

ZONE 9 - 2024 COACH'S GUIDELINES

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COACH RESPONSIBILITIES:

1. Coaches and Trainers must obtain proper certification.
2. One member of each team's coaching staff must attend the Zone coach's meeting as scheduled. (\$75.00 fine)
3. The Coach, bench personnel and players must maintain proper conduct at all times (i.e. before, during and after games. (OLA Constitution B7.01)
4. The Coach must ensure, particularly, that proper conduct of the team is exercised on the floor.
5. If a Coach is going to be late for a game, due to unforeseen circumstances, he should attempt to contact the Arena and notify the appropriate people. (If the start of the game is delayed for more than fifteen minutes, the appropriate fine will be levied.)
6. The Coach, Manager or Head timekeeper must notify the Division Convenor and Zone Scheduler of the outcome of any **play-off game**, immediately after the conclusion of that game by e-mail. (fine \$25.00)
7. If a team has both Home and Away Uniforms, the Coach must have both available for all games, and ensure that his team is dressed in their non-conflicting Colors prior to game time.
8. The Coach must notify his/her Association Representative, to contact the Zone Director and Ref-in-Chief, if neutral referees are to be requested for any play-off games. (Referee mileage fees to be paid by the requesting team.)
9. The Coach must be familiar with the rules and regulations as set down by the C.L.A., O.L.A. and the Zone, and instruct his/her players in the proper playing of the game of Lacrosse, to the best of his/her ability.
10. **Ensure that the teams shake hands** (prior to the start of the game or at the end).
11. The use of a suspended player in a game, will result in the game being forfeited, the Coach being suspended for at least one game and the player still having to sit out his/her suspension.
 - Suspensions must be served in consecutive games, including Zone games and all O.L.A. sanctioned tournaments.
 - Suspended players or coaches may not be added to game sheets in a higher (or same) division to "use up" suspensions.
 - Suspended players' or coach's names must appear on the team list in the appropriate location, in order that the Convenor will count it as a game served. Failure to note the name on the "game sheet" will result in the game will not counting as the suspension having been served.
 - The Zone GSI Administrator must be advised of any tournaments that the team is attending, in order to document suspensions being served or new suspensions received.
12. Team Officials will be brought in for a meeting, when their team has accumulated four reportable suspensions (i.e. Gross or Match penalties), to determine where the problem lies, so that a suitable solution might be reached.
13. With GSI all bench Staff the game must sign the "game sheet". (Remove names of those not in attendance)
14. If a team incurs an excessive number of penalty minutes in one game (excluding misconduct's), the "Coach-in-charge" will be suspended for the next game;
 - Tyke, Novice & Peewee - 26 minutes or more. *
 - Bantam, Midget & Intermediate - 36 minutes or more. *

***2017 OLA Regulation**

PLAYER RESPONSIBILITIES:

1. The Player must obey all rules and regulations as set down by the C.L.A., O.L.A., Zone and Association, and show respect and courtesy to coaching staff, referees, minor officials and spectators at all times. (OLA Constitution B7.01)
2. After a player has received two reportable suspensions (i.e. Gross or Match penalties), he/she will be called to a meeting, along with a coach, to determine his/her future in Lacrosse. A third reportable offence will result in the player being suspended for an indefinite period of time, until the player has demonstrated his/her desire to play Lacrosse in a more acceptable manner.
3. Any player not attending a discipline committee hearing, will be suspended until he/she makes arrangements with the Zone Director and attends another hearing.

BENCH STAFF:

1. Ensure that all bench personnel are properly certified. (A first year minor coach / bench personnel must have successfully completed the Community Development Clinic and completed the accompanying workbook by December 31st of the same year; in the 2nd year, all coaches coaching Peewee and below need to be Community Coach Development 'trained'. All coaches coaching Bantam and above would need to take the Competitive Introduction clinic and be 'in Training' or 'Trained', (for Clinics prior to 2023 the workbook must be completed by September 2024 or the Comp. Intro Clinic must be taken again.)
2. Trainers must have current, OLA approved, certification.
3. A copy of the Zone Guidelines is provided for each team in their Association on an annual basis; (these guidelines will be handed out at the Zone 9 coaches' meeting.)
4. Ensure that one member of the bench personnel from each team, is in attendance at the Zone coaches' meeting; (date, location and time to be set annually.)
Note: Fine for non-attendance at Zone coach's meeting - \$75.00 per team
5. ***Complete and submit a Non-Zone Game form for any exhibition game played outside the regular Zone Schedule, failure to do so and competing in the 'unsanctioned' game will result in a fine of \$100.00 and the bench personnel suspended until dealt with.*** (the form is available on the OLA & Zone websites)
6. **Concussion Awareness:** Concussions can occur while participating in any sport or recreational activity. Since the circumstances under which a concussion can be sustained are so varied, it's important for all coaches, parents, and athletes to be aware of the signs, symptoms, and what to do if a concussion occurs. **Completion of this CLA on-line seminar is a mandatory requirement for all bench personnel:**
<https://www.lacrosse.ca/content/making-head-way> (2019)

REGISTRATION

Coach or Manager must ensure that all players on the team are registered properly.

Prior to attending any Tournament, you must have the players and bench staff registration forms with all necessary signatures (Club, Zone, OLA). Failure to produce the completed forms at the tournament will result in the player / bench staff being denied the opportunity to participate in that tournament.

RELEASE APPEALS

- I. Player release (instructions are now on the OLA Website:
<https://ontariolacrosse.com/content/administration/by-laws-constitution/2025-ola-regulations.pdf>) OR10.2 Club / Association Release Hearings
Players must be registered for the current season, prior to applying for a release.

A: ZONE RESPONSIBILITIES:

The Zone no longer deals with Release requests. After the Club hearing and decision, all appeals go straight to the OLA.

OR10.2 Club / Association Release Hearings 2025 RULES & REGULATIONS

- 13 a) Release requests must be acknowledged within three business days, and any hearings must be held within 10 business days of the Club / Association receiving the request from the Applicant. If the release request hearing is not held within ten (10) business days, the applicant shall automatically have their release request granted and the Club / Association will be considered to have no grounds for an appeal.
- b) All related parties must be invited to attend the hearing.
- c) The hearing will be heard by a minimum of 3 people, one of whom will act as the Chair.
- d) Within 5 business days of the conclusion of the hearing, all parties must receive a written decision which includes the following:
- i. Issue in question
 - ii. Statement of the facts
 - iii. Date of request
 - iv. Date of acknowledgement
 - v. Hearing date
 - i. Club affiliation(s)
 - ii. Decision
 - iii. Reasons for the decision
 - iv. Appeal process information
- e) If the written decision is not received within 5 business days of the conclusion of the hearing, the applicant shall automatically have their request granted and the Club / Association will be considered to have no grounds for an appeal.

