

# PACIFIC COAST FIELD LACROSSE LEAGUE

## COACHES HANDBOOK

For use in Women's Field Lacrosse  
2018-2019



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## Introduction

The purpose of this document is to aid Pacific Coast Field Lacrosse League (PCFLL) coaches in understanding their duties and responsibilities with respect to their League Commissioner.

## Team Roster

Each coach or manager must submit his/her team roster to the League Commissioner prior to the start of season. The team roster must be in alphabetical or numerical order and contain each player's name and jersey number, if available. The coach or manager must submit to the League Commissioner any updates to their team roster as soon as possible.

## Game Sheets

It is the responsibility of the home team to ensure that the game sheet is clearly and properly filled out prior to the start of each home game. Game sheets must be protected from the weather to ensure they are legible. Improper game sheets will be considered invalid for league results and player eligibility for the Provincial Championships/Tournaments .

The home team's scorekeeper is responsible for distributing the copies of the game sheet at the conclusion of a game. The winning team's representative is given the top 2 copies of the game sheet (white and yellow). The losing team's representative is given the bottom copy of the game sheet (pink). In the event of a tie, the home team's representative is given the top 2 copies of the game sheet.

The winning team's coach or manager is responsible for submitting the original game sheet (top white copy) to the League Commissioner. **A copy of the game sheet must be electronically sent to the League Commissioner within 24 hours after the conclusion of the respective game. The original game sheet must be mailed to the League Commissioner within 3 days of the conclusion of the respective game.** In the event of a tie, the home team's coach or manager is responsible for submitting the original game sheet.

The League Commissioner's contact information is located at the bottom of the distributed Team Information sheet.

***Failure to submit the original game sheet to the League Commissioner on time will result in the forfeit of any points awarded to teams for the respective game.***

### Each game sheet must contain the following information:

1. The division, game number, date, location and indicate the type of game.
2. Print the home and visiting **association names**... do not use team names (example: Surrey, New West 1)
3. Fill in the player roster:
  - Complete the player roster in numerical order. The goalie is listed on the bottom line.
  - All players can be added to the game sheet at the beginning of the game, but any players who haven't arrived by halftime **must** be crossed off on the game sheet roster.
  - List any suspended player(s) and/or coaches in the umpire's report section of the game sheet
4. Print all bench personnel in attendance
  - The name of the head coach
  - The name of the assistant coach(es)
  - Four bench personnel is the maximum
5. The scorekeeper and timekeeper(s) must print their names on the game sheet
6. The scorekeeper must enter the correct scoring information
7. The scorekeeper must enter the correct penalty information
8. The scorekeeper must enter the game summary information at the conclusion of the game

9. Game officials (umpires) must verify the game information and sign the game sheet. There is a space available for umpire mentors and/or UIC's to add their names.
10. The scorekeeper must distribute the copies of the game sheet to the appropriate team personnel:
  - winning team gets the top 2 copies (white and yellow)
  - losing team gets the bottom copy (pink)
  - for tie games the home team is responsible for the top 2 copies

## Game Length

- U8 – 2 x 12 minute halves
  - 2 minute break between halves
- U12 - 4 x 12 minute quarters
  - 2 minute break between 1<sup>st</sup> & 2<sup>nd</sup> quarter
  - 5 minute break between 2<sup>nd</sup> & 3<sup>rd</sup> quarter
  - 2 minute break between 3<sup>rd</sup> & 4<sup>th</sup> quarter
  - 30 second stop time at the end of 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> quarters
  - 2 minutes stop time at the end of the 4<sup>th</sup> quarter
- U15 & U19 - 4 x 15 minute quarters
  - 2 minute break between 1<sup>st</sup> & 2<sup>nd</sup> quarter
  - 5 minute break between 2<sup>nd</sup> & 3<sup>rd</sup> quarter
  - 2 minute break between 3<sup>rd</sup> & 4<sup>th</sup> quarter
  - 30 second stop time at the end of 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> quarters
  - 2 minutes stop time at the end of the 4<sup>th</sup> quarter

Regular scheduled games will start no later than 15 minutes after scheduled game time, when the field is available for play. If a team does not field the minimum number of players (10), the game will be deemed a forfeit. Teams are to ensure they are at the field early and ready for equipment check prior to the start time. Time may be allotted due to extenuating circumstances and if this is agreed upon by both coaches.

