

# Sports

## JOM LACROSSE

For Students in Grades 5,6,7, & 8  
Practice/Registration begins April 16  
at 3:00 to 5:00 pm at the Salmon River Arena  
Bring your own stick and workout clothes.

## Thank You

Thank you to Mr. and Mrs. Fabian Hart for your generous support in sending the Canton College Lacrosse Team to Maryland.

The Canton College Lacrosse Team

## JOM Field Lacrosse Practice Schedule

### Grades 5,6,7, & 8

DATE	TIME	LOCATION
April 16	3:00-5:00	SRCS Arena
April 18	3:00-5:00	SRCS Arena
April 19	3:00-5:00	SRCS Arena
April 20	12:00-2:00	SRCS Arena
April 23	3:00-5:00	SRCS Arena
April 25	3:00-5:00	SRCS Arena
April 26	3:00-5:00	SRCS Arena
April 27	12:00-2:00	SRCS Arena
April 30	3:00-5:00	SRCS Arena
May 2	3:00-5:00	SRCS Arena
May 3	3:00-5:00	SRCS Arena
May 4	12:00-2:00	SRCS Arena
May 7	3:00-5:00	SRCS Arena
May 9	3:00-5:00	SRCS Arena
May 10	3:00-5:00	SRCS Arena
May 11	11:00-1:00	SRCS Arena
May 14	3:00-5:00	SRCS Arena
May 16	3:00-5:00	SRCS Arena
May 17	3:00-5:00	SRCS Arena
May 18	12:00-2:00	SRCS Arena

All JOM Field Lacrosse participants will be allowed to ride the 5:15 sports bus home.

## MINOR LACROSSE IN HOUSE LEAGUE RULES

Committee: Ernie Mitchell, Jo-Jo Francis, Ben Benedict  
Joe Oakes, Vince Thompson, Darryl Lazore

NON-CONTACT: Peanuts- 5,6 Tykes - 7,8 Novice - 9,10

### PLAYING RULES & INFRACTIONS:

- (I) Helmets and gloves are mandatory. All players are encouraged to wear pads and protective equipment
- (II) No penalties; instead on violation, player is warned by referee, sent to the bench and replaced (Records of violations are kept at the time-keepers box)
- (III) Any player assessed three(3) minor violations will be expelled from that game
- (IV) NO charging, cross-checking, slashing, high-sticking or follow through allowed.
- (V) Any player assessed a major penalty will be expelled from the game and dealt with by the discipline committee. Major penalties include spearing, butt-ending, kneeling, and intent to injure.
- (VI) Checking from behind, player is warned, replaced and a penalty shot is to the opposing team plus a major penalty is assess.
- (VII) Abusing the referee, either physically or verbally will result in being expelled from that game and will have to answer to the discipline committee

## LIGHTNING LACROSSE SCHEDULE

	Visitors	at	Home
Fri. April 26 - 8:00 pm	Oshawa	at	Akwesasne
Sat. April 27 - 5:00 pm	Scarborough	at	Akwesasne
Sat. May 4 - 5:00 pm	Milton	at	Akwesasne
Sun. May 5 - 3:00 pm	Mimico	at	Akwesasne
Sat. May 11 - 2:00 pm	Orillia	at	Akwesasne
Sun. May 12 - 3:00 pm	Akwesasne	at	Mimico
Sat. May 18 - 7:30 pm	Akwesasne	at	Georgetown
Sun. May 19 - 2:00 pm	Akwesasne	at	Huntsville
Mon. May 20 - 4:00 pm	Six Nations	at	Akwesasne
Thurs. May 23 - 8:00 pm	Akwesasne	at	Gloucester
Sat. May 25 - 8:00 pm	Akwesasne	at	Scarborough
Sun. May 26 - 2:30 pm	Akwesasne	at	Niagra
Thurs. May 30 - 8:00 pm	Akwesasne	at	Nepean
Sat. June 1 - 8:00 pm	Akwesasne	at	Elora
Sun. June 2 - 2:00 pm	Akwesasne	at	Orillia
Wed. June 5 - 8:00 pm	Nepean	at	Akwesasne
Sun. June 9 - 2:00 pm	Owen Sound	at	Akwesasne
Sat. June 15 - 1:00 pm	Huntsville	at	Akwesasne
Sun. June 16 - 2:00 pm	Brantford	at	Akwesasne
Wed. June 19 - 8:00 pm	Gloucester	at	Akwesasne
Sun. June 23 - 3:00 pm	Akwesasne	at	Guelph
Sat. June 29 - 2:00 pm	Akwesasne	at	Oshawa

### GAME PROCEDURES:

- I. Goal nets at Peanuts and Tykes levels will be lower--3'high x4'wide: this lower height allows goalies a chance to work on lateral moves.
- II. Peanuts and Tykes shoot-out rule or "B-Ball rule": must rotate such that five(5) different players shoot on net each time. A signal will indicate the HALFWAY mark of First period, end of First period and HALFWAY thru the Second; every player shoots at least once.
- III. Peanuts, Tykes and Novice New Face-off rule: to learn the art/skill of taking the face-off. Two players on the draw. After whistle, ball must leave BIG circle before others get in on play. All other players line-up on the BLUE LINE.
- IV. All games will consist of 12-15 minutes of Pre-Game Drills.
- V. Games will entail three-fifteen minute periods of running time.
- VI. 40-second shot-clock will be in effect.
- VII. Rules not covered will be governed by the O.L.A. C.L.A. playing rules.
- VIII. ALL SCHEDULED MINOR GAMES WILL START ON TIME REGARDLESS OF EITHER TEAM'S READINESS. (CLOCK WILL RUN)

### HOUSE LEAGUE RULES

Full Contact: Peewees 11-12 Bantams 13-14 Midgets 15-16  
Intermediate 17-20 years

All ruled under C.L.A. Rule Book with exception to:

### FIGHTING

- any fights occurring in First or Second periods will result in EXPULSION of that game PLUS the next one.
- any fighting during the THIRD period will result in EXPULSION of that game PLUS the next TWO GAMES.

### DRAFT SYSTEM

- Will apply to all players in the Akwesasne area;
- All players in the Kahnawake area will use a draft system, for their area.
- Only NEW AREAS will be allowed to bring in CLUB TEAMS PROVIDED they have sufficient numbers of players.

