



ONTARIO MINOR FIELD LACROSSE LEAGUE

POLICY PAPER

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POLICIES

1. Identity:

Section 1. Ontario Minor Field Lacrosse League herein referred to as the OMFLL.

Section 2. The OMFLL Management Executive herein referred to as the Executive.

Section 3. The OMFLL Member Council herein referred to as the Council.

2. Aims & Objectives:

Section 1. To provide an opportunity for boys and girls to participate in field lacrosse.

Section 2. To conduct activities that advance and expand the game of field lacrosse while recognizing and preserving the traditions and “spirit” of the field lacrosse game.

Section 3. To ensure the highest standards and integrity are observed throughout our leaders: administrators, bench staff, players and officials.

Section 4. To be responsible for the operations of the OMFLL within the framework of the OLA and CLA Constitutions Rules.

Section 5. To promote an environment where all participants:

- a) Respect the ideals of teamwork, team spirit and fair play;
- b) Are inspired to strive for excellence;
- c) Build confidence and self-esteem through positive experiences;
- d) Have opportunities to develop and demonstrate leadership qualities;
- e) Value the importance and benefits of personal and physical well-being;

Section 6. To motivate participants to continue their involvement in the sport, and regardless of the length of their involvement, to ensure they leave with lasting memories of enjoyable lacrosse experiences.

3. OMFLL Council Membership:

Section 1. The Council shall consist of one representative from any minor association in good standing.

Section 2. All members must be in good standing within their Club and within the higher governing bodies of Lacrosse -- the OLA and the CLA.

Section 3. All OLA fees/fines and OMFLL fees/fines must be paid in order to be in good standing with this Council.

Section 4. In the event an association in good standing withdraws from the Council for more than one season, the performance bond/bonds will be returned upon request; providing any outstanding money owed, is covered first.

Section 5. Any request for change to the Policy Paper must be submitted to the Secretary and Commissioner 30 days, or more, before the OMFLL AGM.

4. OMFLL Council Responsibilities:

It is the responsibility of the Club Representative to the Council to ensure:

- a) The bench staff/coaches representing their communities are informed about the contents of this Operating Policy.
- b) All bench staff and players are properly carded following the procedures and rules of the OLA and OMFLL
- c) Their teams and bench personnel are respectfully attired.
- d) The good conduct of all Club personnel at all league functions.
- e) That proper approval from the OMFLL Commissioner and the OLA and/or the CLA for any of their teams, which are traveling outside of Ontario or hosting any non-regular games (exhibition or tournament), must be received. The OLA Application to Host/Attend a Tournament must be filled out and submitted a minimum of one month prior to hosting or attending.
- f) The needed insurance from the OLA provider for any teams traveling outside the Province of Ontario.

5. Duties of the OMFLL Council:

- a) Prepare amendments to the OLA Constitution.
- b) Hear, discuss and vote on proposed amendments to the league operating policy and bylaws.
- c) Generally be responsible for the operation and conduct of the council. Once the League Operating Policy and By-Laws have been approved, the Executive shall have the sole responsibility of administrating the league policy.
- d) The Council member shall place the betterment of the OMFLL above Club interests.
- e) A quorum constitutes 50% of the Centres that are in good standing.

6. OMFLL Council Voting Rights:

Section 1. One representative from each center shall have a vote on matters pertaining to policy. A 2/3 majority of all votes cast will carry an amendment at any Council General Meeting.

Section 2. One representative from each center may vote on OMFLL By-laws. A simple majority of votes cast is required.

7. Conflict of Interest:

Every Executive or Council Member who directly or indirectly has an interest in a proposed or existing contract or transaction or other matter relating to the OMFLL, shall make a full and fair declaration of the nature and extent of their interest. After making such a declaration, the Executive or Council Member may participate in any discussion, but may not vote.

8. OMFLL Management Executive:

Section 1. *The OMFLL Management Executive shall consist of the following:*

- i. OMFLL Commissioner
- ii. U11 / U13 Director
- iii. U15 / U17 Director
- iv. U9 Director
- v. Secretary
- vi. Financial Director
- vii. Registrar
- viii. Fall Ball Director

Section 2. The Management Executive, as elected by the Council, shall be vested with the power to conduct the affairs of the Council.

Section 3. Each Management Executive member will have one vote except for the Commissioner. The Commissioner will have the deciding vote in case of a tie.

