

# LACOKA LACROSSE ASSOCIATION (LLA) REGULATIONS, POLICIES & PROCEDURES

(Updated January 2024)

## **Mission Statement**

To promote the sport of lacrosse in a fun, safe and respectful environment while developing the skills and knowledge of the game of lacrosse and to increase the love of the sport in a positive team building manner in all players, coaches and association members

## **Member Responsibility**

- 1.01 Members shall be responsible to ensure that their players are eligible to play for their team in accordance with LC, CALL, ALA and CLA bylaws, regulations and rules.
- 1.02 An ineligible player includes the following:
- a) A player improperly registered with in the LC, CALL, ALA and CLA bylaws, regulations and rules;
  - b) A suspended player or team personnel; and/or
  - c) A player improperly released in accordance with the LC, CALL, ALA and CLA bylaws, regulations and rules.
- 1.03 If anyone participates in a game, or if his or her name appears on the game sheet while ineligible, the person is subject to immediate discipline and the team shall forfeit any points earned from any games played using the ineligible person.
- 1.04 In any disciplinary proceeding arising out of violation of this regulation , where it is established that the person or member who or which is the subject matter of the discipline proceedings should have known of the ineligibility of the player, and if in defence 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.
- 1.05 LLA Suspension guidelines in accordance with CALL guidelines, and additional to ALA and LC guidelines (refer to ALA regulation 20):

### **a) Fighting**

- 1<sup>st</sup> fight of season - Player is subject to ALA and CLA suspension guidelines
- 2<sup>nd</sup> fight of the season – Player is subject to ALA and CLA suspension guidelines plus one (1) extra game suspension
- 3<sup>rd</sup> fight of season - Player is subject to ALA and CLA suspension guidelines until both the player and the coach appear before LLA and CALL Discipline

**b) Coach game misconduct**

- 1<sup>st</sup> offence of the season – suspension as per ALA and CLA suspension guidelines.
- 2<sup>nd</sup> offence of the season – Suspended indefinitely. Must appear before CALL Discipline committee

1.06 Current suspensions will be compiled by the CALL Discipline chair, published on the CALL website, and updated as needed.

**POLICY 2 – HARASSMENT (as per ALA POLICY 7) Check ALA Policy #**

2.01 The LLA 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 LLA will foster a sport environment free of harassment based on race, ancestry, place of origin, color, ethnic origin, citizenship, religion, sex, sexual orientation, gender, disability, age, marital/family status, language or an offence for which a pardon has been granted.

2.02 Harassment means any behaviour by a person engaged in any paid or volunteer capacity, role, or function with the LLA that is offensive to any person or group of people and which the individual knew or ought to have known would be unwelcome.

2.03 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.

**Registration**

3.01 Registrations are accepted commencing early January. Any registrations received after the closing deadline (March 15) are subject to a \$ 100.00 late registration fee and may be waitlisted. It will be the discretion of the respective Executive and Board of Directors as to the acceptance of late player registrations as team formation must be completed well in advance of the season.

3.02 Deadline for player registration is May 15. A team cannot register more than twenty (20) players (18 runners and 2 goalies). A team cannot register less than twelve (12) players, subject to approval by the LLA executive board, except for U7 which can not register less than seven (7) players.

3.03 **REGISTRATION FEES:** Fees for the associated programs are as indicated under the "Registration" tab on the Lacoka website. Fee payments can be made via Visa, MasterCard, e-transfer and if approved, by Cheque. Payment can be paid in either one payment (date registered), or three instalment payments (one dated the date registered and the balance due no later than 1 week prior to commencement of

season). A player is not deemed "registered" until the entire registration fee is paid. The registrant is placed on an "unregistered list" until full payment is received. A player will **NOT** be permitted to participate until 100% of the program fees are paid prior to the evaluations process, or unless special arrangements have been made and agreed to by the Lacoka Lacrosse Registrar. Cheques are to be made payable to Lacoka Lacrosse Association.

3.04 All members that attend the Lacoka Lacrosse Association AGM will receive a \$50 promo code for each player they register that resides in their home that they are guardian of.

