

**High River Lacrosse Association Rules and Regulations  
(Updated September 2022)**

**Table of Contents**

<b>1. REGISTRATION:</b>	
1.1 Fees .....	2
1.2 NSF Cheques .....	2-3
1.3 Program Withdrawal Refunds .....	3
<b>2. EVALUATIONS:</b>	
2.1 Evaluation Process .....	3-6
<b>3. PLAYER RELEASES:</b>	
3.1 Player Release.....	6-7
3.2 Player Release “A players” .....	7
<b>4. AFFILIATION</b>	
4.1 Player Affiliation	
<b>5. EQUIPMENT:</b>	
5.1 Mandatory Equipment .....	8-9
<b>6. COACHING:</b>	
6.1 Coaching Security Clearances .....	10
6.2 Coaching Course Refunds .....	10
<b>7. SUPERVISION:</b>	
7.1 Dressing Room Supervision .....	10-11

## **1.1 REGISTRATION FEES**

### Registration Process:

- Registrations are done on-line.
- Registration opens January 1<sup>st</sup> of the current year.
- Any registrations that are received after the closing deadline of March 15<sup>th</sup> will be put on a waiting list and are subject to \$25.00 late registration fee.
- It will be at the discretion of the High River Lacrosse board as to the acceptance of late player registrations as the team formation must be completed almost 6 weeks in advance of the season start-up.

### Registration Fees:

- Fees for the various age groups are outlined on the High River Lacrosse Association website [www.highriverlacrosse.com](http://www.highriverlacrosse.com).
- Fee payments can be made on-line by credit card or e-transfer. They can also be made in person by cheque or cash. If paying by cheque the payment can be made in one payment (date registered) or by postdating two installment payments (one for the registration date and the balance due no later than March 31<sup>st</sup>)
- Cheques are to be made payable to “High River Lacrosse Association”.
- E-transfers can be sent to [treasurer@highriverlacrosse.com](mailto:treasurer@highriverlacrosse.com)
- A player will be considered “un-registered” until the initial payment is made.

Players will NOT be allowed to participate in Playoffs/Provincials until the FULL amount of registration fees are paid for or unless arrangements have been made with and agreed to with the High River Lacrosse Association Board.

## **1.2 NSF CHEQUES**

All NSF cheques will be charged a \$50.00 fee, payable by the registered player/family. This will be added to the registration fees online.

## **1.3 PROGRAM WITHDRAWAL REFUNDS**

In the event that a withdrawal from a program is necessary, the following procedures will occur:

- After registration deadline: 100% fee refund less \$ 50.00 administration fee
- After 1st Evaluation: 75% fee refund less \$ 50.00 administration fee
- After Final Evaluation: 50% fee refund less \$50.00 administration fee
- After League Start-up: NO refund will be given unless approved by the High River Lacrosse Executive

### **Injuries:**

In the event of an injury occurring to a player that would prevent them from continuing to the end of the season a medical report will be required before the High River Lacrosse Association Executive to consider a refund.

### **Special Circumstances:**

Should there be other circumstances that require a player to not be able to complete the season this can be brought to the High River Lacrosse Association Executive to be dealt with on a case-by-case basis. (i.e.) family crisis; immediate re-location to another town/city; etc.

Policy created March 2008

Policy updated April 2009

## **2.1 Evaluation Process**

High River Lacrosse Association is a member of the Calgary Lacrosse District Association (CDLA) and must follow the set of guidelines and rules set out by its board regarding tiering and parity.

### **TIERING:**

High River Lacrosse Association division levels are formed by age group and then teams in each division are formed by skill level. The number of teams in each division are determined by the number of players that are registered in each division.

CDLA requires that certain age groups field a number of “A” “B” and “C” skill level divisions based on the total number of teams registered in each division. CDLA defines “A” players as typically being the most skilled players within the division and requiring the most competitive level of play, while “C” players are typically associated with a more recreational and lower competitive level of play.

Since the number of teams is based on registration numbers in each division, the number of “A”, “B”, and “C” teams cannot be determined until registration and evaluation is complete.

### **PARITY:**

When a division has more than one team at each level, (i.e. 2 Pee Wee “C” Teams) players will be placed on teams using a parity system. Parity is defined as using a mixed level of players to

form a balance of the overall skill level on a team. (i.e.) combination of “A”, “B”, and “C” players.

This may create a wide skill level between the players that were evaluated at the top skills and the players at the bottom of a certain level.

### **TEAM SIZE GUIDELINES:**

There are many factors to consider when creating team sizes in each division and these include lung capacity and fitness levels, performance levels (become more intense as age level increases), social lives at different ages, injuries, suspensions, etc.

CLA states that a team cannot register more than 20 players on a team.

The following is only a **guideline** as to what High River Lacrosse Association uses to determine optimum team sizes. Goalies will not be added into the team sizes below:

Tyke-	12-16 runners
Novice-	12-16 runners
Pee Wee	14-16 runners
Bantam	15-18 runners
Midget	15-18 runners

### **EVALUATION PROCESS:**

1. **Evaluation grouping-** each level will be evaluated in their own group on separate dates and times than other levels. (i.e.) Tyke, Pee Wee, Bantam, etc.
2. **Player’s performance-** each player will go through a minimum of 2 days of varied activities including movement of ball drills, shooting and scrimmage skills, and effort for the evaluators to view and assess.
3. **Team/ Player review-** after the evaluation observation process is completed and each player has been evaluated, then the evaluator group meets and ranks each player according to the combined scores given to that player. This score system will then rank each player in the level that they were assessed to be at: either level “A”. “B”. or “C”.
4. **Team Assignment-** the player will then be placed on a team in High River Lacrosse Association that is appropriate to the level that the player was evaluated at. This will be done by a panel of people including the Evaluation coordinator, coaches and board members.
5. **Team Registration-** All players will be notified of their placement and the team they will be playing on. The registrar will then be responsible for notifying CDLA and ALA with all the team rosters.

### **SKILLS:**

1. Players- will be evaluated on the following skills: catching, passing, cradling, shooting, loose ball retrieval, game sense and play execution while scrimmaging.
2. Goalies- will be evaluated in both skills and scrimmages and will be placed on a team at the level that the evaluators ranked them to be at through the same process of the other team players.

**EQUIPMENT:**

All players must have ALL proper and required lacrosse equipment during evaluations. If a player does not have the appropriate equipment, they will not be allowed to go on the floor to participate in the evaluations and will be scored a 0 (zero) on that floor time. (see policy on mandatory equipment)

**MISSED EVALUATION CONCEQUENCES:**

If a player misses an evaluation, then the player will be assessed at a 0 (zero) score for the evaluation that is missed.

If a player will need to miss an evaluation session(s), the player must inform the Evaluation Coordinator or the High River Lacrosse Association Board of this prior to not attending the evaluation date. This notification must be given in writing at least 24 hours prior to the evaluation date. If proper notice has been given to the High River Lacrosse Association Board, then the player will not be penalized for the missed evaluation and his/her score will be averaged.

In the event of an injury, sickness, or special circumstance of a player that results in all of the evaluation sessions being missed, then this will be dealt with on a case- by -case basis with the High River Lacrosse Association Board.

**GRIEVANCES:**

Any concerns or issues arising about your own child's evaluations must be submitted in writing to the High River Lacrosse Association board of Directors within 72 hours of placement. ONLY your child's scores and team placement will be discussed.

**EVALUATORS RULES AND CRITERIA:**

High River Lacrosse Association is committed to making the evaluation process as fair as possible for each player. It must be understood by all that evaluating a player has many variables that will be considered during the evaluation process. The evaluation process is done by a group of evaluators who are "volunteers" that will have a varying degree of experience with the game of lacrosse. Each evaluating person's coaching skills and knowledge will vary and will be encouraged to evaluate each player to the best of their judgement on the player's skills and there will be a degree of subjectivity during this process.

- 1) An evaluator will not be allowed to evaluate a division in which their child is participating.
- 2) Evaluators will be spread out on the floor and not grouped together to avoid discussions during evaluations.
- 3) Evaluators will not be allowed to discuss or compare player's scores.
- 4) Evaluators should avoid any discussions with players and parents in the division he/she is evaluating before, during or after the evaluation.

- 5) Evaluators will have their score sheets collected immediately after floor times by the High River Lacrosse Association Board.
- 6) A Coordinator/Board member will not be able to govern in the same division that their child will be playing in.

### 3.1 PLAYER RELEASE

All High River Lacrosse Association members will adhere to the rules as defined by CDLA Rules and Regulations. The following CDLA guidelines are as follows:

- i. Players may apply for a release in Pee wee, Bantam and Midget boys in all divisions except A; and in all Girls divisions if the home club cannot provide the division of play for the player or does not have a designated merged A team.
- ii. Applying for a release:
  - a. The player must first be registered with their home club.
  - b. Release forms will not be required for Boys Pee wee to Midget players within the CDLA for A level teams. For 2016 the CDLA appoints the following designated A team merged teams.

RELEASING HOME CLUB	DESIGNATED A TEAM
Calgary Axemen	Axemen
High River Heat	Merged Raiders/Knights/Heat
Calgary Hornets	Hornets
Calgary Knights	Merged Raiders/Knights/Heat
Okotoks Raiders	Merged Raiders/Knights/Heat
Rockyview Rage	Merged Rage/Venom
Red Deer Chiefs	Merged CALL Team
Calgary Sabercats	Sabercats
Strathmore Venom	Merged Rage/Venom

- c. Releases are for the current season only. Each release will expire at the conclusion of each season. Previously granted releases are no longer valid.
- d. Release forms (appendix II) must be filed with the CDLA no later than March 1st of the current season for all releases.
- e. Release forms will be reviewed by the CDLA board, which has the final approval on releases.
- iii. Players will be returned to the releasing home club if the releasing home club can support the same level of play independently of the designated receiving club during the current season.

- iv. If, during the evaluation process of the designated receiving club, the player does not make the team, the player will play for the home club. The home club will place the player in the appropriate division, based on the home club evaluation policy.
- v. CDLA Board of Directors reserves the right to reject or approve releases and A team participation with or without cause and proceed in a manner determined to be in the best interest of the CDLA at the league numbers meeting.
- vi. CDLA approved releases must be presented to the receiving club prior to entering the playing surface for evaluation.
- vii. Mini-tyke and Tyke players will be considered based on registrations, however, players playing outside of their home boundaries must return to their home club once they become novice age.
- viii. In the Novice, Pee Wee, Bantam and Midget divisions' releases will not be considered for the purpose of travel.

**Additional Clause:**

A release is only applicable for a given program in minor box lacrosse. (i.e.) Midget league. Should a player register to play for any other club governed program and desire to play for a different club, then the complete above process must be repeated. Currently Winter Lacrosse and Field Lacrosse are considered to be separated clubs and are NOT governed by any of the CDLA clubs.

## **3.2 PLAYER RELEASE “A PLAYERS”**

High River Lacrosse Association will retain the right to have a limit of 3 players able to make the “A” team at each division level for Pee Wee A, Bantam A and Midget A. HRLA’s decision for limiting numbers will be made by the HRLA board annually at each level of Pee Wee, Bantam, and Midget to ensure that the lacrosse program maintains growth and development within the High River Lacrosse Association.

## **3.3 EXEMPTIONS**

All High River Lacrosse Association members will adhere to the rules as defined by CDLA Rules and Regulations. The following CDLA Exemption guidelines are as follows:

- i. The CDLA is charged with the responsibility of drafting, implementing, and enforcing rules on eligibility for those players who seek to participate in CDLA and ALA sanctioned events. The overriding purpose of these rules is to ensure fair and equitable competition for all players participating in within the CDLA boundaries. The CDLA recognizes that a request for exceptions to existing rules and regulations may occur from time to time. Accordingly, the CDLA may consider exceptions for the following reasons:

- a. Documented medical history demonstrating the need for a medical accommodation.
  - b. On the basis that is necessary for player safety, such as a deviation from standard equipment.
  - c. To support the preservation and promotion of a program, club or team within the CDLA boundaries.
- ii. Applying for an exception a player must:
    - a. Be registered with their home club.
    - b. Complete CDLA Exception Form.
    - c. Identify the rule(s) applicable for the exception and provide rationale including supporting documentation for such a request.
    - d. Have form signed by Club President or Club representative.
  - iii. CDLA Board of Directors reserves the right to reject or approve exceptions with or without cause and proceed in a manner determined to be in the best interest of the CDLA.
  - iv. Exception forms must be filed with the CDLA no later than March 1st of the current season for all releases.

## **4.1 AFFILIATION**

All High River Lacrosse Association members will adhere to the rules as defined by CDLA Rules and Regulations for Affiliations. The following CDLA guidelines are as follows:

- i. Eligible Affiliating Teams
  - a. Each team may make use of any player within their own Member Club within its own age category, provided such player is registered with a team in lower division or if no such team exists, with a player registered with a team within its Member Club in an age category lower, provided however, if a team seeking the affiliation is itself in “C” division then it may only make use of an affiliate player registered within its own Member Club who is registered with a team in a lower age category which team is registered in “B” division or lower.
  - b. This rule only applies in the Pee Wee, Bantam, and Midget divisions.
    - i. Examples:
      - A Midget team in “A” division may make use of any player who plays for a team within its own Member Club which team is registered in Midget “B” or “C” division or any lower age category;
      - A Midget team in “B” division may make use of any player who plays for a team within its own Member Club which team is registered in Midget “C” division or any lower age category;



