## Burnaby Minor Lacrosse Club

# MANAGER'S MANUAL 2019



www.burnabylacrosse.com

#### **BMLC Executive**

Tom Kellett President tek.thomas@gmail.com 1st Vice President/Registrar Susan Kirkby skirkby@telus.net 2<sup>nd</sup> Vice President **Brad Romano** bradromanolax+box@gmail.com3<sup>rd</sup> Vice President Simon Gee sgee18@gmail.com Treasurer Omar Dhanani bmlcaccts@gmail.com Head Referee Cody Gilliam cody00gilliam@gmail.com Referee Allocator Liz Lego lizlego@hotmail.com Female Coordinator Paul Kuhn pkuhn@shaw.ca

<u>Directors:</u> Mike Rippberger *mikeripper@hotmail.com* 

Gordon Miller gordon.miller@gmail.com

Annie Hobson alhobson@outlook.com

Jamie Ward jamieward26@hotmail.com

#### **Annual General Meeting (AGM)**

A club wide email is sent and a notice on the website. All are encouraged to attend as the association is always looking for new people with new ideas. The executive is made up of volunteer parents who care very much about lacrosse and about children. You don't have to be experienced to get involved. Enthusiasm is the only qualification needed.

### <u>Burnaby Minor Lacrosse Refund Policy</u>- All refund requests must be directed to the BMLC Registrar

- ❖ Up to March 31 at 11:59pm full refund less \$40 administration fee.
- ❖ Between March 31 at 11:59pm and April 22nd at 11:59pm 50% refund.
- ❖ After April 22nd at 11:59pm No refund.

Referee Allocator:	Liz Lego	Cell 604-889-5347	lizlego@hotmail.com
<b>Jack Crosby Tourname</b>	ent Organizer: S	Susan Kirkby	skirkby@telus.net

#### **Arena Worker Staff:**

Copeland & Burnaby Lake Arenas 604-320-2212

Kensington Arena 604-220-2583

It is very important that you familiarize yourself with the rules, regulations and operating policies of the lacrosse governing bodies. Please see below for links to the necessary bodies.

#### British Columbia Lacrosse Association – www.bclacrosse.com

#### **Lower Mainland Minor Lacrosse Commission – www.lmmlc.ca**

#### **Important Dates for 2019**

TBD New Player Clinic (Burnaby Lake Arena)

TBD Novice Intro Sessions (1st year/new Novice-BLA)

**TBD** Goalie Clinic (BLA/Kensington)

April 5-7 Deschner Days-Games Fri/Sat/Sun & parade/pancake breakfast

(by donation) on Saturday (April 6<sup>th</sup>)

April 8 Season starts

April 27 Photo Day-Lakeview Room, Bill Copeland

TBD Annual Mini-Tyke, Tyke & Novice Picnic (Confed Park)

**End of June** Season Ends

July 4-7 Jack Crosby All Star Novice Tournament-34th

**July 11-14 Female Provincials (Nanaimo)** 

July 11-14 Pee Wee Provincials (Delta)

**July 18-21** Bantam Provincials (Peninsula)

July 25-28 Midget Provincials (Langley)

Oct 30 BMLC AGM (Lakeview Room, Copeland Arena)

#### **Criminal Record Check**

- ➤ BMLC requires that all coaches and managers complete a criminal record check every three years.
- ➤ The online certification makes it easier the Coaching Administrator will provide you with the link and password to get your online CRC processed.
- CRCs must be complete prior to any coach/manager being permitted access to a team.

