

LACOKA LACROSSE
ASSOCIATION

PLAYER AND PARENT HAND BOOK



LACOKA
MINOR LACROSSE

WWW.LACOKALACROSSE.COM

TABLE OF CONTENT

Welcome Message	03
Code of conduct	04
Rules	05
Registration Info.	08
Required Equipment	09
What to expect	10
Season Timeline	11
Contact us	12

WELCOME TO BOX LACROSSE 2025

Dear Lacrosse Players and Parents,

On behalf of the Lacoka Lacrosse Association, we would like to welcome you to another season of celebrating the Medicine Game and Canada's National Summer Sport.

We are excited to start our season and look forward to a positive and fun experience for everyone involved this year! We have tried to include as much relevant information as we could in the handbook without overwhelming you with too much information.

If you have any questions or concerns regarding the upcoming season, please feel free to contact us at: lacokalax@gmail.com

We are always looking for volunteers, it takes many hands to make a successful season, so if you are curious about volunteer opportunities that might be a good fit for you, please say Hello! or send us a message when you have a chance.

Sincerely,

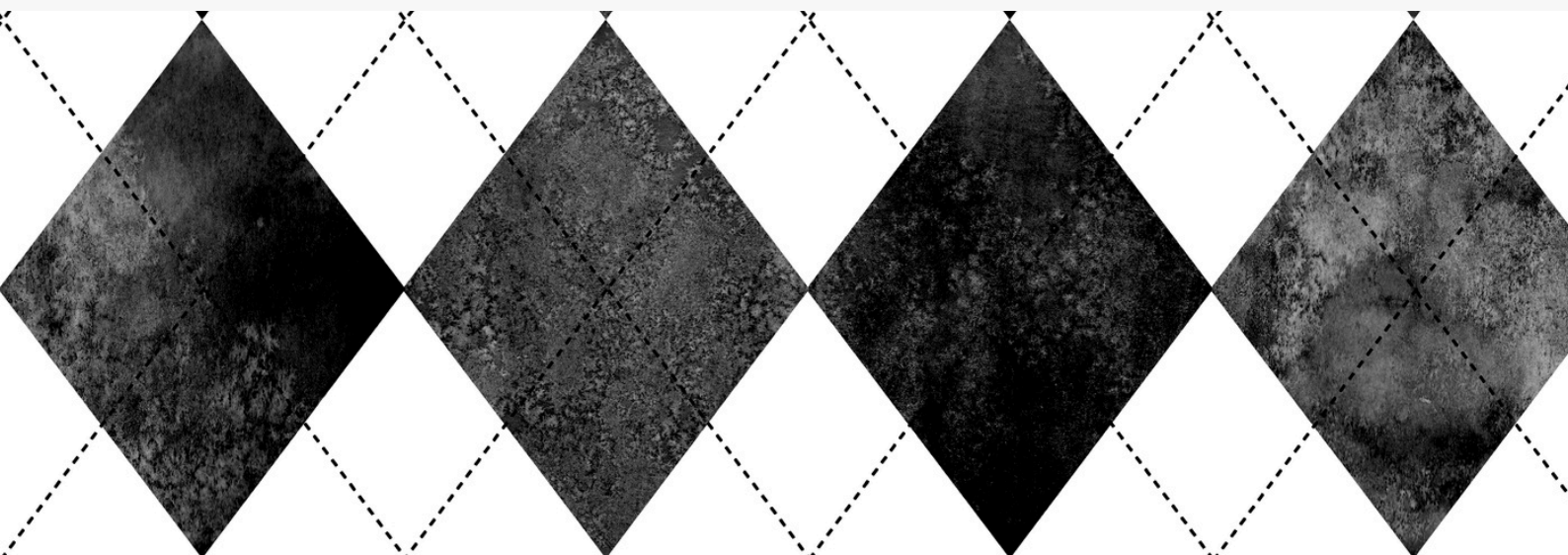
Lacoka Lacrosse Executive



PLAYER

CODE OF CONDUCT

- Respect your teammates, coaches, referees and opponents at all times.**
- Give 100% effort at each practice and game.**
- Learn and know the rules of lacrosse and abide by them.**
- Support and encourage your teammates. Set a positive example.**
- Wear the required equipment at all practices and games, and keep your equipment well maintained.**
- Display good sportsmanship at all times, on the floor and as a representative of your team off the floor.**
- Always acknowledge all good players, and/or performances - those of your team, and of your opponents.**
- Remember that winning isn't everything and that having fun, improving skills and meeting new friends is equally as important.**
- Don't be afraid to make mistakes, but learn from them.**
- Be modest in victory and gracious in defeat.**
- Remember that coaches and officials are there to help you. Accept their decisions and show them respect; Never argue with the official's decision.**
- Learn from your coaches; practice hard, play smart, Have Fun!**



PARENT

CODE OF CONDUCT

- Avoid forcing your child to participate in a sport, and remember that your child is playing for His or Her enjoyment, not yours.
- Teach and practice good sportsmanship at all games and practices. You are role models!
- Learn and Know the rules of the game of lacrosse.
- Respect the Game, the Officials, the Coaches and remember that they are all Volunteers
- Follow the "24-hour rule"; if you have a complaint resulting from a game (or practice) situation, speak --with either the coach or team rep on the following day.
- Emphasize the fun of the game, the team, and always putting forth your best effort at all times.
