

North Sound Youth Lacrosse Team Handbook of Policies and Rules Adopted by the Board of Directors

MISSION STATEMENT:

North Sound Youth Lacrosse supports youth lacrosse for boys in 1st through 8th grade who live in the Washington state counties of Snohomish, Island, Skagit and Whatcom. Our mission is to develop our young players into solid lacrosse players while maintaining a positive coaching environment that builds self-esteem and honoring the game by instilling the values of sportsmanship.

1.0.0 NAME OF ORGANIZATION

1.1.0 The name of this organization shall be North Sound Youth Lacrosse, hereinafter referred to as NSYL, and this shall be the official handbook.

2.0.0 RESPONSIBILITIES OF NSYL

2.1.0 The essential responsibilities of the NSYL are to establish league rules, publish a schedule for games, establish a contract with the referee association, pay all league expenses and generally administer lacrosse in our area.

2.2.0 NSYL has a policy that we DO NOT share the player's contact lists with **anyone**.

2.3.0 NSYL will maintain a contact list that will be used to facilitate communication.

2.3.1 All programs/events information may only be sent to the NSYL program directors.

3.0.0 ORGANIZATION QUALIFICATIONS

3.1.0 **Oversight** – Each organization will independently operate under direction from a host school or Board of Directors who oversees eligibility and coaches/players conduct.

3.1.1 At minimum, the Board of Directors will include a President, Vice-President, Secretary/Treasurer. The board may also include other officers or representatives.

3.1.2 The Board of Directors must not consist solely of coaches and their relatives to ensure fairness within the organization.

3.2.0 **Acknowledgement and Certification** – Ultimately it is the responsibility of each organization to ensure that their program is abiding by all NSYL policies.

3.2.1 Each year it is the duty of the Program Director to submit a properly completed Organization's Packet.

3.2.2 In the Organization's Packet, each organization must acknowledge that they have reviewed and will abide by all NSYL by-laws and policies adopted in the handbook.

3.2.3 Each Organization will certify that it meets all Organization Qualifications as outlined in Rule 3 of this handbook and that their coaches meet all qualifications as outlined in Rule 7 of this handbook.

3.3.0 **Insurance** – Each organization must certify and have available for inspection, proof that each player has medical insurance and the organization has liability insurance from the First Day of Season through the Last Day of Season.

3.4.0 **Lystedt Law** – Every organization and coach must comply with RCW 4.24.660 (the Zachery Lystedt Law).

3.4.1 Each organization must certify and have available for inspection, proof (hard copies) showing all players and parents in the program have reviewed, signed, and returned a concussion and head injury information sheet.

3.4.2 Each organization must certify that every person who is or will be coaching any team for the organization have complied with the training requirements of the Lystedt Law (review video, read fact sheet for coaches, and take/pass quiz).

3.5.0 **Code of Conduct** - Every Organization will certify and have available for inspection, proof that it has a written player's Code of Conduct in place.

3.6.0 **Coaches** – The Head Coach of each team in the league will be held responsible for knowing the rules and insuring that all those coaching and acting under the Head Coach comply with the rules of the NSYL.

3.6.1 The Head Coach of a team shall be at least 21 years old and a high school graduate unless the NSYL Board of Directors, prior to the first day of the season, has granted a waiver.

3.6.2 All Head Coaches shall be members of US Lacrosse. It is recommended that coaches attend the yearly clinics provided by the NSYL.

3.6.3 It is required that at least one coach from each team be First Aid and CPR Certified.

3.6.4 All members of the coaching staff must undergo a Washington State Patrol background check prior to any contact with participants.

3.6.5 All coaches must be in compliance with RCW 4.24.660 (Zachery Lystedt Law).

3.6.6 Coaches shall read and agree to abide by the NSYL Code of Conduct.

3.6.7 The Head Coach shall ensure that each team will have a properly stocked first aid kit and cell phone on the sidelines of all NSYL games and practices.

3.7.0 – **Membership and Official Fees**

3.7.1 Every Provisional and Regular Membership organization will pay a membership fee to be determined by the Board. The Membership fee will be paid by February 15th of the current season. These fees are in place to cover expenses needed to run the league. They include, but are not limited to, costs for scheduling, maintaining the league website, administration, public relations, Ref Association, etc.

3.7.2 Every organization in the league shall pay fees to the Board Treasurer to cover referee expenses for each scheduled home game. These fees are determined under contract between the League Board and the referee association. These fees must be paid by February 15th of the current season. If said fees are not paid, games will be suspended until the fees are received unless arrangements have been made between the organization and the Board of Directors.

