

# Boys Youth Lacrosse of Washington 2009 Rules and Regulations

## MISSION STATEMENT:

Boys Youth Lacrosse of Washington intends to promote and develop the game of lacrosse and to provide a safe and fun opportunity for children in grades 3<sup>rd</sup> -8<sup>th</sup> who register with us to play club lacrosse. We will emphasize the development of self-esteem, good sportsmanship, respect for oneself and others, fitness, achievement, teamwork and skill through the playing of the game of lacrosse.

## RESPONSIBILITIES OF BYLW:

The responsibilities of the Boys Youth Lacrosse of Washington hereinafter will be referred to as BYLW shall be to organize, develop and promote boys youth lacrosse in Washington. It shall further be the responsibility of the BYLW to supervise and administer boy's youth lacrosse in Washington

### *Definitions*

**Conference**– A collection of organizations and franchises grouped generally by regional location or other criteria to facilitate scheduling and overall league organization.

**Organization**- An independent system that fields at least one team within BYLW. It must have a President, Secretary, and Treasurer (or equivalent title). Each organization in BYLW will operate and maintain their franchises and be responsible for their own sign-up registrations, insurance, equipment, fields, and coaches. BYLW organizations will operate their own boards, fundraisers, and maintain their own separate finances. Each organization of the BYLW will abide by all decisions voted on by the majority or otherwise stated. Each member organization receives one vote.

**Franchise**- A team or teams from a community represented by a coordinator (or equivalent title) and is a member of an organization.

**Team**- A single squad of players within a franchise.

**Members**- Any individual in good standing that belongs to an organization recognized by BYLW.

## SECTION I

### BOYS YOUTH LACROSSE OF WASHINGTON ADMINISTRATION

- 1) BYLW will be comprised of organizations that are independent with their own board of directors and financial resources to fund their own program. The board of directors must include at least a president, secretary and treasurer (or equivalent title).
- 2) All BYLW members must sign the "**Directors Acknowledgement**" which certifies that all coaches and staff have read and understand these rules, and agree to abide by them. Failure to sign this agreement will result in the exclusion of the organization from BYLW.
- 3) The name Boys Youth Lacrosse of Washington refers to the league as a whole. **Organizations operate under their own name with their own identity.** BYLW allows organizations and their franchises to share in the planning and decision making while playing under the same rules and regulations.
- 4) BYLW has a policy that we DO NOT share the coach's or players contact lists with **anyone**. This is a matter of privacy and people who give their email addresses to BYLW have an expectation that it will not be passed on to for-profit organizations or companies.

## **SECTION II FRANCHISE COSTS**

- 1) The BYLW Board of Directors will determine League dues and fees. Every team in BYLW will pay these dues and fees to the League Treasurer on the date announced by the BYLW Board of Directors. Failure to pay regular fees or dues shall cause the team's games to be forfeited until all fees and dues are paid.
- 2) Each BYLW organization will pay their share for officials based on the number of teams they field for the current year. Official's fees may vary depending on Division. Every team in the BYLW will pay these fees on the date announced by the BYLW Board of Directors. Failure to pay official's fees shall cause the team's games to be forfeited until all official's fees are paid.
- 3) All home field scheduling and home field use costs are the responsibilities of each organization.

