

**Royal City Regals Lacrosse Club**  
**(Guelph Minor Lacrosse Association)**  
**(Hereinafter referred to as “GMLA”)**  
**GMLA LACROSSE**  
**RULES AND REGULATIONS – 2024 SEASON**

*“Appropriate VP” used throughout this document refers to either the VP Minor Box or the VP of Women's Field Lacrosse & VP of Field*

## **REGISTRATION REQUIREMENTS**

1) All members must be properly registered before participating in any lacrosse activity.

(a) “Members” is defined as: players, volunteers, coaches, managers and trainers

(b) “Properly registered” is defined as:

- i) the 2024 Ontario Lacrosse Association on line registration must be completed by the parent or legal guardian if the member is under the age of eighteen (18) years of age;
- ii) the 2024 Ontario Lacrosse Association on line registration can be completed by the individual member if said member is over the age of eighteen (18) years of age;
- iii) proof of birth having been provided to Club Registrar for ALL new players regardless of age;
- iv) in accordance with the regulations of the Ontario Lacrosse Association, all OLA bench personnel (coaches, staff, trainers, etc.) who are 18 years of age as of January 1st of the current year who coach athletes 17 years of age or younger must submit a current Criminal Record Check (Vulnerable Criminal Record Check) (CRC) or “OLA Offense Declaration” upon registering for the current year. The Criminal Record Check is to be provided to the GMLA Privacy Officer, whose contact information can be found at the end of these Rules and Regulations;
- v) any required Releases from another association having been received by Guelph Minor Lacrosse Association; and
- vi) payment having been provided to Guelph Minor Lacrosse Association.

**NOTE:** On-line registration is included in the definition of “properly registered”.

## **PLAYER AGE**

2) Each level of play is defined by player age as at December 31<sup>st</sup> of that year. Any player wishing to roster on a team which is older than their age group must provide a written request to the Board of Directors and provide the reason for the request. The Board will review the request within seven (7) days and provide a written response to the player/parent.

## REP TRYOUTS

3) Any player wishing to try out for a rep team is guaranteed a minimum of three (3) tryouts. All age groups must hold at least three (3) tryouts if there will be releases and all players MUST:

- (i) be properly registered, as defined in Rule 1(b) above, prior to the commencement of rep tryouts. If a player is not properly registered prior to the commencement of rep tryouts then that player cannot participate in the tryout.
- (ii) Attend a minimum of two (2) tryouts. In the event of a second team, the third and subsequent tryouts can be with the second team.
- (iii) All registered players are required to start at the Team 1 try outs unless approved by the appropriate VP. Failure to start at the team 1 try outs without permission could result in the player being ineligible to play on any rep team during the current season.
- (iv) Once a player has been released from a team, if further try outs are required, all players MUST attend those try outs unless the appropriate VP has been notified in writing explaining the reason why they cannot attend any further try outs.
- (v) U7 field players can only be selected to a U9 field team at the boards discretion, U9 age players will be given first priority.

- 4) In order to be considered for selection to any rep team, any player who is unable to attend the minimum number of two (2) tryouts MUST submit a written explanation, to the appropriate VP prior to the commencement of the tryout. The email addresses are listed on our club's website, [www.guelphregalslacrosse.com](http://www.guelphregalslacrosse.com). The Board of Directors will determine if the player can continue in the rep program.
- 5) Any player that does not attend the minimum number of two (2) tryouts and has not provided the required written explanation to the appropriate VP prior to commencement of tryouts may be ineligible to play on any rep team during the current lacrosse season, at the discretion of the Board
- 6) In the event that a player is released from another centre during the course of GMLA's rep tryouts, the player must attend a minimum of one (1) tryout to be eligible for the team.
- 7) In the event that a player is released to Guelph by another association after Guelph's rep tryouts have finished, the Head Coach of the rep team eligible to add the player to his or her roster must request written approval from the appropriate VP prior to placing the player on his or her rep team roster. The Board of Directors will determine if the player can be placed on a roster
- 8) During rep tryouts, any players who are related to members of the bench staff or evaluators MUST be independently evaluated by the appropriate VP and/or their representative which the representative must be approved by the Board prior the evaluation. Any person(s) who are related to a player trying out is NOT permitted to assist with on floor drills during try outs.
- 9) If there are two or more rep teams at any division minor/major will not be permitted, teams MUST be selected by skill NOT by birth year.
- 10) Coaches must have Minimum 3 independent evaluators approved by GMLA at all try outs. If a coach cannot supply independent evaluators the board will provide them.
- 11) All evaluations forms from try outs are to be submitted to the appropriate VP prior to releases.
- 12) Any coach in violation of Numbers 3 to 11 above will be subject to discipline by the

Board.

