

GELC

Coaches and Managers

HANDBOOK

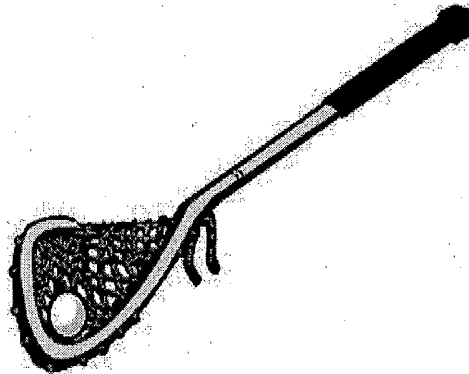
2017



10.01.2 CODE OF CONDUCT

All Persons, Members, Players, Coaches, Managers, Trainers, officials and members of Members shall:

1. attempt at all times to work toward the goals and objectives of the GELC and the game of Lacrosse, and towards the betterment of its members;
2. strive to heighten the image and dignity of the GELC and the sport of Lacrosse as a whole, and to refrain from behavior which may discredit or embarrass the GELC or the Game;
3. always be courteous and objective in dealings with other members;
4. except when made through proper channels, refrain from unfavorable criticism of other members or representatives of the GELC;
5. strive to achieve excellence in the sport while supporting the concepts of Fair Play and a Drug-Free sport;
6. show respect for the cultural, social and political values of all participants in the sport;
7. as a guest in a foreign country, other province or other Association, abide by the laws of the host and adhere to any social customs concerning conduct.



Greater Edmonton Lacrosse Council

Telephone: 780-466-0981

Fax: 780-463-0591

Office Address: #202 303- 69 Avenue NW, T6P 0C2

The office is located on the second floor of the Power Express Building.

Email: edmlax@telus.net

Scoresheets scanned and emailed to: gelcadm@telus.net

Website: www.gelc.ab.ca



202-303-69 Avenue NW, Edmonton Alberta, T6P 0C2

April 1, 2017

The Board of Directors of the Greater Edmonton Lacrosse Council are excited to welcome you on the floor for the 2017 minor lacrosse season.

The board has been working on many new initiatives and hope that the outcome of these events are felt positively across the area. In addition we are working with the Alberta Lacrosse Association on their new initiatives as well.

Some Highlights;

GELC sponsored free goalie camp for all goalies with 3 or less years of experience in the league.

GELC sponsored Changing the Game Speaker Glen Mulcahy, a mandatory speaking engagement for all GELC coaches, managers and club board members.

The GELC has hired a technical Director on a 7 month contract to work with schools and coaches.

A change in the structure of the league going to 4 Zones for A division lacrosse.

The board continues to work on improving our bylaws, regulations and policies.

The ALA will not be hosting a novice provincial for 2017 but will invest in a Tyke Novice Festival July 13-17 in Calgary at the South Soccer Centre, all tyke and novice teams are eligible to attend by registering with the ALA check albertalacrosse.com for information and to register.

Respect the Ref

All participants in Alberta are being asked to take the Pledge to respect the Ref.

You will see the officials out in Bright green t shirts for the first two weeks of the lacrosse season.

Executive 2016-17

President	Sean Aggus gelcpresident@gmail.com
Vice President	Tina Burkholder Tina.burkholder@hubinternational.com
Secretary	vacant
Treasurer	Cary Burgett burgettfinancial@gmail.com
Coaching Director	Norm Maxwell normmaxwell@gmail.com

Standing Committee Chairpersons

Discipline and Appeals	Mark Flasha flasha@ringball.com
Bingo and Gaming	Denise Niedzielski dniedzielski@shaw.ca
Referee-In-Chief	Jon Bennet ric.gelc@gmail.com

Staff

Executive Director	Donna Haggstrom	780-466-0981 780-908-6539 edmlax@telus.net
Technical Advisor	Erik Turner	gelcta@telus.net



Arenas

Arena Etiquette:

1. Please Park in designated parking arenas provided at the arenas.
2. Prior to the team entering the dressing rooms of an arena, **a coach or manager MUST** get the dressing room key from the Attendant.
3. Check the dressing room for any damages or mess prior to your team entering the room.
4. Upon Completion of the game the dressing room must be vacated and left as it was found, the key returned to the attendant.
5. Each year we have reported to us vandalism in washroom and dressing rooms any damages done by your team will be charged back to the team via the club.
6. Please designate an adult to ensure the players' benches are left in a clean and tidy manner after you game as well.
7. Remind your spectators about keeping the Arenas clean, and using the garbage cans.
8. Complaints about the arenas need to be addressed immediately with the GELC office staff.
9. In Spruce Grove you are required to bring your own lock with you.
10. Players and coaches who go on the floor are required to change foot wear to inside runners for play. If the team is sent running outside pre game please wear outside shoes and change.

**For additional arena information and maps go to
www.arenamaps.com/arenas/Alberta**

Edmonton and Area Arenas

Arena	Address	Phone/Fax
Edmonton Arenas		311
Bill Hunter	9200-163 Street	
Callingwood Arenas	17740-69 Avenue	
Confederation	11204 -43 Avenue	
Coronation	13500-112 Avenue	
Crestwood Arena	9940-147 street	
Glengarry	13340-85 Street	
Grand Trunk	13025-112 Street	
Kenilworth	8313-68 A Street	
Londonderry	14520-66 Street	
Michael Cameron	10404-56 Street	
Millwoods A and B	7207-28 Avenue	
Russ Barnes	6725-121 Avenue	
Southside-George P Hughes	10525-72 Avenue	
Tipton	10849-81 Avenue	
Westwood	12040-97 Street	
Edmonton East Soccer Center	12720-Victoria Trail	
Edmonton South Soccer Center	6520-Roper Road	
St.Albert Arenas		
Kinex/Akinsdale	66 Hebert Road St.Albert	780-459-1556
Servus Credit Union Place Sarasota and Go Auto, Tudor Glenn	400 Campbell Road St. Albert	780-459-1600
Fort Saskatchewan Arenas		
Jubilee Arena	10013-96 Avenue	
Sportsplex	9513-89 Street	780-992-6254
Dow Centennial Center	8700- 84 Street	780-992-6254
Moyer Arena -- Josephburg Alberta	Highway 636 and Range Road 215 54569 Range Road 215	780-998-7022
Sherwood Park Arenas		
Sherwood Park Shell	2015 Oak Street Sherwood Park	780-467-2202
Sherwood Park Arena	2015 Oak Street Sherwood Park	780-467-2202
Strathcona Olympiette Center (Fultonvale)	52029 Range Road 224, Ardrossan	780-922-4111
Glen Allan Recreation Centre	199 Georgian Way Sher. Park	780-467-4404
Leduc Arenas		
Alexandra Arena	47 Avenue and 49 Street Leduc	780-980-7121
Leduc Recreation Center	4330- Black Gold Drive	780-980-7120
Beaumont Arenas		
Ken Nichol Regional Recreation Centre	5303- 50 Street	780-929-8878
Spruce Grove Arenas		
Grant Fuhr Arena Stu Barnes Arena	454 King Street, Spruce Grove	780-962-2031
Stony Plain Arena		
Glenn Hall Arena	5300-52 Street	780-963-2604
Westlock Arenas		
Westlock Spirit Center	9603-100 Street	

Ardrossan		
Ardrossan East	80-1 Avenue Ardrossan T8E 2A2	780-922-3377
Devon		
Dale Fisher	32 Haven Avenue, Devon, T9G 1G2	780-987-4242

Facilities and Scheduling Policies

Practice Cancellations: (City of Edmonton Facilities)

All floor time booked for practice will not be refunded. Make sure your club knows you are not using it so they can put another team in your place.

Game Rescheduling Policy: Deadline date of April 12, 2017

There will be a one week opportunity after the release of the schedules to accommodate any game changes due to the reasons below:

1. Games will be rescheduled for teams entering tournaments.
2. Game will be rescheduled for teams missing players due to school functions where by more than half of the team will be missing. (e.g. Graduation, or field trips)
3. **COACH and/or GOALIE** absence will not be considered a reason for rescheduling games.
4. **Please note if you have not requested a game change in the first week of the schedule your request at a later date may not be honored, and it will cost the team making the request a \$100.00 rebooking fee, charged to the club.**
5. No scheduled games in the first two weeks of the schedule will be rescheduled due to the necessity of obtaining officials for those games and not being able to cancel within the required notice.

Procedure to reschedule games will be as followed:

1. Request sent to GELC office.
2. The request must include the reason for the reschedule and possible dates that would work on both team's schedules. (Check for conflicting dates on the two individual schedules)

Rescheduling of Games Related to Referee Non Attendance

When there is only one or no officials at the game.

1. Email the Referee in Chief at ric.gelc@gmail.com, it goes to his phone and he can find out where the officials are.
2. Game shall not be played (as per ALRA rules).
3. Coaches and parents who are not ALRA members cannot officiate games.

4. Coaches and parents, or players who may be ALRA officials may officiate with permission of both teams coaches. Documentation of this must occur on the game sheet and sent to the GELC office.
5. Games during the last scheduled week of play where officials do not appear to referee the game will not be rescheduled but will be awarded a tie in the standings. Prior to the last scheduled week, we (GELC) will reschedule the game on the final weekend prior to the start of playoffs.

Booking of Extra Floor time

If you would like to book additional floor time for an exhibition game or practice please check with your clubs schedulers for available times.

Opening of Arenas

The City of Edmonton policy on arena opening and closing is as follows:

The arenas shall be opened 45 minutes before the first scheduled event of the day.

The arena shall be vacated and closed by the attendant one half hour after the last scheduled game or practice.

This is common in all facilities that the GELC uses.

Dressing Rooms – ALL Facilities

Any and all unnecessary mess left in any dressing room used by the GELC will result in the offending team being levied a **minimum** \$75.00 clean up charge. This fee may be larger depending on the facility and charges incurred in that facility.

As a coach it is your responsibility to address any untidy or messy conditions with the Arena attendant before you accept the keys to the dressing room.

Alcohol, chewing tobacco, and sunflower seeds are not allowed in any areas of the arenas. If any of these items are found in any dressing rooms clean up fees may be charged.

Coaches it is your responsibility to ensure that sticks and balls are not used inside dressing rooms.

Arena Damage - All Facilities

Any damage to the facilities that results in a charge being sent to the GELC or one of its member organizations will be charged to the responsible parties. It will be invoiced to the Club and dispersed from the club to the appropriate team or individual.

Playing Surface:

Anyone shooting the ball around on the floor of an arena must have a helmet on, or they will be asked to leave the floor.

If at any time the Arena attendant is on the playing surface, no balls and sticks, will be allowed on the surface until the attendant has finished his responsibilities. You will be allowed on to the floor at the start of your scheduled floor time, if requested to leave the surface prior to that time please do.

Anyone under the age of 18 must have a helmet on while on the floor. Coaches under the age of 18 must have helmets on while on the floor.

Concerns about Referees

Please send all referee issues to the GELC Referee-In-Chief Jon Bennett at ric.gelc@gmail.com.

The following guidelines will be followed by the GELC Referee-In-Chief and the Alberta Lacrosse Referees Association.

1. Compliments are always welcome.
2. Concerns should be **directed to the GELC Referee-In-Chief and not to the referees on the floor** or any other referee.
3. Referees will be disciplined, when necessary, by the Alberta Lacrosse Referee's Association.
4. All concerns must be:
 - a. In writing,
 - b. Must be sent within a minimum of 24 hours after the conclusion of the game, and no more than 72 hours after its conclusion. This will allow coaches the opportunity to process and reflect on the incident.
 - c. We will not investigate incidents that happened months earlier.
 - d. Must be more than a missed call.
 - e. You must include who you are, what team you are with, your position with the team, as well as the date, time and location of the game and the referee (s) name/description if necessary.
 - f. Include witness statements or contact information if possible.
 - g. Provide this information to your club President, the GELC office, in addition to the RIC.
5. Inappropriate Referee Conduct (swearing, yelling at spectators etc.) will be taken seriously. Such behavior by a referee may result in verbal, written warnings or suspension of the referee to be determined by a panel of the Alberta Lacrosse Referee's Association.
6. If you have a concern as to the overall competence of a referee at a certain level of play please let the GELC Referee-In-Chief know. Evaluations and mentorship is organized throughout the season.
7. Any general questions about the rules of play can be asked of the GELC Referee-In-Chief as well.



GELC DISCIPLINE

A SPECIAL NOTE WITH RESPECT TO OFFICIALS ABUSE

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

The GELC Discipline Committee for 2017

Jon Bennett – Referee in Chief	Ric.gelc@gmail.com
Danny Nappert, Blues	discipline@blueslacrosse.ca
Arden Turner, Crush	disciplinerep@leduc.com
Posse	
Steve Craggs	discipline@beaumont Raiders.com
Ron Simpson, Rams	President2@ramslacrosse.ca
Bill Kelly, Rebels	Discipline_rebels@gmail.com
Rob Hlokoff, Rock	westlockdsicpline@gmail.com
Harry Willis, Titans	Text preferred 780-278-6824
Kevin Kohut, Warriors	discipline@warriorslacrosse.ca
Troy Lutz, Wizards	president@wizardslacrosse.ca

GELC 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 CLA rules of play.

The following is the Discipline and Suspensions criteria that all teams must follow when dealing with their players and coaches.

It is the **team's responsibility** to track and record suspensions appropriately.

It's 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 player's suspensions are recorded.

*The Players Name and game(s) associated to that suspension ie : 1 of 3
Suspensions for coaches and fans shall be recorded in the same manner as for players.*

All suspensions are required to be written on the lines left for suspensions on the game sheets.

This includes all players, coaches and parents.

Please ensure all game sheets with suspensions are faxed, to the GELC office at 780-463-0591.

They may also scanned or a picture taken and emailed to gelcadmin@telus.net; at the GELC office following the game to ensure suspensions are duly recorded.

In addition all game sheets with suspensions must be sent to your club discipline chair, for additional tracking and confirmation that the suspension has been served.

Any team who uses a player who is suspended will forfeit all team 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 their club discipline representative listed previously.

If the coach has not documented on the game sheet a suspended player correctly, and that player is verified as having sat out the game, the coach who signed off the game sheet as the head coach shall be suspended for the next game rather than the player sitting an additional game.

A suspension status report will be sent to Club Discipline Representatives and Club Presidents on a bi weekly basis. It is the responsibility of the club discipline representative to inform coaches, players and fans of their suspensions and of any hearings requiring their presence.

Please refer to them for your players / coach status suspensions.

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. Check with your club discipline chair if you have players who need to sit a game from a previous year suspension not served.

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

We will be meeting on the following Thursday's April 27, May 11, May 25, June 8 and June 22, July 7th will be the final wrap up meeting for the year. If there are no discipline issues to be heard there will be no meeting. Your club discipline chair will notify appropriate team officials should your presence be required at a hearing.

