

STICKS & STONES



Volume 4, Issue 2

April 2011

July is Named Lacrosse Month in Nova Scotia

By Kevan Mills, President, Lacrosse Nova Scotia

Congratulations go out to Lesley Dunn and her group for successfully getting the month of July recognized as lacrosse month in Nova Scotia. On Thursday, April 14th, the Premier's office made it official naming lacrosse as the official sport for the month of July in Nova Scotia. As we all know, lacrosse is Canada's national summer sport, so it is only fitting that our province recognizes our sport in this way. This speaks to the hard work Lesley and her group have been doing marketing our great sport in communities throughout Nova Scotia.

Profile: CLA Men's Field Sector Chair, Bill Fox

How long have you been involved in lacrosse and in what capacity (i.e. player, coach, administrator, official)?

I started playing youth lacrosse and moved my way through Junior A to Major A finally winning a Mann Cup with Brampton in 1980.

My Field Lacrosse career started with the Toronto Lacrosse Club in the early 80's. Jim Calder started the team. Jim was on the great Canadian team from 1978 and after they came back from winning the World Championship a few started teams in their home centres.

I have been active over the years as a Box and Field coach in the Beaches, Scarborough, Whitby and in the Association I co-founded in Ajax/Pickering, the West Durham Rock. There are a few players in the NLL that I have coached over the years.

Along the way, I co-founded in Ajax/Pickering the West Durham Rock and the Officials Association for World Championships, along with Graham Lester from England and Jake Curran from the USA. I was President of the Ontario Lacrosse Referees Association and helped to start the National Lacrosse League's Officials Association.

I first started out as a Referee back in the 70's when Box Lacrosse was played in the Toronto area, and I acted as Referee in Chief with the Toronto Secondary Schools Athletic Association (TSSAA) for a period of time. There were some great games played during that time.

What do you hope to achieve during your term in your current position?

I hope to be able to be there as an advisor and in some ways an innovator with the Field game in the way the game is structured. I look forward to pioneering a 7-on-7 game using the attack portion of the field to play the game. The game would mostly resemble the traditional Box game, but with Field rules in place. I aim to have that in place right across the country and to hopefully have a National Championship in place for that style of game in the next few years. The 7-on-7 game will allow smaller MAs or emerging areas to try the great game of Field Lacrosse that perhaps already has a Box Lacrosse Association and has not tried the Field game.

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Profile: CLA Men's Field Sector Chair, Bill Fox (cont'd)

What do you envision for the future of lacrosse?

As with most sports, the future of the game relies on everyone involved. If you are reading this, then you should know that you are the CLA and you have a vote through your MA, so get involved! The most important part of our growth is the volunteers and everyone associated with the game. We all need to keep it safe, keep the skill, speed, finesse and make sure you're having fun while doing so.

What do you like to do in your spare time?

In my spare time my wife and I really enjoy spending time watching our two kids grow and develop. My son plays Junior A in Peterborough and attends Canisius College in Buffalo, New York. My daughter has been involved in Lacrosse and Dance and has a great future as a writer. She is off to University next year.

At one time it was riding my motorcycle. Then we had kids and I bought a mini-van I am sure that sounds familiar to many out there.

What is a favourite quote or saying that you follow in life?

There are too many good ones to follow just one.

Coaches Corner: Staying in Canada for an Ivy League Education at McGill

By Tim Murdoch, Men's Field Lacrosse Head Coach, McGill University

Why has the McGill University men's field lacrosse team been successful in recruiting student-athletes? The answer is that McGill sells itself. Ranked among the world's top 25 universities, McGill delivers a world-class education at half the cost of its Ivy League counterparts, where annual costs can soar above US\$50,000.

Founded in 1821, McGill is located in Montréal, a historic city with an exciting nightlife and countless social activities. McGill's rich history of sport includes the first football game (1874 - McGill vs. Harvard), the invention of basketball (by McGill grad Robert Naismith) and the birthplace of university hockey. Yet Canada's national sport of lacrosse arrived late on the scene in 2001, when a club lacrosse team was formed by an ambitious McGill freshman, Sachin Anand. McGill's lacrosse team rose from obscurity in 2001 to its inaugural appearance at Canada's university championship in 2008. Lacrosse at McGill is a natural fit: Montréal is the birthplace of our national summer game, played for centuries in Canada's Mohawk communities as 'bagattaway' in nearby Akwesasne and Kahnawake. Students at nearby Collège Jean-de-Brébeuf have played lacrosse for centuries in Montréal.

McGill plays in the 12-team Canadian University Field Lacrosse Association (CUFLA) founded in 1985. Surprisingly, many Canadian student-athletes are unaware that it is actually cheaper to attend McGill or another CUFLA school, than to accept many NCAA scholarships at US colleges. Many Canadian lacrosse coaches are eager to promote athletes to NCAA coaches, often overlooking CUFLA. This is understandable, since NCAA lacrosse is appealing and CUFLA has limited resources to promote itself. However, full-tuition NCAA lacrosse scholarships are rare and NCAA men's lacrosse is expanding very slowly due to Title IX that requires NCAA colleges to field both men's and women's teams in any sport.

