



Lacrosse New Brunswick
2025 Canada Summer Games
Athlete Selection Criteria
&
Team Operating Policy



1. GENERAL BACKGROUND and INFORMATION

a. Purpose of the document

- Provide direction for the conduct and operation of Canada Summer Games (CSG) programs to ensure it operates in the best interest of the athletes, coaches involved in the program and Lacrosse New Brunswick (LNB)

b. Program Goals

- Identify athletes and coaches who are eligible for CSG and provide opportunities for their development in a program of excellence.
- Establish a talent identification system to provide equal opportunity for all age-eligible athletes across New Brunswick.
- Design and implement training and competition programs to prepare selected team members to perform their best at a high level of competition at the CSG.
- Woman's Program Goal: A 5th place finish or higher
- Men's Program Goal: A 5th place finish or higher

c. Conflict of Interest Statement

- Conflict of Interest A Director, Officer, Committee or Task Team member who has an interest or who may be perceived as having an interest, in a proposed contract or transaction with Lacrosse New Brunswick or whose personal interest in a matter may conflict with the interest, missions or goals of Lacrosse New Brunswick, will comply with the Act and Lacrosse New Brunswick's Conflict of Interest Policy and will disclose fully and promptly the nature and extent of such interest to the Board, Committee or Task Team as the case may be, will refrain from voting or speaking in debate on such contract or transaction; will refrain from voting or speaking in debate on such contract or transaction; will refrain from influencing the decision on such contract or transaction; and will otherwise comply with the requirements of the Act regarding conflict of interest.

2. TEAM MANAGEMENT STRATEGY

a. Role of the Canada Games Committee

- Monitoring-reporting functions, communication of selection criteria
- Budget approval
- Selection of Head Coach based on qualifications and requirements
- Development and implementation of policies and procedures
- Support for the coaching staff as necessary



- Committee shall consist of three active members of Lacrosse New Brunswick, one of which will be a member of LNB Board of Directors.

b. Role of the Coach

- Leading the selection process of athletes with support from LNB and selected, qualified, and independent evaluators.
- Coordinate and strategize all initiatives to provide athletes with optimal competition opportunities, ensuring their readiness for elite-level competition
- Meet required certification
- Serve as a positive role model for athletes, demonstrating integrity, honesty, fair play and leadership in honouring sport in their personal behaviour and appearance
- Head Coaches and Assistant Coaches must be active members of LNB and actively coaching lacrosse in New Brunswick (exception would be for an aboriginal coach should none be available in New Brunswick) and certified at the Competitive Development level 4.
 - All coaches must also complete the Aboriginal Coaching Module Coaches must be so certified no later than 180 days prior to the Opening Ceremony (February 7, 2025).
 - Note: Either the Head Coach or Assistant Coach must be the same gender as the team they are coaching.
 - Refer to the [LNB Canada Games Staff Job Description](#) (Refer to Appendix 1).

c. Role of the Manager

- Refer to the [LNB Canada Games Staff Job Description](#) (Refer to Appendix 1).

3. SELECTION CRITERIA

a. Eligibility

- Men's and Woman's Age Category
 - Athletes must be 17 years of age and under, and their year of birth shall be 2009 or 2010.
 - New Brunswick will be allowed to add three 'overage' athletes. These three athletes will only be allowed to be one-year 'overage' and must be 18 years of age, and their year of birth shall be 2008.
- Refer to the [2025 CSG Box Lacrosse Technical Package](#) (Refer to Appendix 2).
- Tryouts are open to athletes who are members in good standing with LNB and/or Lacrosse Canada.



- Athletes must be on a registered roster with LNB. Athletes may inquire with the LNB Technical Director if they are registered.

b. Athlete Identification Process – Woman’s and Men’s Team

- The Head Coach oversees the athlete selection process in collaboration with Assistant Coaches and designated evaluators. The final roster, including decisions on athlete removal and replacements, is then submitted to the Technical Director of Lacrosse NB for approval. This submission includes evaluations, notes, and confirmation of eligibility. Approval is granted if the selection process is properly followed. In case of any issues, the Technical Director collaborates with the Head Coach and their team to reach a fair resolution. The board of directors has the ultimate decision-making authority if an agreement cannot be reached.
- Spring 2024: Three open tryouts will be held in three different regions of the province (Fredericton, Saint John, Moncton)
- Following the third open tryout, there may be athletes released from the program to a minimum of 36 athletes remaining in the pool
- Summer 2024: Continuous scouting of athletes remaining in the pool via club and provincial teams.
- Fall 2024: Two invitation-only tryouts will be held. Attendance is mandatory unless excused in writing.
 - A minimum of 25 athletes will be invited to the invitation-only tryout.
 - Following the second invitation-only tryout, the coaching staff will select 20-25 to be a part of the training team.
- Winter 2024-2025: Training for athletes selected for the training team
- Spring 2025: The final tryout will be held for all training team members.
- Selection camps will be advertised at a minimum of two weeks prior to the camp via various locations such as: email, Facebook, LNB website etc.



- Athletes are required to attend at least one Open Tryout. Athletes are encouraged to attend all Open Tryouts, but it is not deemed necessary.
- If an athlete is unable to attend a required tryout, they must request an exemption in writing from the coaching staff and Technical Director. Exemptions will only be granted for exceptional circumstances.
- The coaching staff reserves the right to add or remove any athlete from the tryout pool at any time.

c. Tryout Fees

- Athletes wishing to participate in the program will pay the following registration fees:
 - Open and Final Invitation Only Tryouts - One Time \$50.00
 - New Athlete Scouted and invited to attend a tryout - \$50.00

d. Exceptions

- If an athlete is unable to attend a tryout, they may request an exemption in writing to the teams Head Coach due to exceptional circumstances prior to or within 48 hours of a missed event. If the circumstances are deemed to be 'exceptional,' the athlete can be evaluated using information from other events or will be granted the opportunity to attend the next tryout.
- Throughout the selection process, flexibility will allow new athletes who move into the province or athletes who have previously attended an ID/Selection Camp and significantly improved their performance to be re-evaluated prior to the final team selection. Athletes may send a request in writing (preferably by email) to the Coaching Staff to be considered for a re-evaluation. If the coaching staff considers a re-evaluation, it may be in the form of an invite to a training camp or a member of the coaching staff watching an athlete in a club competition at the coaching staff's discretion. Ongoing scouting will take place so that the released athlete can still make the final team if their athletic performance significantly improves over and above the existing training team.
- During the year of CSG, the CSG team will be the main priority for athletes selected to the training team. Athletes living outside of the province to attend educational-based programs



or national team training camps may be exempt from attending training camps, practice and/or games.

e. Selection Committee

- The selection committee will consist of the Coaching Staff, and additional qualified, independent talent evaluators as chosen by the Head coach and LNB.

f. Assessments

- Please refer to our [Testing Protocols Document](#) (Refer to Appendix 3) for skills and refer to [Fitness Test Document](#). (Refer to Appendix 4).
 - Assessment of athletes will be based on all information available including performance at tryouts, league games, tournaments, Provincial, and National championships and information from club coaches.

4. FINAL TEAM SELECTION

a. Final Team Selection

- The final team will be selected in the spring of the year of the games (i.e. Spring 2025 for 2025 CSG)
- Athletes will be selected based on the outlined criteria in Section 4. However, the Head Coach will have final discretion to build the best possible team.
- A maximum of 18 athletes will be selected for the final team.

b. Alternates and Substitutes

- A maximum of 4 athletes will be selected as alternates for the final team

c. Communication to athletes not selected

- During the open tryout phase and the invitational tryout process an email, phone call or in-person conversation shall be made by the Head Coach.
- During the training group phase an in-person conversation shall be made by the Head Coach to the players not being selected and if they will be moved to an alternate status.