From the BC Lacrosse Operating Policy:

#### **VOLUNTEER SCREENING**

- 19.01 All lacrosse bench personnel, officiate, manage, train with children 18 years of age or younger must submit to a criminal record check.
- 19.02 The criminal record check must be renewed every three (3) years, prior to the start of the regular season play.
- 19.03 Failure to provide a criminal record check could result in the individual being suspended from coaching.
- 19.04 The BCLA Executive strongly recommends that all associations with athletes 18 years of age or younger, institute a policy that states no adult should be alone with a child and there should always be at least two adults present at all times around a child.
- 19.05 The BCLA membership shall institute the **Rule of Two** that states that no minor will be left alone with a single adult.
- 19.06 It is the responsibility of the minor box associations, youth field associations, senior box teams, men's field teams and women's' field teams to ensure that the appropriate adults have a current criminal record check on file. The CCR's are to be returned to a designated volunteer screening officer of the local association/team, who will confirm that the appropriate adults (per 19.01) have a current CCR. If there is a problem the CCR can be forwarded to the BCLA Volunteer Screening Officer for a resolution. The CCR box on the coaching form 100 must be filled in by the home association/team before submitting the form to the BCLA Office.





## Responsible Coaching Movement: A Commitment to Ethical Coaching in Canada

Phase 1: Supporting Best Practice in Canada's sport system Minor athletes: Vision 2020

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Rule of Two

The Rule of Two states that there will always be two screened and NCCP trained or certified coaches with an athlete, especially a minor athlete, when in a potentially vulnerable situation. This means that any one-on-one interaction between a coach and an athlete must take place within earshot and view of the second coach, with the exception of medical emergencies. One of the coaches must also be of the same gender as the athlete. Should there be a circumstance where a second screened and NCCP trained or certified coach is not available, a screened volunteer, parent, or adult can be recruited.

This rule serves to protect minor athletes in potentially vulnerable situations by ensuring that more than one adult is present. Vulnerable situations can include closed doors meetings, travel, and training environments amongst others. Organizations must create and implement, policies and procedures, in a sustainable, phased and measurable process, that limit the instances where these situations are possible.

#### Form 100 (listing of all coaching staff/trainers/managers)

Form 100s are located on the BMLC website. It is mandatory that **ALL** coaches are on the Form 100 to ensure they are properly trained, have valid CRCs and are eligible to attend Provincials. Please complete the Form 100 immediately and forward to the Manager Administrator.

#### **Team Conduct**

Our Association is held responsible for the behavior of everyone associated with our teams, be they coaches, players or parents. Coaches are not in the stands with the parents, but you are as a Team Manager. Verbal abuse of coaches, referees, players or opposing team fans will not be tolerated. Managers and Coaches of each team should organize a meeting for all their parents to attend in which the Burnaby Minor Lacrosse Club Policy regarding appropriate conduct can be discussed as well as repercussions for failure to adhere to this policy. This policy will be strictly adhered to by all. All players, parents and coaches must sign the Code of Conduct form prior to league play beginning. Managers are to keep these forms on file should a problem arise.

#### **Medical Info**

It is imperative that you gather medical information on all players (food allergies &/or pre-existing health conditions such as epilepsy, prior concussions, asthma, etc.) and ensure all coaches are aware of such at the beginning of the season.

There is a medical form on the website that you can give to each family to complete/return to you. If there is a child with a food allergy, please inform the entire group so that no snacks containing any ingredient such as nuts are distributed.

#### **Injury Procedure**

It is always a good idea to have a first aid kit, ice packs and spare mouth guards on the bench at all times.

The BCLA has coverage that extends to all members as they may need it. When an injury occurs that may require medical or dental attention, please give the parent/guardian the BCLA Accident Claim Form located in the "Forms" section of the BCLA website (http://www.bclacrosse.com/forms.php#minor\_box\_player\_forms).

#### All claims MUST be submitted to the BCLA within 30 days of the injury.

You **MUST** inform the club immediately by emailing the Manager Administrator with the details of the injury, including the player's full name, date and location of game/practice. Once the parent/guardian/doctor completes the document, it must be scanned and emailed to the Manager Administrator who in turn will send it to the BLCA.

#### **Team Jerseys**

Team jerseys are provided by the Club and will be distributed by you to your team. All teams Novice and above receive green and white jersey sets.

Mini Tyke/Tyke teams receive one jersey and a set of pinnies (the manager will hold the pinnies in case of jersey conflict only-not to be used for practice or distributed to players). The deposit checks must be given to the Jersey Allocator by the second week of the tiering season.

