

LMLA HOUSE LEAGUE



RULES & REGULATIONS 2018

Mission Statement

The London Minor Lacrosse Association (LMLA) is committed to providing good spirited competition at all levels. Each player will be given the opportunity to develop his or her skills in a safe and positive environment. This will be provided through the committed cooperation of players, parents, coaches and officials.

Philosophy

The LMLA feels that lacrosse is not only a fun and exciting sports activity but also a healthy and positive alternative for our young people's fitness and personal development.

In keeping with this philosophy, the general aim of our association is to encourage growth in our association with the primary concern being player development. This development can be achieved by broadening our base (eg. increasing our numbers at the house league level) without jeopardizing the development of the competitive player.

The key to this grassroots movement requires commitment and leadership on the part of the executive and competitive coaches, as well as increased involvement of volunteers within our association

Short Term Goals

1. To grow the game of lacrosse in the City of London that will be measured by increased enrolment in 2018.
2. To develop players for our representative program in support of the long term goal to be a highly competitive program in Ontario.
3. To increase the number of volunteers.

Long Term Goal

1. To become a recognized and highly competitive program across all age divisions in Ontario that will be measured by higher rankings in our representative program.

Zero Tolerance Abuse Policy

There will be a *Zero Tolerance Policy* of anyone responsible for physical or verbal abuse directed towards officials, coaching staff, players, and other spectators before, during or at any time after the game.

If a parent, player or spectator is disrupting the game or verbally or physically abusing any player, member of the coaching staff, official, or other spectator, the game shall be stopped and the offender ejected from the arena. If a person refuses to leave the arena, the game will be held until such time as they do. If a person continues to refuse the referee will inform the arena staff who will in turn call the police to have them charged with trespassing and escorted from the

facility. The referees will include the names and address of the offender on the game sheet and they will be banned from the facility for the remainder of the lacrosse season. The referees will be informed of this policy prior to the games and asked to adhere to this policy.

London Minor Lacrosse Association encourages fair play, friendly competition and the opportunity for all to enjoy the game of Lacrosse without fear of harassment or physical harm.

Head Coach Duties

- Be a minimum of 18 years of age.
- Represent LMLA at all practices and all exhibition, regular season, and championship games.
- Act as a liaison between coaches/players/parents and the House League Director.
- Head coaches may staff up to four (4) other bench personnel for a total of five (5) bench staff.
- Supply game sheets if needed.
- Home team coach will ensure referees and timekeepers are present for all divisional games. Contact the Referee in Chief if referees do not arrive 10 minutes in advance of game time.
Referee in Chief: Garret Conquer-Van Heumen
- Home team coach will provide referee with two game balls.
- Winning team coach will submit game scores within 24 hours of game completion.
- Monitor officiating, coaches, players and spectators. Report any incidents.
- File injury reports.
- Report immediately to the House League Director any incidents (on or off the floor) or suspensions. Supply a written report within 24 hours.
- Ensure facilities are safe for game play.
- Notify the Equipment Director of any problems with goalie equipment.
Equipment Director: Justin Phelps

Head Coach and Assistant Coach Duties

- Bench personnel must be a minimum of 18 years of age.
- All bench personnel must submit a current criminal record check before the season begins or a signed declaration form if LMLA has a criminal record check on file.
- Assistant practice coaches may be under 16 years of age.
- No one adult shall be allowed in a change room alone. At any time a child is required to enter a change room they must be accompanied by two adults. An adult is someone over the age of 18.
- Ensure that all players have the required protective equipment and that all pieces are in satisfactory repair, sized and worn so as to offer the protection that they are designed to provide.
- Continually strive to upgrade his/her knowledge of the sport by attending clinics, reading, observing, and sharing with other experienced coaches.

Vulnerable Sector Check

First time coaches with the LMLA will be required to provide a Vulnerable Sector Check at the LMLA's cost. Returning coaches must sign a declaration stating to the best of their knowledge their Vulnerable Sector Check should not have changed. Declaration forms are available on the LMLA website.

