

CALGARY DISTRICT LACROSSE ASSOCIATION

RULES AND REGULATIONS

DISCIPLINARY GUIDELINES

AND FORMS



2024



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Section 1. Rules and Regulations

Applicable to All Levels of Minor Box Lacrosse (Boys and Girls)

The CDLA will comply with the Official Rule Book of the CLA except as amplified by the ALA and CDLA lacrosse rules, which follow.

Rule and Regulation 1.01 Mandatory National Liability Insurance

- i. Liability insurance is mandatory for all Alberta Lacrosse players, teams, coaches, managers, referees, administrators, and minor officials performing under the umbrella of the Alberta Lacrosse Association.

Rule and Regulation 1.02 Ages for Competition

Boys & Girls:

- U17 15 and 16 year olds
- U15 13 and 14 year olds
- U13 11 and 12 year olds
- U11 9 and 10 year olds
- U9 6, 7 and 8 year olds
- U7 6 & under

Note: Ages as of December 31

Rule and Regulation 1.03 Member Club Boundaries

- i. The boundaries for Member Clubs of the CDLA are as defined in Appendix I
 - ii. A player shall be deemed for the purposes of registration, to reside in the territory of the Member Club in which his/her parents or legal guardian has their legal residence.
- a. 3 documents total with primary address from the accepted documents below must be submitted to the member club of CDLA:
1. Mortgage or rental agreement for primary residence
 2. Driver's License or other government issued ID with current address
 3. Mail with primary Caregivers address and name
 - i. Gas or Electricity Bill
 - ii. Cable, Internet or Satellite Bill



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- iii. Credit Card or Cell phone bill
- iiii. Insurance documents

Rule and Regulation 1.04 Contact by other Member Clubs

- i. Should any member of a Member Club be approached by another Member Club, without prior written permission from the Member Club President or President designate, the offending Member Club member may be brought before the club discipline.

Rule and Regulation 1.05 Floor Rentals

- i. The CDLA will be responsible for the rental of floor time for all league and playoff games. The CDLA will also schedule a base set of practices for all teams and include these practices in the league schedule at the beginning of the season. Once the league game and practice schedule has been set, teams and clubs are on their own to schedule additional practice time directly with the facilities.

Rule and Regulation 1.06 Damage, Theft and Vandalism

- i. Any members of a Member Club who are found responsible for damage, theft or vandalism to facilities used by the CDLA may face suspension on such terms as may be determined by the CDLA Board and shall be responsible for the payment of all damages resulting there from. If such costs are not recovered from the responsible member then their Member Club will be held responsible and shall pay the costs resulting from such damages, forthwith upon receipt of related invoice from the CDLA Board.

Rule and Regulation 1.07 Rules of Facilities

- i. All members of Member Clubs shall abide by the rules and regulations of all facilities used by the CDLA or they could face disciplinary action.

Rule and Regulation 1.08 Coaching Certification

- i. As per ALA regulation 13
- ii. Respect in Sport for Activity Leaders
 - (a) For the current season, in all divisions of Lacrosse, all members of the registered team officials must have completed the Respect in Sport for Activity Leaders in order to be registered to the team.



- (b) Respect in Sport Activity Leader certification is valid for 4 seasons.
- (c) Recertification may be required as a result of disciplinary measures.

Rule and Regulation 1.09 Officials

- i. The referee's duties are as described in the Box Lacrosse Rule and Situation Handbook (rule 23).
- ii. Games in the U11, U13, U15 and U17 divisions must be played with two qualified and certified officials on the floor.
- iii. Teams must supply off floor minor officials for all U11,U13,U15 and U17 games. The home team shall be required to supply the game timekeeper, penalty door monitor and the Offensive Timekeeper (thirty-second clock) and the visiting team shall supply the scorekeeper and penalty door monitor.
- iv. Any complaints about referees or other minor officials by coaches, managers, players or parents must be sent to their respective club President who may forward same to the CDLA President and CDLA RIC for review and / or action.