5. POST SELECTION

a. Ongoing Commitment

- Once selected for the final team, players will receive a training and competition schedule for the season leading up to the games. Players can expect to practice and or play exhibition games weekly and participate in tournaments. Players can expect to take part in fundraising events to help reduce their cost. Athletes are required to participate actively within their home association throughout the Canada Games process and failure to do so will result in removal from the CSG process.
- Coaches will provide athletes with appropriate training and development opportunities and regularly discuss with each athlete their role on the team to outline areas of strength and areas for improvement.

b. Athletes who are selected to the CSG Team may be removed at any time leading up to and during competition on the following grounds:

- Voluntary Withdrawal from the Program
 - The athlete must inform the coaching staff in writing of their intentions to be removed from the training team
- Code of Conduct Violation
 - An athlete may be removed from the training team should there be a breach of conditions outlined in the LNB Code of Conduct and the Team New Brunswick Canada Games Code of Conduct
- Injury/Illness
 - In the event that an athlete selected to the CSG Training Team suffers from an injury or illness which, in the opinion of a physician selected by the athlete, renders the athlete unable to participate in the CSG events fully, the athlete can be recommended for removal from the training or final team
 - Recommendation may be on a permanent or temporary basis; coaching staff will heed the advice of the acting physician
- Inability or unwillingness to meet the program requirements and expectations
 - The issue will be addressed by the coaching staff with the athlete.
 - The coaches will have a meeting with the athlete and their parents/guardians to discuss the best course of action.
 - The athlete will be asked to leave the program; fees will not be refunded.

c. Replacement of a Removed athlete



- The coaching staff may choose to replace the removed athlete with another eligible athlete. Depending on the positional needs of the team, this may be an alternate or another eligible athlete in the province.

6. APPEAL PROCESS

a. An appeal shall be heard **ONLY** on the grounds that the selection process and final decision were flawed (not that the athlete did not like the decision) in such a way that:

- The Coaching Staff made a decision for which they lacked authority
- The Coaching Staff failed to follow procedures in the approved selection criteria.
- The Coaching Staff failed to consider relevant information or considered irrelevant information in making their decision.
- The Coaching Staff exercised its discretion for an improper purpose.
- The Coaching Staff made a decision that was unreasonable.

b. Process

- The athlete must present his/her request in writing to the chair of the Appeals Committee. The Appeal form can be found in Appendix F The Appeals Committee shall review the request and decide whether there are grounds for a hearing. The Appeals Committee shall also review all selection procedure documentation from the Coaching Staff. Minutes of the Appeals Committee meeting will be recorded for future reference.
 - 1) If there are no legitimate grounds, the chair of the Appeals Committee shall call the athlete advising her/him of the decision. This will be followed up with a formal letter to the athlete.
 - 2) If the Appeals Committee finds that there are grounds for an appeal hearing, the following procedures will take place
 - a) The chair of the Appeals Committee shall select a designated place, date and time to hear the appeal. This will be done no later than 48 hrs. after receipt of the appeal request.
 - b) The Appeals Committee shall hear the athlete's complaint. The athlete may be accompanied by an athlete advocate (parent or guardian or legal advisor etc.)
 - c) The Appeals Committee shall hear from the Coaching Staff.
 - d) The Appeals Committee may provide the opportunity to hear from an effected party (i.e. the athlete who may be de-selected following the appeal) if it may change the outcome of the decision.



e) The Appeals Committee will make a final decision at the appeal hearing and the decision shall be final and binding.

f) The chair of the Appeals Committee will contact the athlete no later than 24 hours after the hearing by telephone to advise her/him of its outcome and this will be followed up by a formal letter and copy of the appeal findings and recommendation.

g) The chair of the Appeals Committee will contact the head coach by phone to advise her/him of the outcome. This will be followed up by a copy of the formal letter to the athlete and copy of the appeal findings and recommendation.

- To review the process to appeal a decision please refer to the [CSG Appeal Process](#). (Refer to Appendix 5)



Appendix 1

LNB Canada Games Staff Job Descriptions

LNB Canada Games Coaches

- Must be active members of Lacrosse New Brunswick and in good standing.
- Must be actively coaching lacrosse in New Brunswick (exception would be for an aboriginal coach should none be available in New Brunswick).
- Meet required certification.
- Selection of the assistant coach(s) in the responsibility of the Head Coach, with ratification of the BOD of LNB. One of the assistant coaches may be deemed team manager.
- Note: Either the Head Coach or Assistant Coach must be the same gender as the team they are coaching.
- All coaches are required to take a Vulnerable Sector check and submit their clearance letter to the LNB Canada Games Committee Chairman.
- Serve as a positive role model for athletics, demonstrating integrity; honesty; fair play and leadership in honouring sport in their personal behaviour and appearance.
- Design and run their team tryout sessions in accordance with Canada Games Selection Criteria Guidance.
- Has the authority to replace a player from the alternate list based on a player(s) not adhering to code of conduct or a drop in performance.
- Communicate to the LNB Canada Games Committee their practice schedule & locations.
- Oversee the distribution of team jerseys and shorts.
- Establish a cadence of High-Performance camps rotating between the three major cities in NB: Saint John, Moncton, and Fredericton.
- Responsible for a participants' preparation, performance and conduct prior to, during and after the Games.
- Ensuring all team members are fully registered for the Games including submitting waiver forms and participant agreements.
- Coaching/managing in a fair and sportsmanlike manner.
- Familiarizing themselves with and adhering to Team NB's Code of Conduct and rules.
- Ensuring that the athletes have read and understand all Code of Conduct matters.
- Taking care of all administrative requirements and adhering to deadlines for information.
- Residing in the Athletes' Village throughout the Games.
- Attending all Team NB official functions and ceremonies as required.
- Be the conduit of information between Team NB and their respective team.
- Supervising athletes always and ensuring the Code of Conduct is followed.
- Work with the LNB Canada Games Committee to set tryout schedule.
- Determine what competitions the teams will attend subject to approval of LNB Canada Games Committee.
- For budget purposes, coaching staff will work with the team manager and will set minimum number of practices.
- Establish base budget for team. Any increase to a team's budget is subject to LNB Canada Games Committee approval.

- Administrate player try-out registration including setting player pre-registration requirements and registration fees.
- Promote program to LNB members.
- Roles of the coaches could include:
 - Head Coach
 - Offensive Coach
 - Defensive Coach
 - Team Manager

Delegated Authority - Take action as required to discharge their responsibilities subject to LNB Committee approval.

LNB Canada Games Team Manager

- Has the authority to open a team bank account
- Submit a financial statement to LNB Canada Games Committee within 60 days of the team's last game.
- Ensure any invoice received from the LNB is paid within 30 days of receiving the invoice
- Ensure any monies left in the team bank account is turned into LNB (no roll over to the following season Canada Games Team)
- Work with LNB Canada Games Committee to order team clothing and to issue the clothing to the players and team staff
- The use of the Team/Equipe NB and Jeux Canada Games logos on clothing require approval from Sport and Rec Branch
- Ensuring all team members are fully registered for the Games including submitting waiver forms and participant agreements.
- Managing in a fair and sportsmanlike manner.
- Familiarizing themselves with and adhering to Team NB's Code of Conduct and rules.
- Ensuring that the athletes have read and understand all Code of Conduct matters.
- Taking care of all administrative requirements and adhering to deadlines for information.
- Residing in the Athletes' Village throughout the Games.
- Attending all Team NB official functions and ceremonies as required.
- Be the conduit of information between Team NB and their respective club team.
- For budget purposes, coaching staff will work with the team manager and will set minimum number of practices
- Establish base budget for team. Any increase to a team's budget is subject to committee approval.
- Administrate player try-out registration including setting player pre-registration requirements and registration fees.
- Promote program to LNB members
- Delegated Authority - Take action as required to discharge their responsibilities subject to LNB Board approval.