Team Managers will pick up jerseys at Kensington Arena Storage (an email will be sent by the Jersey Allocator to inform all managers of pick up dates). Please note that the team jerseys need to stay with the team. If a player moves to another team you will need to collect his/her jersey(s) – the player will be given a new jersey by their new team.

The Team Manager must keep a jersey allocation list in order to assist the Club in ensuring we obtain all jerseys at the end of the season. The distribution form will be emailed to you for completion after you pick up your team's sets at Kensington Arena. You must fill in and scan back to the Jersey Allocator for record purposes and to assist us if a jersey is not returned at the end of the season so we can then contact the family it was assigned to.

At the end of the season it is recommended that the Team Manager gather all the jerseys at the last game of the season, wash, then return to Kensington when the Jersey Allocator emails return dates/times.

The cost of any ruined or lost jerseys (\$200.00 each/pinnies \$50) will be charged to the player's family by the Club.

- Please inform your parents that the jerseys should be washed in cold water and hung to dry and that they are only to be worn during scheduled league or exhibition games and not during practices.
- Please also ensure that if you are attaching "C" or "A" to indicate team captains/assistant captains do not stitch but baste so that it can be removed easily.
- Do not wash/dry jerseys with white tape on as it ruins the jersey.

#### **Team Shorts**

The cost of shorts is included with the registration fees. Once the teams have been determined, we will ask you to provide the registrar with a list of sizes required and/or bring your list to the managers meeting and we can bag at the end of the meeting.

#### **Goalie Equipment**

Goalie equipment is provided by the Club. Pickup dates will be emailed directly to identified goalies and/or coaches from the Equipment Manager. Goalie jerseys for Novice and up will be distributed with the goalie gear to ensure proper fit.

#### **Balls**

Each team is supplied with balls at the beginning of the season at the coaches/managers meeting. Home teams are to supply game balls so be sure to have a minimum of four (4) at the time keeping bench for the referees before game time. If your team requires more balls please contact the Coach Administrator.

#### **Game Schedules**

As soon as possible, game schedules should be inputted into Team Snap – which is provided to each team by the club (our website includes Team Snap for teams to use).

The League Division Commissioners email the season game schedules to you or the coach (these can also be found on the <u>LMMLC website</u>).

There could be games on your scheduled marked **TBR** (to be rescheduled) which means that there is a conflict and one of the teams (or both) already has a game that day or the arena is not available.

It is the responsibility of the **home team to reschedule a TBR game**:

- \* Review the floor schedule located on the <u>BMLC website</u> to select some game time options (remember games can bump practices).
- Request the Floor Scheduler to "hold" these floor times for your TBR and you will confirm which ones you won't require once the other team confirms what works for them from the options you've provided (generally it is required to provide 3 options).
- Contact the manager of the opposition to provide the options you have reserved.
- ❖ It is the manager's responsibility to confirm the rescheduled home game with the opposition, commissioner, ref allocator and floor allocator as quickly as possible.

We have limited floor time in Burnaby so it is critical that schedules get confirmed as quickly as possible (if you can't use the time some other team will need it). Once the rescheduled game is confirmed the floor allocator must be notified.

For TBR'd away games, the host team will contact you to re-book the game.

#### **Cancelling Games or Practices**

If your team cannot make it to a game, it is your responsibility to cancel/reschedule the game. You do this by emailing the manager of the team that you are playing. All teams must give at least 48 hours notice or the cancelling team will be responsible for paying for the referees and floor time.

Acceptable reasons for requesting a reschedule are limited – not having enough players, a coach or a goalie is not any of them. Being in a tournament is a valid reason.

You must notify the BMLC <u>Floor Scheduler</u> and <u>Referee Allocator</u> at least 48 hours in advance to cancel your game floor time and scheduled referees.

If you don't do this, you will be responsible for paying the referees.

#### **Tournaments**

Every season there are a number of tournaments hosted by various associations. Tournament fees vary but are the responsibility of the team. You will need to consult with the coach(s), parents and players as to how many tournaments they would like to enter.