Section 4. No member of the OMFLL Management Executive can hold two Executive positions.

9. OMFLL Management Executive Responsibilities:

It is the responsibility of the OMFLL Management Executive to:

- a) Provide strategic leadership for the betterment of the OMFLL.
- b) Conduct the General Business of the OMFLL.
- c) Ensure the OMFLL Operations Policy is fully followed.
- d) Ensure the OLA Bylaws, Rules and Regulations are followed.
- e) Ensure the CLA and FIL rules of play are followed, with some noted exceptions.
- f) Approve additional positions, as necessary, to carry out required responsibilities. These positions will report to the Executive but will not have voting rights.

10. Duties of the OMFLL Management Executive:

Section 1. Commissioner:

- a) Chair all Council, Executive, Annual General Meetings, Semi Annual General Meetings and create Agenda for each.
- b) Shall be the main contact person for all matters dealing with the OLA.
- c) Shall represent the Council at all OLA Board of Governors Meetings.
- d) Once the League Operating Policy and By-Laws have been approved, the Commissioner shall have the responsibility of ensuring all policies and bylaws are followed.

- e) Be a signing officer of the OMFLL.
- f) Must have served on the OMFLL Management Executive for the prior 2 years to be eligible for election.
- g) Shall immediately rule on discipline of teams that comply with fine guidelines.
- h) Shall immediately rule on player and team personnel under the guidelines of the CLA and the OLA Constitutions and OMFLL Policy.
- i) Shall oversee the setting of delayed or cancelled games from the OMFLL Provincial Weekend in conjunction with the playoff contenders and to have the authority to settle all date disputes.
- j) Shall prepare, distribute, collect and count ballots for OMFLL awards. Shall ensure arrangements are made for the purchasing of these awards.
- k) Shall communicate dates of all league functions, games, tournaments or tours to the OLA office and the OLA V.P. Field Lacrosse in order to eliminate conflicts with other members of the Ontario Lacrosse Association.
- l) Shall submit all changes to the league policy paper to the OLA office and OLA V.P. of Field Lacrosse for approval by the OLA Board of Directors.
- m) Shall ensure that all teams, players and staff are in good standing with the Council and the OLA prior to playing any games.
- n) The Commissioner shall receive a \$2,000 honorarium.

Section 2. U-9 Director, U11 / U13 Director, U15 / U17 Director, Fall Ball Director:

- a) Shall be on site for league competitions within their area of responsibilities or coordinate an alternate.
- b) Shall create the schedule for their respective age categories or coordinate an alternate person to create the schedule
- c) Shall, in conjunction with the registrar, ensure all players and bench personnel are properly approved by the OLA prior to participating in league schedule.
- d) Shall collect all game sheets and record score results online.
- e) Shall receive an honorarium of \$1,000.

Section 3. Secretary:

- a) Shall be a signing authority for the OMFLL.
- b) Shall record and distribute minutes of all league meetings within 10 days of meeting.
- c) Shall maintain a current list of all Club Presidents, Club Contacts & Club Registrars.
- d) Shall notify all members of the schedule and meeting dates for the current playing season.
- e) Player release appeal requests must be received by the OMFLL Secretary two weeks prior to the start of the season and requests will not be considered by the OMFLL after that date.
- f) Shall receive an honorarium of \$1,000.

Section 4. Financial Director:

- a) Shall be a signing authority for the OMFLL.
- b) Shall receive all funds payable to the Council and deposit it in the Council Bank Account.
- c) Shall pay all OMFLL bills.
- d) Shall ensure all cheques in excess of \$1,000 are authorized, in writing, by the other 2 signing authorities.
- e) Shall keep an accurate record of all receipts and disbursements and maintain the records for a period of 7 years.
- f) Shall prepare an interim financial statement to present to Council members at the AGM. Shall prepare a final financial statement to present to Council members at the SAGM.
- g) Shall notify the Commissioner of any member who is not in good standing with the Council.
- h) Shall reimburse all reasonable Executive expenses and mileage.
- i) Shall receive an honorarium of \$1,000.