## **REP ROSTERS AND RELEASES**

- 13) Rep Coaches must carry a minimum of fifteen (15) runners and two (2) goalies where available. Exceptions must be brought to the President and/or appropriate VP in writing for approval prior to any player releases to a second/third team. Registration numbers will dictate the actual number of runners and goaltenders available to be split evenly with the option of any imbalance to be the first right of refusal by the higher rated team. Given only one (1) Rep team per division teams must take sixteen (16) runners and two (2) goaltenders as per registrations.
- 14) In the event of player releases to a second or third team or to the House League Program (if the player so chooses), the Head Coach must contact both the appropriate VP and President, via email advising of the releases prior to communicating the releases to the player/parent. Player releases must be communicated within 24 hours of the completion of the final tryout for that team.
- 15) A player may apply for a release from GMLA to play for the next closest club/association after Feb. 15th and prior to May 1 of the current playing season. All players must be properly registered with GMLA and OLA prior to the 3rd Sunday in March and approved for the current playing season prior to applying for a release. A player will be eligible for release per playing season, per sector. To request a Release, a player/parent must complete the Request for Release (available on our website under the Heading "Documents") and forward it to the President. Upon receipt of the request for release the President will contact the parent/player and advise of the date of the next Board meeting and inquire if they wish to be put on the agenda to address the Board on the release. The decision of the Board will be communicated to the parent/player on the release request within 48 hours. Each request will be assessed on its individual merits. Any parent/player wishing to appeal the decision of the Board may do so to the next level – Zone 8. Zone 8 contact information and appeal fee will be provided to the parent/player.
- 16) In the event there are sufficient runners at an age group for multiple teams, but there are insufficient goalies to have 2 per roster, a goalie must be released to the subsequent team(s) in order to ensure there is a minimum of 1 goalie for each team.
- 17) If a player is to be released for any reason other than skill level, it must be brought to the attention of the appropriate VP prior to the release.
- 18) Any player that will be absent from a GMLA/OLA event such as practices, games and/or tournaments for any private lacrosse club function (game, practice, tournament etc) must notify the head coach and appropriate VP in advance or could be subject to disciplinary measures determined by the GMLA executive.

## **REP COACHES**

- 19) Rep coaches are selected for one (1) season and must apply to coach each subsequent year. Any Head Coach who is appointed to a rep team and is unable to fulfill his commitment will not be permitted by the Board of Directors to assume any other bench staff position with GMLA for the remainder of that

season, without prior approval from the Board. All bench staff is to be approved by the GMLA executive before being named to a bench.

20) All Rep bench personnel must be properly registered carded and approved prior to any participation. The Guelph Minor Registrar and Head Coach are responsible to ensure their bench staff are properly registered and carded.

21) Completed rep team rosters must be submitted by May 01 to the Registrar (roster form available on our website). In the event of a team roster change, the Head Coach must notify the Registrar and President in writing via email.

22) Rep Head Coaches must hold their initial parent meeting by May 15th. Coaches/Managers shall communicate regularly with parents regarding finances, schedules and other matters of the Club. Coaches are required to communicate their team objectives with regards to tournaments, team rules and team budgets at their first parent meeting. Team Budgets are to be submitted to the President and/or Appropriate VP for approval.

23) All rep teams must open a team bank account, with two signing authorities for all team funds to be deposited and expenses tracked. This account must be closed at the end of each season by September 30<sup>th</sup>. A year end statement and proof of closure of the account must be sent to the Treasurer.

24) Non-parent Rep Head Coaches are reimbursed to a maximum of One Hundred and Fifty (\$150.00) Dollars per night, for hotel room expenses only, for one (1) away tournament, including provincials. Hotel receipt must be provided to the Club Treasurer for reimbursement.

25) Any approved coaches running skills & drills and or clinics outside of the GMLA umbrella will be required to open such activities up to be all inclusive of the pre set age group or groups. The intent is to eliminate the perception coaches are grooming or picking their teams prior to the tryout process.

26) GMLA will reimburse all coaches that require a coaching clinic if they are approved by GMLA and are required to be on a bench for the current playing year.

## **REP TEAM CALL-UPS**

27) In the event of needing call-ups from a second/third team or a lower division, Head Coaches must notify that Head Coach first. The parent must then give consent. In a 2 tier division, coaches of the first team may call up from the second team until June 1. All players must fulfill all obligations to the team on which he or she is rostered to first if there is a conflict between his or her rostered team and the team that wishes to call up the player. A rep player can only be called up to another rep team for a maximum of 5 times in a current season.

28) Any rep team needing call-ups from House League must forward a request via email to the House League Convenor. Call-ups from House League must be from the same age division up until June 15<sup>th</sup>. After that date, players being called up must be from the division below.

29) A player can be called up for a maximum of five (5) games from the House League division to a rep division during the current season. A player called up from House League for more than five (5) games may be considered to be a rep player on the applicable team's roster and will be

responsible for payment of pro-rated rep fees to GMLA.

## **REP TEAM PRACTICE FLOOR TIME**

30) If teams cannot use their assigned practice floor time, they must give the Floor Scheduler thirty (30) days written (email) notice to cancel the floor time with the City of Guelph. Failure to do so will result in the team being charged for the entire cost of the floor time unless it is re-assigned to another team.