2017 DISCIPLINE CHART

Type	ALA Position	GELC Position
Minor		2 minute penalty
Double Minor		4 minute penalty
Major		5 Minute Penalty
Game Misconduct CLA Rule 79	As per CLA Rule 79, will results in the individual being suspended for the remainder of the game, immediately leave the venue or go to the dressing room	Remainder Of Current Game, Must Immediately Leave The Venue (Building), Or Go To The Dressing Room And Sit For Remainder Of Game In The Dressing Room. Game plus may be added for attempt penalties
Match CLA Rule 80	Match as per CLA Rule 80 will result in the individual being suspended from all ALA sanctioned activities. An incident report will be immediately filled out and sent to the committee	As per ALA
Gross Misconduct CLA Rule 48	As per CLA Rule 48 will result in a MATCH PENALTY with the individual being suspended from all further ALA sanctioned activities and the incident referred to committee	As per ALA
Infraction	ALA Position	GELC
5 Penalties In 1 Game - Expulsion	Remainder of Game	Expulsion –remainder of the game
Checking From Behind	Double Minor or Major Penalty and game misconduct	Double Minor or Major & Game Misconduct -
Attempts To Butt End	In addition to CLA rule 35, a five minute major penalty, a game misconduct plus a one game suspension.	Major & Game Misconduct - Plus 1 Game If no match appears for the butt end
Butt Ending	In addition to CLA Rule 35,the player will automatically receive a major penalty, asses a match penalty and an automatic two game suspension and a referral to committee which may add a	Major –with a match, -refer to Committee

	further suspension. The player may return to play if not notified by the committee	
Attempts To Kick	In addition to CLA Rule 57, a five minute major penalty, game misconduct, plus a one game suspension	Major & Game Misconduct - Plus 1 Game If no match appears for the kick
Kicking	In addition to CLA Rule 57, the player will automatically receive a major penalty, assess a match penalty and an automatic two 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.	Major –with a match, -refer to Committee
Attempts To Spear	In addition to CLA Rule 65, a five minute major penalty, a game misconduct, plus a one game suspension.	Major & Game Misconduct - Plus 1 Game If no match appears for the spear
Spearing	In addition to CLA Rule 65, the player will automatically receive a major penalty, a match Penalty and an automatic two game suspension and referral to committee, which may add a further suspension the player may return to play if not notified by the committee.	Major –with a match, -refer to Committee
Fighting	Major Penalty & Game Misconduct	Major & Game Misconduct
Fighting In Last 10 Minutes Of Game	Major Penalty , Game Misconduct and an Additional Game	Major & Game Misconduct Plus 1 Game
Fighting off the Floor	CLA Rule 45 player is 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.	Gross Misconduct
Fighting - Instigator Or Aggressor	As per CLA Rule 45(b) the player will receive a major for fighting and a game misconduct. Player will also be assessed a major for being the aggressor and the game misconduct along with the additional Game misconduct for having two majors in a	As Per ALA Major and a game misconduct

	game. As per ALA Regulation 15.02.13 player will be suspended for the remainder of the game immediately leave the venue and go the dressing room and the incident shall be referred to committee with the player remaining suspended until the committee directs.	
Restarting A Fight	In addition to CLA Rule 45(c) this action will result in player being assessed a match penalty	Match
2 nd Fight In The Season	Not included	An Additional 1 Game Suspension + Other Suspension
3 rd Fight Of The Season	Not included	Gross Misconduct
Face Masking	Not included	Match
2nd Game Misconduct In Same Game	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 otherwise	AS per ALA
Reckless and Endangering Play	As per CLA Rule 30 will result in a match penalty, with the individual being suspended from all further ALA sanctioned activities and the incident is referred to committee	Match Penalty
Misconduct Off The Playing Floor	Refer to CLA Rule 79, with 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.	As per ALA
Abuse Of Game Officials	Match - Referred To Committee CLA Rule 28 with the individual being suspended from further ALA sanctioned activities with such incident being referred to committee and Individual suspended until the committee directs otherwise	Match

Refusing To Play	as per CLA Rule 63, the team shall receive a bench minor penalty and be given one minute to start play. If the team still refuses to start play or should there be a recurrence later in the game, the Referee shall declare the game ended and forward a full report to committee. The game shall be forfeited by the team assessed the penalty. The head coach for the game being ended under this situation will receive a game misconduct and will be suspended and referred to Committee and will remain suspended until otherwise directed by the committee.	Head coach of the game must appear before the discipline committee if requested.
Abuse By Fans	Regulation 21 ALA 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. An incident report will be sent to the committee.	See GELC Regulation 15 an additional one game suspension
3 rd Game Misconduct In A Season and/or game expulsion in a season	A two game suspension and referral to the Committee which may further suspend although the individual has finished the two game suspension and resumed participation in lacrosse	Match
2 Majors In One Game		1 additional game in addition to any other required penalties
Coach Ejections		1 st Ejection of the playing season will receive an automatic one game suspension

		<p>2nd Ejection will of the playing season will receive an automatic additional 3 game suspension</p> <p>3rd Ejection of the playing season the coach will have an automatic 5 game suspension and a mandatory discipline hearing.</p> <p>The head coach is to put on the game sheet which coach was ejected and if it is not submitted on the game sheet the head coach is to sit the additional games.</p>
Harassment Policy Violations		<p>Any Harassment Policy violations called on the floor by an official with appropriate written documentation provided shall result in an automatic four (4) game suspension and a referral to discipline.</p>

ALA

15.03

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.

Injuries

All coaches and managers are requested to fill in the Incident Report if there are injuries that occur at a game resulting in a player not being able to continue the game for that time period.

The form can be found in the Team Management Section of the Handbook.

The form needs to be faxed to the GELC office within 48 hours of the game in question.

Important Change that all coaches need to be aware of.

Please note at tykes novice and pee wee, a head coach may questions a referee.

At all levels the only coach on a bench who may direct verbal comments, to the officials will be the head coach as determined prior to the first face off.

Section 2
GELC Regulations and Policies



REGULATIONS

REGULATION 1 - REGISTRATION

- 1.01** Except as hereinafter provided, no player shall be registered as a member of, or compete for, a team in any GELC match who has not been a bona fide resident of that team's Association as established by the GELC since April 1st of the current playing season(see Regulation 18-Registration Residency Requirements).
- 1.02** If there is no team in the player's division in the Association in which the player resides, or if the player does not reside within any Associations boundaries, players must play in the Association which is nearest by ordinary travel, which has a team registered in his/her Division. A player may not establish residency for the principal purpose of playing or practicing Lacrosse.
- 1.03** The Boundaries of the GELC Associations are attached in Appendix A, and are described in Regulation 19 –Boundaries Description
- 1.04** If a player wishes to play on a team outside his or her Association, all such requests must be brought to the box committee for approval and for all Associations to be made aware of such transactions. If the player's resident Association does not agree, the release request must come to the Box Committee. The Committee's decision will be final and binding. The request and submissions of the two (2) Members, if any, shall be in writing and there shall be no hearing. The player and the Members shall be provided with copies of the written submissions and shall have the opportunity to respond in writing. There shall be no appeal.(*amended March 14, 2016*)
- 1.04.01** If an association does not have an A team, players from that association may be sent to try out in the designated try out zone for that Association. The designated zone.
- a) Zones for A division play are as follows:
 - (i) Titans/Beaumont
 - (ii) Rebels/Wizards/Rams
 - (iii) Posse/Rock/Blues
 - (iv) Crush/Warriors
 - b) Any disagreement or exceptions will be resolved by the Board of Directors of the GELC. All decisions will be final and not eligible for appeal.
 - c) If cut by the A team in their zone the player reverts back to the home club for placement.
 - d) A evaluations must be concluded by the third (3rd) Sunday of March yearly.
 - e) Remaining evaluations must be completed by the first Sunday in April.
 - f) Any Association within a zone may host an A team as long as they have a lower division team.

- g) The zones mentioned above are for the purposes of "A" ball and have no relationship to girls divisions play.

(amended November 22,2016)

- 1.04.2** If an Association has more A level goalies than spots for A level goalies after completion of the evaluation process in the player's Association, there can be a request made by another Association to the Box Committee to have an A level goalie move to the zone Association lacking an A level goalie,(after the completion of the evaluations). This request can only be made by the zone Association requiring a goalie.
- 1.04.3** repealed March 3, 2014
- 1.04.4** Releases are to be done electronically using the ALA release process. Fees to be paid in accordance with the GELC fee transfer policy. (amended November 22,2016)
- 1.05** The release shall be effective for one season unless specifically stated to be otherwise. (amended November 22,2016)
- 1.06** If a player changes residence from Association to another Association, no release from the player's former Member in the Association he or she formerly resided in is necessary and the player shall, unless released, play for a team in the Association in which he or she resides pursuant to Regulation 1.01 and 1.02.

REGULATION 2 - TAMPERING

- 2.0** No player or potential player shall be contacted by anyone connected to a Member of an Association outside the Association in which the player or potential player resides' about playing for a team in another Association without first receiving written permission from the President of the Member of the Association in which the player or potential player resides. Failure to adhere to this regulation will result in discipline. (amended November 22,2016)

REGULATION 3 - PLAYOFF REGULATION

- 3.0** The GELC reserves the right to place teams in whatever classification and series it may deem is in the best interest of the GELC.

REGULATION 4 - RULES OF PLAY

- 4.0** Rules of play shall be those of the **CLA and ALA** Lacrosse Rules for the current season, with the exception of the GELC Regulations and/or Rules as adopted by the Association.
- 4.1** **TOURNAMENTS**

No player or team registered with the GELC shall compete in any tournament in Alberta unless that tournament has been sanctioned by the ALA.

REGULATION 5 - COMPETITION

5.01 The GELC may conduct competitions in Lacrosse in the following Divisions or Categories. The breakdown of these divisions shall be consistent with those of the ALA, and CLA.

5.02 BOX LACROSSE

- 1) **Midget**
- 2) **Bantam**
- 3) **Pewee**
- 4) **Novice**
- 5) **Tyke**
- 6) **Mini Tykes**

5.03 Any exception to this regulation must be submitted for approval to the Board of Directors prior to April 15th of the current year.

REGULATION 6 - MEMBER RESPONSIBILITY - PLAYER ELIGIBILITY VIOLATIONS

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

6.01 An ineligible player includes the following:

- (a) A player improperly registered within the GELC, ALA and CLA Bylaws, Rules and Regulations;
- (b) A suspended player or team personnel;
- (c) A player improperly released in accordance with the GELC, ALA, and CLA Bylaws and Regulations.
- (d) A player improperly affiliated to a team in accordance with the GELC affiliation regulations.

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

6.03 In any disciplinary proceeding arising out of a violation of this regulation, where it is established that the person or member who is the subject the discipline proceedings should have known of the ineligibility of the player, and if in defense of the disciplinary action, it is submitted that the ineligibility was not

known, the burden of proving the lack of knowledge is on the party who is the subject of the disciplinary proceeding.

Regulation 7-Box Lacrosse Parity

- 7.01** In Box Lacrosse, where a Member Association and or zone as described in 1.04.01 has more than one (1) team in a Division, that club Association and or zone will take reasonable steps to ensure that the teams are composed so that there is reasonable parity between the said teams. If this Regulation is breached by any Member then the GELC shall direct that Member to take such steps as are deemed necessary to achieve reasonable parity.
- 7.02** Any complaints about parity shall be directed to the Director of the Box Lacrosse Committee, which said Committee shall, after considering submissions from the complainant and the Member Association make a ruling and, in the event that the ruling is that Regulation 7.01 has been breached, make such direction to the Member Association as necessary. The decision of the Committee is final and binding upon the Member Associations, Lacrosse Teams and Players and there is no appeal.
- 7.03** The Box Lacrosse Committee shall periodically review the performance of teams within a Member Association where there is more than one (1) team in a Division and assess whether the Member Association has complied with Regulation 7.01. The reviews will take place within two (2) days after each member Association has before the regular season commences, conducted mandatory inter squad games between its teams in each category; and within two (2) days after one third of the Regular Season schedule has been completed. If the Committee's assessment is that Regulation 7.01 has apparently been breached; then such shall be considered a complaint and Regulation 7.02 shall be followed.
- 7.04** This regulation shall apply, with the necessary changes in detail, to all divisions, including the "A" Division.

REGULATION 8 - GELC CHAMPIONSHIPS, PLAYOFFS, AND QUALIFICATION FOR PROVINCIAL PLAY

- 8.01** The GELC champions in each Division shall be the winner of the Provincial Qualifying/GELC Championship Tournament.
- 8.01.1** In the event of a tie, final standing shall be determined by:
- | | |
|-----------|---|
| First: | Team with the greater number of wins finishes ahead; |
| Secondly: | Team record against each other; |
| Thirdly: | Goals for and against between the tied teams. Team with the highest ratio finished ahead; |
| Fourthly: | Goals for and against ratio between each other plus common opponents. Team with the highest ratio finishes ahead; |
| Fifthly: | Team with the lowest penalty minutes finishes ahead. |

- 8.01.2** In the event that a division has an uneven number of games played in it, the standing shall be ascertained by a formula as follows:
$$\frac{\text{Points}}{\text{Total points available}}$$

(amended April 6,2015)
- 8.02** The team that finishes first the double knockout playoff in the Division after Regular Season play shall be awarded the respective Division Championship Trophy. This team must represent the GELC at the respective Provincial Championship. the first place team shall represent the GELC. In the novice division the team who is awarded the Championship Trophy in the Novice Black division shall represent the GELC at provincials. Refer to the ALA regulations. (amended April4,2016)
- 8.03** At the conclusion of regular season play there shall be a Championship Tournament in the Novice, Pee Wee, Bantam and Midget Divisions. There may be two (2) or more Divisions in the Tournament being the GELC Championship/Provincial Qualifier Division and the subsequent GELC Consolation Divisions
- 8.04** The Box Lacrosse Committee shall, before the start of the Regular Season, determine whether there will be one or more Divisions in league play in each Division and, if so, how teams shall qualify for each Divisions championship round. All league play will be based on complete round robin formats. Where there are two (2) or more Divisions for Championship play in a Division, the GELC Championship/Provincial Qualifier Division will be composed of teams which finish with more points in the standings than the teams which participate in the GELC Consolation Division(s).(amended November
- 8.05** GELC Championship Tournament format shall be a double, knockout competition.
- 8.06** The final standings in the GELC Championship/Provincial Qualifier Division shall determine which teams are, pursuant to ALA rules, eligible to participate in the Provincial Championships.
- 8.07** There shall be no championship in the Tyke, or Mini Tyke Division but there may be an Event to follow the regular season.

REGULATION 9 – AFFILIATION RULES

- 9.0** Players may play a maximum of four (4) games in a season in a higher division or level which includes regular, GELC Championship Tournament, but not exhibition or other Tournament games.
- a) Players who are playing at an A level of a division may not play up on a C level team in the division higher, but they may play on a B or A level team.
 - b) Novice teams may only affiliate tyke players. They cannot affiliate novice players.

- c) No team may affiliate a player from within their own division, including playoffs.
- d) In girls divisions they may affiliate 6(six) times.
- e) Exceptions may be made for goalies, with permission of the Box Committee.
- f) Once a players own division has concluded its regular and GELC Championship Tournament, he/she may play an unlimited number of games in a higher division or level. (amended January 9,2017)

9.01 Teams in Associations where there are no available affiliates may affiliate players from another Association in the league, to the maximum affiliates.

Teams in Associations where there are no available affiliates may affiliate players from another Association in the zone as per regulation 1.0.401 to the maximum affiliates.

9.02 Teams must ensure that they have obtained permission from the head coach of the player's rostered team. Participation will be at the discretion of the rostered teams coach. (amended January 92017)

9.03 Teams may affiliate only to their registered roster size, with the exception of players suspended by the GELC, who cannot be replaced while suspended. Teams with registered roster size of less than 16 shall be allowed to affiliate up to 16 players. (amended November 22,2016)

9.04 The Box Lacrosse Committee, may allow a player or players to register and play in a lower (only upon presentation of medical documentation indicating physical or mental developmental issues) or higher age division (if the Member which operates the involved teams consents, special circumstances exist and it does not threaten the viability of the team in that player's age division.)

9.05 There shall be no right of appeal from the decision of the Box Lacrosse Committee, as the case may be, under this Regulation.

9.06 Affiliation rules specific to girls box lacrosse in the GELC shall follow Regulation 9 formatting with the exception that girls may also affiliate to boys teams at the same division or higher. (Changed January 5,2015)

9.06.1 Novice Girls may not affiliate to novice boys teams. Novice girls playing on boy's teams may affiliate to pee wee girls.(changed January 5, 2015)

9.06.2 Girl's teams requiring an exception to affiliate to a number higher than their registered roster must have permission of the Box Committee. (Changed January 5, 2015)

REGULATION 10- REGISTRATION DEADLINES

Deadline for player registrations as determined by the ALA shall be May 15th. Late player registrations may be accepted by the Registrar up to and including May 30 but there will be a \$50.00 penalty assessed to the registering Member for each player the Member so registers.

- 10.01** All GELC member Associations must provide to the GELC on the approved registration system, a player roster for each team by the Team's first scheduled season game. (amended November 22,2016)
- 10.02** A team cannot register more than twenty-five (25) and not less than twelve (12) players, Novice and up.
- 10.03** A team at Mini Tyke, cannot register more than nine (9) and less than six (6) players. (amended November 22,2016)
- 10.04** A team at Tykes, cannot register more than sixteen(16) and less than eight(8) players.(amended November 22,2016)
- 10.05** If 10.04 and 10.05 cannot be abided by in an association, notification must go to the box committee.

REGULATION 11- GELC SAFETY AND EQUIPMENT

11.01 SAFETY POLICY

The fundamental concepts of the safety policy are to establish a standard of care intended to reduce the risk of injury from contact which is inherent in and incidental to the sport and to identify the responsibilities of the various participants.

11.02 GENERAL

Player safety and the use of proper equipment is the responsibility of many parties including:

- (a) players and parents (of minor players: 17 years of age and under as of January 1 of the current year) are responsible for providing and maintaining proper equipment;
- (b) coaches, trainers and team personnel are responsible for inspecting players' equipment and preventing the use of improper equipment;
- (c) game officials are responsible for enforcing the rules of the game;
- (d) all players are required to wear protective equipment as described and/or limited in the rules of play approved by the ALA and CLA;
- (e) in Box Lacrosse the use and/or prohibition on the use of protective equipment shall be as published by the ALA and CLA in the Rules of Box Lacrosse;
- (f) equipment shall be manufactured by a professional manufacturer, and shall not be altered in any way which will decrease the protection to the player, increase the risk of injury to an opponent or void the manufacturer's warranty;

- (g) any equipment which violates this policy and/or the rules of play will be removed from the game and, where required, appropriate penalties will be given;
- (h) were equipment dangerous to an opponent has been used, the game officials shall report the occurrence, via the standard incident report, to the appropriate governing body.
- (i) Home team shall supply a minimum of 20 practice balls prior to home games for use by both teams, novice through midget divisions

11.03 EQUIPMENT - HELMETS, FACE MASKS, GLOVES, GOALTENDING EQUIPMENT

Please see the current regulations of the ALA and the CLA in regards to playing equipment.