Appendix 2



2025 Canada Summer Games Box Lacrosse Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the Host Society by detailing competition formats and scoring procedures, assist Provincial/Territorial (P/T) Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coach certification by stating minimum requirements, and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "Train to Compete" phase of its Long Term Development (LTD) model, or other suitable phase of LTD as justified by the NSO.

Technical Packages are developed 36 to 24 months prior to the Canada Games primarily by NSOs, following the Canada Games Council's (CGC) [Principles that Govern Technical Packages](#). As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO.

Relevant Games stakeholders, specifically Provincial/Territorial Sport Organizations (P/TSOs) and P/T team staff, are encouraged to review the Technical Package in detail to ensure a thorough understanding. If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will submit the requested change or clarification to the CGC for consideration. Timelines for requesting changes to major elements of the Technical Package (i.e. team sizes, age categories, eligibility restrictions, events, competition formats) are outlined in the Principles that Govern Technical Packages. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six [6] months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games stakeholders early.

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**2025 Canada Summer Games
Box Lacrosse Technical Package**

1. SPORT: BOX LACROSSE

2. PARTICIPANTS

2.1. Athletes

Women's: 18

Men's: 18

All registered athletes must intend to dress in at least one game.

2.2. Staff

Women's Team - 3 coaches & 1 manager

Men's Team - 3 coaches & 1 manager

At least one (1) coach of the women's team must be a woman and one (1) coach of the men's team must be a man. At least one (1) coach on each team must be Indigenous.

Managers are not permitted on the bench without being a Competition Development trained or certified coach.

2.3. Additional Team Staff*

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have the same access as athletes and team staff

- Venue Pass Holder
 - See [Venue Pass Holder Policy](#)
 - Venue Pass Holders do not have access to the field of play
 - Venue Pass Holders' venue access:
 - Sport Operational Zone (Zone 2)
 - Back of House Zone (Zone 3)

* Additional team staff positions are administered by the P/T Team. Positions must be applied for based on each P/T Team's process. For information pertaining to the process in your P/T contact your Chef de Mission.

2.4. Support for Participants

The Canada Games Council recognizes there can be barriers to participation/attendance at the Canada Games. The below policies have been developed to provide support to participants when required:

- [Support for Breastfeeding/Chestfeeding Parents Policy](#)
 - [Participant Assistant Policy](#)
-

3. CLASSIFICATION

MEN'S & WOMEN'S

- U17 as of December 31, 2025
 - Year of Birth: 2009 or 2010
 - MB, NB, NS, QC, SK:
 - Permitted three (3) overage players per gender
 - Year of Birth: 2008
 - NL, NT, NU, PE, YT:
 - Permitted five (5) overage players per gender
 - Year of Birth: 2008
-

4. ELIGIBILITY

4.1. Athletes

Excluded from the Canada Games are:

- Senior National Team Members - Defined as: Athletes who have held an SR, SR1, SR2 or C1 card* at any time; and/or athletes who are part of (on the roster of) a standing Senior National Team (i.e. recognized as a Senior National Team member regardless of event participation, not including the National Team pool of athletes never assigned to a roster).
- Athletes who have previously competed at the following events:
 - Senior World Championships

No athlete can be rendered ineligible within 90 days of the opening of the Games due to National Team status, carding status or competing in an excluded event (i.e., if an athlete is granted National Team status or carding status for the first time, or competes in an excluded event on May 11th, 2025 or later, they will still be considered eligible to compete at the 2025 Canada Games).

Athletes who hold a C1 card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective Provincial/Territorial Team Chef de Mission and approved by the Canada Games Council Sport & Games Committee.

All athletes must meet the eligibility regulations outlined in CGC's [Eligibility Policy](#).

4.2. Coaches

Head coaches named on the official registration form must be Lacrosse Canada NCCP Competition-Development Certified in Box Lacrosse. Head coaches must also complete the Aboriginal Coaching Module and NCCP Safe Sport Module or Respect in Sport for Activity Leaders module. Head Coaches must be so certified no later than 180 days prior to the opening ceremony (February 10, 2025).

Assistant coaches named on the official registration form must be Lacrosse Canada NCCP Competition-Development Trained in Box Lacrosse. Assistant coaches must also complete the Aboriginal Coaching Module and NCCP Safe Sport Module or Respect in Sport for Activity Leaders module. Assistant Coaches must be so certified no later than 180 days prior to the opening ceremony (February 10, 2025).

Please note that "NCCP Competition-Development Certified, Not Renewed" does not qualify under the coaching standards for the 2025 Canada Summer Games.

Please refer to the CGC's Coach Certification Policy for additional information.

For more information on the coach certification pathway, please see Appendix 1.

5. COMPETITION

5.1. Competition Format

The Canada Games Box Lacrosse competition will follow Lacrosse Canada rules, in place for the 2025 competitive season.

Games will consist of the following:

- 30 minute warm up
- 3 x 20 minute running time periods
- Last 5 minutes of the 3rd period is stop time
- 5 minute breaks between periods

Teams will be seeded by Lacrosse Canada based on results of prior Canada Games competitions, the 2024 National Championship and any recent competitions leading into the 2025 Canada Games competition.

The below competition format may be changed by Lacrosse Canada based on the number of competing teams.

Women's		Men's	
Pool A	Pool B	Pool A	Pool B
Seed 1	Seed 6	Seed 1	Seed 6
Seed 2	Seed 7	Seed 2	Seed 7
Seed 3	Seed 8	Seed 3	Seed 8
Seed 4	Seed 9	Seed 4	Seed 9
Seed 5	Seed 10	Seed 5	Seed 10

Women's Competition

To be confirmed by Lacrosse Canada.

Men's Competition

To be confirmed by Lacrosse Canada.

6. TIE BREAKING RULES - COMPETITION

6.1. Preliminary Round Standings

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

6.1.1. In the event of a tie in points between **two** teams the final standings shall be determined as follows:

- The team that won the greater number of points in games played, during the competition, between the teams tied shall be declared the winner of the higher position. **(HEAD TO HEAD)**
- If a tie still exists, the Goal Average Formula will be used to break the tie. All goals scored in the games during the competition shall be used in the goal average computation. (See Goal Average Formula below)
- If a tie still exists, the team with the least minutes in penalties in all Round Robin games played shall be declared the winner. In the case where the teams have not played the same number of games, the lowest average of the penalty minutes in all Round Robin games shall be used to declare the winner.
- If a tie still exists, then a coin toss will decide the winner.

6.1.2. In the event of a tie in points between **three or more teams** the final standings shall be determined as follows:

- The team(s) that won the greater number of points in games played, during the competition, between the team(s) tied shall be declared the winner of the higher position. **(HEAD TO HEAD TO HEAD)**
- If a tie still exists, the Goal Average Formula will be used to break the tie. Only goals scored in games between the tied teams during the competition shall be used in the goal average computation. (See Goal Average Formula below)
- If a tie still exists, the team with the least minutes in penalties in all Round Robin games played shall be declared the winner. In the case where the teams have not played the same number of games, the lowest average of the penalty minutes in all Round Robin games shall be used to declare the winner.

The Goal Average Formula is defined as follows:

$$\frac{GF}{GF + GA} = \text{GOAL AVERAGE}$$

The team with goal average closest to 1.0 shall be declared the winner.

