

TDCAA LACROSSE Booklet 2021

PART A: SAFETY REQUIREMENTS

Ontario Physical Activity Safety Standards in Education (OPASSE)

All coaches must review and follow the most recent copy of the [OPASSE GUIDELINES](#) for the sport they are coaching (under Secondary, Interschool)

Please take special note of the following requirements associated with:

Risk Management

First Aid

Special Rules/Instructions

Supervision

Coaches Expectations & Qualifications (for further information on sport specific NCCP training, visit www.coach.ca)

Excursion/Permission Forms: [TCDSB](#) [OPHEA SAMPLE](#)

Concussion Awareness and Safety

In accordance with Policy/Program Memorandum No. 158, the TDCAA will follow and support the mandates of Rowan's Law. The following must occur annually, at the commencement of the athletic season:

a) coaches must complete the on-line [TDCAA Coaches Concussion Code of Conduct](#)

b) coaches will have student athletes review and follow a Concussion Code of Conduct:

[TCDSB Student Code of Conduct](#) (in section 8)

[OPHEA's Sample Code of Conduct](#)

c) coaches will provide Ontario Concussion Awareness Resources to student athletes and parents: [Concussion Guides for Athletes and Parents](#)

In the event of a suspected concussion convenors, coaches, and student athletes must follow an established Return to Play Protocol.

Note: TCDSB has established [Concussion Return to Play Protocols](#) for its students and coaches to follow. Non TCDSB participants should reference their Board's or [OPHEA's Concussion Protocols](#)

Coaches may find it useful to have a recognized [Sport Concussion Recognition Tool](#) with them for practices and competition.

Supervision – Visiting Teams

Each school along with the coach should be aware of the local policy in each school regarding visitors.

In situations where teams are specifically bringing fans (fan bus) appropriate supervision from all participating schools that does not include the team coach(es) must be provided. Communication with school administration of participating schools is prudent in these situations.

PART B: FROM TDCAA CONSTITUTION

TDCAA Lacrosse is an official TDCAA activity. Lacrosse follows OPHEA/OPASSE OFSAA, and the FIL playing regulations.

REGISTRATION

Schools must register for Lacrosse at designated time. A school may withdraw its team before distribution of the final schedule. The school will be charged only the \$ 25.00 registration fee.

A school who withdraws its team after the schedule has been distributed will assume the following actions:

- automatic \$100 fine
- automatically ineligible for competition in Lacrosse the following year. (This can be appealed to the TDCAA executive.)

ELIGIBILITY/TRANSFERS

Eligible athletes must satisfy the By- Laws and Standing Rules as per the TDCAA Constitution.

- All eligibility is completed electronically through Athletic Eligibility List System (AELS) which is coordinated through the OFSAA office. Athletic Directors have the code for their schools to access AELS.
- Eligibility must be completed before the first league game. (It is recommended that registration be completed before first practice). In a single day meet or tournament format , eligibility must be filed at least three days prior to the meet or tournament.
- Athletes as well as coaches must be included on the AELS Site.
- Approved transfers are included on the eligibility form. Athletes who have not been approved must not be included until the athlete has been approved.
- All students who transfer into your school (excluding Grade 9-first year of high school) are ineligible for competition for a period of twelve months from the date of transfer. To become eligible, transfer students must complete the “TRANSFER APPEAL FORM” fully and forward to the TDCAA Transfer

Chairperson (Lorraine Kelly – Senator O’Connor or Tavia Ferreira – St. John Paul II). An athlete awaiting Transfer Appeal decision is ineligible to play in any games (league or exhibition or tournament). This athlete may practice with the team until the transfer has been approved and the athletic director has been notified.

- An student who transfers into your school in second semester is ineligible to compete in winter sports (Alpine Skiing; Snowboarding; Swimming; Jr & Sr. Girls’ Volleyball, Boys’ & Girls’ Hockey, and Jr. & Sr. Boys’ Basketball even if their transfer is approved.)
- An athlete whose transfer is denied has the right to appeal the decision to the TDCAA Transfer Appeal Board.

ELIGIBILITY/AGE

- Open Grades 9-12
- Eligibility for the TDCAA and OFSAA is based on the athlete’s year of birth. An athlete is eligible to compete in high school sports for five years from the time they entered grade nine and were born in 2000 or later. Athletes must meet both requirements.

There is no appeal to this rule.

Please link to TDCAA website for dates for each new school year.

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ELIGIBILITY / ACADEMICS

An athlete must be a bona fide student at their school. Students With Less Than 22 Credits:

-non-semester schools – must be registered in a minimum of six (6) full day school credit courses.

-semester schools– must be registered in a minimum of three (3) full day credit courses in the semester that Field Hockey takes place (Fall).

Students With More Than 22 Credits:

-non-semester schools – must be registered in a minimum of four (4) full day school credit courses

-semester schools – must be registered in a minimum of two (2) full day credit courses in the semester that field hockey takes place (Fall).

LEAGUE STRUCTURE

A) **START TIME** – All games shall begin no earlier than 3:30 unless agreed to by the Principals of the participating schools. All double headers must start no later than 3:30 or earlier if all participating schools are in agreement.

B) **MAXIMUM NUMBER OF GAMES** - Junior – TBD; Senior TBD.

C) **AWARDS** – In sports where there is less than six teams , only gold medals will be presented.