- Encourage your child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- Teach your child that although it is fun to win, trying your hardest, and doing one's best is really the name of the game. It is not always about winning, it is about having fun and developing skills, and that can happen even if you don't win!
- Discuss fair play issues openly with your child. Encourage Him or Her to play by the rules and resolve conflicts without resorting to violence. Help them understand that violence is unacceptable in sport at any level.
- Be a supportive and fair spectator.
- Do not coach your child. Let players play and coaches coach, and support both positively.

The above codes of conduct were agreed upon with the registration of your player.

**If you have any concerns,
please contact us at lacokalax@gmail.com**

LACROSSE MADE EASY



The rules of lacrosse and tactics utilized are much the same as basketball. Unlike hockey, there are no offsides and the goaltender may advance to any portion of the floor. In U11 and above, a 30second shot clock is in effect. The team with possession of the ball must take a shot on net within 30 seconds or give up possession. When a Team is in possession of the ball, all players are on the attack. When a team is not in possession of the ball, all players are on the defense and trying to get possession from the opposing team.

Listed below is a short Summary of the most common infractions:

1. Butt ending, slashing, and high sticking are called similar to hockey.
2. Cross checking below the waist or in a chopping motion is not allowed. Players are to put the stick on the opponent and push.
3. Checking from behind is a **major** penalty. If the offensive player turns his back, no infraction is called.
4. Interference If any player impedes another in going for the ball, interference is called and the non offending team gains possession.
5. Handling the ball NOT allowed, non offending team gains possession.
6. Crease play, NO attacking player is allowed in the crease. No defensive player may check an offensive player or the goaltender in the crease. The goaltender or offensive team must move the ball out of the crease within 5 seconds.
7. Fighting Any player who engages in a fight receives a game misconduct plus any additional games deemed necessary by the league commissioner

CROSS-CHECKING

The cross-check in the game of box lacrosse is a legal play. Rule 40 of the CLA Rulebook states:

“A legal cross-check shall be defined as a check applied with the portion of the stick held between the hands, on an opponent:

- From the front or side
- Below the shoulders
- Above the waist
- The extension of the arms while the check is being delivered is permissible.”

The purpose of Rule 40 is to provide the guidelines of what is a legal and an illegal cross-check. The game of lacrosse is a physical game and the rules are in place to ensure fairness and player safety.