Prior to the teams being determined, the tournament schedule is published by the BCLA so to ensure BMLC teams have a fair chance, the Manager Administrator will apply for a tournament for each level.

Once the teams are set and managers put in place, the Manager Administrator will forward to the respective managers which tournament was applied for to enable the manager to either decline or accept and move forward with the application process.

Keep in mind that if you have any league games scheduled during a tournament, it will need to be immediately rescheduled – home or away. Some commissioners do allow tournament games to count as league games. Due to limited arena time, this may be a necessary option for some teams.

If you apply for a tournament and withdraw, there is a fine imposed by the LMMLC and your team will be responsible to cover that fine – even if you've paid the tournament entry fee. Tournament organizers put in many hours making sure that tournaments are a success and they require ample notice to change any schedules and if they are short teams it could cause tournaments to be cancelled. It may also put Burnaby Minor Lacrosse Club teams on a wait list when applying for future consideration into such tournaments.

If traveling to an out-of-town tournament, the manager should book a hotel. Reserve the appropriate # of rooms and then have each family call the hotel directly and pay for their room.

#### Fundraising - All fundraising by individual teams must be pre-approved by the BMLC President.

Teams often require funds in order to participate in tournaments or purchase other items for the team players such as trophies, etc. and will often hold fundraising events on their own to reduce the amount of funds required directly from parents. It's a good idea to discuss your team's goals with your coach and parents and come to a mutual consensus on the amount of fundraising to be done.

#### **Team Financial Reporting**

At the end of the lacrosse season, all team managers are to provide all team parents with a financial statement outlining all funds received and how the funds were used.

The BMLC executive is also to receive a copy of this financial statement. Please give a copy of your year-end financial statement to the Treasurer or 1st Vice-President.

#### **Deschner Days**

At the beginning of each Minor lacrosse season, Deschner Days (Friday through Sunday) occurs. This tournament is an exhibition-only tournament put on by BMLC. There is a pancake breakfast put on by the Burnaby Lions Club (by donation) on the Saturday and a parade of all teams/coaches into Copeland arena.

Each team finds a team to play (refer to other Associations' websites to find the Division Coordinator that matches your division) and to book the time with the person running the tournament.

You are responsible for running the time clock and completing the scoresheet for your game. You will need to contact your Commissioner for a game number and then the winning team will scan and mail the scoresheet to him/her (as per usual game procedure).

Referees will be provided to you (you will have funds to pay them from the manager's meeting you attended previously to the tournament).

**Photo Day -** Photos will be taken in the Lakeview Room of Copeland Arena.

Each season all teams in the club have their team and individual photos taken by a photographer. Included in the registration fee is one photo mate per player – the photographer has additional optional packages for parents to select from at an additional charge.

#### **Wrap-Up Parties**

This is generally your last function of the season. A time to give the players their trophies or plaques (optional), recognize your coaches and parents that helped out throughout the season and just have a good time. It is often a good idea to delegate the planning of the party to another parent.

Because the weather is great at this time of year, the possibilities are endless. Book a pool, plan a picnic or barbeque, etc. Players always look forward to their wind-up party and it is the last event they'll have a memory from so make it a good one.

#### **Annual Year End Picnic**

Each June BMLC hosts a year end picnic for the players and families of Mini-Tyke, Tyke and Novice teams. There is a small fee per person to attend if you wish to participate in the food supplied but all are welcome to attend the event.

Tickets are available to purchase through an online ticket system. Information will be sent to all families with the link to the online system.

#### **Trophies**

If you are planning on presenting trophies to your players, it is recommended that you order them at least one month prior to the end of your season to ensure they will be ready. Select the trophy you are going to go with, obtain a full quote and then divide by the number of players so that you can include in your team fee. Victory Trophies (5901 Broadway 604-298-9534 <a href="https://www.victorytrophies.com">www.victorytrophies.com</a>) is the supplier BMLC uses for all of the trophies, medals and plaques for the Jack Crosby All Star Novice Tournament and Minor Awards.