All LMLA coaches will be required to provide a Vulnerable Sector Check every four (4) years.

LMLA House League Rules and Regulations

LMLA adheres to the rules and regulations of the Ontario Lacrosse Association. Recognizing that house league is a learning and developmental environment for our players, coaches, and referees, the following rules are also imposed.

Player Evaluations

To ensure that all players are having fun and learning the game of lacrosse, each player will be evaluated prior to the first regular season game. Head coaches will evaluate each player and teams will be built as equitably as possible by way of a draft facilitated by the House League Director.

Team Placement Requests

Requests to be placed on specific teams **will not** be accepted because the LMLA policy is to create teams that are equitable. We will, however, ensure that siblings in the same age division are placed on the same team. The lacrosse schedule is designed to assist families that carpool because all games and practices in each division are scheduled at the same time and location.

Player Eligibility

All players must be registered and approved by the LMLA as members in good standing.

Day of Champions

Regular season standings will be kept after the completion of the exhibition season. Two (2) points will be awarded for a win, One (1) point for a tie, and zero (0) points for a loss. Day of Champions matchups will be determined as follows: 1st vs. 2nd and 3rd vs. 4th.

In the event of a tie in points after the regular season games, the following procedure will be followed until a winner is declared:

- (a) Divide the goals for by the total of the goals for and goals against. The team with the highest percentage will be declared the winner.
- (b) The result of the games between the teams involved will determine the winner.
- (c) The team that scored the first goal in the game between the tied teams will be declared the winner.
- (d) The team with the least penalty minutes will be declared the winner.

Game Time

Games will be allocated a one hour time period. Games will be three (3), 15 minute running time periods. Teams will be given a three (3) minute warm-up time that will begin at the start of the one hour allocated time period. Three (3) minutes will be given between each period.

Line changes

Paperweight divisions will use a three (3) minute buzzer to indicate line changes. All other divisions will change on the fly.

Floor Time

It is the policy of the LMLA and a requirement that all house league coaches provide equitable floor time to all players during games. (Equitable means as equal as possible under a reasonable effort by the coach and his/her staff). Coaching staff that are non-compliant may be suspended or dismissed.

Goalies

Players will rotate through the goalie position when a team does not have a dedicated goalie. The Head Coach will assign the first goalie rotation to the player with the birthdate closest to January 1st if no player volunteers to begin the rotation. Goalies are expected to wear the goaltending equipment in the practice preceding the game for which they are to be the goalie.

Penalties

The penalized player(s) will serve the full duration of a penalty (e.g.: two (2) minutes for a minor penalty) and teams will play short-handed for the duration of the penalty unless scored upon.

Penalty time shall not begin until the first resumption of play following the penalty.

Teams shall play full strength following coincidental penalties.

Any player receiving 6 minutes of penalties in one game (not including a 10 minute misconduct) will be automatically assigned a game misconduct. This player will not be able to compete for

the remainder of the game. The offending team must have one player, who was present on the floor at the time of the penalty, to serve the penalty.

Any player receiving a game misconduct penalty (other than for 6 minutes of penalties) in the last period of a game, or immediately following a game, will be suspended for the next house league game.

Any player using profane or indecent gestures before, during, or immediately following a game will be assessed a two (2) minute minor penalty plus either a game misconduct or a gross misconduct penalty. Gross misconduct penalties will require a referee's report to be written.

Any player who is penalized for fighting and/or *intent to injure* shall receive a game misconduct plus a 3 (three) game suspension. The referees must write up all such penalties and head coaches must report these incidents to the House League Director. If a player commits a second offence, the player will be suspended from **ALL** games **AND** practices for the remainder of the season. **No money will be refunded for suspended players.**

30 second shot clock

The 30 second shot clock will be used for the Novice to Bantam Divisions.

