

City of Charleston  
Recreation Department

GOOD SPORTSMANSHIP



LACROSSE MANUAL

Daniel Island Coordinator  
Alison Sander  
843-216-6366  
sander@charleston-sc.gov



CITY OF CHARLESTON RECREATION DEPARTMENT  
YOUTH LACROSSE MANUAL

TABLE OF CONTENTS

I. Coaches Code of Ethics Pledge .....2

II. City of Charleston Lightning Safety Procedures.....3

III. Release of Confidential Information.....5

IV. Lacrosse Facilities/Facility Supervisors/Protests.....6

V. Protest Form.....7

VI. Critical Dates.....8

VII. Player Eligibility/Placement of Players on Teams.....9

VIII. Practices/Schedules/Recreation Hotline Information.....10

IX. League Rules & Guidelines for Boys U7 & U9 League.....11

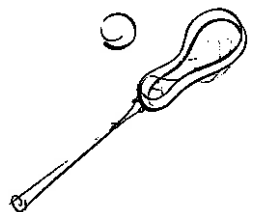
X. League Rules & Guidelines for Boys U11 League.....13

XI. League Rules & Guidelines for Boys U13 & U15 League.....15

XII. League Rules & Guidelines for Girls League ..... 17

XIII. Equipment and Uniforms & Conduct..... 19

XIV. Coaching Staff Information.....21





**City of Charleston**  
South Carolina

**Department of Recreation**

**Coaches Code of Conduct Contract**

***I hereby pledge to live up to the City of Charleston Recreation Department Code of Conduct as a coach.***

- 1. Coaches are responsible to ensure that the health, well-being, safety and development of athletes takes precedence over the win/loss record.***
- 2. Coaches are expected to maintain a professional demeanor in their relationships with athletes, officials, coaches, administrators, opposing parents and treat all with respect and dignity.***
- 3. Coaches must acknowledge that they are role models and behave in a respectful way. Exemplifying honesty, integrity, respect and fair play to all. Any form of fighting, verbal or physical, any threats of violence, any actions not representing that of a role model will not be tolerated.***
- 4. Coaches should recognize that physical contact is at times necessary with players but coaches must ensure that no action on their part can be misconstrued. Always follow the rule of 3. Never be alone with a child at practice, do not give children rides home and do not go behind closed doors with a child alone.***
- 5. Coaches should always instill integrity to the game and to the players. Do not teach children to break rules or behave unsportsmanlike. Let's prepare our players on how to succeed and fail maturely.***
- 6. Coaches will ensure they are knowledgeable in the rules of each sport that you coach, and that you will teach these rules to your players.***
- 7. Coaches will not tolerate or participate in any kind of abuse, verbal, physical or emotional. Please report any infractions, so that we can protect the children.***

***I will remember that I am a youth coach, and that the game is for children and not adults.***

**NAME(print)** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_



# City of Charleston Recreation

823 Meeting Street, Charleston, SC, 29492

---

**TITLE: LIGHTNING SAFETY**

**DATE: DECEMBER 30, 2013**

**REFERENCE NUMBER: NRPA RELATED STANDARD: 9.6 TOWN RELATED POLICY:**

**RESPONSIBLE AUTHORITY: DI COORDINATOR/REC SPECIALIST PAGE 1 OF 3**

---

**PURPOSE:** To insure as much as possible that the safety of participants is a priority and provide the proper procedure to mitigate the lightning hazard at any City of Charleston outside facilities and activities.

**POLICY:** Lightning is the most consistent and significant weather hazard that may affect outdoor activities; therefore the following procedures are to be followed to help insure the safety participants and spectators by monitoring how far away the lightning is occurring and how fast the storm is approaching, relative to the distance of a safe shelter.

