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2026-27 Lacrosse Canada Men's National Sixes Team

Athlete Assistance Program Selection Criteria

1) PURPOSE

The purpose of this document is to describe the process and criteria that will be used by Lacrosse Canada (LC) to nominate athletes for Sport Canada's Athlete Assistance Program (AAP).

2) GOAL

The goal of the Athlete Assistance Program (AAP) is to provide financial support to Women's National Sixes Team Athletes to train and compete for Canada at the World Lacrosse Sixes Championship and the Olympic Games.

3) PROGRAM DESCRIPTION

The Athlete Assistance Program (AAP), funded by Sport Canada, ensures identified high-performance athletes are afforded the necessary resources to achieve international success. The program contributes to improving Canadian performances at major international competitions such as the World Lacrosse Sixes Championship and Olympic Games.

Athletes who are nominated for funding, and who are approved by Sport Canada for AAP financial support are referred to as "carded" athletes, and AAP funding is referred to as "carding".

The financial assistance provided to identified Canadian athletes comes in the form of a monthly living and training allowance and, where applicable, post-secondary school tuition support. This assistance helps athletes with their training and competition needs, as well as assisting in preparing for a post-sport career. This assistance is provided directly to the athletes.

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An athlete's carding status is subject to obligations and commitments as detailed in the Lacrosse Canada National Team Athlete Agreement and Sport Canada policies and procedures which govern the AAP and the establishment and application of criteria.

4) QUOTA

There will be the equivalent of eleven (11) senior cards ($303,600) available to the men's program. These cards will be allocated based on the priority order established in Section 9. Please note that Sport Canada may review the card quotas for all sports and that this exercise may affect the number of cards available to Lacrosse Canada.

The carding cycle for Lacrosse Canada runs from November 1st to October 31st on a one-year basis.

5) TYPES OF CARDING

Athletes approved by Sport Canada for the Athlete Assistance Program (AAP) will receive a monthly living and training allowance and may be eligible to apply for the following supplementary AAP support: Excellence Living and Training Allowance, Child Dependent Allowance, Relocation Assistance, Support for New Parents and Retirement Assistance.

AAP carding (living and training allowance) is usually paid in advance every two (2) months. Athletes funded through the AAP receive a monthly financial allowance as follows:

Type of AAP Card	Monthly Allowance
Senior International Cards (SR1, SR2)	$2,300 / month
Senior National Cards (SR, SRH)	$2,300 / month

Note: Approved athletes must be nominated a minimum of 4 months, and up to a maximum of 12 months of carding. This is only a guideline, and the actual division of cards may vary.

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6) ELIGIBILITY STANDARDS

To be eligible to be considered for support through the Athlete Assistance Program (AAP), an athlete must:

- Be an identified National Team program athlete (see Section 10) and part of Lacrosse Canada's National Athlete Pool (NAP) depth chart.
- Be a Canadian citizen or permanent resident of Canada at the beginning of the carding cycle for which the athlete is being nominated. Permanent residents must meet Immigration, Refugees and Citizenship Canada requirements and participate in the required national team programming for the full year preceding the carding cycle for which the athlete is being considered for AAP support.
- Under the eligibility requirements of World Lacrosse (WL), the athlete must be eligible to represent Canada at major international competitions at the beginning of the carding cycle for which the athlete is being nominated.
- The athlete must participate in national team preparatory and annual training programs during the time period in which they are qualifying for AAP support.
- The athlete must be available to represent Canada in major international competitions, including World Championships and Olympic Games.
- The athlete must meet the published Lacrosse Canada approved, AAP-compliant sport-specific carding criteria.

If the athlete is nominated for the Athlete Assistance Program (AAP), they must continue to fulfill the above eligibility standards.

NOTE: An athlete may be selected to the Lacrosse Canada National Athlete Pool (NAP) but may not be nominated for the Athlete Assistance Program (AAP). Not all NAP athletes will receive AAP support.