- A Midget team in “C” division may make use of any player who plays for a team within its own Member Club which team is registered in Bantam “B” or “C” division or any lower age category;
      - c. If a team has no designated goaltender available to play, another designated goaltender from the same member club in the same or lower Division in the same age category or from a Division in the next lower age category may be used. This rule only applies in the PeeWee, Bantam and Midget Divisions. A goaltender may affiliate for an unlimited number of games.
      - d. Notwithstanding, if a team has more than 1 designated goaltender and 1 designated goaltender is available then such team shall not be permitted to affiliate a goaltender for the purposes of replacing the designated goaltender that is not available.
      - e. Novice teams will affiliate 1st year players from within their own club. If a team does not have another novice team in its club, it can apply for an exception from the CDLA to affiliate 1st year players from another club’s novice team. A novice player may only affiliate 4 games until the player’s regular season; playoff and provincial commitment to his/her team is completed.
      - f. All girls’ teams will be considered to be ‘B’ teams for the purpose of affiliation a. If a girls’ team has another girls’ team under it in a lower division, then affiliates must be drawn from that team. If a team does not have another girls team below it, it can apply for an exception to affiliate players from another club’s team at a lower division.
    - ii. Eligibility for use of Affiliated Players
      - a. Affiliated players may be used in place of players registered on a team. Affiliated players may be used to replace injured players or players that will be absent for any reason, except suspended players. Players that have been suspended by the CDLA may NOT be replaced.
      - b. The maximum number of players, including affiliate players, which are permitted on any game sheet, must not exceed the total number of players registered on the team unless the CDLA board grants permission. For teams with rosters of 14 or less players, exception to go to a maximum of 15 players. The team roster size will be reduced by one (1) for each player that is under a suspension imposed by the CDLA for that game.
      - c. For rules with regard to the use of affiliate players for provincial playoffs, reference should be made to the current rules and regulations established by the Alberta Lacrosse Association.
    - iii. Procedure for use of Affiliated Players
      - a. When a team is using an affiliated player, the team using such player shall signify it with the designation “AP” on the game sheet following the player’s name

- b. When using an affiliated player, the team using such player must, for each game which that player plays as an affiliated player, first obtain the prior permission of the head coach (as registered with the CDLA) from that affiliated player's team.
- iv. Breach of Affiliation Rules and Regulations
  - a. A breach of Rule and Regulations shall be reported to the CDLA Disciplinary Committee by the High River Lacrosse Association.
  - b. In the event that this Regulation is breached, the responsibility for the breach is that of the head coach of the affiliating team and the minimum penalty by CDLA is a three (3) game suspension for the Head Coach.

Additional Clause: Coaches must communicate affiliation of players 24 hours before the game. Managers must keep record of the affiliation.

## 5.1 MANDATORY EQUIPMENT

High River Lacrosse Association is governed by ALA (Alberta Lacrosse Association) and CDLA (Calgary District Lacrosse Association) and these are the guidelines that are followed when it comes to wearing proper and mandatory equipment in Lacrosse.

### **Mouth-guards:**

All participants registered with the High River Lacrosse Association are required to wear a mouth guard during all practices and games. All mouth guards must adhere to the specifications as defined in the ALA/CDLA rules and regulations.

### **Helmets:**

All helmets must adhere to the specification as defined in the ALA and CDLA rules and regulations.

All participants registered with High River Lacrosse Association are required to wear a helmet any time a player is on the floor. This includes all practices and games.

Any player under the age of 17 and who is registered with High River Minor Lacrosse Association must have a helmet on at all times while on any bench, even if they are not playing during a game. (i.e.) opening doors, assistant coaching, etc

### **Information Access:**

For further information about ALA and CDLA rules and regulation please see the following:

CLA- Canadian Lacrosse Association [www.canadianlacrosseassociation.ca](http://www.canadianlacrosseassociation.ca)

ALA- Alberta Lacrosse Association [www.albertalacrosse.com](http://www.albertalacrosse.com)

CDLA- Calgary District Lacrosse Association [www.calgarylacrosse.com](http://www.calgarylacrosse.com)

**Lacrosse Stick**  
Stick length:  
PeeWee and down: 34" - 46"  
Bantam and up: 42" - 46"



**Mouth Guard**  
Mandatory



**Arm Pads - 2 types**  
Light weight, hard plastic that offers protection for the whole arm, while allowing full range of motion of the arm at the elbow.



