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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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		Alberta Lacrosse League 2024 -		
02 Fab	Caturday		Communities Deel Deen	
	Saturday		Comp Intro Red Deer	
04-Feb	Sunday		Comp Intro Red Deer	
26-Feb	Monday	ALL game floor submitted to	CALL Executive Director	
22-Mar	Friday	Deadline to submit Teams U9 - U17 sub	mitted to CALL Executive Director	
22-19101	riudy			
23-Mar	Saturday		Referee Clinic in Lacombe level 1	
24-Mar	Sunday		Referee Clinic in Innisfail or Olds level 1	
29-Mar	Friday	All U7 teams submitted to C	LEXECUTIVE Director	
	Saturday			
	Sunday	EASTER SUNDAY		
05-Apr	Friday			
	Saturday		Referee Clinic in Red Deer Level 1	
	Sunday		Referee Clinic in Red Deer Level 2/3	
10-Apr	Wednesday	All Rosters including certified o	oaches entered in RAMP	
10-461	weanesday	All Rosters including certified (		
12-Apr	-	Eye Opener Weekend - All teams must be available		
-	Saturday	Eye Opener Weekend - All teams must be available		
14-Apr	Sunday	Eye Opener Weekend - All teams must be available		
19-Apr	Friday			
20-Apr	Saturday			
21-Apr	Sunday			
26-Apr	Friday			
-	Saturday		Comp Intro in Lacombe	
	Sunday		Comp Intro in Lacombe CC Dev - Lacombe	U7 in Blackfalds

29-Apr	Monday	last day to su	ubmit game changes	
03-May	Friday			
04-May	Saturday		CC Dev in Red Deer	
05-May	Sunday			
10-May	Friday		War on the Shore Tournament U11/U13	
11-May	Saturday		War on the Shore Tournament U11/U13	U7/U9 TOTT in Innisfail
12-May	Sunday		War on the Shore Tournament U11/U13	
17-May	Friday	BLOCKED	TRADITION LIVES TOURNAMENT	
-	Saturday	BLOCKED	TRADITION LIVES TOURNAMENT	
-	Sunday	BLOCKED	TRADITION LIVES TOURNAMENT	
24-May	Friday			
-	Saturday		Comp Intro in Innisfail	U7/U9 in Sylvan Lake
-	Sunday		Comp Intro in Innisfail	
31-May	Friday		SOS tournament U15/U17	
	Saturday		SOS tournament U15/U17	
	Sunday		SOS tournament U15/U17	
07-100	Friday			
	Saturday			
	Sunday			U7/U9 South Olds, North Lacoka
10-Jun	Monday	End of league games for U11 and U15		
14-Jun	Friday			
	Saturday	U11 and U15 Playoffs	U15 hosted by Lacoka	
	Sunday	U11 and U15 Playoffs	U11 Hosted by Olds	
17-Jun	Monday	End of league games for U13 and U17		
21-Jun	Friday	U13 and U17 Playoffs		
22-Jun	Saturday	U13 and U17 Playoffs	U13 hosted by Innisfail	
23-Jun	Sunday	U13 and U17 Playoffs	U17 hosted by:	U7/U9 Wind up in Stettler

12-Jul	Friday	Provincials Sylvan Lake and Red Deer	
13-Jul	Saturday	Provincials Sylvan Lake and Red Deer	
14-Jul	Sunday	Provincials Sylvan Lake and Red Deer	

# 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 can be used for U7. No Shot Clock is used.

**3**. The duration of the game shall be three 15-minute straight time periods, 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 (LC Rule Book, Appendix D, Option L)

If you would like more information, please refer to Regulation 9 of the Alberta Lacrosse Association Regulations, or the CALL Executive.

