



## 2019 Ontario Women's Field Lacrosse Council

### **Card Point System**

- Yellow Card – 2 points
- Yellow/Red Card – 4 points
- Contact to the Head Yellow/Red Card – 4 points
- Red Card – 8 points
  
- All players start with 0 points at the beginning of the season.
- All cards will be tracked throughout the entire season including provincials.

Once a player reaches a total of 8 points, they will serve a one (1) game suspension.

- After 1<sup>st</sup> suspension – points reset to 2 (6-point threshold)
- After 2<sup>nd</sup> Suspension – points reset to 4 (4-point threshold)
- After 3<sup>rd</sup> Suspension – points reset to 6 (2-point threshold)
- After 4<sup>th</sup> suspension – player is done for the season.

When a player reaches their point threshold in a game, they can complete the game (as long as it's not a Yellow/Red or Direct Red). They will serve the suspension in their next scheduled game.

### **Contact to the Head**

- Yellow/Red – 5-minute penalty, 4 points and player not allowed to return to the game.
  - Check to the head is an automatic Yellow/Red - 5-minute penalty, 4 points and player not allowed to return to the game.
  - Dangerous follow through that contacts the head or neck is an automatic

If a player receives a yellow card prior to a "Contact to the Head" Yellow/Red" the point total for the game shall be 6 points.

If a player receives a yellow card prior to a "Direct Red Card" the point total for the game shall be 10 points.

## **Provincials**

- Players who have not hit 8 points in any part of the regular season will re-set to 0 points (will not carry any points over from the regular season)
- During provincials, all players will only have 6 points before they have to serve a game suspension
- Any player who has hit 8 points in any part of the regular season, will start with a 2-point threshold, and will only have 6 points to accumulate for provincials.
  - Meaning they can only accumulate 4-points before sitting an additional game.

If you have any questions, please contact me.

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