## **SECTION III ORGANIZATION ELIGIBILITY**

- 1) BYLW will be comprised of independent organizations playing together as a league. Any organization that wishes to play in BYLW will be welcome to join as a member organization if agreed upon by a majority vote of the current BYLW Board.
- 2) Any vote on a new organization admitted to the league will be taken after a current season ends but before a new season begins. A simple majority vote is needed to accept a new organization into BYLW.
- 3) Each new member organization will be on a one-year probationary term. At the end of the probationary term the BYLW Board will then take a vote at the pre-season meeting. A majority vote will be required to give the new member organization permanent status.
- 4) No organization may be expelled from BYLW without a majority vote by the BYLW Board of Directors. This vote will take place at the last meeting of the year.
- 5) A vote to expel an organization can be called only after these conditions are met:
  - a. An organization shows a repeated disrespect for the by-laws, rules and codes set forth by the BYLW Board. This can be quantified by an unusually high number of grievances brought against an organization and formally submitted to the BYLW Board.
  - b. Repeated attempts are made by the BYLW Board of Directors to get the offending organization into compliance and the offending organization refuses to correct the problems.
  - c. At the end of season meeting with the BYLW Board of Directors and the organization in question in attendance, the issue will be debated and discussed. An agreement can be reached to correct the problems or the BYLW Board of Directors call for a silent majority vote if no agreement can be reached. The result of the vote will be final.
- 6) If an organization is expelled, a letter from the BYLW Board of Directors will be sent to the expelled organization president detailing the reasons. An expelled organization can re-apply for membership after a one-year period.
- 7) It is mandatory that all BYLW organizations have team liability/medical insurance. If a team/franchise or organization is found not to have liability insurance they will be immediately suspended from all league functions.

## **SECTION IV PLAYER DIVISIONS, PLAYER ELIGIBILITY, ROSTERS, COACHES ELIGIBILITY**

- 1) Boys Youth Lacrosse of Washington will be based on the following three (3) divisions primarily based on grade, with age limitations as noted. The player's age on March 1 of the spring season shall be the player's league age for the current season. No player who is fifteen years old prior to

March 1 of the current season or who is enrolled in school in the ninth grade or above shall be allowed to play in BYLW. A valid birth certificate will determine the player's age and division of play. The age limitations are intended to protect the safety of the children. A player who does not meet the age restrictions for their grade may petition the Board for an exception by contacting the President.

**3/4 Division** – 3rd and 4th grade players

Ages 7-10 (all players must be under 11 years of age on March 1<sup>st</sup> of the lacrosse season)

To play lightning children must be a minimum of seven (7) years old.

**5/6 Division** – 5th and 6th grade players

Ages 10-12 (all players must be under 13 years of age on March 1<sup>st</sup> of the lacrosse season)

**7/8 Division** – 7th and 8th grade players

Ages 12-14 (all players must be under 15 years of age on March 1<sup>st</sup> of the lacrosse season)

2) A valid copy of each participant's birth certificate will be verified with each BYLW member organization to insure the correct division of play as well to settle any disputes that may occur as to a player's eligibility. If the participant is uncomfortable leaving the birth certificate on file, a member of the organization must verify and record the player's birthday. If that participant's age comes into question a valid birth certificate must be produced within 72 hours.

3) A player can play in only one division (in his/her age/grade division), on one team per season.

4) All official rosters will be set by Friday of week two (2) in the regular season. A signed copy must be on file with the League Secretary by that date. Head coaches must have their team's official roster with player's name, grade, age and game jersey number available on game day to verify player's eligibility if needed. Only the opposing head coach can challenge a player's status. The head coach must then follow the procedures relating to grievances included within these rules.

5) **All coaches must submit to a Washington State background check with host organization before having contact with players.** It is required that one coach from each team must be certified in CPR and First Aid and hold a valid current card. Each team will have a properly stocked first aid kit and a cell phone on the sidelines of all BYLW league games and practices. For purposes of contacting emergency vehicles, each team will have the property address of the playing field available at all times.

## **SECTION V BOUNDARIES**

1) Boys Youth Lacrosse of Washington member organizations will have no boundaries. Any player can play with any organization where his registration is approved. BYLW does not dictate to parents where it is best for their child to play; however, if a player attends a school that has a lacrosse program for his age group, the player must play for that program. BYLW encourages players to play on the team where they will be attending high school. A player that has never played before may be recruited by any member organization. A player may only play for one organization in any given season. Any coach can coach for any organization he signs up with. A coach may only coach one team in any given season.