# U9 - LTAD Rules Long Term Athletic Development Program





- **U9** (LC Rule Book, Appendix E, Option L)
- 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 LC standards and approved by the LC.
- 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 3minute 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



**U11 rules** (LC Rule Book, Appendix F, Option L)

- Shot clock applies.
- Standard 4x4 Net
- Body contact as per LC Rule Book.
- The duration of the game shall be three 15-minute straight 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 LC 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 U13 and younger, the non-ball carrier can only be cross-checked inside the dotted line. In U15 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 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 nonball 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 crosschecking, 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

Parent, Player, Team staff etc. with question or concern  $\downarrow$ Team Manager  $\downarrow$ Appropriate club board member  $\downarrow$ Club President  $\downarrow$ Central Alberta Lacrosse League Discipline Chair  $\downarrow$ Central Alberta Lacrosse League Executive  $\downarrow$ Alberta Lacrosse Association Executive Director

## 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 <u>discipline@centralalbertalacrosse.com</u>.

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)

**<u>CALL Discipline Chart</u>** 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

Туре	ALA Position	CALL Position
Game Misconduct- Player	As per LC Rule 79	Player must immediately leave the floor return to the dressing room and sit for the remainder of
(For Game Misconduct - Coach see "Abuse of Official")		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. <b>Game</b> <b>Expulsions</b> also contribute to the "3 <sup>rd</sup> 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 <sup>nd</sup> Fight in the Season	Not included	An additional 1 game suspension plus any other suspension
3 <sup>rd</sup> 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 <sup>nd</sup> 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 <sup>rd</sup> 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.
	<u> </u>	