Section 5. Registrar:

- a) Shall verify the registrations are completed properly, per the OLA approved guidelines and contact the Centre Representative with any discrepancies.
- b) The OMFLL Registrar will verify the approved registration forms at the Provincials for all teams participating.
- c) The OMFLL Registrar will keep a database of all player releases, players whose services were waived by their Home Club and players who played outside their home Club due to no team being offered in their age group.

- d) The registrar will be paid an honorarium of \$0.75 per approved card.

11. Election of the OMFLL Management Executive:

Section 1. The positions of the Management Executive shall be elected as follows:

- a) Even numbered years will be the election of Commissioner, U11/U13 Director, Secretary and Registrar (in that order). In the event a position becomes open, the position is filled only for the remainder of the term.
- b) Odd numbered years will be the election of U15/U17 Director, U9 Director, Financial Director and Fall Ball Director (in that order). In the event a position becomes open, the position is filled only for the remainder of the term.

Section 2. No more than two members of the Management Executive shall be appointed / elected from the same Minor Lacrosse Association.

Section 3. If an Executive position is vacated during the term in office, the remaining members of the Executive shall fill the vacancy until an appropriate replacement can be found.

Section 4. Nomination Procedures:

- a) Any Council member in good standing may nominate a candidate for a position on the Management Executive.
- b) The Commissioner shall send notification to the individual council members at least two (2) weeks prior to the Council's Annual General Meeting.
- c) The Commissioner will introduce advance nominations.
- d) Nominations will also be accepted from the floor before the election. Their names will be added to the slate.

12. OMFLL Appointed Positions:

Section 1. Referee in Chief:

- a) Shall be the liaison for the OMFLL Council.
- b) Provide insight into the requirements of the Referees.
- c) Ensure OMFLL policies are communicated to all Referees.
- d) Shall be appointed by the OLA VP of Officiating and approved by the Executive.
- e) Shall carry no vote.

Section 2. Webmaster:

- a) Responsible for updating the OMFLL website.
- b) Work with Executive to ensure timely messages are released on website and through social media.
- c) Shall carry no vote.

Section 3. Operations Manager:

- a) Shall ensure all OMFLL owned nets are in good repair.
- b) Shall arrange transportation to ensure all nets are delivered to fields which may require them.
- c) Shall ensure all game day bins, etc. are stocked and ready for the start of the Spring and Fall seasons and distributed to Executive members.
- d) Shall work in conjunction with the Commissioner to ensure all fields are booked.
- e) Shall ensure all fields are lined prior to the start of the season and re-lined, as may be required.
- f) Shall receive an honorarium to be determined by the Executive Council annually.
- g) Shall carry no vote.

13. OMFLL Code of Conduct (Appendix 1):

Section 1: All OMFLL Members will represent themselves at all times in accordance with the philosophy of the OMFLL Council and OLA.

Section 2: All OMFLL Members are bound by the Code of Conduct and are open to disciplinary actions from the OMFLL, OLA or CLA.

14. Fall Ball:

Fall Ball shall be governed by its own set of Policy Papers. A Fall Ball meeting will be held following the OMFLL SAGM and will be attended only by Clubs who entered a team in the previous Fall Ball season. The Fall Ball policy paper may only be amended by the Clubs in attendance at this meeting.

15. Awards:

Section 1. Team Awards:

- a) It is the responsibility of the Executive to present awards at the Provincial Championships or to find an appropriate replacement.
- b) The OMFLL will provide twenty-five gold and twenty-five silver medals to the Provincial finalists in each division.
- c) Each Provincial Championship winning team will be presented with a keeper OMFLL Provincial Championship Banner.

Section 2. Individual & Recognition Awards:

- a) Council and Executive members will be able to nominate individuals for the available awards up to due date. The due date will be June 1st. Nominations sent to the Commissioner.
- b) All nominations will be reviewed and approved (confirm player is an OMFLL member, and in good standing, confirm nominator is eligible to nominate etc).
- c) The OMFLL Executive will choose a winner in each category.
- d) OMFLL Commissioner will forward a letter to each selection to announce their winning of the award they were nominated for. The letter will also detail the location, date and time of the Award Presentation. The OMFLL will secure two tickets for the winner and a guest for the presentation. Further tickets can be purchased.
- e) List and description of awards is represented in Appendix 2.