4. D) **DEFAULTED GAME** – If a team defaults a regular season game , they will not be eligible for playoffs . A school may appeal the decision to the TDCAA Executive if there were extenuating circumstances.
5. E) **CANCELLATION OF SCHOOL BUSES** – If the TCDSB cancels buses for weather conditions, all scheduled games are automatically cancelled

PART D: SPORT SPECIFIC INFORMATION

FIELD LACROSSE

The TDCAA playing regulations have been adapted from OFSAA playing regulations since OFSAA playing regulations govern all schools in the province.

Volunteer Coaches:

A volunteer coach is defined as any person who is not a member of the teaching or support staff of the school. A volunteer coach must be approved by the Principal of the school and the TDCAA. This approval applies for one year only.

For final approval by the TDCAA, a volunteer coach must:

- 1) Complete the volunteer coach application form with references and submit to the TDCAA
- 2) Submit a police check to the principal
- 3) Attend a compulsory information session with the athletic director of the school.
- 4) Receive approval from the TDCAA

Approval of a volunteer coach is for the current athletic season. The Principal of the school or the TDCAA has the right to reverse their decision of approval at any time during the athletic year. Volunteer coach must make application each year. However they will need to

attend the information session once every three years unless the TDCAA requests the candidate to attend.

Game Structure:

- (i) All games will allow for a minimum 10 minute warm-up period
- (ii) **Games will consist of four 10 or 12 minute quarters with the last minute of the fourth quarter being stop time.**
- (iii) All games will have following intervals between periods: 2 minutes between the 1st and 2nd quarters, 5 minutes at half time, and 2 minutes between the 3rd and 4th quarters.
- (iv) Teams who are not ready to begin on time shall be assessed an “avoidable lateness” technical foul to start the game.
- (v) Teams that are more than 10 minutes late to start the match are liable forfeit the match at the discretion of the referee
- (vi) Teams will be allowed 2 one minute timeouts per half regardless of the timing format.
- (vii) Teams must provide 3 balls for one end of the field during games.
- (viii) A game which has finished the third (3rd) quarter is deemed complete if play is stopped by the referee at or beyond this point.
- (ix) Any game which is stopped prior to the end of the third (3rd) quarter will be considered a “suspended game” and will be continued from the point that the game was stopped once play can resume. The time remaining, score, penalties, game sheet etc. will all continue from the point that the game was suspended.

Roster Limits:

Teams will be allowed to dress 25 players per game.

These designated players must be properly listed on the game sheet.

Tie Situations:

- (i) There are no tie games in field lacrosse. All games are to be played until a winner is declared.
- (ii) Ties in pool standings will be broken as follows: point total from win/loss/tie record in pool play;
- (iii) If still tied, point differential in head to head competition between tied teams
- (iv) If still tied, fewest points against in head to head competition between tied teams

Suspensions and Ejections:

- (i) Any player given intent to injure penalty (including off-the-ball leg slashes, and pulling the face mask) will be ejected from game play.
- (ii) **Fighting will lead to a season suspension. This includes playoffs.**
- (iii) **The third man into an off-play altercation will be ejected from season play.**
- (iv) Players who accumulate **four (4) minutes** in personal fouls will be suspended for the duration of that match.
- (v) Goaltenders receiving a penalty shall serve their own penalty provided that the team second goaltender dressed. Where a team only has one goaltender dressed, they must declare a “designated defender” prior to the game, who shall serve all goaltender time served penalties other than expulsion.
- (vi) Only Captains may speak to officials on the field.

Uniforms:

- (i) All teams must wear matching jersey/pinnie.
- (ii) Shirts must have minimum 8” numbers on the front and minimum 10” numbers on the back. No duplicate numbers shall be permitted on the team. Track suit trousers or leggings may be worn by any player but, for a particular team, they must be of the same colour.
- (iii) In cases where teams have similar coloured jerseys, it is the requirement of the home teams to wear contrasting jerseys/pinnies. Where no home team is identified, the team named first on the schedule will be required to wear contrasting jerseys/pinnies.
- (iv) All uniforms must be intact at the start of each game.
- (v) All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's colours and logos.
- (vi) No sport club insignia on uniforms shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi sport programs.
- (vii) Sponsorship recognition is permitted to be visible but must conform to the placement guidelines outlined in OFSAA By-Law 6, Section 2(h). These criteria must be met both on and in the immediate vicinity of the competitive area and during the awards ceremonies

Equipment:

All players must wear:

- (i) CSA approved helmet and mask with chinstrap properly fastened on both sides
- (ii) Full fit interior mouth guard at all times when on the field of play
- (iii) Gloves with fingers fully encased

- (iv) Shoulder pads
- (v) Arm pads
- (vi) Athletic support and protective cup

Goalies must wear a throat guard and chest protector.

All offending equipment must be repaired or removed subject to the referee's discretion.

Host Team Responsibilities:

When teams are hosting games on their home field they are responsible for:

- (i) Lining the field according to OLA regulations adapted to the size of the field being used. Proper goal lines, end lines, goal creases, restraining lines, centre field line and face off area must all be visible.
- (ii) A box for players entering and leaving play must also be marked as well as a penalty area.
- (iii) Player benches must be provided.
- (iv) Three timers at a score table.
- (v) One individual to maintain the score sheet – adult preferred.
- (vi) One individual at each end to retrieve balls.
- (vii) Have contrasting pinnies if their jerseys and visiting team's jersey are too similar.

Field of Play:

