

Greater Eastside Youth Lacrosse League 2010 Rules and Regulations

MISSION STATEMENT:

Greater Eastside Youth Lacrosse League (GELL) supports youth lacrosse for boys in 3rd through 8th grade who live on the eastside of Puget Sound. Our mission is to develop our young players into both solid lacrosse players and good citizens. As such, our programs focus on providing a positive coaching environment that builds both self esteem and modern lacrosse skills.

RESPONSIBILITIES OF GELL:

The responsibilities of the Greater Eastside Youth Lacrosse League (GELL) shall be to organize, develop and promote boys youth lacrosse in Washington. It shall further be the responsibility of the GELL to supervise and administer boy's youth lacrosse in Washington

SECTION I

GREATER EASTSIDE YOUTH LACROSSE LEAGUE ADMINISTRATION

- 1) GELL will be comprised of organizations that are independent with their own board of directors and financial resources to fund their own program.
- 2) All GELL members must annually sign and execute the "Program Policy Acknowledgement" which affirms that the organization (board members, coaches, etc.) have read the GELL rules and regulations and have agreed to abide by them.
- 3) The name GREATER EASTSIDE YOUTH LACROSSE LEAGUE refers to the league as a whole. **Organizations operate under their own name with their own identity.** GELL allows organizations to share in the planning and decision making while playing under the same rules and regulations.
- 4) GELL 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 GELL have an expectation that it will not be passed on to for-profit organizations or companies.

SECTION II

COSTS, DUES AND FEES

- 1) The GELL Executive Committee will determine League dues and fees and present all financials in a transparent manner to the Board of Directors for approval annually. Every team in GELL will pay these dues and fees to the league Treasurer on the date announced by the Executive Committee. 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 GELL organization will agree to a year-end reconciliation accounting process. Within that process all credits and charges will be applied to the organization's account and if there is an outstanding balance, said organization will pay the amount due in a timely manner. Examples of credits and charges would include things like referee no-shows (credits) and referee for extra scheduled games (charges).
- 3) All home field scheduling and home field use costs are the responsibilities of each organization.

SECTION III ORGANIZATION ELIGIBILITY

- 1) GELL is comprised youth lacrosse programs that are generally east of Lake Washington in the Puget Sound area. To be eligible for membership, the youth program must feed a high school that lies within one of the following areas:
 - a. School Districts: Bellevue, Lake Washington, Issaquah, Mercer Island
 - b. Grandfathered Programs: Woodinville and Tahoma
 - c. Private Schools that are located within any of the school districts listed above
- 2) Programs that wish to join the GELL and that meet the geographical requirements above, may apply to the Board of Directors for membership. Applications must be submitted before the Fall meeting and require a simple majority vote for approval.
- 3) Each new member organization will be on a one-year probationary term. At the end of the probationary term the GELL 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 GELL without a 60% majority vote by the GELL Board of Directors. This vote will take place at the last meeting of the year.
- 5) The following conditions may be grounds for a motion to expel an organization:
 - a. An organization shows a repeated disrespect for the by-laws, rules and codes set forth by the GELL Board. This can be quantified by an unusually high number of grievances brought against an organization and formally submitted to the GELL Board.
 - b. Repeated attempts are made by the GELL 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 GELL 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 GELL 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 GELL 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 GELL 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) GREATER EASTSIDE YOUTH LACROSSE LEAGUE 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 GELL. 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 Executive Committee.

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

Must be currently enrolled in either 3rd or 4th grade and be under 11 years of age on September 1st of current school year.

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

Must be currently enrolled in either 5th or 6th grade and be under 13 years of age on September 1st of current school year.

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

Must be currently enrolled in either 7th or 8th grade and be under 15 years of age on September 1st of current school year.

2) 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.

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

4) The policy for rosters is listed below by division:

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.

5/6 Division – Rosters shall be turned in by the 2nd Friday of the season. Every effort should be made to lock rosters and avoid swing players. However, if swing players are needed to field teams, they are allowed.

7/8 "B" Division – Rosters shall be turned in by the 2nd Friday of the season and will be locked. If necessary to field a complete team, players from this division may swing over to another team in this division OR to another team in the "A" division. However, the opposing coach must be notified prior to the game. Further if the team using swing players wins the game, that victory will not be credited to them for seeding into the playoffs (or play-in jamboree).

7/8 "A" Division – Rosters shall be turned in by the 2nd Friday of the season and will be locked. If necessary to field a team, players from the organizations 78 "B" team(s) may be used. If swings players are used, the opposing coach must be notified prior to the game. If the team using swing players wins the game, that victory will not be credited to them in their seeding into the playoffs. Players in this division may not swing to another team at any time.

For all divisions – Absolutely no swing players are allowed during playoffs or jamborees.