BY-LAWS

1. Team Registration:

- a) Centres must declare their intention to participate in OMFLL League play by December 1st or be subject to exclusion.
- b) The following dates will be utilized for team declarations:
 - i. March 1st at 11:59pm – Team Declarations and fees due
 - ii. March 2nd – March 7th at 11:59pm - \$500 late fee to add a team(s), 25% late fee to withdraw a team(s)
 - iii. March 8th – March 14th at 11:59pm - \$750 late fee to add a team(s), 50% late fee to withdraw a team(s)
 - iv. March 15th and later – No teams will be added, no refund for withdrawing team(s)
- c) No Centre shall enter a second team in any age category, unless the first entry has a minimum of 1 goalie and 14 runners approved for play in the OMFLL. This rule applies for all subsequent entries in any age category.
- d) OMFLL League fees, as detailed by the Council shall be made payable to “Ontario Minor Field Lacrosse League” and be received by the Financial Director no later than March 1st of the current playing season or teams may not be placed on the schedule.
- e) Each center must also pay a performance bond of \$100.00 per team to a maximum of five (5) teams, which will be kept in trust in the League Account.
- f) Each declared team must have at least 10 players, 1 coach and 1 trainer registered before April 1st. Teams that do not meet the above requirements will not be included in the schedule.

2. Player Eligibility:

Section 1. Age Groups:

- a) U 9 – 7 and 8 years old in current playing year
- b) U11 – 9 and 10 years old in current playing year
- c) U13 – 11 and 12 years old in current playing year
- d) U15 – 13 and 14 years old in current playing year
- e) U17 – 15 and 16 years old in current playing year

* No players may participate who do not attain their 7th birthday on or before Dec. 31st of the current playing year

Section 2. Registration:

- a) Parent or Legal Guardian must register their son/daughter using the approved platform for the current season. Registrations must then be Club approved before being League approved by the Registrar and then OLA approved.

3. Insurance:

- a) All OMFLL players, bench personnel and executive must be insured under the OLA Insurance Policy. These fees are paid directly to the OLA.

4. Rosters:

- a) No team may have more than twenty-five (25) players registered for competition. In sanctioned League play, the maximum number of players who can dress for a game is 23.
- b) A team must have a minimum of ten players on the field to start the game. A goalkeeper must be one of the ten players.
- c) No team may use more than 3 players from a lower age group per game. Any player that is being used from a lower team must be indicated on the game sheet.
- d) No U9 players may be called up to U11.
- e) Each team will provide a final team roster prior to the first week of the regular season.

5. League Play:

Section 1. Eligibility:

- a) A player must be registered by the start of Week 3. No registrations will be accepted once Week 3 has begun. Any registrations entered after this date will not be processed.
- b) Only players in attendance shall be listed. Late arrivals will be added when they arrive.

Section 2. Schedule Format (Regular Season):

- a) All schedules must be submitted to the Commissioner for approval before being released to the Clubs.
- b) A schedule for all age categories will be released on, or before, March 26th.
- c) All teams will participate in all 5 weekends of play (except U9).
- d) All teams will play 2 games per weekend (except U9).

Section 3. Provincials:

- a) All teams will participate in Provincials.
- b) The OMFLL Executive will determine the Provincials format annually. The format will be communicated to all Clubs prior to the start of league play.
- c) MyLaxRankings will be used to determine final positioning and where each team ranks for Provincials and shall not be appealable.

6. Bench Personnel:

- a) Every team participating in an OMFLL sanctioned League or event must have designated Head Coach, who will be responsible to the Council for the conduct of the team.

7. Rules of Play:

Section 1. Game Rules:

- a) FIL rules will be in effect for all games unless otherwise directed and approved by the OMFLL and OLA.
- b) All players' sticks must abide by the FIL specifications. Full wooden sticks are not to be allowed. U13 and under are allowed a 34" stick in length as a minimum length. 40" for everyone above U13.
- c) Game Times: U9 and U11 modified rules and field size. Represented in Appendices 3 and 4.
- d) Game Times: U11 and U13: 12 minute quarters (last 2 minutes of 4th quarter stop time)
- e) Game Times: U15 and U17: 15 minute quarters (last 2 minutes of 4th quarter stop time)
- f) Half Time: 5 minutes
- g) Time Outs: 2 per game, taken at any time in the game.
- h) Under no circumstances shall any official, coach, manager be allowed to change the times of quarters or games.
- i) A team is deemed to have defaulted a match, when they have insufficient players to start the game, fifteen minutes after the scheduled start time.
- j) Any team who defaults 2 games in a season will be removed from the remainder of the schedule and forfeit their bond.
- k) A game shall be considered a complete game if the 3rd quarter has been started and it is called due to poor weather or field conditions.
- l) A game can only be cancelled with the consent of the game day convenor.
- m) Tied games will stand in regular season play and Provincial Round Robin play.
- n) Overtime in Elimination games in Provincials will be played as follows: Two 4 minute halves, running time. If necessary, Sudden Victory will be played using 4 minute running time quarters.
- o) Slashing will be called tightly.
- p) Profanity and/or obscene gestures will be called tightly.
- q) The Designated Defender rule will be used.