7) DECISION MAKING PROCESS

The final recommendation for nomination for the Senior and Development cards is made by the Lacrosse Canada AAP Nomination Committee which consists of the following:

- High-Performance Director
- Men's National Sixes Head Coach
- Men's National Sixes General Manager (GM)
- Women's National Sixes Head Coach

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- Women's National Sixes General Manager (GM)
- High-Performance Coordinator

Sport Canada reviews all nominations put forward by the Lacrosse Canada AAP Nomination Committee and approves them in accordance with the AAP policies and the published Lacrosse Canada approved carding criteria.

Athletes selected for the Athlete Assistance Program (AAP) will be based on the athlete rankings established using the Lacrosse Canada depth chart evaluation tool (see Appendix 1). Athletes must also display behaviours that contribute to team cohesion and a positive team culture.

8) CARDING CATEGORIES & DEFINITIONS

A) Senior International Criteria (SR1/SR2):

Eligible athletes must have been on the roster of the team that achieved Top 8 and top half of the results at the most recent World Sixes Lacrosse Championship or Olympic Games and are present within the Lacrosse Canada Women's Sixes Depth Chart.

Athletes who meet the international criteria are eligible to be nominated by the Lacrosse Canada AAP Nomination Committee for two (2) consecutive years; the first year is referred to as an SR1 card while the second year card is known as an SR2 card.

The second year of carding will be confirmed by meeting the following criteria and being re-nominated by the Lacrosse Canada AAP Nomination Committee:

- The athlete maintaining a training and competitive program approved by Lacrosse Canada.
- The athlete maintaining their status in the national depth chart according to the Lacrosse Canada depth chart rankings criteria (see Appendix 1).
- The athlete meeting the additional criteria listed in Section 9 and 10.

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B) Senior National Carding Criteria (SR):

Eligible athletes who are part of the Women's National Sixes Team depth chart created using the evaluation tool outlined in Appendix 1.

The number of years an athlete may be carded at the Senior (SR) National Level or be recommended for additional years of carding support:

- An athlete is expected to progress in their development to maintain Senior National (SR) card status.
- An athlete who has been carded for more than 5 cycles at the Senior National (SR) card level must meet the International Senior carding criteria or clearly demonstrate continued progress toward being select to the final roster of the Lacrosse Canada National Sixes Team.
- Athletes who have not met the International Senior carding level after 5 years at senior (SR) national level will be informed by Lacrosse Canada of a minimum standard they must achieve in the current cycle to be eligible for an additional year of Senior card support.

C) Health Related Circumstances:

At the end of a carding cycle during which a carded athlete has, for strictly i health related reasons, not achieved the standards required for the renewal of carded status, may be considered for re-nomination for the upcoming carding period under the following conditions:

- The athlete's previous evaluation ranks them in the current depth chart for carding as per the Priority Rankings outlined in the Nomination Process.
- The athlete has fulfilled all reasonable training and rehabilitation requirements aimed at a speedy return to full high-performance training and competition during the period of their injury, illness, pregnancy, or other health-related circumstance, or is continuing a rehabilitation program approved by Lacrosse Canada.
- In consultation with identified IST staff, the Lacrosse Canada AAP Nomination Committee, accepts that the athlete's failure to attain the applicable carding standards is strictly related to an injury or health related reason.
- The Lacrosse Canada AAP Nomination Committee, based on its technical judgement and that of a Lacrosse Canada team physician or equivalent, indicates in writing the expectation that the athlete will achieve at least the minimum standards required for carding during the upcoming carding period.

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- The athlete has demonstrated and continues to demonstrate their long-term commitment to high performance training and competition throughout the carding cycle for which they wish to be renewed despite not having met the carding criteria.

NOTE: A health card that is designated for pregnancy will not count against sport specific policies around restrictions to the number of years carded for health-related circumstances at SRH or the number of consecutive years carded for health-related circumstances at SRH

9) NOMINATION PROCESS

Due to the limited card quota available, the number of months an athlete is nominated for carding will be based off the following factors:

- The carding quota established by Sport Canada.
- The number of contact days (training & competition) the athlete has with Lacrosse Canada National Team Programming regardless of discipline.
- The players position in the depth chart according to the Evaluation Tool rankings (see Appendix 1).

