



## House League Playing Rules

THESE RULES ARE DESIGNED TO ENSURE THE SAFETY OF ALL PLAYERS  
AND THAT ALL PLAYERS ARE GIVEN AS EQUAL FLOOR TIME AS POSSIBLE  
AND THAT COMPETING TEAMS ARE AS FAIR AS POSSIBLE

## **Ontario/Canadian Lacrosse Association rules shall be used with the following changes and/or additions.**

**Prior to any player or bench personnel taking the floor for an HLA game, he/she must be registered with the Hamilton Lacrosse Association.**

*Note-*for a copy of CLA rules please see an Executive Member.  
Paperweight/Peanut will have their own rules of play.

## Zero Tolerance

There is a strict zero tolerance policy in which any misbehavior by a parent, coach or player in a sporting facility in Hamilton, will get them removed from the premises. Furthermore, for any of the following such behavior, you will be **SUSPENDED INDEFINITELY FROM HAMILTON LACROSSE, UNTIL DEALT WITH AT A DISCIPLINARY HEARING:**

- ❖ Fighting
- ❖ Making derogatory comments based upon race, ethnic origin, religious background or gender
- ❖ Swearing
- ❖ Threatening a referee, box personnel, another coach or player or Executive member
- ❖ Making obscene gestures
- ❖ Persisting in such behavior after being ejected from a game
- ❖ Behaving in any manner to dishonor, embarrass or disgrace the game

## Penalties

- ❖ All penalty times will commence with the start of play, ie; The referee's whistle.
- ❖ Play will start at the center face-off circle
- ❖ When a player receives a penalty, he/she must ***hustle*** to the penalty box. Players will be assessed further penalties for violation of this rule.
- ❖ Possession shall be awarded to the non-offending team who last touched the ball when multiple/coincidental penalties are called.



### **3 Penalty Expulsion Rule – Tyke – Senior**

If a player receives 3 penalties in the same game, he/she shall be expelled from playing the balance of the game. Final penalty(s) must be served by another player. Delayed penalties canceled by goals and penalty shots are included. CFB minor penalties count as one (1) penalty towards the 3 penalties (New 2014).

### **Checking From Behind**

Checking from behind into the boards or goal post will result in a match (Minimum 3 game suspension) penalty.

Checking from behind on the floor will result in a double minor penalty, which will count towards three penalty expulsion rule (it will count as one penalty). If the penalty is called as a major (5 minutes) an automatic game misconduct penalty is given.

Checking from behind called during a breakaway will result in a penalty shot. Two penalties will still be indicated on the game sheet. If a goal is not scored, the player must still sit the two penalties. If a goal occurs on the penalty shot, only one of the penalties shall be served.

The Disciplinary Committee will deal with players who continually check from behind.

### **Too Many Players On The Floor**

When a team has too many men on the floor in an offensive situation, they will lose possession of the ball.

When a team has too many men on the floor in a defensive situation, a 2-minute minor penalty will be assessed.

If the defensive team has too many men on the floor during the last 2:00 of the game, a penalty shot will be awarded.

Players should be near to the bench step during changes on the fly. Players leaving the bench must not leave too soon.

### **The Game - Fair and equal play is expected from all teams**

**Equal floor time for all house league players is expected. If it is found that the this not being followed the game convenors and h/l director have the discretion to forfeit the game.**

- ❖ Each team must have a minimum of 8 players (including a goalie). If a team is unable to suit up 7 runners, they will forfeit the game (see player call-ups) (Tyke – Midget)
- ❖ Games will start at 6 minutes past the hour and will be curfewed on the hour.
- ❖ Hands shall be shaken before the start of each game.
- ❖ In **Tyke through Senior**, the same team member may NOT pass the ball back to the goalie (in the crease) at any time.



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- ❖ Divisional Convenors have the authority to render decisions regarding the interpretation of HLA playing rules and regulations where an immediate ruling is required. All other interpretations will be forwarded to the Executive body.
- ❖ Referees' decisions on the floor related to the rules and their interpretations during the game will not be changed or overruled at the time of the call.
- ❖ A defending player may interfere with the progress of an attacking non-ball carrier using his/her body or a push checking motion with his/her stick provided the non-ball carrier is inside the dotted line (Tyke to Peewee) and in the offensive zone Senior Cross-checking/pushing the non-ball carrier is not allowed anywhere outside the above mentioned areas. Resulting penalty will occur.
- ❖ Minor Interference is only called near the ball.
- ❖ Play will immediately be stopped if a player loses his/her helmet or a chinstrap comes undone.
- ❖ In the Tyke – senior division a maximum of 3 goals per player will be followed. If a player scores a fourth goal, the play will be stopped and a change of possession will commence from the goalies crease.

**PLEASE NOTE:** For insurance purposes, parents/spectators are not allowed to stand/watch games/practices from bench area (including corridor behind benches). Any player not able to play and who is on the bench, must wear a helmet.

### ALSO

Between games, no one should be allowed on the floor.

### **30 Second Rule**

The 30-second shot clock is not in effect in **Tyke**, but all players are encouraged to move the ball forward. Continual warnings of this will result in loss of possession.

The 30-second shot clock shall be run during **ALL** possessions from **Novice-Midget**. (Short handed situations included).

### **10 Second Rule**

A short-handed team has 10 seconds to advance the ball into the offensive zone – past the second “rag line”. (**Note: this rule not called in Tyke**)

**NOTE:** The 30-second shot clock does not stop the play, only the Referees' whistle stops the play.



## **Game Times:**

### **Tyke – Midget**

Game length	45 minutes
Periods	3 x 15 minutes
Shot Clock	10-second rule / 30 second rule in effect (NOT IN TYKE)
Minor penalties	2 minutes
Change on the fly	

## **Game Sheets**

All players will be listed on the game sheet for every game. In case of an absence, either mark “Abs” (absent) beside the name or mark a line through the name to indicate that the player is not playing in that particular game. If a player arrives within 15 minutes of the start of the game, they may still play the game, after checking in at the scorekeepers’ box to identify that they have arrived and to confirm that they are eligible to play. Goalies must be put in the first box of the name sections. **ALL PLAYERS MUST BE LISTED WITH FULL FIRST AND LAST NAMES**

Box personal will distribute the game sheet after the game

## **Standings**

Championship weekend starts a fresh slate and season play has no influence on the championship weekend.

HLA Executive to decide on playoff format prior to season.

## **Goalies**

Each team must have a dressed goalie before the start of play. If one is not available, that team will forfeit their game.

Goalies **must** wear throat guards.

Goalies have **5 seconds** to pass the ball off, whether in their crease or out of their crease.

Failure to pass the ball off will result in a loss of possession call.

During play, goalies cannot come into the center neutral zone. Loss of possession will occur if the goalie enters this area.

Goalie penalties will be served by a player who was on the floor at the time of the infraction.

Goalies who supply/wear their own equipment (sticks included), will be checked at the beginning of the season of legal compliance. The H/L Director/HLA Executive/R.I.C. or delegated party will review the equipment (New 2014).

Tyke- Novice. Goalies are not permitted to lacrosse check at any time. Lacrosse checking by a Goalie will result in a stoppage of play and the opposing team having possession of the ball with a full shot clock.



## Leaving Player's/Penalty Bench

At the end of each game, players/coaches must stay at their benches until the referee signals each team to leave. Players in the penalty box must go directly to their bench. The visitors' team will always leave first. A game misconduct penalty will be assessed to the first player/bench staff that leaves before the referee's signal.

## Multiple Penalties

- Coincidental minor penalties shall result in teams playing one man short, no substitution for penalized players.
- Penalty time will start when the referee blows the whistle to resume play.
- If a team is assessed a third penalty while they are serving two penalties (two players down), the non-offending team will be awarded a penalty shot. The penalty will still be marked on the game sheet. If a goal is scored during the delayed call, the first penalty will expire and the penalty will be issued to the offending player. **(This will only occur if teams have 8 runners or less) \***
- If a second penalty is called during a delayed penalty, play will be blown dead and possession awarded to the non-offending team at center face-off circle. Once again, if there is a player serving a penalty, the penalty shot will be applied to the second penalty.

