

**Life is simple...**

**Eat**

**Sleep**

**Play Lacrosse**



Chilliwack Minor Lacrosse Association

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***Chilliwack  
Minor  
Lacrosse  
Association***

Parent & Player  
Handbook

# Welcome to the Chilliwack Minor Lacrosse Family

## Why Play Lacrosse?

Lacrosse has long been referred to as the fastest game on two feet and its Canada's official summer sport. The sport is characterized by intense action, strategy, finesse and power. To make long looping passes at one end of the floor and short bullet like shots at the other end; to catch a pass over the shoulder while running at full stride; to hit the top corner at the net while in full flight; or to stop a shot aimed low through a maze of players requires a range of skills unsurpassed in any other sport.

Kids benefit greatly from team sports and the skills learned on and off the floor will promote confidence and self-esteem. The promotion of speed, stamina, sportsmanship and team play in lacrosse provides excellent cross training for other sports like hockey, basketball and soccer. The wide open nature of the game also makes it a great spectator sport.

## **History of the Chilliwack Mustangs**

The first reported games by a Chilliwack team took place in 1906: On July 1, during Dominion Day festivities, the Chilliwack Landing Indians defeated Sumas City 14 to 1. The following month, after nightly practises, Chilliwack North defeated Chilliwack South 2 goals to 1. On September 20, during the annual fair, Chilliwack defeated Sumas City in a rematch 8-1. The following day, Chilliwack Indians defeated the Brownsville (Surrey) Indians 8 goals to 2.

In 1912, green and yellow were chosen by the junior team for the Chilliwack colours. That year saw the first meeting between a Chilliwack team and a New Westminster team. Travelling to the Royal City, the juniors expected to be facing the New Westminster East End juniors but instead the schoolboys arrived to face a combined squad of intermediates, juniors, and even senior players. The result never in doubt, the Chilliwack team tried its best in a 15-0 losing effort.

It would take many years to see lacrosse revived again in Chilliwack. While Harry Fogg was the driving force in the 1930s, the post-war revival of the sport in Chilliwack would come from Albert Frey and support from the local Elks Lodge. A new lacrosse box was built in 1949, made from 6000 feet of two inch planking and 60 old telephone poles, and the Mustangs found themselves accepted back into the British Columbia Lacrosse Association.

On June 26, 1949, Mustangs Juvenile B's played the first game by any Chilliwack team since before the Second World War, losing 24-8 in Cloverdale. While the Mustangs may have lost all their games, they won off the floor by gaining an amazingly large following of fans and enough new players to line-up fully equipped juvenile, bantam, and peewee teams heading into the 1950 season.

## Getting Started

- Visit our website [www.chilliwacklacrosse.com](http://www.chilliwacklacrosse.com) for more information about our club as well as links to lacrosse rules, association contact info and frequently asked questions. Please do not hesitate to contact any one of our executive members if you have any questions or concerns
- We invite you to like us on Facebook at Chilliwack Minor Lacrosse Association
- Join us for open floor practices so your child can hone their skills in preparation for the upcoming season. Open floor times are divided by age group (no prior experience necessary) and date and times are posted on our website and Facebook page
- Once your child has been assigned a team, your team manager will send you an email invitation to join your team on our TeamPages website. TeamPages is the main form of communication used by coaches and team managers to relay information (such as game & practice times) to parents
- Make sure your child has the proper equipment prior to the start of the season - see Required Equipment page
- Please direct any questions or concerns that you have to [secretary@chilliwacklacrosse.com](mailto:secretary@chilliwacklacrosse.com)

# Required Equipment



**Helmet & Cage**  
Helmet & mask must be CSA or NOCSAE approved with a chin strap.



**Elbow Pads**  
When using hockey shoulder pads, elbow pads or slash guards provide additional protection.



**Gloves**  
Field/Box lacrosse gloves offer excellent protection.



**Athletic Support & Cup or Jill Strap**



Mouthguards may be mandatory in your association.