All goaltender exemptions to be filed with GELC & CLA. a representative from the team to have a copy of the filed exemption.

11.04 FACIAL PROTECTION

All minor players, excluding mini-tykes, during games, shall wear approved mouth guards. The mouth guards should all be of the type that fits to the upper teeth of the player.

11.05 SHOES

Outdoor shoes are not permitted on playing surfaces. .(amended April 6,2015)

11.06 GROIN PROTECTION

It is strongly recommended that all players wear such equipment.

11.07 KNEE PROTECTORS

It is recommended that all players in Mini-Tyke, Tyke, Novice, Peewee, Bantam, and Midget shall, in games, wear kneepads.

REGULATION 12 - COACHING CERTIFICATION REQUIREMENTS

12.00 Box lacrosse coaches shall comply with minimum CLA standards for coaches.

REGULATION 13- REPLAYING OF GAMES

13.00 The Box Lacrosse Committee, has the jurisdiction to direct that a game that has been played or partially played, be replayed either in whole, or in part. In the event that a Member seeks a direction from the Committee to replay the

game, that member may make an application to the Committee. Only a Member Association can make such an application. For greater certainty, an individual or team cannot make such an application.

An application may only be made in regard to Greater Edmonton Lacrosse Council (GELC) League, Playoff or Provincial Qualifier games.

The application must be accompanied by a \$200.00 certified cheque made payable to the GELC and both must be delivered to the Chair of the Committee or, in the event that this is not possible, to the GELC President or Vice-President, via the GELC office.

The \$200.00 fee is refundable in the event of a successful appeal.

The only grounds upon which a game may be directed to be replayed in whole, or in part, are as follows:

- a) Where there has been a gross and flagrant violation of the Rules of Play by the on-floor or off-floor officials;
- b) Where there has been a deliberate violation of the Rules of Play by the on-floor or off-floor officials.

For greater certainty, mere errors in judgment or interpretations or missed calls by officials which are not gross or flagrant, are not grounds to grant the application.

This regulation shall not be interpreted to contradict any rule of the ALA or the CLA which requires that, in certain circumstances, games be replayed in whole or in part.

REGULATION- 14 ABUSIVE CONDUCT BY SPECTATORS

14.01

Referees shall have the power to eject any spectator for conduct which is, in the view of the referee, detrimental to the game.

- a) The Game shall stop until the spectator has left the arena.
- b) Management of both teams shall co-operate with the official in identifying the spectator in question. Should the spectator refuse to leave the arena, the game shall be declared a forfeit in favour of the team not connected to the offending spectator.
- c) This shall be the subject of an official's game report, which shall be referred to the Discipline Committee, which may result in further action.
- d) If no other action is taken the ejection shall be for one additional game.

REGULATION 15- FORFEITURE OF GAMES

15.01

All games being forfeited must be done in writing to the GELC office and to the offended team. All forfeited games shall be forwarded to the Discipline committee for review.

15.02

Forfeiture of games during GELC playoffs will result in the forfeiture of the playoff.

REGULATION 16-REGISTRATION REQUIREMENTS

- 16.01** All players must, if requested, provide proof of residency as of April 1 of the current playing season. Acceptable proof is two pieces of the following documentation: parental or player's driver's license with current address on it, utility or cable bills documenting residency.
- 16.02** For all players within the GELC whose parents do not reside together, the following will apply in determining residency:
- a) Residency will be determined by the parent who has custody of the player. Players must reside with at least one of their parents, or a legal guardian. Legal guardianship rules will apply.
 - b) If parents share custody, the residency will be determined by where the player habitually resides.
 - c) If there is no habitual residence, the GELC Box Committee will determine residency of the player based on documentation provided in 18.1 and the school in which the child is registered.
 - d) Once residency is established the player must register within the established Association.
- 16.03** If a parent or guardian knowingly registers a player outside of their resident Association that player shall be ineligible for a player transfer, and may only play on a team in the Association in which they reside. The parent may appeal this decision to the GELC Box Committee, if the Association in which they reside does not have a team at the player's division. The parent in future years shall be requested to provide proof of residency prior to registering any child in lacrosse within the GELC.

REGULATION 17 – BOUNDARIES DESCRIPTION

- 17.0** The boundaries of the GELC shall be as follows:
- A) The city of Edmonton will be divided into three zones:**
- i) The West Edmonton Blues shall be responsible for the area north of the North Saskatchewan River to the City of Edmonton limits on the west side of St. Albert Trail and northern limits of the city. As well, the boundaries of the Blues shall extend to highway 60 north of the North Saskatchewan River.
 - ii) The South Edmonton Warriors shall be responsible for the area south of the North Saskatchewan River, to the City of Edmonton limits on the west, south and east sides.
 - iii) The North Edmonton Wizards shall be responsible for the area north of the North Saskatchewan River to the City of Edmonton limits on the east side of St. Albert Trail, and the northern limits of the city. The boundaries of the Wizards shall include the military housing at Namao.

B) Other member zones:

- i) The Sherwood Park Titans shall be responsible for the County of Strathcona.
- ii) The Fort Saskatchewan Rebels shall be responsible for the City of Fort Saskatchewan and the communities north such as Gibbons and Redwater, and Bon Accord.
- iii) The Leduc Crush shall be responsible for the City of Leduc and surrounding area, including the communities of Calmar, Thorsby and Millet, and the rural municipalities surrounding Leduc.
- iv) The St. Albert Rams shall be responsible for the City of St. Albert and such communities as Morinville, Riviere Qui Barre and the rural municipalities surrounding St. Albert.
- v) The Westlock Rock shall be responsible for the communities of Westlock, Barrhead and surrounding municipalities.
- vi) The Parkland Posse shall be responsible for the Communities of Spruce Grove and Stony Plain, and the rural municipalities surrounding them.
Residents of those areas who have been members of other clubs in the past may continue to participate in the club in which they have been members.
- vii) Beaumont Raiders shall be responsible for the arena from 41 avenue SW (TWP 512) east to RR221, south to Highway 21 following highway 21 northwest to Airport Road (TWP 502), west to the QE II highway, and then back north to 41 Avenue SW. (TWP512)

Regulation 18 – GELC Club Tiering Format

18.01

The Tiering Chart

Team/Division	A	B	C
1	0	1	0
2- Pee Wee/Bantam	0	2 or	0
	1	0	1
3	1	1	1
4	1	1	2
5- Pee Wee/Bantam	1	2	2

6	2	2	2
7	2	2	3
8	2	3	3
9	2	3	4
10	2	4	4

- 18.02** The Midget lacrosse division would have a 50-50 A to B ratio. The extra team would be placed as a B level team.
- 18.03** An Association may make an application to the Box Committee to move a team to a higher or lower tier in a division.*(amended April 6,2015)*
- 18.04** Associations able to field an "A" team must also form a team in a lower division. Teams must meet the ALA minimum roster specifications. Players will not be released from a lower division to assist an "A " program, regardless of the intent, to other clubs without prior approval from the GELC Box committee. All decisions made by the box committee will be final. There shall be no appeal. *(added March 14,2016).*
- 18.05** If after the completion of less than 1/3 of the season and before the end of the third week of the season, it is felt by a club that a team has been incorrectly placed in the A, B, or C tier of a division, the member association may make a request for team movement to the GELC Executive. If the team is moved to a higher tier in the division the team may maintain their roster. If the team moves down a division and the member association has a team in the tier lower, the member association may make player movement to ensure parity exists between the member associations teams in that tier of the division.
- If after the completion of less than 1/3 of the season and before the end of the third week of the season, if it is felt by the Executive of the GELC that a team has been inappropriately placed in a division by their club the team will be moved by majority vote of the executive to a higher or lower division as determined by the executive. *9amended January 9,2017)*
- 18.06** Novice boys, at the complete of one half the season, the teams shall be divided in groups based on numbers of teams and shall be seeded into the groups based on the first half season schedule. The top seeded division will compete to represent the GELC at provincials.*(added January 5,2015)*
- 18.07** In all girls divisions where 8 or more teams are competing at the completion of 6 games the division may be divided into two or more divisions by recommendation of the box committee. *(added January 5, 2015)*

Regulation 19 Discipline Procedures

- 19.00** The discipline committee of the GELC shall hear any complaint arising from the bylaws, regulations, policies or rules of the GELC as per bylaw 10.
- 19.01** All complaints must be in writing addressed to the discipline chair. Complaints shall be delivered by hand or courier to the GELC office. It may also be send via email however it is the complainant's responsibility to follow up to ensure that it is delivered.
- 19.02** Upon receipt of the complaint, the chair shall appoint a committee of three persons, one of which may be the chair. The members of the committee shall be non-interested parties to the complainant.
- 19.03** The committee composition, time, date and location of the hearing shall be set within 14 days of receipt and acceptance of the complaint. It will be communicated in writing to all known interested parties.
- 19.04** The hearing shall be held within in 30 days of receipt and acceptance of the complaint.
- 19.05** The decision shall be provided in writing to all interested parties within 30 days of the completion of the investigation.
- 19.06** All decisions of the discipline committee shall be communicated to the complainant's member Association president.

Regulation 20 Appeal Procedure

- 20.00** The GELC board shall hear any appeal arising from the bylaws, regulations policies or rules of the GELC as per bylaw 11.
- 20.01** All appeals must be in writing and addressed to the president. Complaints shall be delivered by hand or courier to the GELC office. The appeal must be accompanied by a \$300.00 appeal fee.
- 20.02** Upon receipt of the appeal, the board shall appoint a committee of three persons, one of which may be the president. The members of the committee shall be non-interested parties to the complaint.
- 20.03** The committee composition, time date and location of the hearing shall be set within 14 days of receipt, and acceptance of the appeal and communicated in writing to all known interested parties.
- 20.04** The hearing shall be held within 30 days of receipt and acceptance of the complaint.
- 20.05** The decision shall be provided in writing to all interested parties within 30 days of the completion of the hearing.

20.06

All decisions of the appeal shall be communicated to the appellants member Association President.

Regulation 21 – Social Media

The GELC board of directors and membership shall adhere to the ALA regulation on Social media.

Regulation 22 GELC Tournament Permit

All GELC teams wishing to participate in tournaments inside and outside of Alberta must have a league Tournament permit issued.

22.01

In order to have a Tournament permit issued the team must conform to the following:

- a) Minimum 1 coach from each teams coaching, management and training staff must have attended any mandatory Coaches training event as declared by the GELC for the current playing season.
- b) Tournament permits will only be issued by the GELC office in consultation with the team's club president.
- c) Additionally teams with 45 penalty minutes or more in a single game, for two or more games, may not be granted a tournament permit or have their permit revoked by the GELC Board. This may be done within 48 hours via email.
- d) Exceptions to this regulation and or appeals may be made to the GELC Executive and their decision on the matter shall be final.

22.02

Teams entering tournaments without the GELC tournament permit.

The head coach shall be suspended for the number of games that were played by their team in the offending tournament. A second occurrence will result in the head coach being required to attend the GELC discipline committee meeting.

Last Updated February 6, 2017



Policy Number	Complaint Procedures Policy
Reason	To ensure that complaints filed in accordance with the GELC Harassment Policy or other complaints that may be received are handled in a safe, unbiased and timely manner.
	<p>The GELC will handle complaints in the following Manner.</p> <ol style="list-style-type: none"> 1) Complaint to be filed in writing with the GELC President, via the GELC office. It must come from the member club of the GELC. So the complaint must come thru the President of the complainants club. 2) Complaint to be filed within 72 hours of the offense. 3) Complaint to deal with specifics of the offense. Include the following in your complaint <ol style="list-style-type: none"> a) Name, email address, phone number of complainant if parent, the name of the child the resulting complaint is related too. b) Description of the complaint detailed including the following, <ol style="list-style-type: none"> i) Date, time, location, if during a game the game number ii) Description of the complaint, please be detailed. iii) Names and email addresses of direct witnesses to the incident, if minor aged parental consent must be given to provide this information. iv) A legible copy of the game sheet. 4) Once the Complaint is received by the GELC President, a committee of three individuals shall be created within 15 days of the receipt of the complaint. 5) A hearing shall be held within 15 days of the creation of the Committee, at the best efforts of the GELC administration to hold that meeting. 6) The complaint will be sent to the respondent's club president for presentation to the respondent, the respondent may submit in writing a document in response that will be send to the committee and to the complainant. 7) The complaint and the respondent are not at liberty to arbitrarily share any documentation received outside of the people directly involved in the complaint and the complaint committee. 8) Invited to attend the meeting will be the Club president, the complainant, the minor aged player if applicable. The Respondent, the minor aged player if applicable and the club president of the respondent. 9) The committee may invite key eye witnesses to attend as well. 10) The committee will meet with the Complaint first and then the respondent. 11) Should the complainant not appear the complaint will be considered dropped and no further action taken. 12) Should the respondent not appear the complaint will be forwarded to the discipline committee for action. 13) The respondent may ask for one hearing date deferral of no longer than 5 days from the original hearing, or as approved by the Committee in

	<p>consultation with the two club presidents.</p> <p>14) The committee shall have 10 days to forward their decision after the hearing date to the GELC for distribute and action as required. The decision shall be forwarded to the two club presidents the complainant and the respondent.</p> <p>15) The decision of the Committee will be final.</p> <p>16) Should the matter be referred to the discipline committee or a discipline panel, the respondent shall be notified of the time and date of the hearing and be in attendance.</p> <p>17) The results of the discipline hearing will be provided to the respondent only if directly related to a minor aged player.</p>
Approval Date	March 14, 2016
To be reviewed by	October 2016



Policy Number	Disclosure of Discipline Hearing Results and Actions Taken by the GELC Discipline Committee
Reason	To protect the identification of minor aged individuals within the league in regards to disciplinary actions of the Discipline Committee or its panels.
	Discipline decisions are confidential and are only to be shared with the discipline committee and member discipline rep and affected individual, or in the case of a minor aged player their parent or guardian.
Approval Date	March 7,2016
To be reviewed by	October ,2016



Policy Number	Harassment Policy
Reason	
	<p>The GELC is committed to promoting a sport environment in which the terms and conditions of participation are equitable and non-discriminatory. Every participant has the right to be treated with dignity and respect and to work, train and compete in a milieu conducive to productivity, self-development and performance advancement based upon individual interest and ability. The GELC will foster a sport environment free of harassment on the basis of race, ancestry, place of origin, color, ethnic origin, citizenship, religion, sex, sexual orientation, disability, age, marital/family status, language or an offence for which a pardon has been granted.</p> <p>4.02 Harassment means any behavior by a person engaged in any paid or volunteer capacity, role, or function with the GELC that is offensive to any person or group of people and which the individual knew or ought to have known would be unwelcome.</p> <p>4.03 Harassment may be intentional or unintentional and can take many forms, but generally involves conduct, comment, or display which is insulting, intimidating, humiliating, hurtful, demeaning, belittling, malicious, degrading, or otherwise causes offence, discomfort, or personal humiliation or embarrassment to a person or group of people.</p> <p>4.04 The following types of harassment are intolerable, whether or not individuals complain:</p> <p>4.04.1 Sexual Harassment - unwelcomed sexual behavior such as inappropriate sexual comments about a person's body or appearance, use of derogatory sexual terms, enquiries or comments about an individual's sex life or sexual preferences, unwanted touching, petting or leering; sexual advances or requests for sexual relations by any person in a position of authority; or reprisal by any person in a position of authority against an individual who has rejected a sexual advance or unwelcomed sexual behavior.</p> <p>4.04.2 Racial Harassment - racial slurs, jokes or name calling based upon race, ancestry, place of origin, color, ethnic origin, and creed (or religion), use of terminology which reinforces stereotypes, derogatory nicknames.</p> <p>4.04.3 Abuse of Authority - improper use of power and authority inherent in a position to endanger or undermine another's job, position, membership or participation on a team, or in any way interfere with or influence the performance or advancement of any person engaged in any such function; intimidation, threats, blackmail or coercion.</p> <p>4.04.5 It is the overall objective of the GELC Policy on Harassment to create and maintain a work and sport environment free from harassment. Individuals who experience harassment are encouraged to take the appropriate actions to put an end to the harassment and seek adequate redress.</p> <p>4.05 Harassment which is unintentional may be stopped by informing the</p>

	<p>harasser(s) that the behavior is offensive. If the behaviors continue, the individual should file a complaint in the manner described in the GELC Complaint Review Policy.</p> <p>4.05.1 If an individual feels uncomfortable or threatened about confronting the harasser(s) on their own, a complaint should be filed directly in accordance with the GELC Complaint Review Policy.</p> <p>4.05.2 The GELC takes any complaint seriously, and will investigate and respond in a sensitive and timely manner.</p> <p>4.05.6 The GELC believes that harassment is a serious offence. It is also a serious offence to falsely accuse someone of harassment.</p> <p>4.05.6.1 If the results of the investigation find that there has been harassment or that there has been an intentional false accusation of harassment, appropriate disciplinary action will be taken in accordance with the GELC Complaint Review Policy.</p>
Approval Date	March 7,2016
To be reviewed by	October 2016