2) If a player chooses to change to another organization from one year to the next, both organization presidents must be informed that this has happened. In some cases a player and or parent has been expelled (Examples: Owing fees, holding equipment, rules violations) from individual organizations or BYLW and might be attempting to play or coach while under expulsion. This will protect member organizations from these situations. A member organization can recruit a player that has participated in BYLW only if that player has not played in BYLW for a period of one year.

3) Although BYLW has no boundaries, it is understood that upon entering High School and WHSBLA, all players will be required to play for the team stipulated within the applicable WHSBLA rules.

## **SECTION VI GAME & PRACTICE REGULATIONS / OFFICIALS**

- 1) Each organization will provide their own home field and will be responsible for field markings and field supervision. It's also required of all home fields to have access to toilet facilities for all participants.
- 2) BYLW shall secure official association referees for the season. The BYLW Referee Coordinator and Treasurer will work with the official's association representative to ensure all fees are paid, all schedules agreed to, and all requirements are met.
- 3) Each organization that doesn't have an operating scoreboard must furnish a regulation clock as well as a penalty clock and horn with an adult to run them.
- 4) The home team is responsible to make sure that they do not have the same colored jerseys as the away team. Each organization must indicate their colors for home and away at the start of the season. In the interest of cost, it's desirable to use one color for home and away.
- 5) Each organization will operate their home field as the host and may elect to have concessions. It is not a requirement that a franchise have concessions. All teams must make sure that their sidelines are cleaned up after each game.

## **SECTION VII PLAYING RULES**

**Playing rules will be National Federation of High Schools (NFHS) rules with the following exceptions and clarifications:**

- 1) Only shoes with pliable, molded, non-detachable cleats will be allowed. An illegal shoe, defined by the Referee Association, is a shoe with cleats that can produce a cutting edge. Hard plastic cleats are not permitted.
- 2) Rule 1-9-1g (2008) shall be enforced. Jerseys must completely cover shoulder pads and have numbers on back or front. Tank jerseys are not allowed unless worn over a shirt that covers the shoulder pads.
- 3) **Field & Equipment** (Rule 2, Section 2 NFHS Rules)
  - a. Arm pads are required at all divisions for each player and are optional for the goalie.
  - b. In the 5/6 and 7/8 Divisions, NFHS Rules Apply – Crosse Dimensions The Crosse shall be an overall fixed length of either 40 to 42 inches (Short crosse) or 52 to 72 inches (Long crosse), except for the goalkeeper's crosse, which may be a length of 72 inches or less.
  - c. No long crosses are allowed in 3/4 Division.
  - d. In the 5/6 and 3/4 Divisions, the Short crosse dimension may be 37 to 42 inches.
- 4) **Responsibilities of the home team** (Rule 2, Section 3 NFHS Rules)
  - a. Game balls and adequate number of balls must be maintained at the end lines
  - b. Ball Boys (may be waived with consent of the coaches)
  - c. Home teams are responsible for contrasting jersey colors and will wear pennies if needed.
- 5) **Time Factors and Scoring For 5/6 and 7/8 Divisions** (Rule 3, NFHS Rules)
  - a. Four quarters, 10 minute stop clock, and sudden victory 4-minute overtime periods will be utilized.
  - b. Overtime – in the event of a tie, two (2) four (4) minute (sudden victory) overtime periods will be played. If, after two (2) overtime periods the score is tie, additional sudden victory overtime periods may be played until a winner is determined; provided time permits and coaches and officials are in agreement.
  - c. Timeouts- two (2) timeouts are permitted per half, one (1) timeout for overtime.
- 6) **Time Factors and Scoring For 3/4 Division**

- a. Two halves, 20 minute running clock, and sudden victory 4-minute overtime periods will be utilized.
- b. Overtime – in the event of a tie, two (2) four (4) minute (sudden victory) overtime periods will be played. If, after two (2) overtime periods the score is tie, additional sudden victory overtime periods may be played until a winner is determined; provided time permits and coaches and officials are in agreement.
- c. Timeouts- one (1) two-minute timeout is permitted per half, one (1) timeout for overtime.