Eligible athletes will be nominated for AAP support in the following order of priority:

1) Athletes meeting the Senior International (SR1 and SR2) criteria.
2) Athletes based on the Depth Chart developed from the evaluation tool used to nominate for Senior (SR) carding.
3) Athletes eligible for a Senior health related circumstances card (SRH). Athletes will be ranked under this priority in the order in which they were nominated for carding in the previous carding cycle.

The Lacrosse Canada AAP Nomination Committee in no order, will also consider the following criteria before providing a final recommendation for carding:

- The Lacrosse Canada card quota established by Sport Canada.
- The athlete's position on the GMP depth chart.
- The athlete's ability to fulfill national team commitments within the carding cycle year.
- Factors related to team cohesion and team dynamics.
- Team requirements related to position or left / right handedness and/or the athlete's ability to contribute within proposed line-ups.

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- Commitment to the program and to training as demonstrated through attendance at training camps and competitions throughout the year and responding promptly to correspondence from the coaching or IST staff.
- Demonstrated commitment to their Individual Performance Plan (IPP)
    - Ongoing communication with program leadership, coaches and IST in their growth as a person and an athlete,
    - Executing on the IPP which when transferred to competition shows a positive change of behaviour that contributes to team excellence on and off the field.
- The potential of an athlete to compete for Canada at the next World Lacrosse Sixes Championship or the Olympic Games.

10) NATIONAL TEAM DEPTH CHART DEVELOPMENT

Lacrosse Canada will establish an athlete Depth Chart for the Sixes discipline lead by the High Performance Director.

The final depth chart will be established by the Lacrosse Canada AAP Nominations committee, which consists of:

- High-Performance Director
- Men's National Sixes Head Coach
- Men's National Sixes General Manager (GM)
- Women's National Sixes Head Coach
- Women's National Sixes General Manager (GM)
- High-Performance Coordinator

Note: Men's and Women's Sixes assistant coaches, NDTP coaches and provincial coaches will be consulted if applicable.

Lacrosse Canada National Team Training Camp athlete ranking evaluation criteria will form the basis of building the National Athlete Pool Depth Chart with consideration given to body of work, positional needs, left/right handedness, level of opposition and trajectory within the National Sixes Team Program. The athletes considered will include the following:

- All athletes who were involved in Lacrosse Canada's National Sixes Team programming from the season that just concluded.
- Lacrosse Canada athletes from other disciplines and age groups (Box, Field, U20, NDTP) may be added to the National Athlete Pool Depth Chart at the discretion of the High Performance Director and National Sixes Coaching Staff.
- Position, left/right handedness and other team specific requirements will be considered in the nomination of athletes for carding.

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- Invitations to training & evaluation camps will be derived from the list of athletes on the National Athlete Pool Depth Chart.

Prior to submitting the final nominations for carding to Sport Canada, a final National Sixes Team Depth Chart will be established.

- An athlete's ranking on the final Depth Chart will be based on:
    - The depth chart created from the Sixes training camp evaluation tool ranking.
    - Roster design that includes positional requirements & left/right handedness
    - On and off-field testing results / commitment to prescribed Lacrosse Canada training program (including Individual Performance Plans).
    - Character and Intangibles
        - Positive attitude
        - Coachable
        - Desire to improve personal skills
        - Desire to contribute to team objectives
        - Being a good teammate
        - Unselfish Play
        - Desire to play at the highest levels of Lacrosse

11) CARDING MINIMUM REQUIREMENTS

To qualify for four (4) months of carding, selected athletes must demonstrate participation in a National Team Program for a minimum duration of thirty (30) days.

To qualify for twelve (12) months of carding, selected athletes must demonstrate participation in a National Team Program for a minimum duration of sixty (60) days.

Participation with a National Team Program is on-site training or competition contact days with National Team athletes, coaches and IST staff. This includes training camps, competitions and events. This minimum duration includes:

- National Sixes Team Events, Training Camps, Competitions, and identified evaluation opportunities.
    - Due to the discipline overlap present in Lacrosse scouting and evaluations will be conducted within Field, Box and Sixes activities by the AAP Nominations Committee. NDTP development program activities also apply.
- Selected athletes must also comply with Individual Performance Plans (IPPs) that are supervised or monitored by the Lacrosse Canada National Team Coaching Staff and Integrated Support Team (e.g. S&C coach, team doctor).