Policy Number	Exhibition Games
Reason	To ensure that games are sanctioned appropriately and have been assigned officials by the ALRA
	<p>An exhibition game between teams from two different GELC minor lacrosse clubs must be dealt with as follows:</p> <ul style="list-style-type: none"> • Both clubs require permission of their clubs president • The team hosting the exhibition game must supply floor time obtained thru their clubs scheduler, or the GELC office. • The host team is responsible for the cost of the games and the home club will be invoiced for the game by the ALRA. • The above requirements must be contained in a email to the GELC office At edmlax@telus.net. Sanctioned and approved exhibition games will show up on the GELC website as exhibition games, if no exhibition game appears it is not sanctioned. • The GELC office will notify the ALA, the ALRA and both home club presidents of the game. <p>An exhibition game between teams from two different LGB minor lacrosse clubs must be dealt with as follows:</p> <ul style="list-style-type: none"> • Both clubs require permission of their clubs president • The team hosting the exhibition game must supply floor time obtained thru their clubs scheduler, or the GELC office. • The host team is responsible for all costs associated with the game and their club will be invoiced the cost of the officials by the ALRA. • The above requirements must be contained in a email to the GELC office At edmlax@telus.net. • Once received the GELC office will put the game on the schedule as an exhibition game and notify the following the ALA, the ALRA, the LGB presidents and club presidents of the game. • You must have your game sanctioned by the GELC even if it occurs in another LGB.
Approval Date	April 4, 2016
To be reviewed by	

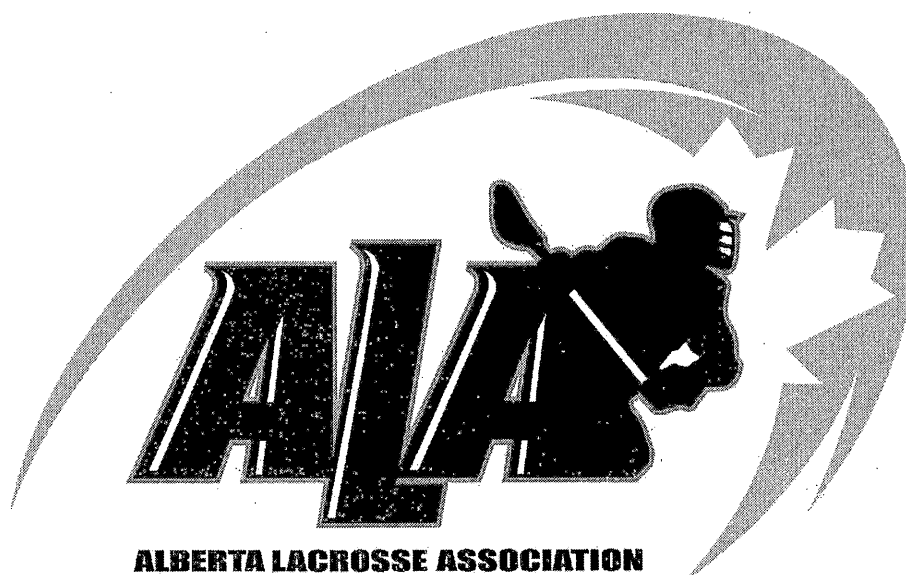


Policy	Rescheduling of League Games
Reason	To maintain the league schedule appropriately
	<p>All rescheduling of games must be done via the GELC office</p> <p>Games may be rescheduled for the following reasons only:</p> <ul style="list-style-type: none"> • Team has entered a tournament and requires the game to be rescheduled. • The majority of a team's players attend the same school and are not available due to a school function. For example players graduations, school field trips. <p>Games will not be rescheduled for the following reasons</p> <ul style="list-style-type: none"> • coach absences • goalie absences, • game start time or locations <p>Games will be rescheduled for a period of one week after the schedule is posted on line.</p> <p>After the one week reschedule period is complete, games may be rescheduled for a \$100.00 (one hundred dollars) reschedule fee.</p> <p>This fee will be invoiced to the member club of the team wishing the reschedule. It will be rescheduled with the approval of the two teams involved and the president of the club receiving the invoice.</p> <p>7 days minimum notice must be provided for the reschedule.</p> <p>The GELC will allow the league scheduler to make exceptions to this policy.</p>
Approval Date	
To be reviewed by	Board of Directors – Oct 2016



Policy	Team Spectator Liaison
Reason	To improve the player experience, to assist the officials and coaches at games with spectator management.
Position Requirements	<p>All GELC teams are required to have an adult volunteer be the team Spectator Liaison.</p> <p>Duties of the Liaison</p> <ul style="list-style-type: none"> • Uphold the code of conduct of the GELC. • Introduce yourself to the officials and other teams Spectator Liaison at the start of the game as the Name of the Team, spectator Liaison. • At all games monitor the actions of the spectators who have come to the game to watch. • Speak with spectators as to appropriate behaviors. • Assist the coaching staff with crowd/and or remove of offensive individuals. • When team is requested to supply offending individuals names be the person responsible to providing to the head coach and referee. • If matters escalate please walk away and call the police.
Inappropriate Behaviors	<p>Inappropriate behaviors include the following:</p> <ul style="list-style-type: none"> • Banging on the glass, or boards. • Making abusive comments to the officials. • Verbally abusing players on either teams. • Getting into verbal sparring matches with opposing spectators. • Using profanity or making inappropriate gestures. • Engaging coaching staffs. • Going to areas of the arena that are not spectator seating. • Throwing objects. • Not leaving when asked to leave the facility.
To be reviewed by	Accepted April 3, 2017 Review October 2017

Section Three
Alberta Lacrosse Association Regulations, Insurance, Tournament,
Team Alberta Information





#4 - 9 Chippewa Rd
Sherwood Park, AB T8A 6J7

Welcome to the Alberta Lacrosse Family

On behalf of the Alberta Lacrosse Association, I would like to welcome you and your family to the Alberta Lacrosse family. This is the 50 year celebration for Alberta Lacrosse and the 150 year celebration for the Canadian Lacrosse Celebration.

Alberta Lacrosse has four (4) Strategic Directives –

- 1 – Participation
- 2 – Expansion
- 3 – Quality
- 4 – Leadership

These four (4) goals apply to player, coaches, official, and administrators.

More information can be found here – [ALA Strategic Plan](#)

Alberta Lacrosse embraces Lacrosse for Life.

The Lacrosse Long Term Athlete Development information can be found here [LTAD](#)

Alberta Lacrosse wants to ensure every athlete has the best experience learning the game of lacrosse and in that effort required all coaches who are on the bench to be adequately trained.

Coaching Information can be found here [Coaching Program](#)

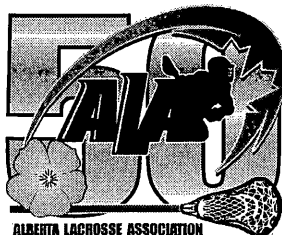
Finally, Alberta Lacrosse is proactive in promoting Respect throughout the Alberta Lacrosse Community. All members can sign up with the Respect the Ref campaign and be leaders in giving the game back to the players. [Respect the Ref Pledge](#)

More information on Alberta Lacrosse is available at [AlbertaLacrosse](#)

Yours in Lacrosse,

Rob Matsuoka
ALA President
President@albertalacrosse.com

Lisa Grant
ALA Executive Director
lisa@albertalacrosse.com



REGULATION 9 - EXHIBITION GAMES

All exhibition games between teams from different Local Governing Bodies or teams, without a local governing body must be sanctioned by the ALA.

- 9.01** All teams are to have written permission from the appropriate Local Governing Body or club President (for teams without a Local Governing Body).
- 9.02** The host team must supply floor time and assure scheduling and payment of officials through the Alberta Lacrosse Referees Association.
- 9.03** Confirmation of all requirements must be supplied to both Local Governing Body Presidents or Club President (for teams without a Local Governing Body) and the ALA office at lisa@albertalacrosse.com
- 9.04** The ALA office will confirm sanctioning once all requirements are met.

REGULATION 10 – TRAVEL PERMITS

- 10.01** All teams which travel, out of the jurisdiction of the ALA, shall complete and file the necessary Travel Permit Request complete with roster of players, coaches and team management with a fee of \$75 cashable cheque and \$250 bond cheque to the ALA office. All players and personnel must be registered with the ALA. All coaches must meet the CLA Minimum Standards for applicable division. Upon return to Alberta, all copies of game sheets must be filed with the ALA office within 5 days. Once the game sheets are received by the ALA Office the \$250.00 bond cheque will be returned upon the filing of the games sheets with the ALA office. If the game sheets are not filed then the bond check will be cashed. All competitions must be sanctioned by Member Associations of the Canadian Lacrosse Association or in the case of Internationals competitions by the analogous governing bodies. Upon approval of the request the team may travel to the competition.
- 10.02** The Travel Permit Request must be filed with the ALA Office 15 days prior to the departure date.
- 10.03** A non-refundable late filing fee of \$75.00 will apply to all teams failing to file the travel permit on time.
- 10.04** Approval or disapproval will be given within 7 days after the travel permit has been received.
- 10.05** When a party applies for a travel permit the Executive Director checks all credentials and confirms that everything is in order. If everything is in order, the Executive Director, then gives conditional approval. The VP of Provincial and National Competition then sanctions the travel permit. If the VP has any issues he/she must refer the issue to the Executive Committee for discussion and approval.
- 10.06** Any team playing ineligible players, traveling without proper authorization, or valid travel permit will be subject to a \$500 fine and the coach will receive an automatic one year suspension.

- 10.07** No team associated with a club that is part of the ALA may play or participate outside the jurisdiction of the ALA without first obtaining permission. Permission is obtained by acquiring a Travel Permit from the ALA. No ALA team is permitted to purchase independent insurance and travel outside the jurisdiction of the ALA.
- 10.08** Travel permits may not be issued for age divisions with players eligible to tryout for TEAM ALBERTA on Team Alberta tryout weekends

REGULATION 11– MINOR BOX and FIELD TOURNAMENTS

- 11.01** No team registered with the ALA shall compete in any tournament in Alberta unless that tournament has been sanctioned by the ALA.
- 11.02** A tournament is defined as a contest involving a number of teams who play against each other in a series of games and will require ALA sanctioning prior to taking place in the province.
- 11.03** The Box Lacrosse Tournament Permit Request must be submitted to the ALA Office prior to November 1st. The Field Lacrosse Tournament Permit Request must be submitted to the ALA Office prior to February 1st.
- 11.04** The tournament schedule must be provided to the ALA office at least two (2) weeks in advance of the first game of the tournament. Teams cannot be scheduled for more than 3 game in any given day.
- 11.05** The host organization of any tournament shall, within 48 hours of the end of its tournament, file with the ALA office and its Local Governing Body a report outlining any discipline problems, accompanied by the corresponding game sheet (if applicable) which resulted in 5 minute penalties and any suspensions of any official, player, coach, manager or other person. Tournament discipline is to be supplied on discipline template provided to discipline chair. Failure to supply discipline reports will result in a \$500 fine to the host organization. If the suspended official, player, coach, manager or other person is not a member of or subject to the jurisdiction of such Local Governing Body (i.e. a visiting team from another LGB or MA) the Local Governing body shall within 48 hours of receipt of such report forward a copy of same to such suspended parties Local Governing Body or equivalent authority which has jurisdiction over such suspended official, player, coach, manager or other person.
- 11.06** All tournaments are to have a Discipline Chair and Referee In Chief.
- 11.07** A tournament permit fee of \$100.00 is to accompany the Tournament Permit Request.
- 11.08** A non-refundable late filing fee of \$100.00 will be charged should the deadline not be complied with and if the tournament is sanctioned by the ALA
- 11.09** Approved tournaments requesting changes to dates or add divisions will be subject to a \$100 change fee.

REGULATION 15- RULES OF PLAY

15.01 Rules of play in Alberta shall be those of the CLA Rule Book for the current season. In order to ensure uniformity, there will be no variation of the CLA Rules and officials shall enforce CLA Rules with the following enhancements:

15.02 Abuse by Fans (See Regulation 19)

15.03 Mouthguards (See Regulation 14)

15.04 Standardized Game Time for Box Lacrosse is as follows:

Division	Allotted Time	Warm-Up/Training	Period/Game 1	Period/Game 2	Period 3/Game	Period Break
Mini-Tyke	1 hour	15	15	15 training	15	2
Tyke	1 hour	30	30	n/a	n/a	2
Tyke Tournament	1 hour	12	12	12	12	2
Novice	1 hour	5	15	15	15	2
PeeWee	1 ¼ hours	5	15	15	20	2
Bantam	1 ½ hours	5	20	20	20	2
Midget	1 ½ hours	5	20	20	20	2
Junior B	2 ½ hours	30	20	20	20	10
Junior A	2 ½ hours	30	20	20	20	10
Senior B	2 ½ hours	30	20	20	20	10
Masters	1 ¼ hours	5	15	15	15	2

15.05 Except as specifically amended herein, all Periods shall be stop time as per CLA guidelines. In Minor Box Lacrosse, except Minityke, Tyke, Novice, and in Masters Lacrosse, the clock shall stop for goals, penalties, time-outs, and Officials discretionary stoppages (i.e. injury) with a minimum two (2) minute break between periods. In Minityke, Tyke, and Novice each game or period, as applicable shall be run time except that the clock will be stopped for timeouts. In Major Lacrosse, the clock shall stop for ALL stoppages including Penalties, Time-outs, and Referee Discretionary Stoppages (i.e. injury), and Possession Changes with a minimum ten (10) minute break between periods.

15.06 In Novice, Pee Wee, Bantam, and Midget Lacrosse, if five (5) minutes before the scheduled end time of the game time slot for league games, there is more than five (5) minutes left on the clock, the clock shall be reset to two (2) minutes and play shall continue in stop time to the end of the game, for each of Pee Wee, Bantam and Midget box lacrosse and straight time for Novice. As required, a game may be called at this time if an injury is present and cannot be taken care of in a timely fashion.

15.07 In, Pee Wee, Bantam and Midget Lacrosse if a goal differential of six (6) or more goals is present at any time during the game, at the next whistle to start play, the clock will run at straight time. If the goal differential is brought within four (4) goals, the clock shall return to stop time at that time. In Major Lacrosse (Junior / Senior), running time may be applied and will continue only at the discretion and agreement of both coaches. In cases where goal differential exists and both coaches cannot agree on running time, both Referees' may, in the interest of game management and/or player safety, make a discretionary decision to apply running time.

- 15.08** Except in Minityke and Tyke, during running time portions of the game, all time penalties shall run at their normal designated time (Minor – 2 minutes, Major – 5 minutes, Misconduct – 10 minutes, etc.
- 15.09** In the event a team is late for reasons outlined in CLA Rule 19, the officials may allow 5 minutes past the normal start time of the game for the team to arrive unannounced. If the team that has been delayed has made contact with the arena directly or via persons within the arena, the official shall provide an additional reasonable delay (up to 30 minutes)
- 15.10** If less than two (2) full periods of any game have been completed, then, at the discretion of the Local Governing Body (ALA VP of Technical Development if no LGB is available), the game shall be considered incomplete and the remainder of the game may be rescheduled for a suitable time.
- 15.11** The standardized game length will be extended for the purpose of overtime subject to Regulation 15.12.
- 15.12** The RULES OF PLAY outlined in this Regulation 15 shall apply to all games sanctioned by the Alberta Lacrosse Association (e.g. exhibition, tournament, regular season, playoff, and provincial played games). The ALA retains the right to enhance rules of play for the safety and betterment of the Sport of Lacrosse in the Province of Alberta.
- 15.13** During tournament play, 15.04 may be modified at time of application for the tournament with the approval of the ALA VP of Provincial and National Competition. During exhibition play, 15.04 may be modified with the agreement of both teams. When modifying 15.04, the Allotted Game Time, Warm-Up Time, Period Length and Period Break are to be pre-determined. In the event that 15.04 is modified, the referees officiating the game(s) are to be compensated according to the period lengths and allotted time for the next appropriate division (e.g. For a Tyke, Novice or Pee Wee game where 3 x 20 minute periods are used, the officials will be compensated at a Bantam rate).
- 15.14** There will be NO SHOT CLOCK at Tyke and Minityke.

Minityke rules

- 15.15.1** In Minityke, Option A will apply. (Individual organizations will decide whether or not to use a goalie (based on number of players, availability of equipment, etc)
- 15.15.2** In LTAD option A, the following shall apply in addition to CLA Rule book:
- a) At the end of each two (2) minute shift a signal shall be sounded and every player, with the exception of the goalkeeper, if there is one, shall leave the playing surface and shall be replaced.
 - b) Officials are optional. The appropriate Local Governing Body shall determine if officials are to be used. If it is determined by the appropriate governing body that no officials are to be used, then the coaches on the floor shall officiate the game.
 - c) Each team shall be composed of three players, one designated goalkeeper and a recommended 6 substitute players for a total recommended team size of ten players.