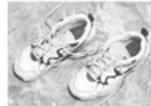
**Bicep Pads**



**Kidney Pads**



**Shoulder Pads**  
One piece adjustable pad which offers protection for shoulders and arms.



**Basketball or Court Shoes**

- Mouth guard (boil and bite are acceptable)
- Lacrosse Stick (measured in overall length)
  - Mini Tyke: 26"-40"
  - Tyke, Novice, Peewee – Minimum 36"
  - Bantam, Midget – Minimum 40"

## The Season

### Registration Dates

Dec 1 – Dec 31	Early Bird registration
Jan 1 – Feb 1	Regular registration
Feb 2 – May 15	Late registration (Late fees apply)

**\*Late fees waived for new players**

### Age Levels\*

#### *Development Levels – Mini Tyke/Tyke/Novice*

This level of play is for the purpose of introduction of playing skills, team building, and game awareness. Although competition is still important as in any sport, the primary focus will be on exposure to game situations. Athletes will be provided with equal instruction and playing time.

Mini Tyke	At least 4 years of age but under 6 years
Tyke	Under 8 years
Novice	Under 10 years

#### *Competitive Levels - PeeWee/Bantam/Midget*

This level continues with the introduction of playing skills, skill development and team play, while introducing game strategy and position play. Athletes will be assured of playing time, but the amount of time in each game will be dependent on the game situation.

PeeWee	Under 12 years
Bantam	Under 14 years
Midget	Under 16 years

**\*Age Requirements effective January 1<sup>st</sup> of current year**

### Drop In “Open Floor” Practices

Open floors practices run from beginning of January to end of February each year. All children aged 4-15 years are welcome, no experience necessary. Players are divided into age groups and evaluated to make decisions for team placement.

In February, players will be assigned to their teams and coaches will contact players to begin team practices.

## **League Play**

### *Tiering Schedule*

The "tiering" schedule runs from early April to early May inclusive. The tiering schedule is used to evaluate the performance of the team as a whole. Once tiering games have been completed, the Lower Mainland Minor Lacrosse Commission (LMMLC) may reassign teams to a different division or league based on their performance. Teams will be reassigned prior to the start of the regular league schedule.

### *Regular Schedule*

The regular league schedule runs from mid May to approximately the beginning/middle of June depending on the Provincial Championship date. All regular league games must be completed by the final date on the schedule as posted by the LMMLC. No games can be rescheduled after this date.

### *Playdowns*

Once the regular season has been completed, teams have the option to declare for the Provincial Championships. Teams that have declared will begin playing playoff or "playdown" games within a day of regular season end. Playoffs are a round robin format with the winners from each zone meeting to vye for the title of Provincial Champions.

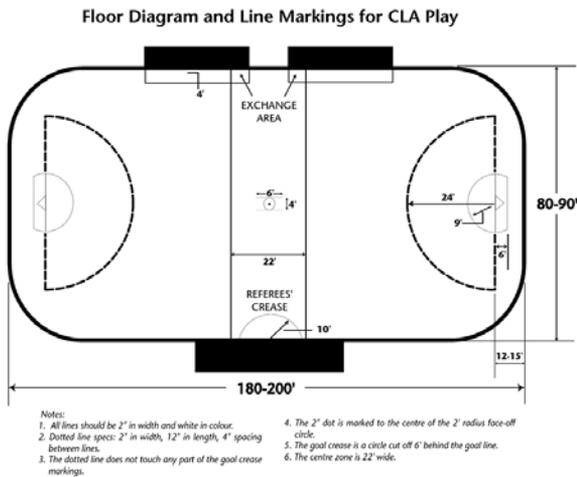
## **Tournaments**

It is up to each team to determine how many (if any) tournaments they would like to enter during the season. Team managers will organize these and communicate the information to parents. Costs of tournaments are covered by the players either through fundraising or direct payment to the team manager

# The Game

For a comprehensive list of box lacrosse rules, please visit [www.chilliwacklacrosse.com](http://www.chilliwacklacrosse.com) and click on the "Rules of the Game" tab

- Box lacrosse is played indoors on concrete, usually within a hockey rink that has had the ice removed
- Please refer to diagram below for dimensions of the playing surface



- The goal is 4 feet wide by 4 feet tall and there is a 9 foot crease area painted on the floor
- Each team is composed of five players, one goalkeeper, up to thirteen substitute players and one substitute goalkeeper for a maximum of twenty players
- The duration of the game is three 20 minute periods with a ten minute intermission between each period
- Teams change ends at the start of the second and third periods. They do not change ends for overtime periods

- The offensive team has 30 seconds to take a shot on goal or possession of the ball goes to the defending team. A 30 second shot clock is used and is reset after each shot or change in possession
- Penalties are called by referees and range in length from 2 minutes to game misconducts/suspensions depending on the severity

Mini Tyke, Tyke and Novice rules are adjusted or modified slightly. Your coach will explain the modifications at the beginning of the season.

