



2022 Referee Handbook

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Introduction and Notes

This booklet includes all the documents specific to the BCLA for use by BC box lacrosse referees as a reference guide for the 2020 season. It has been updated to include the most current information available for the coming season as of the publication date indicated below:

This document was last revised Feb. 21, 2022

If you have any questions or would like more information, the following websites should be able to direct you to the answer or to someone who can help with an answer. It is also recommended you contact your local head referee and or local BCLOG Zone coordinator, their contact information can be found by calling the BCLA at 604 421 9755 or by sending an email to the BCLA from the following link:

BC Lacrosse Association: www.bclacrosse.com

Lacrosse Canada:

www.lacrosse.ca

Notes: (Write in your own information here:)

Local Head Referee:

Name:	
Phone Number:	
e-mail:	

Local Referee Assignor:

Name:	
Phone Number:	
e-mail:	

Local BCLOG Zone Representative:

Name:	
Phone Number:	
e-mail:	



Lacrosse Canada NOCP Fair Play Codes For Officials

Becoming a competent official takes a great deal of time and effort. Once you have committed to become a Lacrosse official, you need to make a commitment to yourself, your peers, the participants of the game, and the game itself.

Please read the following Fair Play Codes and fill out the contract that follows:

- 1. I will make sure that every athlete has a reasonable opportunity to perform to the best of his or her ability, within the limits of the rules.
- 2. I will avoid or put an end to any situation that threatens the safety of the athletes.
- 3. I will maintain a healthy atmosphere and environment for competition.
- 4. I will not permit the intimidation of any athlete either by word or action. I will not tolerate unacceptable conduct toward myself, other officials, athletes, or spectators.
- 5. I will be consistent and objective in calling all infractions, regardless of my personal feelings toward a team or individual athlete.
- 6. I will handle all conflicts firmly but with dignity.
- 7. I will accept my role as a teacher and role model for fair play, especially for young participants.
- 8. I will be open to discussion and contact with the athletes before and after the game.
- 9. I will remain open to constructive criticism and show respect and consideration for different points of view.
- 10. I will obtain proper training and continue to upgrade my officiating skills.

I, _____, hereby agree to abide by the Official's Fair Play Code. I understand that my development will progress at an accelerated rate if I adhere to this code.

Date: ______ Signature: ______

Following the Fair Play Code will definitely benefit your development as an official. However, there will be times when you will experience criticism from players, coaches, and fans. By following the commitment you have made, experienced officials know it will lessen the intensity of the criticism towards them.

THE EQUIPMENT BAG OF AN OFFICIAL SHALL CONTAIN:

- Black CSA Approved Helmet (visor optional)
- Black Pants with Pockets
- BCLA Referee Jersey (Black Undershirt Optional)
- Black Socks
- Black Running Shoes
- Minimum 2 Whistles (Plastic Fox-40 Pealess) (Optional Fox 40 Electronic Whistle) Your whistle must match your partner's
- Pocket Scorecard / "Riot Pad"
- Pen or Pencil
- Game/Incident Reports (Included In This Document and Online)
- Measuring Tape
- Contact List (Phone Numbers for Assignor and Head Ref(s), Partner)
- Lacrosse Canada Rule Book and Workbook
- This Handbook and Lacrosse Canada NOCP Clinic Documents
- Pocket Knife and/or Scissors
- String for Repairing Net (Spare Shoelaces / Skate Laces)
- Personal Water Bottle
- Personal Hygiene Items (Soap, Towel, Shampoo, Etc...)
- Mask (during COVID-19 protocols required in many arenas)
- Lock



Lacrosse Canada Floor Coverage and Positioning Diagram



Positioning Diagram Legend

- 1. Lead Official's primary coverage responsibility
- 2. Lead Official's secondary coverage responsibility*
- 3. Trail Official's primary coverage responsibility
- 4. Trail Official's secondary coverage responsibility*
- 5. Shared coverage between Lead and Trail Official

***NOTE:** When a loose ball occurs in these secondary zones, officials shall be responsible to move toward the loose ball, including moving across the floor, to ensure the best positioning. Zones will reset as the officials assume their new positions. Officials shall not switch lead and trail positions.

What is JOCAP?

