



Intermountain Lacrosse Utah
Youth Lacrosse
League Policy

Updated: January 2018

I. Coach Eligibility

- A. All Intermountain Lacrosse youth programs and teams must obtain and appoint one (1) individual to act as the head coach for every team each and every season. A maximum of four (4) coaches are permitted per team (NFHS rule). It is the responsibility of the program to ensure that all coaches within their program meet the following criteria.
- i. All head coaches must be at least 18 years of age or older.
 - i. Assistant coaches may be younger than 18 years of age with approval from the program's Board President, and formal notice submitted to Intermountain Lacrosse.
 - ii. All Head Coaches must be USL Level 1 Certified
 - i. Any games coached by a noncertified coach may be subject to forfeiture: unless the head coach is in his/her first season of coaching, in which case progress toward the Level 1 certification must be documented by the head coach. The head coach must have completed their Level 1 certification by his/her second season of coaching. It is the responsibility of the coach to demonstrate that he/she is actively pursuing the Level 1 certification.
 - iii. All assistant and head coaches must successfully complete the current season IMLAX registration online.
 - i. The IMLAX coaches registration process will
 1. Validate that all coaches are current US Lacrosse members, and IMLAX will renew and incur all USL membership expenses on coach's behalf.
 2. Require that every coach agree to the IMLAX Coaches Concussion protocol and procedure by agreeing to the electronic online form imbedded in the registration.
 3. Require that every coach agree and abide by the IMLAX Coaches Contract by agreeing to the electronic online form imbedded in the registration.
 4. Assign the coach with admin rights to his/her team page.
 - iv. All assistant and head coaches must visibly display their IMLAX coaching badge to the IMLAX field monitors in order to be on the team sideline during any IMLAX contest.
 - i. If a coach fails to obtain or cannot display their IMLAX coaching badge the following protocol will go into effect:
 1. The coach will be asked to leave the team sideline unless they can provide proof of successful background check completion with Spectrum Security Group by another means (i.e. mobile photo of current badge, use of Spectrum Security Group App, copy of most current IMLAX Coaches Matrix)
 2. If a coach is asked to leave the team sideline, and cannot demonstrate successful completion of the background check on the site to the IMLAX field monitor using one of the above mentioned methods the coach will have five (5) days to submit formal documentation to the IMLAX league office demonstrating successful completion of the Spectrum Security Group background checks process.
 3. If a coach fails to submit formal documentation within five (5) days to the league office of the initial contest that the coach participated in, and any subsequent contests thereafter, will be recorded as a forfeit and scored as a 1-0 loss for that coaches team.

II. Player Eligibility

- A. Only players who comply with the rules of eligibility are allowed to participate in games and practices. No Youth Players (8th grade or below) are eligible to participate with a high school program. A violation of these policies may result in a forfeit of all games in which an ineligible player participated. If a coach knowingly allows an ineligible player to participate in practices, or games, the coach will be suspended for a minimum of the next scheduled game. The rules of eligibility are as follows:
- i. 7th/8th Grade 14U Division – Players that are currently enrolled in 7th and 8th grade or meet US Lacrosse age requirements for 14U are eligible to participate as a player on a 7th/8th Grade 14U Division team.
 - ii. 5th/6th Grade 12U Division – Players that are currently enrolled in 5th and 6th grade or meet US Lacrosse age requirements for 12U are eligible to participate as a player on a 5th/6th Grade 12U Division team.
 - iii. 3rd/4th Grade 10U Division – Players that are currently enrolled in 3rd and 4th grade or meet US Lacrosse age requirements for 10U are eligible to participate as a player on a 3rd/4th Grade 10U Division team.
 - iv. K-2nd Grade 8U Division – Players that are currently enrolled in Kindergarten through 2nd grade or a 2nd grader who meets the US Lacrosse age requirements for 8U are eligible to participate as a player on a K-2nd Grade 8U Division team.
- B. Players cannot play for multiple teams, i.e., a program with multiple teams cannot allow any players to play on more than one team.
- C. Players must play for the division based on what grade they are currently in. If there are no teams for the division they are in, the player must wait until there is a team for their grade in the proper division.
- D. Girls (Kindergarten to 4th grade) may play for a boys team if their program does not field a girls team at their age level; IMLAX program director must be contacted in order to register. Every effort will be made to place the participant on a girls team at the next closest program if available.