In U11 and younger, the non-ball carrier can only be cross-checked inside the dotted line. In U15 and older, the non-ball carrier can be cross checked in the defensive zone.

Please visit the link for more information:

<http://cloud.rampinteractive.com/ablax/files/Coaching/Contact%20Presentation.pdf>

REGISTRATION INFORMATION

Tentative* Schedule

Season starts in March and ends in June with Provincials in July

- U7 (\$225)
2019-2021**
- 1 practice per week - Tuesday
1 league game/day at Festivals which tentatively held at:
Terror of the Tykes Home Festival (Innisfail), Lacoka Festival.
Stettler Wind-Up Festival, June 13-14
- U9 (\$265)
2018-2017**
- 2 practice per week -Monday/Wednesday
12 league games (mid April-mid June)
2 games/day at Festivals which tentatively be held at:
Terror of the Tykes Home Festival (Innisfail), Lacoka Festival.
Stettler Wind-Up Festival, June 13-14
- U11 (\$350)
2016-2015**
- 2 practices per week - Tuesday/Thursday
12 league games (mid April-mid June)
Potential away tournaments, decided by the team,
typically one near and one far
Potential for playoffs, June 20-23
- U13 (\$390)
2014-2013**
- 2 practices per week - Monday/Wednesday
12 league games (mid April-mid June)
Potential away tournaments, decided by the team,
typically one near and one far
Potential for playoffs, June 20-23
- U15 (\$400)
2012-2011**
- 2 practices per week - Tuesday/Thursday
12 league games (mid April-mid June)
Potential away tournaments, decided by the team,
typically one near and one far
Potential for playoffs, June 25- 29
- U17 (\$400)
2010-2009**
- 2 practices per week - Monday/Wednesday
12 league games (mid April-mid June)
Potential away tournaments, decided by the team,
typically one near and one far
Potential for playoffs, June 25-19



REQUIRED Equipment

Box Lacrosse Equipment Guidelines

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

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.

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

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.

Athletic Support & Cup (Jock or Jill)

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.

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.

THIRTEEN Sports Ltd.
Ryan Denholm
(905) 628-3344

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Box Goaltender Equipment Guidelines

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

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.)

DON'T FORGET MOUTH GUARD

THIRTEEN Sports Ltd.
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WHAT TO EXPECT

Lacoka box lacrosse plays in the Central Alberta Lacrosse League (CALL). It consists of teams from Carstairs, Olds, Innisfail, Red Deer, Sylvan Lake, Stettler, Blackfalds and Lacombe. Lacrosse is a game of honour and we leave the spaces we attend how we find them. We respect the arenas by not playing with lacrosse balls off the playing surface. We arrive early to practice and games as requested and outlined by our coaches. We solve disagreements by following appropriate communication guidelines as outlined in the teams first parent meeting.

Lacoka Fundraising

Lacoka sells raffle tickets every box season as the association major fundraiser. Each family is asked to sell tickets and if they are unable to do so to let the team manager know as quickly as possible so they can make arrangements. Tickets will be distributed by the team manager at the first parent meeting of the season.

Lacoka also has the opportunity to work at a casino every third year. We encourage parents that are able to volunteer for those shifts to sign up early so we can plan accordingly.

Lacoka will do a bottle drive in both Lacombe and Ponoka the Tuesday following May Long weekend.

Photos

Every box lacrosse season team and individual pictures are taken and available to purchase.

Volunteering

In order to make Lacoka a successful association with rely on our volunteers to contribute to the board, team management, coaching and scheduling. Every parent is required to provide a \$200 volunteer deposit and complete the required volunteer commitment of 10 hours. We acknowledge the full 10 hours may not be possible or life happens. We ask that parents communicate with the team manager in these situations.