Joint Officials Coaches Abuse Panel (JOCAP)

This panel was created to put an end to the verbal abuse that coaches, players, parents and fans inflict on the officials in our game. This panel has representation from the BC Lacrosse Officials Technical Support Group and the BC Lacrosse Coaches Technical Support Group.

2022 Instructions to Officials:

At the 2022 Officials Clinics, referees have been instructed to call unsportsmanlike and abuse of officials early and often.

Referees should remain positive and open to **respectful communication** where possible and where doing so **does not impede or slow down the progress of the game**. If communication from the teams (coaches or players) ceases to be respectful and police, steps must be taken as outlined below.

The Head Coach of each team is **fully responsible** for their bench. "Bench" is defined as players, door personnel, assistant coaches and trainers. This Head Coach must take the time to talk to the parents/fans before the very first game of the season about respect for the game. If any parent or fan is abusive to any official, they will be asked to immediately leave the arena. The game will be suspended until the abusive individual(s) leave(s) the arena (it is the home team's responsibility to remove them).

Door Personnel (Novice & Below). Their job is to open and close the door to safely allow players to change. That is it. They count their players onto and off the floor and they may cheer on their players. They may never say a negative comment to referees.

Consequence:

• 2-minute Unsportsmanlike Bench Minor + Game Misconduct + Game Report. Any player except a designated goalkeeper shall serve the penalty.

Door Personnel (Pee Wee & Above): All Door Personnel are trained & certified coaches. Their job is to open and close the door to safely allow players to change. That is it. They count their players onto and off the floor and they may cheer on their players. They may never say a negative comment to referees. **Consequence:**

- 2-minute Unsportsmanlike Bench Minor. Any player except a designated goalkeeper shall serve the penalty.
- For a second Unsportsmanlike Offence by any non-playing personnel on the same bench/team:
 - 2-minute Unsportsmanlike Bench Minor + Game Misconduct + Game Report to the Head
 Coach. Any player except a designated goalkeeper shall serve the penalty.

A bench penalty will also be called if a trainer, door person or coach, while attending an injured player on the floor, makes a negative comment or attempts to intimidate the official. **Consequence:**

• 2-minute Unsportsmanlike Bench Minor + Game Misconduct + Game Report. Any player except a designated goal keeper shall serve the penalty.

(Cont on next page)

JOCAP Continued...

In Pee Wee and below, the coach may talk directly to the official about an interpretation of rule without going through the captains. Of course, this is only in effect as long as the coach is respectful.

In Bantam and above, the referees have been instructed to use open communication with the coaches as long as it is respectful and quick dialogue. This is not intended for repeated questioning of calls and must not unnecessarily slow the game down.

As the Head Coach is responsible for the bench, they must make sure of the following.

- 1. Must not enter in argument with the officials.
- 2. Must not say any negative comments to anyone in the game.
- 3. Must not attempt to influence any calls (running commentary) or any decision of an official.
- 4. Must note intimidate any official (e.g. aggressive behaviour)

Coaches may use the following methods to communicate regarding the officials in their game:

- Speak to their association head referee and or President
- Ask their Minor Association Club President to write a letter on their behalf to the Chair or VC Minor of the Officials Group
- Fill out the online Coaches evaluation form found on the BCLA website at <u>www.bclacrosse.com</u> →Home →Forms →Coaches or follow this link: http://bclaregistration.com/forms/coachesofficialsevaluationminorbox/index.cfm

In cases where the coach has a complaint against the performance of the official, no good can come from that coach talking to that referee.

Coaches are encouraged to make use of one of the above methods.

In all cases, **only** the local Head Referee, BCLOG Zone co-ordinators, referee clinicians, Chair and Vice Chair of the BC Lacrosse Officials Group will be permitted to talk to any referee about their performance.

Head Coaches are encouraged to speak to everyone associated with their teams about abuse. This abuse must stop now. All games are going to heavily monitored.

Let's all work together so everyone can enjoy the games.

Respect in sport is an essential part of our game and requires effort on the part of all participants— coaches, players, parents and **referees.**

Sincerely,

Joint Officials Coaches Abuse Panel (JOCAP) Representatives

2022 BCLA Minor Lacrosse Variations (Mini-Tyke, Tyke, Novice)

As directed by the BCLA Minor Directorate for 2020, associations may look at adopting different [CLA Rule] options as desired, for local in-house leagues. As such, there are local and regional variations in British Columbia for Mini-Tyke, Tyke and Novice lacrosse for the upcoming season only.