#### 7) **Play of the Game** (Rule 4, NFHS Rules)

The game is to be played with emphasis on the proper development of stick, team, and sportsmanship skills:

- a. No 20-second count.
- b. Body checking is permitted, however, no take-out checks are permitted by any player.  
**Definition – Take-out checks: Checks in which the player lowers his head or shoulder with the force and intent to take out (\*put on the ground) the other player.** Players may make contact in an upright position within five yards of the ball.
- c. In any game and at any point during a game when there is a four-point lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-point lead is maintained, unless waived by the coach of the trailing team.
- d. If any player in a single game receives more than 4 personal fouls of any type (see section VII.5 on Personal Fouls), he/she will be ejected from the game/play.

#### 8) **Conduct/Personal Fouls** (Rule 5, NFHS Rules)

- a. In addition to the NFHS rule of 5 personal fouls, any player or coach who uses derogatory language or taunts on/from the field or bench, whether addressing a player, coach, or referee will receive: **First Offense:** 1 minute non-releasable penalty. **Second Offense:** 3 minute non-releasable penalty. **Third Offense:** ejection/ expulsion from the game.
- b. Physical or verbal altercations before, during or after a game by players, coaches, officials or spectators will result in the ejection of that player, parent, coach, or spectator from the field location by the Field Manager.
- c. Ejection of players, coaches, or spectators by officials for any reason will result in the automatic suspension from participating in all BYLW functions, including all practices, for a period to include the next scheduled game.
- d. The BYLW Board of Directors will review the incident with the players, parents, coaches, or spectators during the suspension period. At that time a silent vote will be taken to allow or disallow the individual to continue participation in league activities. The BYLW Board of Directors can take action up to and including banning the individual from BYLW.
- e. If the individual is allowed to continue participation and is involved in a second offense; it will result in the automatic suspension from league play or participation for the remainder of the current year. **Any player ejected from a game will not be eligible to play the next scheduled game and the league will be notified of these actions.**

#### 9) **Technical Fouls** (Rule 6 NFHS Rules)

Offensive stalling shall be enforced. The winning team is to keep the ball in the box during the last two minutes of the game

10) **Points of emphasis from BYLW:** These rules can not be waived by coaches or referees at any time.

#### 7/8 Division

- No one-handed checks (1 minute slashing).
- Stick check only to gloved hand on stick (1 minute slashing).
- No "take out" body checks (i.e. players may be knocked down but with no intent to put down; rather dislodge the ball (1 minute illegal body check)
- At any point when 4 goal differential, down coach has option to take ball in lieu of face-off.

- Clock may be run by mutual consent of coaches.
- 4 second count on goalie only; no offensive stalling rule except last 2 minutes (this includes the 10 and 20 second advancement rule).
- No 20 second count.
- 4 quarters - 10 minute stop clock.

#### 5/6 Division

- No one-handed checks (1 minute slashing).
- Stick check only to gloved hand on (1 minute slashing).
- 1 step body check- No take out (1 minute illegal body check).
- At any point when 4 goal differential, down coach has option to take ball in lieu of face-off.
- Clock may be run by mutual consent of coaches.
- 4 second count on goalie only; no offensive stalling rule for 5/6 Division players.
- Coaches may stop play with possession in the open to instruct his own players on a point of rule (not coach strategy).
- 4 quarters - 10 minute stop clock.