PLAYING UNIFORM

Color Change and Conflict of Colors

Each Association within the Zone currently has recognized Team Colours. If a change of Team Colors is contemplated, it first must have Zone approval. If team colours are changed without Zone approval, a fine of \$500.00 will be assessed.

ZONE RESPONSIBILITIES:

The Zone must meet with the Association requesting a Color change, to ensure that there will be no conflicts with other Association Colors. If a conflict occurs, the change will be denied.

ASSOCIATION RESPONSIBILITIES:

- The Association must discuss, with the Zone, any contemplated Color change to their playing uniform. (Zone approval is required before a change may be made.)
- The Association must be aware of current Color conflicts and if they have Home and Away Uniforms, be prepared to wear their non-conflicting Colors regardless of the location of play.

COACHES RESPONSIBILITIES

- The Coaching Staff must be aware of current Color conflicts and be prepared to wear their alternate uniform, if they have one, regardless of the location of play.

PLAYING UNIFORM - APPEARANCE

Note: All players, on the same team, will wear a uniform style and color of shorts.

GAME CANCELLATIONS

Game-day cancellations are only acceptable under the following circumstances:

1. **Arena is unavailable.** (i.e. double booking by arena staff)
2. **Floor is unsafe** to play on. (i.e. wet and slippery). Arena staff will make this decision early in the day. At game time it will be the Referee's decision.

Note: Cancellations will not be permitted due to players being away for any reason.

Procedure:

1. A designated Club Rep must immediately notify everyone concerned, (i.e. Opponents, Zone Director, Referee Assignor, Referee-in-Chief, Scheduler, Convenor), of the cancellation and the reason

A. ZONE RESPONSIBILITIES:

- The Zone Scheduler will notify the Zone Director, Zone Referee-in-Chief, Zone Division Convenor and OLA Ratings Coordinator of the rescheduled game, after consultation with both Association Reps involved.

B. ASSOCIATION RESPONSIBILITIES:

1. The Association Representatives must ensure that the Zone Scheduler, Referee Assignor, Zone Director, the appropriate division Convenor and the opposing team's Association representative has been notified if a game is to be cancelled.
2. This notification must be made within the set time guidelines to avoid fines.
3. The Association Representative must confer with the opposing team's Association Representative and the Zone Scheduler in order to reschedule the game to a mutually agreeable time.

C. COACHES RESPONSIBILITIES:

- The Coach must notify his/her Association Representative if a game has to be cancelled under rules 1 or 2. (at the top)
- **Coaches are not permitted to cancel games or reschedule games!**

Notes:

- In the event that a team is unable to play the rescheduled game, after previously, mutually agreeing to the reschedule, a forfeit will be awarded to the opposing team and the appropriate fines levied, plus costs incurred for; floor time, referees, minor officials, etc.
- In the event that a game has to be cancelled, the Referee Assignor must be personally contacted. **A message on an answering machine is not adequate notification.**
- In keeping with the above ruling, an e-mail is also not adequate notification. You must speak to the assignor to ensure that the message will be relayed to the referees in sufficient time that they are not going to the arena for that game. If there is not sufficient time to prevent the referees from attending, costs will be assessed.
- Once the Zone Schedule is set, NO further movement is permitted.
- Coaches or Managers are not permitted to contact the Zone Scheduler
- Teams are not permitted to mutually rearrange schedules or reschedule games,
- If the Zone Scheduler is to be contacted, it must be through their Club rep or scheduler.

ZONE GAME PLAY

ZONE RESPONSIBILITIES:

The Zone will annually notify all Associations of the game play and penalty guide-lines that are in effect, with instructions to notify their coaches and executive that these are to be enforced. This pertains to Zone regulations and is in addition to all current O.L.A. and C.L.A. Rules.

LENGTH OF GAMES:

U7 - PEANUT/PAPERWEIGHT – All games must be curfewed 60 minutes from the scheduled start time. (In order that they don't hold up League games that follow.)

U9 Three fifteen-minute periods, the last two minutes of the third period to be stop-time. (No 30 second rule in U9)

U11 Three fifteen-minute periods, the last two minutes of the third period to be stop-time. (30 second rule in effect)

U13 Three fifteen-minute periods, the last five minutes of the third period to be stop-time. (30 second rule in effect)

U15 Three fifteen-minute periods, the last five minutes of the third period to be stop-time. (30 second rule in effect)

U17 Three fifteen-minute periods, the last ten minutes of the third period to be stop-time. (30 second rule in effect)

U22 (same as for Midget)

- Games at all levels must have three minutes rest between periods.
- Stop time may only be waived by mutual agreement of the coaches.
- In the event that a game start-time has been delayed due to a team arriving late, the length of periods may be altered in order that subsequent games do not exceed the time allotted by the arena for that night.

LENGTH OF SEASON:

- Regular season games must be completed two weeks prior to the respective division Provincials.
- If Zone playoffs cannot be completed in one week for that division, then the regular season must be shortened for that specific age division. (i.e. The first two divisions, with Provincials on the Civic Holiday weekend, may have to finish their regular season games before divisions with later Provincials.)

ZONE PLAY-OFF FORMAT

1. All Zone playoffs must be completed within the two week period immediately prior to their respective division Provincials.
2. Teams that are OLA rated "A" in U13, U15 and U17 divisions, will be matched against the same for playoffs. If there is only one "A" team in any of these divisions, the Championship shall be awarded automatically and no playoffs shall take place.
3. Wherever possible, teams shall play within their respective OLA rating category.
4. Teams must be prepared to play at any time during playoffs (i.e. the next game may be set for the next day).
5. Cancellation of, or "no-show" at any playoff game will result in forfeiture of the game by the offending team. (Appropriate fine)
6. No playoff games will be played after Provincial Championships (except in situations due to extenuating circumstances).
7. The team finishing highest in the standings as of the Zone playoff meeting, will have the home arena advantage, for the Championship game in that category.
Note: Due to the unequal number of games being played, ranking will be determined by results in MyLax
8. The "Home team", in all playoff games, will be responsible for uploading the results to GSI by 11:00 pm on the night of the game. (Fine - \$50.00)

A. ZONE CHAMPIONSHIPS:

- Two-team playoffs will be (2 out of 3) or (3 out of 5) series, as time permits.
- Three or more teams will be played as a Round-Robin, with the top two teams playing a one-game final.