Section 2. Team Uniforms:

- a) Each team is required to have uniforms that follow the FIL policy on uniforms
- b) Prior to the start of the 2021 season, all teams must have reversible jerseys with a dark and light side. Until 2021, each team must continue to have a contrasting alternative solution for their jersey available. The alternative solution can be one of the following; reversible jersey, second jersey or a pinnie that can be worn over their main jersey.

Section 3. Off Field Officials / Balls:

- a) Each team must provide one timing device per game.
- b) Each team must provide a Minor Official (timer or scorekeeper) and a ball retriever per game.
- c) Each Team must supply four CLA approved lacrosse balls per game.

Section 4. Game Sheet:

- a) OMFLL approved Field Lacrosse game sheet will be used for all sanctioned games.

8. Host Site Requirements (Appendix 5):

- a) Host Centre shall work with the Operations Manager, and any applicable Executive member to ensure facility is prepared when hosting OMFLL events.
- b) Failure to meet these requirements will result in fines.
- c) Host Centre must submit for expenses to the OMFLL Financial Director no later than 4 weeks after hosting event. If hosting multiple events, please submit for each in the required time lines. Penalty fees will be applied for late requests for reimbursements.

9. Fines:

- a) All fines must be paid in full prior to Provincials. Failure to do so will make the offending team ineligible for Provincial play.
- b) The Council will honor all suspensions of all leagues in Canada that are affiliated with the OLA and CLA.
- c) The following fines will be remitted to the OMFLL Financial Director:

Failure to appear for a scheduled game.	\$500.00 (per game) to be split evenly between OMFLL and non-offending team
Failure to attend the SAGM	\$100.00
Failure to pay OMFLL fees by March 1 st of the current playing season.	\$50.00 (per team)
Failure to meet hosting requirements as set out in Appendix 5	\$100.00
Appeals and Protests (non-refundable)	\$50.00
Fighting	\$50.00
Expulsion/Banishment/Foul Out	\$25.00

10. Playing Misconducts:

Section 1. Playing Misconducts:

- a) An OMFLL member (player, bench staff, and parent) who flagrantly criticizes officials, or demonstrates malicious or unsportsmanlike behavior, is open to disciplinary measures from the Disciplinary Committee for their actions.
- b) The Disciplinary Committee will rule on the severity of the incident and decide whether a Review hearing is required.
- c) The Disciplinary Committee shall meet within three (3) days where possible after notification of the incident. A player shall not play or practice with any team until the Disciplinary Committee has met.

Section 2. Offences:

- a) Fighting – 1st Offence: The player will automatically be ejected from game and miss the following 2 games. Will also be assessed a fine. The player may not be on the player bench and must be listed on the game sheet as serving suspension.
- b) Fighting – 2nd Offence: The player will automatically be suspended from participating for the balance of the season, including Provincials.
- c) Any player who receives a Banishments, Expulsion or Foul Out, shall miss the following game. They will also be assessed a fine. OMFLL game day supervisor will determine if a discipline hearing is necessary
- d) Intent to Injure: As defined by, but not limited to, spitting, kicking, spearing, head-butting. The player will automatically be ejected from game and miss the following league game. The player may not be on the player bench and must be listed on the game sheet as serving suspension. A Disciplinary hearing may be held. A player shall not play or practice with team if hearing is called.