Mini-Tyke Rules (ALL Zones):

Game - Option L

- Play 3 on 3 with soft balls
- 3 periods, 15 minutes in length each, with 3-minute intermissions
- 3x3 nets
- 2 games played simultaneously in half court
- Defensive player may occupy a space to prevent an offensive player from entering
- Defensive player may place their stick on an opponent
- No pushing or checking motion, no body-checking
- Fall Back Rule in effect
 - o The fall back rule applies when possession is gained by the goalkeeper
 - All defensive players must enter the neutral zone
 - Once all defensive players are in neutral zone, they are free to go wherever they want
 - The goalkeeper must pass the ball to one of the offensive players who must then pass the ball to one teammate outside the dotted line

Teams - Option A

- 3 runners and a goalie for each team
- Coach from each team may be on the floor to instruct players

Tyke Rules:*

Generally, most associations are using Game - Option L

- 5 on 5 with soft ball
 - Except Island (Zone 6) and Kootenays using Option X for teams (3 on 3)
 - & playing surface (half court)
 - 3 periods, 15 minutes

Place & push allowed on the ball carrier, no off-ball contact, no body checking

*Each zone and in some cases each local association will decide on the rule set they will use for in-house Tyke. Some areas will play 3 on 3 cross floor, some will play 5 on 5 full floor. Referees must check with their local head referee as to which game format and rule set will be used.

Novice Rules:

Generally, most associations are using Game - Option L

- Island (Zone 6) will use place and push from Option A
 - Lower Mainland (Zones 3, 4 and 5)
 - A1 and A2: Normal contact, except no off-ball contact
 - B and C: Place and push from Option A only, no off-ball contact.

*Rule sets for all minor divisions are set in place by the Minor Directorate, in consultation with local zone commissions.

*It is imperative that all minor association head referees instruct their officials as to what rule sets will be used in their association and follow up with their referees to ensure they are comfortable with, (and understand) the rules. It is also important for head referees to communicate within their local association, President, Head Coach, MT/T/Nov Coaches, referee assignor etc... to ensure everyone is clear on the rule sets to be used <u>BEFORE</u> the season commences.

2022 BCLA Female Lacrosse Variations

The Game

- Three 20-minute straight time periods, 5-minute intermissions
- Each period shall start with a face off.
- Goal differential of 5+ goals not displayed
- Scoresheet required goals, assists and penalties recorded
- Scoreboard used but a differential of more than five goals is not displayed

Tyke

• Per Handbook

Novice and Pee Wee

- Contact per Option X
- Defensive players may place their sticks on a ball-carrier and use equal pressure to prevent her movement.
- Stick contact is only allowed on non-ball carriers within the 24-foot dotted line and the contact may only be equal pressure to prevent her movement.
- Defensive player may check an offensive player by placing their stick head on an opposing player's stickhead outside the 24-foot dotted line.
- No body-checking.

Novice Only (Fall Back Rule)

- When possession is gained by the goalie inside their crease, all defensive players must enter the neutral zone (1st restraining line).
- All defensive players must stay in the neutral zone until ball-carrier has entered the neutral zone.
- If the offensive player is interfered with before she crosses the 1st restraining line, play will restart back in the goalkeeper's crease (and reset 30-second clock).

Bantam, Midget & Junior

- Contact per Option A
- Defensive players may place their stick on the ball-carrier and push them away.
- Place and Push is only allowed on the non-ball carriers within the offensive zone.
- Junior Female still using senior goalkeeper nets (all other levels use minor nets)

Full Contact – Senior Women's (L2 and above)

- Cross-checking is called as per Rule 40.
- Mouth guards not required (recommended).
- 2 Timeouts per game (1 per period)
- 30 second clock will run when a team is short handed
- Play blown down when it hits the goalie's mask
- Minor nets used.