3.05 A volunteer deposit is required for all registered players that do not have a family member on the Lacoka Lacrosse Board, Parent Coach, or a Parent Manager. All families are required to volunteer throughout the season. Volunteer deposits will be returned on or around June 15<sup>th</sup>, provided a volunteer form is supplied confirming that a minimum of ten (10) hours have been completed.

3.06 **GOALIE REGISTRATION:** The Lacoka Lacrosse Association is committed to providing the opportunity for all players to play goal. Owning your own equipment does not guarantee a full-time position as goalie on a team. All player owned goalie gear is subject to inspection by the Equipment Coordinator. Lacoka will provide the following goalie gear for U9 and U11: uppers, legs, pants, helmet, dangler, goalie stick. Lacoka will provide the following goalie gear for U13 and up (uppers, legs, pants, dangler).

- a) All goalies that sign out equipment are required to submit a \$300.00 deposit; this deposit will be returned at the end of season in exchange for cleaned goalie gear. The volunteer commitment fee is required for all registered players, including goalies.
- b) Equipment must be returned, clean in the same condition it was given by July 7th, or a week after Lacoka season completion failure to do so results in fees determined by Lacoka board. A request to keep the equipment longer can be submitted to the Equipment Director prior to July 7th.
- c) Goalie equipment is able to be rented in the off season for a fee to a maximum of \$300 depending on length of time needed. The board will actively engage in discussions to establish reasonable and equitable rental fees for off season use depending on duration of time needed.

#### **POLICY 4: NSF CHEQUES**

**Purpose:** *To ensure appropriate and timely payments for the Lacoka Lacrosse Association.*

4.01 NSF cheques will be assessed a \$25.00 fee, payable by the registered family/player. Full payment of all related outstanding fees must be made by money order or bank draft on or before April 15. If payment is not received by this date, the player will be placed on a

waiting list and he/she will be ineligible to play until the total fee payment has been received.

#### **POLICY 5: FINANCIAL ASSISTANCE**

**Purpose:** *To define all conditions regarding financial assistance to a player regarding registration fees and/or equipment.*

5.01 Should a player/family wish to participate in one of the Lacoka Lacrosse Association programs but is unable to afford the expenditure(s) involved, the player/family can seek financial assistance from the KidSport program: [www.kidsport.ab.ca](http://www.kidsport.ab.ca). Other support programs are also available and there are multiple avenues a family/player can pursue. If the KidSport or any other support program proves to be unsuccessful, the player/family can then make a formal request to the Lacoka Executive (through the Registrar) to apply for financial assistance for the current year. Please note that the volunteer commitment cheque is still required.

#### **POLICY 6: REFUND POLICY**

**Purpose:** To identify all conditions regarding refunding of monies to players.

6.01 The process of determining team levels and numbers of players, requires significant volunteering effort and substantial operating costs. In the event that withdrawal from a program is necessary, the following course of actions will apply:

**a)** All Cases: \$50 non-refundable administration fee will be assessed on all registrations, regardless of cancellation date.

**b)** Before teams are declared: 100% fee refunded less the \$50 administration fee.

**c)** After teams have been declared to the league: 50% fee refund less the \$50 administration fee.

**d)** After League Startup: **NO** refund unless approved by Lacoka Executive.

**e)** If the season is cancelled due to unforeseen circumstances or circumstances beyond the control of Lacoka Lacrosse, the Executive will review the budget and refund according to expenses already incurred. A full report will be available to all members.

6.02 There may be cases where an injury would prevent a player from continuing to participate in the program. In this case, a medical certificate will be required before the Lacoka Executive is able to consider any associated refund.

6.03 After teams have been declared, a lack of interest or change of sport will not be considered as grounds for a refund.

### **POLICY 7: VOLUNTEER COMMITMENT**

**Purpose:** *To ensure that every family participates in making the LLA as successful as possible by volunteering for one or more of the specified jobs in order to attain a minimum time-commitment during the season.*

7.01 The Lacoka Executive has identified many types of job functions which occur both in season and throughout the entire year. To ensure successful operations, it is imperative that the membership base volunteer to perform these tasks or that additional help be hired to complete the tasks. It is expected that **ALL** volunteering obligations will be met by the registrants' family member(s). If the family is unable to complete a task, then the registrant must make alternate arrangements and inform the team Manager or Lacoka Executive.

