



JUNIOR AGE EXEMPTION CRITERIA

The Lacrosse WA (LWA) Junior Sport Policy details LWA's guidelines covering the needs of young people in the sport of Lacrosse. Physical Activity is an integral component of developing a healthy lifestyle for young people through to adulthood. The guidelines on covering the needs of young people in the sport of lacrosse is covered in the Physical Development and Maturation Considerations. To support these guidelines and provide guidance in the area where junior players are seeking an exemption or permit to play competitive lacrosse outside of their chronological age grade, the Junior Age Exemption and Permit Request Policy has been developed. This policy is to facilitate the growth and skill development of exceptional junior players only.

Lacrosse WA deems it inappropriate and potentially dangerous for players eligible for Under 15s competitions (or younger) to play in a senior (open age) competition and this is the preferred position advocated by the Association. This criterion remains relevant when there is no Under 15's competition and those players who would previously require exemptions are playing Under 17's

- No player eligible for the Under 15s Competition (or younger), regardless of if there is a Under 15's competition, shall be allowed to take the field in an LWA sanctioned senior (open age) competition except where approval has been provided.
- If, under special circumstances a Club wishes to include a player/s from these age groups in a senior (open age) game, the Coach, Club, and Parent must complete and lodge the Junior to Play Senior Application Form. This form must be approved by Lacrosse WA before any player plays their first game. If a player is to take the field without meeting the above criteria, the game will be forfeited and the club will be fined.
- Any junior granted permission to play in a senior competition must not play more than two games on the same day of competition (combined Senior and Junior).

General criteria for determination of this application are outlined in the Junior Age Exemption Criteria. This form is a guideline for deputies of the High Performance Committee to grade each player on a three game trial basis.

LWA may at any time during the season revoke a permit should it receive advice of any concerns about the player's capacity to safely continue to participate in senior games.

A Copy of this form, once all designated personnel have signed it and it has been approved by LWA, should be carried by the player (electronic or hard copy) at all Senior matches and be shown to any Official should they request to see it. This form and LWA's approval of it is only valid for the season in which it is issued for the Senior Grade specified on the form.

Process for Applications

Applications are to follow the following order of process.

1. Coaches of the Junior and Senior teams involved, Club official, and parents discuss the situation and as a group they review the requirements that the applicant will be graded against. They will look at this specific to each child to establish the most appropriate course of action and if an application is required for an exemption.
 - a. When a Club supports the application, this is sent to LWA for review with the support of carers, coaches, and club president or deputy.
 - b. When a Club does not support an application, no further action is taken.
2. Applications must be finalised before the player plays their first game. The LWA Board must be given, at a minimum, three business days to review the application and seek out further information.

3. A member of the High Performance Committee will be sought out to grade each player on a three game trial basis.
 - a. If the application is successful, LWA will notify the club.
 - b. If the application is unsuccessful, LWA will notify the club and provide feedback based on the criteria outlined.

All applications received will be reviewed by the LWA Executive Officer, LWA Director of High Performance, LWA Director of either Women's or Men's Competition who may seek independent professional advice as required.

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PARENTS

Please confirm that the Club or Coach has discussed with you the need to seek an exemption and what it means for the child in the short and long term?

Yes No

Does the child understand the purpose and limitations of an exemption application?

Yes No

CLUB AND COACH

Has the Club or Coach discussed in full the situation with the child and parent seeking an exemption to play in a senior competition?

Yes No

PLAYER'S NAME: _____

DATE OF BIRTH: _____ **AGE AS OF JANUARY 1 2025:** _____

PLAYER'S JUNIOR TEAM COACH NAME: _____

SIGNATURE: _____ **DATE:** _____

SENIOR GRADE PROPOSED/POSSIBLE TO PLAY IN 2025:

STATE LEAGUE

DIVISION 2

CLUB SENIOR COACH NAME: _____

SIGNATURE: _____ **DATE:** _____

CLUB PRESIDENT/SECRETARY NAME: _____

SIGNATURE: _____ **DATE:** _____

PLAYERS PARENT/GUARDIAN NAME: _____

SIGNATURE: _____ **DATE:** _____

ACKNOWLEDGEMENT:

We understand that lacrosse is a contact sport (stick and/or body) and by allowing the above mentioned child to play in a senior competition, he/she will be competing against adults in non-junior modified competition. We understand and accept that there may be a significant increase in the level of physical contact.

By signing this form you are agreeing for the above mentioned player to play in the senior competition for the season of the application and the player's parent/guardian and club is accepting the responsibility for any risk involved in the junior playing in senior game/games.

What position(s) does the player play?

How many years has the player been playing?

Will the player be playing in their 'normal' or 'chronological' aged grade?

Will the player be playing in the Under 17 age group?

Is the player receiving any further skill development, such as training with seniors, 1 on 1 coaching etc?

Has the player completed in any LWA representative teams?

Does the player have any future aspirations in lacrosse, ie National participation etc?

Is there any other information about the application you would like to provide?

The following player evaluation should be completed by the club/coach and assessed on the participation in their 'normal' or 'chronological' aged grade.

1 = Poor, 2 = Barely achieves standard, 3 = Appropriate for age grade, 4 = Above standard, 5 = Excellent

Criteria	Club to complete					Association to Complete					Feedback
	1	2	3	4	5	1	2	3	4	5	
Skills											Skills feedback
Passing (dominant and off hand)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Catching (dominant and off hand)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Ability to carry the ball under pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Shooting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Dodging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Checking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Cutting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Feeding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Position Specific Skills and Attributes											Position specific feedback
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Athletic Ability											Athleticism Feedback
Ability to beat/hold an opponent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Speed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Agility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Endurance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Footwork	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Game Sense and Communication											Game Sense Feedback
Understanding of game style and structures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Awareness of surroundings and situation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Makes effective decisions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Ability to effectively communicate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Body Position	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Coachability											Coachability Feedback
Listens and implements advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Responds quickly & accurately to requests	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Asks questions to clarify uncertainty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Team discipline, hustle and X Factor											Team discipline & hustle Feedback
Ability to win a contested possession	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Team above self-attitude	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Interacts productivity with teammates	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Remains focused, calm & determined	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
X factor, rare and valuable skill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Total/ Total Average											
	_____ /60					_____ /60					
General Feedback											