Rule and Regulation 1.10 Mouth Guards

- i. The use of a mouth guard is mandatory for all players registered in the CDLA. (Except U7)
- ii. The term mouth guard is defined as a device, which is commercially manufactured for the purpose of protecting a player's mouth.
- iii. The mouth guards must be worn during all games and practices, including the warm-up period before games.

Rule and Regulation 1.11 Team Management

- i. Team officials (coaches, assistant coaches and managers) shall be responsible for their conduct and that of their players at all times.
- ii. They must endeavor to prevent disorderly conduct before, during or after the game, on or off the floor and any place in the arena.
- iii. All team officials are expected to take the initiative to be knowledgeable of and ensure that the CLA, ALA and CDLA Rules and Regulations are adhered to.



Rule and Regulation 1.12 Player and Team Registration

- i. No player shall participate in any game under the jurisdiction of the CDLA before the player has registered with his/her Member Club.
- ii. Member Clubs shall be held responsible for ensuring that their players are the correct age and reside within the proper boundaries defined for their Member Club. Players not properly registered with the CDLA will be deemed to be ineligible players until such time as they are properly registered.
- iii. Registration will be completed by each Member Club in detail; and submitted to the CDLA and ALA no later than the registration deadline established by the ALA for each season.
- iv. CDLA Code of Conducts must be signed. Please see appendix for copy
- v. Respect in Sport Parent Edition
 - (a) In all divisions of lacrosse, one parent of every registered player must have a current certification of the CDLA Respect in Sport Parent Edition prior to registration. Certification is valid for four (4) seasons.
 - (b) Players failing to have a parent certified with the Respect in Sport Parent certification will be ineligible to play until certification has been achieved.
 - (c) The Head Coach may be suspended pending a discipline hearing should he/she play a player whose parent has not achieved the CDLA Respect in Sport Parent certification.
 - (d) Recertification may be required as a result of disciplinary measures.

Rule and Regulation 1.13 Ineligible Players

- i. A player shall be ineligible if:
 - a. They are not properly registered with the CDLA and ALA.
 - b. They are under suspension.
- ii. The head coach who plays an ineligible player will be immediately suspended until the Discipline Committee has dealt with his/her case.
- iii. All games played using an ineligible player will be forfeited.
- iv. If a Member Club suspects an ineligible player has been played they may address their concerns in writing to the CDLA President for verification of eligibility



Rule and Regulation 1.14 Composition of Teams

- i. Each U7, U9 and U11 team shall be composed of the required number of players as specified by the CLA Long Term Athlete Development (LTAD) Plan.
- ii. For teams in the U13, U15 and U17 Divisions, teams shall be composed of five players, one designated goalkeeper, up to thirteen substitute players and one substitute goalkeeper (i.e., a maximum of twenty).
- iii. A player may enter the game at any time provided they are properly registered to that team and their name was entered on the score sheet prior to his entering the game.
- iv. A team in the U13, U15 and U17 division cannot register more than 20 players without CDLA approval.
- v. In the U13, U15 and U17 division, a minimum of eight (8) players are required to start each game.
- vi. In general, all teams from U9 to U17 playing under the sanction of the CDLA will be established on the basis of parity in so far as ability within each division of play, as per the guidelines set out in the CDLA Tiering Policy. The purpose of this parity is to ensure that all players and teams shall have an equal opportunity to succeed in their games. Play of all teams will be monitored to ensure this policy is maintained and a team or quadrant failing to adhere to this policy will risk disqualification from city and provincial playoffs. The CDLA Board shall make any decision concerning adherence to this policy.
- vii. Teams will not contain more than three import players from outside CDLA boundaries

Rule and Regulation 1.15 Affiliation

1.15.1 Eligible Affiliating Teams

- i. Each team may make use of any player within their own Member Club within its own age category, as set forth in Rule and Regulation 1.02 hereof, provided such player is registered with a team in lower division or if no such team exists, with a player registered with a team within its Member Club in an age category lower, as set forth in Rule and Regulation 1.02 . This rule only applies in the U13 U15 and U17 divisions.
- ii. Example:
 - a. A U15 team in "A" division may make use of any player who plays for a team within its own Member Club which team is registered in U15 B division or any lower age category;