6.2. Tie within a Game

6.2.1. Ties within a game will only be permitted in the Preliminary Round.

6.2.2. Overtime Rules for Qualifying Round, Quarter Final Round and Medal Round:

If at the end of regulation time the score is tied, the Referee shall order the game to continue after a two (2) minute rest. The game continues, ten minutes stop time until a goal is scored (sudden victory). If the score is tied after the first overtime period, the game shall continue after a five (5) minute rest. Any subsequent overtime periods will continue in the same manner.

7. REGISTRATION & EVENT ENTRIES

7.1. Canada Games Council Registration Deadline

All participants (athletes, coaches, managers and additional team staff) must be registered in the Canada Games electronic registration system no later than 30 days prior to the Opening Ceremony (July 10th, 2025).

7.2. Lacrosse Canada Event Entries

Rosters with participant numbers and positions must be submitted to Lacrosse Canada no later than 30 days prior to the Opening Ceremony (July 10th, 2025).

8. SPORT SCORING POINTS

Sport scoring points are a tool used to determine the performance of a P/T Team across all events within a sport. At the conclusion of an event, sport scoring points will be awarded using the following criteria:

8.1. Team Events

- Teams will be ranked from first through last place
- If a team does not finish or is disqualified, the team will not receive sport scoring points
- Sport scoring points will be awarded based on the chart below

Placing	Points	Placing	Points	Placing	Points
---------	--------	---------	--------	---------	--------

1st	10	6th	5	11th	1.5
2nd	9	7th	4	12th	1
3rd	8	8th	3	13th	0.5
4th	7	9th	2.5		
5th	6	10th	2		

9. FLAG POINTS

Games to Games performance by a P/T Team at the Canada Games is measured by accumulated Flag Points. Every P/T Team is awarded Flag Points for its ranked performance in each sport in which it competes.

In Box Lacrosse, Flag Points will be awarded separately for the women's and men's events based on the total of sport scoring points awarded.

After ranking the P/T Teams from first to last, and after any ties have been resolved as detailed in Section 10 (Tie Breaking Rules - Flag Points), Flag Points will be awarded as follows:

Placing	Points	Placing	Points	Placing	Points
1st	10	6th	5	11th	1.5
2nd	9	7th	4	12th	1
3rd	8	8th	3	13th	0.5
4th	7	9th	2.5		
5th	6	10th	2		

10. TIE BREAKING RULES - FLAG POINTS

All teams will play for final positions, so no ties within the P/T rankings are possible.

11. MEDALS

11.1. The Canada Games will award medals to athletes only.

11.2.

Women's Team:

Gold: 18 Silver: 18 Bronze: 18

Men's Team:

Gold: 18 Silver: 18 Bronze: 18

12. COMPETITION UNIFORM

Provincial/Territorial team colours must be worn. Additional information on each Provincial/Territorial team's colours can be found in Appendix C of the CGC's P/T Team Uniform and Sponsorship Policy.

13. EQUIPMENT

See Section 12 of the Lacrosse Canada Operations Manual (Appendix 3 of this Technical Package) for information on equipment.

14. PROTEST & APPEALS

14.1. Canada Games Council Protest Policy & Appeal Policy

Appeals relating to this Technical Package or any decisions made by the CGC will be made in accordance with the CGC's [Appeal Policy](#).

Protests relating to disputes between and among Provincial/Territorial Teams as it relates to the Canada Games Council (CGC) Policies, Procedures and Principles that Govern Technical Packages (PTGTP) will be made in accordance with the CGC's [Protest Policy](#).

14.2. Lacrosse Canada Appeals Procedure

The Technical Representative shall chair a Committee of three (3) announced at the Coach/Manager meeting prior to the competition to decide on all discipline, protests and appeals arising from competition under the jurisdiction of Lacrosse Canada.

Protests and appeals must be filed with the Lacrosse Canada Technical Representative within twenty-four (24) hours of the end of the game, or the issuing of the decision being appealed. Such applications must be in writing and accompanied by a certified cheque or money order payable to Lacrosse Canada, or cash in the amount of \$100.00. The appeal or protest shall then be dealt with by the appointed Appeal Committee. If the appeal is upheld, the fee shall be returned. If the appeal is rejected, the funds shall be forwarded to Lacrosse Canada.

The Committee may call witnesses to help in making their decision.

If there is an appeal of an official's call, the Lacrosse Canada Technical Representative shall only consider the appeal based upon errors in fact or application of the rules, not on the official's judgment.

15. ANTI-DOPING

The CGC adopts the Canadian Anti-Doping Program (CADP) Covenant as a fundamental commitment to engage in a cooperative and collaborative effort to eliminate doping in sport and to support harmonized, coordinated and effective anti-doping measures in Canada. Any Canada Games participant (athlete, coach, manager, technical support, or other person) found to have committed an anti-doping rule violation at the Canada Games (as determined pursuant to the CADP) will be subject to all of the penalties and consequences, as outlined in the [Canadian Anti-Doping Program](#).

16. APPENDICES

Please review the attached appendices as they form an integral part of this technical package.

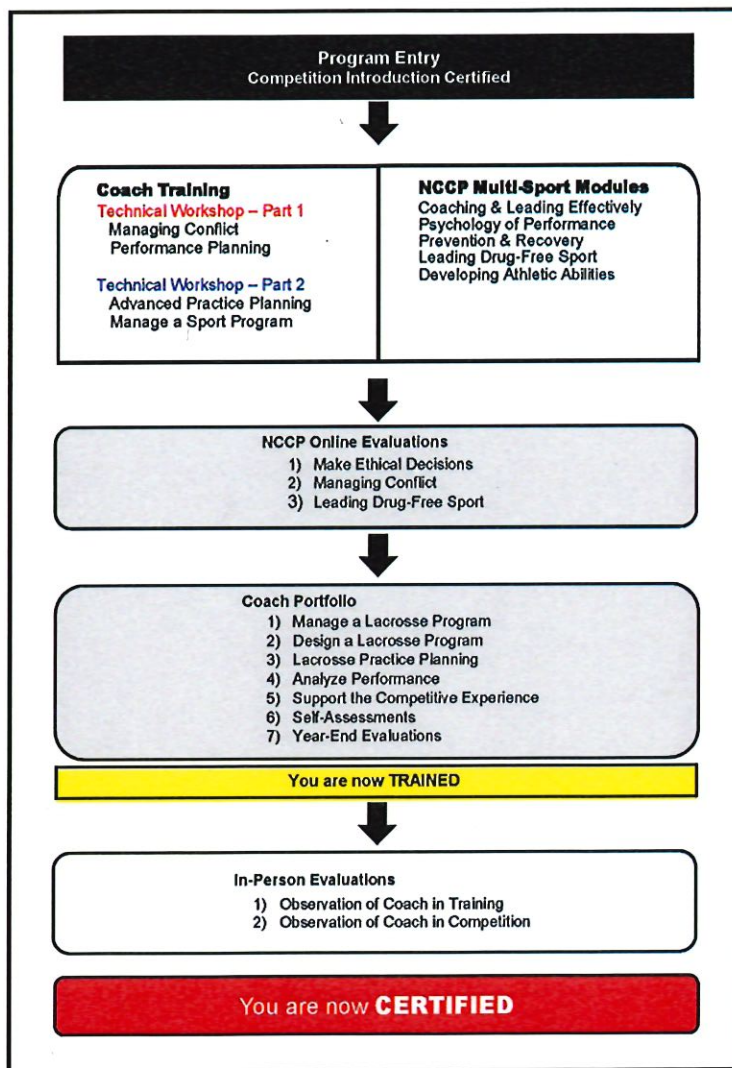
- APPENDIX 1 - Coach Certification Requirements
- APPENDIX 2 - Performance Guidelines
- APPENDIX 3 - Age Dispensation Form
- APPENDIX 4 - Lacrosse Equipment

- APPENDIX 5 - Suspensions Due to Match Penalty



APPENDIX 1 - COACH CERTIFICATION REQUIREMENTS

Head coaches on the official registration form must be **CERTIFIED** under the National Coaching Certification Program (NCCP) Competition stream, Development context (Certified Status) in Box Lacrosse, and Assistant coaches must be Competition-Development **TRAINED**. For more details, the graphic below shows the coach education pathway to be Trained/Certified at the Competition Development level. All coaches (head and assistant) are required to complete the Aboriginal Coaching Module as well as either the NCCP Safe Sport or the Respect in Sport for Activity Leaders workshops.