**SPECIFIC PROCEDURES:**

1. City of Charleston has established a chain of command as to who monitors threatening weather and who makes the decision to remove a team or individuals from an outdoor site or event. The chain of command will be as follows:
  - a. Facility Supervisor assigned to site/event
  - b. Game Officials/Referees/Umpires
  - c. Recreation Coordinator/Specialist assigned to activity
  - d. Athletics Superintendent
  - e. Director
2. The Facility Supervisor assigned to the activity/site will be the City of Charleston representative at the site in the absence of the Recreation Coordinator/Specialist. The Facility Supervisor will include in their daily procedures monitoring of the weather by visual, audio and electronic means.
3. City of Charleston will obtain a weather report each day prior to a practice or event. Staff will be aware of potential thunderstorms that may form during scheduled activities.
4. City of Charleston will monitor the weather reports and National Weather Service-issued (NWS) thunderstorm "watches" and "warnings" as well as signs of thunderstorms developing nearby.
  - a. A **watch** means that conditions are favorable for severe weather to develop in an area.
  - b. A **warning** means that severe weather has been reported in an area and for everyone to take proper precautions.
5. City of Charleston staff will know where the closest "safe structure or location" is to the field/court or play area and will know how long it takes to get to that safe structure or location. Safe structure or location is defined as:



**LIGHTNING SAFETY PROCEDURES  
CITY OF CHARLETON POLICY  
DECEMBER 30, 2013  
Page 2 of 2**

- a. Any building normally occupied or frequently used by people; ie., a building with plumbing and/or electrical wiring that acts to electrically ground the structure. Shower facilities are not to be used for safe shelter and **do not use** the showers or plumbing facilities during a thunderstorm
  - b. In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. The sides of the vehicle are not to be touched.
6. City of Charleston has designated the following areas as a "safe structure or location" for the sites listed below:
- a. Governors Park – concession building
  - b. Etiwan Park – bathroom building
  - c. Hall 2 – in case of lightning, parents and participants should go to their cars
7. Overhangs, toilet trailers, restroom buildings, picnic shelters, tents, dugouts or other areas not listed in section 6 are **not to be used** to avoid lightning.
8. It is the responsibility of City of Charleston staff to be aware of how close lightning is occurring, by using a combination of the "flash-to-bang method" and issued lightning detectors. To use the "flash-to-bang method", count the seconds from the time the lightning is sighted to when the clap of thunder is heard. Divide this number by five (5) to obtain how far away (in miles) the lightning is occurring. For example, if an individual counts 15 seconds between seeing the flash and hearing the bang, 15 divided by five (5) equals three (3); therefore, the lightning flash is approximately three (3) miles away.
9. Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, no matter how far away. The most important aspect to monitor is how far away the lightning is occurring and how fast the storm is approaching, relative to the distance of a safe shelter.
10. At a minimum, by the time the monitor obtains a "flash-to-bang" count of **30 seconds**, all individuals should have left the outdoor site and reached a safe structure or location.
11. When consideration is being given to resumption of outdoor activities, a 30 minute waiting period after the last flash of lightning or sound of thunder is recommended before returning to the field/area or activity.

\_\_\_\_\_  
**Assistant Recreation Director**

\_\_\_\_\_  
**Recreation Director**



### **RELEASE OF CONFIDENTIAL INFORMATION**

The rosters that are provided to each coach contain important, yet confidential information. Each and every coach has the responsibility to insure that this information remains confidential. The City of Charleston has taken steps to abide by the wishes of many parents in keeping this information confidential.

Do not just randomly make copies of your roster to give to every parent on the team. Some parents do not want their phone numbers or child's birth date to be given out. Please respect everyone's wishes in this matter. If you want to form a phone tree or have a team mom/pop, ask the parents for their phone number/address. This way, if they do not want to participate in this manner, they have the option to say no.

Do not make multiple copies of the roster for convenience. The chances of leaving a copy somewhere on the field or in the dugout become greater with the more copies that you have.

**If anyone approaches you at the field requesting such information for a promotion, tell them no. Request their name and phone number and have them get in touch with City of Charleston. Notify the Facility Supervisor or any City of Charleston personnel at the site. Call and notify the City of Charleston as soon as possible.**

When requesting a roster to be faxed to your office, make sure that you get the fax promptly and that no other copies are available or thrown in the trash.

Please take the extra time and steps to help insure that this information does not accidentally fall into the hands of people who do not need it. All of our children are precious to us. It's worth the extra effort to help keep them out of harms way.



## CITY OF CHARLESTON RECREATION

### CITY OF CHARLESTON FACILITIES FOR LACROSSE

1. **Governors Park** – Seven Farms Dr, Daniel Island
2. **Etiwan Park** – 968 Etiwan Park St, Daniel Island, 29492
3. **Hall 2** – 2045 Austin Ave, Charleston, 29405

### FACILITY SUPERVISORS

There will be a facility supervisor at each game identifiable by a red t-shirt or sweatshirt. They are Recreation Department employees, and as such, represent the final authority for each situation not handled by the referee.