In Canada, CUFLA has tripled in size since its origins as a four-team Ontario league. CUFLA is poised to expand again in 2012 with two new university teams being added in Québec. The Maritime University Field Lacrosse League (MUFLA) also fields a league, giving Canadians university lacrosse players more than just one option.

At McGill, we encourage Canadian players to consider staying in Canada versus making a bee-line to the NCAA. We've found this message to be very effective. In fact, McGill's geographically diverse roster has featured scholar-athletes from five Provinces (Alberta, BC, Manitoba, Ontario and Québec) and 20 US States.

Paradoxically, American-born student-athletes are quick to appreciate outstanding value in heading north for McGill's lower-cost education in Canada - attracted to Montréal and the chance to play competitive college lacrosse. In the years to come, we hope to see more Canadians looking in their own backyards and applying to McGill or another appealing Canadian university in CUFLA.

A dual US and Canadian Citizen, Tim Murdoch is Head Coach of McGill University's Redmen lacrosse team. He played four years of NCAA varsity lacrosse at Princeton University and has coached the McGill Redmen for nine seasons, including 2008 when McGill reached the national championship and CUFLA named McGill as Canada's Coaching Staff of the Year.



The Penalty Box: 2011 Box Lacrosse Rule Changes

By John Herd

This is the first in a series of articles about the playing rules and interpretations of the various disciplines of lacrosse. This issue will deal with the 2011 rule changes specific to box lacrosse. Rule changes are proposed in even years and, if approved, are implemented in odd years. Rule changes are made for a variety of reasons (i.e. safety issues, to speed up the game, to clarify how a rule is to be applied, etc.).

In numerical order, we will look only at the changes. The complete wording for each rule is available in the "Box Lacrosse Rule and Situation Handbook 2011" available for purchase through your provincial lacrosse association.

RULE 2 – THE PLAYING SURFACE

At the goal crease, if the distance between the goal line and the back of the crease line is less than 1.83 m (6'), you cannot score from behind the net unless one foot is ahead of the back line (extended).

RULE 3 – THE PLAYERS' BENCH

Except when a player is entering or exiting the bench, the doors shall be closed and latched. This is a bench minor penalty with no warning (warning was issued at the start of the game). If the offensive team pulls their goalkeeper for an extra attacker and the goalkeeper stands in the open door of the bench, the referee will issue a warning and if the door is not closed, possession will be awarded to the non-offending team.

NEW WORDING FOR CHECKS IN EXCHANGE AREA

Rules 3, 30, 33, 35, 37, 38, 40, 42, 46, 50, 51, 52, 57, 59, 64, 65, 69, 71, 72 and 73

In the exchange area, any penalty under this rule shall also be assessed a game misconduct penalty.

RULE 8 – THE GOALS

In Junior B, the two upright poles shall be 1.37 m (4'6") apart. This makes them the same as Junior A and Senior B. At all ages, the goal posts and crossbar shall be painted red.

RULE 11 – HEADWEAR

If a ball-carrier's helmet/chinstrap becomes dislodged, the play shall stop immediately. If no penalty occurs, there will be a loss of possession and the player shall leave the surface immediately. Any infraction of this section shall result in a minor penalty.

Unlike in previous years, the ball-carrier is penalized for not wearing their helmet/chinstrap correctly.

RULE 17 – NON-PLAYING PERSONNEL

A maximum of six non-playing personnel shall be allowed on the players' bench, consisting only of certified coaches and trainers.

RULE 36 – CHANGE OF PLAYERS/TOO MANY PLAYERS

RULE 55 – INTERFERENCE

Intentionally preventing an opponent from getting on, or exiting, the bench will result in an interference penalty (same as always).

If both players are within the exchange area when the contact occurs, an interference penalty and a game misconduct will be assessed (new in 2011).

RULE 39 – CREASE PLAY

Rule 39 (b) ADDED:

NOTE: In all divisions above Minor Lacrosse a player may reach into an opponents' crease to receive a pass. **(Added back 2011)**

NOTE: If a player/goalkeeper intentionally checks a goalkeepers'/players' stick within the crease, a two-minute penalty shall be assessed to the offending player. A goalkeeper penalty shall be served by a player who was on the floor at the time of the infraction. **(Added back 2011)**

Following a Checking in the Crease penalty, possession will be awarded to the non-offending team at centre.

This is consistent with all other possessions after penalties.

The Penalty Box Continued...

RULE 43 – FACE-OFFS

RULE 47 – GOALS AND ASSISTS

At the start of each period, the referee-in-charge shall conduct a face-off. Following a goal, one of the referees shall conduct a face-off, unless possession is to be awarded under Rule 85.

There was no place in the rulebook that said to have a face-off after a goal. Referees just did it. Now it's official.

RULES 45 and 67

In the exchange area, any penalty under this rule shall also be assessed an additional game misconduct penalty

This means that the exchange area is to be used for just that. Any nonsense will be treated severely.