APPENDIX 2 - PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by Lacrosse Canada, at the request of the CGC and the Federal-Provincial/Territorial Sport Committee (FPTSC), to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Learning to Compete phase of Long Term Development (LTD). These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

Lacrosse Canada recognizes regional differences on how athletes are selected for the Canada Games. Below are some guidelines for provinces/territories to follow as to the type of athletes accessing the Canada Games.

1. Provincial/Territorial Teams at Canada Games should include the best athletes within the chosen stage of development or age group. In the case of lacrosse, the Learn to Compete Stage of Development has been identified as the ideal stage of development for the Canada Games.
2. Selected pool of athletes should all have the opportunity to try out for the provincial/territorial Canada Games Team. No club team is entering the Canada Games.
3. Potential athletes should be athletes involved in elite lacrosse in their respective provinces/territories in the U17 division. Athletes born January 1, 2009 and later (plus overage athletes as per section 3).
4. Potential athletes should be training on an annual basis as part of an elite program, school-based program or any other high-performance environment.
5. Potential athletes should be engaged in a more serious environment with the technical, tactical, physical and mental aspects of the game being considered on an annual basis and with an off season training protocol.
6. A team includes 16 runners with 2 goalkeepers.

APPENDIX 3 - AGE DISPENSATION FORM

The decision to set a minimum age for participation in the Canada Games was made in the best interest of the young competitive lacrosse athletes across Canada. It is intended to protect very young athletes from possible physical, psychological and/or emotional harm that could occur by competing at the Games and is based on the following rationale:

1. Two of the main goals of the Canada Games are to foster participation from across the country and to contribute to the development of high performance athletes.
2. The Canada Summer Games competition is classified as a “minor” level competition by Canada Games Council and Lacrosse Canada.
3. The multi-sport nature of this event, combined with the atmosphere and social reality of a “Games village” and the wide range in age of all the athletes (up to 25 years of age depending on the sport) add to the pressure experienced by the athletes.
4. Lacrosse Canada does not currently require athletes to meet any specific performance standard to participate in the Canada Games. For this reason, the Council has requested that a process be put in place to provide a dispensation from the minimum age. This process supersedes the Technical Package.

If your Provincial/Territorial Lacrosse Organization wishes to request a special dispensation from the minimum age requirement for an athlete who is 14 years of age (born in 2011), the following documents must arrive at the Lacrosse Canada national office no later than May 1, 2025.

1. A letter of support from the respective Provincial/Territorial Lacrosse Organization.
2. A letter of support from the athlete’s parent/guardian.
3. A letter of support from the athlete’s coach confirming that the athlete has the technical ability to compete at the Canada Games level, and that the athlete is at the appropriate level of physical and mental development to handle the level and intensity of the Canada Games competition.

To request the entry of an athlete who does not meet the minimum age requirement, the Provincial/Territorial Lacrosse Organization must submit a completed copy of the following form, to Lacrosse Canada.

The form below should be used when seeking age dispensation for an athlete.

LACROSSE CANADA AGE DISPENSATION FORM 2025

Athlete Information

Name of Nominee: _____

Gender of Nominee: _____

Date of Birth: _____

Coach Information

Name of Coach: _____

Coach's Certification Number: _____

Coach's Statement of Ethics

I understand that the principle of responsible coaching carries the basic ethical expectation that the activities and decisions of my coaching will benefit my athletes in general and in particular, and will do them no harm. As such I attest that fundamental to the implementation of this principle is the notion of competence and responsible coaching (maximizing benefits and minimizing risks to participants) and that I adhere to this principle. By signing this age exemption request for the above named athlete, I believe that I am acting in the best interest of the athlete's development as a whole person as well as accepting the responsibility to ensure that he/she is adequately prepared for the 2025 Canada Summer Games.

Coach Signature: _____

Date of Signature: _____

Parent/Guardian Authorization

As the parent(s)/guardian(s) of the above named athlete, by signing this age exemption request, I/we believe that I am/we are acting in the best interest of their development and I/we understand that they will be competing against athletes aged from 14 to 18 years old.

Parent/Guardian Signature(s): _____

Date of Signature(s): _____

Parent/Guardian Name(s): _____

Provincial Member Association (MA)

As the authorized representative of the Provincial Lacrosse Association within which this athlete normally competes, I am satisfied that this athlete is fully capable of competing at the Canada Summer Games.

Signatory for the Athlete's Provincial Lacrosse Association (signature):

Date of Signature: _____

Name and Appointment of Provincial Lacrosse Association Signatory:

APPENDIX 4 - LACROSSE EQUIPMENT

Lacrosse Canada Operations Manual - Section 12: Safety and Equipment

12.1 SAFETY POLICY

12.1.1 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.

12.2 GENERAL

12.2.1 Player safety and the use of proper equipment is the responsibility of the following parties:

12.2.1.1 Players and parents of minor players are responsible for providing and maintaining proper equipment;

12.2.1.2 Coaches, trainers and team personnel are responsible for inspecting players' equipment and preventing the use of improper equipment;

12.2.1.3 Game officials are responsible for player safety and proper use of equipment by enforcing the rules of the game;

12.2.2 All players are required to wear protective equipment as described in the rules of play adopted in accordance with the Equipment section of this manual or as otherwise modified within this Section.

12.2.3 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.

12.2.4 Any equipment which violates this Section or the rules of play for the appropriate Sector will be removed from the game and, where required, appropriate penalties will be given.

12.2.5 Where an unaltered piece of equipment is used and it becomes dangerous to any player or other person participating in a game, the game officials shall report the occurrence to the Lacrosse Canada Head Office via the standard incident report form. The Lacrosse Canada Executive Director will forward the report to the Chair of the Safety and Equipment Committee.

12.2.6 For Box Lacrosse, all players are required to wear a face mask as described in this section and a chinstrap properly fastened on both sides of the helmet.

12.3 INTRA-ORAL MOUTH GUARDS

12.3.2 For Box Lacrosse it is mandatory that all minor aged players use an intra-oral mouthpiece. It is recommended for all players above minor to use an intraoral mouthpiece.

12.4 HELMETS & FACEMASKS

12.4.1 Lacrosse is a sport with intrinsic hazards and participation in the sport implies the acceptance of some risk of injury. When used as intended for lacrosse and in accordance with the manufacturer's fitting instructions, the use of the helmet certified under these standards is intended to reduce the frequency and severity of head injuries.

12.4.2 For Box Lacrosse, all goalies are required to wear a helmet which must meet either of the following standards:

12.4.2.1 A National Organizing Committee for Safety in Athletic Equipment (NOCSAE) approved helmet and facial protector, approved as a complete unit, for lacrosse.

12.4.2.2 A Canadian Standards Association (CSA) approved for Ice Hockey helmet with the appropriate CSA approved facemask for lacrosse provided that:

12.4.2.2.1 Type B – full-face protector intended for use by players other than goalkeepers. Note: in Type B protectors, the chin cup is attached to the protector.