11. OMFLL Disciplinary Committee:

- a) The Commissioner shall chair, or select a member of the OMFLL Executive to chair. The chair shall select 2 other OMFLL members to be on the Committee. The members must not have a conflict in the hearing.
- b) The Chair will inform the player's coach of the date and time of the hearing and request the attendance of both player and coach.
- c) All relevant personnel will be invited to the Review hearing (Official, opposing coach).
- d) After submission to the Disciplinary Committee by the appropriate personnel, the Disciplinary Committee shall make a ruling and report that ruling to the people involved (Coach, Affiliated Minor Association) within 24 hours. A written copy of the ruling should follow as soon as possible.
- e) A Disciplinary Committee suspension shall be defined as follows: "to bar or exclude a privilege; usually for a specified time as a penalty". This would cover all team activities and OLA duties (unless waived).

12. Grievances:

- a) Formal grievances concerning alleged misconduct or unacceptable behavior by coaches or other bench personnel shall be submitted in writing, to the Commissioner.
- b) The complaint shall include details of the alleged incident.
- c) The Commissioner shall forward a copy of the grievance to the Disciplinary Committee, to the person in question and their Affiliated Minor Association.
- d) The Disciplinary Chair shall investigate the circumstances of the alleged incident and with the help of the Minor Association attempt to solve the situation informally.
- e) The Disciplinary Chair will rule on the severity of the incident and decide whether a Disciplinary hearing is required.
- f) If the Disciplinary Chair determines that a Disciplinary hearing is warranted it shall be scheduled within 15 days of receipt of the grievance.
- g) The Disciplinary Chair will inform the person in question of the date and time of the hearing and request their attendance with another Club representative. The President of the Affiliated Minor Association shall be invited to attend. If the person in question refuses to appear, either by so stating explicitly or by failing to provide a reasonable time when he/she can appear at a hearing, the hearing shall be convened without him/her.
- h) The Disciplinary Committee shall take into account the formal grievance, the response of the person in question, and any information available from witnesses produced by the complainant, the person in question, and/or the Disciplinary Committee itself. The procedure will involve an analysis of facts presented to the Disciplinary Committee and will not involve cross-examination. Questions of clarification may be allowed at the discretion of the Disciplinary Committee Chair.
- i) If the Disciplinary Committee upholds the grievance, it shall be empowered to impose a suspension, which is indicated by the severity of the offence.
- j) A written copy of the decision of the Disciplinary Committee shall be sent to the Commissioner, OMFLL Executive members, the accused coach or bench staff, the complainant, the Minor Association representative, the OLA.
- k) The person may also face an additional penalty from his/her own Club/Minor Association pending their guidelines for such behavior.

13. Appeals:

- a) All appeals must be in writing together with the fee and submitted to the Commissioner.
- b) The Commissioner will Chair all appeals, or in their absence, will appoint a chair to set up a Committee to hear the appeal.
- c) Any OMFLL final decision may be appealed to the OLA.

14. Officials:

Section 1. Referees Per Game:

- a) A minimum of 2 referees will be scheduled for all games. Where possible, 3 referees will be assigned.
- b) Requests from Clubs for additional Referees or CBO for a particular game will be assigned by the Referee Assignor, if possible. The requesting Club will be billed for this extra cost.

Section 2. Referees Duties:

- a) Referees must ensure that any action that results in a player's or bench personnel's expulsion from the game is noted on the game sheet with an explanation.
- b) Referees must check the game sheet, ensure bench staff have signed it and count the players on the bench and compare to the game sheet. If there is a discrepancy, they must ask the coach to address it before the game goes on.

Section 3. Referee Payment:

- a) The official Referees for each game will each be paid a fee to be set at the beginning of each season according to the Referee contract.
- b) The Referees will be paid by the Financial Director in a manner set out by the OMFLL.
- c) Referees must sign the game sheet for attendance.

APPENDIX 1: OMFLL Code of Conduct

Code of Conduct for Players:

- a) I will play by the rules of field lacrosse.
- b) I understand that verbal abuse of officials, other players, or coaches and team personnel spoils the activity for everyone and that such behavior will not be tolerated.
- c) I will do my best to be a true team player.
- d) I will remember that winning isn't everything. Having fun, improving my skills, making friends and doing my best are also important.
- e) I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

Code of Conduct for Coaches, Trainers, Managers and Team Personnel:

- a) I will teach my players to play fairly and to respect the rules, officials and opponents.
- b) I will ensure that all players receive equal instruction and support.
- c) I will remember that players play to have fun and must be encouraged to have confidence in themselves. I will not verbally abuse my players or make harassing comments to my players.
- d) I will make sure that equipment and facilities are safe for all participants.
- e) I will remember that participants need a coach, manager or trainer whom they can respect. I will be generous with praise and set a good example.
- f) I will obtain proper training and continue to upgrade my coaching or management skills.
- g) I will foster regular and effective communications with parents and players.
- h) I will ensure that team behavior is acceptable and non-threatening for all participants.
- i) I will remember that it is a privilege, not a right, to coach and work with young athletes.