7.02 If a family does not complete their volunteer commitment (minimum ten (10) hours), their volunteer deposit or cheque will be cashed. All cheques are to be made payable to Lacoka Lacrosse Association and post dated for June 15. It is up to each family to track their volunteer hours and be aware of when they have completed their volunteer commitment.

7.03 Members who default on their volunteer commitment will be waitlisted in the subsequent year pending board approval.

7.04 There is no allowance for partial volunteering or partial payment; a 100% volunteering effort and 100% payment (\$200.00) is required and expected.

### **POLICY 8: VOLUNTEER SCREENING POLICY (as per ALA policy 4)**

### **POLICY 9: PLAYER/COACHING/PARENT ZERO TOLERANCE**

**Purpose:** *To define conditions endorsed by the Lacoka Lacrosse Association to curb undesirable behaviour/conduct displayed during seasonal play, both on and off the lacrosse floor.*

9.01 CALL has defined minimum suspensions to be served during league games by the Player/Coach/Person(s) involved in the pertinent infraction(s). The Lacoka Lacrosse Association will impose a graduated method of additional suspensions should the same infraction continue to be incurred by the person(s) The following guidelines will be adhered to: 1st account of an infraction will result in the Minimum CALL suspension. Subsequent infractions will result in the individual being suspended until such time that a Lacoka Lacrosse Board hearing is held, and the future rights of the Player/Coach/Person are determined.

9.02 The Lacoka Executive will investigate ALL suspensions to determine the nature of the infraction in terms of the degree of inappropriate behaviour displayed. The Lacoka Executive reserves the right to enforce additional game suspensions as it deems appropriate for the situation. Internal grievances brought forth to the Lacoka Board will be investigated and dealt with by the Lacoka Disciplinary Committee and/or the CALL Disciplinary Board as necessary.

9.03 The Lacoka Executive reserves the right to expel a Player/Coach/Person from the club should undesirable conduct continue to be displayed.

9.04 **Zero Tolerance Standard:** The issue of inappropriate behaviour in minor lacrosse is a growing concern. The following guidelines are designed to remind all players, coaches, officials, league officials, parents and spectators to maintain a sportsmanlike and respectful atmosphere before, during, and after all lacrosse related events.

9.05 Working together we can minimise these negative behaviours. Coaches, team managers, parents and spectators can be positive role models by setting an example for others. Violators may be subject to disciplinary action by the LLA and/or CALL Discipline Committee.

9.06 Inappropriate or disruptive behaviour shall include:

- 1) Use of obscene or vulgar language in a boisterous manner to anyone at any time;
- 2) Taunting of players, coaches, officials, or other spectators by means of baiting, ridiculing or threat of physical violence;
- 3) Any actions that inhibits the viewing pleasure of other spectators;
- 4) Throwing of any object in the spectators' viewing area, player's bench, penalty box or on the playing surface, directed in any manner as to create a safety hazard; or
- 5) Unwarranted or unwanted physical contact.

9.07 Sanctions may be placed on any offending individual that could include game or seasonal suspensions, educational or referee training courses.

***You, and only you, are responsible for your actions.***

***If you feel yourself crossing the line, take action by removing yourself proactively from the situation.***

9.08 All volunteers in the timebox must be 18 years of age or older. Children are not permitted to be in the time box during any Lacoka events, games or practices. This includes both home and away games that Lacoka teams are participating in.

#### **POLICY 10: PLAYER SUPERVISION**

**Purpose:** *To state the boundaries of responsibility of a coach for the supervision of a given player during practice, game or team event. To ensure appropriate supervision of all players within the Lacoka Lacrosse Association*

10.01 The parent/guardian/authorised parent designate of any given player shall accompany the player to all games, practices and team events, and shall ensure the scheduled event is still being conducted. A parent/guardian/authorised parent designate of a player will remain for the duration of the practice, game or team event to:

- Provide moral support for the player and the team;
- Be available in the case of an emergency and/or injury related to a player; and
- Provide additional supervision support in off floor situations, such as dressing room security for removed player from floor play (penalty).

10.02 Legally, parents are responsible with regard to criminal or civil matters for their children until the child has reached the age of 18. The Lacoka Lacrosse Association provides the means for children to enjoy and learn the sport of lacrosse. Attendance, transportation and supervision are the responsibility of the parents/guardians of the players. If you are unable to remain at the venue, please ensure the respective coach is aware of the situation and agrees to allow the player to remain on his/her own accord.