6         The Lacrosse Stick         yes		Central Alberta Lacros	se Le	ague Pe	enalty	Option (	Chart	: 2018	
11     Headwear     yes     yes     yes     yes       12     Goalkeepers equipment     yes     yes     yes     yes       13     Player's Equipment     yes     yes     yes     yes       14     The Teams     yes     yes     yes     yes       14     The Teams     yes     yes     yes     yes       17     Non-Playing Personnel     yes     yes     yes     yes       30     Reckless and Endangering Play-Rules 33,     **yes     **yes     yes       31     Broken Stick/without a sitk     yes     yes     **yes     yes       33     Boarding     yes     yes     **yes     yes       34     Broken Stick/without a sitk     yes     yes     **yes     yes       35     Butt-Ending     yes     yes     **yes     yes       36     Change PlayerStroko Many Players     yes     yes     yes     **yes       39     Crease Play     yes     yes     yes     **yes     yes       40     Crease-Checking     yes     yes     yes     **yes     yes       41     Delaying the Bail     yes     yes     **yes     yes       45     Fighting	Rule#	Rule	Minor	Major	10 min.	Game Misc.	Match	Pen. Shot	A. Goa
12     Goalkeepers equipment     yes     yes     yes     yes       13     Player's Equipment     yes     yes     yes     yes       14     The Teams     yes     yes     yes       15     Captian of the Team     yes     yes     yes       16     Captian of the Team     yes     yes     yes       28     Abuse of Officials     yes     yes     yes       30     Reckless and Endangering Play Rules 33,     ***yes     yes     yes       31     Boarding     yes     ***yes     yes       34     Broken Stick/without a stick     yes     **yes     yes       35     Butt-Ending     yes     yes     **yes     yes       36     Charge of Players/Too Many Players     yes     **yes     yes       37     Charging     yes     yes     **yes     yes       38     Checking from Behind***     yesx2     yes&game     **yes     yes       39     Crease Play     yes     yes     **yes     yes       41     Delaying the Game     yes     yes     **yes     yes       42     Elbowing     yes     **yes     yes       44     Falling on the Ball     yes </td <td>6</td> <td>The Lacrosse Stick</td> <td>yes</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	6	The Lacrosse Stick	yes						
13     Player's Equipment     yes     yes     yes       14     The Teams     yes	11	Headwear	yes			yes			
14     The Teams     yes     yes     yes       15     Captain of the Team     yes     yes     yes       17     Non-Playing Personnel     yes     yes     yes       28     Abuse of Officials     yes     yes     yes     yes       31     Boarding     yes     yes     yes     yes       33     Boarding     yes     **yes     yes       34     Broken Stick/without a stick     yes     yes     **yes     yes       35     Butt-Ending     yes     yes     **yes     yes       36     Charging     yes     yes     **yes     yes       37     Charging     yes     yes     **yes     yes       39     Crease Play     yes     yes     **yes        41     Delaying the Game     yes     yes     **yes        42     Elbowing     yes     **yes         43     Falling on the Ball     yes     **yes         44     Falling on the Ball     yes     **yes         45     Fighting     yes     **yes         46     Free Had     yes     **yes <td>12</td> <td>Goalkeepers equipment</td> <td>yes</td> <td></td> <td></td> <td>yes</td> <td></td> <td></td> <td></td>	12	Goalkeepers equipment	yes			yes			
15       Captain of the Team       yes       yes </td <td>13</td> <td>Player's Equipment</td> <td>yes</td> <td></td> <td>yes</td> <td>yes</td> <td></td> <td></td> <td></td>	13	Player's Equipment	yes		yes	yes			
17     Non-Playing Personnel     yes     yes     yes     yes     yes       28     Abuse of Officials     yes     yes     yes     yes     yes       30     Reckless and Endangering Play-Rules 33,     yes     **tyes     yes     **tyes     yes       31     Boarding     yes     yes     **tyes     yes     **tyes     yes       33     Boarding     yes     yes     yes     yes     yes       34     Broken Stick/without a stick     yes     yes     **tyes     yes       36     Charging     yes     yes     **tyes     yes       37     Charging     yes     yes     **tyes     yes       38     Checking from Behind***     yess/     yes     **tyes     yes       39     Crease Play     yes     yes     yes     yes       40     Cross-Checking     yes     yes     yes     yes       41     Delaying the Game     yes     yes     yes     yes       42     Elbowing     yes     yes     yes     yes       44     Faling on the Ball     yes     yes     yes     yes       45     Fighting     yes     yes     yes     y	14	The Teams	yes						
28     Abuse of Officials     yes     yes     yes     yes     yes     yes       30     Reckless and Endangering Play-Rule 33,     **Yes     **Yes     yes     **Yes     yes       34     Broken Stick/without a stick     yes     yes     **Yes     yes       35     Butt-Ending     yes     yes     **yes     yes       36     Charge of Players/Too Many Players     yes     **yes     yes     yes       37     Charge of Players/Too Many Players     yes     **yes     yes     yes       38     Checking from Behind***     yes/yes     **yes     yes     yes       39     Crease Play     yes     yes     yes     yes       40     Cross-Checking     yes     yes     yes     yes       41     Delaying the Game     yes     yes     yes     yes       42     Elbowing     yes     yes     yes     yes       44     Filting     yes     yes     yes     yes       45     Fighting     yes     yes     yes     yes       50     High Sticking     yes     yes     yes       51     Holding     yes     yes     yes       52     Interferen	15	Captain of the Team			yes				