3.7.3 All home fields (acquiring, lining, maintenance) and home field use costs are the responsibilities of each organization.

3.7.4 In the unfortunate event that a team must fold during the season, the membership fee will be kept by the league, however unearned referee fees will be returned to that organization.

4.0.0 PLAYER ELIGIBILITY

4.1.0 – **Age Limits**

4.1.1 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 participate in the NSYL. 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 Board of Directors.

4.2.0 – **Divisions** – It is the responsibility of each organization to verify the age of each player it registers. In the event of a dispute, age will be verified using the participant's birth certificate.

4.2.1 3/4 Division – Must be currently enrolled in either 3rd or 4th grade and be under 11 years of age on March 1st of current season.

4.2.2 5/6 Division – Must be currently enrolled in either 5th or 6th grade and be under 13 years of age on March 1 of the current season.

4.2.3 7/8 Division – Must be currently enrolled in either 7th or 8th grade and be under 15 years of age on March 1st of the current season.

4.2.4 A player can play in only one division (in his/her age/grade division) per season except in order to salvage a game. No players are allowed to play down a division level or more than up one division level.

4.3.0 – Rosters

4.3.1 3/4 Division – Focus should be to get all players as much playing time as possible. As such, rosters are not locked and do not need to be turned in.

4.3.2 5/6 Division – Rosters shall be turned in by the Friday prior to the first league game. Every effort should be made to lock rosters and avoid swing players. However, if swing players are needed to field teams, they are allowed.

4.3.3 7/8 "B" Division – Rosters shall be turned in by the Friday prior to the first league game and will be locked. If necessary to field a complete "B" team, players from this division may swing to another team in this division. However, every effort should be made to lock rosters and avoid swing players.

4.3.4 7/8 "A" Division – All programs in the NSYL are encouraged to field a team at the 7/8 "A" level. Further, all NSYL programs that field a varsity team in the WHSBLA at the Division I level are required to field a 7/8 "A" team. Division II programs are, of course, welcome to field a team at this level. All rosters should be turned in by the Friday prior to the first league game and will be locked. Neither swinging players between "A" teams, nor swinging players from "B" team to an "A" team, is permitted under any circumstances.

4.3.5 In the event that a player moves into an area or registers late with a program, that player may be added to any roster except a 7/8 "A" team unless approved by the board.

5.0.0 BOUNDARIES AND PLAY FOR RULES

5.1.0 Youth organizations are to draw from geographic boundaries that fall within their High School area.

5.1.1 Players enrolled in a school that offers a lacrosse program, either directly or through a school recognized affiliation with a partner school, shall play in that program.

5.1.2 All other players must play with the program associated or affiliated with their Home High School (club or sanctioned).

5.1.3 Players living in areas with no such club or sanctioned organization should play with the program that is geographically closest to their home address.

5.1.4 Consistent with the two rules above, no organization will actively "recruit" players who have played for another program (recruiting being defined as contact by a Coach or Board member or anyone with knowledge or direction of a Coach or Board member).

5.1.5 There are no grandfather rights to retain players on an ongoing basis from previous seasons.

5.1.6 In extreme circumstances, a player may request to play for another program with a "Transfer Form" signed by both programs and voted on by the board". These instances will be handled on a case by case basis. Transfer form will need to be submitted annually.

5.1.7 A program may request that another program provide documentation that a player resides in the appropriate boundaries within 48 hours of request. An appropriate form of proof would be a utility bill.

5.1.8 If it is found that a program knowingly violates the boundary rule set forth in 5.0.0 then that program is in jeopardy of suspension and/or probation. In these cases the board will gather all necessary documentation and vote on a consequence.

6.0.0 GAME AND PRACTICE REGULATIONS

6.1.0 Each organization will provide their own home field and will be responsible for field markings and field supervision.

6.1.1 NSYL shall secure official association referees for the season. The NSYL will work with the officials association representative to ensure all fees are paid, all schedules agreed to, and all requirements are met.

6.1.2 Each organization that doesn't have an operating scoreboard must furnish a regulation clock as well as a penalty clock and horn.

6.1.3 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.

7.0.0 PLAYING RULES - Playing rules will be National Federation of High Schools (NFHS) rules except for the following modifications.

7.1.0 – Responsibilities of Home Team

7.1.1 Game balls and adequate number of balls must be maintained at the end lines.

7.1.2 A field manager must be provided to maintain crowd control.

7.2.0 – Time factors and scoring for 7/8 A Divisions

7.2.1 Four quarters, 12 minute stop clock, and sudden victory 4-minute overtime periods will be utilized.

7.2.2 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.