- d) The fall back rule applies when the goaltender is in possession of the ball. All defensive players must enter the neutral zone where they must wait until the ball crosses the restraining line. The goalie must pass the ball to one of the offensive players who must be at least 9 feet from the crease.
- e) If the pass is not made as per 15.15.2.d the play is blown dead and the ball returns to the goalkeeper.
- f) If a player re-enters the zone too early or has not cleared the zone play is whistled down and the ball is given back to the goalkeeper.
- g) Equal pressure will be the allowed amount of contact at the Minityke level. As a result full equipment will be required for all players (helmet, gloves, shoulder pads, slash guards, bicep pads, kidney pads).
- h) Use of a soft ball is recommended, for skill development reasons, but the decision of which ball will be used will be left up to the Local Governing Body.
- i) Each Minityke floor time will be broken up into four 15 minute segments. Each floor time will begin with a 15 minute skill session, followed by a 15 minute game session, followed by a 15 minute skill session, and finishing with a 15 minute game session.

15.16 Tyke rules

- 15.16.1 In tyke, Option A will apply "with the exception that the players on the floor will be 5 on 5, plus a goalie"
- 15.16.2 In CLA LTAD option A, the common playing rules are as follows in addition to the CLA Rule book:
 - a) At the end of each two (2) minute shift a signal shall be sounded and every player, with the exception of the goalkeeper, if there is one, shall leave the playing surface and shall be replaced.
 - b) The fall back rule applies when to the goaltender is in possession of the ball. All defensive players must enter the neutral zone. Once all the defensive players are in their neutral zone, they are free to go wherever they want. The goalie must pass the ball to one of the offensive players who must be outside of the 24 foot dotted line.
 - c) If the pass is not made as per 15.16.2 b the play is blown dead and the ball returns to the goalkeeper.
 - d) If a player re-enters the zone too early or has not cleared the zone play is whistled down and the ball is given back to the goalkeeper.
 - e) After each goal and the end of each shift, play shall start with the goalkeeper of the team that was scored on or was in possession of the ball at the each of the shift and the defensive players shall fall back to their zone.
 - f) A score sheet must be completed prior to each game.

- g) No score is kept or displayed on the scoreboard.
- h) Officials are required. Officials will not issue any penalties, but will be responsible for stopping play and explaining rules violations to the violating player and other players on the floor. Play will be officiated in the same manner as other levels of lacrosse (possession calls, play being blown dead on a delayed penalty when the offending team gains possession of the ball, etc.) minus the issuance of penalty time. Players who repeatedly commit rules violations on one shift may be removed from that shift (official's discretion). Players removed from their previous shift are allowed to return to the floor on their next shift.
- i) Place and push will be the allowed amount of contact at the Tyke level.
- j) The floor used will be a regular lacrosse playing surface. The nets will be placed in the standard box lacrosse crease. The area behind the net is no longer dead, and the ball going behind the net will not result in a stoppage of play.
- k) Each Tyke game will consist of two 30 minute segments. The first 30 minute segment will be a skill building session, and the second 30 minute segment will be a game session.
- l) A regular lacrosse ball will be used.

15.17

Novice Rules

15.17.1

All Novice box lacrosse games shall be played in accordance with CLA Rules according to LTAD Option A with the exception of the fall back rule:

- a) The fall back rule applies when to the goaltender is in possession of the ball. All defensive players must enter the neutral zone. Once all the defensive players are in their neutral zone, they are free to go wherever they want. The goalie must pass the ball to one of the offensive players who must be outside of the 24 foot dotted line.
- b) If the pass is not made as per 15.17.1 a. the play is blown dead and the ball returns to the goalkeeper
- c) If a player re-enters the zone too early or has not cleared the zone, play is whistled down and the ball is given back to the goalkeeper.

15.18

Girls Box Lacrosse Rules of Play

15.18.1

All Girls Novice box lacrosse games shall be played in accordance with CLA rules and ALA Regulation 15.17 with the following exceptions:

- a) Defensive players may place their stick on a ball carrier and use equal pressure to prevent her movement.
- b) Any offensive player (including the ball carrier who deliberately charges directly at a defensive player may be assessed a charging penalty.
- c) There is to be no body checking.

- d) A defensive player may check an offensive player by placing their stick head on an opposing player's stick head.

15.18.2 All Girls Pee Wee box lacrosse games shall be played in accordance with CLA rules with the following exceptions:

- a) Defensive players may place their stick on a ball carrier and push them away.
- b) Any offensive player (including the ball carrier who deliberately charges directly at a defensive player may be assessed a charging penalty.
- c) There is to be no body checking.
- d) A defensive player may check an offensive player by placing their stick head on an opposing player's stick head.
- e) The fall back rule applies when to the goaltender is in possession of the ball. All defensive players must enter the neutral zone. Once all the defensive players are in their neutral zone, they are free to go wherever they want. The goalie must pass the ball to one of the offensive players who must be outside of the 24 foot dotted line.
- f) If the pass is not made as per 15.18.2.e. the play is blown dead and the ball returns to the goalkeeper
- g) If a player re-enters the zone too early or has not cleared the zone, play is whistled down and the ball is given back to the goalkeeper

15.19 Post Midget Recreational Lacrosse

Post Midget Recreational Lacrosse will be administered by Minor Lacrosse Local Governing Bodies and Clubs

- 15.19.1 Minor Lacrosse Rules apply to the Parity League
- 15.19.2 Teams cannot participate outside their Local Governing Body
- 15.19.3 Tournament and Provincial Competition is not permitted
- 15.19.4 Affiliation to Junior as per Regulation 5.05

15.20 Major Lacrosse

- 15.20.1 Major Box Lacrosse will be conducted pursuant to RMLL Rules, Regulations, and Policies.

REGULATION 16 – ENFORCEMENT OF CLA POLICY ON THE OFFENCE/DEFENCE TACTIC IN MINOR LACROSSE

- 16.01** The purpose of the enforcement is to ensure that minor box lacrosse players are given full opportunity to develop their offensive and defensive skills. The development and enjoyment of the players is the key principle that needs to be protected. The enforcement of the policy is in place as a deterrent and is to be used when there are valid concerns. Abuse of the enforcement policy will not be tolerated by the ALA. The following are the provisions of the O/D Enforcement Regulation:
- 16.02** If, during any minor lacrosse game there is a concern that a team is using the offense/defense tactic, a formal complaint must originate from the opposing team's coach. The complaint must provide the details of the complaint, contact information and a copy of the game sheet. The complaint must be submitted to the club president of the complainant who will review the complaint, sign it off and submit the complaint and all the evidence it to the ALA office within 7 days of the completion of the game/s in concern. A \$100 fee must be submitted with the complaint. If the complaint is found to be valid, then the \$100 complaint fee will be returned.
- 16.03** The ALA office will review the complaint, record the details and forward it to one of the Learning Facilitators located in the province. The ALA office will inform the club president of the team the complaint was made against. It is the club president's responsibility to inform the team involved in the complaint;
- 16.04** The Learning Facilitator will then investigate the details of the incident. This will include, but not be limited to interviewing the coaches and the referees and attending subsequent games. Based on the findings, the Learning Facilitator will make a determination, with written reasons, on the complaint. If the complaint is valid, the penalties will follow the CLA's suspension guidelines. Both club presidents and coaches will be informed of the decision.
- 16.05** A record of the suspension will be recorded in the ALA office and will be communicated to the league the offending team plays in to ensure the suspension is fulfilled;
- 16.06** There is an appeal from the decision of the Learning Facilitator to a Master Learning Facilitator. There is no appeal from the decision of the Master Learning Facilitator.

REGULATION 20 – DISCIPLINE

- 20.01** Many lacrosse people perform multiple roles, ie: a person may coach, play (box and field), referee, and/or administer. Therefore, any suspensions apply solely to the role that the person was performing when an offence was committed. For example, a suspension to a box player does not extend to field lacrosse, or a suspension to a coach does not extend to their playing status. In the event that an association believes that the offence was serious enough to warrant additional discipline (ie: a suspension on all ALA sanctioned lacrosse activities) then a request to send the case to the ALA Discipline and Appeals Committee must be made as per Bylaw 10.01.5. The ALA Discipline and Appeals Committee has the authority to determine such discipline or sanction it may determine is appropriate, including extending the suspension to all or other ALA sanctioned activities as it determines.

REGULATION 21- COACHING CERTIFICATION REQUIREMENTS

- 21.01** Each team in Field and Box lacrosse shall comply with CLA Minimum Standards for coaches. In order to be eligible to coach, all coaches must meet the requirements of the ALA Minimum Standards as applicable to each discipline of lacrosse.
- 21.02** In all games (including regular league, playoffs, tournaments), teams are required to have all bench personnel who are on the bench meet the CLA Minimum Standards. In practices, teams are required to have at least one of the supervising coaches trained as per CLA Minimum Standards.
- 21.03** In all games for Provincials, Alberta Summer Games, and games sanctioned on travel permits, teams are required to have all bench personnel who are on the bench meet the CLA Minimum Standards.
- 21.04** Bench personnel are determined as per ALA Registration system for each team (as per Regulation 6. Bench moms can handle off bench circumstances but must be registered. Only coaches with appropriate training and certified trainers are allowed on the bench.
- 21.05** All coaches must be 16 years of age in the year he/she wishes to attend a coaching clinic and coach an ALA sanctioned team.
- 21.06** CLA Minimum standards will be verified by the ALA Office upon request.
- 21.07** Coaches not meeting the Minimum CLA Standard will be suspended for the following year from coaching until the required criteria have been met.

REGULATION 22 - TRAINER CERTIFICATION REQUIREMENTS

- 22.01** Trainers must have the appropriate certification. Appropriate certification is defined as one of the following:
- a) Any St. John Ambulance Emergency First Aid course of 8 hours (or more) or equivalent
 - b) Canadian Red Cross Standard First Aid & First Responder
 - c) Canadian Red Cross Sport First Responder and Sport Aid course
 - d) Hockey Canada Safety Program (HCSP)
 - e) An appropriate designation (examples: MD; RN; Physiotherapist, Police Officer; Firefighter, Chiropractor; Registered Massage Therapist).
- From the above, please be clear CPR (as a stand-alone certification) is NOT an equivalency.
- 22.02** The ALA recognizes only one trainer per team to address those specific activities (activities which would not include coaching athletes).

REGULATION 23 - PROVINCIAL PLAYOFF REGULATION

- 23.01** The ALA reserves the right to place teams in the classification and series deemed to be in the best interest of the ALA.

REGULATION 24– ALA MINOR BOX PROVINCIALS

24.01 General Policy

- 24.01.1 All participants shall abide by all Canadian Lacrosse Association Rules of Box Lacrosse.
- 24.01.2 The Canadian Lacrosse Association's Coaches Code and the CLA Coaching Philosophy for Minor Lacrosse must be adhered to. Adherence to these guidelines will be monitored and interpreted by the VP of Provincial and National Competition or designate. The decision of the ALA VP of Provincial and National Competition will be final.
- 24.01.3 The ALA will invoice each Local Governing Body by June 1 the total cost of eligible teams based on ALA Regulations 24.01.4, 24.01.5, 24.01.6 and 24.01.7. Each Local Governing Body will supply the name and contact information for each representing team to the ALA Office by June 27. Local Governing Bodies who playoffs finish after July 1 may apply to the VP of National and Competition for an extension to supply contact information. If the Local Governing Body fails to provide representation at the Provincial Championship Tournament then the participation fee will be forfeited and the LGB will be fined \$2000. The fine may only be appealed to the ALA Board of Directors.
- 24.01.4 **"A" Provincials**
- 1st place playoff Champion "A" team from CDLA
1st place playoff Champion "A" team from GELC
"A" team representing SALA if registered in the ALA registration system
"A" team representing Wheatland if registered in the ALA registration system
"A" team representing CALL if registered in the ALA registration system
- Any team that participates in a league during the regular season outside their home LGB Must qualify through that league for provincial competition.
- Other rural based teams subject to the approval of the ALA VP of Provincial and National Competition
- 24.01.5 **"B" Provincials**
- A minimum of 4 and up to a maximum of 6 "B" level teams that have registered and are recognized by the ALA
- 1st place playoff Champion "B" team representing CDLA
1st place playoff Champion "B" team representing GELC
1st place playoff Champion "B" team representing SALA
1st place playoff Champion "B" team representing CALL
1st place playoff Champion "B" team representing Wheatland
LGB Host
- If the 1st place playoff Champion is the host team then the 2nd place playoff Champion is expected to attend
- Other rural based teams subject to the approval of the ALA VP of Provincial and National Competition.

24.01.6 **"C" Provincials**

1st place playoff Champion "C" team representing CDLA
1st place playoff Champion "C" team representing GELC
"C" team representing SALA if registered in the ALA registration system
"C" team representing Wheatland if registered in the ALA registration system
"C" team representing CALL if registered in the ALA registration system

Other rural based teams subject to the approval of the ALA VP of Provincial and National Competition.

24.01.7 **Girls Provincials**

1st place playoff Champion Girls team representing CDLA
1st place playoff Champion Girls team representing GELC
"Girls" team representing SALA if registered in the ALA registration system
"Girls" team representing Wheatland if registered in the ALA registration system

Any team that participates in a league during the regular season outside their home LGB
Must qualify through that league for provincial competition.

Other rural based teams subject to the approval of the ALA VP of Provincial and National Competition.

24.01.8 In any case where the minimum number of teams cannot attend, then the ALA Executive, after reviewing the teams that are committed to attending, shall have the discretion to permit the tournament to proceed on such terms as the Executive may direct.

24.01.9 Competition intent fees are due to the ALA office by June 1.

24.02 Team Qualification

24.02.1 All teams participating in Provincial Championships must be registered with the ALA registration system. The rosters for the Provincial Championship will be those that are registered with the ALA, as per the ALA registration system.

24.02.2 Local Governing Bodies who do not have a recognized league must register these teams with the ALA to qualify to participate in the Provincial Championship Tournament. Intent fees are due to the ALA office by June 1.

24.02.3 A player may only play for one team and in one division in the Provincial Championship in any weekend.

23.02.4 All tournament formats are to be approved by the ALA VP of Provincial and National Competition. The preferred format will be Round Robin.

24.03 Final Standings Tie Break Formula

24.03.1 In the event of a tie in point standings in a competition, final standings shall be determined as follows:

- 24.03.1.1 If two teams are tied, the winner of the game or games between the two teams advances. If a tie still exists, the goal average formula listed below will be used.
- 24.03.1.2 If three or more teams are tied, and if one team has defeated the other teams with which it is tied after round robin play, the team shall advance. Otherwise the team with the best goal average shall advance.
- 24.03.1.3 The goal average is calculated by dividing the total goals for, by the total goals for plus the total goals against. Only the goals scored in games between the tied teams is used in the goal average formula for tie breaking. The team with the greater resultant number shall advance.

$$\frac{\text{GOALS FOR}}{\text{GOALS FOR} + \text{GOALS AGAINST}}$$

The formula is applied once to rank all tied teams.

- 24.03.1.4 If a tie still exists between teams, the winner of the game(s) between the two teams advances.

24.04 Player Eligibility

All players must be duly registered with the ALA registration databank and listed on the team's roster, for the current year.

24.05 Coach and Trainer Eligibility

- 24.05.01 All coaches must be duly registered as coaches with the ALA registration databank for the current year.
- 24.05.02 All Trainers must be duly registered as trainers with the ALA registration databank for the current year.
- 24.05.03 All Coaches must meet CLA Coaching Standards.
- 24.05.04 All trainers must meet ALA Standards as per ALA Regulations,

24.06 Playing Area

Only ALA authorized coaching/trainer personnel, player personnel, officials, LGB representatives and the ALA representative are permitted in the dressing room, bench area and playing surface during game play.

24.07 Minor Box Provincial Rules

All teams or Associations that host a Provincial Tournament within the Province of Alberta will comply with the rules set out as follows.

24.07.1 Minor Box Playing Rules

- a) The Canadian Lacrosse Association Rules of Box Lacrosse apply with the exception of punishments for infractions of the rules where those punishments are by ALA Rules more severe than the CLA's.

- b) The Canadian Lacrosse Association's Coaches Code and the CLA Coaching Philosophy for Minor Lacrosse must be adhered to. Adherence to these Guidelines will be monitored and interpreted by the ALA Representative.

- c) All games will start on time unless otherwise decided upon by the ALA Representative.

WARM UP: there will be a three (3) minute warm-up before game time.

- e) Game Times:

Novice games will be three (3) fifteen minute runtime periods, no clock stoppage (1 hr time allowance).

Pee Wee games will be two (2) fifteen minute and one (1) twenty minute (20) stop time periods, (1.5 hr time allowance).

Bantam and Midget games will be three (3) twenty minute (20) stop time periods (2 hr time allowance).