30       Reckless and Endangering Play-Rules 33,       **yes       **yes       yes       **yes       yes         33       Boarding       yes       **yes       yes       **yes       yes         34       Broken Stick/without a stick       yes       yes       **yes       yes         36       Charging       yes       yes       **yes       yes         36       Charging       yes       yes       **yes       yes         37       Charging       yes       yes       **yes       yes         38       Checking from Behind***       yes.////////////////////////////////////	17	Non-Playing Personnel	yes						
30       Reckless and Endangering Play-Rules 33,       **Yes       yes       **Yes       yes         31       Broken Stick/without a stick       yes       **Yes       yes       **Yes          35       Butt-Ending       yes       *yes       yes       yes       yes       yes         36       Change of Players/Too Many Players       yes       **Yes       yes	28	Abuse of Officials	yes		yes	yes	yes		
33         Boarding         yes         **yes         yes            34         Broken Stick/without a stick         yes         yes         *yes         *             35         Butt-Ending         yes         *         *         yes         yes         *         yes         *         yes         yes         *         yes         yes         *         yes         yes         *         yes         it         it         it         Delaying the Game         yes         yes         yes         yes         it         it         it         yes         it         yes         it         it         it         it         it         yes         it         it<	30	Reckless and Endangering Play-Rules 33,				**yes	yes		
35     Butt-Ending     yes     *yes     yes     yes     yes       36     Change of Players/Too Many Players     yes     **yes     yes     yes       37     Charging     yes     yes     **yes     yes       38     Checking from Behind***     yes     yes     **yes     yes       39     Crease Play     yes     yes     **yes     **yes       40     Cross-Checking     yes     yes     **yes     yes       41     Delaying the Game     yes     yes     **yes     yes       42     Elbowing     yes     **yes     yes     yes       44     Falling on the Ball     yes     yes     **yes     yes       46     Free Hand     yes     **yes     yes     yes       50     High Sticking     yes     **yes     yes       51     Hooking     yes     **yes     yes       52     Hooking     yes     **yes     yes       53     Interference     yes     **yes     yes       54     Haneing     yes     yes     yes       55     Interference     yes     **yes     yes       56     Physicla Abuse of Officials     pes <td>33</td> <td>Boarding</td> <td></td> <td>yes</td> <td></td> <td></td> <td>yes</td> <td></td> <td></td>	33	Boarding		yes			yes		
36         Change of Players/Too Many Players         yes         yes         yes         yes           37         Charging         yes         yes         **yes         yes	34	Broken Stick/without a stick	yes		yes				
36         Change of Players/Too Many Players         yes         yes         yes         yes           37         Charging         yes         yes         **yes         yes	35	Butt-Ending		yes		*yes	yes		
38       Checking from Behind***       yesx       yesk@ame       **yes       yes         39       Crease Play       Yes       Yes       Yes       Yes       Yes       Yes         40       Cross-Checking       Yes       Yes       Yes       **Yes       Yes       Yes         41       Delaying the Game       Yes       Yes       Yes       Yes       Yes       Yes         42       Elbowing       Yes       Yes       Yes       Yes       Yes       Yes         43       Flighting       Yes       Yes       Yes       Yes       Yes       Yes         44       Free Hand       Yes       Yes       Yes       Yes       Yes       Yes         50       High Sticking       Yes       Yes       Yes       Yes       Yes       Yes         51       Holding       Yes       Yes       Yes       Yes       Yes       Yes         53       Interference       Yes       Yes       Yes       Yes       Yes       Yes         54       Refusing to Start Play       Yes       Yes       Yes       Yes       Yes       Yes         55       Spaaring       Yes	36	Change of Players/Too Many Players	yes	-				yes	
38       Checking from Behind***       yesx       yesk@ame       **yes       yes         39       Crease Play       Yes       Yes       Yes       Yes       Yes       Yes         40       Cross-Checking       Yes       Yes       Yes       **Yes       Yes       Yes         41       Delaying the Game       Yes       Yes       Yes       Yes       Yes       Yes         42       Elbowing       Yes       Yes       Yes       Yes       Yes       Yes         43       Flighting       Yes       Yes       Yes       Yes       Yes       Yes         44       Free Hand       Yes       Yes       Yes       Yes       Yes       Yes         50       High Sticking       Yes       Yes       Yes       Yes       Yes       Yes         51       Holding       Yes       Yes       Yes       Yes       Yes       Yes         53       Interference       Yes       Yes       Yes       Yes       Yes       Yes         54       Refusing to Start Play       Yes       Yes       Yes       Yes       Yes       Yes         55       Spaaring       Yes	37			yes		**yes	yes		