7.2.3 - Timeouts- two (2) timeouts are permitted per half, one (1) timeout for overtime.

7.2.4 – In the event an A team plays a B team, the hosting team length of game will apply.

7.3.0- Time factors and scoring for 5/6 and 7/8 B Divisions (Rule 3, NFHS Rules)

7.3.1 Four quarters, 10 minute stop clock, and sudden victory 4-minute overtime periods will be utilized.

7.3.2 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.

7.3.3 - Timeouts- two (2) timeouts are permitted per half, one (1) timeout for overtime.

7.4.0 – Time Factors and scoring for 3/4 Division

7.4.1 Four quarters, 8 minute stop clock, and sudden victory 4-minute overtime periods will be utilized..

7.4.2 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.

7.4.3 Timeouts- one (1) two-minute timeout is permitted per half, one (1) timeout for overtime.

7.5.0 – Play of the Game – Play of the game will be per National Federation of High School Rules (NFHS).

7.5.1 Ejection of players, coaches, or spectators by officials for any reason will result in the automatic suspension from participating in all NSYL functions, including all practices, for a period to include the next scheduled game.

7.5.2 The NSYL 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 NSYL Board of Directors can take action up to and including banning the individual from NSYL.

7.5.3 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.**

8.0.0 SCHEDULES

8.1.0 Game schedules against teams within the NSYL organization are to be established by the NSYL Scheduler. The schedules shall be created with the goal of each team having at least 10 games during the regular season.

8.2.0 The goal is for approximately half home and half away games.

8.3.0 Scheduling games against teams outside of the NSYL organization (inter-league games) is allowed, encouraged and shall be addressed through the designated scheduler.

8.4.0 Exhibition or non-league games that are scheduled at the discretion of the coach, but must be reported to the NSYL Scheduler if officials are required.

8.5.0 Any change to a scheduled game must be agreed upon between both coaches.

8.6.0 Changes to a scheduled game (date, time, location) must also be reported to the NSYL Scheduler 72 hours prior to the originally scheduled, or proposed rescheduled game (whichever is less). The NSYL Scheduler will notify the Referee Scheduler of the change. It is the responsibility of the organization's authorized agent requesting the change to contact the NSYL Scheduler. If the requested change is made less than 72 hours, assume that referees will not be available and you will need to obtain their own approved referees to cover the game. Non-league games will incur an additional charge to the home team for referees and will be subject to the year-end account reconciliation per the bylaws.

9.0.0 – CONDUCT, RULES

9.1.0 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 NSYL rules regarding ejection from a game.

9.2.0 Each organization will be responsible for conducting the "honor the game" ceremony at all home games. The home team should be prepared to provide "honor the game" stickers. "Honor the Game" will be supplied by NSYL prior to the start of the season.

9.3.0 Each organization may choose their own nicknames (providing name is appropriate, as determined by NSYL board), colors (as long as it is not already in use), team size, number of teams and home field but must conduct themselves under the spirit of the rules of NSYL.

9.4.0 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.

9.5.0 Every parent, player and coach in each organization will receive a "Code of Conduct Form". It explains what's expected as to their behavior at any and all NSYL functions. This form will be

signed by the coach, parent, and player and filed with the player's registration forms with each member organization.

9.6.0 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 NSYL functions, including all practices, for a period to include the next scheduled game. The NSYL 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 NSYL Board of Directors can take action up to and including banning the individual from the NSYL. 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.

9.6.1 In the event ejection happens at the last game of the season the punishment set forth will roll into the next season and start one week before first game.

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

10.0.0 – GRIEVANCES

10.0.1 Grievances shall be addressed first to the Program Director/President of the organization filling the grievance. The Program Director is free to try and resolve the grievance by working the opposing organization's Program Director. If the organization's Program Director feels escalation is warranted, they can bring the grievance to the NSYL Vice President where it will be handled per the NSYL By-laws.

10.1.0 If the board receives a written complaint about another program the NSYL board will hear both sides, take in all the evidence, and vote on whether or not it's considered a "Strike". If a program receives 3 Strikes in one season that program would be suspended the remaining of the season.

10.1.1 In the event a program receives a suspension follow rule 10.1.0 that program will be on probation the following season and lose voting rights.

10.1.2 If a program on probation as a result of rule 10.1.0 and receives one strike in the next season that program will be suspended and reviewed by the board for expulsion.

11.0.0 – ETHICS

11.1.0 In any document one can find loopholes or ways to get around a rule. It is 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. The NSYL 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.

11.2.0 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.

11.3.0 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.