## **REP EXHIBITION GAMES AND NON-ZONE GAMES**

31 ) Guelph Minor Lacrosse will pay for two (2) exhibition games in addition to the regular Zone 8 rep season. A team manager must complete the on line exhibition game form 2 weeks in advance of any exhibition game being scheduled. Team managers must also notify the GMLA scheduler, President and RIC/OIC for approval. No exhibition games will be confirmed until officials, time keepers and floor time can be confirmed and booked.

32) All teams taking part in Non-Zone games must fill out the OLA Non-Zone Game Form. This includes scrimmages and any shared floor time with a team from another association/club. Under no circumstances can any team participate in a game/scrimmage with a team from another club without proper officials and approval from their presidents and zone directors. All participants (players, bench personnel and game officials) must be in good standing. Game sheets for the games must be uploaded by the home club within (24) hours of completion of the game.

33) A minimum of two(2) weeks' notice of any Zone 8 exhibition games or Non-Zone exhibition games MUST be given to GMLA's Referee-In-Chief in order to allow him time to schedule referees and timekeepers.

**NOTE: Non-Zone guidelines and game form can be found on our website under "Documents"**

## **ZONE GAMES, STATISTICS AND FINES**

34) All Zone 8 Rep games must be played. Any rescheduling will be done by the Floor Scheduler and any cancellations are subject to zone 8 polices.

35) Rep home game must be uploaded through the gamesheet app within twenty four (24) hours of completion of the game by the team manager. Failure to do so will result in a fine being levied to the team by Zone 8.

36) In zone playoffs, With the recent change to the use of gamesheet inc. Completed games by the home team must be uploaded through the gamesheet inc. on line system and all games must be uploaded within 24 hours of being played by the team manager

37) Rep Head Coaches/Managers must collect all Zone player fines levied from the players/parents. The Team manager must forward the fine money either by cheque or etransfer to GMLA within seven (7) days of receiving the notification. Failure to submit on time will result in an additional fine levied by GMLA to the team.

## **EQUIPMENT – REP AND HOUSE LEAGUE**

38) Coaches are responsible for ensuring all players wear proper protective equipment that meets the current standards and rules set out by the Canadian Lacrosse Association and the Ontario Lacrosse Association, including mouth guards at all practices and games.

39) All Rep Head Coaches and House League Head Coaches requiring equipment from GMLA must sign out the Equipment at the beginning of each season with the equipment manager.

40) Any rep goalie in the U7, U9, U11 and U13 divisions requiring equipment or a stick belonging to the GMLA Club shall provide a deposit of Three Hundred (\$300.00) Dollars at the time the equipment is being loaned out. The deposit shall be returned to the player upon the equipment being returned in a manner satisfactory to the Club's Equipment Manager.

41) GMLA will provide goalie equipment for Level 2 and below, any goalie requiring level 3 equipment must provide the equipment themselves, if they cannot they are to contact the equipment manager and the appropriate VP for alternative arrangements. All level 3 goalies are to provide their own sticks.

42) Any rep team in the U13, U15, U17 or U22 divisions that has no experienced goaltender (being a player who has played in goal at any time in the past) and uses a runner to play goal for the season, may borrow equipment from the Club upon written request by email to both the Equipment Manager and the appropriate VP. The goaltender shall provide the deposit as set out in #41 above.

43) Players must wear the provided team uniforms for all games and dress appropriately prior to and after all games. Rep teams are not permitted to attach sponsor bars to the team jerseys. All rep jerseys must be washed on a regular basis as per the instructions on the jersey label. At the end of season all jerseys are to be cleaned prior to being returned to Guelph Minor Lacrosse Association.

44) All rep teams must provide a Five Hundred (\$500.00) Dollar deposit for all jerseys loaned to them by Guelph Minor Lacrosse Association & a \$250.00 deposit for Ipads. The deposit is due and payable to "GMLA" by May 31st and must be submitted with Team Rep Fees. All rep jerseys are to be returned to the GMLA office on or before September 1 and laundered. Failure to return jerseys laundered will result in a fee of One Hundred (\$100.00) Dollars being withheld for cleaning of jerseys. Rep jerseys and equipment must be returned to the GMLA office on or before September 1<sup>st</sup>. After all jerseys have been returned in satisfactory condition to GMLA, the jersey deposit will be reimbursed to the team. Ipad refunds will be returned once a fully working undamaged Ipad has been returned on or before Sept. 01.

45) Any goalie requesting to borrow goalie equipment from GMLA in the off season will be required to pay a user fee as well as the earlier described deposit fee for use of the club's equipment. This pertains to activities not sponsored by or sanctioned through GMLA.

## **CLUB LOGOS**

46) All logos are property of the club and any person or team wishing to use any logo must request permission in writing (email) from the Board of Directors **prior to** placing the club's logos on any item being purchased or donated to the team. Failure to do so will result in a fine of Fifty (\$50.00) Dollars to the person or team using the logos without permission and said person and all members of the team will be considered to be not in good standing with GMLA until the fine is paid.

## **MEMBER CONCERNS**

47) Any coaching, parent or player concerns are to be forwarded to the Board of Directors in writing.

**Prepared by the Board of Directors of Guelph Minor Lacrosse Association January 10,  
2024.**