III. Team Structure

- A. A minimum of 12 boys or 14 girls players in an entire program are required to have a team. For a program to have two teams the entire program must have a minimum of 24 boys or 28 girls players. The number of players is to be determined by the head coach, however, each team cannot have a total difference in players of more than 2, i.e., team A has 16; team B can have no more than 18. Team A has 20; team B can have no more than 22, and no less than 18. Teams are to be split based on the following:
- i. Boys League
 - a. 7/8th Grade Division – The 7/8th Grade Division is divided into the following divisions.
 1. 8th Grade – (Multi-team programs) this division should include your top players, and most experienced players. (Championship is played in the spring season only)
 2. 7/8th Grade – (Single team & multi-team programs) this division should include your best players that did not make your 8th Grade division team. (Championship is played in the spring season only)
 3. 7th Grade – (Multi-team programs) all remaining teams will be placed in this division. All players in this division should be players who are still developing their skills, and need a less competitive atmosphere. (Championship is played in the spring season only)
 - b. 5/6th Grade Division – Teams in the 5/6th Grade Division should split their teams according to player skill level. All players with equal skill level should be put on the same team. The number of divisions will be determined each season based on the number of teams.
 1. 6th Grade – Most Experienced players. (Championship played in the spring season only.)
 2. 5/6th Grade – This division should include your best players who did not make your 6th Grade division team. Single teams can play in this division. (Championship played in spring season only.)
 - c. 3/4th Grade – (All-Star) Teams in the 3/4th Grade Division should split their teams evenly. All teams within a program should have equal skill level
 - d. K-2nd Grade – Teams in the K-2nd Grade Division should split their teams evenly. All teams within a program should have equal skill level.

- ii. Girls League
 - a. 7th/8th Grade 14U Division– (Championship and All-Star games) Teams in the girls’ 7th/8th Grade 14U division should be split evenly; all teams should have an equal skill level. (Championships and All-Star games spring season only.)
 - b. 5th/6th Grade 12U Division – (Championship and All-Star games) Teams in the girls’ 5th/6th Grade 12U division should be split evenly. (Championship and All-Star game is played in the spring season only.)
 - c. 3rd/4th Grade 10U Division – Teams in the 3rd/4th Grade 10U Divisions should split their teams evenly. All teams within a program should have equal skill level.
 - d. K-2nd Grade 8U division will be clinic based depending on the number of teams and location of the registered players.

- B. Combining teams; the IMLAX Youth Council and the staff may combine players from multiple programs, if there are not enough players to field a team from one or more programs. This process will be conducted in a way that best suits the player, and league. The council will take the following into consideration when combining teams:
 - i. Proximity of other teams
 - ii. Which teams need players
 - iii. Availability of coaches
 - iv. Coordination with the UHSSL/UTGL Boundary Document (this document is used as a basis for such decisions, but the league reserves the right to assign players per the above criteria)

- C. All players are required to register for the program that corresponds to high school boundary they currently live in, or for the private high school they will attend, provided those teams exist. In the event there is a boundary issue the IMLAX Executive Council will make the decision where the player will participate. Out of boundary request must be submitted in writing to the IMLAX Staff or Executive Council prior to the player participating with either team.

