

**ROPSSAA GIRLS FIELD LACROSSE**

**PLAYING REGULATIONS**

**1. DATE**

- (a) Both teams must be able to be at the site and ready to warm-up 20 minutes before game time.
- (b) Where possible the starting time will be:
  - (i) Single site: double – 2:30pm  
single – 3:30pm
  - (ii) Single site multiple teams: 1:00pm  
2:30pm  
4:00pm
  - (iii) Multiple sites: triple – 12:30pm  
double – 2:00pm  
single – 3:30pm

**2. LOCATION**

- (a) The location of the finals will be at the school of the Convenor or at a site deemed suitable and announced by the Convenor at the pre-season coaches meeting.

**3. ELIGIBILITY**

- (a) All competitors must meet the eligibility requirements as per Article X of the ROPSSAA Constitution.
- (b) Age classifications:
  - (i) A Senior girl shall not have attained her 19<sup>th</sup> birthday by January 1<sup>st</sup>, 2023 (for the 2023 – 2024 school year, born in 2004 later).

Note: The official birthdates shall be that recorded in school student information system.
- (c) Team Eligibility
  - (i) Individuals are eligible for one level of competition only.
  - (ii) For team sports, individuals must have participated in 50% of their team's regular season league games to be eligible for playoffs and OFSAA competition. In the case of an odd number of league games the number of games required to be played will be rounded down. Players missing games due to injury (INJ), or awaiting transfer approval (ATA), must appear so designated on a game sheet to maintain their eligibility. Games missed due to injury are subject to review of a doctor's note. Players under game or school suspension may not have their name included on a game sheet for participation percentages.

- (iii) All game sheets/rosters are to include the names of all those in the bench area (players, coaches, managers). In order to be in the bench area an individual's name must appear on the eligibility sheet. Players under game or school suspension may not sit in the bench area.
- (iv) Individuals are deemed to have played if their name appears on a game sheet. Individuals must be present at a game to be included on a game sheet.
- (v) A staff member must be present in the bench area from the start of the warm-up until the last competitor has left the area.

#### 4. OPERATING STRUCTURE

- (a) Competition will involve 10-a-side teams (3 attackers, 3 midfielders, 3 defenders, 1 goalie).
- (b) There will be two tiers of competition offered. All schools declaring to participate will have the choice between tiers. Should there not be enough teams to operate tiers separately, they will be merged into a single tier.
- (c) All teams in each conference will play the same number of games.
- (d) In the event of a default the non-offending team will be awarded a 12-0 win.

- (e) Tie Breaking Procedures

- (i) League Play  
Ties in games during league play will stand.
- (ii) Playoff Games  
In the event of a tie at the end of regulation time in a playoff game, the tie shall be broken in accordance with I.F.W.L.A. Rules. Two three-minute halves, change ends at half (not sudden death). If still tied 3 minutes sudden death victory periods will be played. All playoff time to be stop time.
- (iii) League and Tournament Standings

- A) Two Teams

If two teams are tied in league or tournament standings, the following criteria shall be used to break the tie:

- 1) Result of the game(s) between the two teams (if two games were played the combined results of the games).
    - 2) The team with the better aggregate score (+/-) in the games involving the 2 teams.
    - 3) Goals Against, common opponents.

Note: The goal differential per game not to exceed 12.

- B) Three or more Teams

- 1) Result of the games between the tied teams.
    - 2) The team with the better aggregate score (+/-) in the games involving the tied teams.
    - 3) The team with the better aggregate score (+/-) in all games against common opponents.
    - 4) Goals Against, common opponents.

Note: The goal differential per game not to exceed 12.

(f) Playoff Structure

All tier one teams plus the top two teams from tier two will qualify for the ROPSSAA Playoffs. Tier two will not have a separate ROPSSAA organized playoff.