- b. A U15 team in “B” division may make use of any player who plays for a team within its own Member Club in the U13 age category;
- iii. Notwithstanding 1.15.1 i above, if a team has 1 or more designated goaltenders and all such team’s designated goaltenders are unavailable to play in accordance with 1.15.3 hereof, another designated goaltender from the same Member Club from the same age category or any lower age category as set forth in Rule and Regulation 1.02 may be used. This rule only applies in the U13, U15 and U17 divisions.
- iv. Notwithstanding 1.15.1 i above, if a team has more than 1 designated goaltender and 1 designated goaltender is available then such team shall not be permitted to affiliate a goaltender for the purposes of replacing the designated goaltender that is not available.
- v. U11 teams will affiliate players from within their own club. If a team does not have another U11 team in its club, it can apply for an exception from the CDLA to affiliate players from another club’s U11 team. A U11 player may only affiliate 4 games until the player’s regular season and playoffs commitment to his/her team is completed.
- vi. All girls teams will be considered to be ‘B’ teams for the purpose of affiliation
 - a. If a girls’ team has another girls’ team under it in a lower division, then affiliates must be drawn from that team. If a team does not have another girls team below it, it can apply for an exception to affiliate players from another club’s team at a lower division

1.15.2 Eligibility for use of Affiliated Players

- i. Affiliated players may be used in place of players registered on a team. Affiliated players may be used to replace injured players or players that will be absent for any reason, except suspended players. Players that have been suspended by the CDLA may NOT be replaced.
- ii. Teams may affiliate to a maximum of 18 players and 2 goalies. Any affiliate goaltenders must be dressed as goaltenders, on the bench, and will only be eligible to participate as a goaltender. Teams may carry a maximum of two (2) goalies. All affiliates must be drawn from the same club and in a lower division or lower tiered team in the applicable division competing. U9 teams are permitted to affiliate first year aged U9 players. The team roster size will be reduced by one (1) for each player that is under a suspension imposed by the CDLA for that game.
- iii. For rules with regard to the use of affiliate players for provincial playoffs, reference should be made to the current rules and regulations established by the Alberta Lacrosse Association.

1.15.3 Procedure for use of Affiliated Players



- i. When a team is using an affiliated player, the team using such player shall signify it with the designation “AP” on the game sheet following the player’s name
- ii. When using an affiliated player, the team using such player must, for each game which that player plays as an affiliated player, first obtain the prior permission of the head coach (as registered with the CDLA) from that affiliated player’s team.

1.15.4 Breach of Affiliation Rules and Regulations

- i. A breach of Rule and Regulation 1.15 shall be reported to the Disciplinary Committee.
- ii. In the event that this Regulation is breached, the responsibility for the breach is that of the head coach of the affiliating team and the minimum penalty is a three (3) game suspension for the Head Coach.

Rule and Regulation 1.16 Rules of Play

- i. As per ALA Regulation 9. CDLA has exceptions for the U11 division

1.16.1 CDLA U11 divisions are Development 1, Development 2, and Development 3

Rule and Regulation 1.17 End of Game Responsibilities

- i. At the completion of regulation time, each team shall return to their respective box until directed by the referee to shake hands or otherwise return to their dressing room.

Rule and Regulation 1.18 Score Sheets

- i. The Home team must report final scores and major penalties for all exhibition, league and playoff games in the format outlined on the CDLA website, to the CDLA Office within 24 hours of completion of the game.
- ii. Failure to comply may result in the loss of points from the game and may result in the coach being suspended.
- iii. Only referees are allowed to write reports on the reverse side of the score sheet,
- iv. Players first and last names must be neatly printed on the game sheet;
 - a. Suspended players shall be identified on the game sheet with the designate ‘S’,



along with the number of games served. e.g. 1 of 2 or 2 of 2.

- b. All affiliate players shall be identified on the game sheet with the designate 'AP' after the player's name.
- c. All Exhibition or Tournament games players shall be clearly identified in bold at the top of the game sheet.
- v. For CDLA tournament play, it shall be the responsibility of the Member Club hosting the tournament to report the game results and major penalties to the CDLA.