#### 3/4 Division

- "D" sticks or long poles are not allowed. The maximum stick length shall be 42"
- Each team will field 10 players: 3 attackmen, 3 defenders, 3 midfielders and a goalie.
- Games will be played on regulation size fields.
- Game time shall be two (2) – 20 minute halves - running clock with a ten-minute half time.
- Each team is allowed one (1) – 2 minute time-out during each half in which the clock will be stopped.
- The "two man on ball" rule shall apply. This rule states that during a ground ball situation, only two players from each team can be vying for the ball. The rest of the players must keep a 5-yard distance. \*Give the kids a chance to recognize the situation and then try to implement the rule before making the call.
- There will be one (1) official association referee per game. Referee costs shall be split evenly between the two teams.

11) **Game spectators:** Parents and spectators are to be situated on the opposite side of the field from the players box (were applicable).

12) **Grievances:** Grievances shall be addressed to the Conference Executive representing the party filing the grievance. The Conference Executive shall either resolve the issue with the applicable parties, or refer the matter to the BYLW Board, per Section X of this document. In the event the issue involves two or more conferences, or teams from different conferences, an effort shall be made by the applicable Conference Executives to reach a resolution of the issue. If the issue cannot be resolved, it shall be referred to the BYLW Board, per Section X of this document.

## 90SECTION VIII UNIFORMS

1) All players must be suited in full uniform. A uniform consists of a CERTIFIED NOCSAE helmet with a warning sticker, mouth guard, shoulder pads, arm pads, gloves, team jersey, and shoes. It is highly recommended that all male participants must also wear a protective cup. All goalies will wear appropriate chest protection and throat protection.

2) Lacrosse uniform may consist of a team jersey or team penny/ tank style top with a t-shirt underneath that completely covers the shoulder pads. Team tops should match.

3) Players are not allowed to wear jewelry during practice or games. Emergency I.D. bracelets may be worn but must be covered with white athletic tape.

## **SECTION IX SCHEDULES**

- 1) The game schedules for each Conference shall be the responsibility of the designated scheduler for each Conference. The schedules shall be created with the goal of each team having at least (3) games against teams outside of their home conference. All scheduling matters shall be addressed through the designated scheduler. The designated schedulers for each Conference will collaborate to schedule the inter-conference games.
- 2) Exhibition or non-league games are scheduled at the discretion of the coach, but must be reported to the Conference Executive. Any change to a scheduled game must be agreed upon between coaches of both teams 72 hours prior to the originally scheduled date and time. Changes to a scheduled game must also be reported to the referee scheduler 72 hours prior to the originally scheduled date and time. It is the responsibility of the coach requesting the change to contact the designated scheduler for the conference and the referee scheduler.
- 3) No organization or team will be allowed to be a member of BYLW who refuses to play a scheduled conference or inter-conference game with another BYLW team. Any BYLW team refusing to play another BYLW team shall be subject to sanctions as determined by the BYLW Board.
- 4) Each organization will have a home field if possible. This will encourage community involvement in the league. Organizations may choose to share a home field if they desire. The Monday after each Saturday or Sunday game, a representative from the home team will record the referee attendance per league instructions.
- 5) YEAR END TOURNAMENTS AND JAMBOREES:
  - a. Individual player awards or trophies will be the responsibility of each organization.
  - b. The last Saturday of the season is reserved for Conference tournaments and jamborees. Each Conference shall be responsible for coordinating and scheduling its own event. Teams may play at tournaments in Conferences other than their home conference. Each team shall be provided with an opportunity to play within their home conference. Teams may elect to play in another Conference provided there is sufficient capacity for the additional team. The designated schedulers for each conference shall coordinate the final schedules for year end tournaments and jamborees, and shall endeavor to create a positive year-end experience for all teams.
- 6) This section will be reviewed every year and revised and/or confirmed by majority vote of the general membership.

