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GMAA

GMAA Field Lacrosse Handbook

Section 1: Sports Committee

The Field Lacrosse Sports Committee shall consist of the chairperson and all the coaches for that season of the above sport. The chairperson shall call one meeting prior to the opening of the season. A mid or post season meeting may be called at the discretion of the chairperson or at the request of 1/3 of the coaches involved in this sport.

Section 2: Team Entry and Classification

2.1) All official team entries must be submitted on S1 by the deadline

2.2) Classification: Open Age Category - Juvenile age group and under

Section 3: Eligibility

3.1) Player Registration: Player registration is due on S1 prior to the teams' 1st game.

3.2) All players must submit an acceptance of risk form. If the GMAA has not received a player's acceptance of risk form before they play their first game, the player in question will be ineligible and the game will automatically be defaulted.

3.3) Any supplemental registrations must be accompanied by the acceptance of risk.

3.4) Any team playing an ineligible player will lose the game(s) played by this player by default. The coach will also be sent to the Coaches Code of Ethics Committee.

Section 4: Uniform (also refer to Governing Rules – Rule VI, Section 5)

4.1) Uniforms: Uniform shirts are required. Shirts must also be numbered. If teams have similar uniforms, the home team must make other arrangements.

4.2) Equipment: as per the Lacrosse Canada rule book the GMAA will require the following equipment:

- A helmet with full cage and chin straps
- Mouthpiece
- Gloves (hockey or lacrosse)
- Elbow pads
- Running shoes or rubber cleats
- Uniform shirts
- Players can also wear; cups, slash guards, etc
- Goalie Equipment should follow Lacrosse Canada rules (chest protector, throat protector, helmet, cup, etc) as per the Lacrosse Canada rule book.
- Sticks should also follow Lacrosse Canada rules and guidelines

Section 5: Scheduling & Starting Time

5.1) The schedule shall be drawn up by the coaches at a scheduling meeting. Each team is required to have one representative present to do the scheduling (see Governing Rules – Rule VI, Section 6). No scheduling may take place before the meeting begins and no division information will be given out prior to the scheduling meeting.

5.2) Starting times will be agreed upon by the coaches at the scheduling meeting. Please note that Spring Season games must start later as a general rule, due to in-class ministry exams. This especially affects the Juvenile teams.

5.3) Teams should play a minimum of four (4) and a maximum of six (6) regular season games.

5.4) League games have priority over any exhibition game and/or outside tournament. They will not be postponed because of any conflicts in playing dates.

5.5) Coaches are encouraged not to adjust or alter the schedule for any reason other than a school closure. Changes to the schedule can be made during the (5) five working days after the schedule is posted on the website (www.gmaa.ca), assuming both schools involved agree to that change. Both coaches must call the GMAA to confirm the change. No changes will be accepted after noon the working day before the scheduled game (except in emergencies). If changes are made after the 5-day grace period, a $10 charge will be applied to the team requesting the change.

Section 6: Governing Rules & Rule Modifications

The current Rules, as established by the Canadian Lacrosse Association, shall apply:

6.1) The Ball will be an all-white standard lacrosse ball. Each team must have 6 standard, all white lacrosse balls available for their games.

6.2) Any player whose name appears on the Official Score sheet is considered to have officially participated in that game.

6.3) There will be 10 players on the field per team. For a team to play, they must have a minimum of 13 players. Teams can dress a maximum of 23 players per game.

6.4) Place: All participating schools are required to provide a suitably marked (properly lined for Field Lacrosse) and adequately sized playing field for all scheduled games. The field must be deemed safe for a Field Lacrosse match to be played.

6.5) Playing Time: The games shall be 4 quarters of 15mins, with a 5-minute halftime and 2 minutes in between quarters. Coaches will have 2 timeouts per half.

6.6) Staff Member: A staff member (see Rule VI, Section 4 of General Governing Rules for clarification) must be present and at the bench area at all GMAA games for the entire duration of the game. The staff member must sign the game report. Penalty - Forfeiture of game.

6.7) Completion of Game: A regular game will be completed after at least three quarters of the game has been played. If less than three quarters of a game has been played and the referee ends the game, the game will be rescheduled and played over from the beginning.
Completion of Playoff Games: In all sports for playoff games ONLY, a game must be completed from where it stood from the moment it was stopped, at the discretion of the losing team. The same game sheet must be used to complete the game. No players may be added to the lineup.