If a goal differential of six (6) or more goals is present at anytime during the game, at the next whistle to start play, the clock will run at straight time. If the goal differential is brought within four (4) goals, the clock shall return to stop time at that time.

- f) The 30-second clock will be in effect for all minor levels
- g) **STRAIGHT TIME PENALTIES:** a two (2) minute penalty running time, to start at start of play (whistle).
- h) **STOP TIME:** the clock will stop only when: 1. A penalty is called, 2. A face-off takes place, 3. A goal is scored, or 4. A referee signals for the clock to stop.
- i) There will be a three (3) minute rest period between periods
- j) **HOME** teams must be prepared to change their jersey if asked to do so by the Referee.
- k) **SHOT CLOCK:** will be operated by an ALRA official; **TIME KEEPER** will be provided by the **HOME** team; the **SCOREKEEPER** will be provided by the **VISITOR**; and both will provide penalty box personnel.
- l) **OVERTIME:** all games are to be played out (including round robin).
- m) In Round Robin there will be five (5) minute sudden victory periods until a goal is scored. There will be one (1) minute rest period between each five (5) minute period.
- n) In Medal games only as per CLA. Rule 20: exception is made to rest time between periods, which will be (5) minutes.
- o) All games are to be played out (including round robin). **TWO** points for a win and **ZERO** points for a loss are awarded.

24.08 Discipline at Provincials

24.08.1 General

See Bylaw 10, and Regulation 17

24.08.2 Procedures

The ALA Representative will adhere to and interpret the ALA Bylaws and Regulations.

The Provincial Host in conjunction with the ALA Representative will Oversee, organize and interpret all rules, guidelines on behalf of the ALA. The Provincial Discipline Committee will consist of ALA Representative, Tournament RIC and Member of Host Committee. The membership of the provincial discipline committee will be announced to all teams prior to commencing tournament play.

24.08.3 Appeals

To place an appeal, with the Provincials Discipline Committee, the appealing team must put a \$100 non-refundable bond forward. The appeal must be made in writing and must be received no later than 30 minutes after the conclusion of the game. If game conclusion time is missing from the game sheet the scheduled game time conclusion shall be used. If the appeal is won the fee will be refunded. If any game or portion thereof is to be replayed, the refund will be given after that conclusion. The decision of the Provincials Discipline Committee is final unless the sanction carries beyond the tournament.

24.09 ALA Representative

In the regulations for Provincial Championship Tournaments, the ALA Representative will be that person who is appointed by the ALA VP of Provincial and National Competition and a Member of the host Local Governing Body

24.10 Provincial Host

Host for Provincial Championships must advise ALA office of intent to host by March 15. All applications to host Provincial Championships must have the approval of the appropriate Local Governing Body. The Provincial host will submit their team intents and fees directly to the ALA office by June 1.

24.11 Provincial Trophies

Provincial Trophies are to be returned to the ALA office by the ALA AGM of the completion year at the club's cost. Clubs failing to return trophies by the deadline will be fined \$250 per month to the replacement value of the trophy which there is no appeal. Damaged trophies will be invoiced to LGB.

Limitations and Main Exclusions for Sport Accident and Medical

No benefit shall be payable for any loss resulting directly or indirectly, wholly or partially from any of the following causes:

- a) Purchase, repair or replacement of eyeglasses, contact lenses or prescriptions thereof (except as otherwise provided);
- b) Sickness or disease either as a cause or effect;
- c) Any intentionally self-inflicted injury;
- d) Any of the hazards of aviation except while riding as a fare paying passenger in a licensed aircraft operating on a regular scheduled service between airports;
- e) Declared or undeclared war, terrorist act, invasion or civil war, or any act thereof;
- f) Service in the armed forces of any country;
- g) Any benefits that are available under any Government Health Insurance Plan, whether enrolled in such a plan or not;
- h) Dental and/or other expense benefits shall be for the excess of expenses payable under any other benefit or policy;
- i) An insured person who is not a resident of any Canadian province that has enacted Medical Care Legislation unless stated specifically in this policy;
- j) An insured person is under the influence of alcohol and operating any vehicle or means of transportation or conveyance while his or her blood alcohol is over 80 milligrams in 100 millilitres of blood;
- k) While the Insured Person is under the influence of a drug or substance which is controlled as specified under the Controlled Drug and Substances Act (Canada) unless taken pursuant to the advice of and in strict accordance with the instructions of a duly licenced Physician;
- l) An insured person is on full-time active duty in the armed forces or organized reserve corps of any country or international authority.

This insurance is subject to and shall not contravene any Federal or Provincial statutory requirements with respect to hospital or medical plans, nor shall it duplicate any benefits, which are provided under any Federal or Provincial Hospital or Medical Plans, or any other policy providing a reimbursement indemnity.

Mail completed form to:

Alberta Lacrosse Association
9 Chippewa Road, Unit 4
Sherwood Park, Alberta
T8A 6J7
Tel: (780) 464-1861
www.albertalacrosse.com



Please phone for confirmation or if you have any questions. Note this is not a loss of wage policy. Some reimbursements have limits or caps.

The description of coverage herein is not complete and binding on the Insurance Company. The policy issued to the Alberta Lacrosse Association and on file in their offices takes precedence over this information pamphlet. In the event of any discrepancy the policy takes priority.

Warren Hill Risk Management and
Insurance Broker Services Inc.
Suite 105, 2420 Meadowpine Blvd.
Mississauga, Ontario
L5N 6S2
Tel: (855) 202-7132

www.warrenhill.ca

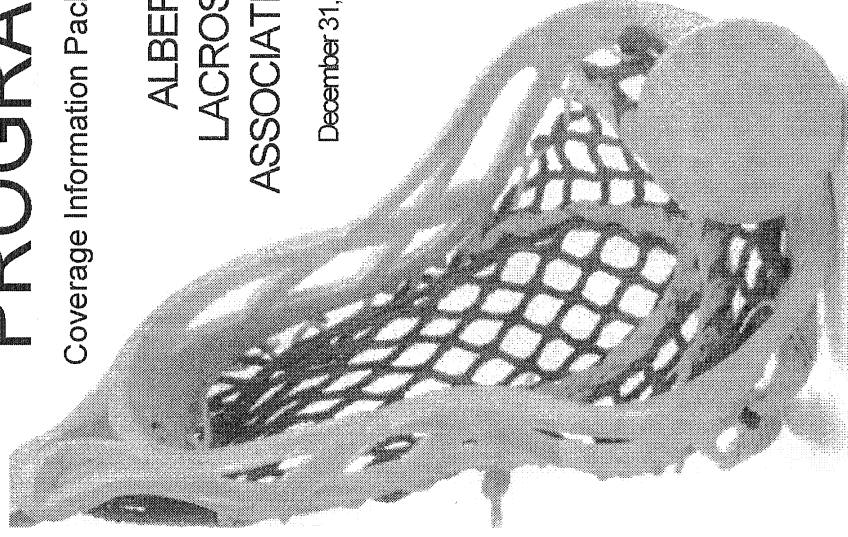


INSURANCE PROGRAM

Coverage Information Package

ALBERTA
LACROSSE
ASSOCIATION

December 31, 2016



WH WARREN HILL
RISK MANAGEMENT AND
INSURANCE BROKER SERVICES INC.



ALBERTA LACROSSE ASSOCIATION MEMBERS INSURANCE PROGRAM

Sport Liability Insurance

Why Liability Insurance?

Unfortunately, no matter how careful you are or what safety measures you take, accidents can happen. You can be sued by anyone who claims injury or damages resulting from sport activities. While you may not be liable, defending a legal action can be costly. Liability insurance protection will pay for defense costs as well as damages awarded against you for covered activities within the scope and limit of the policy. Liability insurance gives you protection and peace of mind.

Who is Insured?

An Association or League registered with the Alberta Lacrosse Association who have paid their current dues and are in good standing. The requirement is that 100% of your members within your Association or League participate in the Insurance Program.

Who is Covered?

Members of your organization, including participant members, executives, managers, coaches, trainers, officials, employees, and volunteers while acting within the scope of their duties on your behalf.

Activities Covered

Sanctioned or authorized events, including related training, within your sport discipline.

General Liability Insurance

The policy through Certain Underwriters at Lloyds of London, will respond for defense costs and those sums that the Insured becomes legally obligated to pay as compensatory damages as described within the Insurance Policy as a result of a bodily injury or damage to property of others. This includes participants, spectators, property of lessors and others resulting from your operations as sanctioned by the Alberta Lacrosse Association.

Limit \$10,000,000 per occurrence
\$10,000,000 Annual Aggregate

Including the following extensions:

- Premises, Property, and Operations
- Products and Completed Operations
- Bodily Injury and Property Damage
- Blanket Contractual
- Personal Injury (libel and slander)
- Cross Liability severability of interest
- Non-owned Automobile

- Tenants Legal Liability \$5,000,000

A Deductible of \$500 applies to all covered claims

Directors and Officers Insurance

Directors and Officers, through Intact Insurance, may be sued for actual or alleged errors or omissions while performing their duties as officials of the organization (ALA). D&O Insurance will pay those sums the organization, directors and officers become legally obligated to pay as compensatory damages because of a wrongful act.

Limit - \$2,000,000 & Aggregate Limit

Sport Accident Insurance

Coverage is for sanctioned activities including practices, games, and team travel. One plan covers Employees, Executive Officers, Managers, Coaches, Officials, Participants, and Sanctioned Event Volunteers all of whom are under age 75 throughout the entire season through AIG Canada.

Principal Sum Benefits - Up to \$50,000

Including the following:

Accidental Death & Dismemberment - up to \$50,000
 In the event of accidental death occurring within 52 weeks of an accident.

Disability - Up to \$50,000

- Permanent and Total Disability payment is payable after 12 months of total and permanent disability cannot perform at least 2 Activities of Daily Living without assistance from another person, for the remainder of his or her life.
 - Loss of Speech, Hearing, Sight, and/or Other Impairments are subject to the amount payable within the benefit schedule and payable such Loss occurs within 365 days after the date of accident causing such Loss.
 - Two Times the Principal Sum for an accident causing Quadriplegia, Paraplegia, or Hemiplegia.
- Excess Medical Reimbursement - up to \$10,000**
 For costs not insured by a Provincial Medical Plan incurred within 52 weeks of the accident including crutches, splints, medical braces, and prescription drugs related to the injury. Excess physiotherapy/chiropractor is limited to \$300 for anyone individual during the policy year.

Out-of-Province Medical Reimbursement - up to \$10,000

If bodily injury is sustained by an individual outside the province in which he/she is normally domiciled, but inside Canada, and he/she shall within 30 days from the date of an accident require the services of a licensed Doctor of Medicine, Osteopath or Chiropractor, and incur additional expenses excess of the benefits available under any Canadian federal or provincial hospital and/or medical plan.

Emergency Transportation Benefit - up to \$500
 Reimbursement for the cost of an ambulance transport from arena or field to the nearest hospital, clinic, or doctor's office.

Rehabilitation - up to \$15,000

Up to \$15,000 for special occupational training due to accident and expenses are incurred within 2 years from the date of the accident.

Tutorial Fees Reimbursement - up to \$2,000

Up to \$2,000 for tutorial services made necessary by post accident confinement.

Fracture Benefit - up to \$500

A percentage of principal can be paid to fracture of bone or bones including chip and linear fractures. (Amount varies; depend on the type of Injury).

Dental - Up to \$15,000

Dental treatment resulting from an accidental injury to sound natural teeth and completed within 52 weeks of the accident. Dentures and removable teeth limited to \$200

Eyeglasses and Contact Lenses Expense - up to \$100

For repair or replacement of eyeglasses or contact lenses when damage results from an accident, which requires the insured person to receive treatment by a physician or dentist.

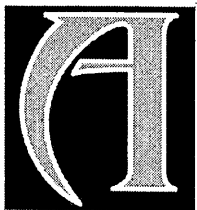
Out of Canada Excess Medical Insurance

Excess Medical coverage for Employees, Executive Officers, Managers, Coaches, Volunteers, Officials and Participating Members under age 75 whose Travel out-side Canada is approved and sanctioned by the Alberta Lacrosse Association, and whose name is registered with the Association prior to traveling. Coverage is in excess of any Provincial Government Health Plan.

Limit \$2,000,000 per lifetime

Return and escort of dependent Children under age 18 - up to \$5,000

Exclusion b) as listed in this information pamphlet is removed for this coverage only. Pre-existing conditions are excluded under sickness and illness coverage.



TEAM ALBERTA 2017

Canadian National BOX Championships

Pee Wee Nationals- EG Dopp	Whitby, ON	August 5 – 13, 2017
Bantam Nationals – ED Blair	Saskatoon, SK	July 30 – August 4, 2017
Midget Nationals - Tackaberry	Whitby, ON	August 5 – 13, 2017
Bantam Female (Rose Engemann), & Midget Female (Dorothy Robertson) Nationals	Halifax, NS	July 16 - 23, 2017

Box players must supply a non-refundable fee of \$75.00 to the Alberta Lacrosse Association for Team Alberta regional tryouts. The \$75.00 fee will include a tryout t-shirt. Final tryout camp will be a non-refundable \$25.00 fee.

Midget Boys:

- April 9th, Calgary Regionals (For Players South of Red Deer)
- April 22nd, Edmonton Regionals
- April 23rd, Invitational Camp, Edmonton

PeeWee Boys, Bantam Boys, Bantam Girls, Midget Girls:

- April 1st, Calgary regionals (For Players South of Red Deer)
- April 2nd, Edmonton Regionals (For Players Red Deer and North)
- April 8th and 9th, Invitational Camp, Edmonton

DEADLINE: March 20th, 2017

Register here –

<https://admin.sportzsoft.com/apps/regWeb.dll/Login?OrgId=617>

Canadian National FIELD Championships

First Nations and Alumni Cup - Saskatoon, SK – August 31- September 4, 2017

FIELD Requirements

Players who have not applied by the deadline date will **NOT** be permitted to try-out.

- Players must register as a runner (A, M, LP) or goalie, not more than one.
- Alberta Lacrosse Players can only try-out and play for Team Alberta at the Field National Championships.
- Players may be required to attend more than one try-out camp.
- Tryout camps TBA
- Players, Club & Team Alberta coaches are strongly encouraged to work together to allow obligations to both teams to be met. Recommended priority is Field club games followed by Team Alberta activities.
- Players must pay a non-refundable \$75.00 fee to the Alberta Lacrosse Association for Team Alberta tryout. This fee includes a tryout-shorts and the initial tryout camp.
- If selected, players and parents are required to sign and adhere to the ALA Code of Conduct.
- Players are to follow the criteria and rules as set up by the Canadian Lacrosse Association

Please direct questions to -nick@albertalacrosse.com

780-464-1861

AGE GROUPS are NOW U15 and U18

Register here-

<https://admin.sportzsoft.com/apps/regWeb.dll/Login>



March 9, 2017

Alberta Lacrosse U19 Women's Field Lacrosse

The Alberta Lacrosse Association is very pleased to announce the Canadian Lacrosse Association U19 Women's Field Invitational Championship will be held in Halifax, Nova Scotia for 2017. Alberta will be the host for 2018. This is a great progression of the Women's Field Lacrosse game in efforts of developing a true National Championship.

The events will take place from July 22-24, 2017.

Travel days will be July 21st and late July 24th

Tryouts for the Alberta U19 Women's Field team will be set shortly.

Players can register here <https://admin.sportzsoft.com/apps/regWeb.dll/Login?OrgId=617>

Registration is open to ALA Women's Field players born 1998-2002

The registration fee is \$75.00

The cost to participate on the U19 team to Nova Scotia will be \$1000. All players will be required to book their own flights. Accommodation and meals will be provided at the event.

For further information please contact Lisa Grant at the ALA office
lisa@albertalacrosse.com

ALBERTA LACROSSE ASSOCIATION

Dane Dobbie
VP of Technical Development



• 150 ANNIVERSARY CELEBRATION A TRIBUTE TO THE GAME OF LACROSSE



109 TYKE TEAMS / 110 NOVICE TEAMS/ 13 NOVICE FEMALE TEAMS

3500 LACROSSE PLAYERS IN ONE CELEBRATION OF LACROSSE



- WHO = ALL TYKE AND ALL NOVICE TEAMS
- WHAT = A FESTIVAL FOR ALL TYKE AND NOVICE PLAYERS IN THE PROVINCE
- WHERE = CALGARY SOUTH SOCCER CENTRE
- WHEN = JULY 13-17, 2017
- WHY = ONLY 6.3% TEAM PERMITTED IN PROVINCIALS IN PREVIOUS YEARS, THE FESTIVAL ALLOWS YOUNG PLAYER TO INCREASE THE AMOUNT OF TIME PLAYING IN A FUN ATMOSPHERE;
- ECONOMIC IMPACT IN THE PROVINCE OF ALBERTA IS 2.6 MILLION AND THE IMPACT IN CALGARY IS 1.7 MILLION



- INTENTS TO ALA OFFICE BY JUNE 1
- NEW 50 YEAR FESTIVAL LOGO
- T SHIRT FOR ALL PARTICIPANTS
- ALL TYKE AND NOVICE TEAMS PERMITTED TO ATTEND FESTIVAL
- REFEREE MENTORSHIP OPPORTUNITY
- COACH MENTORSHIP OPPORTUNITY
- PLAY NEW TEAMS AT THE END OF THE SEASON
- MEET NEW LACROSSE FRIENDS

ACTIVITIES

- STICK STRINGING
- FACE PAINT
- POPCORN
- DUNK TANK
- LACROSSE SUPPLIER BOOTHS
- ROUGHNECK APPEARANCES
- BOUNCY TENTS
- RADAR GUN
- SKILL COMPETITION
- TRICK STICK COMPETITION
- BUILD COMMUNITY
- FOOD TRUCKS
- PRIZES FOR PLAYERS
- TARGET SHOOTING



GELC

Section 4

Tyke Mini Tyke Information



2017 Timbit Mini Tykes – Greater Edmonton Lacrosse Council

Mini tyke lacrosse in Edmonton and area is sponsored by the Tim Horton's Timbit program as such jerseys are provided to each club for free by Tim Horton's, we enter a three year sponsorship and they are expected to wear these jerseys for three years then the clubs receive a new supply.