**Face Mask**  
The mask must be CSA approved for ice hockey or a NOCSAE approved Calcoat mask Model #411Sr or #414 Jr. All masks **MUST** be approved for helmet model that it is mounted on.

**Back & Kidney Pads**  
A one piece light weight plastic pad which offers protection for the back and kidney area.

**Gloves**  
Field Box lacrosse gloves offer excellent protection and flexibility. Short cuff hockey gloves can be used, but they don't offer the same grip or flexibility.

**Helmet**  
All helmets **MUST** be CSA approved for ice hockey. The helmet must have a chin strap and cannot be altered from the manufactured form.

**Shoulder Pads**  
One piece pad made of flexible, durable material when fit properly offers protection for upper body and shoulders.

**Athletic Support & Cup (Jock or Jill)**



**Helmet**  
All helmets **MUST** be CSA approved for ice hockey or NOCSAE approved. The helmet must have a chin strap and cannot be altered from the manufactured form. The Cascade Helmet is approved in British Columbia and Ontario (Goaltenders ONLY.)

**Upper Body Goalie Protector**  
Floating shoulders for full range of motion, protection for shoulders, biceps, and forearms. Hard fibre arm guards for maximum protection.

**Goalie Pants**  
Snug fitting with waist, and thigh protection

**Goalie Leg Pads/Irons**  
Made of hard plastic, allows for full range of motion, straps to legs and covers the ankle and the top of the feet.

**Athletic Support & Cup (Jock or Jill)**



**Face Mask**  
The mask must be CSA approved for ice hockey or a NOCSAE approved (Calcoat mask Model #411Sr or #414 Jr.) All masks **MUST** be approved for helmet model that it is mounted on.

**Throat Guard**  
Made of hard plastic, attaches to goalie face shield, protects throat and neck.



**Gloves**  
Field Box lacrosse gloves offer excellent protection and flexibility. Hockey gloves can be used, but they don't offer the same grip or flexibility.



**Mouth Guard**  
Mandatory in British Columbia and Ontario

## **6.1 SECURITY CLEARANCE –**

### **ALL BENCH PERSONNEL, HIGH RIVER LACROSSE BOARD MEMBERS**

High River Lacrosse Association will make all efforts to seek out coaches who have a history of appropriate behaviors when working around children and youth.

High River Lacrosse Association will require all coaches, assistant coaches, trainers and managers to provide an updated copy (within the last 12-month period) Police Record Check and a Vulnerable Sector Check to the High River Lacrosse Secretary. The results will be held in strict confidence and reviewed only by the High River Lacrosse Executive.

High River Lacrosse Association Executive will inform a coach of any ineligibility issues that may arise from the background checks and feel are a conflict of the ideals and the coaching philosophy embraced by the board.

## **7.1 COACHING & ALRA REFEREE COURSE REFUNDS**

All coaches taking courses for NCCP coaching certification and referees taking certification with ALRA will be refunded by the High River Lacrosse Association once the following is provided to the Treasurer of the board:

- Proof of certification in the same year that the certification is received.
- Receipt with the amount of course fees paid by the coach/referee.
- Only the cost of the course will be refunded.

Proof of these items will entitle the coach/referee to receive a full refund on the course fees paid

## **8.1 DRESSING ROOM SUPERVISION**

### **1. All teams (boys, girls, mixed):**

All teams/players must have an adult supervisor/coach in dressing rooms at all times. There should always be an attempt made to have two (2) supervisors in the dressing rooms with players at any time.

If players or parents of players are uncomfortable with players showering or changing in the dressing rooms, then this should be done at home or away from the facility.

A parent/guardian designate will be available for each game for the following:

- Dressing room security
- Removed player from floor play (penalty)

**a) Female Teams:**

A male coach/supervisor may be present in the dressing room with female players when there is a team meeting and/or in the presence of another female adult supervisor.

No male coaches shall be in the girls dressing room while changing or showering activities are occurring.

**b) Male Teams:**

A female coach/supervisor may be present in the dressing room with male players when there is a team meeting and/or in the presence of another male adult supervisor.

No female coaches/supervisors shall be in the boys dressing room while changing or showering activities are occurring.

**c) Mixed Teams:**

Any girl playing on a boys' team shall be accompanied by her parent while in the dressing room. At all times a male coach will be accompanied by a female coach /parent if only females are in the dressing room.

**IMPORTANT NOTE:**

Parents/guardians are responsible for their own children and if you are unable to remain at the location of practice/game/ team event, then it is your responsibility to ensure the coach involved with your son/daughter is aware of the situation and agrees to allow the player to remain at the facility on his/her own accord.