12.4.2.2.2 Type C – A full face protector intended for use by persons that are 18 years of age and older, other than goalkeepers. In type C protectors the chin cup is detached from the protector.

12.4.2.2.3 Type D – a face protector intended for use by goalkeepers.

12.4.2.3 A Canadian Standards Association (CSA) approved for Ice Hockey helmet with the appropriate CSA approved facemask for hockey with the following exceptions:

12.4.2.3.1 The facemask shall be designed to cover the wearer's entire face to the lower line of the jaw, and prevent the ball or the head of the stick from touching the face of the wearer.

12.4.2.3.2 The facemask must be fastened so that it does not create a risk of injury to the wearer or another person when it is used as it is intended.

12.4.2.3.3 For Box lacrosse all officials have to wear a black CSA approved for ice hockey helmet.

12.4.2.3.4 Officials may wear a half visor that is CSA approved for ice hockey or lacrosse.

12.5 GLOVES

12.5.1 In Box Lacrosse all players are required to wear protective gloves which meet the following guidelines:

12.5.1.1 conform to the hand;

12.5.1.2 have a cloth, leather or synthetic material covering;

12.5.1.3 all protective materials must be under the cloth, leather or similar covering with no additional attachments. All cosmetic materials, i.e. plastics, carbon, foam, etc. added to the leather and foam base of the glove to provide benefits of protection for the players must be smooth and free from sharp edges that could cause injuries. The gloves with these added features and benefits must stay within the guidelines of standard player's glove and goalie gloves.

12.5.1.4 player's entire finger must be encased within the finger of the glove;

12.5.1.5 may be palmless; the palms can be altered;

12.5.1.6 The decision of the Equipment Committee on the approval or non approval of gloves will be at their discretion on the safety of such gloves.

12.6 SHOES

12.6.1 All players are required to wear suitable athletic shoes. No shoe will be permitted which includes cleats that are made of metal or with a metal tip. All other aesthetic materials not fully covered under the cloth, leather or similar covering shall be manufactured smooth or of a soft material with no sharp edges as to not cause injury to an opponent.

12.7 GOALTENDERS

12.7.1 The equipment required for the goaltender must be constructed solely for the purpose of protection of the head or body.

12.7.2 In Box Lacrosse, in addition to helmet and facial protection, all goaltenders must wear a suitable throat protector and equipment which meets the following guidelines:

12.7.2.1 *Gloves:*

12.7.2.1.1 conform to the shape of your hand which is round. No blocker style gloves allowed.

12.7.2.1.2 have a cloth or leather covering.

12.7.2.1.3 all protective materials must be under the cloth, leather or similar covering with no additional attachments. All other aesthetic materials not fully covered under the cloth, leather or similar covering shall be manufactured smooth or of a soft material with no sharp edges as to not cause injury to an opponent;

12.7.2.1.4 goaltender's entire finger must be encased within the finger of the glove

12.7.2.1.5 cannot be altered in any way

12.7.2.1.6 cannot exceed the following dimensions:

12.7.2.1.6.1 A maximum length of 15 inches measured from the tip of the middle finger to the top of the cuff.

12.7.2.1.6.2 A maximum width of 8 inches measured from any point

12.7.2.2 *Pants:*

12.7.2.2.1 no internal or external padding is permitted on the pant leg or waist beyond that to provide protection. No outside ridges.

12.7.2.2.2 the maximum width (straight line) of the thigh pad across the front of the leg is set in the Official Rules of Box Lacrosse. If the groin and or hip pads extend beyond the front edge of the thigh pad, they are also to be included in this measurement. This measurement is to be taken while the goaltender is in an upright standing position. This measurement is to be made five inches (5") from the bottom of the pant.

12.7.2.3 *Shin pads:*

12.7.2.3.1 shall not exceed the width as set in the Official Rules of Box Lacrosse from the base of the shin pad at the ankle to the base of the kneecap when the shin pad is on the leg of the goaltender.

12.7.2.3.2 calf protector must follow the contour of the calf and ankle. No alterations or attachments are permitted.

12.7.2.3.3 knee pads must comply with manufacturing standards, may not be altered, and must conform to the body.

12.7.2.4 *Arm and Chest Pad:*

12.7.2.4.1 shoulder cap protectors must follow the contour of the shoulder cap in a rounded manner without any pointed or squared projections or extensions beyond the shoulder.

12.7.2.4.2 the contoured padding must not exceed the maximum width outside the said goaltenders most outer bone point on each side as set in the Official Rules of Box Lacrosse.

12.7.2.4.3 the padding may not climb higher than the maximum as set in the Official Rules of Box Lacrosse above the plane of the said goaltenders shoulder.

12.7.2.5 *Jerseys:*

12.7.2.5.1 no inserts or additions are to be added to a standard goaltender cut jersey as produced by the manufacturer.

12.7.2.5.2 no “tying down” of the jersey is allowed at the wrists if it creates a tension across the jersey such that a “webbing effect” is created in the armpit area.

12.7.2.5.3 no other tie downs are allowed that create a “webbing effect”.

12.7.2.5.4 the length of a jersey is illegal if it covers any area between the goalies’ legs.

APPENDIX 5 - SUSPENSIONS DUE TO MATCH PENALTIES

Any match, gross misconduct or fighting penalty will result in a one game suspension and will be reviewed by the on site discipline and appeals committee. The review may result in additional disciplinary action following review.



Appendix 3



Provincial Player Skills Tracking Sheet

Program Emphasis: Improvement/Consistency

Program Frequency: 2-3x per season (Try-Outs, Early Season, Late Season)