IV. Team Responsibility

- A. Each program is responsible for the maintenance of their field over the course of the season. The League will pay for field lining for games.
- B. The following team equipment may be checked out and borrowed from IMLAX for the season by girls teams:
 - i. Goalie equipment (chest protector, throat protector, and goalie stick for every team. Girls teams may also add shin guards/gloves/ helmet /padded pants). All equipment must comply with all regulations as set forth by US Lacrosse.
 - ii. First Aid Kit.
- C. If your program is hosting games and does not have the equipment needed they may be checked out from the IMLAX office.
- D. IMLAX will give the following to each team before the season:
 - i. 3 dozen balls for all teams other than 5-8th grade boys’ teams, which will receive 4 dozen balls.
 - ii. Boys programs will receive goalie equipment (chest protector, throat protector, and goalie stick), as well as a small goal for all K-2nd grade teams. Once this equipment is given to the program it is their responsibility to maintain and keep it for multiple seasons.
- E. Players participating are required to provide their own individual equipment. The minimum equipment required for individual players are as follows:

Boys Field Player Equipment	Boys Goalie Equipment	Girls Field Player Equipment	Girls Goalie Equipment
Lacrosse Stick	Goalie Stick	Lacrosse Stick	Goalie Stick
Helmet: NOCSAE Certified	Helmet: NOCSAE Certified	Protective Eye Wear	Helmet: NOCSAE Certified
Mouth Guard (not clear or white)	Mouth Guard (not clear or white)	Mouth Guard (not clear or white)	Mouth Guard (not clear or white)
Gloves	Gloves		Shin Guards
Elbow Pads	Elbow Pads		Padded Pants
Shoulder Pads	Chest Protector		Gloves
Protective Cup	Throat Guard		Chest Protector
	Protective Cup		Throat Guard

V. League Structure

- A. The IMLAX Council and staff will determine the league structure. Changes may be made to the structure of the league prior to each season as needed depending on growth. Changes will be published prior to the start of the season. The league structure will be as follow:
- i. Boys League
 - a. 7/8th Grade Division
 1. 8th Grade (Championship) – Any program having 2 or more teams must field a team in this division. (Championship is played in the spring season only. See section B for 7/8th Grade Division playoff structure)
 2. 7/8th Grade (Championship) – Programs with 1 single team must field a team in this division. Programs with 3 or more teams will have their 2nd team placed in this division. (Championship is played in the spring season only. See section B for 7/8th Grade Division playoff structure)
 3. 7th Grade (Championship) – All remaining teams will be placed in this division. (Championship game is played in the spring season only)
 - b. 5/6th Grade Division
 1. 6th Grade (Championship) – Experienced players, competitive division (See section C below for playoff structure.)
 2. 5/6th Grade – (Championship) – Single teams, less experienced players, less competitive division. (See section C below for Championship game structure.)
 - c. Lightning & Storm Division - Teams in the Lightning and Storm Divisions should split their teams evenly. All teams within a program should have equal skill level
 - ii. Girls League
 - a. 7th/8th Grade 14U Division – Girls 14U division will be divided in to multiple divisions, however crossover games will be played with other divisions, and teams should be split equally for this reason
 - b. 5th/6th Grade 12U Division – Girls 12U division will be divided in to multiple divisions (number of teams permitting), however crossover game may be played with other divisions and team should be split equally for this reason.
 - c. 3rd/4th Grade 10U Division – Girls 10U division should split teams evenly. All teams within a program should have equal skill level.
 - d. K-2nd Grade 8U Division – based on the number of participants there will be clinics each season with games being played as part of the clinic.
- B. 7th/8th Grade 14U Playoff Structure (14U Division spring season only). The playoff structure will be determined by the IMLAX Staff. The playoff structure may be adjusted at the start of each season depending on the number of teams in each division. The playoff structure is as follows:
- i. Boys League
 - a. The top eight teams in each division will compete in the playoffs.
 - b. Playoff spots will be determined in the following order:
 1. Division Record
 2. Head to Head play
 3. Goals against vs. common opponents
 4. Goals against
 5. Coin Flip
 6. Goals for **do not** factor into any tie break scenario
 - ii. Girls League
 - a. The top eight teams will compete in the playoffs.
 - b. Playoff spots will be determined in the following order:
 1. Division Record
 2. Head to Head play
 3. Goals against vs. common opponents
 4. Goals against
 5. Coin flip
 6. Goals for **do not** factor into any tie break scenario