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 GELL 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 AND PLAY-FOR RULES

One of the main objectives of the programs comprising the GELL is to promote Lacrosse at the youth levels (grades 3-8) to prepare youth players to play with their respective High School programs. Youth programs draw from geographic boundaries that generally fall within the High School area therefore; to participate in the GELL:

- 1) Players must play with the program associated or affiliated with their Home High School (club or sanctioned); within the geographic area.
- 2) Players that want to play for programs that are unique and do not feed from areas with geographic boundaries (e.g. private schools and affiliated programs) must abide by the following rules:
 - a) Players attending private schools that have Lacrosse programs and or teams affiliated with them must play for their school program/team.
 - b) Private school programs must give first and liberal priority to players attending their school.
 - c) Other non-private school programs will refer all private school players and prospects to their respective private school program.
 - d) No program will actively "recruit" players who have played for another program (Recruiting being defined as contact by a Coach/Board member or anyone (parent, player) with knowledge or direction of a Coach or Board Member).
- 3) Waitlists: If a program is full and cannot accept a student onto their roster (waitlisted), then that player may apply to programs outside their region pending acceptance off the waitlist. If that player is accepted onto an outside program, he must obtain a written confirmation from their home program, no more than three weeks prior to the first scheduled league games confirming that they cannot accept the player for that season (and have not accepted any subsequent waitlisted players) and must be signed after such date. Any such exception is valid for one-year only. Further, no outside player can be accepted unless all in-program players are already on the roster. There are no grandfather rights to retain this player on an ongoing basis. These final two conditions are to ensure that no outside-program players are accepted until all in-program players are accepted (even those that apply after the "official" registration date).
- 4) A player may obtain a waiver to play for a private school or affiliate* under these guidelines if they can show a reasonable clear path to attend the private school of the affiliated program in the future by meeting one or more of the following criteria:
 - a) Currently are enrolled in private school which reasonably would feed the private middle or high school (e.g. an area parochial school); or
 - b) Currently have a sibling who attends the private middle or high school; or
 - c) Currently have a parent who works at the private school; or

- d) "Intend to attend the private school" demonstrated by an official application submitted and admission testing/qualifying completed to the private school by January 20th of the playing year (recognizing this may seem early in some cases, but it demonstrates the seriousness of the intent of the player and family to attend the target private school and in most cases, this is the timeline required by most private schools to attend in the upcoming year).

5) All waivers to play must be submitted to the organizations program director. The program director, in turn, will submit a list of out of area players that have been granted approval to play based on the exceptions above in writing to GELL prior to the season.

*The individual private schools/programs policies of who can play for / be accepted in their programs or affiliated program will supersede any of these requirements (e.g. GELL cannot force a school to accept non-students if their school policy does not allow for non-students to participate).

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) GELL shall secure official association referees for the season. The GELL Referee Delegate 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.
- 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) Jerseys that completely cover shoulder pads are preferred, but pennies (tank jerseys) can be used if necessary. All jerseys must have large, legible numbers on front and back. Exceptions can be made when both teams have similar colored

jerseys. In these situations, the home shall wear reversible tanks (per VI.4 above) and the lack of proper numbering will be tolerated.

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. 7/8 Divisions, NFHS Rules Apply
- c. 5/6 Divisions, Crosse Dimensions The Crosse may be 37 to 42 inches (Short crosse) or 52 to 60 inches (Long crosse), except for the goalkeeper's crosse, which may be a length of 60 inches or less.
- d. 3/4 Divisions, Crosse Dimensions The Crosse may be 37 to 42 inches (Short crosse). Long crosses are not allowed.

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

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.**
- c. In any game and at any point during a game when there is a five-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 GELL functions, including all practices, for a period to include the next scheduled game.
- d. The GELL 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 GELL Board of Directors can take action up to and including banning the individual from GELL.
- 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)

For the 7/8 division, offensive stalling shall be enforced. The winning team is to keep the ball in the box during the last two minutes of the game. **No stalling rule shall be enforced at the 3/4 or 5/6 level.**

10) **Points of emphasis from GELL:** 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 5 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 5 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.
- 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.
- Home team is responsible for officiating. It is acceptable to use coaches, well-educated parents, or high school players. In all cases, it is highly recommended that at least one representative from each organization attends the 3/4 officiating meeting before each season.

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 first to the Program Director of the organization filing 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 GELL Administrative Director where it will be handled per the GELL Bylaws.

SECTION 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) 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 all GELL teams are to be established by the GELL Scheduler. The schedules shall be created with the goal of each team having at least (2) games against teams outside of the GELL organization (inter-league games). All scheduling matters shall be addressed through the designated scheduler.

2) Exhibition or non-league games are scheduled at the discretion of the coach, but must be reported to the GELL Scheduler. 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 GELL. 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.

3) No organization or team will be allowed to be a member of GELL who refuses to play a scheduled game with another GELL team. Any GELL team refusing to play another GELL team shall be subject to sanctions as determined by the GELL 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: Prior to each season, the board of directors will meet and decide on a plan for the year-end events for each division. That plan will be given to the scheduler and planned into the schedule.

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 GELL rules regarding ejection from a game.

2) Each franchise may choose their own nicknames (providing name is appropriate, as determined by GELL 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 GELL.

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

6) 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 GELL 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 GELL 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).