



## 2019 Ontario Women's Field Lacrosse

*updated June 13, 2019 (changes in red)*

### **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.

Once a player reaches a total of 14 points, they will serve an additional one (1) game suspension.

Once a player reaches a total of 18 points, they will serve an additional one (1) game suspension.

Once a player reaches a total of 20 points, they are suspended for the balance of 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. *It is responsibility of the player and the coach to self-identify when points have been accumulated to warrant a suspension (i.e 8 points) If a player has a suspension due to points and they fail to serve their suspension in their next scheduled game – the player and the coach will each be assessed a 1 game suspension. During Provincial Play any team that has a player who fails to serve a suspension where point thresholds have been reached – that team will be subject to a hearing and possible default of the game played with the suspended player.*

*OWFL monitors and accumulates all player card information and maintains a database detailing the accumulated points for each player. The information on player points is updated weekly and found on the OWFL website. There may be delays in having this database updated*

*and as such the best source of information for player points is to refer to the copies of the game sheets given to the teams at the completion of each game.*

*The point information is also maintained at the field level and the OWFL Game day person has full access to up-to-date points. If a player or coach is unsure of a point status they can check with OWFL field employee however the ultimate responsibility for knowing the accurate Card Point status lies with the Player and Coach. (From their copy of the game sheets)*

### **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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