#### **Jack Crosby All Star Novice Tournament**

Every July BMLC hosts the four-day Jack Crosby Tournament (Thursday through Sunday). This tournament is for Novice level players but is hosted by the entire club, which includes, but is not limited to, helping with timekeeping and scorekeeping, running freezies to teams at the end of each game, setting up on the Wednesday night, running the raffle tables and selling 50/50 tickets. BMLC's Novice teams will pay 50% of the registration fee (normally \$725) to enter this tournament and it will be mandatory that

each family volunteer a minimum of 5 hours over the four days (but will not be expected to volunteer during their child's games).

Rather than collecting donated raffle baskets from each BMLC team, the Tournament collects a fee from Novice and up to purchase raffle items (when allocating your first referee check the \$50 fee will be deducted). Be sure to include this amount for your team in your team funds to be collected from your families.

On the Friday night, the Senior A Lakers play and all players in the tournament are able to attend at no cost. Adults will be admitted at a special JCT rate of 50% off regular admission. Saturday morning, the Burnaby Lions Club hosts a "by donation" pancake/sausage breakfast from 9 am until noon.

#### **Referee Allocation and Fees**

#### **Referee Allocator**

Liz Lego lizlego@hotmail.com

604-889-5347

When booking referees please email Liz with only your team's **HOME GAME** information:

- > Date
- > Time
- > Arena Location (BLA, Copeland or Kensington)
- ❖ When booking referees please email the Referee Allocator with your team's <u>HOME</u> <u>GAME</u> information only date, time and arena location. Do not notify your allocator with your away games. Please give as much notice as possible.
- ❖ When a game is rescheduled or cancelled, notify your allocator immediately. If you do not notify your allocator and the referee(s) show(s) up at the arena, **your team will be responsible for paying them**.
- ❖ It is the manager's responsibility to notify the allocator of any games or changes. The allocator does not look at your team's schedule
- ❖ If there are any issues concerning the refs, bring it to the attention of the allocator, and the issue will be dealt with by the allocator in conjunction with the Head Referee. Coaches will be asked to complete an online questionnaire following all home games to provide feedback on the referees.
- ❖ If the referee shows up without a helmet, get in touch with the allocator ASAP as the game cannot proceed. This rule is for all levels and all organizations.

If you are arranging exhibition games, you must request floor time from the Floor Scheduler to ensure it is available and the Referee Allocator so you are assigned referees. The home team pays the referee fees. Checks will be issued to you for referee fees from BMLC.

At the end of the season any unused referee fees must be returned to the club along with the referee fee reconciliation form.

**Fees for referees as follows** (Referees are to be paid **prior to the start** of the game):

#### **Shot Clock Officials**

Shot Clock Officials – Novice/PeeWee \$15 Shot Clock Officials – Bantam/Midget \$20 Shot Clock Officials – Female Novice/PeeWee \$15 Shot Clock Officials – Female Bantam/Midget/Junior \$20

#### **Referees** *Mini Tyke – No Referees for the 2019 season*

Tyke - \$20 per game per referee Novice - \$30 per game per referee Pee Wee - \$35 per game per referee Bantam - \$40 per game per referee Midget - \$45 per game per referee Female Junior - \$50 per game per referee

The referees/shot clock officials are to arrive at a game **15 minutes prior** to game time. If you do **NOT** see your referees/shot clock officials at the 15-minute mark please call the Referee Allocator so they can contact the ref assigned to find out where they are and have enough time to arrange for another ref if necessary. If at that time no referee has arrive, an alternate referee must be found by calling the Referee Allocator (contact number is located at the beginning of the manual).

If that is not possible, the referee present can, with the approval of both coaches, select a qualified referee from the stands if one is present. This agreement must be recorded by having both coaches sign the top right hand side of the game sheet stating that they agree. One referee is not permitted to independently officiate a game in divisions Pee Wee and up.

If the originally booked referee arrives late and an alternate has been contacted, the originally booked referee will not be eligible to referee the game.