## U8 Only

Game format summary and equipment

- 4 players on the field
- No goalies
- Soft rubber balls to be used
- Modified nets – attach 2 of the 1' x 6' vinyl banners with grommets to reduce the size of the nets

Rules Overview

- Coin toss to determine who will start with the ball. Visiting team chooses heads or tails; winner gets the ball. 2nd half starts with the other team having the ball.
- No draw, players line up on their defensive end to start game.
- Coaches can be on the field to assist.
- No score is displayed, however score sheets are completed.
- One pass rule.
- If the ball hits the drop downs, it will be considered a dead ball and will be given to the closest defender
- After goal, defense is given ball for a clear. Offence must clear to half.

- Must play 1 v 1 defense (i.e. no doubling)
- No player can score more than three (3) goals

#### At this level of play

- Intentional and illegal or dangerous contact as well as unsportsmanlike conduct would be considered major fouls; the player would be taken off of the field.
- No cards are used for players, and the team does NOT play short.

#### Time Outs

- There are no time outs permitted and the clock shall only stop in the event of any injury. Injured players must leave the field until the next scheduled substitution, and shall be replaced by another player.

#### Overtime

- Overtime shall not be played at this age group.

### **U12 Only**

- Field dimensions and layout – refer to U12 modified field dimensions & layout
- 7 + 1 (goalie) players on field (2 back behind restraining)
- Refer to U12 rules for 10 v 10 player options and conditions
- 2 time-outs per game, each 90 seconds
- U12 - 4 x 12 minute quarters
  - 2 minute break between 1<sup>st</sup> & 2<sup>nd</sup> quarter
  - 5 minute break between 2<sup>nd</sup> & 3<sup>rd</sup> quarter
  - 2 minute break between 3<sup>rd</sup> & 4<sup>th</sup> quarter
  - 30 second stop time at the end of 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> quarters
  - 2 minutes stop time at the end of the 4<sup>th</sup> quarter
- No checking above the shoulders
- Checking below the shoulders: no stick above the shoulder can be checked, that being said going in line with FIL illegal cradle, the player may not cradle their stick strictly in a position close to their head to prevent from being checked
- No horizontal sticks (major foul)
- 2 Pass Rule: per possession - one pass must be in attacking zone. Both passes can be made in the attacking zone. Incomplete passes will only count if the person it was intended to go to get the ball
- A team can complete as many passes as it wants in the defending end but only 1 will count. (Give and go allowed) (Goalie clear is included) Ball is live off a rebound. The pass will be counted as offensive or defensive based on where the ball is caught. A pass will only count if the person it was intended to go to gets the ball, so incomplete passes have always been counted but they have to be picked up by the player who the pass was to.
- In the event a team is leading by 5 goals or more, the team with fewer goals will be awarded the ball at center field in place of the draw.
- Once any player has scored four goals, the scorekeeper will notify both coaches and umpires. Further goals from that player will not be registered and will be considered a “no goal”. Play will resume as the goalie’s ball.

### **U15 Only**

- 10 players on the field, 9 runners and 1 goalie.

- This changes offsides to:
  - Attacking team – 6 players below restraining line and 3 above
  - Defending team – 7 players below restraining line (can be 6 runners and 1 goalie or 7 runners and no goalie) and 3 above.
- 3 players for each team are allowed between the restraining lines during a draw (1 centre or draw taker; 2 midfield). The remaining players on the restraining lines will not be released until possession by one team.
- If players go early, please refer to false start rule.
- Minor fouls will now result in the offending player moving 4m to the side of the ball carrier, NO LONGER 4m in the direction they came from.
- 2 time-outs per game, each 90 seconds
- U15 - 4 x 15 minute quarters
  - 2 minute break between 1<sup>st</sup> & 2<sup>nd</sup> quarter
  - 5 minute break between 2<sup>nd</sup> & 3<sup>rd</sup> quarter
  - 2 minute break between 3<sup>rd</sup> & 4<sup>th</sup> quarter
  - 30 second stop time at the end of 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> quarters
  - 2 minutes stop time at the end of the 4<sup>th</sup> quarter