Rules of Emphasis

- Offensive charging
 - Any player who charges directly at a defensive player may be assessed a charging penalty.
- Need to be aware of the Female rules concerns in past couple of seasons we don't call it consistently

Pay - Female

- Same for Tyke to Midget as Boys Lacrosse
- Junior Girls \$50
- Senior Women's \$60

Pre-Game Duties

- 1. When you receive you game assignment find out: --- (location/time/partner)
- 2. Arrive at the arena $\frac{1}{2}$ hour before game
- 3. Greet partner and discuss the upcoming game rule interpretation, history of teams involved, on floor communication
- 4. Proceed to floor together
- 5. Check condition of arena
- 6. Check that adequate minor officials (score/time keeper, 30 sec clock) are present and know their duties.
- 7. Check that signaling and timing devices are working properly
- 8. Check the game sheet to ensure that:
 - > Only players dressed and on bench are listed.
 - Maximum (18 & 2) and minimum (5 & 1) number of players are adhered to
 - > All non-playing bench personnel are listed on game sheet (max of 6)
 - Game sheet has been verified
 - > Captains and Alternate Captains (2) are listed
 - Goalkeepers and alternate goalies are listed and present
- 9. Prior to game introduce yourself to coaches of both teams and ask/state:

"Coach, are all of your players legally equipped to play the game?"

"Let's have a safe, fair and respectful game."

- This constitutes the team "warning". The onus is on the coach to make sure all players' equipment conforms to the specifications in the rules.
- The pre-game statement has been altered to remove the explicit statement about abuse, it is felt the old statement set an unnecessarily negative tone at the start of the game, and since it clearly wasn't working there is no harm in trying a different approach.

Post-Game Duties

- 1. When the scorekeeper brings the sheet, check that it is completely filled in including the proper goal totals and the goal and penalty summary sections
- 2. Sign the sheet, return it to the scorekeeper for distribution
- 3. Ensure that you have a record of all the necessary information if a report is required
 - (Take a photo of the completed scoresheet for this purpose)
- 4. Leave the floor with your partner
- 5. Write all reports with your partner while the incident is still fresh in your mind
- 6. Submit reports within 24 hours using the online report for located at this link:
 - <u>https://bclaregistration.com/forms/officialsgamereportminorbox/index_2019.cfm</u>



Sample Scoresheet Instructions: (Penalties/Goals)





Sample Scoresheet Instructions: (Completing the Game Sheet)



Penalty Option Chart:

D	Canadian Lacrosse A				I		1	
Rule#		Minor	Major	10 min.	Gm. Mis.	Match	P.Shot	A.Goa
6	The Lacrosse Stick	yes						
11	Headwear	yes			yes			
12	Goalkeeper's Equipment	yes	yes		yes			
13	Player's Equipment	yes		yes	yes			
14	The Teams	yes						
15	Captain of Team			yes				
17	Non-playing Personnel	yes			yes			
28	Abuse of Officials	yes		yes	yes	yes		
30	Reckless and Endanger Play					yes		
33	Boarding		yes			yes		
34	Broken Stick/Without Stick	yes		yes				
35	Butt-Ending		yes		*yes	yes		
36	Change of Players/Too Many Men	yes					yes	yes
37	Charging	yes	yes			yes	-	-
38	Checking From Behind	yes x 2	yes		yes	yes		
39	Crease Play(play restarts in crease)	yes	yes			-		
40	Cross-Checking	yes	yes					
41	Delaying the Game	yes		yes			yes	
42	Elbowing	,	yes				,	
44	Falling on the Ball	yes	,				yes	
45	Fighting	,	yes		yes		,	
46	Free Hand	VAS	yes		yes			
		yes					1/00	1/00
	Handling the Ball with Hands	yes	1/00		1/00	yes	yes	yes
	High Sticking	yes	yes		yes	y 00		
	Holding	yes	1/00					
	Hooking	yes	yes					
55		yes						yes
57	Kicking a Player		yes		*yes	yes		
59	Kneeing	yes	yes					
60	Leaving the Player's/Penalty Bench	yes			yes		yes	yes
62	Abuse of Officials					yes		
63	Refusing to Start Play	yes						
64	Slashing	yes	yes			yes		
65	Spearing		yes		*yes	yes		
67	Third Man in Altercation				yes			
69	Throwing stick	yes	yes	yes			yes	yes
71	Tripping	yes					yes	yes
72	Unnecessary Roughness	yes	yes					
73	Wrap Around	yes						
87	Taunting	yes						
88	Facemasking	yes	yes			yes		
ecial si	tuations note in minor Lacrosse only.							
view: C	hecking and interference outside the 24'dotte	d line. Reviev	v Cross-C	hecking in	Rule Book			
k mea	surements: 40"-46" for the length (pee wee34"), 4 1/2"-8" in	side mea	surement.				
view: R	estarting of play after penalties have been ass	essed.No gair	n in territor	y advantage.				