(g) Scheduled Games

- (i) Coaches are responsible for reviewing final league game schedules and playoff schedules as to locations, dates, and times to ensure their attendance.
- (ii) Failure to attend at the scheduled time will result in forfeiture of the game and/or loss of opportunity to compete. The defaulting team will cover all cost associated with the game as determined by ROPSSAA Council.
- (iii) Failure to fulfill requirements leading to the abandonment of a game will result in a loss for that team. An incident report must be completed and submitted to the ROPSSAA Athletic office by the abandoning team within 24 hours of the game. No scores shall be entered until after a Board of Inquiry. A team abandoning a game may be required to cover any costs incurred as determined by ROPSSAA Council.
- (iv)
  - a) Schools must bring their own warm-up equipment and first aid kit.
  - b)
    - (i) Schools must endeavour to arrive no earlier than 60 minutes before game time. Teams arriving earlier than this must be supervised by the head coach in an area where students from the home school do not congregate. Schools with team members who do not travel with the head coach (in taxis, cars, on foot, etc.) must inform players that they must wait for their head coach and should ensure that the head coach is the first to arrive at the host school.
    - (ii) Schools arriving for an away game between 30 and 60 minutes before game time must accompany the head coach to the competition area and liaise with the host school. The visiting team will be provided a safe waiting area and change room during this time and the visiting head coach must provide supervision of his/her players. Visiting athletes must bring all belongings with them to the competition area.
    - (iii) Visiting schools are entitled access to the competition area at the same time as the host school, and no later than 30 minutes before the game time (pertains to the first game).
    - (iv) Visiting schools are entitled access to a safe waiting area and change room at the completion of the competition.

5. ENTRIES

- (a) Each school may enter one team in the Senior league. Each school must send a representative to attend the pre-season meeting. Failure to do so will exclude that school from that year's league.
- (b) Each team may dress up to 26 players per game.

- (c) All teams in each conference will play the same number of games and the Convenor will attempt to keep the total number of league and playoff games played between a minimum of 6 and a maximum of 8.

6. EXPENSES

- (a) Expense for all league, quarter-final and semi-final games will be met by the host school. All operating costs for the final championship games may be met by ROPSSAA.

7. RULES AND OFFICIALS

- (a) Games shall be played as per the rules outlined in the International Federation of Women's Lacrosse Association (I.F.W.L.A).

- (b) Umpires

Certified O.L.A. umpires will be appointed for each of the games. No match shall commence without a certified O.L.A. umpire present. Where possible two umpires will be assigned to each game.

- (c) Minor Officials

The home team will provide a timekeeper, and scorekeeper.

- (d) Length of Game

- (i) All regular season and playoff games will involve 4, 15-minute quarters with a 5-minute break at half time.
  - (ii) If weather interrupts a game the 80% rule will be utilized. If the teams have played 80% of the game, the game will be called and the current score will be final. If less than 80% of the game has been completed the entire game will be replayed.
- (e) There must be a minimum of one hour between games unless mutually agreed upon by the coaches or unless the games are scheduled as single site multiple team games.

8. AWARDS

- (a) ROPSSAA Gold Medallions (up to a maximum of 30) will be presented to each member of the winning team. ROPSSAA Silver Medallions (up to a maximum of 30) will be presented to the individual members of the runner-up team.
- (b) ROPSSAA trophy will be awarded to the championship team.

Note: There must be a minimum of 6 teams participating in a sport level for ROPSSAA sponsorship.

9. UNIFORMS

- (a) All team members including the goalie must wear a matching coloured team jersey. Visiting teams are responsible for avoiding colour conflicts. Team jerseys must be numbered on the front and back. Numbers must be centered and a minimum of 15cm on the front and 20 cm on the back.
- (b) Goaltenders must wear full protective equipment including helmets with face guard, chest protectors, gloves and separate 'floating' throat guards.
- (c) All players must wear mouth guards.
- (d) No jewellery may be worn. Hair clips must be approved by the official. Headgear must be soft in texture (no brimmed visors) and in the school colour.
- (e) Athletes may not change their clothing in the competition area. For all outdoor sports, athletes must arrive dressed to compete. Visiting teams requiring the use of washroom facilities must send a staff member into the school with the team member(s). For all indoor sports, athletes must move to the designated locker room or change area to change their clothing.

10. SCORING

- (a) Completed game sheets are to be presented to the umpire before the start of the game. At the conclusion of the game the referee and both coaches must sign the game sheet. The winning team is responsible for forwarding the game sheet to the Athletic Convenor.

11. EQUIPMENT

- (a) Each home/host team shall make available the necessary equipment for the successful staging of the games (e.g. Official lacrosse balls, nets, pylons to mark the boundaries, a scorers table, stopwatch and referees chairs. Team benches are optional).
- (b) Home team to provide a lined field as per Appendix A.  
The lining must be completed 45 minutes prior to game time. Schools with unlined fields will be charged \$100.00 on each occasion. Appeals may be made to the Jury of Appeal.