## **Code of Conduct for Players and Parents**

CMLA requires both players and parents to sign code of conduct forms. These forms outline the expectations placed on all members of the association. Code of Conduct forms will be given to parents by the team manager once teams have been formed.

### How Parents Can Help Their Child

- Support your child by giving encouragement and showing interest in their participation. Help your child work toward skill improvement and good sportsmanship in every game.
- Teach your child that hard work and an honest effort are more important than victory - that way your child will always be a winner despite the outcome of the game!
- Be a positive role model for your child. Applaud good plays by your child's team as well as good plays by the opposing team.
- Let your child establish his/her own goals - to play the game for themselves. Don't put too heavy a burden on your child to win games.
- Offer positive reinforcement to help your child achieve their goals and overcome their natural fear of failure. If your child makes a mistake, remember it's all part of learning, so encourage your child's efforts and point out the good things that your child accomplishes.
- Refrain from coaching or refereeing from the sidelines. The refs volunteer their time to help make your child's lacrosse experience a positive one. They need your support too.
- Offer your services as a volunteer – a fundraiser, driver, timekeeper, scorekeeper, manager of equipment, board member, etc.

## Referee Signals



### BACK OVER

Right arm at right angle to body giving a left to right motion.



### BOARDING

Pounding of the closed fist of one hand into the open palm of the other hand.



### BUTT-END

A cross motion of the forearms, one moving under the other.



### CHARGING

Rotating clenched fists around one another in front of chest.



### CROSS CHECKING

One forward motion with both fists clenched extending from the chest.

### DELAYING THE GAME

Both arms extended out to the side with fists closed.



### DELAYED PENALTY

Referee extends his non-whistle hand straight up until the end of play.



### ELBOWING

Tapping either elbow with the opposite hand.



### FACE-OFF

Arms crossed in front of the chest, hands open one behind the other. Pull arms apart as if resembling two sticks being drawn.



### 5-SECOND COUNT

Whistle hand extended straight over head with 5 fingers apart.



### FREE HAND CHECK

Left arm extended with open palm facing outward showing a pushing motion.





**GOAL CREASE VIOLATION**

Place one foot on crease line and signal possession while blowing whistle.

**HOOKING**

One tugging motion with both arms, as if pulling something toward the stomach.



**GOAL SCORED**

Both arms extended over your head.

**INTERFERENCE**

Crossed arms in front of chest, hands open.



**HAND BALL**

Show clasp of hands together at waist level.

**KNEEING**

Tapping one knee while keeping head up.



**HIGH STICKING**

Holding both fists clenched, one above the other, at the height of the forehead.

**MATCH PENALTY**

Tap on top of head.



**HOLDING**

Clasp either wrist with the other hand well in front of the chest.

**MINOR INTERFERENCE**

Forearm across chest, then point in direction of possession.



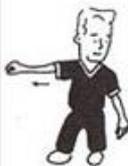


### MISCONDUCT

Placing of both hands on hips.

### 10-SECOND COUNT

Both arms extended to just over your head with 10 fingers apart and extended.



### ROUGHING AND UNNECESSARY ROUGHNESS

Extending one arm out to the side with closed fist.

### TRIPPING

Both feet on the floor, right leg forward and keep looking straight forward as knee is being struck.



### SHOT ON NET

Whistle hand extended straight up, rotate index finger and bring arm down.

### UNSPORTSMANLIKE CONDUCT

One hand on top of the other to form a "T" at the side of the body.



### SLASHING

One chopping motion with the edge of one hand across the opposite forearm.

### WASH OUT

Both arms swung laterally across the body with palms down. Goal disallowed.



### SPEARING

A pushing motion with both arms as if pushing the stick from the stomach.

### WRAP AROUND

Crossed arms in front of your chest with fists closed.