Rule and Regulation 1.19 Overtime

- i. No overtime will be played in league games. In the event of a tied league game, one point will be awarded to each team.

Rule and Regulation 1.20 Playoffs

- i. The city playoffs will be completed prior to the Provincial Championships.
- ii. Team standings for playoffs will be decided on the basis of point total. In cases where two (2) or more teams are tied in points, the tie will be broken as follows and in the order indicated:
 - a. The teams records against each other;
 - b. Goal Average Formula: $GF/(GF+GA) = \text{Goal Average}$. The team with the best percentage (.467 is considered better than .463) will be considered the team with the higher standing;
 - c. Goals for minus Goals Against for a plus minus rating. The team with the higher plus minus rating is considered the team with the higher standing;
 - d. Goals for;
 - e. Goals Against;
 - f. Least penalized.
 - g. If teams remain tied, the CDLA Executive will resolve the final positions.
- iii. The number of teams to qualify for the playoffs and the format will be defined at the start of each season by the CDLA Board.
- iv. Playing time is not increased for playoff games. Additional floor time may be scheduled to accommodate overtime and medal distribution.
- v. In the event of a tie there will be a 2-minute break followed by a 5-minute period of sudden victory using the playing format set out by the rules of the game. If either team is unable to break the tie the game proceeds into a shootout of three players taking alternate shots. This will continue until the tie is broken. All players must shoot before any player can take additional shots.

Rule and Regulation 1.21 No Shows

- i. If a team does not appear for a scheduled game, the team in attendance will fill out the game sheet, have the referee sign it, and submit it to the CDLA Office. If a team fails to



present itself at the time and place appointed to play in any game, unless such failure is caused by an unavoidable accident or an unforeseen contingency, the game will be awarded to the team in attendance. The, coaches, managers and/or players of the team, which failed to appear may be suspended for such time as determined by the Discipline Committee.

- ii. Failure to appear will result in the forfeiture of the game by the offending team, which will not be re-scheduled.

Rule and Regulation 1.22 Regulation Schedule Changes

- i. Coaches, managers or Member Clubs may NOT reschedule games.
- ii. Only under exceptional circumstances can application be made to the CDLA President in writing, for permission to have the CDLA reschedule a game.
- iii. A team must provide the CDLA President with an application to reschedule not less than ten (10) days prior to the scheduled game

Rule and Regulation 1.23 Exhibition Games and Travel within Alberta

- i. Any team wishing to schedule a game with another team, which is not scheduled as a regular league game, or travel within Alberta must first obtain permission from their home Member Club President. Failure to do so may result in coaches and other non-playing personnel associated with the team being suspended from all CDLA sponsored or sanctioned activities for up to one year and their respective Member Club being fined up to \$250.00.
- ii. Teams that have been approved to play in exhibition games or travel will be responsible for all costs, except where the games are organized by the CDLA.
- iii. All exhibition games must have certified referees and the ALRA must be informed prior to the game.
- iv. Game sheets must be kept and submitted to the CDLA Office upon completion of the game.

Rule and Regulation 1.24 Travel outside Alberta

- i. All teams who travel out of the Province of Alberta shall complete the necessary Travel Permit as per the Alberta Lacrosse Association.
- ii. Permits can be found at: www.albertalacrosse.com



Rule and Regulation 1.25 Hosting Tournaments

- i. Any Member Club planning to host a tournament shall get approval from the CDLA, ALA and the Alberta Referees Lacrosse Association. The CDLA will work with the ALA and all clubs in advance of the season to ensure that tournaments are properly coordinated so as to avoid duplication of age groups and to ensure adequate numbers of referees.

Rule and Regulation 1.26 Release Policy

- i. Players may apply for a release in U13,U15 and U17 boys in all divisions except A, if the home club cannot provide the division of play for the player or does not have a designated merged A team.
- ii. Applying for a release:
 - a. The player must first be registered with their home club.
 - b. Release forms will not be required for Boys U13-U17 players within the CDLA for A level teams. For 2016 the CDLA appoints the following designated A team merged teams.