Code of Conduct for Referees:

- a) I will obtain proper training and continue to upgrade my officiating skills.
- b) I will intervene in any situation that threatens the safety of the players.
- c) I will not permit the intimidation of any player either by word or by action. I will not tolerate unacceptable conduct toward officials, other players, team personnel, spectators or me.
- d) I will be consistent, objective and impartial in calling all infractions.
- e) I will handle all conflicts firmly and with dignity.
- f) I will be open to discussion and contact with the players and coaches before and after the game.
- g) I will work in cooperation with coaches for the benefit of the game.
- h) I will arrive at least 15 minutes prior to scheduled game time.

Code of Conduct for Parents:

- a) I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other minor field lacrosse activity.
- b) I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- c) I will insist that my child play in a safe and healthy environment.
- d) I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- e) I will remember that the game is for children, not adults.
- f) I will do my very best to make minor lacrosse fun for my child.
- g) I will ask my child (and myself) to treat other players, coaches, fans, and officials, with respect regardless of race, sex, creed, or ability.
- h) I promise to help my child enjoy the minor field lacrosse experience by doing whatever I can, such as being a respectable fan, assisting with coaching, or providing transportation.
- i) I promise to abide by the rules and guidelines of the Ontario Minor Field Lacrosse League (OMFLL), the International Lacrosse Federation (FIL), and the Ontario Lacrosse Association (OLA).

APPENDIX 2: Individual & Recognition Awards

Laurie Montgomery Memorial Award - To be awarded to the Volunteer whose unselfish motivations are demonstrated by their dedication and determination of continually promoting and bettering the game of Field Lacrosse throughout the years.

Bobby Allan Award - To be awarded to the Coach or Bench Staff whose unselfish motivations are demonstrated by the dedication of their efforts by teaching and promoting the game of Field Lacrosse as well as sportsmanship.

Rick “Tuggy” Passfield Memorial Award - To be awarded to the Peewee Goalie demonstrating the most potential in the game of Field Lacrosse, through his/her hard work, dedication and determination.

Stan Cockerton Award - To be awarded to the Graduating U17 (Midget) Offensive Player who is demonstrating high proficiency in Field lacrosse, as well as sportsmanship.

Ryan Haber Memorial Award - To be awarded to the U17 (Midget) Player demonstrating high proficiency in the game of Field Lacrosse, through his/her hard work, dedication and determination.

Ted Sawicki Award - To be awarded to the Graduating U17 (Midget) Defensive Player demonstrating high proficiency in Field lacrosse as well as sportsmanship.

Tucker Williams Memorial Award – To be presented to an OMFLL member who has displayed great strength and fortitude in overcoming personal tribulations to participate in OMFLL as a player, coach or administrator. Potential nominees for this award may have faced challenges including, but not limited to, the following: health issues, family issues or personal issues related to race, religion, gender, sexuality, etc.

Additional Notes for Tucker Williams Memorial Award:

- i. The OMFLL will donate \$250 to the charity of the recipient’s choice.
- ii. To preserve the integrity, and the spirit of courage displayed by Tucker Williams, this award may not necessarily be presented annually.
- iii. All nominations will be reviewed by a committee comprised of the Commissioner, one other OMFLL member, and the Williams Family.

APPENDIX 3: Modified 7 on 7 Field Lacrosse Rules

Team:

- a) All games are seven vs. seven: six field players and one goalie.
- b) Teams must have a minimum of 7 players to ensure competitive games. (6 runners and a goalie)
- c) Two attack players, 2 middies, 2 defenders and a goalie will comprise a team on the field.

Bench Staff:

- a) Each coach must be at a minimum, a certified Community Level Field Coach with a maximum of 3 coaches.
- b) Coaches will be in charge of team discipline and act as the team's representative.
- c) Each team is required to have an OLA Certified Trainer.