*Give Brief Explanation To Players Prior To Drills

Player Name & Number: _____

Coach/Evaluator: _____

Skill/Drill	Prescribed		Successful # of Reps			Technical Info
	Sets	Reps	Week #	Week #	Week #	
Dynamic Loose Balls: <u>Loose Ball Drill #6</u> "Loose Balls With Pressure"	1	5				- Have two lines of players facing the side-boards, app. 5-7 metres back (4-6 per group). A coach rolls a ball off of the boards (from behind the players, who are looking forward) & the players at the front of the line battle for the loose ball. A successful rep (✓), is awarded to the player who wins the loose ball battle; a missed rep with an (X). Mix up who battles who; goalies battle each other behind the net.
Individual Transition: <u>*Goaltending Drill #5</u> Goalie Mid-Range Pass & Player Breakaway	1	5				- Have players line up along the far-side boards in opposite ends, on their wrong floor sides, with balls. The drill starts with a player from one of the lines running to the middle & rolling a ball into the goalie, then running to their proper floor side, cutting across the rag-line & receiving a pass for a breakaway shot. Goalies switch ends halfway through. Track Misses (M), Saves (X) & Goals (✓), for players & goalies (+ passes).
Set Shooting: <u>*Stickwork Drill #5C</u> "Catch & Shoot"	1	5				- Arrange players in one/both ends of the floor at the point position, 10-12 metres back from the net. Other players set to go in this drill should be in a line behind the first player. Players receive a pass from the crease position (player or coach) take a shot and then step to the back of the line (or to the crease position), until all players have taken 5 shots. Track Misses (M), Dropped Balls (D); Shots-On-Goal (X) & Goals (✓), for players & goalies.
Shooting On-The-Run: <u>*Warm-Up Drill #4</u> "Snake Shooting"	1	5				- Players start with balls, 5-7 metres back from the shooter position on their proper floor sides, running one after another (2 seconds in between) until all players on one side of the floor have taken a shot. The other side of the floor then takes their turn and so on and so forth, with players helping coaches reload with balls each time through the drill. Track Misses (M), Shots-On-Goal (X) & Goals (✓), for players & goalies.
^Individual Offense: <u>Defense Drill #4</u> "5 Corner Checking"	1	5				- Arrange players in one or both ends of the floor depending on numbers. Have them stationed on their proper floor sides, in the 5 standard offensive positions. Each player should get one turn on defense playing against all 5 positions. A successful rep is a high quality shot from the offender (✓). Shots from the wrong-side & reps longer than 5 seconds = (X). Use a separate evaluator for goalies.
Individual Defense: <u>Defense Drill #4</u> "5 Corner Checking"	1	5				- Arrange players in one or both ends of the floor depending on numbers. Have them stationed on their proper floor sides, in the 5 standard offensive positions. Each player should get five total reps on offense; an unsuccessful rep is a high quality shot from the offender (X). A successful rep (✓) is awarded when no quality shot is obtained by the offender within 5 seconds. Use a separate evaluator for goalies.
^Team Transition: <u>Transition Drill #7</u> "2-On-1's From Centre"	1	5				Start with 2 lines of offensive players, on their proper floor sides, at centre-floor. One defender should start in the middle, 5-10 metres back from the offensive lines. Either offensive line starts with a ball and attempt a 2-on-1 running full speed toward the net. The defender falls back with the play and splits the two offenders. The last of the 2 offensive players in the 2-on-1 to touch the ball stays in after the play for a turn on defense. Mix up who partners with who until all players have completed the allotted 5 reps. TRACK OFFENSIVE REPS ONLY. A successful rep is when the offenders get a quality shot on net (✓), missed reps are marked with an (X). Use a separate evaluator for goalies.
^Team Offense: <u>Defense Drill #11</u> "2 vs. 2 On-Ball"	1	5				- Start with an offensive player at the crease and shooter positions, with 2 defenders in defensive position. Offensive players start with a ball, setting up picks & down-picks (re-picking) for each other trying to get a high quality shot. Offensive players do the drill and then go to defense; defensive players exit the drill. Alternate sides each rep through the drill. A successful rep for the offense (✓) is getting a quality shot on net, whereas the reverse is true for the defense. Shots from the wrong-side or reps lasting longer than 10 seconds are marked with an (X). Use a separate evaluator for goalies.
Team Defense: <u>Defense Drill #11</u> "2 vs. 2 On-Ball"	1	5				

*Arrange Players In A Consistent Order During Drills For Simplicity When Tracking, Where Possible. ^Use A Circle (O) Around The (✓) To Indicate A Goal Scorer



Appendix 4

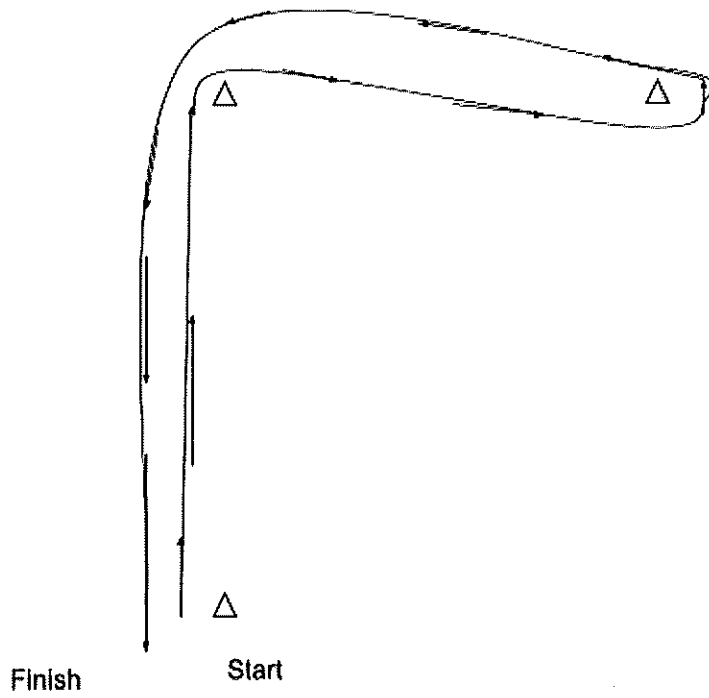
Lacrosse Specific Fitness Test

Player Name: _____

Exercise	Limb Tested/ Direction	Trial #1	Trial #2	Trial #3	Technique Cue
10m Dash	(Both)				Ensure the front foot is 6-12 inches from the start line and the back foot is 12-16 inches back. Place your thumb and forefinger behind the line, body weight balanced. Use your arms to drive you off the line and extend. Keep your head down for the first 5 steps, then look up and accelerate.
Single Leg Broad Jump	R				Standing on one foot, on the line, lower your hips and jump forward explosively. Use the momentum from the arms and legs to project yourself forward. Aim to jump from the line and land as far as possible on both feet. Avoid overreaching or hopping.
Single Leg Broad Jump	L				Standing on one foot, on the line, lower your hips and jump forward explosively. Use the momentum from the arms and legs to project yourself forward. Aim to jump from the line and land as far as possible on both feet. Avoid overreaching or hopping.
MB Side Throw	L				Position your body side-on to the wall with feet shoulder-width apart. Hold the medicine ball with both hands and rotate your torso away from the wall. Swing your arms and rotate your body to throw the ball against the wall, then catch it on the rebound. Maintain core stability and avoid using only the arms.
MB Side Throw	R				Position your body side-on to the wall with feet shoulder-width apart. Hold the medicine ball with both hands and rotate your torso away from the wall. Swing your arms and rotate your body to throw the ball against the wall, then catch it on the rebound. Maintain core stability and avoid using only the arms.
MB Chest Pass	(Both)				Stand with your feet shoulder-width apart and hold the med ball at chest level, elbows bent. Explosively extend your arms and push the ball straight forward, ensuring it leaves your hands before you step past the line. Follow through with your hands, and step forward slightly to maintain balance.

L-Test (2 Trials)	Right Turn				Starting on the outside of the starting cone, run forward and around the 2nd cone (to your right). Continue running and come around the inside of the 3rd cone (to the right side of the cone), making a 360 degree turn. Continue running back to the 2nd cone (to the outside of the cone, turning left) before running past the starting cone. (See diagram at bottom of page).
L-Test (2 Trials)	Left Turn				Starting on the outside of the starting cone, run forward and around the 2nd cone (to your left). Continue running and come around the inside of the 3rd cone (to the left side of the cone), making a 360 degree turn. Continue running back to the 2nd cone (to the outside of the cone, turning right) before running past the starting cone. (See diagram at bottom of page).
T-Test (2 Trails)	Left first				Run forward from the starting cone to the middle cone, and touch the line. Next, shuffle to the left cone, touch the line. Shuffle back to the middle cone, as you pass the middle cone, turn and sprint past the right cone. (See Diagram at bottom of page).
T-Test (2 Trials)	Right first				Run forward from the starting cone to the middle cone, and touch the line. Next, shuffle to the right cone, touch the line. Shuffle back to the middle cone, as you pass the middle cone, turn and sprint past the left cone. (See Diagram at bottom of page).
200m Shuttle Test	(Both)				See description at bottom of page

L-Test Diagram



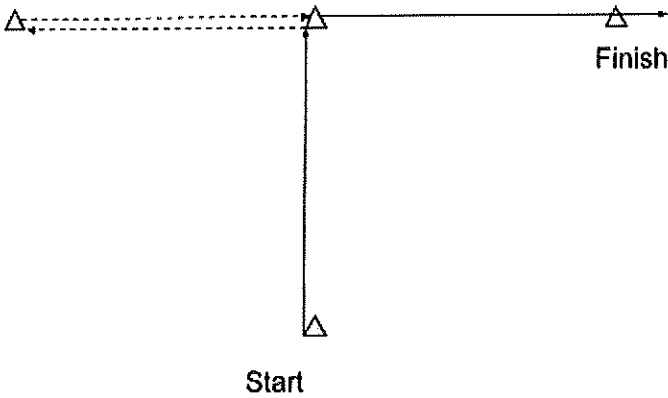
Notes:

-Cones are spaced 5 meters apart

-Timer starts when athlete takes first step

-Timer finishes when athlete passes final cone

T-Test Diagram



Notes:

-All cones are place 5m apart (upper case T shape)

-Timer starts when athlete takes first step

-Time finishes when athlete passes final cone

-Solid line: Sprint

-Dotted line: Shuffle

200 Meter Shuttle Test (Description)

Mark two pylons at 25 metres apart, or otherwise utilize the goal-line/end-line to the rag-line. Either way, standardize the space used, keeping it consistent for test/re-test purposes. A third pylon should also be used to mark the halfway point (12.5 metres).