B. TIEBREAKER FORMULA (C.L.A.)

- In the event of a tie in the standings, the record between the two teams will determine the winner. (A tie is defined as; having the same number of points, derived from an equal number of games played.)
- If a tie still exists, the goal average formula (below) will be used. Only the goals scored in games between the two teams shall be taken into consideration for this calculation.
- If a tie still exists the goal average formula will be used, taking into consideration all games played in the playoff series.

$$\text{Formula: } \frac{\text{GOALS FOR}}{(\text{GOALS FOR} + \text{GOALS AGAINST})} = \text{GOAL AVERAGE}$$

LENGTH OF PLAY-OFF GAMES:

In Zone playoff games, the regulation game times are still in effect, with the addition of overtime periods in the event of a tie game. Ten minute, stop-time, "sudden victory" periods will be played with the team scoring the first goal declared to be the winner.

Note: In Round-robin games, a tie stands and no overtime will be played, (Except in the championship game.)

Club Reps are responsible to notify Minor Officials if games are Round-Robin or Series playoffs, and they can advise the referees in case of a tie.

ZONE 9 FINES

A: ASSOCIATIONS

1. No-Show - \$100.00 (plus Referee fees & floor time)
 2. Forfeit - \$300.00 (Team suspended and Association voting rights cancelled until paid)
 3. Late Start * (15 to 30 minutes) - 50% additional referee's fees - (excluding mileage, * more than 30 minutes treated as a "no show", costs to be paid by the offending team)
 4. Gross Misconduct - \$40.00
 5. Match Penalty - \$40.00
 6. Game Misconduct (Coach) - \$25.00
 7. Game Misconduct (Player) - \$10.00
 8. 10 Minute Misconduct - No fine
 9. Major Penalty (5 min.) - \$10.00
 10. Failure to upload games - \$25.00 Games must be uploaded to GSI by 11:00 pm
 11. Final list by June 15th - \$50.00 (Forms provided)
 12. Late Playoff results notification - \$50.00 (Home team) (**to GSI by 11:00 pm**)
 13. Non-attendance at Zone Meetings- \$100.00 (first offence), and doubling for each subsequent offence during the year
 14. Debts not paid prior to OLA-AGM - \$100.00 + Association will be suspended and voting rights cancelled until all debts are paid
- Debts not paid prior to Dec. 31st may result in suspension of the entire club for the following season.***
15. Graduated Suspensions (except fighting):
 - 2nd suspension - 3 games + \$35.00 fine
 - 3rd suspension - Discipline Hearing + \$50.00 mandatory fee
 16. Fighting Suspensions:
 - 1st or 2nd offence - Balance of game + 1 game suspension + fine
 - 3rd offence - Discipline Hearing + \$50.00 mandatory fee + fine

AWARDS

Zone 9 "Coach-of-the-Year" Award:

Zone 9 "Manager-of the-Year" Award:

Nomination forms are in the Coach's Manual and must be completed and returned to Club Rep & the Zone Secretary; vernon8@bell.net prior to July 31st.

Club reps should also bring a copy to the September Zone Meeting.

Zone 9 Lacrosse

Nomination Form – “Coach-of-the-Year”

This nomination form must be completed and returned to the Zone 9 Secretary at: vernon8@bell.net no later than **July 31st**. Late nominations will not be accepted, as the voting will take place at the Sept. meeting. Your Club Rep should also have a copy of this to bring to the meeting.

I/We would like to nominate (Coach) _____ of the

(Association) _____ (Division) _____ for the Coach-of-the-Year Award.

Reason for nomination: (conduct in game toward his players, fellow coaches, opponents, referees, minor officials and parents; coaching skills; leadership; dedication to the game; years of experience; etc.)

NCCP Level: Community Development: In training ☐ Trained ☐ Certified ☐

Intro to Competition: In training ☐ Trained ☐ Certified ☐

Other Certifications: (ie. First Aid, CPR, etc.)

Signed: _____ Position: _____ Assoc. _____

2025 ONTARIO LACROSSE “INTER-ZONE-GAME” GUIDELINES

Inter-Zone single games are not part of a team’s approved Zone schedule. They are meant to enhance Zone schedules and encourage participation during the minor box season. They are not games with teams within the same Zone.

Inter-Zone games may be scheduled for weekends, including holiday weekends, or weekdays depending on the schedule of the host Association and availability of officials. For officiating assignments/availability, please note that regularly scheduled Tournaments, Minor, Junior, and Senior box games take priority over Inter-Zone games. Officiating fees are required to be paid at the provincial rate under the current agreement schedule.

Inter-Zone games may be requested only by the Host Association Scheduler or Rep Director according to the following guidelines.

1. Inter-Zone games may not be used to serve any suspensions. Suspended participants (bench staff or players) may not take part in Inter-Zone games, but still must serve their suspensions in regularly scheduled games.
2. Inter-Zone requests must be submitted at least 14 calendar days in advance of the proposed date using the form. Incomplete forms, including a missing team designation (ie. Team 1 or Team 2), will not be approved.
3. Approval of Inter-Zone requests will be issued within five business days from the request submission date. Zone approval is required for both participating teams. Jot-form will acknowledge submission of the request. Submission of the form does not constitute an approval.
4. As a general rule, Minor Box U7-U17 teams will be eligible for two Inter-Zone or Fun Day games for the first ten scheduled Zone games, and then one Inter-Zone or Fun Day game for every five scheduled Zone games after that. Zone Schedulers, in consultation with their Zone Directors, will identify individual teams facing scheduling challenges within each Zone. A list of those teams will be provided by each Zone to the OLA VP Minor by May1st for consideration.
5. Girls Box teams should be included in Zone schedules, and in consultation with the Girls Box Coordinator, Zone Directors and VP Minor, additional games may be scheduled to build a full season schedule. Minor Box U22 teams should be included in Zone schedules, and in consultation with the U22 Coordinator, Zone Directors and VP Minor, additional games may be scheduled to build a full season schedule.
6. Recovery of any costs (floor time, officials etc) will be divided equally between the participating teams.
7. GameSheet Inc must be used to record all Inter-Zone Games. Inter-Zone games will be included in MyLax rankings, and will count towards number of games required to qualify for Provincial Championship entry.
8. For situations not covered under these guidelines, a determination will be made by the OLA VP Minor in consultation with the Invitational Tournament Committee.
9. Cancellation or rescheduling of an approved Inter-Zone game may only be made by the Club Scheduler or Rep Director, according to the following schedule:
 - a. Cancellation or rescheduling of an approved game more than seven calendar days in advance of game will be subject to a fine of \$100.00 to the club requesting the adjustment.
 - b. Cancellation or rescheduling of an approved game less than seven calendar days in advance of approved game of a will be subject to a fine of up to \$500.00 to the club requesting the adjustment.
 - c. 50% of any fine will be payable to the opponent within 48 hours of the decision or prior to the next game, and the remaining 50% of the fine will be payable to Ontario Lacrosse. In all cases, the fine amount will be determined by VP Minor in consultation with the host Zone Director.