#### **Time/Score Keeper**

Home teams are responsible for time/score keepers.

Bev Gilliam can be contacted to provide instruction on how to time/score keep or you can hire her to time/score your home games: <a href="mailto:bevgilliam@hotmail.com">bevgilliam@hotmail.com</a> Cell: 604-831-4987

Game lengths are as follows:

<u>Mini-Tyke</u> (Option X): three 15-minute running time periods with intermissions of 3 minutes between periods – 3 minute shifts (no thirty second clock).

**Tyke:** three 15-minute, running time periods with 3 minutes between periods.

**Novice:** three 20-minute running time periods, with 3 minutes between periods.

<u>Pee Wee, Bantam, Midget & Junior Girls:</u> three 20-minute, running time periods, change on the fly, 30 second clock and 5 minutes between periods.

The game clock shall not be stopped during regular scheduled play unless ordered by the referee by calling "time out".

The last five minutes of the 3rd period, in Novice, Pee Wee, Bantam, Midget & Junior Girls divisions, shall be "stop time" unless there is more than a five (5) goal spread.

All penalty time will be running time and will commence when play resumes after the infraction has been called.

Should the referee signal "Time Out", the penalty time will stop as well as the game-time.

#### **Score sheet Explanation**

There is a demo on the LMMLC website (<a href="https://lmmlc.ca/boxla\_scoresheet\_demo/">https://lmmlc.ca/boxla\_scoresheet\_demo/</a>) on how to complete a scoresheet that is very helpful if someone has never completed a scoresheet. It is a good idea to send this link to all parents at the start of the season.

#### **Game Procedure**

#### **Pre-game:**

Provide the scoresheet to the visiting team to fill out the Visitors section team roster and coach information. Some teams may provide a label with this information. They should also sign that the roster has been verified (section under Bench section that says "Verified By").

If there are any players called up from lower divisions, they should be noted in the game notes section. Also, if any players are serving a suspension, it needs to be noted. If it is not noted, the game doesn't count as a missed game.

Each commissioner will indicate their requirements at the start of the season when they send out their season intro email.

To make life easier, it's also very handy to print your team list onto labels and bring 4 sets to each away game. You should prep the scoresheet in advance of home games so that you can give it to the visiting team's manager to fill in his/her team's info when you arrive at the arena.

If any player isn't playing in the game you must cross him/her off the scoresheet.

#### **Post-game:**

After the game, the officials will complete the game summary, initial and review the score sheet. They will add any necessary game notes and indicate if a game report will be required for the game.

Give the completed sheet to the manager to separate and distribute. The losing team gets the yellow copy. The winning team keeps the pink copy and forwards the white copy to the commissioner.

The winning team must email a photo of/scan the scoresheet to the commissioner within 24 hours of the game and mail the white copy within 5 days. Failure to do so will cost points to the winning team. In the event of a **tie**, the home team is responsible for getting the email/scan and original to the commissioner.

Each level has its own commissioner and that information will be made available via the LMMLC website.

It is the responsibility of the winning team to ensure that the scoresheet is completed correctly. If there are omissions/errors, points may not be awarded to the winning team.

If you are the away team and have won the game, it is a good idea to review the scoresheet to make sure all the information required is on the sheet. If some of the necessary information is missing, a commissioner may not award the team the points for the game.

If you are hosting a TBR game that had originally been scheduled at the AWAY team's rink you must complete the scoresheet as if you were playing at the AWAY team's rink (home/away on the scoresheet and submitting the score sheet).

#### **Temporary Player Call-Up**

You are able to call-up players from another BMLC team on a temporary basis, in the event that you have a short roster. Those runners called up may only play a maximum of four games. (Goalies can be called up for six games) You are encouraged to call-up players from another division when possible. Please read the rules regarding call-ups carefully. If call-ups are not done correctly there can be serious consequences to the players, coaches, teams and managers involved.