- C. 5th/6th Grade 12U Playoff Structure (Thunder Division spring season only). The playoff structure will be determined by the IMLAX Staff. The playoff structure may be adjusted at the start of each season depending on the number of teams in each division. The playoff structure is as follows:
- i. Boys League
 - a. The top eight teams in each division will compete in the playoffs.
 - b. Playoff spots will be determined in the following order:
 1. Division Record
 2. Head to Head play
 3. Goals against vs. common opponents
 4. Goals against
 5. Coin Flip
 6. Goals for **do not** factor into any tie break scenario
 - ii. Girls League
 - a. The top four teams will compete in the playoffs.
 - b. Playoff spots will be determined in the following order:
 1. Division Record
 2. Head to Head play
 3. Goals against vs. common opponents
 4. Goals against
 5. Coin Flip
 6. Goals for **do not** factor into any tie break scenario
- D. 3rd/4th 10U and K-2nd 8U will have no playoffs for both boys and girls.

VI. Coach/Team Dead Period

- A. IMLAX provides a date (usually three weeks prior to the start of games) when teams may begin practices, and when the season ends. (See important dates on the IMLAX website for exact dates.) Any events held outside of the season schedule as outlined on the important dates page of the website are done so at the risk and liability of the program hosting the event.
- B. Clinics are allowed for the purpose of introducing new potential players to the sport. Only individual skills are to be taught.

VII. Team/Player Registration

- A. IMLAX will determine player registration fees and dates
- B. Player registration is done online, has an early bird registration period, regular registration period, and a late registration period.
- C. Coaches' registration is done online, and must be done each season to be linked to their team page, and to be included on the Cleared Coaches Matrix. (See Section XIV)

VIII. Game Procedure

- A. Game Personnel – The Team
 - i. Each team must have at least nine (boys), ten (girls) players to start a game. If a team does not have enough players at the start of the game that team can start man-down.
 - ii. All head coaches must be at least 18 years of age on or before August 31st of the current season.
 - iii. No more than 4 coaches per team are permitted to be in the team box at a time.
 - iv. Only players that are on the team's online roster at www.implaxutah.org are eligible to play. (No sharing players. If you would like to share players with the team that you are playing against you may take a forfeit and then mix players)
- B. Hosting Program Responsibility (Equipment can be borrowed and checked out from the IMLAX office if needed)
 - i. Table and Chairs
 - ii. Score Flip Chart
 - iii. Ensure the fields are lined, two goals, and cones.
 - iv. Assist or identify a person to set-up field 30 minutes prior to the start time of the first game.

- C. Home Team Responsibility
 - i. Arrive at least 30 minutes prior to the game start time
 - ii. NOCSAE game balls
 - iii. First Aid Kit
 - iv. Wears White side of reversible
 - v. Pick up all trash left by your team and fans before leaving the field
 - vi. Report game scores (except K-2nd Grade teams) online within 24 hours.
 - vii. Verify game day roster with field monitor.
- D. Away team Responsibility
 - i. Arrive at least 30 minutes prior to the game start time.
 - ii. First Aid Kit
 - iii. Wears dark side of reversible
 - iv. Pick up all trash left by your team and fans before leaving the field
 - v. Verify game day roster with field monitor.
- E. Game Rescheduling Procedure
 - i. All games must be played unless inclement weather has caused the playing field to be unsafe, or if lightning is present (See lightning policy section VIII). Games can be played in rain, snow, wind, light hail, etc. as long as the field remains safe. Inclement weather is defined as excessive rain that causes standing water on the field, snow that covers the field markers. Fields may also be closed due to weather by the facility that governs the property.
 - ii. An official may cancel a game at the field if the conditions exist prior to the game, or during the game. A game is considered legal or complete if any time has elapsed in the second half of play.
 - iii. If any team needs to reschedule a game for reasons other than weather, the coach must contact the opposing team's coach, IMLAX office, and the officials assigner first by phone and then by email. All parties must agree to the rescheduled date and/or time, or the game must be played as originally scheduled. Coaches' contact and official's assigner information can be found on the IMLAX website.