BLOCKED DATES

- U13A, U15A and U17A teams participating in the “A” Qualifiers may not schedule or participate in any Inter-Zone games between Qualifier weekends or the “A” Final Six.
- Inter-Zone games may not be scheduled prior to April 15th or after July 27, 2025.
- Inter-Zone games scheduled take priority over both EPIC and Team Ontario Lacrosse events where that division is participating.

Inter-Zone application can be found here; <https://form.jotform.com/250457668123258>



ONTARIO LACROSSE AUTOMATIC MINOR BOX DISCIPLINE POLICY (2024)

1 Concorde Gate, Suite 200-C • Toronto, Ontario • M3C 3N6 • info@ontariolacrosse.com

The Ontario Lacrosse Association's Automatic Discipline Policy is in effect for all participants (players, bench personnel, volunteers) of the U7, U9, U11, U13, U15, U17, U22 and corresponding girls' and womens' divisions of OLA box lacrosse, whether or not the team's participants are "dressed" for the game or event, when attending any OLA-sanctioned events. All fines and suspensions are automatic once they have been recorded on the OLA game sheet and signed off by the officials. It is the sole responsibility of the penalized team to adhere to the OLA's Automatic Minor Discipline Policy throughout the entire season; regardless of whether or not the team has been formally notified by zone or tournament representatives.

Discipline is assessed according to the appropriate division charts, using the following guidelines:

1. For U7, U9, U11 and U13 participants, discipline will be assessed according to the attached chart on Page 4. For U15, U17 and U22 participants, discipline will be assessed according to the attached chart on Page 5. For U13 players who are competing as Affiliated Players in the U15 Division, discipline will be assessed according to the U15, U17 and U22 chart.
2. Each participant's suspension record is maintained by the Zone Statistician (or designated zone executive) for the duration of the season.
3. Each participant's suspension is served in subsequent OLA-sanctioned previously scheduled exhibition, regular season, playoff and/or championship games until the suspension has been served in full, regardless of which calendar year the infraction occurred. Suspensions that are not served in the calendar year (by reason of injury, release, transfer, roster allocations or any other case) will be carried over to any subsequent season of involvement, regardless in which division the suspension was assessed.
4. Automatic indefinite suspension until a hearing chaired by the appropriate representative will be in effect for any Gross Misconducts and/or Match Penalty.
5. For suspensions assessed to an affiliated player competing for a higher category team, the suspension will be served in the division in which the player is registered, and the player is ineligible to participate in any capacity at any level until the suspension is served in its entirety.
6. With the exception of Clause 10, any non-playing bench personnel who are disciplined under this policy must serve their suspension with the team with which they received their suspension, and the individual is ineligible to participate in any capacity at any level until the suspension is served in its entirety.
7. Suspended participants may not compete while a suspension is under protest/appeal/review.
8. Suspended participants may not be at any arena during OLA games until their suspension has been served in its entirety. For violation of this section, Automatic OLA Review will result.
9. Discipline assessed in zone play that will result in a Zone/IT Hearing will be chaired by the Zone Director (or appointed representative). Discipline assessed in exhibition play or non-zone play that will result in a Zone/IT Hearing will be chaired by the Zone Director (or appointed representative).

in which the game took place. Discipline assessed in an invitational tournament that will result in a Zone/IT Hearing will be chaired by the Tournament Convener (or appointed representative). Discipline assessed in an "A" Qualifier or Provincial Championship that will result in a Zone/IT Hearing will be chaired by the appropriate event chairperson (or appointed representative).

10. The head coach of any team who accumulates 26 penalty minutes in U11 or below, or 36 penalty minutes in U13 or above, will receive an automatic game misconduct in accordance with the OLA's Total Penalty Minutes Policy. Zone Directors and Tournament Convenors are responsible for administering this policy. Where the teams's head coach is improperly listed as an assistant coach to circumvent this rule, the game will be forfeited and a fine will be assessed.
11. Discipline that results in fines incurred at tournaments, "A" Qualifiers and Provincial Championships will be payable to the Ontario Lacrosse Association. Discipline that results in fines incurred in exhibition, zone or non-zone play will be payable to the zone in which the infraction occurred in. Associations have 30 days from the date of receipt of the OLA invoice to ensure that payment for any fine has been received in full.
12. Players assessed GM45A (Fighting), GM45C (Restarting a Fight) or GM45D (Fighting Off the Playing Surface) during any Tournament, "A" Qualifier or Provincial Championship will be subject to the discipline as outlined in the appropriate chart, in addition to being disqualified from any further play in that Invitational Tournament, "A" Qualifier or Provincial Championship in any division.
13. Non-playing team personnel who are assessed a game misconduct for verbal abuse directed towards an official (GM28) during any Tournament, "A" Qualifier or Provincial Championship will be subject to the discipline as outlined in the appropriate chart, in addition to being disqualified from any further play in that Invitational Tournament, "A" Qualifier or Provincial Championship in any division.
14. Participants who confront or engage with spectators off the playing surface will be subject to a fine of up to \$1000 dollars, plus any accumulated fines from penalties assessed, as well as an automatic five-game suspension, provided an official report is submitted to the OLA.
15. Teams involved in any "bench clearing" situation (defined as two or more players leaving either team's bench and/or penalty box in order to engage in an altercation on or off the floor) will be subject to a fine of up to \$1000 dollars plus any accumulated fines from penalties assessed, as well as an automatic OLA Review to determine the appropriate discipline for the bench staff.
16. Teams involved in any pre-game or post-game altercations (defined as actions which would result in penalties being assessed during the game, whether on or off the floor) will be subject to a fine of up to \$1000 dollars plus any accumulated fines from penalties assessed, as well as an automatic OLA Review to determine the appropriate discipline for the bench personnel.
17. Participants who return to competition prior to serving their suspension will be subject to a fine of up to \$1000 plus any accumulated fines from penalties assessed, as well as an automatic three-game suspension in addition to the balance of the original suspension. If any team personnel are determined to have been involved in directing the participant to return to competition prior to serving their suspension, an OLA Review will be scheduled to determine the appropriate discipline, including forfeiture of the game at the discretion of the OLA.
18. Zone Directors, Tournament Directors or other representatives may not, under any circumstances, intervene in a discipline matter to modify, reduce, vacate or otherwise alter the discipline policy