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

- c. Releases are for the current season only. Each release will expire at the conclusion of each season. Previously granted releases are no longer valid.
 - d. Release forms (appendix II) must be filed with the CDLA no later than March 1st of the current season for all releases.
 - e. Release forms will be reviewed by the CDLA board, which has the final approval on releases.
- iii. Players will be returned to the releasing home club if the releasing home club can support the same level of play independently of the designated receiving club during the current season.
 - iv. If, during the evaluation process of the designated receiving club, the player does not make the team, the player will play for the home club. The home club will place the player in the appropriate division, based on the home club evaluation policy.
 - v. CDLA Board of Directors reserves the right to reject or approve releases and A team participation with or without cause and proceed in a manner determined to be in the best interest of the CDLA at the league numbers meeting.
 - vi. CDLA approved releases must be presented to the receiving club prior to entering the playing surface for evaluation.
 - vii. U7 and U9 players will be considered based on registrations, however, players playing outside of their home boundaries must return to their home club once they become novice age.
 - viii. In the U11,U13, U15 and U17 divisions' releases will not be considered for the purpose of travel.



Rule and Regulation 1.27 Exception Policy

- i. The CDLA is charged with the responsibility of drafting, implementing, and enforcing rules on eligibility for those players who seek to participate in CDLA and ALA sanctioned events. The overriding purpose of these rules is to ensure fair and equitable competition for all players participating in within the CDLA boundaries. The CDLA recognizes that a request for exceptions to existing rules and regulations may occur from time to time. Accordingly, the CDLA may consider exceptions for the following reasons:
 - a. Documented medical history demonstrating the need for a medical accommodation.
 - b. On the basis that is necessary for player safety, such as a deviation from standard equipment.
 - c. To support the preservation and promotion of a program, club or team within the CDLA boundaries.
- ii. Applying for an exception a player must:
 - a. Be registered with their home club.
 - b. Complete ALA Exception Form
 - c. Identify the rule(s) applicable for the exception and provide rationale including supporting documentation for such a request.
 - d. Have form signed by Club President or Club representative.
- iii. CDLA Board of Directors reserves the right to reject or approve exceptions with or without cause and proceed in a manner determined to be in the best interest of the CDLA.
- iv. Exception forms must be filed with the CDLA no later than March 1st of the current season for all releases.

Rule and Regulation 1.28 Age Group Chairperson

- i. An Age Group Chairperson may be assigned for each playing category to perform the following duties:
 - a. Review the league schedules to insure the teams are playing a balanced schedule.
 - b. To supervise and direct the conduct of the teams, managers, coaches and players in their category.



- c. Work with the CDLA Office to gather the score sheets and review the League standings to confirm the Playoff teams.
- d. Act as the Playoff coordinator. This will include working with the CDLA Office to schedule all playoff games.
- e. Hand out medals and trophies to the Championship teams.
- f. Be the contact person for the playing teams in the Chairperson's division and the CDLA.

Rule and Regulation 1.29 Suspensions

- i. A suspended player shall not be allowed within fifty feet of any player's bench nor allowed in the dressing room 1 hour before and 1 hour after the game.
- ii. A player cannot participate in any exhibition games while under suspension and exhibition games do not count as games served for any suspension.
- iii. A coach, team official or spectator who is suspended for any reason shall not be permitted in the arena where his/her team is playing 1 hour prior, 1 hour after and for the duration of the game. If the suspended individual is in attendance without permission the game points will be awarded to the non-offending team.
- iv. Suspensions may be assessed for inappropriate activity before, during or after any games.
- v. Suspensions will carry over into the next season's play.
- vi. When a player, team official or spectator has received a penalty or ejection that carries an automatic suspension, the Coach or his designate is responsible to automatically abide by the Minimum Suspension Guidelines.