Please familiarize yourself with these people. They are athletes themselves with expert credentials for being supervisors. If you have any concerns, suggestions, or information, please tell one of our facility supervisors. They have a Game Summary Form that they are required to complete at the conclusion of the contests at a particular site. This form is used to pass information on to the Daniel Island Coordinator on a daily basis.

### PROTESTS

Protests will be allowed; however, judgment calls by the officials cannot be protested. The proper procedure for filing a protest is as follows:

1. All protests, including player eligibility, must be initially filed with the head official at the game site by the protesting manager and entered on the score sheet at the time of the incident that prompts the protest. **Failure to do this will result in the protest not being recognized.**
2. The official protest form must be completed and submitted with a check for **\$50.00** by noon on the next business day (Mon-Fri) after the protest is made on the field, with the Athletic Division. Protest forms will be available at all sites.
3. The form must be properly filled out and include the following: 1. Coach's name filing protest. 2. Team and age division. 3. Date of protest. 4. League that game was played in. 5. Content to include date and time. 6. Recreation Supervisor(s) present. 7. Game Official(s) present. 8. Protest described in detail to include rule being protested and the point of the game that the rule is protested.
4. The Protest Committee will make a recommendation on the outcome of a protest to the Daniel Island Coordinator. The Daniel Island Coordinator will have the final decision on the outcome of the protest.
5. The \$50.00 protest fee will be returned only if the protest is upheld by the Daniel Island Coordinator
6. Managers will be notified and may be on hand to answer questions concerning protests as needed by the Daniel Island Staff.



# SPORTS PROTEST FORM

Date Received: \_\_\_\_\_

Initials: \_\_\_\_\_

Protest Fee: \_\_\_\_\_

YES  
Returned

NO  
Kept

1. Coaches Name: \_\_\_\_\_

2. Team/ Age Division: \_\_\_\_\_

3. Date of Protest: \_\_\_\_\_

4. Contest: \_\_\_\_\_

5. City of Charleston Supervisors Present: \_\_\_\_\_

6. Game Officials Present: \_\_\_\_\_

7. PROTEST (Describe in Detail)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Outcome of Protest: \_\_\_\_\_

\_\_\_\_\_

Daniel Island Coordinator: \_\_\_\_\_ Date: \_\_\_\_\_





CITY OF CHARLESTON RECREATION

**LACROSSE CRITICAL DATES**

January 3 <sup>rd</sup> - 21 <sup>st</sup>	Registration
January 22 <sup>nd</sup> - 25 <sup>th</sup>	Late Registration
Week of Jan 27 <sup>th</sup>	Evaluations/Draft/Coaches Meetings
Week of Feb 3 <sup>rd</sup>	Practices Begin
February 24 <sup>th</sup>	Games begin





## CITY OF CHARLESTON RECREATION

### PLAYER ELIGIBILITY

All players must fill out a registration form and pay a fee in order to participate in the City of Charleston Lacrosse program. Scholarships are available on an individual basis. Contact the Daniel Island Coordinator for assistance concerning the scholarship program.

Each child must have a copy of his/her birth certificate or other acceptable document proving date of birth on file at the Recreation Department. First time participants must provide original documentation.

If a player is found to be ineligible because of a knowledgeable violation, all games in which that player participated will be declared forfeits.

### PLACEMENT OF PLAYERS ON TEAMS

The goal of our Recreation Department is to have all the teams in each league divided equally according to talent. Since we have no way of knowing the talent level of ALL PLAYERS, the only way that we can insure that no team "loads up" on the talent is to have evaluations and drafts if necessary due to location difficulties. The method used to divide teams is as follows:

1. The head coach's child/children will be allowed to be on the same team that their parents coach.
2. Siblings will play on the same team if their age allows them to unless parents request that they play on separate teams.
3. A player evaluation will be conducted if there are 2 or more teams in same league. This evaluation will help insure more balance among teams in each respective league. Players not present for evaluations will be randomly placed on a team.
4. Parent volunteer coaches may select one head assistant coach **prior** the draft/evaluation process.