without the written permission of the OLA VP of Minor Box (or appointed designate).

19. Associations and/or teams failing to adhere to the Ontario Lacrosse Association Automatic Minor Discipline Policy may be subject to additional sanctions, based on the nature of the violation and any other mitigating circumstances deemed relevant by the Ontario Lacrosse Association, which may include one or a combination of additional suspensions assessed; additional fines assessed; forfeiture of the team's games; forfeiture of the team's provincial championship series; forfeiture of the association's performance bond; any other discipline as deemed appropriate at the discretion of the OLA's VP of Minor Box (or appointed designate), in consultation with the appropriate Zone Director (referred to as "OLA Review").
20. In addition to these guidelines, participants are governed by the OLA's policies, procedures, bylaws, rules, regulations, including the specified discipline charts on the following pages. Protests/appeals of any OLA Automatic Minor Discipline or any other policy are subject the guidelines of the OLA Appeals Process. Protests/appeals may not be lodged on behalf of a team for suspensions of five games or less, or for fines of \$100 or less. Only the OLA's VP of Minor (or appointed designate) reserves the right to intervene in discipline matters based on the best interest of the game.

Notwithstanding any of these guidelines, the OLA's Board of Directors may fine a club or team in any sum not exceeding one thousand dollars (\$1000.00), or may suspend or expel a club, team, member or player for notorious and continued foul play, or unfair, unsportsmanlike, ungentlemanly conduct, individually or collectively, on the field or at any place where a lacrosse match is being played, or at any meeting or gathering in the interest of the game, for neglecting to pay assessments made by the Board of Directors or for rules of the Corporation, for neglecting to obey or carry out any persistent infringement of the laws of the game, or the rules of the Corporation, for neglecting to obey or carry out any order of the Board of Directors transmitted by the President or Executive Director. (MR10.01)

Note 1: Automatic OLA Review is defined as an indefinite suspension to the participant until a ruling has been issued by the chair of the discipline committee, which may include a hearing.

Note 2: Protests/appeals may not be lodged on behalf of an individual or team for suspensions of five games or less, or for fines of \$100 or less.

Note 3: For second offense players and non-playing bench staff in the same calendar year under the same infraction category, the suspension length and fine amount will be automatically doubled.

Note 4: For GM28 penalties assessed during zone play, the Zone Discipline Committee has latitude to determine the length of suspension based on the following conditions: the age division of the players, the experience of the official(s), the nature of the infraction, or any other objective factor that may influence the decision.

Note 5: For GM28 penalties assessed during tournaments, the Tournament Discipline Committee has latitude to determine the length of suspension based on the following conditions: the age division of the players, the experience of the official(s), the nature of the infraction, or any other objective factor that may influence the decision. The reason for the decision must be included in the convenor's tournament report for on issues of significance.

OLA U7, U9, U11 AND U13 DISCIPLINE

Game Misconducts			
Infraction	Penalty Code	Suspension	Fine
Infractions within the Exchange Box	GM3	1 Game	\$20
Illegal Helmet	GM11	Balance of Game	\$20
Illegal Equipment	GM13	Balance of Game	\$20
Verbal Contact at Intermission	GM17	1 Game	\$20
Unsportsmanlike Conduct (Reviewable)	GM28	1-5 Game(s)	\$20/Game
Attempt to Butt-End	GM35	1 Game	\$20
Checking from Behind	GM38	1 Game	\$20
Fighting	GM45A	2 Games	\$40
Fighting: Restarting Fight	GM45C	2 Games	\$40
Fighting: Off the Playing Surface	GM45D	3 Games	\$60
Fighting: Failure to Clear the Area	GM45E	1 Game	\$20
High-Sticking	GM50	2 Games	\$40
Attempt to Kick	GM57	1 Game	\$20
Leaving the Bench: End of Period	GM60B	Balance of Game	\$20
Leaving the Bench: Altercation	GM60C	2 Games	\$40
Attempt to Spear	GM65	1 Game	\$20
Third Player into an Altercation	GM67	1 Game	\$20
Second Major Penalty	GM77	1 Game	\$20
Second Misconduct Penalty	GM78	1 Game	\$20

Gross Misconducts (Automatic Hearing Required)			
Infraction	Penalty Code	Suspension	Fine
Derogatory Comments	GRM48 i	Minimum 2 Games	\$20/Game
Obscene Gestures	GRM48 ii	Minimum 2 Games	\$20/Game
Persists in USC Behaviour	GRM48 iii	Minimum 2 Games	\$20/Game
Making a Travesty of the Game	GRM48 iv	Minimum 2 Games	\$20/Game

Match Penalties (Automatic Hearing Required)			
Infraction	Penalty Code	Suspension	Fine
Boarding	MP33	Minimum 2 Games	\$20/Game
Butt-Ending	MP35	Minimum 2 Games	\$20/Game
Charging	MP37	Minimum 2 Games	\$20/Game
Checking from Behind	MP38	Minimum 2 Games	\$20/Game
Cross-Checking	MP40	Minimum 2 Games	\$20/Game
Elbowing	MP42	Minimum 2 Games	\$20/Game
Fighting	MP45	Minimum 2 Games	\$20/Game
High-Sticking	MP50	Minimum 2 Games	\$20/Game
Kicking	MP57	Minimum 2 Games	\$20/Game
Kneeing	MP59	Minimum 2 Games	\$20/Game
Abuse of Officials	MP62	OLA Review	\$500
Slashing	MP64	Minimum 2 Games	\$20/Game
Spearing	MP65	Minimum 2 Games	\$20/Game
Throwing the Stick	MP69	Minimum 2 Games	\$20/Game
Unnecessary Roughness	MP72	Minimum 2 Games	\$20/Game