Rule and Regulation 1.30 Protests

- i. Protests, and all the evidence in support thereof, must be submitted in writing and signed by the coach and manager of the protesting team, and delivered to the CDLA President within 48 hours of the conclusion of the game for which the protest is being made. A certified cheque, credit card or cash in the amount of \$250.00, must accompany the protest along with a letter from the protesting teams Member Club President indicating that they are aware of the protest.
- ii. A copy of the protest must also be delivered to the team protested against within the same time limit as stated in (1) above.
- iii. Suspensions cannot be the subject of a protest.



- iv. The Discipline Committee will hear the protest and make a decision relating to the same within 48 hours of hearing the protest.

Rule and Regulation 1.31 Appeals of Releases, Suspensions or Protests

- i. The CDLA President must receive appeals to releases, suspensions or protests in writing within two (2) days of the initial decision, accompanied by a \$250.00 cash deposit. If the decision remains intact, the deposit may be forfeited as determined by the appeal committee. The CDLA President and two members of the Board of Directors who are not from either of the effected Member Clubs will hear the appeal only. The decision of the appeal shall be final and no further appeals will be considered.



Section 2. Disciplinary Guidelines

Rule and Regulation 2.01 Procedure

- i. A three-member Discipline Committee will rule upon any activity requiring disciplinary action during the season. Each club will submit one member in good standing as a representative to be called upon during the season to serve on this committee, this representative may not rule on any activity involving their own Member Club.
- ii. Each incident will be investigated and ruled on its own merits, and no single incident can be construed to set a precedent or affect any other incident.
- iii. The committee will not limit its jurisdiction to incidents occurring on the playing area but will be concerned with the conduct and activities of ALL PERSONNEL involved in any aspect, or any location of any function related to the CDLA lacrosse program.
- iv. The Discipline Committee can convene a discipline hearing upon its own initiative or may convene a discipline hearing upon receipt of a written complaint from any third party including but not limited to a referee, an official of a Member Club, a parent, a player, or an owner operator of a facility used by CDLA.
- v. Upon receipt of a written complaint by the Discipline Committee from a third party the Discipline Committee shall determine whether or not it will convene a discipline hearing and shall notify such third party of its decision. The decision of the Discipline Committee not to convene a discipline hearing may be appealed to the Appeals Committee. If the Appeals Committee determines that a discipline hearing shall convene, the hearing shall convene, and the Discipline Committee shall convene a hearing. The Discipline Committee shall conduct the discipline hearing in accordance with its usual procedure. The discipline hearing must take place as quickly as possible but within a maximum of ten (10) days of the incident or receipt of the complaint from a third party. The Discipline Committee shall provide each affected party with copies of the original written complaint and such affected parties shall provide their written response within 48 hours of receiving same. Upon receipt of the response a copy shall be provided as soon as practical to the party who filed the original complaint.
- vi. The Chair of the Discipline Committee will communicate the decision of the Discipline Committee to all parties.

Rule and Regulation 2.02 Guidelines (Regular Season, Playoffs and Tournaments)

- i. **Match Penalty** - Players receiving a match penalty will be suspended for 2 games automatically. They may return to play if not notified by the committee, however they may be suspended for additional games after the CDLA Discipline Committee reviews the incident and rules on the infraction.



- ii. **Bench Clearing** - Team members leaving the benches will result in the coach and other team officials being immediately suspended until the incident has been reviewed and is ruled on by the Discipline Committee.
- iii. **Use of Suspended Players or Non-Registered Players** - Use of suspended players or non-registered players will result in forfeiture of the game. The head coach and/all listed non-playing personnel on the official game sheet, will be suspended until the incident is reviewed and ruled on by the Discipline Committee.
- iv. **Reports** - The Discipline Committee may review official referee reports or coach's reports and further suspensions may result from the review.
- v. **Recommended Guidelines for Suspensions** - In addition to this document, the CLA Box Lacrosse Rule and Situation Handbook will be referred to in addressing all players, fans and non-playing personnel infractions.

Rule and Regulation 2.03 Minimum Suspension Guidelines

The following are the minimum suspension guidelines for all infractions, which may be brought before the CDLA Discipline Committee.