10.03 Players must be supervised at all times while in the playing facilities. Supervision is specifically required while players are in the changing rooms. Alone supervisor personnel should never be in the dressing room with players at any time, and especially when they are showering or changing. Two (2) adults should be present together, which is referred to as the *'Two deep method of supervision'*. If players or parents are uncomfortable with regards to changing or showering at the arena, they should do so at home.

10.04 Female teams: At all times no male shall be present in the dressing room, on the player bench, on the practice floor, or any team event without the accompaniment of an

approved female coach or female parent supervisor. No male coach shall be present in the girls' dressing room while players are changing or showering. At all times, no male coach will be permitted any physical contact with the female player. In the case of injury, an accredited male trainer may be required to contact a female player only upon consent from the player and the attending female supervisor. The players' parent, designated guardian or female coach must dress (assist) female players.

10.05 Mixed teams: Any girl playing on a co-ed ' team shall be accompanied by her parent or designated guardian while the girl is in the dressing room. At all times a male coach must be accompanied by a female coach or female parent supervisor if only girls are present in the room. A female supervisor should be present at all team events i.e.: games, practices, dry land, etc. It is the expressed opinion of the Lacoka Executive that parents, who have girls playing on co-ed lacrosse teams, should be present at all team functions. Please refer to the Supervision policy as well.

10.06 The use of lacrosse balls is prohibited in any area of a facility with exception to the playing floor. Any damages incurred as a result of this will be the responsibility of the offending player or guardian.

### **POLICY 11: MANDATORY EQUIPMENT**

**Purpose:** *To inform the player, parents and coaches of what equipment is required by each player, over and above the defined LC requirements, in order to prevent/minimise the potential for serious injuries while playing the sport of Lacrosse.*

11.01 **Mouth-guards.** All participants registered with the Lacoka Lacrosse Association are required to wear a mouth-guard during both practices and games. All mouth-guards must adhere to the specifications as defined in the ALA/LC Rules & Regulations.

11.02 **Helmets.** All participants registered with the Lacoka Lacrosse Association are required to wear a CSA approved helmet any time that the player is on the floor including pregame or pre-practice times. All participants registered with Lacoka that are not playing during a game and are on the bench shall have a helmet on at all times. All helmets must adhere to the specifications as defined in the ALA/LC Rules & Regulations.

11.03 **Lacrosse Sticks.** All sticks must adhere to the specifications as defined in the ALA/LC Rules & Regulations.



## POLICY 12: EQUIPMENT/JERSEY DEPOSIT

**Purpose:** *To ensure that the player/team is responsible for return of jerseys and/or equipment to equipment manager.*

12.01 Lacoka Lacrosse Association will supply each team with one set of Jerseys for the regular season games. Jerseys are, and will remain, the property of the Lacoka Lacrosse Association. While a Jersey deposit has not been requested of any Lacoka teams, it is the responsibility of the Coaches and Team Managers to ensure the Jerseys have been returned to the Association at the completion of the season of play. See the Club Supplied equipment policy for care and management of the Club Jerseys

12.02 Pinnies (field) are, and will remain, the property of the Lacoka Lacrosse Association. A pinnie deposit of \$50.00 will be required at the beginning of each field season and returned when pinnie is handed in. Deposit can be made via cash or cheque dated September 10<sup>th</sup> written to Lacoka Lacrosse Association.

12.03 Goalie equipment is distributed to each player who has committed to tending goal for a team. The Parents of the goalie are responsible to provide an equipment deposit bond cheque in the amount of: \$300.00. At the end of the playing season, the deposit bond will be refunded or destroyed when the goalie equipment is returned and cleaned to the Equipment Coordinator by the specified date.

12.04 Where the team has multiple goalies with shared equipment, the team is responsible for the care, maintenance and management of the equipment and for the deposit bond.

12.05 All goalie equipment must be returned to the equipment coordinator no later than July 7th. There shall be **NO** Exceptions unless pre-approved by the Equipment Coordinator. This is to ensure that the equipment is repaired (as required) and cleaned prior to being stored and made ready for the next season.