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	Class	Player sits	Time entered On score sheet	Served by	Expire-goal
1	Minor	2 mins	2 mins	Offender	Yes
2	Bench Minor	2 mins	2 mins	Offender * If identified	Yes
3	Major	5 mins	5 mins	Offender or Substitute	2 pp goals
4	Misc	10 mins	10 mins	Offender	No
S	Game Ejection	Rest of Game	Nil	N/A	No
6	Game Misc	Rest of Game	10 mins	No one	No
7	Gross Misc	Rest of Game	10 mins + 2 min USC	Substitute for USC	Minor yes
8	Match	Rest of Game	5 mins	Any Player	2 pp goals
6	Penalty Shot	N/A	Nil, record pen shot	N/A	No

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Officials' Game Report

- 1. Must be submitted to Commissioner within 24 hours along with game sheet via internet
- 2. Give Commissioner full details of incident
- 3. Must state the 4 W's: Who, When, Where, and What. Be detailed but brief
- 4. Must state exactly what was said (F*** you ref) or happened
 - Take a photo of the top page of score sheet to assist in writing

Online officials game report form:

The online form can be found here: <u>http://bclacrosse.com/forms.php#officials</u> or (www.bclacrosse.com - \rightarrow Officials \rightarrow Forms ("Online Game Report Minor Box")

What incidents/infractions must be reported?

The following is a list of the incidents requiring a report:

- 1. CLA Rule 23(L)
- 2. Additionally, in minor games the BCLA Minor Directorate requires a report for the following:
- 3. Attempted or contact in:
 - Butt-Ending (Rule 35)
 - Spearing (Rule 65)
 - Kicking (Rule 57)
- 4. Abuse or Assault of an Official (Rule 28)
- 5. Face Masking (Rule 72 and 88)
- 6. Fighting (Rule 45)
- 7. Third Person in Altercation (Rule 67)
- 8. Any situation where a game participant is suspected under influence of alcohol or drugs

Many infractions **DO NOT** require a report.

- E.g. A major and game misconduct for checking from behind **DOES NOT** require a report.
- Consult the list above and Rule 23(L) for a complete list of reportable infractions/situations.
- When in doubt, ask your head referee or contact your local zone coordinator.

See sample report below:

Sample Game Report:



2020 Minor Box Lacrosse On-Line Official Game Report

We log any activity on this page. Your computer's IP address: 123.333.222.111

This process is for Officials only.

*= Required Fields

League or Commission:

Minor – Thompson-Okanogan Minor Lacrosse Commission (Zone 2) *

Division:

PeeWee A2 *

GAME OFFICIALS

Official Calling the Penalty:

Name:	Joe Blow	*	Second Offi	cial:
Phone:	250-555-1234 xxx-xxx-xx	XX *	Name:	Jane Dough
Email:	Joe@Blow.com	*	Phone:	250-555-7890

Game Officiated

Date of Game:	05/05/2020	dd/mm/yyyy
Game Level and #:	PWA2-005	Example: MDBS-002
Venue of Game:	Oliver Arena	
Game Start Time:	730 PM	

TEAMS:

Home Team:	Oliver Packers
Home Team Coach:	Vince Lombardi

Visiting Team:	Osoyoos 49ers
Visiting Team Coacl	h: Bill Walsh

Game Type (Check one*)

S League O Playoff O Exhibition O Championship O Tournament (Cont on next page)

PENALTY TYPE:		PENALTY ASSESSED:
Match Penalty	*	Boarding
Team penalized:	Osoyoos 49ers	
Player/Coach pena	alized:	
(First Name):	Donald	
(Last Name):	Newman	
Jersey Number:	28	(if player)
Period of Penalty	2	
Time of Penalty	16:50	

Describe circumstances in detail:

At 16:50 of the 2nd period, Osoyoos number 28(Donald Newman) and Oliver number 14 (T. Boyd) were racing for a loose ball to the corner in the Oliver end of the floor. Oliver player number 14 was first to the ball and had possession when Osoyoos number 28 was still at least 10 feet away. Number 28 then hit number 14 from behind knocking him head first into the boards, while he was approximately 6 feet from the boards.