### U19 Only

- Each team will consist of 8 players - 1 goalie, 2 defenders, 3 midfielders and 2 attackers
- Refer to U19 rules for 10 v 10 player options and conditions
- If players go early, please refer to false start rule.
- Minor fouls will now result in the offending player moving 4m to the side of the ball carrier, NO LONGER 4m in the direction they came from.
- 2 time-outs per game, each 90 seconds
- U19 - 4 x 15 minute quarters
  - 2 minute break between 1<sup>st</sup> & 2<sup>nd</sup> quarter
  - 5 minute break between 2<sup>nd</sup> & 3<sup>rd</sup> quarter
  - 2 minute break between 3<sup>rd</sup> & 4<sup>th</sup> quarter
  - 30 second stop time at the end of 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> quarters
  - 2 minutes stop time at the end of the 4<sup>th</sup> quarter

### League Season

The PCFLL season is divided into three (3) schedules/sessions. The first session (tiering) schedule runs from September 15<sup>th</sup>, 2018 to October 21st 2018 inclusive. All games must be completed by October 21st, 2018. Games cannot be rescheduled for after October 21st, 2018.

No league games will be scheduled for the Thanksgiving weekend.

There will be a tiering break during the October 27<sup>th</sup>/28<sup>th</sup> weekend – no regular scheduled games.

The second session (fall league) schedule runs from November 3<sup>rd</sup>, 2018 to December 9<sup>th</sup>, 2018 (tentatively) inclusive. All fall league games must be completed by December 16<sup>th</sup>, 2018.

The third session (winter league) schedule runs from January 12<sup>th</sup>, 2019 to approximately February 10<sup>th</sup>, 2019 inclusive. All winter league games must be completed by February 10<sup>th</sup>, 2019.

**These winter dates may change depending on when and where provincials are being played.**

## League Points

Points will be awarded during league games played as follows:

2 points	- win
1 point	- tie
0 points	- loss

***All games are considered league games and any points will be awarded and included in the regular league standings.***

## Umpire Fees

Each team is responsible for providing the fee payment for one (1) umpire every game. The home team is not responsible for providing the fee payment for both umpires as is required in box lacrosse. **The umpires must be paid prior to the start of each game.**

### Umpire Fees

U8	\$20.00 (1 umpire per game)	U15	\$40.00 (2 umpires per game)
U12	\$35.00 (2 umpires per game)	U19	\$45.00 (2 umpires per game)

***Any abuse, verbal or otherwise, directed towards game officials by coaches, players and spectators will not be tolerated by the Pacific Coast Field Lacrosse League. Abuse of any kind by game officials towards players, coaches and spectators will also not be tolerated by the Pacific Coast Field Lacrosse League.***

## Defaulted or Rescheduled Games

A defaulted game occurs under one of the following situations:

1. A team fails to appear at the appointed time and place for a game.
2. A team appears at the appointed time and place for a game but does not have the required number of players to start the game – a coach and player showing up doesn't constitute intent.
3. A team, for any reason, fails to finish the game.
4. Any team refusing to travel to another association for a game will also be subject to fines.

In the event of a defaulted game, the non-offending team shall be awarded a goal and shall be awarded 2 points in league standings. **The offending team shall be fined \$100.00 and the non-offending team shall be awarded costs associated with the game (i.e. umpire fees, field costs) when a team defaults a game by failing to appear for the scheduled game.**

- **Forfeiting a game within the 96 hours of game - fine is \$100**
- **Forfeiting a game within 24 hours of game - fine is \$200**

The League Commissioner will be notified of the situation as soon as possible and will report the incident to the Pacific Coast Field Lacrosse League Executive for further action.

Any club(s) who does not pay any outstanding fine and costs from a defaulted game prior to the completion of the current league schedule will be considered in bad standing and removed from the rest of the season.

Any team wishing to reschedule a game must contact their opponent and League Commissioner within 96 hours prior to the scheduled game time. A team is not obligated to accept a request to reschedule a game. This does not include extraordinary factors such as field closures due to bad weather.

Games to be rescheduled must be confirmed within 2 weeks of the original scheduled date. If no agreeable date is available, then both teams must supply a date and time to their League Commissioner within 2 weeks of the original scheduled date. The League Commissioner will reschedule the game based on the date and times

submitted. League Commissioners have the authority to assign points or not, if teams do not meet the guidelines by working together to reschedule their games.