12.06 Goalies wishing to lease equipment for the Winter Lacrosse League must contact the Equipment Coordinator to make the required arrangements. Lacoka will rent the goalie equipment to the player for up to \$300.00 in the off season depending on the length of time it is needed. The player and/or parent will sign a letter agreeing to pay the replacement cost or \$1,500.00, whichever is greater, if the equipment is not returned or is abused. The agreement will be in writing and is to specify the date for return before the next regular season play.

12.07 The purchase of used goalie gear will require Lacoka Board approval.

## POLICY 13: EQUIPMENT

13.01 All Lacoka Box jerseys are signed out to the coach or manager under the following terms

and conditions:

**a)** Jerseys are handed out in a clean organised condition. They must be returned in the same condition. Jerseys must be washed and numerically ordered in the bag.

**b)** Jerseys are NOT to be handed out to the players for the season. Each team should assign an Equipment Manager to maintain the team jerseys. This person should be responsible for bringing the jerseys to the games, collecting the jerseys afterwards, and for the general up-keep of the jerseys, including washing them and making/arranging for any minor repairs.

**c)** Name bars are NOT permitted on any Jerseys. Jerseys are **NOT** to be worn for practices or scrimmages.

**d)** In some cases, Jerseys may need minor repair. We ask that you find a volunteer(s) from your team to perform minor repairs as required. Should you determine that a Jersey needs professional repair or replacement, please contact the Equipment Coordinator.

**e)** All Jerseys (cleaned and organised) are due back to the Equipment Coordinator no later than July 7th - NO Exceptions unless pre-approved by the Equipment Coordinator. All Equipment pickups/ exchanges / returns are done by appointment only. Please email or call the Lacoka Equipment Coordinator to arrange a time.

13.02 **Game Balls.** Lacoka will supply each team with six (6) game balls and twenty (20) practice balls for the season. It is expected that all balls will be returned at the end of the season. Any team requiring more may be subject to a replacement fee.

13.03 **General Equipment Requirements.** Lacoka cannot accept substitute equipment for lost/damaged equipment without the approval of the Equipment Coordinator.

13.04 Lost or damaged equipment due to neglect/ misuse / unreturned equipment are the sole responsibility of the team and or player. Should this situation occur, please contact the Equipment Coordinator to discuss the matter. If you have any questions or require more information please contact the Equipment Coordinator.

#### **POLICY 14: TEAM SELECTION**

14.01 The number of players on a team is based on the number of registrants in that division and the number of teams being formed.

14.02 Players will be placed on teams based on their experience, age, other commitments, travel. In the event a team exceeds size threshold consideration will be afforded to former players in recognition of experience, contributions and familiarity with the organisation. This aims to foster a sense of community and continuity within Lacoka.

14.03 It is the goal of Lacoka to have teams fully rostered, and to promote affiliation from lower level teams when the opportunity arises. To ensure that all players are placed on

the right skilled team, player movement may occur any time prior to the second league game, before rosters are submitted to the ALA.

14.04 In divisions with more than one team competing at the same level (i.e. two 'B Teams'); the goal is to achieve parity between the two teams.

#### **POLICY 15: PLAYER AFFILIATION**

**Purpose:** *To identify proper procedure for a player affiliating to another team*

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

15.02 Teams may affiliate to a maximum of 15 players and 2 goalies. Any affiliate goaltenders must be dressed as goaltenders. Teams may carry a maximum of 2 goalies. ALL affiliates must be drawn from the same club and in a lower division. U9 teams are permitted to affiliate first year U9 players.

15.03 Club teams without a division below may affiliate from another team in their Local Governing Body. Players may not be affiliated if a conflict with their normal team exists. All players' first obligation is to their regular club team.

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

15.05 All affiliations must be requested via email from requesting teams head coach to the affiliate teams head coach. Should the affiliates head coach approve the affiliation, they will then reach out to the parents of said affiliate. It is the responsibility of the affiliates head coach or manager to track the number of affiliations.

#### **POLICY 16: COACHING AND REFEREE COURSE REIMBURSEMENTS**

**Purpose:** *To identify all conditions regarding refunding of monies to coaches.*

16.01 In order to receive a refund for any coaching course the coach needs to provide the following:

**a)** Proof of Community Development (U7, U9, U11 and U13) certification will entitle a coach to full refund of course fees in the same year the certification is awarded.