Our season commences after Easter for 2017 and concludes on the June 17 and 18th weekend with a mini weekend of games, (3 per team). Each player will receive a gift and a medal from Tim Horton's, as well as a T shirt from the GELC we require the order form contacted in this section of the handbook to be faxed or scanned to the GELC office no later than May 5, 2017.

LTAD Objectives:

1. Have FUN
2. Introduce skills
3. Learn basic rules
4. Fair Play
5. Physical Activity
6. Play agility games

Coaching Certification Required: Minimum for all coaches Community Initiation

Parents: Praise efforts, not results, be positive, praise performance of both teams, do not yell instructions and be willing to volunteer to help.

Equipment:

Nets: All mini tyke games are played on CLA approved 3'x3" nets.

Full equipment-CSA approved helmet and face mask, shoulder pads, arm pads, gloves, kidney protection, mouth guard (recommended), athletic support cup(jock or jill), lacrosse stick.

GELC clubs will use the soft pink balls for mini tyke lacrosse.

Goal: Introduce the basic skills of the game and keep these children playing lacrosse by making it 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. Mini tykes are scheduled to play 10 games thru the season. The program will consist of the following:

Format: Players will be separated into their team and the field will be separated in half. Teams will rotate through 4x15 minute session with the opposing team alternating skill development and scrimmage, starting with skill development.

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 time, one on one

4. **Throwing-** coaches will teach the player how to throw the ball properly, against the boards, simple passes
5. **Catching**
6. **Shooting**

Scrimmage:

1. A score sheet is filled out at the beginning of each scheduled game floor time. No score is kept or displayed. There is no score sheet required for regular scheduled practice times.
2. Shifts are 3 minutes in length, with each shift signalled by the sound of a whistle and all three player change. Equal play for all participants. There will be no goaltenders.
3. Play starts with a face off then it is a possession change after each goal.
4. A defensive player may check an opponent by using equal pressure or playing their stick head on the opposing players stick head. **There is no body checking.**
5. Any offensive player (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. The play should be stopped, so the coach on the field can explain the infraction to the offender and the opposing team is awarded the ball.
6. The fall back rule applies when the offensive team is in possession of the ball after a goal. All defensive players must enter the neutral zone where they must wait until the ball crosses the restraining line. The offensive player must pass the ball to another offensive player who must be at least 9 feet from the crease.
7. One coach from each team may be on the floor to instruct players.

Year End Event: June 17, 18th 2017 East Soccer Center on Hermitage Road and Victoria Trail

All coaches will be required to wear helmets while on the floor at the soccer center.

The same rules will apply as apply during the regular season. Game sheets will need to be filled in and - left at the administration table.

Please upload all games sheets to the GELC website.

2017 Timbit's Tyke Lacrosse –Greater Edmonton Lacrosse Council

Tyke lacrosse in the Greater Edmonton arena is sponsored by Tim Horton's Timbits program, as such jerseys are provided to each club for free by Tim Horton's, we enter a three year sponsorship and they are expected to wear these jerseys for the three years of the program.

Our season commences April 18th, and will conclude on the June 17, 18weekend with a mini weekend of games, 3 per team. Each medal from Tim Horton's, as well each player will receive a T-Shirt from the GELC, we require the order form for those t-shirts to be in by May 5, 2017 in order that we can order and receive the t shirts in time for the year end.

LTAD Objectives:

1. Have Fun!
2. Introduce Skills
3. Learn basic rules
4. Fair Play
5. Physical Activity
6. Train, ABC's

Coaching Certification: All coaches are required to have a minimum of Community Initiation.

Equipment:

Nets: *Required nets are the CLA approved 3'x3' nets.*

Player's Equipment:

Full Equipment –CSA approved helmet and facemask, shoulder pads, arm pads, gloves, kidney protection, mouth guard, athletic support cup (jock, or jill). Lacrosse Stick.

Goal: Introduce the basic skills of the game and keep these children in our system by making it 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 one hour practices as provided by the home club. Each team will be scheduled to play 10 games over the season. The program will consist of the following:

Practice format/Game Format: The one hour practice and game times will be broken into 2 x30 minute sessions with skill development first, and scrimmage/games second. Each session should accommodate time for water breaks.

Skills and Drills: (First 30 minutes of practice)

1. **Ball Pick Up** – trap and scoop, scoop from a stationary position, scoop while running.
2. **Cradling** – stationary, walking, running
3. **Loose ball-** 1 on 1, 2 on 1, etc. with focus on defensive positioning and player steering vs player checking.

4. **Throwing and Catching** – coaches will teach the player how to throw the ball properly to make passes.
5. **Shooting** – coaches will teach the player how to throw the ball properly for shooting.

5 on 5 Drill Format (used during practice times only)

1. No score sheet is required to be filled out
2. 5 on 5 drill to be 1x30 minute periods. One coach from each team may be on the floor to instruct players during the drill. With a focus on passing, positioning and team play.
3. Shifts are equal participation and 2 minutes in length, with each shift signalled by the sound of a whistle or score clock buzzer and all five players changing.
4. Play starts with a face off at the beginning of the period. At the end of each shift, and after a goal has been scored, the ball goes to the goalkeeper of the team that had possession at the end of the shift, or the goaltender of the team that was scored on.
5. This is a drill and so the focus should be on player and team development not winning.

Games:

Full floor – regular lacrosse balls

1. **Score sheets must be filled out at the beginning of the game for legal purposes. The home team is responsible for keeping the score sheets** Please follow the email instructions you will receive from Sportzsoft.
2. Games will be one hour, consisting of 30 minutes of skill development first, then followed by 1x30 minute periods of play.
3. Shifts are 3 minutes in length, equal participation for all players. Each shift is signalled by the sound of the score clock buzzer and all 5 players, excluding the goalie will change.
4. Play starts with a face off, then at the end of each shift or after a goal, the ball goes to the goalkeeper of the team that had possession at the end of the shift.
5. A Defensive player may check an opponent by placing their stick on **the ball carrier** and using place and push to prevent his movement. **There is no body checking.**
6. A defensive player may check an offensive player by placing their stick on the opposing players stick head.
7. Any offensive player (including the ball carrier) who deliberately charges directly at a defensive player, may be assessed a charging penalty, the opposing team may be awarded the ball.
8. Fall back rule: The fall back rule applies when possession is gained by the goalkeeper or a goal is scored. All defensive players must enter their own zone. Once all the defensive players are in their own zone, they are free to go where ever they want, the goalkeeper must pass the ball to one of the offensive players who must be at least 9 feet from the crease.

9. Official's are required. Officials will not issue any penalties, but will be responsible for stopping play and explaining rules violations to the violating player and other players on the floor. Play will be officiate din the same manner as other levels of lacrosse (possession calls, play will be blown dead on a delayed penalty when the offending team gains possession of the ball, etc) minus the issuance of penalty time. Player who repeatedly commit rules violations on one shift may be removed from that shift (official's discretion). Players removed from their pervious shift are allowed to return to the floor on their next shift.
10. Please note: Home teams are responsible for time clock volunteers.

June 17,18th Year End Event

Location:

Edmonton Soccer Centre East, Hermitage Road and Victoria Trail just north of Yellowhead Trail.

All teams are required to attend.

The same rules apply as regular season.

Game sheets will be dropped off at the GELC administration table.

Coaches will be required to wear helmets while they are on the floor with the players no exceptions.

Each team is required to bring with them a set of waivers completed by the parents for the players and an adult one for each coach on the floor with the players. Copies of the waiver are in this section of the handbook.

Section 5
Team Managers and Coaches Section



Team Organization and Getting the Assistance you need as a Coach

Please remember successful teams are based on a broad range of people helping the team fulfill their goals. Ask for the help you need to have a successful season.

- **You want to have a parents meeting before or probably even better after your first or second practice.**
- **You want to find or explain the following:**
 - **Assistant coach(s) if they has not be provided by your club**
 - **Trainer**
 - **A team Manager**
 - **Score Keepers –timers (instructions included in the manual)**
 - **Team policies**
 - **Expectations**
 - **Tournaments**
 - **Fund- raising**
- **At the first meeting your Agenda may look something like this:**
 - **Introductions – Introduce yourself and any other coaching staff you may have**
 - **Tell the team and parents something about yourself**
 - **Lacrosse Experience, coaching experience**
 - **Have everyone else introduce himself or herself and identify who their player is.**
 - **Talk about your philosophy**
 - **Establish team expectations and policies**
 - **Ask for the assistance you need from the list above**
 - **After the meeting meet with the new team manager and pass what information you have to them so they are comfortable filling team expectations.**
 - **You may want to discuss with the team manager who will look after getting game sheets to the GELC office and other similar duties.**

Duties of a Team Manager

1. **Help the coach with the administrative responsibilities of a team.**
2. Create the following items for the team
 - a. Phone lists that include addresses, parent's names and cell phones and the players name and number.
 - b. If you want you can make a card sized laminated copy to pass out to the team.
 - c. Make a list of volunteer requirements for the team
Ensuring all parents are asked to help
 1. Scorekeepers and timers
 2. Uniform keepers – Washers
 - d. Tournament Entries
 - a) Establish if the team can attend a tournament, check with parents for desire to enter tournaments, availability, your league schedule
 - b) Contact the tournament, to see if they have room for you.
 - c) If you have a league game make sure you request a game change in the required time or if it is after the request for changes deadline you have collected any rescheduling fees as well.
 - d) Collect the entry fee. (Your club may pay for a tournament)
Parents may have to pay the entry fee, or you can fundraise.
 - e) If your tournament is out of the province ensure you have a travel permit, and if for some reason your tournament is unsanctioned you have ALA permission to participate in it.
3. Create a Team Budget (sample provided)
4. Team pictures arrange for either with your club or as an individual team pictures.
5. End of Season
 - a. Make sure the team has a season ending social event
 - b. Make sure you have thanked on behalf of the team any individuals who require thanking. Coaches, trainers, sponsors

Team Sample Budget

Bandits Lacrosse "B" 2017 Final Budget

Revenue

Donations-

Home Hardware	\$ 500.00	
Randy's Reno's	\$ 500.00	
		\$1,000.00

Fundraising

Bottle Drive May 5	\$ 300.00	
Silent Auction May 12	\$ 2,000.00	
		\$2,300.00

Total Revenue	\$3,300.00
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Total Expenses:

Tournament Entries

Blues Ice – Breaker	\$400.00	
Axeman Tournament	\$400.00	
		\$800.00

Other Expenses

Meals for Axemen Tournament	\$ 775.00
Accommodations in Calgary for Axeman Tourney	\$1,225.00
Year-end party and thank for coaches	\$ 250.00
Team pictures & sponsor appreciation	\$ 250.00

Total Other Expenses	\$2500.00
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Total Expenses	\$3,300.00
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You're at the Arena – Its Game Night - What needs to Be Done

1. The home team will provide minor officials to run the time clock, 30 sec clock and fill out the game sheet. These individuals will be working for the referees and therefore may not cheer for either team or speak to the players in the penalty box.
2. Visiting team should provide one minor official for in the box to assist the two from the home team.
3. Jersey colors: Home team has choice of colours but may be asked to change colours by the officials if required.
4. Coaches are responsible for the behavior of staff and players on the bench as well as for fans in the stands.
5. It is suggested that each team have one parent representative to deal with parents in the stands and concerns or complaints the parents may have.
6. A team will receive 2 points for a win, 1 for a tie, and 0 for a loss.

Tips for Completing the Game Sheets

Did you know you can purchase a booklet to help out with scorekeeping its called Box Lacrosse Minor Officials Guide, you can get a copy at the GELC office or the ALA office. Cost is \$6.00 each.

Before the game the following must be filled out on the game sheet:

Provide a copy of the Abbreviations to use on the game sheet. It is located in this manual.

- Game number
- Level
- Arena
- Date
- Start Time
- Referee
- Official Scorer
- Game Timer
- 30 Second Timer
- Home team name, colour and roster*
- Visiting Team name, colour and roster*
- First name, last name. In numerical order*
- Coaches names and signatures must be on the game sheet in the appropriate spot
- Note on the game sheet it indicates color this means the jersey color for that game but you also need to make sure you're the team name is included

Use of Stickers on Game Sheets:

- If you are going to use stickers you must do the following
 - ✓ Make sure the sticker conforms to the lines on the roster section of the game sheet, three stickers must be provided one for each copy, Clear work the best.
 - ✓ The sticker must line up with the lines on the game sheet.
 - ✓ **You may not add your club logos to the stickers**
 - ✓ **Coaches names cannot be on the stickers.**

During the game:

- Cross out Home and Visitor Time outs as they occur
- Fill in penalties



Alberta Lacrosse Association



Date: April 25, 2005

Location: Bill Hunter Arena

Level: Bantam "A"

Game # 2176582

Visitors/Color: Warners / Black-Red					GOALS					PENALTIES						
#	Players Names	G	A	PIM	Pr	Time	Goal	Asst	Asst	Pr	#	Min	Reason	Off	Start	On
01	Adam James				1	15:16	08	13		1	13	2	SL	16:13	16:13	14:13
06	Jason Smith				1	7:11	87			1	47	2	CHG	3:27	3:27	1:27
08	Casey Jones				2	10:10	13	40	87	2	15	2	RO	14:26	14:26	13:10
11	Cameron Rose				2	9:40	13	28		3	11	5	FI	3:00	3:00	
13	Kelly Scott				2	5:07	29	16		3	25	2	HS	2:00	2:00	1:15
15	Simon Grey				3	11:19	16	11								
16	Lee Frederick				3	04:10	25									
22	Pat Dragon															
25	Dennis Bannock															
28	Curtis Proudfoot															
29	Kelvin Brown															
40	Jesse Davis															
47	Ricky Ward															
81	Seth Gibbons															
87	Parker Peters															
Bench Penalties																
Game Totals																
22	Pat Dragon				Susp	2	1	3		Goalie Saves						
Coach: Rusty Grey					signature: <i>Rusty Grey</i>					# 1 2 3 OT						
Coach: Barry Chief					signature: <i>Barry Chief</i>											
Coach: Lester Townsend					signature: <i>Lester Townsend</i>											
Coach/Trainer: Robbin Scott					cert number: 817 26451					Time Outs						
Home/Color: Titans / White-Green					GOALS					PENALTIES						
#	Players Names	G	A	PIM	Pr	Time	Goal	Asst	Asst	Pr	#	Min	Reason	Off	Start	On
30	Tucker MacDonald				1	12:45	18	40		1	8	2	HS	12:16	12:16	10:16
					1	10:20	10	27	41	1	27	2	ICC	6:00	6:00	4:00
8	Troy Gritz				1	6:06	89			1	20	2	RO	2:27	2:27	1:27
10	Mike Simpson				2	13:10	23	13		2	23	2	USC	13:10	13:10	11:10
11	Phillip Thompson				2	12:44	13	20		2	40	2	SL	5:32	5:32	5:07
13	Andy Bashmore				2	2:30	27			3	17	4	CFB	10:50	10:50	6:50
17	Neil O'Brien				3	8:08	88	89		3	18	5	FI	3:00	3:00	
18	Brian Marks				3	1:15	11	21								
20	Reece Spencer															
21	Matt Anderson															
23	Alex Hunter															
27	Nick Sherwood															
46	Lonnie Hansen															
41	Cinnar Carlson															
86	Brian Westcott															
88	John Leung															
89	Lane Horvath															
Bench Penalties																
Game Totals																
										Goalie Saves						
Coach: Richard Redford					signature: <i>Richard Redford</i>					# 1 2 3 OT						
Coach: Jaymie McCarthy					signature: <i>Jaymie McCarthy</i>											
Coach: JP Shepard					signature: <i>JP Shepard</i>											
Coach/Trainer: Ben McKenzie					cert number: 813 45674					Time Outs						
Start Time: 2:00 PM End Time: 3:26 PM					Referee 1: Level 3					Signature						
Timekeeper: Tim Smith					Print name Larry Reed					<i>Larry Reed</i>						
Scorekeeper: Mary Sherwood					Referee 2: Level 3					Signature						
Phone # (780) 473-7373					Print name Will Gates					<i>Will Gates</i>						

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

White - Losing Team

Yellow - Winning Team

Pink - Losing Team

- Fill in goals
- Fill in assists (#1 and #2)

After the game:

- Tally home and visitor penalty minutes in total PM box.
- Tally home and visitor scoring in final score circle
- Write goals, assists, and penalty next to the appropriate player under Player Information
- Winning team – to score online the game then fax, scan or take a picture of the game sheet and send via email to gelcadm@telus.net, scores are not official until the game sheet is received.