39       Crease Play       yes       yes       yes       **         40       Cross-Checking       yes       yes       **yes       yes         41       Delaying the Game       yes       yes       **yes       yes         42       Elbowing       yes       **yes       **yes       yes         44       Falling on the Ball       yes       **yes       yes       yes         45       Fighting       yes       **yes       yes       yes         46       Free Hand       yes       **yes       yes       yes         50       High Sticking       yes       yes       **yes       yes         51       Holding       yes       **yes       yes       yes         52       Hooking       yes       yes       **yes       yes         53       Interference       yes       yes       yes       yes         54       Refusing to Start Play       yes       yes       yes       yes         53       Kneeing       yes	38		-						
40       Cross-Checking       yes       yes       **yes       **yes         41       Delaying the Game       yes       yes       yes       yes         42       Elbowing       yes       **yes       yes         44       Failing on the Ball       yes       **yes       yes         45       Fighting       yes       *yes/*yes       yes         46       Free Hand       yes       *yes       yes       yes         50       High Sticking       yes       yes       **yes       yes         51       Holding       yes       **yes       yes       yes         52       Hooking       yes       yes       **yes       yes         55       Interference       yes       yes       yes       yes       yes         53       Materiang       yes       yes       yes       yes       yes       yes         56       Leaving the Players/Penalty Bench       yes       yes       yes       yes       yes       ges       ges </td <td></td> <td></td> <td></td> <td></td> <td></td> <td>,</td> <td>, -</td> <td></td> <td></td>						,	, -		
41       Delaying the Game       yes       yes       yes       **yes         42       Elbowing       yes       **yes       **yes       yes         44       Falling on the Ball       yes       **yes       yes       yes         45       Fighting       yes       *yes/**yes       yes         46       Free Hand       yes       **yes       yes         49       Hadling the Ball with Hands       yes       **yes       yes         50       High Sticking       yes       yes       **yes       yes         51       Holding       yes       yes       **yes       yes         52       Hooking       yes       yes       **yes       yes         53       Interference       yes       yes       yes       yes         54       Maeing the Players/Penalty Bench       yes       yes       yes       yes         60       Leaving the Maluse of Officials       yes       yes       yes       yes       yes         63       Refusing to Start Play       yes       yes       yes       yes       yes       yes         64       Slashing       yes       yes       yes       ye	40			-		**ves			
42       Elbowing       yes       **yes       yes         44       Falling on the Ball       yes       yes       yes         45       Fighting       yes       *yes       yes         46       Free Hand       yes       *yes       yes       yes         49       Handling the Ball with Hands       yes       **yes       yes       yes         50       High Sticking       yes       yes       **yes       yes         51       Holding       yes       **yes       yes       yes         52       Hooking       yes       **yes       yes       yes         53       Interference       yes       yes       **yes       yes         60       Leaving the Players/Penalty Bench       yes       yes       yes       yes         61       Refusing to Start Play       yes       yes       yes       yes       yes         63       Refusing to Start Play       yes       yes       yes       yes       yes       yes         64       Slashing       yes	41	Delaying the Game			yes	,		yes	
44       Falling on the Ball       yes       * yes       * yes       * yes       * yes       * yes       *         45       Fighting       yes       yes       * yes       *       *       .	42		,	ves		**ves		,	
45       Fighting       yes       *yes/*yes       ////////////////////////////////////	44		ves	,		,		ves	
46       Free Hand       yes       yes       yes       yes       yes         50       High Sticking       yes       yes       **yes       yes       yes         50       High Sticking       yes       yes       **yes       yes       yes         51       Holding       yes       yes       **yes       yes       **yes       yes         52       Hooking       yes       yes       **yes       yes       yes       yes       yes         53       Interference       yes       yes       **yes       yes       yes       yes       yes       yes         59       Kicking       yes       yes <td>45</td> <td></td> <td>,</td> <td>ves</td> <td></td> <td>*ves/**ves</td> <td></td> <td>,</td> <td></td>	45		,	ves		*ves/**ves		,	
49Handling the Ball with Handsye			ves	1		,, ,			
50High Stickingyesyes**yesyes51Holdingyes**yes**yes*52Hookingyesyes**yesyes53Interferenceyes**yesyes57Kickingyes**yesyes59Kneeingyesyesyes60Leaving the Players/Penalty Benchyesyesyes62Physical Abuse of Officialsyesyesyes63Refusing to Start Playyesyesyesf64Slashingyesyesyesf65Spearingyesyesyesf66Third Person in Altercationyesyesyes67Third Person in Altercationyesyesyes72Unnecessary Roughnessyesyesyesyes73Wrap Aroundyes**yesyesyes***Review all situations. In minor Lacrosse only**sum**top**top***Review all situations as a player cannot receive a minorterview: Checking and interference outside the 24' dotted line. Review Cross-Checking in Rule Book***Review all situations as a player cannot receive a minorReview: Checking into the boards or goal net****Review all situations as a player cannot receive a minorReview: Checking into the boards or goal net****Review all situations as a player cannot receive a minorReview: Checking into the boards or goal net****R	-							ves	ves