All rescheduled games must be completed prior to the end of the appropriate league schedule.

The League Commissioner does attend games whenever possible so they need to be updated on all rescheduled games.

***The Pacific Coast Field Lacrosse League does not permit the cancellation of any game. Each team must make every effort to field a proper team, which includes all available call up players, for every league game.***

## **Suspension Information**

The head coach is responsible for reading the Field Disciplinary Rules provided by either their home association or their League Commissioner to know which expulsion penalties are associated with an automatic suspension.

The head coach is responsible for knowing when his/her players and/or coaches have received an expulsion penalty associated with an automatic suspension. The head coach must immediately enforce any suspension received by a player and/or coach for the required number of games. The head coach will not wait to "hear" from their League Commissioner informing him/her of a suspension to a player and/or coach. A head coach should contact their League Commissioner if they are uncertain how to apply the suspensions in the Field Disciplinary Rules.

The League Commissioner may not contact a coach to inform him/her that a player and/or coach on their team have received a suspension. The League Commissioner shall inform the club President that one of his/her team's player and/or coach has received a suspension. It is the responsibility of the President to inform his/her coach of the suspension.

A player and/or coach's suspension can only be served during any regular league, tournament, playdown or provincial championship game. A suspension cannot be served during an exhibition game or while playing/coaching a regular league, tournament, playdown or provincial championship game for another team. A player cannot play until the suspension is served with his/her own team.

***Suspensions are cumulative throughout the entire career of a player in the BCLA Field Directorate and not restricted for one season. Any second offence requires the player to appear before the Field Directorate at the first meeting after the offence has taken place.***

A head coach should use the following procedure when dealing with an automatic suspension:

1. Determine if a player and/or coach has received an expulsion penalty that requires an automatic suspension
2. Contact his/her League Commissioner as soon as possible and inform him/her of the penalty and confirm the length of the suspension
3. Include the suspended player's or coach's name on all game sheets that they are suspended for
  - Indicate the suspension next to the player's or coach's name on the game sheet
    - e.g. Jane Smith Suspended 1 of 3

### ***Rule #14 - Field Directorate Disciplinary Rules states...***

Any team that plays an ineligible player will lose any points earned from the games in which the ineligible player played. The Coach will be suspended for two (2) games for the first offense and for the second offense, an automatic referral to the British Columbia Lacrosse Coaches Association for appropriate disciplinary action.

## Call Up Information

As long as a player fulfills her commitment to her registered team first, a player can play up an unlimited number of games for a team in a higher division than which she is registered with, provided her coach has given permission. This is subject to the following situations:

- a) A player may play up one age division only.
- b) Players who have been aged up a division, cannot be called up to a higher division (i.e. U12 players aged up to U15, cannot be called up to U19).
- c) A Youth Field Lacrosse One Game Permit must be completed for all call ups. These call up sheets must be with the game sheet prior to the start of the game and stay with the game sheet. These permits are to be submitted to the commissioner with the game sheet.
- d) All call up players must be clearly entered onto the game sheet, at the bottom of the team roster. Players being called up must be written in the game notes.
- e) Call-up players are limited to maximum five (5) per game; or that number may be increased with approval of the Commissioner.

## Personal Equipment

No jewellery, no player shall wear items of jewellery. All piercings must be removed. The onus is on the coaches and/or managers of the player's team to ensure that the player is not wearing jewellery.

Officials on the field have the discretion of stopping play to send the player off the field to take the jewellery off.

All players participating in sanctioned regular season, exhibition, tournaments or provincial play shall be required to wear mouth guards and goggles. The mouth guard and goggles must be properly worn when on the field of play.

## Red Cards (Penalty)

There are two 'red penalty cards' in Women's Field Lacrosse: a 'yellow / red' and a 'straight red'. These shall be treated differently in accordance with FIL / CLA Rules. Any player or bench personnel who receive a straight Red Card in a game of regular season play, exhibition play, playoff games, or any Provincial championship games for personal fouls:

- a) Shall automatically miss the following scheduled game. **Exhibition games do not count toward the suspension, nor should the player be allowed to play.**
- b) Shall be referred to and investigated by the Discipline Committee.
- c) Shall have her / his name written on the game sheet of the suspended game (at the bottom of the team list) with the designation "SUSPENDED – 1 of 1" written beside her/his name. She/he may not be on the bench during her/his suspension.
- d) Shall be the subject of an "On-line Referee Report", to be completed by game officials.