Abbreviations for Score Sheets

Abbreviation	Penalty	ABB	PENALTY
ABO	ABUSE OF OFFICIALS	HO	HOOKING
AGG	AGGRESSOR	HOS	HOLDING STICK
AI	ATTEMPT TO INJURY	HB	HOLDING THE BALL
BB	BENCH MINOR	HO	HOOKING
BDG	BOARDING	ICC	ILLEGAL CROSS CHECK
BST	BROKEN STICK	IE	ILLEGAL EQUIPMENT
BE	BUTT ENDING	IEG	ILLEGAL EQUIPMENT GOALIE
CHG	CHARGING	IS	ILLEGAL SUBSTITUTION
CFB	CHECKING FROM BEHIND	INS	INSTIGATOR
CIC	CHECKING IN CREASE	INT	INTERFERENCE
CI	CREASE INTERFERENCE	KP	KICKING PLAYER
CV	CREASE VIOLATION	LPBE	LEAVING THE PENALTY BOX EARLY
CC	CROSS CHECKING	LB	LEAVING THE PENALTY BENCH
DOG	DELAY OF GAME	OL	OBSCENE LANGUAGE
ELB	ELBOWING	PS	PENALTY SHOT
FM	FACE MASK	PABO	PHYSICAL ABUSE OF OFFICIAL
FOB	FALLING ON BALL	RO	ROUGHING
FINT	FAN INTERFERENCE	2X5	SECOND MAJOR IN A GAME
EXP 5TH	FIFTH PENALTY IN GAME	SL	SLASHING
FI	FIGHTING	SP	SPEARING
FH	FREE HAND	TS	THROWING STICK
GI	GOALIE INTERFERENCE	3 RD MAN	THIRD MAN IN
HBH	HANDLING BALL IN HANDS	TMM	TOO MANY MEN
HB	HEAD BUTT	TR	TRIPPING
HS	HIGH STICKING	UR	UNNECESSARY ROUGHNESS
HO	HOLDING	USC	UNSPORTSMANLIKE CONDUCT
HOS	HOLDING STICK	WA	WRAPAROUND
HB	HOLDING THE BALL		
EXP	EXPLUSION	GM	GAME MISCONDUCT
MP	MATCH PENALTY	GRM	GROSS MISCONDUCT
M	MISCONDUCT		

2016 Score Reporting and Game Sheet Uploading

Please note every GELC team head coach and manager will receive an email similar to the sample below :, this applies to all levels mini tyke thru midget.

From: System Administrator [mailto:noreply@sportzsoft.com]

Sent: March 21, 2016 10:31 AM

To: Kevin Murray <kevin@sportzsoft.com>

Subject: Greater Edmonton Lacrosse Council Team Account and Game Reporting Procedures



TeamView/LeagueView Notification

Greater Edmonton Lacrosse Council

SportzSoft Team New Season Team Advisory

Hi Kevin Murray

You have been assigned the role of **Head Coach** on team **GELC ADMIN - GELC Administration**.

Please go through this email for information on:

Game Reporting Procedures
Entering exhibition games / tournament games / practices

Your login information is as follows:

Username: kevin@sportzsoft.com
Password: kevin

Login Link:

TeamWeb Login Link (see description below):
<http://www.sportzsoft.com/Team/teamWeb.dll/Login?OrgId=594>

GELC Game Reporting Procedures for the Coming Season

For Mini Tyke and Tyke

- Record the game number, date, time and location on the game sheet
- Enter the game roster (players and coaches) on the game sheet
- DO NOT record goals, penalties or final score
- home team submits game sheet as per instructions below (these instructions are for Novice and above, so ignore the game stats and game score portions)
- you must 'mail' the original game sheet in as well

TeamWeb Game Sheet Entry Instructions:

**** video clip and document go here**

For Novice, PeeWee, Bantam and Midget

Coaches and/or managers enter game sheet information, and to upload game sheets into their TeamWeb accounts. Use your login information above and your TeamWeb link to enter this information.

****Note**** Once you enter your game sheet information, it is audited by the GELC Office. Your team standings will not be updated until this audit is complete and the game has been marked as 'final' by the GELC Office.

General Game Reporting Guidelines:

Enter score and penalty minutes

The winning team will be responsible for entering the game sheet information and uploading a scanned copy of it.

If a game does not have a gamesheet uploaded to it, after 24 hours, a notice will be sent out to both teams requesting that it be submitted. If the game sheet is emailed in, this notice could still be sent as the system looks for an uploaded document, not an email. As such, it is better to upload a gamesheet than email it in.

The originals must be mailed in as well.

More complete information on how to do this can be found on the GELC website in the INFORMATION section for managers.

TeamWeb Login Link:

<http://www.sportzsoft.com/Team/teamWeb.dll/Login?OrgId=594>

****note** - you can also access your team login from the GELC schedule; just click on your team name, and then look for the login button on your team page

TeamWeb Game Sheet Entry Instructions:

**** document goes here**

TeamWeb Game Sheet Entry Video Instructions (**** Note:** just enter game score and total penalty minutes):

**** video clip goes here**

We hope you enjoy using the SportzSoft Team system to manage your team for the upcoming season!



Spectator Liaison

New for the 2017 season is a team position called the Spectator Liaison.

Each team will be required to assign one adult at every game to hold this position at each schedule league and playoff game. . This is an important initiative developed by the Board of Directors of the Greater Edmonton Lacrosse Council in response to concerns about referee abuse, and concerns with the spectators in the stands.

The responsibilities of the position are as follows:

- ❖ Get the arm band designated for the position from the team manager or coach prior to the start of each game.
- ❖ Please identify yourself to the officials on the floor as well as to the opposing team Spectator Liaison.
- ❖ Make sure you are in the stands where the majority of your team's spectators are situated.
- ❖ Be available to go to the penalty box area if called upon by the referees.
- ❖ Please try to diffuse potential problems before they arise by either being visible or calmly speaking with the individual(s) involved.
- ❖ Assist the referees and or your coach to deal with any issues with your team spectators. Should a situation accelerate remove yourself from it and call the police to the arena.
- ❖ Ensure any spectators name is recorded on the game sheet if they have been ejected from the arena by the referees.

Thank you for helping to Change the Game in a Positive Manner

Helpful Resources for Coaches

- ❖ If you have a number of new players a helpful little booklet can be printed off on the Canadian Lacrosse Association website for parents
Its call the Parents Players Guide

<http://cla.pointstreaksites.com/view/cla/about-42/cla-guides-manuals-1/parents-players-guide>

- ❖ Interested in the Canadian Lacrosse Association Long Term Athletic Development model commonly called the LTAD

<http://cla.pointstreaksites.com/view/cla/about-42/lacrosseforlife>

- ❖ Want some practice help you can download Drill and Skill Cards from the CLA website or purchase them at the ALA, or GELC offices.(\$9.00)

http://cla.pointstreaksites.com/files/uploaded_documents/357/Lacrosse_Skill_Cards.pdf

- ❖ GELC and ALA hosted mentorship clinics.
- ❖ Your club fellow coaches and executive are a wealth of knowledge do not be afraid to ask questions within the club.
- ❖ Coaching Tips – Many different sites have coaching tips see below for ideas:
 - **<http://www.cla-alberta.pointstreaksites.com/view/cla-alberta/coaching/tips>**

○

Junior and Adult Lacrosse in the Greater Edmonton Area

Did you know there are numerous junior and senior Clubs in Edmonton and area..

Junior B Tier two teams are hosted by the Edmonton Warriors, Sherwood Park Titans Major Lacrosse Club, North Edmonton Wizards, and Westlock Rock.

Junior B Tier One clubs are hosted by the Edmonton Warriors, the Crude, and the Titans Major host the Junior B Tier one Titans and new to the Junior B tier one league this year the Fort Saskatchewan Rebels.

Junior A Lacrosse is hosted by the Edmonton Blues Jr. A and the St. Albert Miners.

Senior C Lacrosse is hosted by the Warriors.

Senior B lacrosse in Edmonton by the Warriors, in St. Albert and known as the Miners, and in Beaumont by the Outlaws.

Junior Ladies Lacrosse is hosted by the Greater Edmonton Area Saints, the Titans Majors sponsor the Lady Titans and the Drillers out of St. Albert.

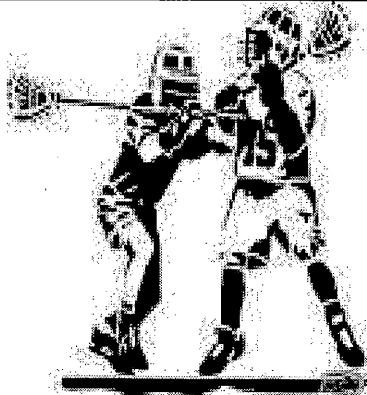
Senior ladies take to the floor as the Bandits hosted in Beaumont, and the Senior Lady Titans.

You are welcome to go visit www.rockymountainlax.com to find a schedule for each division. The teams would enjoy seeing you attend their games. Please note entrance fees are charged at most Junior A, B and Senior games.

Interested in Playing Edmonton Masters Lacrosse - Wants You

www.emll.ca

For information on Masters Men's and Ladies lacrosse please visit their website. Both men's and women's games are played on Sunday evenings at Southside and they practice (shinny lacrosse) on Wednesday evenings at Glengarry.



GELC Mini Tyke,Tyke T - Shirt order form Only

Please fax back to the GELC office by May 3 780-463-0591 email to
gelcadm@telus.net

	Team Name:	
	Team Contact:	
	Contact email Address:	
	Phone Number:	
	email address:	
	Player Name	Size
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		

Total youth small		
Total Youth medium		
Total Youth large		
Total Youth extra large		
Total adult small		

Please note if this is not turned in there is a chance your team will not
receive t shirts at the year end event

Note T shirts are for children only not the coaches

Request to Change Game(s)

Please provide the following form with any requests for game movement.
The only acceptable requests are tournaments, ALA sanctioned events, and
or school functions for example graduations
Game movement requests must be made in writing by April 12th 2 pm.

Game Number:	Date:
Time:	Location:
Home Team:	Visiting Team:
Date of Request:	
Reason for request:	
<p>Dates that could be acceptable to play the game on:</p> <p>Person making the request on behalf of the team</p> <p>Phone: Email:</p> <p>This must be send in via fax: to 463-0591 or scanned (pdf format) and emailed to gelcadm@telus.net</p> <p>Game change made to Teams notified and officials notified.</p>	

GELC Incident Report

This form must be submitted and turned into the GELC if a player is injured in a game and unable to return to play in that game. The form must be submitted within 48 hours of the incident.

Name Team	Date of Incident: Game Number: Club
Penalty called (please circle) Yes No	Infraction Called:
Discription of the incident:	Injury :
Date able to return to play:	Was this incident reported to ALA and the proper Insurance paper work filled in?
Date Received	GELC Administration Incident no.

ALA TOURNAMENT LISTING 2017

Club	Division	Level	Location	Dates	Contact	Email
Vermilion Rage	Senior	C	Vermilion	March 30/April 2	Shane Moon	smoon@hmsinet.ca
Wainwright	Pee Wee to Midget	B	Wainwright	April 21-23	Jason Dorland	tysyn13@netscape.net
Blues	Tyke to Midget	A-B	Edmonton	April 21-23	Leanna Dziwenka	leannadziwenka@gmail.com
Brooks	Novice to Midget	B	Brooks	April 21-23	Sean Yeaman	president@brookslacrosse.ca
High River	Tyke to Midget	B & C	High River	April 28-30	Bobbi Jo Zimmer	zimmer49@shaw.ca
Calgary Axemen	Pee Wee to Midget	A-B	Calgary	April 28-30	Nicole Hippe	timberfest@axemenlacrosse.com
Calgary Axemen	All	Female	Calgary	April 28-30	Nicole Hippe	timberfest@axemenlacrosse.com
Okotoks	Tyke to Pee Wee	B	Okotoks	May 5-7	Don Payne	springclassic@okotokslacrosse.com
Parkland Posse	Novice	B	Parkland County	May 5-7	Jerry George	jiergeo@yahoo.com
Parkland Posse	Pee - Midget	A & C	Parkland County	May 5-7	Jerry George	jiergeo@yahoo.com
Beaumont	Novice	B	Beaumont	May 12-14	Michelle Kiddo	chelleandjim@hotmail.com
Beaumont	Novice	Female	Beaumont	May 12-14	Michelle Kiddo	chelleandjim@hotmail.com
Lakeland	Tyke to Midget	B	Cold Lake	May 12-14	BJ Pinch	williampinch@hotmail.com
Lethbridge	Novice to Midget	B	Lethbridge	May 26-28	Danita Neis	lethbridgefloorbusters@gmail.com
Calgary Knights	Novice	B	Calgary	May 26-28	Melinda Bevis	mpotipco@hotmail.com
Okotoks	Novice to Midget	Female	Okotoks	May 19-21	Don Payne	girlstocklax@okotokslacrosse.com
Red Deer	Tyke to Midget	A & B	Red Deer	May 19-22	Lorae Couchman	lorae@telus.net
CELC	Novice to Midget	A-Female	Red Deer	May 27 & 28	Tracey Ward	tracey.ward@edmontonpolice.ca
Titans	Novice	B	Sherwood Park	June 2-4	Tracey Lord	titanstorney@hotmail.com
Titans	Pee Wee to Midget	A & C	Sherwood Park	June 2-4	Tracey Lord	titanstorney@hotmail.com
Titans	Novice to Midget	Female	Sherwood Park	June 2-4	Tracey Lord	titanstorney@hotmail.com
Innisfail	Novice to Midget	B	Innisfail	June 2-4	Wally Genz	scheduler@innisfailacrosse.com
Strathmore	Novice to Midget	B	Strathmore	June 2-4	Ron Seabrook	ron_seabrook@yahoo.com
St Alberta Rams	Novice to Midget	B	St. Albert	June 9 - 11	Gillian Anderson	jimbaggataway@shaw.ca
St Alberta Rams	Pee Wee & Bantam	C	St. Albert	June 9 - 11	Gillian Anderson	jimbaggataway@shaw.ca
St Alberta Rams	Novice to Midget	Female	St. Albert	June 9 - 11	Gillian Anderson	jimbaggataway@shaw.ca
Calgary Sabrecats	Novice to Bantam	B	Calgary	June 9 - 11	Kelly Mantei	tournaments@sabrecatslax.com
Calgary Sabrecats	Pee Wee & Bantam	Female	Calgary	June 9 - 11	Kelly Mantei	tournaments@sabrecatslax.com
Medicine Hat	Novice to Midget	B	Medicine Hat	June 9 - 11	Dixie Onheliger	mhlaxtothemax@gmail.com
CDLA	Pee Wee to Midget	B & C	Calgary	June 30-July 3	Kimberly Natt	canadaday@calgarylacrosse.com
CDLA	Novice to Midget	A	Calgary	June 30-July 3	Kimberly Natt	canadaday@calgarylacrosse.com
CDLA	Pee Wee to Midget	Female	Calgary	June 30-July 3	Kimberly Natt	canadaday@calgarylacrosse.com
Edmonton Blues	Novice to Bantam	Female	Edmonton	June 30-July 3	Leanna Dziwenka	leannadziwenka@gmail.com
Edmonton Blues	Tyke to Midget	All	Edmonton	June 30-July 3	Leanna Dziwenka	leannadziwenka@gmail.com
Provincials	All Minor	All	TBD	July 6-9	Lisa Grant	lisa@albertalacrosse.com
Tyke Novice Festival	Novice	All	TBD	July 14-16	Lisa Grant	lisa@albertalacrosse.com
Lacoka Lacrosse	Novice to Midget	Field	Lacombe	July 15-16	Mike Wood	lac.raidern@gmail.com
Red Deer Orangemen	Novice to Midget	Field	Red Deer	July 29-30	Lorae Couchman	lorae@telus.net
Edmonton Razorbacks	Novice to Midget	Field	Edmonton	August 12-13	Norm Maxwell	normmaxwell@gmail.com
Calgary Field	Novice to Junior	Field	Calgary	August 19-20	Maria Deitz	president@calgaryfieldlacrosse.com
Field Provincials	Novice to Junior	Men's/Women's Field	Leduc	August 25-27	Lisa Grant	lisa@albertalacrosse.com