51       Holding       yes       **yes       **yes         52       Hooking       yes       yes       **yes       yes         55       Interference       yes       **yes       yes       yes         57       Kicking       yes       *yes/*yes       yes       yes         59       Kneeing       yes       yes       **yes       yes       yes         60       Leaving the Players/Penalty Bench       yes	-			ves		**ves	ves	,	,
52       Hooking       yes       yes       **yes       **yes       yes         55       Interference       yes       **yes       yes       **yes       yes         57       Kicking       yes       yes       **yes       yes       **yes       yes         59       Kneeing       yes       yes       yes       **yes       yes			1	7			,		
55       Interference       yes       **yes       yes         57       Kicking       yes       yes       *yes/**yes       yes         59       Kneeing       yes       yes       **yes/**yes       yes         60       Leaving the Players/Penalty Bench       yes       yes       yes/**yes       yes       yes         61       Leaving the Players/Penalty Bench       yes       yes       yes       yes       yes         62       Physical Abuse of Officials       yes       yes       yes       yes       yes         63       Refusing to Start Play       yes       yes       **yes       yes       64         64       Slashing       yes       yes       **yes       yes       65       Spearing       yes       **yes       yes       66         65       Spearing       yes       yes       yes       **yes       yes       yes <td< td=""><td>52</td><td></td><td>-</td><td>ves</td><td></td><td>-</td><td></td><td></td><td></td></td<>	52		-	ves		-			
57       Kicking       yes       *yes/**yes       yes         59       Kneeing       yes       yes       **yes       yes         60       Leaving the Players/Penalty Bench       yes       yes       yes       yes         62       Physical Abuse of Officials       yes       yes       yes       yes         63       Refusing to Start Play       yes       yes       yes       yes         64       Slashing       yes       yes       **yes/yes       yes         65       Spearing       yes       yes/**yes       yes       yes         67       Third Person in Altercation       yes/yes       yes/**yes       yes       yes         69       Throwing the Stick ****       yes       yes       **yes       yes       yes         72       Unnecessary Roughness       yes       yes       ***yes       yes       ***yes       yes         73       Wrap Around       yes       yes       ***yes       yes       ***yes       yes         ***CFB receives double minor, major plus game, or match. Can also receive double minor and game if in exchange area.       ****res       yes       ***         ****CFB receives double minor, major plus game, or match. Can also re			-	7		-			yes
59       Kneeing       yes       yes       **yes       **yes         60       Leaving the Players/Penalty Bench       yes       yes       yes/**yes       yes       yes         62       Physical Abuse of Officials       yes       yes       yes       yes       yes         63       Refusing to Start Play       yes       yes       yes       yes       yes         64       Slashing       yes       yes       **yes       yes       it         65       Spearing       yes       yes       **yes       yes       it         69       Throwing the Stick ****       yes       yes       **yes       yes       yes         72       Unnecessary Roughness       yes       yes       **yes       yes       **yes       yes         73       Wrap Around       yes       ***yes       wes       ***yes       yes       ***yes       it         ***res duble minor, major plus game, or match. Can also receive double minor and game if in exchange area.         ***res       ****         ****res       *****         ****res       ****         72       Unnecessary Roughness       yes       ****yes <td>57</td> <td></td> <td>1</td> <td>ves</td> <td></td> <td></td> <td>ves</td> <td></td> <td>,</td>	57		1	ves			ves		,
60       Leaving the Players/Penalty Bench       yes       yes       yes       yes       yes         62       Physical Abuse of Officials       yes       yes       yes       yes       yes         63       Refusing to Start Play       yes       yes       **yes       yes       image: start Play	59		ves	-			,		
62       Physical Abuse of Officials       yes       yes         63       Refusing to Start Play       yes       yes         64       Slashing       yes       yes       **yes       yes         65       Spearing       yes       yes       yes       yes         67       Third Person in Altercation       yes/**yes       yes       yes         69       Throwing the Stick ****       yes       yes       yes       yes         71       Tripping       yes       yes       yes       yes       yes         72       Unnecessary Roughness       yes       yes       **yes       yes       **yes       yes         73       Wrap Around       yes       yes       **yes       yes       **yes       **         73       Wrap Around       yes       yes       **yes       **       **       **         *** In the exchange area, any penalty under this rule shall also be assessed a game misconduct penalty.       **	60	)	1	1				ves	yes