12. DEPORTMENT

- (a) Competitors and coaches are expected to behave in a sportsmanlike manner as per Article XVI, Section II of the ROPSSAA Constitution.
- (b) No games will be played unless a teacher coach is present and responsible for the competing team.
- (c) Any player ejected with a straight red card or two yellow/reds will receive an automatic suspension from the next league or playoff game.
- (d) For a second ejection at any time during league and playoff games the player is automatically suspended a minimum of two games. Further review may occur.
- (e) Substitute players are confined to a designated bench area. Team benches shall be adjacent to one another, separated by the timers table.

13. JURY OF APPEAL

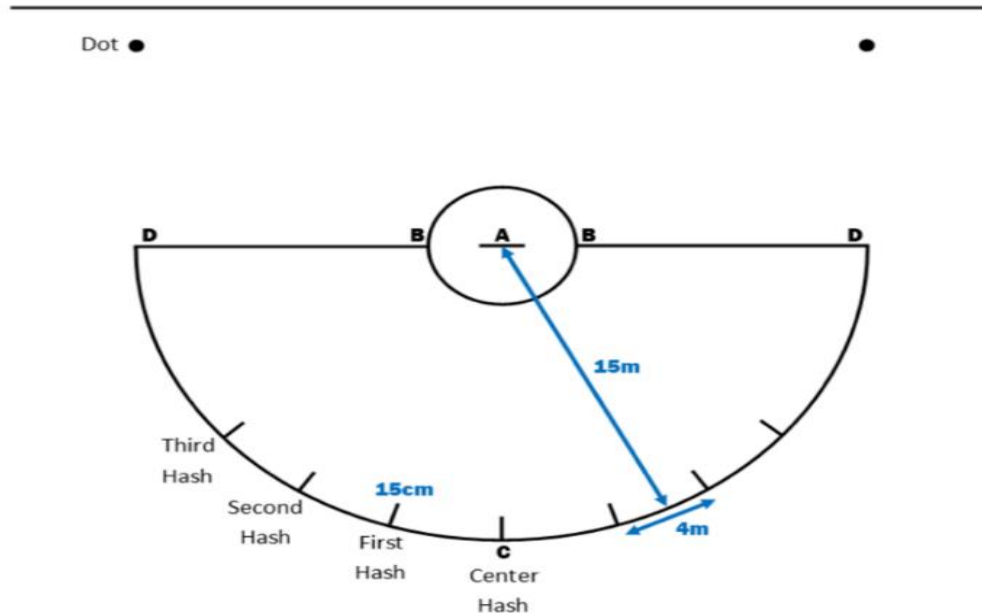
- (a) A Jury of Appeal constructed at the pre-season meeting will rule on all disputes which do not fall under the jurisdiction of the officials. This Jury will consist of the Convenor and four coaches from participating schools.

14. MEDICAL PERSONNEL

- (a) Schools are required to bring first aid kits to all games and tournaments.
- (b) An individual who takes responsibility for providing first aid to injured students must be present during the entire competition.

## Field Marking Diagram: Women's Field Lacrosse

Appendix A



### First: **Goal Crease**

Approximately 10m-12m from the soccer posts and centered between the post - Using A as center, draw a circle of 3m radius. Mark A B C D (as in diagram 1).

*\*\* Keep your centre mark (A) established throughout the process*

### Second: **15m Fan**

- Using A as center, inscribe a semicircle of 15m radius with a solid line from D to D (as shown). This semicircle, called the 15m Fan designates the maximum distance for Free Space to Goal.
- Paint Goal Line Extended D to B and B to D to complete the 15m Fan.
- Hash marks - Begin at C, tape measure extended to 4m. Make 3 hash marks on the semicircle every 4 m on each side of G (as show, total of 7 hash marks). Each hash mark should be 15cm in length.