RULE 68 – THIRTY SECOND RULE

We revert back to there being only two times when the clock is not reset: time outs or a ball lodged in a stick.

RULE 70 – TIME OUTS

Time outs are now sixty seconds. Number of time outs stays the same (Minor - 1 time out; Junior and Senior levels - 2). When time out is called with play in progress, neither the ten-second clock nor the thirty-second clock will reset when play re-starts.

RULE 86 – PENALTY SHOTS

SITUATION 3 – Rules 86a & 6f

7 What happens if a stick measurement is requested just prior to a penalty shot and the shooter's stick is illegal?

A Assess the shooter a minor penalty for an illegal stick. The Captain of that team will select another player who was on the floor at the time of the infraction to take the shot.

This change makes the situation agree with the rule.

That summarizes the Box Sector rule changes for 2011. If you have any questions, topics or suggestions (from any Sector) for the next issue please e-mail Ross Ste-Croix at the CLA (ross@lacrosse.ca) and we'll provide the answers for you in the next edition of *The Penalty Box*.

Local Heroes: Michelle Wormald

The Canadian Lacrosse Association is keenly aware of the vital role that volunteers play in the success of their sport.

And few volunteers epitomize the soul of community-based lacrosse better than a giving veteran from Whitby, Ontario named Michelle Wormald.

As 'head cheerleader' for her lacrosse-playing kids, Wormald was already familiar with the sport when she helped initiate Whitby's first girls-only lacrosse rep team. "Whitby Minor Lacrosse started the girls' league 6 years ago," says Wormald. "That year I coached a bantam/midget team and I was convener of the division. John Fusco was the coach of the other bantam/midget house league team. Between the two teams and the two of us, we were able to get enough girls to run a representative team. Larry and Dale Kernohan coached the novice/peewee rep team that same season. They have been with me ever since."

The following season, Whitby's girls needed a leader who could build on their promising start and once again, Wormald stepped up – this time as director of the girls' house and rep leagues for Whitby Minor Lacrosse.

"I've been director ever since," laughs Wormald. "But I view lacrosse as more than a fun team sport – it's great family time that teaches important life skills and nurtures healthy development – I'm happy to play a small part in that."

But Wormald's role is far from small. As the Whitby girls continue to grow into a formidable league of community athletes, Wormald and her fellow volunteers have begun sharing their knowledge as part of a developmental committee for start-up girls' leagues in different centres. "I'm playing lacrosse myself now and I'm part of the Women's Box Lacrosse Council," adds Wormald. "Our council, initially more of a governance council, now works to promote girls' lacrosse in Ontario under the direction of the VP of Minor Lacrosse at the Ontario Lacrosse Association."

Perhaps it's not surprising that when Wormald is not playing an official role as part of a committee, she is working closely with other volunteer coaches to informally introduce lacrosse to children across the community with 'fall ball' and 'winter ball' play sessions. "Volunteers like John Fusco, Andrew Howard, Tammy Bouwmeester and, of course, my husband, Barry help to make this possible. Without their continued dedication, I would not be able to do everything that is required to make this happen"



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Local Heroes Continued...

It's also no surprise that this local champion of sport and well-being is quick to deflect praise. "For all the years that I've been involved in lacrosse, I've been one small part of a huge group of passionate, long-time volunteers. John Fusco, for instance, is incredibly generous with his time and is always there to help – his positive influence and hard work is a major contributor to our girls' league success and Whitby girls' lacrosse as a whole," says Wormald. "And he will tell you the same thing – volunteering for lacrosse in Whitby is a group effort – and the generosity of each volunteer inspires you to try and give more. I also have had the same volunteers (coaches and conveners) in the house league program for many seasons. It is these volunteers that help make Whitby girls lacrosse what it is today."

Michelle told me that her children's love of lacrosse transferred to her and now it's 'in her blood'. As she and her mighty group of giving citizens continue to strengthen health and family in their beloved Whitby, it becomes equally clear that volunteering is as much a part of her DNA as the colour of her eyes.

The Canadian Lacrosse Association salutes Michelle Wormald and all the passionate local heroes that make the sport fun, fair, inspiring and accessible. Their generosity of time, talent and spirit is an example for us all.

Important Dates & Deadlines...

Deadlines:

April 29 – Intercrosse fees are due

April 30 – Deadline for entry fees to Minor Nationals

May 16 – Participant fees are due

June 1 – Deadline for entry fees for Founders' Cup and President's Cup

June 10 – Deadline for National Championship trophies to be returned to the CLA Office

June 28 – Inter-member transfers (box) must be completed

Events:

Semi-Annual General Meeting: May 4th to 8th, Dartmouth, NS.

World Indoor Lacrosse Championship: May 21st to 28th, Prague, Czech Republic

Annual General Meeting: Nov 17th to 20th, Sainte Adele, QC

Do you have a great story about lacrosse in your province or community you'd like to share?

Send it to sticksandstones@lacrosse.ca.

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