IX. Lightning Policy

- A. Lightning is a serious hazard and storms can move quickly in the region. If you observe a lightning flash that is followed by a thunder bang in less than 30 seconds, suspend the game and instruct teams to seek shelter off the field. Warn spectators as well. Wait a minimum of 30 minutes for the storm to pass then consult with the coaches. With the agreement of both coaches, and the official, you can then resume the game. Remember "clear the field" means "clear the field" no one is to be on the field for any reason.

X. Mandatory Coaches Meeting

- A. A mandatory coaches meeting will be held prior to the start of each season. At least one member of the coaching staff for each division must be present at this meeting. Mandatory coaches meeting will be determined by the IMLAX staff, with the date, time, and location to be announced before the start of the season. Dates can be found in the important date's section of the IMLAX website.

XI. Incident/Accident Reports

- A. All incident and/or accidents must be reported to the IMLAX office by filling out the Incident/Accident Account Form and sending it into the office. This form can be found on the IMLAX website. This form is for IMLAX's use and is not used when filing an insurance claim with US Lacrosse.

XII. Scholarships

- A. Each team has the option to apply for one player scholarship for the IMLAX player registration fee. Scholarship applications are available and must be submitted online (implaxutah.org) during the early player registration period. After the early registration date, all unused scholarships will be given out on a first come, first serve basis. If a player applies for a scholarship before the late registration time period and is not awarded a scholarship the late fee will be waived. Players are responsible for their US Lacrosse membership. A team may receive no more than two scholarships.

XIII. Background Checks

- A. All coaches both head and assistants must have a background check completed before the start of the season. Coaches will be given ID badges that must be worn during all games. IMLAX will provide two free background checks per team. Additional background checks can be done for a fee of \$25. If a coach does not have a background check, they will not be allowed on the sidelines for games, and should not participate in practice until a check is completed. The head coach and lead parent representative have the responsibility to ensure that all members of the coaching staff and/or any other person necessary have submitted the proper information for the criminal background check and have been issued the proper badge for the current season. Badges cannot be picked up until the coach has been cleared on the Cleared Coaches Matrix. (See Section XIII)

XIV. Cleared Coaches Matrix

- A. All coaches must be cleared on the Coaches Matrix (found at www.implaxutah.org) before they are permitted to coach in a game. The following items must be completed before a coach is considered cleared:
 - i. Active US Lacrosse Membership league will take care of when you register as a coach.
 - ii. Coaches online registration (implaxutah.org)
 - iii. Background Check (Spectrum Security)
 - iv. Mandatory coaches meeting (Representative for each division)
 - v. US Lacrosse Level 1 Certification (Head Coach only)

XV. Required Forms/Membership

- A. US Lacrosse memberships are required for all coaches and players.
- B. Coaches must complete the online coaches' registration.
- C. All Head Coaches must complete US Lacrosse Level 1 Coaches Certification.
- D. Player Contracts and Parent Contracts are available at the IMLAX office as a resource.
- E. Medical Release/Concussion forms will be collected as part of the registration process by IMLAX. IMLAX will download and email to each program.
- F. Scholarship forms are required for players in need of financial assistance to pay for IMLAX player registration fees. Forms are available online at the IMLAX website. (www.implaxutah.org)

XVI. Grievance Policy

- A. IMLAX encourages its members to resolve any issues or concerns that they may have at the earliest opportunity with each other or, failing that, by formally bringing any issue in writing to the IMLAX Staff. If the IMLAX staff is not able to come to a resolution the issue may be presented to the IMLAX Executive Council for a final resolution.

XVII. Discipline

- A. All discipline will be determined by the IMLAX Executive Council with the use of the Boys and Girls High School Policy as a guide.

XVIII. Appendix

- A. Boys Rules Matrix (difference between US Lacrosse Rules and Intermountain Lacrosse)
- B. Girls Rules Matrix (difference between US Lacrosse Rules and Intermountain Lacrosse)