER button and enter all the fields, then click SUBMIT
14. Click only the players that played during the game on both teams (using the gamesheet for info). Do not alter or modify the jersey numbers that you see already on the screen. Just use the names as verification, as some associations may change numbers during the year, or use different numbers for affiliates
15. Click UPDATE ROSTER
16. Click menu button **GOALS**
17. Enter all goal information. Each Goal requires entry for:
 - P (Period)
 - Min (Minute)
 - Sec (Second)
 - Sc (Scorer by jersey number)
 - A (First and second assist by jersey number)
18. Do NOT Enter goal type definition
19. Click UPDATE GOALS
20. Click menu button **PENALTIES**
21. Enter # of Home penalties and enter number of Visitor penalties
22. Click button UPDATE # OF ROWS
23. Enter all penalty information. Each penalty requires entry for:
 - P (Period)
 - # (Player Jersey #)
 - Serv (Player Jersey # who Served the Penalty)
 - Min (Minute of game in which Penalty was called)
 - Sec - Second of game in which Penalty was called
 - If it's a Bench Penalty, you can leave the # column empty.
24. Click UPDATE PENALTIES

25. Click menu button **GOALIES**
26. **ONLY** enter the following information for all goalies that played during the game. Do not enter any of the other fields.
 - # (Jersey number of Goalie)
 - Min (Minutes Played)
27. Click UPDATE GOALIES
28. Click the menu button **UPLOAD FILES**
29. If you are on a mobile smart device (cell phone): You will have the option "Take Photo or Photo Library" appear. Uploaded game sheets must be clear and legible, otherwise you will be asked to upload again. Click SUBMIT
30. If you are on a home computer: find your gamesheet file that you have saved in your browser. Please be sure your file is named simply with the game number (ex: Game 101). Once you've found your saved gamesheet, click on it, then OPEN, Click SUBMIT
31. All mandatory entry is now complete.
32. Click SIGN OUT
33. You must check on the verification of this game by the other manager. If they report errors, you are responsible to correct them in a timely manner and then follow-up with the other team to have them UPDATE THE VERIFICATION STATUS. If you do not make your corrections, the BGL and/or the Visiting Team Manager will pursue contact with you to correct. Should this not be completed in an acceptable timeframe by the BGL Statistician, you could be fined for late entry.

VISITOR Team Entry (within 48 hours of game finish):

1. Click ADMIN LOGIN on the CALL homepage (top left corner)
2. Enter your team LOGIN and PASSWORD
3. Click LOGIN
4. You are logged in and viewing the DASHBOARD of your team microsite within the BGL
5. Click LEAGUE GAMES
6. Find the game you have completed, preferably using the GAME NUMBER
7. Click the menu button labelled VERIFY
8. Review the section SCORE, Is it correct?
9. Review the section UPLOADED FILES, is there a file listed? Open the file, is it correct and it is it clear and legible?
10. Review all sections SUMMARY info, is everything correct and match the paper version gamesheet? The game sheet is the official record and cannot be Altered after the referee signs it.
11. Click on VERIFICATION STATUS drop down arrow.
12. If there are no errors, choose VERIFIED, click UPDATE VERIFICATION STATUS
13. If there were errors that you noticed from the home team's entry, click THERE ARE ERRORS. Lick UPDATE VERIFICATION STATUS. Complete an entry in the YOUR NOTE section to explain what needs to be fixed. Click SAVE NOTE.
14. Click SIGN OUT
15. If there were errors, you must check on the fixing of this game by the other manager. If you have reported errors, they are responsible to correct them in a timely manner and then follow-up with you to UPDATE THE VERIFICATION STATUS. If they do not make your corrections and update the status, you as Visiting Team Manager will pursue contact with them to correct. Should this not be completed in an acceptable time frame by the CALL Statistician, they could be fined for late entry.

Game changes

Game Change protocol

ALL GAME CHANGES MUST BE SUBMITTED BEFORE APRIL 29/2024

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@centralalbertalacrosse.com

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

Game Change Request Form



Requester Information

- Requesting Team: _____
- Team Manager: _____
- Applicable Division: _____

Original Game Details

- Original Game Date: _____
- Home Team: _____
- Visiting Team: _____
- Game Number: _____
- Date: _____
- Time: _____
- Location: _____

New Game Details

- New Game Date: _____
- New Time: _____
- New Location: _____

Approvals

- Home Team Manager's Name: _____
- Home Team Manager's Signature: _____
- Visiting Team Manager's Name: _____
- Visiting Team Manager's Signature: _____

SIGN HERE

SIGN HERE



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.

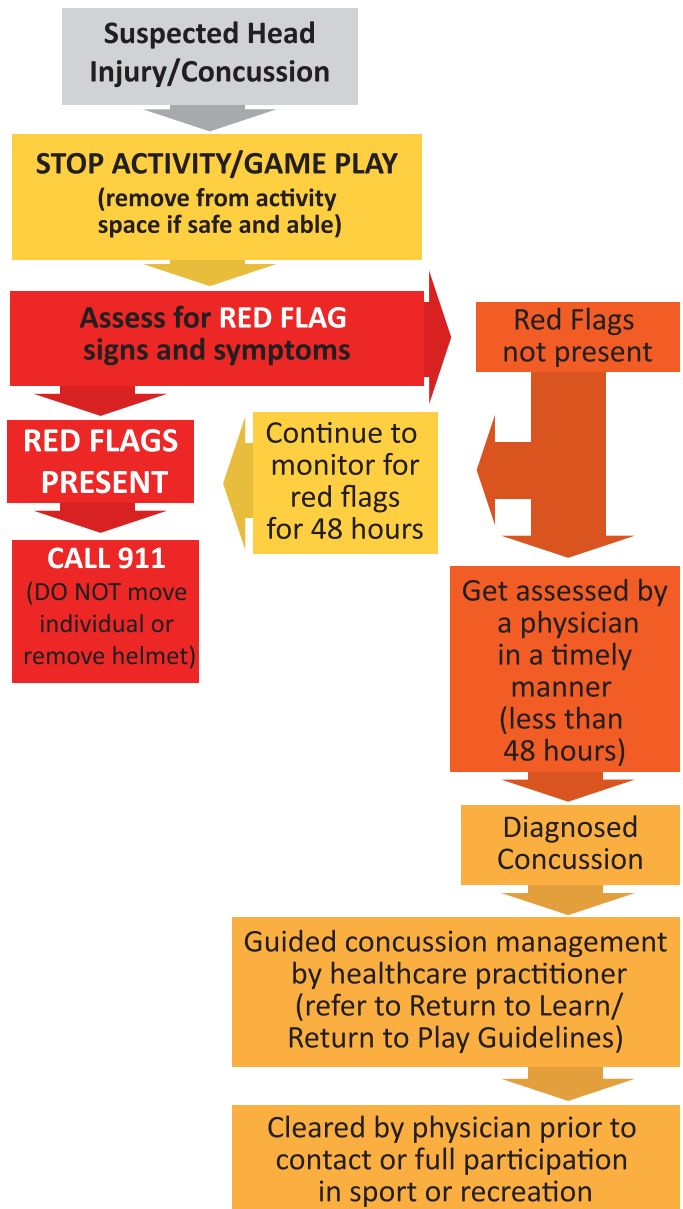
Concussion Action Plan (CAP)

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.