6.8) The host school must supply an athletic therapist. Penalty - Forfeiture of game and a 50.00$ fine.

Section 7: Regular Season Games
7.1) Overtime: A winner must be declared for every game. If at the end of regulation time the score is tied, teams will play a full 2 x 4 minutes period, if the score remains tied, sudden death overtime periods of 4 minutes will be played.

Section 8: Championships & Playoffs (see Rule XI Secondary Governing Rules)
8.1) The playoff format for the year will be determined based on the number of teams in league. All Playoff games will be played at the home of the higher seed.

8.2) Eligibility: For a player to be eligible for the Playoffs, they must have met the minimum eligibility requirements as outlined in the Governing Rules.

8.3) Ties in Standings: Because the season is very short, there is no time to play a tiebreaker game. The following shall therefore apply in all spring sports:

a) The higher place will go to the team which defeated the other in the game(s) between the tied teams.
b) The win/loss record of the teams involved in the tie shall be calculated. The higher place will go to the team with the better win/loss record.
c) Point differential in the games between the tied teams.
d) Total points against in the games between the tied teams.
e) Total points against over the entire season.
f) The team which wins a coin toss shall advance.
A forfeit cannot be used to break a tie and eliminate a team from the playoffs.

8.4) Overtime in Playoffs: If the score is tied at the end of regulation time in the playoffs, teams will play a full 2 x 4 minutes for a first overtime period. If the score is still tied teams will play another full 2 x 4 minutes for a second overtime period. If the score is still tied; teams will go into sudden death overtime periods of 4minutes.

Section 9: Duties of Home School & Visiting Schools
9.1) Home team responsibilities

a) The home team is encouraged to supply three (3) minor officials: 1 timekeeper, 1 scorekeeper, and 1 penalty timekeeper. The home team **must** supply at least two (2) minor officials: 1 timekeeper, 1 scorekeeper. The home team must also supply: 6 Game Balls, an Official Clock in working order and the scoresheet.

b) The home team must upload the results and scoresheet to S1 the night of the match.

c) The host school is required to supply an Athletic Therapist for the game. The therapist will be required to sign the scoresheet, if there is not a therapist present the home team will be subject to a forfeit of the game and a $50.00 fine.

d) It is the home team's responsibility to ensure the playing field is safe. The referee may deem a playing field to be unsafe to play on.

e) Arrange for staff to control spectators.

9.2) Visiting team responsibilities

a) Visiting teams must be supervised from the time they arrive to the time they leave the field.

b) All game sheets are to be signed by both staff members and the referee at the end of the game.

Section 10: Discipline of Players

10.1) Referees may, without prior warning, send a player off the field for fixed and definite period of time (COOLING-OFF PERIOD) if their conduct or type of play makes it necessary. This is NOT AN EJECTION and should be used only when the referee feels that it would prevent a more serious situation from developing. The player may be replaced on the field by another eligible player. The referee shall determine the length of any such COOLING-OFF PERIOD, i.e. 10 minutes, 15 minutes, the remainder of the half or the balance of the game.

10.2) Both coaches must be notified of any action taken by the referee. N.B. Ejection MUST BE REPORTED to both coaches and on the game report - An ejection carries an automatic 2 game suspension which will be reviewed by the discipline committee and may be increased or reduced.

10.3) The ejection of any player from a game will result in a suspension of that player from at least two following games. It is the coaches' responsibility to keep that student out for the next two games until an official letter is sent to the school outlining the details of the suspension.

10.4) It is important to note that there are two types of 'ejections' in Field Lacrosse:
a) The 'expulsion' is a serious penalty that involves a 3-minute penalty to the team and an ejection from the game. An expulsion penalty is for an action that is reckless, endangering the play or a gross misconduct.
b) The 'banishment" penalty is when a player is removed from a game, without penalty to him or the team (rulebook calls it being 'fouled out' of the game). This can happen if a player doesn't respect the authority of the referee, if there is an accumulation of 5 minutes of penalties, or not wearing the appropriate equipment after a warning. There is no penalty and no further suspension associated with a banishment, the player (or coach) is just removed from the game.

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