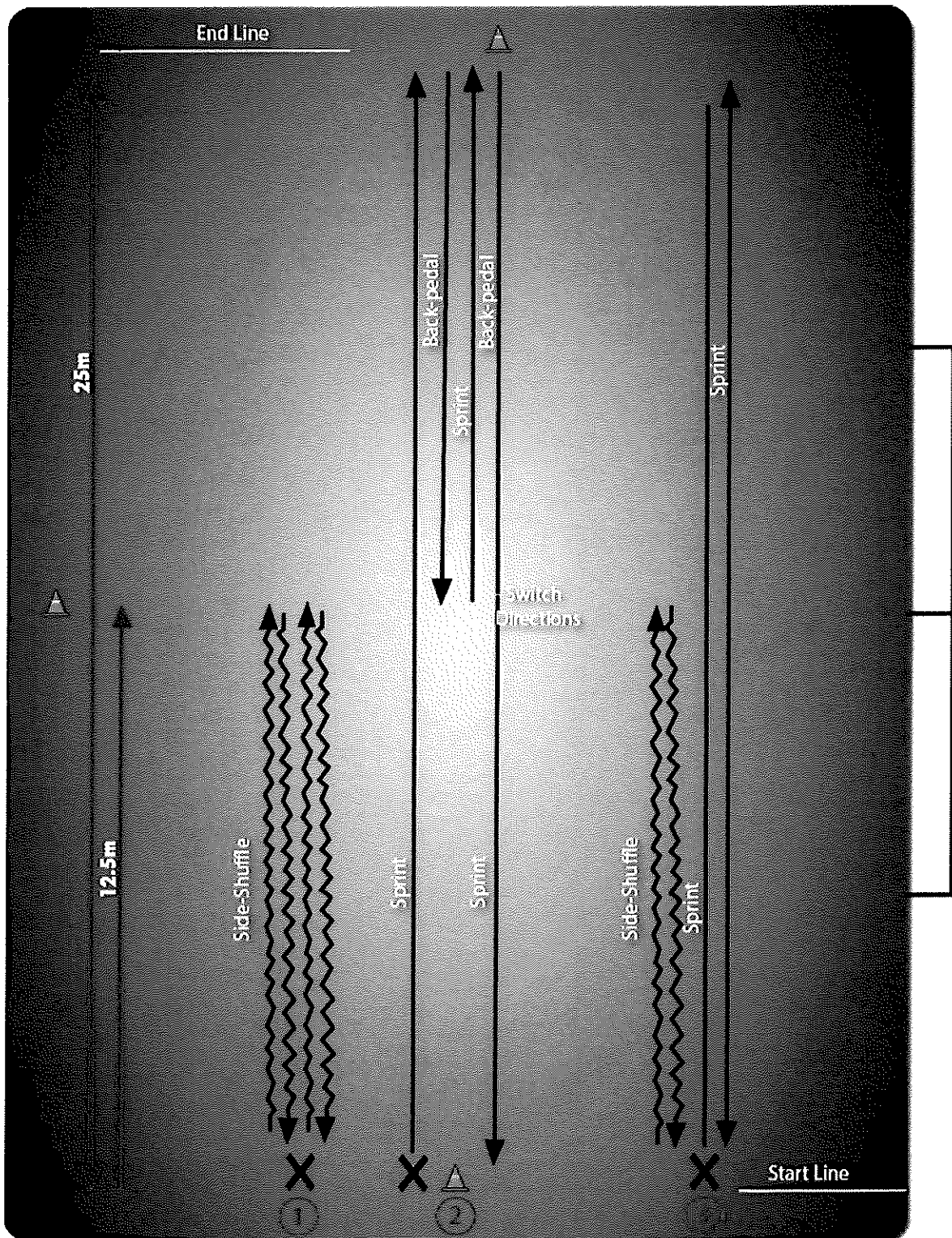
For the "200m Shuttle Test," in Sequence #1 players side shuffle back and forth between the middle pylon and the start line 4x for a total of 50 metres.

In Sequence #2 players sprint from the start line to the end line, back-pedal back to the middle pylon, sprint forward to the end line, back-pedal to the middle pylon and pivot into a sprint forward to the original start line (75 metres).

Lastly in Sequence #3 players side-shuffle from the start line to the middle pylon and back, then sprint to the end line and back (75 metres).

Players do the drill twice, with a two-minute break between (which measures heart rate recovery time). Two "timers" and two "time recorders" are required for efficiency sake. One medium sized group must be started every minute, with experienced coaches able to run 3 medium-sized groups consecutively when in a try-out setting (6 consecutive reps total); shouting out approximate times as players cross the finish line.

200 Meter Shuttle Test (Diagram)





Appendix 5

Process to Appeal

The deadline for appeals to Lacrosse New Brunswick will be 7 days after the announcement of the team.

Appeals should be sent by registered mail to: Lacrosse New Brunswick cglacrossenb@gmail.com.

Timelines and Procedures

The athlete must present his/her request in writing to the chair of the Appeals Committee. The Appeals Committee shall review the request and decide whether there are grounds for a hearing. The Appeals Committee shall also review all selection procedure documentation from the Coaching Staff. Minutes of the Appeals Committee meeting will be recorded for future reference.

1) If there are no legitimate grounds, the chair of the Appeals Committee shall call the athlete advising her/him of the decision. This will be followed up with a formal letter to the athlete.

2) If the Appeals Committee finds that there are grounds for an appeal hearing, the following procedures will take place

a) The chair of the Appeals Committee shall select a designated place, date and time to hear the appeal. This will be done no later than 48 hrs. after receipt of the appeal request.

b) The Appeals Committee shall hear the athlete's complaint. The athlete may be accompanied by an athlete advocate (parent or guardian or legal advisor etc.)

c) The Appeals Committee shall hear from the Coaching Staff.

d) The Appeals Committee may provide the opportunity to hear from an effected party (i.e. the athlete who may be de-selected following the appeal) if it may change the outcome of the decision.

e) The Appeals Committee will make a final decision at the appeal hearing and the decision shall be final and binding.

f) The chair of the Appeals Committee will contact the athlete no later than 24 hours after the hearing by telephone to advise her/him of its outcome and this will be followed up by a formal letter and copy of the appeal findings and recommendation.

g) The chair of the Appeals Committee will contact the head coach by phone to advise her/him of the outcome. This will be followed up by a copy of the formal letter to the athlete and copy of the appeal findings and recommendation.

Costs

a) To start the appeal process, a payment of \$75 must be paid to Lacrosse New Brunswick.

b) If the appeal is successful, the \$75 will be refunded.

c) An athlete who submits an appeal request must be prepared to cover his/her own expenses during the process (i.e. travel to the hearing). Lacrosse New Brunswick will make every effort to minimize such costs.