OLA U15, U17 AND U22 DISCIPLINE

Game Misconducts			
Infraction	Penalty Code	Suspension	Fine
Infractions within the Exchange Box	GM3	1 Game	\$20
Illegal Helmet	GM11	Balance of Game	\$20
Illegal Equipment	GM13	Balance of Game	\$20
Verbal Contact at Intermission	GM17	1 Game	\$20
Unsportsmanlike Conduct (Reviewable)	GM28	1–5 Game(s)	\$20/Game
Attempt to Butt-End	GM35	1 Game	\$20
Checking from Behind	GM38	1 Game	\$20
Fighting	GM45A	2 Games	\$40
Fighting: Restarting Fight	GM45C	2 Games	\$40
Fighting: Off the Playing Surface	GM45D	4 Games	\$80
Fighting: Failure to Clear the Area	GM45E	1 Game	\$20
High-Sticking	GM50	2 Games	\$40
Attempt to Kick	GM57	1 Game	\$20
Leaving the Bench: End of Period	GM60B	Balance of Game	\$20
Leaving the Bench: Altercation	GM60C	4 Games	\$80
Attempt to Spear	GM65	1 Game	\$20
Third Player into an Altercation	GM67	2 Games	\$40
Second Major Penalty	GM77	1 Game	\$20
Second Misconduct Penalty	GM78	1 Game	\$20

Gross Misconducts (Automatic Hearing Required)			
Infraction	Penalty Code	Suspension	Fine
Derogatory Comments	GRM48 i	Minimum 2 Games	\$20/Game
Obscene Gestures	GRM48 ii	Minimum 2 Games	\$20/Game
Persists in USC Behaviour	GRM48 iii	Minimum 2 Games	\$20/Game
Making a Travesty of the Game	GRM48 iv	Minimum 2 Games	\$20/Game

Match Penalties (Automatic Hearing Required)			
Infraction	Penalty Code	Suspension	Fine
Boarding	MP33	Minimum 2 Games	\$20/Game
Butt-Ending	MP35	Minimum 2 Games	\$20/Game
Charging	MP37	Minimum 2 Games	\$20/Game
Checking from Behind	MP38	Minimum 2 Games	\$20/Game
Cross-Checking	MP40	Minimum 2 Games	\$20/Game
Elbowing	MP42	Minimum 2 Games	\$20/Game
Fighting	MP45	Minimum 2 Games	\$20/Game
High-Sticking	MP50	Minimum 2 Games	\$20/Game
Kicking	MP57	Minimum 2 Games	\$20/Game
Kneeing	MP59	Minimum 2 Games	\$20/Game
Abuse of Officials	MP62	OLA Review	\$500
Slashing	MP64	Minimum 2 Games	\$20/Game
Spearing	MP65	Minimum 2 Games	\$20/Game
Throwing the Stick	MP69	Minimum 2 Games	\$20/Game
Unnecessary Roughness	MP72	Minimum 2 Games	\$20/Game



Zero Tolerance Policy



There will be zero tolerance for abuse of O.L.A. certified officials, during sanctioned lacrosse games in Zone 9, in either tournament or league play.

Immediate Ejection and Suspension:

- Immediate action to be taken by the Official, will be to eject the offending player/coach/team official/spectator from the game.
- Failure of the offender to leave the area as requested, will result in a forfeiture of the game to the non-offending team.
- The offender will be suspended indefinitely from all sanctioned lacrosse activities, until the occurrence has been dealt with by the Zone Disciplinary Committee.

Verbal Reporting:

- The Official must verbally report all instances of ejection due to 'abuse of an official', immediately following the game.
- This verbal report is to be filed with the Zone Technical Director to inform him that the suspension has occurred. (Must be followed up with a written report).
- The association hosting the event where the offence occurred, will be required to deal with the incident as per the following procedures:

Written Follow-up:

- Print a copy of the game sheet and a copy of the incident report from the Officials.
- Prepare a list of names and phone numbers of witnesses who were in attendance. These are to be submitted to the Zone Technical Director, who will then contact the Chair of the Zone Disciplinary Committee and the respective Convenor.
- Discipline Committee to be convened (within seven days) to meet with the offender(s) to have them explain their actions and to determine the length of suspension to be served.
- The Chair of the Disciplinary Committee will report the decision of the committee to the offender, the Association rep, the Convenor and the Zone Executive.
- Repeated occurrences will be dealt with by increasingly stiffer penalties and the ultimate penalty may be permanent removal from the arenas and the game.

Appeals:

- The offender may appeal the suspension to the Zone Executive via the Zone Appeal Process.

2025 OLA & LC Championships

July 18 - 20	1st Provincial “A” Qualifier	Whitby, ON
July 25 - 27	2nd Provincial “A” Qualifier	St. Catharines, ON
July 28 - 30	Jenny Kyle Cup Women's Field U19 Nationals	Coquitlam, BC
August 7 - 9	OLA ‘Final 6’- “A” Provincial Championship	Whitby, ON
August 1 - 3	OLA U13 (Peewee) Provincials	Durham Region
August 1 - 3	OLA U 15 (Bantam) Provincials	Durham Region
August 3 - 5	OLA U9 (Tyke) Provincials	Durham Region
August 5 - 7	OLA Girls Provincials	Durham Region
August 5 - 7	OLA U22 (Intermediate) Provincials	Durham Region
August 8 - 10	OLA U11 (Novice) Provincials	Durham Region
August 8 - 10	OLA U17 (Midget) Provincials	Durham Region
August 11 - 18	U13, U15 & U17 Minor Box Nationals	Halifax, NS
August 11 - 18	U15 Girls Box, U17 Girls Box, Junior Women's Box National Championships	Halifax, NS
August 19 – 24	Founder’s Cup – Jr. B National Championship	Calgary, AB
August 17 - 24	Minto Cup – Jr. A National Championship	St. Catharines, ON
Aug 29 – Sept 1	Alumni & First Nations Cup	Halifax, NS

Alcohol and Minor Sports Do not mix

One of the centres in our Zone has "unofficially" approved the sale of beer - coolers etc. out of the back of vehicles in the arena parking lots as a reasonable team fund raiser -- when it was mentioned at the meeting that this was against OLA & Zone & Regional Police & Parks and Rec rules and regs -- the comment was -- police don't charge, Parks and Rec don't do anything -- the Zone and OLA don't do anything -- so what's the big deal!