Despite loud and vocal warnings from myself prior to the hit, and with ample time to make a decision, number 28 recklessly hit number 14 from behind. Number 14 was seriously injured on the play and the game was delayed while an ambulance was called. The injured player was taken to hospital.

Number 28 was assessed a Match penalty for Boarding under Rule 33(b) and under Rule 30.

After you press the submit button this report will be emailed to the members of the Commission selected above. A copy will also be sent to your email address.

Submit Clear

Instructions for use in Minor Lacrosse:

This infraction must be immediately telephoned to the Minor Association Head Referee. It is the duty of the Head Referee to notify the League Commissioner within 24 hours of the game.

Infractions of a serious nature, including all incidents of Abuse of Officials or GROSS Misconduct must be reported to the BCLOA Vice-Chair Minor/Senior.

This report contains confidential information. Copies shall only be distributed to authorized persons



2011 - Minor Box Lacrosse On-Line Official Game Report

Required fields = *

This process is for Officials only. We log any activity on this page.

Your computer's IP address: 173.180.141.200

After you press the submit button this report will be emailed to the Commission selected above. A copy will also be sent to your email address.

 \mathbf{T}

Clear



2022 BCLOG Provincial/Summer Games/Nationals Application:

Officials (who meet the minimum qualification standards) may be nominated and or may apply for consideration to be selected for the BC Summer Games, BCLA Provincials, and Lacrosse Canada minor nationals using the following online form found here:

https://tinyurl.com/5yh63trn

The qualification standards/criteria that apply to ALL candidates are as follows:

- Minimum Level 2 with at least 4 years of officiating.
- Able to attend all the days of the event for which they are selected *(including days for travel if necessary).*
- For Nationals: Must be at least 19 years old. (As of Dec. 31, 2021)
- For BC Summer Games, must be at least 18 at the time of the event.
- For officials traveling to a BCLA minor provincial championship, must be at least 18 at the time of the event.
- For a local BCLA minor provincial championship (no travel required), must be at least 16 (as of Dec. 31, 2021).

Please be advised that admittance to Provincials/Summer Games or Nationals is by invitation only. All applications/nominations will be assessed by the BCLOTSG. There are limited opportunities for travel, and limited space within each tournament. Successful candidates will be notified in advance.

APPLICATION DEADLINE: Friday May 13, 2022

The 2022 BCLA Provincial Championships are being held as follows:

July 7-10	Midget (16U)	Port Coquitlam, B.C.	RIC – Riley Lo
	Pee Wee (12U)	Delta, B.C.	RIC – Jarrett Smith
July 14-17	Bantam (14U)	Vernon, B.C.	RIC – Vince Burelle
-	Female (all divisions)	Coquitlam, B.C.	RIC – Meaghan Snow
July 21-24	BC Summer Games	Prince George, B.C.	Box RIC – Cam Anderson
-		_	Field RIC – Rob Cook

The 2022 Lacrosse Canada Minor Box Nationals are being held as follows:

Aug. 5-14	Canada Summer Games Dorothy Robertson Trophy	St. Catharines, Ont.	Female RIC – Dom Hartley
Aug. 14-22	Canada Summer Games The Tackaberry Trophy	St. Catharines, Ont.	Male RIC – Andy Watson
Aug. 15-20	12U Male Box Nationals E.G. Dopp Trophy	Langley, B.C.	RIC TBD
	14U Male Box Nationals The Commissioner's Trophy	Langley, B.C.	RIC TBD
	14U Female Box Nationals Rose Engemann Trophy	Langley, B.C.	RIC TBD

2022 Senior Nationals:

Founders Cup Junior B (Brampton), Minto Cup & Mann Cup (Ontario) / Presidents Cup in Leduc, Alta.

Lacrosse Canada – Canadian Anti-Doping Program

Lacrosse Canada (LC) has adopted the Canadian Anti-Doping Program (CADP). As part of LC, all members of the BCLA are subject to Canada's anti-doping rules, which are administered by the Canadian Centre for Ethics in Sport (CCES). The CADP consists of several components such as in- and out-of-competition testing, education, medical exemptions, and the consequences of doping violations, and is compliant with the World Anti-Doping Code and all international standards.