63       Refusing to Start Play       yes       yes       start         64       Slashing       yes       yes       **yes       yes         65       Spearing       yes       yes/**yes       yes         67       Third Person in Altercation       yes/**yes       yes         69       Throwing the Stick ****       yes       yes       **yes       yes         71       Tripping       yes       yes       yes       yes       yes         72       Unnecessary Roughness       yes       yes       **yes       yes         73       Wrap Around       yes       **yes       wes       **         ** 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       *****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         <			1			,, ,	ves	1	,
64       Slashing       yes       yes       **yes       yes         65       Spearing       yes       *yes/**yes       yes       *         67       Third Person in Altercation       yes/**yes       yes       *         69       Throwing the Stick ****       yes       yes       **yes       yes       yes         71       Tripping       yes       yes       **yes       yes       yes       yes         72       Unnecessary Roughness       yes       yes       **yes       yes       **yes       yes         73       Wrap Around       yes       **yes       **yes       yes       ***yes       its         ** 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       *****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	63	-	ves				,		
65       Spearing       yes       *yes/**yes       yes         67       Third Person in Altercation       yes/**yes          69       Throwing the Stick ****       yes       yes       **yes       yes         71       Tripping       yes       **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       **       **         Kitck measurements:40"-46" for the length. Pee Wee and lower 34"-46" 4 1/2"-8" inside head measurement       **         Review: Restarting of play after penalties have been assessed. No gain in territory advantage.       **	64			ves		**ves	ves		
67       Third Person in Altercation       yes/**yes       yes/**yes         69       Throwing the Stick ****       yes       yes       yes       yes       yes         71       Tripping       yes       yes       yes       yes       yes       yes         72       Unnecessary Roughness       yes       yes       **yes       yes       **yes       yes         73       Wrap Around       yes       **yes       **yes       it       it         ** 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       ****Review: Checking into the boards or goal net         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 Official	65	, , , , , , , , , , , , , , , , , , ,	,				-		
69       Throwing the Stick ****       yes       y				,			<u> </u>		
71       Tripping       yes       **yes       yes       yes       yes       yes       yes       yes       yes       yes       yes       **yes       yes       yes       **yes       yes       **       **       **yes       yes       **       *			yes	yes	yes		1	yes	yes
72       Unnecessary Roughness       yes       yes       yes       **yes         73       Wrap Around       yes       **yes       **yes         6**       In the exchange area, any penalty under this rule shall also be assessed a game misconduct penalty.         5Special 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         5tick measurements:40"-46" for the length. Pee Wee and lower 34"-46" 4 1/2"-8" inside head measurement         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.			1	,	,				yes
73       Wrap Around       yes       **yes         *** In the exchange area, any penalty under this rule shall also be assessed a game misconduct penalty.       ***ore         *** CFB receives double minor, major plus game, or match. Can also receive double minor and game if in exchange area.         **** 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: 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.			1	yes			1	,	,
<ul> <li>** In the exchange area, any penalty under this rule shall also be assessed a game misconduct penalty.</li> <li>*Special situations. In minor Lacrosse only</li> <li>***CFB receives double minor, major plus game, or match. Can also receive double minor and game if in exchange area.</li> <li>****Review all situations as a player cannot receive a minor</li> <li>Review: Checking and interference outside the 24' dotted line. Review Cross-Checking in Rule Book</li> <li>Stick measurements:40"-46" for the length. Pee Wee and lower 34"-46" 4 1/2"-8" inside head measurement</li> <li>Review: Checking into the boards or goal net</li> <li>Review: Restarting of play after penalties have been assessed. No gain in territory advantage.</li> <li>Rule 39: Crease Play restarts in the crease, player may cut through the crease to catch player outside 24' line</li> <li>Referees are in full control of all off floor Officials (including score sheets) and extends into the stands.</li> </ul>				,		,			
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Referees are in full control of all off floor Officials (including score sheets) and extends into the stands.				-	-	-	24' line		
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### **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 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 1/4 hour	10 min	15 min	15 min	20 min	3 mins	Stop Time *		
U15	1 1/2 hour	10 min	20 min	20 min	20 min	5 mins	Stop Time *		
U17	1 3/4 hour	10 min	20 min	20 min	20 min	5 mins	Stop Time *		
*Clock will	only stop for go	oals, penalti	es, and tim	ne-outs, ex	cept for the	e 6 goal diffe	erential rule.		
(Clock wi	(Clock will restart when game comes within 4 goals)								
** Fall back	** Fall back rule applies in U7 and U9								
*** Music played during games must be radio appropriate and volume low (referee discretion)									