Mary:

This is totally unacceptable and if proven they would be in a position where the entire association may be suspended as well as the individuals involved

Keep me posted

Thanks Stan

Stan Cockerton
Executive Director

MR7.12(a)

The sale or provision of alcoholic beverages or spirits by the sponsoring club or hosting organization at any minor event sanctioned by the Corporation is prohibited. Disciplinary action will be taken by the Board of Directors on any violation of this regulation.

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BEER BEER





RESIDENCE RULES



MR2.05

No player who has changed his residence or club since January 1st of the current year shall be certified unless he has satisfied the Board of Directors of such change with bona fide complete and definite information regarding same.

MR2.08(a)

A player resident in a community represented by a club with house league and/or a team entered in a category for which he is eligible to play, must register with that club except where such player's services are waived by that club subject to the provisions of MR3.12.

MR2.08(b)

A player who is eligible but resident in a municipality with no minor team in any group for which he is eligible, shall be given the choice of the club for which he may play, when the difference between his residence to the two or more municipalities concerned does not exceed eight kilometres by the shortest well traveled route and by mileage shown on the current map issued by the appropriate department of the Ontario Government.

MR2.08(c)

Having made his choice, such player shall remain a member of the club for which he has signed until properly released, or until the municipality in which he lives operates a team for which he is eligible, at which time he shall have the choice of signing with the new team in his own municipality or remaining with club with which he originally signed.

NOTE:

Paperweight players **MUST** return to their own resident association once attaining Tyke age.

Soft Lacrosse players **MUST** return to their own resident association once attaining Paperweight age.

MR2.09(a) Residence Rule:

This shall be an area in which he/she has been living with his family as of January 1st of the playing year. If a player makes a bona fide change of residence after January 1st and has qualified with a club, such a change of residence must be brought to the attention of the Board of Directors before such a player is entitled to play with the club he first qualified with.

MR2.09(b)

Any certified O.L.A. player who has played for five (5) consecutive years with the same club or association shall have the option upon changing residence to remain with his previous club or association for the remainder of his minor eligibility. Having made his choice, such player shall remain a member of the club for which he has signed until properly released. (see MR3.01, MR3.12)

MR2.10 – Residence Rule:

In the event a club signs a player from a city, town or village that does not have an entry by May 1st, and at a later date, city, town or village so affected enters a team, the player will remain with the team holding his signed certificate until released.

MR3.01

A player must apply for a release from his/her club/association to play for another club/association by May 15th of the current playing season. All players must be registered and OLA approved for the current season prior to any participation. Such release shall become official immediately upon Zone and OLA approval.

MR3.11

No rep player may be conditionally released more than once to the same club. If a club releases a rep player to the same club a second time, that player is unconditionally released to that club.

A player released to play House League, may not play Rep for that Club seeking that player's release, (either as an AP or otherwise), without the releasing club's written permission. Any player released to play house league may be released more than once to the same club without becoming unconditionally released.

OLA COACHING REQUIREMENTS

BOX LACROSSE

Coaching Status	Age Division Coaching in Current Season			
		Paperweight, Tyke, Novice & Pee wee	Bantam, Midget & Intermediate	Jr. to Major
	1 st Year Coach	Community Coach Development	Community Coach Development	Community Coach Development
	2 nd Year + Coach	Community Coach Development	Competitive Coach Introduction	Competitive Coach Introduction

Coaches must complete and submit their Workbook prior to Dec. 31st in the year in which they took the clinic, to be designated as “Trained”, and then complete the online ethics test and have a practice evaluated to become “Certified”


Grandfather Policy

A Coach who had completed the old NCCP Level 2 or 3 is considered OLA “Certified”

FIELD LACROSSE

Coaching Status	Age Division Coaching in Current Season		
		U9, U11 & U13	U14, U15, U16, U17, U19 & Senior
	1 st Year Coach	Community Coach Development	Community Coach Development
	2 nd Year + Coach	Community Coach Development	Competitive Coach Introduction

Paying the Referees at your Home Game

	Burlington	Fort Erie	Hamilton	Lincoln	NOTL	Pelham	Simcoe	Six Nations	St. Catharines	Port Colborne	Welland
Burlington		68	14	31	53	53	68	35	38	63	58
Fort Erie	68		68	45	36	33	87	94	33	16	38
Hamilton	14	68		33	53	44	58	26	40	54	49
Lincoln	31	45	33		32	14	61	58	14	24	19
NOTL	53	36	53	32		25	98	79	13	35	30
Pelham	53	33	44	14	25		61	53	15	10	5
Simcoe	68	87	58	61	98	61		31	97	71	66
Six Nations	35	94	26	58	79	53	31		64	63	58
St. Catharines	38	33	40	14	13	15	97	64		25	20

The above mileage rates are total \$ (mileage is calculated at the rate of **\$0.35/km.**)

Mileage is paid by the last home team of each night, unless the referee is not officiating in the final game

Example:

4 games are being played at Bill Burgoyne Arena in St. Catharines

Three referees are being used, all from out of town

6pm - Pee wee → R1 (Hamilton) and R2 (NOTL) → game fee paid

7pm - Bantam → R1 (Hamilton) and R2 (NOTL) → game fee **plus** R2 mileage

8 pm - Midget → R1 (Hamilton) and R3 (Welland) → game fee paid

9pm - Intermediate → R1 (Hamilton) and R3 (Welland) → game fee **plus** R1 and R3 mileage

In this case, the Bantam team pays R2's mileage, and the Intermediate team pays R1's and R3's mileage

All teams regardless of division, must have cash on hand to pay the officials' mileage, if necessary.

Note about assigning:

Our goal in assigning is to ensure that all games use local referees where possible, and when travel is necessary, that officials are used from the same center. Where officials travel from the same center, only one mileage is paid (either the referees carpool, or the referees split the total mileage).

If the person responsible for paying the referees has questions/concerns about the mileage and whether or not the referees should have split the mileage, that person should pay the referees the requested amount and then contact Spencer Tanguay: zone9OIC@gmail.com to explain the details and follow up with the situation.