## Provincial Championships Information

Teams wishing to qualify for the Provincial Field Championships must contact their association/club President regarding the submission of a Provincial Team Declaration form and fee. The British Columbia Lacrosse Association (BCLA) office must receive a team's Provincial Team Declaration form and \$\$ declaration fee by December 13<sup>th</sup>, 2018. No exceptions will be made by the BCLA for receiving the declaration form and fee after the specified deadline. The Provincial Team Declaration form will be available on the BCLA and PCFLL websites.



Teams will be informed at a later date as to the PCFLL Provincial Field Championships qualifying procedures. Only teams who have submitted their team's Provincial Team Declaration form into the BCLA will be eligible for the PCFLL Provincial Field Championships qualifying procedures.

To be eligible to participate in the Provincial Championships, a player must play a minimum of 50% of his/her registered team's scheduled league games (tournament games do not count). Any player who has played a minimum of three (3) games for a higher division or calibre team is eligible to play for that team in a Provincial Championship. A player can only participate in one (1) Provincial Championship in a season and must play for the team they are registered with first.

**2018-19 Provincial Championships locations/dates: TBA**

**New Rules for 2018/2019**

U12/U15/U19 will go from playing 2 halves to 4 quarters

**Field Locations**

Club	Field	Address
Adanacs	Fridge Field (Town Centre Park)	Pipeline Road @ Gabriola Drive, Coquitlam
	Town Centre Park (Turf)	300 Ioco Road, Port Moody
	Cunnings Field (Town Centre Park)	Pinetree Way @ Pinewood Avenue, Coquitlam
Burnaby Devils	Burnaby Lake West (Turf)	Kensington Avenue @ Joe Sakic Way, Burnaby
Chilliwack Hawks	Exhibition Park	45323 Hodgins Avenue, Chilliwack
	Tzeacheten Sports Field (Grass)	46770 Bailey Road, Chilliwack
Delta Footmen	Holly Park (Turf)	4675 62 Street, Ladner
	Mackie Park (Turf)	10855 80 Avenue, North Delta
	Winskill Park (Turf)	5575 9 Avenue, Tsawwassen
Langley Thunder	Willoughby Community Park (Turf)	7755 202A Street, Langley
Mission Mud Dawgs	Mission Sports Park	8020 Oyama Street, Mission
	Heritage Park Secondary School	33700 Prentis Avenue, Mission
New Westminster Warlocks	Mercer Stadium (Turf)	835 8 <sup>th</sup> Street, New Westminster
	Queen's Park East (Turf)	1st Street/3rd Avenue, New Westminster
North Shore Eagles	Ambleside Park (Turf)	Marine Drive @ 11 <sup>th</sup> Street, West Vancouver
Port Coquitlam Saints	Gates Park (Turf)	Reeve Street @ Wilson Avenue, Port Coquitlam
Richmond Roadrunners	Minoru Park (Turf)	Granville Avenue @ Minoru Blvd., Richmond
	King George Park (Turf)	4100 No. 5 Road, Richmond
Ridge Meadows Burrards	Pitt Meadows Athletic Park	11431 Bonson Road, Pitt Meadows
	Thomas Haney Youth Action Park	11600 Lougheed Highway, Maple Ridge
	Westview Secondary School (Turf)	20905 Wicklund Avenue, Maple Ridge
Surrey Warriors	Newton Athletic Park (Turf)	7395 128 Street, Surrey
	Tamanawis Park (Turf)	12601 64 Avenue, Surrey
	Port Kells Park	19340 88 Avenue, Surrey
Valley Attack	Abbotsford Senior Secondary	33355 Bevan Avenue, Abbotsford

Vancouver Barbarians	Vancouver Technical Sec. School (Turf)	2600 Block (East 11th Avenue) Slocan Street, Vancouver
	Memorial South Park (Turf)	5900 Block (East 43rd Avenue) Prince Albert Street, Vancouver

### Contact Information

**Please do not alter this document from its current form without contacting the author.**

This document is a work in progress, if you would like to make any suggestions or additions to this document please send your comments to:

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