# 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 his/her 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.

<u>Minor Penalties</u>: 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.

<u>Major Penalties</u>: 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 <u>two goals</u> 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 he/she 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.

<u>Misconduct Penalties</u>: 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.

<u>Game Misconduct</u> 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.

<u>Multiple penalties</u>: 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.

<u>Offensive Timekeeper-30 second shot clock (rule 26)</u>: The shot/possession clock operator shall be equipped with a separate timing device and horn to signal the referees whenever a violation f 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.

<u>Official Scorer (rule 24)</u>: 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.

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Enter the starting goalie 1st, alternate goalie 2nd, the rest of the team in NUMERICAL order

# **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
- 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.

For Game Results (U9 to U17), immediately following a game, Home Team must scan the score sheet entirely (including referee names and game number) and email to:

admin@centralalbertalacrosse.com

and

discipline@centralalbertalacrosse.com

In the Subject line, state Game Number (ex. B007), 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!)

All home teams must submit score sheets as stated above and report all game stats within 24 hours or face fines.

All visiting teams must login and verify game sheet within 48 hours or face fines.

White copy remains with home team (to be collected by each club's representative), Yellow copy to winning team, pink copy to losing team. Abbreviations for all penalties are listed on the reverse side of each sheet.

# 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 <u>game change form</u> (must be signed by both managers). The completed form is to be sent to <u>admin@centralalbertalacrosse.com</u>

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



# Notice of Game Change Form

Circle Division	Requesting Team Manager	
U17 U15	Name:	
U13 U11		
U9	Team:	
Original Scheduled (	Game	
	VS	
		Time:
Location:		
Reason for Game Cl	hange (circle one) FACILITY CON	IFLICT TOURNAMENT OTHER (explain below)
Newly scheduled ga	me:	
DATE:		TIME:
LOCATION:		
We the undersigned floor scheduler	ed agree to the above resched	uled game and have contacted the location
Home Team Ma	anager/Representative	Visiting Team Manager/Representative
		(print)
		(sign)
		(date)
(uate)		(uute)

This form is to be filled out by the requesting team manager with all information regarding the original game. Forward to the other team's manager to sign. Finally, this completed form will be sent by email **scheduler@centralalbertalacrosse.com** 





#### **Accident 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, mail to **Alberta Lacrosse Association** within 30 days following the accident.

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

Ins	ured's Surname:	Insured's Given Name:
Ad	dress:	Telephone No. (daytime): Email:
Cit	y/Town: Province:	Postal Code:
Da	te of Birth (M/D/Y):	_Sex: 🗌 Male 🔲 Female
1.	Date of Accident (M/D/Y): Dat	te of Initial Medical attention (M/D/Y):
2.	Location and full details of accident and nature of in	jury sustained:
3.	Name of Company who carries your Group Hospita	l or Medical Insurance:
4.	Name and address of Family Physician:	
5.	Name and contact information of witness to this acc	cident:
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.

AÚTHORIZATION: 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:		<u>_</u>
		Actual Loss (M/D/Y):
Is loss permanent and irrecoverable?	Give degree of loss:	
Is condition direct result of an accider	nt? 🗌 Yes 🗌 No	
Did any disease or previous injury co	ntribute to loss? 🗌 Yes 🗌 No	If yes, describe:
Was Patient hospitalized?  Yes	☐ No If yes, give Hospital Nam	ne and Address:
Names and Addresses of other Phys		
Are you related to or in a business rel		∕es □ No
These statements are	true and complete to the best	t of my knowledge and belief.
Name of Attending Physician (please Address:	print) :	
Signature of Attending Physician:		Date (M/D/Y): Fax Number:
	ASSOCIATION STATEME	NT
Name of Individual:	Nam	ne of Club:
The Individual is:	mber 🗌 Volunteer	
Was the individual a member or volu	nteer on the date of the accident	t? 🗌 Yes 🔄 No
Did the injury occur while Insured was	s participating in an activity reco	gnized by the Association?  Yes  No
Please attach a copy of your incident	report related to this event (if av	vailable).
Signature:		Date (M/D/Y):
Title:	Phone Number:	Email:

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