Season Timeline

Box Lacrosse season timeline

Ice out	April 11-13	April 26	April 29	Mother's Day
Practice begins in Ponoka	Eye Opener Weekend ALL teams play	Host U7/U9 Festival in Ponoka	Last day to submit game changes	Practice moves to Lacombe
May long	June 13-14	June 20-23	June 25-29	July 11-13
No league games schedule	U7/U9 Windup Stettler	Playoffs U11 and U13	Playoffs U15 and U17	Provincials Calgary

Official clinics:

Level 1
 March 22, 2025 @ Gary Moe Sportsplex, Lacombe
 March 23, 2025 @ TBD
 April 5, 2025 @ Red Deer

Level 2/3
 April 6, 2025 @ Red Deer (tentative*)

Coach clinics:

Community Development
 April 27, 2025 @ Collicut Centre, Red Deer
 May 4, 2025 @ Gary Moe Sportsplex, Lacombe

Competition Introduction
 March 29 /30 2025 @ Collicut Centre, Red Deer
 May 3/4, 2025 @ Gary Moe Sportsplex, Lacombe
 May 24/25, 2025 @ Innisfail Arena

For a more detailed timeline:

<http://www.centralalbertalacrosse.com/content/season-timeline>



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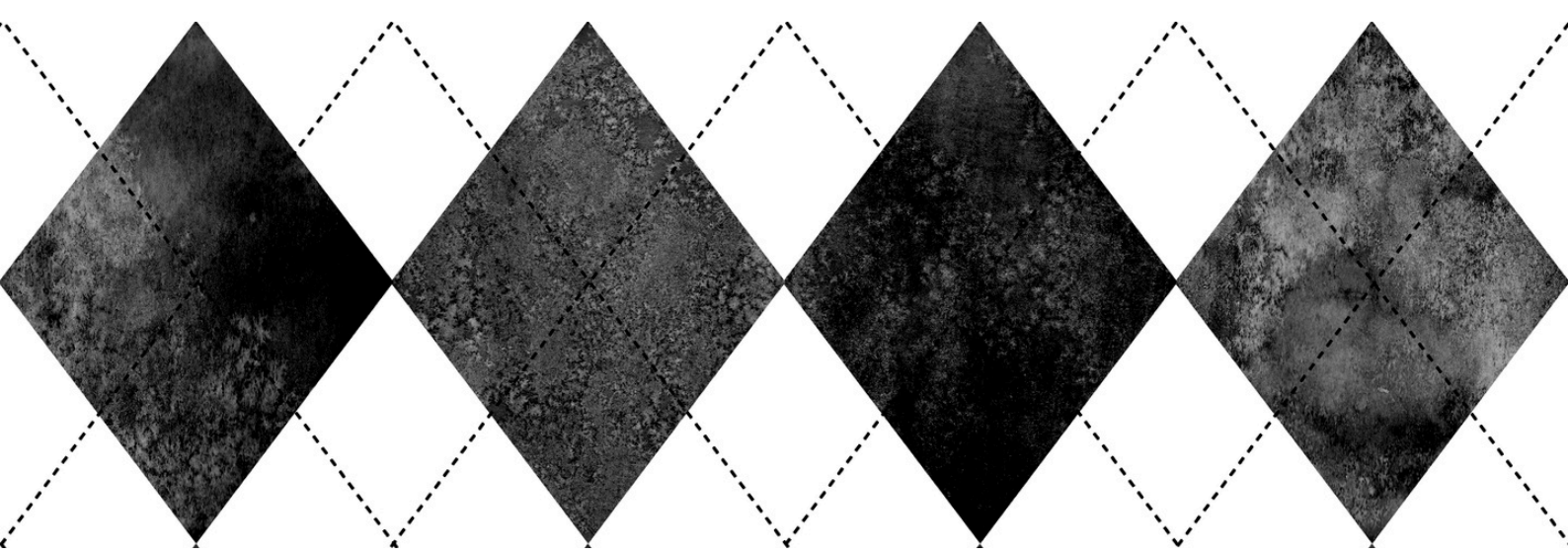
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