**b)** Proof of Competitive Introduction (U15 / U17) certification will entitle a coach to full refund of course fees in the same year the certification is awarded.

16.02 In order to receive a refund for any referee courses the referee needs to provide the following:

**a)** Receipt of referee course for the current season showing it is paid in full; and

**b)** Proof that seven (7) games have been officiated in the current season.

Upon receiving all required documentation proving that the requirements have been met the LLA will issue reimbursement of the course fee, jersey fee and rule book fee for the current season.

#### **POLICY 17: PLAYER RELEASE**

**Purpose:** *To define the process/procedures by which a player can be released from Lacoka Lacrosse Association to play with another lacrosse club.*

17.01 A player wishing to be released from their home lacrosse club to play for another club in any given season must apply to their home club executive using the CALL release form, found on the CALL website.

17.02 The clubs will consider each player release request on a per-case basis.

17.03 Any player wishing to transfer from one club to another must:

a) be registered with their home club; and

b) present a copy of the approved release to the registrar of the new club.

17.04 If both clubs (i.e., the releasing club and the receiving club) agree to the release, the release will be into effect. If one of the two clubs do not agree, CALL will then be requested to form a committee to make the final decision. The committees' decision will be final.

17.05 No member club shall permit any player from another member club to participate in lacrosse in its jurisdiction who has not met all the above requirements.

#### **POLICY 18 – RULES OF PLAY**

18.01 Rules of play Box Lacrosse as per ALA regulation 15 and CALL regulation 5

18.02 Rules of play Field Lacrosse as per ALA regulation 18

### **POLICY 19: TOURNAMENTS**

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

19.02 Teams travelling outside of the ALA boundaries must obtain a travel permit from the ALA

19.03 All Lacoka teams are responsible to cover the cost of any away tournaments they participate in.

### **POLICY 20: LLA SAFETY AND EQUIPMENT**

20.01 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.

20.02 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 player's 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) Where 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;

l) No modifications to the basket of a player's stick are permitted. Acceptable stick modifications include changing the length of shaft, shooting string positioning and netting adjustment.

19.03 For up to date regulations regarding required and recommended equipment, refer to the LC Operations Manual.

#### **POLICY 21: COACHING CERTIFICATION REQUIREMENTS**

21.01 Each team shall follow guidelines as stated in, "LC Minimum Standards for Box Lacrosse Coaches"

#### **POLICY 22: MEETINGS AND EXPENSES**

22.01 The payment of expenses for attendance at meetings will be limited to those approved by the LLA Executive Board on the approved scale for transportation, meals and per diem allowance as outlined in this section.

22.02 Members of the LLA Executive Board shall be entitled to claim expenses:

- a) For attendance at all related official meetings of the Association as approved by the LLA Executive Board
- b) For costs incurred in the legitimate performance of their duties as budgeted
- c) Provided the approved LLA reimbursement form is completed and approved by the LLA President and Treasurer.

22.02 Members of the Board shall only be eligible to claim expenses for attendance at legitimate gatherings designed to further the sport of lacrosse, and that have been pre-approved by the LLA Executive Board, such as the ALA Planning Meeting/Banquet and the Annual General Meeting.

22.03 Disagreements on expense claims will be dealt with by the LLA President and the Treasurer in the first instance, and if irresolvable, by the LLA Executive.

#### **POLICY 23: APPAREL**

23.01 All apparel not ordered through Lacoka Lacrosse Association apparel night that includes the Locos and/or Gators logo must be pre approved by the Lacoka Executive.

#### **POLICY 24 TEAM FUNDRAISING**

24.01 Teams fundraising for there individual team must have a approval from the Lacoka executive before doing so and are required to obtain any raffle licence required through the Lacoka fundraiser director

#### **POLICY 24 : NON-VOTING BOARD MEMBERS**

25.01 Certain non-voting positions on the LLA Board may be appointed from time-to-time as the need arises. As it stands there are 5 non-voting positions sitting on as Board members on behalf of LLA

1. Field Director
2. Apparel Co-ordinator
3. Discipline
4. Female Director

Each of these positions carries responsibilities as set forth by the Executive members of the LLA Board.