### Third: **Center Circle** (same as soccer, so if already painted use that one!)

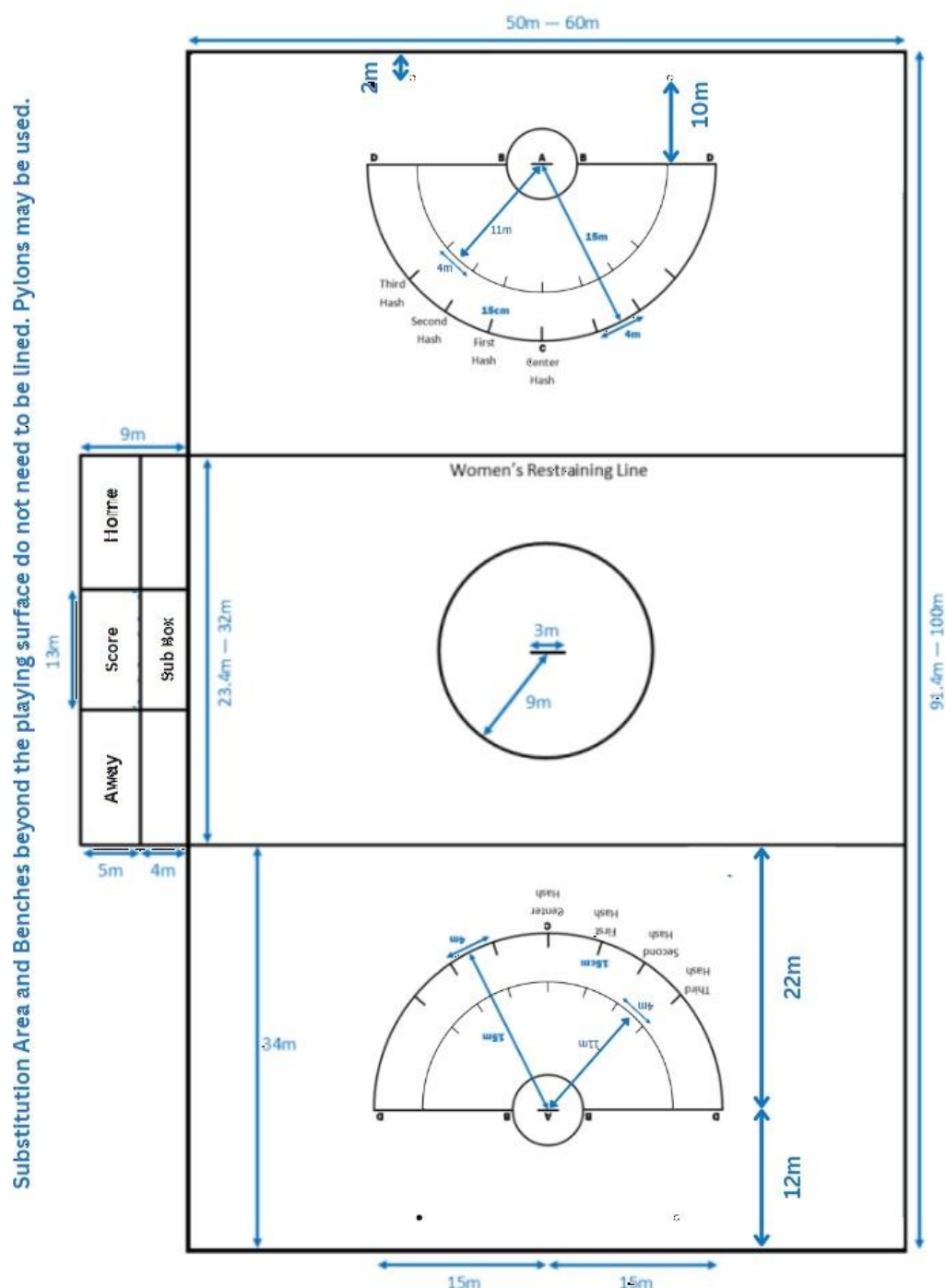
If circle is not there - In middle of field paint at 9m radius circle. In the center of this circle, paint a 3 m line, called the Center line, shall be marked parallel to the Goal Lines.

### Fourth: **Hard Boundaries** (same as soccer, so if already painted use that one!)

### Fifth: **Restraining line**

Measured 22m from each goal line, the line will extend across the width of the field.

## FIELD MARKING



## Notes:

- The sub box, away and home benches and score table boxes do not need to be painted. Pylons may be used to mark these areas outside of the playing surface.
- The distance between the goal line extended and restraining line must always be 22 meters. If a field is short, space can be lost in the midfield area (space between the two restraining lines can be between 23 and 32 meters) and/or space behind the goal circle may be reduced to 10 meters from 12 meters of space.
- While pictured in the above diagram, the 11m fan is not required.