Infraction	CDLA Position
5 penalties in 1 game	Remainder of game
Checking from behind	Game misconduct No need for this as we follow CLA rule – double minor or major with automatic game misconduct
Spearing	Match - Refer to committee
Attempt to spear	5- min Major & remainder of game plus one game
Butt-ending	Match - Refer to committee
Attempt to butt-end	5- min Major & remainder of game plus one game
Kicking	Match - Refer to committee
Attempt to kick	5- min Major & remainder of game plus one game
Fighting	Major penalty & Game misconduct
Fighting - last 10-min of game	Remainder of game plus one game
Fighting -Instigator / aggressor	Major penalty & game misconduct plus one game
Game misconduct	Remainder of game
2nd game misconduct - same game	Match - Refer to committee
Gross misconduct	Match - Refer to committee
Attempt to injure	Match - Refer to committee
Molesting game officials	Match – Referred to committee

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Off-the-playing floor misconduct	Match - Refer to committee
Refusing to start play	Minor penalty - Forfeit – Referred to committee



Rule and Regulation 2.04 Repeat Offenders

Any coach who is involved in 2 or more major penalty incidents or misconducts or any combination will be treated as a repeat offender and disciplined accordingly.

	Infraction	CDLA Position Player	CDLA Position Coach
2nd incident	Game Misconducts		Additional 1 game suspension
3rd incident	10 minute or Game Misconducts		Refer to discipline committee Not eligible to coach until committee makes a ruling
4th incident	10 minute or Game Misconducts		Refer to discipline committee Not eligible to coach until committee makes a ruling
5th incident	5 or 10 minute majors, misconducts, or any combination	Refer to discipline committee Not eligible to play until committee makes a ruling	Refer to discipline committee Not eligible to coach until committee makes a ruling

Refer to Rule and Regulation 1.29 for suspension guidelines.



Section 3. Appendices

Rule and Regulation 3.01 Boundaries

Club Boundaries	
Axemen	<p>Communities: Acadia, Auburn Bay, Bonavista Downs, Chaparral, Copperfield, Cranston, Deer Ridge, Deer Run, Diamond Cove, Douglas Dale/Glen, Fairview, Lake Bonavista, Legacy, Mahogany, Maple Ridge, McKenzie Lake, McKenzie Towne, Midnapore, New Brighton, Parkland, Queensland, Riverbend, Seton, Southview, Sundance, Walden, Willow Park</p> <p>South: Township Road 222/210 Avenue East: Range Road 282/Range Road 281</p>
Heat	<p>North: 450th Ave West: No defined Boundary South/East: need to contact SALA</p>
Hornets	<p>Communities: Arbour Lake, Banff Trail, Bowness, Brentwood, Cambrian Heights, Capital Hill, Charleswood, Citadel, Collingwood, Crestmont, Dalhousie, Edgemont, Evanston, Greenwood/GreenBriar, Hamptons, Hawkwood, Hidden Valley, Highwood, Hillhurst, Hounsfield Heights/Briar Hill, Kincora, MacEwan Glen, Montgomery, Mount Pleasant, Nolan Hill, North Haven, Nose Hill Park, Parkdale, Point McKay, Queens Park Village, Ranchlands, RockyRidge, Rosedale, Rosemont, Royal Oak, Royal Vista, Sage Hill, Sandstone Valley, Scenic Acres, Sherwood, Silver Springs, St Andrews Heights, Sunnyside, Tuscany, University Heights, Valley Ridge, Varsity, West Hillhurst</p> <p>North: 144th Avenue West: Range Road 25/12 Mile Coulee Rd/Old Banff Coach Rd</p>