## Minimum Penalty Guidelines

- ❖ Match penalty - 5 Games (Disciplinary hearing)
- ❖ Gross Misconduct – Indefinite (Disciplinary hearing)
- ❖ Game Misconduct – Final period – 1 Game
- ❖ Reckless and Endangering Play (Attempt to Injure) – 3 Games (Disciplinary hearing)
- ❖ Team Pulled from Floor – Indefinite (Disciplinary hearing)
- ❖ Fighting – 1<sup>st</sup> Fight – Suspension pending league hearing – 2<sup>nd</sup> fight – league expulsion (New 2014)
- ❖ **Major Penalty – Remainder of Game (Any 5 minute penalty assessed)**

**NOTE: Any 5 minute penalty assessed, team to play shorthanded for that time (unless 2 goals scored), no player required to sit in penalty box to serve player's 5 minute penalty. Treat as game expulsion.**



### **Delay of game**

A delay of game penalty will be assessed to a player not getting off the floor quickly for penalty called against.

### **Face-offs**

- ❖ **All** face-offs shall be conducted at the center face-off circle.
- ❖ One player from each team will “draw” the ball and attempt to gain control at the ref’s whistle.
- ❖ The remainder of the players must stand behind the two center lines and wait for one ref to signal “**CLEAR**” before they can enter into the center zone.

### **Eliminating face-offs**

- ❖ When a team is penalized, the penalty will be reported to the scorekeepers’ box and the ball will be given to the non-penalized team at the center face-off circle.
- ❖ The goalie shall be awarded the ball if struck on the facemask/throat guard.

### **Call – up of Players**

A team may call up players during the regular season only (not in the championship game without permission from the league convenor) from their farm team (same number) only if they are short- handed. Convenors at the rink must be notified of all call-ups.

Tyke – Players will be called up from a pool of Paperweight players. It is imperative that each team knows of any absences ahead of time. All players in the Paperweight pool will be used on a rotational basis. One team will **not** call-up the same player continually. The only exception to this rule is if siblings are used.

Novice – Midget – Players to be called up should be from each team’s farm team (team number). If a team has no farm team group before them, they may call up a player from the preceding teams. Under no circumstances will be able to play down.

### **Curfews**

Due to time constraints – all games will curfew on the hour – it is very important to start each game on time.



### **Time outs(semi final and championship games only)**

Each team will be allowed (1) – 30 second time out during the game. **(during Semi final and championship games only)** The time out must be called from a player on the floor – not by a coach on the bench (Tyke only exception). The time out will be recorded on the game sheet. Time outs will not be allowed for goal spreads greater than 3 goal.

### **Stop time (During championship weekend only)**

The *last minute* of play will be stop time pending two conditions:

1. Goal spread 3 or less

**And**

2. Sufficient time prior to curfew

Referee's decision is final.

If goal spread changes from 3 to 4 goals during the last minute, the clock will run, stop time will not occur.

### **Bench Personnel**

No bench personnel will be allowed on the bench while under the influence of alcohol or drugs. The penalty will be indefinite suspension.

The H.L.A. requires all bench staff to have a police check (Vulnerable Sector Check (PVSC)) which must be completed in the police jurisdiction where you live.

All bench personnel **MUST** be on the game sheet

### **Uniforms/Equipment**

The uniforms are the responsibility of the coach/team during the season. Players will get to keep their uniforms at the end of the season. Throughout the season, it is recommended that sweaters be collected after every game. If a player quits during the season, the sweater must be returned to the coach. All goalie equipment must be returned to the HLA Equipment Manager when the season ends. The HLA will supply each team with a supply of balls. If more balls are required, the team may purchase them from the H.L.A.

**MOUTH GUARDS** are **mandatory** for all players (**2 +10 Minute Misconduct if not worn**). Jewelry must be removed also. Referees will check prior to start of game during shaking of



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hands to enforce this rule. A referee will assess a **2 minute minor and Game Misconduct** for abuse of this rule during the game.

The referees will not stop a game for a stick measurement. The coach will be informed and will be expected to check the stick length. If in question, it will be noted on the game sheet and before the next game it's length will be checked by Convenor or other HLA representative. If it is found to be illegal, the stick will be removed from the game and penalty will be issued.

Tyke – Pee wee 34" – 46"      Bantam above 40" – 46"

### **Team Discipline**

Players may be benched at the discretion of the coach. Divisional Convenor must be notified and reason(s) given. Coaches should submit a list of team rules to the HLA before the first game. It is also recommended that a team meeting with the parents be held before the start of the season. Such things should be discussed as a pop list, team rules, and absences/holidays.

### **AP Players**

AP players are players who play up with the Bengals on a part time basis.

AP players will **always** play H/L games first.

AP players asked to play Bengal when there is a H/L practice, must get permission from the H/L coach and convenor

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