## **SECTION X CONDUCT, RULES**

- 1) Each organization will be responsible for the conduct of their coaches, players and spectators. Any player, coach or spectator who is ejected from a game must follow all BYLW rules regarding ejection from a game.
- 2) Each franchise may choose their own nicknames (providing name is appropriate, as determined by BYLW board), colors (as long as it's not already in use), team size, number of teams, home field but must conduct themselves under the spirit of the rules of BYLW.
- 3) Each organization should provide a field manager for their assigned home games. The field manager has the right to remove any spectator who is disruptive regardless of which team the spectator is cheering for.
- 4) Every parent, player and coach in each franchise will receive a "Code of Conduct Form" (Form 100). It explains what's expected as to their behavior at any and all BYLW functions. Form 100 will be signed by the coach, parent, and player and filed with the player's registration forms with each member organization.

5) Any current year grievance will be taken first to the Conference Executive within 48 hours of incident. If the issue cannot be resolved, then the matter shall be referred to the BYLW Grievance Committee. The grievance must be submitted in writing to the BYLW Board in a timely manner following the determination that the issue cannot be resolved at the Conference level. The BYLW Grievance Committee will then meet to resolve the issue.

- a. The Grievance Committee will be made up of the current year BYLW Board members. A minimum of three (3) BYLW Board members must be in attendance for a hearing to occur. If a Board member is a direct party to the dispute, that Board member will not sit on the Grievance Committee for that instance. The BYLW President will chair the Committee but will not have a vote. All parties involved will be present and state their case before a silent vote can be taken to determine the outcome. If the vote results in a tie then the BYLW President will cast the determining vote. When a silent vote is taken the results are final and all organizations agree to abide by the decision of the Grievance Committee.

6) Physical or verbal altercations before, during or after a game by players, coaches, officials or spectators will result in the ejection of that player, parent, coach, or spectator from the field location by the Field Manager. Ejection of players, coaches, or spectators by officials will result in the automatic suspension from participating in all BYLW functions, including all practices, for a period to include the next scheduled game. The BYLW Board of Directors will review the incident with the players, parents, coaches, or spectators during the suspension period. At that time a silent vote will be taken to allow or disallow the individual to continue participation in league activities. The BYLW Board of Directors can take action up to and including banning the individual from BYLW League. If the individual is allowed to continue participation and is involved in a second offense, it will result in the automatic suspension from league play or participation for the remainder of the current year.

7) Altercations between parents, players, coaches, officials, or any other spectators will not be tolerated. Franchises must police themselves and make it clear to their organization that bad behavior will not be tolerated.

## **SECTION XII ETHICS**

1) In any document one can find loopholes or ways to get around a rule. It's up to the individual organizations to police themselves so as not to break the spirit of the codes and rules. An organization is only as good as the people in it who are willing to play above board in an honest and trusting manner. The BYLW League was created to bring together strong independent youth Lacrosse organizations that are willing to work within an environment of mutual cooperation in which the advancement of Lacrosse and not just the individual organization are the main priority. The dynamics of youth lacrosse demands that a youth lacrosse league be operated in this manner. This allows the community, in which the organization resides to better serve that area, grow with the area and have a sense of ownership with the community.

2) Member organizations are expected to induce a spirit of high ideals in their teams. Member organizations are to practice the highest standards of sportsmanship and coaching ethics.

3) Member organizations will be responsible for providing proof that all their coaches have submitted to the Washington State background and that at least one coach from each team is first aid/CPR certified before taking the field. The Board strongly encourages all coaches to attend league and Washington Chapter of US Lacrosse sponsored coaching/training clinics.

4) The highest degree of ethical conduct is expected of all that participate in the league. This includes strict adherence to both the letter and the spirit of the rules and regulations. The use of alcohol, illegal drugs, tobacco products, and the use of profanity during practice or games are prohibited.

5) Violent conduct, holding / touching the facemask, or verbal abuse towards any player, coach, official or parent will not be tolerated and is prohibited.

#### **SECTION XIV CHANGES**

1) At the end of each season the BYLW Board of Directors will meet from time to time in the off-season to review these rules. If a rule is to be changed it will take a two-thirds majority vote by the member organizations (each member organization receives one vote).