By adopting the CADP, LC has joined a world-class anti-doping program that is designed to protect athletes' rights and ensure a level playing field. LC's anti-doping policy reflects and supports the CADP.

The CCES recommends that athletes take the following actions to ensure they don't commit an inadvertent antidoping rule violation:

- Check the Global DRO (<u>www.globaldro.com</u>) to determine if any prescription or over-the-counter medications or treatments that are banned by the WADA Prohibited List.
- As a domestic athlete competing in lacrosse, you are not required to have a TUE application approved prior to using a prohibited substance. Instead, you must go through a Medical Review following the event of a positive result from a doping control test.

For a Medical Review, you must maintain a medical file which includes the following information:

- documentation that confirms a medical diagnosis was made by a licensed physician prior to sample collection;
- a prescription signed by a licensed physician prior to sample collection consistent with the finding; and
- confirmation that you are being followed and monitored by a licensed physician and are following a treatment plan that is appropriate for the diagnosis.
- Four to six weeks following a doping control test you may be asked by the CCES, or your national sport organization, to submit a Medical Review application for your specific medication. At that time, you will be required to submit a complete Medical Review application form and the previously listed information within a specified time frame.

If at any time you are added to the CCES Registered Testing Pool (RTP), your International Federation's (IF) RTP, attend an international event or participate in one of the Canadian national championships identified here by the CCES - <u>www.cces.ca/en/medicalsportlist</u> - it is your responsibility to ensure that you meet any additional TUE requirements imposed by the CCES or your IF. For more information regarding medical exemptions please visit <u>www.cces.ca/en/medical</u> or to review your medical exemption requirements use the CCES Medical Exemption Wizard <u>www.cces.ca/en/medical</u>

- Do not use supplements, or to take precautions prior to doing so. Supplement products cannot be verified by the CCES or in the Global DRO. A lack of industry and government regulation makes it impossible to confirm their ingredients. Read more: <u>www.cces.ca/supplements</u>
- Review the steps of the doping control sample collection procedures: <u>http://www.cces.ca/en/samplecollection</u>

For additional resources and more about anti-doping, please contact the CCES

- Email: info@cces.ca
- Call toll-free: 1-800-672-7775
- Online: <u>www.cces.ca/athletezone</u>

Appendix 1: 2022 COVID-19 / Communicable Disease Prevention -Return to Play Guidelines

Lacrosse officials and umpires are an important part of the landscape of lacrosse. The BCLA officials once again must continue to officiate in accordance with orders and guidelines set out the public health officials including the Provincial Health Officer and regional health authorities. This is ultimately in place to ensure the safety of all participants Referee training will be offered by the BC Lacrosse Officials Technical Support Group (BCLOTSG). Official inquiries must be directed to your association/club Officials contact or BCLA Technical Director, Dave Showers.

Pre-Game

- If you are ill or unwell, please **do not** go to your game contact your assignor as soon as you develop symptoms or feel unwell to make arrangements to find a replacement.
- Officials should be aware of local arena policies work with your head referees to learn if your arenas/boxes have any specific rules surrounding communicable disease prevention.
- Officials must be vaccinated based on current provincial guidelines developed by ViaSport (as of Feb. 21, 2022).
- Officials should follow provincial and regional health authority guidelines for entering arenas this currently (as of Feb. 19, 2022) includes wearing masks.

Personal Equipment

- Bring your own water bottle.
- Wash your hands.
- Referees will use a regular Fox-40 Blow or Electronic whistle
 - Whistles should match their partner's.

Timekeepers

- Box: Game timekeepers and shot clock operator as usual for game time.
- Off-floor officials must follow provincial and regional health guidelines this may include following mask policies.

Responsibilities

• Player safety is our No. 1 responsibility – use that philosophy if faced with an unusual situation.

Post-Game

- Officials will put on a mask immediately after the game when returning to the dressing room and leaving the facility.
- We recommend that during post-game handshakes, if taking place, you do not shake hands but fist or elbow bump. Wash your hands immediately after the game.

IMPORTANT REMINDS FOR ALL OFFICIALS

- If at anytime, prior to an assigned game you are feeing <u>symptoms</u> that may be related to <u>COVID-19</u>, please contact your association immediately and <u>withdraw from your</u> <u>assignment</u> until such time as it is prudent for you to return.
- Please consult your local health authority for more details.