2025 OLA Game Fees / Game Lengths / Stop-time information			
Division	Game Fee (Per Referee)	Game Length	Stop-Time
U7 (Peanut/Paperweight)	\$26.00	60 minutes from <u>scheduled start</u>	3 minute intervals
U9 (Tyke)	\$31.00	Three 15 minute periods	Last 2 minutes
U11 (Novice)	\$31.00	Three 15 minute periods	Last 2 minutes
U13 (Peewee)	\$33.00	Three 15 minute periods	Last 5 minutes
U15 (Bantam)	\$33.00	Three 15 minute periods	Last 5 minutes
U17 (Midget)	\$37.00	Three 15 minute periods	Last 10 minutes
U22 (Intermediate)	\$39.00	Three 15 minute periods*	Last 10 minutes
Each game has a 3-minute intermission between periods, and a three-minute warm-up before play.			
Stop-time must be in effect unless otherwise agreed to by both teams			
In round-robin Zone playoffs, regulation game times must remain in effect (as above)			
In Zone Championship games, regulation game times remain in effect, with the addition of 10-minute stop-time, overtime periods, where the winner is declared by 'sudden victory'. (<u>teams do not switch ends for overtime</u>)			

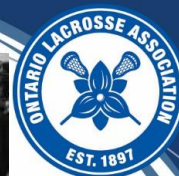
The above game fees and game lengths are in effect for Zone games in the 2024 season

U17 and U22 game lengths have been reduced to 3x 15min periods

Referees are paid at the end of each game by the home team of that division

It is the responsibility of the Home team in every game to determine, (by asking the referees), if they are just doing that game or if they are also doing the next game. In this way you will know which referee receives just the game fee and if either referee is to be paid mileage as well.

Referees must be paid for the games that they were scheduled to do, prior to them leaving the arena. If they are not paid for any reason, the Zone Treasurer will issue a cheque to the referee, for the amount owing. The Club will then be invoiced for the amount plus a \$50.00 fine



OLA Paperweight (U7) Rules and Regulations for League & Tournament Play

1. **Game Length.** All games are three 15-minute periods running time, with a buzzer after every three minutes indicating the line change. All players must change at each buzzer; players are not permitted to remain on the floor after a line change buzzer except in situations where there are less than ten players on the bench.
2. **Coaching.** One coach for each team is permitted on the floor for the purpose of assisting players during various points of play (including positioning and general encouragement). Coaches are not permitted to carry a stick on the floor or to address the referees. Each team must have one certified coach, one carded trainer, and may have up to three OLA-registered volunteers.
3. **Facing Off.** A face-off will be conducted at the start of each period and following each goal. For any other stoppage, including the three-minute line change buzzer, possession will be awarded by the referees nearest the location where play was stopped.
4. **Penalties.** Penalties will not be formally assessed. Where an infraction occurs, play will be stopped and the referee will briefly explain the infraction. For major infractions, the referee may direct the offending player to the player's bench for the remainder of the shift.
5. **Floor strength.** Each team must have five runners and a goaltender at all times, except in circumstances where a major infraction has resulted in an offending player returning to the player's bench. Teams are not permitted to "pull" or substitute goaltenders at any point in the game.
6. **The Game.** Referees in the paperweight division are encouraged to exercise professional judgement when officiating. The goal of both the referees and the coaching staff is to introduce the game to players through instruction and encouragement. Notwithstanding the regulations above, all CLA playing rules are in effect, aside from:
 - a. There is no shot clock
 - b. There is no over-and-back in a short-handed situation
 - c. There is no 10 second count in a short-handed situation
7. **Division Structure.** The paperweight division is sanctioned by the OLA to provide an introductory opportunity for non-competitive play. The paperweight division is not rated or ranked at any point throughout the season. Paperweight tournaments are formatted as non-seeded, round robin schedules where teams do not advance to a championship final.
8. **Tournament Recognition.** All players must be must be recognized in the same way (ie. trophies, medals, hats, etc.).

Zone Directors or Tournament Directors **may not**, under any circumstances, modify or otherwise alter the OLA Paperweight Rules & Regulations at the rep level without the written permission of the OLA VP of Minor Box. For further clarification of situations or rules related to the paperweight division, please contact Mary Sticca (vpminor@ontariolacrosse.com) and Ian Garrison (vpofficiating@ontariolacrosse.com)



U7 (Paperweight Division) Rule Modification Rationale

The Long Term Player Development model sets out a vision for introductory levels of lacrosse that puts the player first. The LTAD model provides age-appropriate opportunities for kids to participate in the game. Focusing on development and enjoyment will lay the foundation for local, national and international success long into the future.

The LTAD model has been developed based on the following principles:

- Doing the right thing for the player at the right stage in their development
- Adopting a player-centered approach and not treating the development of all players the same way
- The broader the foundation of players, the more successful the sport will be Viewing player development as a long-term process
- Learning the skills of running, scooping, cradling, passing, catching and shooting are primary, whereas stick-checking, cross-checking and body-checking are secondary
- A need to better educate parents on the lacrosse development of their child – it is okay for parents to want their kids to get to the highest levels but they need to know the best way to go about it

In U7 (Paperweight), the following rule modifications are in effect:

1. Within the dotted line of the defensive zone, defending players are able to create contact by using the Place & Push mechanic on the ball-carrier. A defending player's stick must be placed on the opponent's arm before the defending player extends their own arms. This allows the defending player to accurately steer the attacking player away from the goal. Once the attacking ball-carrier is pushed outside of the dotted line, they can continue to be pushed until they no longer have the ball, but cannot be pushed into the boards.
2. Defending players cannot make contact with any attacking players who are not the ball-carrier (similar to field lacrosse) at anytime, anywhere on the floor. There is no Place & Push or cross-checking allowed on a non-ball-carrier anywhere on the floor.
3. Any violation of the modified contact rules (either #1 or #2) will result in a stoppage of play. The offending player will be sent to the team bench for an immediate substitution. Play can be restarted immediately with possession to the non-offending team, but the substitute player cannot enter the playing surface until the offending player has reached the exchange box. This penalty is not recorded on the score sheet. To facilitate skill development, body contact, stick-to-body or stick-to-stick contact that violates the modified rules is illegal.
4. Any actions of players which would result in a penalty under regulation box lacrosse rules will still result in a penalty being assessed as normal for the Paperweight division.