Ontario Lacrosse Association
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OLA Paperweight Rules and Regulations

1. **Game Length**. All games are three 15-minute periods running time, with a buzzer after every three minutes indicating the line change. All players must change at each buzzer; players are not permitted to remain on the floor after a line change buzzer except in situations where there are less than ten players on the bench.
2. **Coaching**. One coach for each team is permitted on the floor for the purpose of assisting players during various points of play (including positioning and general encouragement). Coaches are not permitted to carry a stick on the floor or to address the referees. Each team must have one carded coach, one carded trainer, and may have up to three carded assistant coaches.
3. **Facing Off**. A face-off will be conducted at the start of each period and following each goal. For any other stoppage, including the three-minute line change buzzer, possession will be awarded by the referees nearest the location where play was stopped.
4. **Penalties**. Penalties will not be formally assessed. Where an infraction occurs, play will be stopped and the referee will briefly explain the infraction. For major infractions, the referee may direct the offending player to the player's bench for the remainder of the shift.
5. **Floor strength**. Each team must have five runners and a goaltender at all times, except in circumstances where a major infraction has resulted in an offending player returning to the player's bench. Teams are not permitted to "pull" or substitute goaltenders at any point in the game.
6. **The Game**. Referees in the paperweight division are encouraged to exercise professional judgement when officiating. The goal of both the referees and the coaching staff is to introduce the game to players through instruction and encouragement. Notwithstanding the regulations above, all CLA playing rules are in effect, aside from:
    a. There is no shot clock
    b. There is no over-and-back in a short-handed situation
    c. There is no 10 second count in a short-handed situation
7. **Division Structure.** The paperweight division is sanctioned by the OLA to provide an introductory opportunity for non-competitive play. The paperweight division is not rated or ranked at any point throughout the season. Paperweight tournaments are formatted as non-seeded, round robin schedules where teams do not advance to a championship final.

For further clarification of situations or rules related to the paperweight division, please contact Jenn Matheson (vpminor@ontariolacrosse.com) and Frank Lawrence (vpofficiating@ontariolacrosse.com)