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- In accordance with the above, selected athletes may be required to routinely share training and development plans from external environments (e.g. Pro Teams, NCAA college programs).

12) CARDED ATHLETE REQUIREMENTS

In order to receive and maintain their AAP support, carded athletes must:

- Attend all scheduled national team activities they are invited to participate in unless the athlete has extenuating circumstances that are approved by Lacrosse Canada.
- Avoid any action or conduct that would reasonably be expected to significantly disrupt or interfere with a competition or the preparation of any athlete for a competition.
- Perform all health & fitness testing as prescribed by the program established by the Lacrosse Canada IST staff.
- Selected athletes must sign a Lacrosse Canada Athlete Agreement, complete the Athlete Assistance Program (AAP) application form for the year in question and abide by all Lacrosse Canada regulations, policies and protocols including but not limited to code of conduct, CADP Anti-Doping requirements and Safe Sport;
- Complete all Sport Integrity Canada athlete agreements, CADP Anti-Doping Education e-learning modules, True Sport Clean 101 and any other applicable Sport Canada – Athlete Assistance Program courses at the beginning of each new carding cycle and at times thereafter as required by Sport Canada or Sport Integrity Canada;
- Abide by specific Sport Canada and Federal Government of Canada policies that Lacrosse Canada and carded athletes must comply with including the following:
    - The Canadian Anti-Doping Program (CADP).
    - The Canadian Policy Against Doping in Sport.
    - Completion of the AAP Anti-Doping education module(s) as requested and available on the Sport Integrity Canada website.
    - The AAP policies and procedures (this document).
    - The Cannabis Act
    - The Federal Government Official Languages Act; and
    - The Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS)
    - Canadian Safe Sport Program (CSSP)
- Lacrosse Canada reserves the right, in its sole discretion, to request further documentation or information from the carded athlete at any time during the carding cycle.
- Lacrosse Canada will implement and facilitate a monitoring plan for each athlete that will allow an evaluation of each athlete's individual performance plan, provide feedback and measure progress accomplished by the athlete.

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If a carded athlete fails to meet training or competition commitments or fails to perform any other requirement as assigned by Lacrosse Canada (within agreed upon deadlines), then the following process will be applied:

- Level 1 - Provide an oral warning to the athlete, including the steps and timelines to remedy the situation and the consequences of non-compliance.
- Level 2 - Follow-up with a written warning to the athlete if the oral warning results in the athlete remaining non-compliant.
- Level 3 - Written notification advising the athlete that the Lacrosse Canada AAP Nomination Committee has recommended to the AAP the withdrawal of carded athlete status - https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance/policies-procedures.html#a13

13) ATHLETES ON ATHLETIC SCHOLARSHIPS

Athletes who are receiving an athletic scholarship in any sport and are attending any foreign post-secondary educational institution or NCAA / NAIA institution based in Canada are not eligible to receive AAP support in the months in which they are attending the institution. These athletes may be nominated by Lacrosse Canada for AAP support during the months they are involved in National Sixes Team training and competition activities in Canada and are not attending the institutions noted above. This typically means that NCAA athletes are eligible to receive AAP support for the months that they are not in school (May to August). Graduating seniors could be eligible for 6 months as they are not returning to school in September.

14) APPEAL PROCESS

Appeals of decisions of Lacrosse Canada on AAP nomination / re-nomination decision or to withdraw carding may be pursued only through Lacrosse Canada's appeal process which includes an application to the Sport Dispute Resolution Centre of Canada (SDRCC). Appeals of AAP decisions made under (Application for and Approval of Cards) or (Withdrawal of Carding Status) may be pursued through Section 13 of the AAP Policies, Procedures and Guidelines -- https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance/policies-procedures.html

