

FIELD LACROSSE BY-LAWS

1. Competition

The latest version of the Canadian Lacrosse Association (CLA) men's field lacrosse rulebook shall be considered as the rulebook for this league, with the following clarifications/modifications:

- i) All players must wear approved (CSA, NOSCAE) helmets with masks. The ball or head of the cross must not be able to pass through the grid. CSA approved hockey masks or Calcoat (St. Lawrence Steel) will be acceptable for use on hockey style helmets. Field lacrosse helmets will be *fitted only with the mask designed for that model helmet. Under no circumstances are helmets or masks to be altered (removing bars etc.)*. Helmets must be fastened with a chinstrap compatible with the style of helmet. Chinstraps are to be done up securely at all times.
- ii) Players are required to wear protective gloves. Fingers must be enclosed; **palms may be open**
- iii) Only plastic composite crosses will be allowed, although wooden handles are acceptable
- iv) Goaltenders must wear a throat protector and chest pad and cup. Football pants are allowed, as are shin pads. Shin pads must be worn under track pants so that none of the pad is exposed. No player shall enter the game as a goaltender unless that player is equipped with the mandatory throat protector and chest pad (see rule **vi**)
- v) Mouthpieces, athletic support/cup, shoes and shoulder pads are mandatory. Should a player enter the game without on of these items, and be observed by the referees, that player will be assessed a one minute unsportsmanlike conduct penalty for improper equipment. Any further violation by that player will result in that player being banished from the game with no further penalty to his team. **It is the coach's responsibility to ensure that players wear the mandated equipment**
- vi) Should a team have only one goaltender, that goaltender will not be required to serve their penalties except in the case of an expulsion foul. *Goaltenders receiving a penalty shall have it served by a designated defender, other than the in-home, if a second dressed goaltender is not available*. This will include all time served penalties other than expulsions In the event a goaltender "fouls out" or is assessed an expulsion foul, the goalie's team will be allowed a referee's time out, allowing appropriate time for an alternate goaltender to be suitably equipped. If a team has a substitute goaltender then the CLA/ILF rule will apply and goaltender that commits a foul will serve.
- vii) Players may not wear any jewelry such as watches, earrings, bracelets or rings. Medical ID bracelets are allowed but must be taped securely to the player. Permanent piercing – nipples, nose, eyebrow must also be taped securely to the player. Note: Medical bracelets may be worn *but must* be taped down using clear tape for visibility. Should this situation come to the attention of the official, the player will be asked to leave the field until such a time as the situation is remedied. **Should a player re-enter the game without making appropriate adjustments, a one-minute personal foul will be assessed, and a subsequent infraction by the same player will result in banishment from the game, with no further penalty to the team**

viii) Games will be of 60 minutes' duration - two 30-minute periods - with a three-minute break between periods. Each team will have one time out (60 seconds) per half. The last two minutes of the second half shall be stop time Games may be shortened if both coaches agree.

ix) No game shall be played unless there is at least **two** carded official on the field

x) A player grabbing an opponent's facemask will be assessed a **three minute expulsion penalty even if the action is not excessively violent. The** expulsion penalty will be served by the "in-home". **The incident will be written up appropriately by the referees and passed to the Convener for action**

xii) Any player committing three (3) personal fouls will be considered as having "fouled out". That player must leave the bench area. The in-home will serve the third penalty. The team will play at even strength at the termination of the penalty. **No further action will be taken against the expelled player (provided the terms of Section 3 of this document, Code of Conduct, do not apply)**

xiii) Play-offs

All preliminary, quarterfinal, semi-final, championship rounds will be single game eliminations.

A player must play in a minimum of two (2) regular season games to be eligible for post-season play. This regulation may be appealed to the NCSSAA Board of Athletics (possible reasons include injury or illness).

Where league entries allow a Tier 2 Play-off may be organized.

2. Team Responsibilities

i) Teams must declare their team colours before the start of play each season. No changes to that declaration will be allowed during the season.

ii) The league will supply a set of neutral colour scrim vests. Should there be an unavoidable colour clash, the home team will be required to wear the vests

iii) The team jersey must have a number, in contrasting colour on the front and back. The number is to be 8" high in front and 10" high in back.

iv) Players shall wear basketball/soccer style shorts of the same basic colour.

v) Players will be required to change into basic game gear (shorts, t-shirt etc.) before arriving at the game site.

vi) Each designated home team will supply three balls for the game (one at each end line and a game ball). Each team will provide a ball boy positioned at the end line to retrieve errant balls. **That individual must wear a helmet and facemask for their protection**

vii) Designated home team to place cones at four corners of the field; four at the 35 yd. line restraining lines, two at the change box and one at centre field across from the scorers table.

viii) Designated home team will provide a scorer / timer.

3. Code of Conduct

Players and coach's are responsible for their own safety and the safety of their opponents. Their conduct prior to, during and after a game is a reflection not only of themselves, but also of their team, coach(s), school and the N.C.S.S.A.A.

i) The CLA rule book calls for the assessment of a three minute penalty and expulsion from the game for any player who commits any of the following personal fouls - intent to injure, fighting, or gross misconduct (which includes verbal/physical abuse of officials, obscene gestures directed to officials, players or spectators, racial slurs, etc.). **For the purposes N.C.S.S.A.A. competition, grabbing an opponent's facemask shall be considered a three-minute expulsion foul.**

ii) Infractions resulting in **expulsions** will be written up by the game officials. Game officials are responsible for reporting expulsion fouls to the league convener the same day as they occur. Expulsion reports are to be attached to the game report immediately after the completion of play. **If no formal incident reports are available at the field, the referees will write the report on the back of page one of the game sheet**

iii) **Any player assessed an expulsion penalty as described above, or any applicable N.C.S.S.A.A. rules will be subject to the following:**

First Offence: minimum 2 game suspension

Second Offence: suspension for the remainder of the season and play-offs

iv) **A player who does not report to his bench immediately when so directed by a referee when a fight breaks out may be assessed a one game suspension.**

v) **A player who leaves his bench or the penalty area to take part in a fight will be suspended for the remainder of the season and the play-offs.**