10 Second Rule

If you have a penalty you only have 10 seconds to get it out of your end into the opposing end past the restraining line. The 10-second penalty rule will not be enforced in the Paperweight or Tyke divisions.

Timeouts

Timeouts will not be permitted during any regular season game. A two (2) minute delay of game penalty will be given to the bench if any coach or player requests a timeout.

One thirty (30) second timeout will be permitted by each on the Day of Champions.

Jewelry

All players are required to remove any jewelry before walking on to the floor. If jewelry cannot be removed, players cover the jewelry with tape.

Paperweight Exceptions

Face-offs will ONLY happen at the start of each period and after each goal.

Possession will also be awarded to the team who last held it/was likely to have gained it

following a line-change buzzer. The ball will be awarded where it was when the buzzer sounded.

Penalties will not be formally assessed. In the case of an infraction, play will be stopped as usual, the referee will briefly explain the infraction and send the player to his/her bench. The shift will remain short-handed for the remainder of that shift's time on the floor.

There is no shot clock, no over and back, and no 10 second rule.

No pulling goalies, there must be 5 players and a goalie at all times on the floor unless there is a player penalty.

All players must change at each buzzer, no player can play more than 1 shift in a row. (The only exception to this rule would be if there are less than 10 players on the bench).

A coach for each team will be permitted on the floor for the purpose of aiding and assisting players with various points of play including positioning and general encouragement. They are NOT permitted to have a stick. Only 5 bench personal one of which must be a carded coach, one a carded trainer and the three remaining can be listed as volunteers. The coach on the floor is included in the 5 bench personal count. The floor coach is NOT permitted to speak to or address the referees.

Suspensions

The House League Director may suspend any player, coach, assistant, trainer or manager with just cause.

Any person suspended has the right to appeal with the LMLA board of directors. Appeals must be written or electronically sent within 72 hours of the issue taking place to any Executive Board member. Parents may make an appeal on behalf of their child. The Executive Board must respond within seven (7) days of receiving the appeal. The player or Executive Board may request that the appeal be heard verbally. In such cases, parents (or parent designate), and another individual approved by the parents, may accompany the child. The decision reached by the Executive Board will be considered final.

Equipment

It is the responsibility of the LMLA Equipment Director to provide each Head Coach with team jerseys, goaltending equipment and approved lacrosse balls for practices and games.

Any issues with goalie equipment should be brought to the immediate attention of the Equipment Director.

All supplied goaltending equipment remains the property of the LMLA and must be returned at the conclusion of the season.

All players on the playing surface, the player's bench, or penalty box MUST wear approved equipment at all times. CSA approved helmets with full-face masks and properly fixed

chinstraps and mouth guards are mandatory for ALL players at ALL times during games and practices. Goalies must wear an approved throat protector and must also wear a mouth guard.

Box Lacrosse Player Equipment

Helmet & Cage

Helmet and cage must be CSA for hockey or NOCSAE approved with a chin strap.



Shoulder Pads

One piece adjustable pad which offers protection for shoulders and arms.



Elbow Pads

When using hockey shoulder pads, elbow pads or slash guards provide additional protection.



Athletic Supporter & Cup or Jill Strap



Gloves

Fields/ Box lacrosse gloves offer excellent protection.

Back and Kidney Pads

Light weight and wrap around to protect the lower back and kidney area.



Basketball or Court Shoes

Box Lacrosse Goalie Equipment

Helmet, Mask & Throat Guard

Helmet must be CSA or NOCSAE approved with a chin strap. A throat guard attaches to the mask for extra protection for the throat & neck.



Chest & Arm Protector

Offers protection for shoulders and arms



Goalie Pants

Hockey pants provide waist and thigh protection



Athletic Supporter & Cup or Jill Strap



Leg

Pads

Made of hard plastic and strap to leg, covering the



Goalie Gloves

Field/ Box lacrosse gloves offer excellent protection.



Basketball or Court Shoes