#### **Example Call-Ups:**

to	Tyke
to	Novice House or Intermediate
to	Novice Intermediate
to	Novice Advanced
to	Pee Wee (any level)
to	Bantam
to	Midget
	to to to to to

Players may play up in their own divisions from "A2" to "A1"; from "B" to "A2" or "A1" and from "C" to any higher caliber.

Players may play up in a higher division "A1" to "A1"; "A2" to "A2" or "A1"; "B" to "B"; "A2" or "A1"; "C" to "C", "B", "A2" or "A1".

If you wish to call up a player, contact the coach from the eligible teams. You must obtain the coach's permission before calling up a player.

The Minor Directorate governs the play of all minor players within the province; the Lower Mainland Minor Lacrosse Commission (LMMLC) governs the play of all minor players within the Lower Mainland and as such takes the Minor Directorate rules and makes them more specific to suit their league play. Please read the rules below to best serve the needs of your team.

#### The Minor Directorate Rules:

7.01 A player may play up one division or calibre higher than that in which he/she is registered.

7.02 Any player who has played up a total of five or more league games, sanctioned tournament games, combination of, in any division or calibre higher than the one in which he/she is registered, must for the remainder of that year play for the higher division or calibre in which he/she played his/her fifth game.

7.03 A team may participate in a higher calibre sanctioned tournament without affecting team or player eligibility.

To be eligible to play in a provincial championship, a player must have played in a minimum of four league, sanctioned tournament games or play-off games, or combination of, during the current year with that team.

Minors can only participate in one Minor Provincial Championship.

#### The LMMLC Rules:

D-10 Players are allowed, with the permission of their Coach or Manager, to play up. No player who plays five games up shall be eligible to return to his/her original team during that season. Any player appearing on a fifth game sheet, other than his/her original team must remain with that team for the balance of the season.

D-11 Players are allowed, with the permission of their Coach or Manager, to play up in their own division from "A2 to A1", "B" to "A" (either tier), or from "C" to any higher calibre.

D-12 Players are allowed, with the permission of their Coach or Manager to play up in their own division or higher division from A1 to A1, A2 to A (either tier); B to B or A (either tier); C to B or A (either tier). Novice House to Novice Intermediate or to Novice Advanced or to a higher division C, B or A (either tier), Novice Intermediate to Novice Advance or to a higher division B or A (either tier), Novice Advance a higher division B or A (either tier).

No more than 4 players may be brought up to any team in the same league, tournament or play down game without the written permission of the League Commissioner before the game is played. Violation of this rule would see the Coach suspended for playing an illegal player.

Associations having more than one team in any caliber in the Novice Division may not pull players from other teams in the same caliber for Novice tournaments unless the tournament is specifically designated as an "ALL-STAR" tournament.

Any team in violation will be removed from the tournament and the coach suspended for a minimum of two games.

#### **Arena Guidelines**

1. Please encourage your players to respect the facilities and the customers in the facilities. Ensure your players do not throw lacrosse balls inside the facility, except on the floor. Also, they should not throw balls against the outside walls of the arenas. In past years, glass and stucco have been broken and damaged.

- 2. Please do not warm up your players in the parking lot. We are concerned for the players' safety and do not want lacrosse balls bouncing off any cars. There are usually fields located near arenas that you can use for warm ups.
- 3. Players must wear a helmet at all times when on the lacrosse floor. Coaches are asked to help educate the players and to help enforce this safety issue.
- 4. Please bring your own lock for dressing room doors in arenas. Keep the doors locked at all times while your team is on the floor.
- 5. Please have teams use the dressing room to change and leave their lacrosse bags. Do not allow the players to change in the lobby or walkways and leave their bags lying around. Each team is entitled to one dressing room during your floor times.
- 6. Please speak to the arena staff if you have any issues with the facilities.
- 7. Coaches', managers' and parents' support with these items would be appreciated by the arena staff.

#### Arena Locations - http://www.lmmlc.ca/

The Lower Mainland Minor Lacrosse website has a tab that lists all the arenas and you can select the one you need to bring up a map. This would be a very good website to share with your parents so that they can find maps for arenas, game schedules and other information.