Game Format:

- a) Play will be a round robin format with no more than 3 games per day.
- b) Games consist of two 20 min. halves with a 3-minute halftime. Stop time last 2 minutes of second half, only if score difference is 5 or less.
- c) For a face-off, middies will be positioned on the sideline to the left of their draw man. Attacks and Defence must stay behind the goal line extended until possession is called. Goalie must stay in crease until possession is called.
- d) If a team falls behind by 8 or more goals, they are awarded the ball at midfield after they have been scored on.

Equipment:

- a) A maximum of 2 long poles may be on the field per team. Maximum length of long stick is 52", minimum is 42".
- b) U9 nets are to be 4 feet across by 4 feet tall. OMFLL to provide 4 by 4 nets for game play.
- c) Fields will be approx. 60 yards long and 30 yards wide.

Additional Rules:

- a) There are **no** take out hits allowed. The players may rub and jostle for a loose ball, but **may not initiate** any contact that results in the opponent being hit with any substantial force. Stick checking is allowed but must be controlled; with no one hand swings at opponent.
- b) Onside Rules- teams must have two players on the offence half and three in the defence half at all times.
- c) All Field lacrosse penalties to be enforced. Penalties start once the whistle has begun play and the offending player has put his knee down in the penalty area.
- d) During the game all substitutions are on the fly; players must step completely off of the field before a team-mate enters the playing field.
- e) Players must use the change box. Change box is identified by a marker that is 5 yards on the sideline on either side of the mid half line. All changes must happen within this 10 yard box. Players are only to be in the box 5 seconds before their change is to happen, otherwise box must be clear.
- f) Coaches will be allowed in the change box to facilitate substitutions.

APPENDIX 4: Modified 9 on 9 Field Lacrosse Rules

Team:

- a) All games are ten vs. ten: nine field players and one goalie.
- b) Teams must have a minimum of 10 players to ensure competitive games. (9 runners and a goalie)
- c) 3 attack players, 3 middies, 3 defenders and a goalie will comprise a team on the field.

Bench Staff:

- a) Each coach must be at a minimum, a certified Community Level Field Coach with a maximum of 3 coaches.
- b) Coaches will be in charge of team discipline and act as the team's representative.
- c) Each team is required to have an OLA Certified Trainer.

Game Format:

- a) Play will be a round robin format with no more than 2 games per day.
- b) Games consist of two 25 min. halves with a 3-minute halftime. Stop time last 2 minutes of second half, only if score difference is 5 or less.
- c) For a face-off, middies will be positioned on the sideline to the left and right of their draw man. Attacks and Defence must stay behind the goal line extended until possession is called. Goalie must stay in crease until possession is called.
- d) If a team falls behind by 8 or more goals, they are awarded the ball at midfield after they have been scored on.

Equipment:

- a) A maximum of 4 long poles may be on the field per team. Maximum length of long stick is 48", minimum is 42".
- b) U11 nets are to be 4 feet across by 4 feet tall. OMFLL to provide 4 by 4 nets for game play.
- c) Fields will be approx. 60 yards long and 50 yards wide.

Additional Rules:

- a) Onside Rules- teams must have three players on the offensive half and four in the defensive half at all times.
- b) All Field lacrosse penalties to be enforced. Penalties start once the whistle has begun play and the offending player has put his knee down in the penalty area.
- c) During the game all substitutions are on the fly; players must step completely off of the field before a team-mate enters the playing field.
- d) Players must use the change box. Change box is identified by a marker that is 5 yards on the sideline on either side of the mid half line. All changes must happen within this 10 yard box. Players are only to be in the box 5 seconds before their change is to happen, otherwise box must be clear.

APPENDIX 5: Host Site Responsibilities Checklist

Site: _____

Date of Scheduled Games: _____

Site Convenor: _____

- Playing fields are lined per FIL standards, or, per OMFLL Modified 7 on 7 Rules.
- Two lacrosse nets placed on each field, fully functional and without defect.
- Scorer's Table and two chairs placed at each field. A picnic table is also suitable.
- Cones on each corner, restraining line, midline, coaches walk and change box (13 pylons per field)
- Provide a convenor at each site that is available during all games.
- Emergency Plan for each site, which includes info. To the nearest Emergency Care facilities.
- Adequate washroom facilities are available on site.