Knights	<p>Communities: Abbeydale, Albert Park/ Raddison Heights, Alyth/Bonnybrook, Applewood Park, Beddington Heights, Bridgeland/Riverside, Carrington, Castleridge, Chinatown, Coral Springs, Country Hills, Country Hills Village, Coventry Hills, Crescent Heights, Dover, Downtown East Village, Downtown West End, Erlton, Erin Woods, Falconridge, Forest Heights, Forest Lawn, Greenview, Harvest Hills, Highland Park, Huntington Hills, Inglewood, Livingston, Marlborough, Marlborough Park, Manchester, Martindale, Mayland Heights, Monterey Park, Ogden, Panorama Hills, Penbrooke Meadows, Pineridge, Ramsay, Red Carpet, Redstone, Renfrew, Rundle, Saddleridge, Shepard Industrial, Skyview Ranch, Taradale, Temple, Thorncliffe, Tuxedo Park, Vista Heights, Whitehorn, Winston Heights/Mountview</p> <p>North: Township Road 260/144th Avenue East: Range Road 281</p>
Raiders	<p>North: Bow river/210th Avenue/Township Road 222/Hwy 22(Cowboy Trail)/ Hwy 66</p> <p>West: No defined Boundary</p> <p>South: 450th Avenue</p> <p>East: (CALL bringing back proposal)</p>
Rage	<p>North: (CALL bringing back proposal)</p> <p>West: No defined boundary</p> <p>South: Hwy 66/Hwy 22/Hwy 1(16th Ave)</p> <p>East: Old Banff Coach Rd /Bow River/ 12 Mile Coulee Rd/ Range Road 25/Burma Rd(144 Ave NW)/Township Road 260/HWY 791</p>
Sabercats	<p>Communities: Altadore, Aspen Woods, Bankview, Bayview, Bel-Aire, Beltline, Braeside, Bridlewood, Britannia, Canyon Meadows, Cederbrae, CFB Currie, CFB Lincoln Park, Chinook Park, Christie Park, Cliff Bungalow, Coach Hill, Cougar Ridge, Discovery Ridge, Eagle Ridge, Eau Claire, Elbow Park, Elboya, Evergreen, Glamorgan, Glenbrook, Glendale, Haysboro, Kelvin Grove, Killarney/Glengarry, Kingsland, Lakeview, Lincoln Park, Lower Mount Royal, Mayfair, Meadowlark Park, Millrise, Mission, North Glenmore Park, Oakridge, Palliser, Parkhill, Patterson, Pump Hill, Richmond, Rideau Park, Rosscarrock, Roxboro, Rutland Park, Scarboro, Shaganappi, Shawnee Slopes, Shawnessy, Signal Hill, Silverado,</p>



	<p>Somerset, Southwood, Springbank Hill, Spruce Cliff, Strathcona Park, Sunalta, Upper Mount Royal, West Springs, Westgate, Wildwood, Windsor Park, Woodbine, Woodlands</p> <p>North: Bow River/16th Avenue West: Hwy 22(Cowboy Trail) South: Hwy 22(Cowboy Trail)/Township Road 222/210 Avenue SE East: Macleod Trail SE/1st street SE/Centre Street S</p>
Venom	<p>North: (CALL bringing back proposal) West: Hwy 791/Range Road 281/Range Road 282 South: Bow River East: (CALL Bringing back proposal)</p> <p>Chestermere</p>



Rule and Regulation 3.02 CDLA Release Form



Name: _____ Date: _____

Home Club: _____ Requested Club: _____

Request level of play: A B C Parity

In the previous two box lacrosse seasons I have played in the following:

	A	B	C	Parity
Last Year	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Previous Year	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Players and Parents:

I have read CDLA Rule and Regulation 1.14 and Rule and Regulation 1.26.

I understand that:

- if my home club is able to support my level of play I will be returned
- if my evaluation does not qualify me for this division I will be returned to my home club
- when returned to my home club may be placed based on team need if I have missed evaluations
- if I evaluate, try out or play for a club that is not my home club without properly being released I will be referred to the CDLA Discipline Committee and that committee can enforce discipline such as, but not limited to, suspension
- releases are for the current season and must be applied for annually

Note to final year midget players, this release may have an effect on your junior player rights. Please check with the RMLL (www.rockymountainlax.com).

Players Signature _____ Parents (Guardians) _____

Releases are reviewed at the CDLA monthly board meeting held in March. You will be notified by your home club president within 7 days of the meeting.

Releasing Club President: _____ Date: _____

Receiving Club President: _____ Date: _____



CDLA President:

Date:



Updated 2024 April



Updated 2024 April