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Appendix 1

Tactical				
Key Performance Factor (KPF)	**Description / Definition**	**Measurement Method**	**Place**	**Metric/Statistic**
Decision Making	Ability of athlete to make remarkably fast, accurate and consistent decisions	Watching games and practice	Field	Shooting %, Offensive TOs, Defensive TOs, CTO, Saves, PIMs,
Lax IQ	Awareness of plays, personnel, positioning and timing	Watching games and practice	Field	Goals, Assists, second assists, CTO, TO,
O- Small Group Tactics	Ability to run 2 woman game effectively, recognizing odd woman situations, opportunities and matchups	Watching games and practice	Field	Transition goals for, 2nd assists, 2 woman game goals for
D- Smal Group Tactics	Ability to defend 2 woman game effectively, recognizing and reducing odd woman situations, opportunities and effectively matching up	Watching games and practice	Field	Transition Goals Against, No walling violation, 2 woman game goals against
Technical				
Key Performance Factor (KPF)	Description / Definition	Method of Evaluation	Place	Metric/Statistic
O- Shooting	Shooting a high percentage shot with a velocity, accuracy and variety of placement	watching games and practice, live stats	Field	shooting %, SOG, scoring %
O- Passing	Quick, accurate passes under various conditions.	watching games and practice, live stats	Field	drops/game, TOs
O- Catching	Ability to consistenly catch under various conditions and under pressure	watching games and practice, live stats	Field	catch % under pressure, TOs
D- 1v1 Defence	Abilty to keep attacker in front with sustained pressure causing disruption, while maintaining stick discipline and avoiding penalties	watching games and practice, live stats	Field	CTO, 30s run out, Goals Against, PIM, GB recovery
D- Communication and awareness	Ability to communicate effectively and react/recover when needed, protecting the red zone and forcing low % shots	watching games and practice, live stats	field	Goals against, CTO, 30s run outs, GB recovery, shot heat map

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T- Successful Clears	Ability to maintain ball possession, or create fast break opportunities into offensive end, and changing lines effectively	watching games and practice, live stats	field	10s violation, GB, TO, Transition Goals, PIM for illegal procedure
T- Successful Ride	Ability to defend off a turnover in offensive end while not giving up transtion opportunities and slow fast break	watching games and practice, live stats	field	10s violation, GB, CTO, Transition Goals against,

Physical				
Key Performance Factor (KPF)	**Description / Definition**	**Measurement Method**	**Place**	**Metric/Statistic**
Endurance	Both aerobic and anaerobic conditioning are essential for sustained high-intensity play.	Catapult Data, Fitness Testing, watching games	Field, testing centre	Overall distance, HR Zone, total sprints, times for 300m shuttles, 100m repeats, mile run
Speed	Ability to move quickly across the field in a straight line, It includes both top-end speed (maximum velocity) and acceleration (how quickly a player reaches top speed)	Catapult Data, Fitness Testing, watching games	Field, testing centre	Top end speed, time results for 20m, 40m,
Power	Ability to generate explosive force quickly, combining strength and speed to perform dynamic, high-intensity movements essential to the game	Fitness Testing	Field, testing centre	Vertical jump, long jump, 10m sprint, medicine ball throw, Shot speed
Agility	ability to change direction quickly and efficiently while maintaining balance, speed, and control.	Catapult Data, Fitness Testing, watching games	Field, testing centre	time for 5-10-5, illinois agility test, 1v1 matchups, 1st time ground balls
Psychological				
Key Performance Factor (KPF)	**Description / Definition**	**Measurement Method**	**Place**	**Metric/Statistic**
Resilence	The ability to withstand pressures and adversity, maintaining performance and well-being through difficult situations	Watching games and practice, consistency across quarters/games	Field	PIMs, 2nd half stats,TOs

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Chemistry	The intuitive and effective on-field connection between teammates that enhances their overall performance and teamwork. Also understanding team sets and synchronicity	Watching games and practice, player feedback,	Field, self assessment tool	assist to goal ratio, goals,
Confidence	Belief or degree of certainty individual possess about their ability to be successful	Watching games and practice, player feedback,	Field, self assessment tool	Stats under pressure: TOs, CTO, Game winning Goal, 4th quarter stats (shooting %, goals, assists)