Team assignments will be made after the registration period. **The City of Charleston Athletics, not by coaches, will make all deletions and additions to the team roster. NO TRADES WILL BE ALLOWED.** Sponsors may wish to sponsor the team that their child is randomly selected to. Sponsors WILL NOT BE permitted to choose which coach their child will play for prior to the team selection. **NO PLAYER WILL BE ALLOWED TO PLAY UNLESS THEY ARE REGISTERED THROUGH THE CITY OF CHARLESTON RECREATION DEPARTMENT.** A player can not be drafted by a coach if he/she does not attend evaluations.



## CITY OF CHARLESTON RECREATION

### PRACTICES

**No players are to be left unattended after practices have ended. An adult must stay until the last player has left the premises.**

All practice schedules must be strictly followed. In the event a coach cannot make a scheduled practice, all players must be notified by the coach. Please also notify us if any changes must occur.

More than one (1) team will be scheduled to practice on a field at one time. All coaches must share the space in an amicable manner.

Practices will be scheduled for 4:00, 5:00 and 6:00 time slots only. After the allotted time is up, the practice must end immediately. Courtesy and consideration are paramount to satisfying everyone's requirements.

Teams are **not allowed** to practice when it is thundering or when lightning is present. Refer to the City of Charleston Athletic Division Policy, AO-400.01 **Lightning Safety Procedures**, for further information regarding lightning safety. This policy is located in the front of the manual.

### SCHEDULES

Due to weather and outside issues with fields teams may have Friday night and Saturday make-up games scheduled. Make-up games may include doubleheaders.

Schedules will be made up by the Daniel Island Recreation Department. All games must be played at the time, day, and location outlined in the schedule or will result in forfeit unless City of Charleston Recreation has an extenuating circumstance.

The Recreation Department will reschedule any games that are postponed because of rainouts or reasons beyond the Rec. Dept. control. All league games will be rescheduled on the next available date.

The official team name is the sponsor's name. That name will appear on the game schedule. If the team does not have a sponsor; they will be given a name.

### RECREATION HOTLINE INFORMATION

**Register at [www.RainedOut.com](http://www.RainedOut.com)** to get an update on the playing status of games when inclement weather exists. The Recreation Department and officials will determine if a game is rained out. However, "when in doubt, dress out."

\*Sign up for the City (DI) page, not the "sports specific" only page

## League Rules and Guidelines **Boys U7 & U9 League**

**U7 & U9 Leagues is an instructional non-competitive league. It is our hope to focus on handling and skill. Lacrosse fundamentals, skills development, sportsmanship and enjoyment of the game are the primary objectives; winning is not. Playing time must be equitable for all players regardless of skill level.**

**Player Eligibility:** Players U7 and U9 must be 5 and 6 or 7 and 8 as of the cutoff of August 31<sup>st</sup>, of the previous year.

**Field:** Small Field: The length of the field will be 60yds from End line to End line. The Width of the field will be 45yds from sideline to sideline.

**Equipment:** This league utilizes a standard lacrosse goal. U7 no goalies, and U9 goalies allowed. Full protective gear is required for players. (Helmet, gloves, shoulder pads, arm pads and mouth-guard). Defense (Long) sticks are not allowed. Metal Cleats are not allowed.

**\*\*\*\* No player may practice or play without their equipment\*\*\*\***

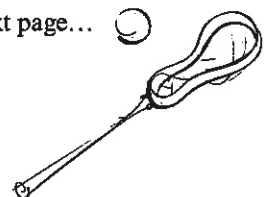
**Time Factors and Scoring:**

- \*Four 8 minute quarters; running time clock.
- \*1 minute between quarters and a 5-minute halftime.
- \*All substitutions on the fly.
- \*2 one minute timeouts.
- \*No overtime; no tiebreakers **WE DO NOT KEEP SCORE**

**Rules of Play:** NFHS rules, US Lacrosse, and LLYL rules/guidelines. *Coaches must be familiar with both the NFHS rulebook rules and exceptions, including:*

- Face Off by age starting with younger than older. Players are not allowed in the neutral area (inside girls center circle) until a player gains possession of the ball in a face off.
- Mercy rule after 4 goals the opposite team starts with possession of the ball at center until deficit is less than 4 goals. A coach can waive this off.
- Coaches Officiate (one from each team allowed on the field)
- 1 completed/attempted pass before allowed to go to cage and shoot, ball can drop as long as team possession is maintained. (if team is up by three goals, increase the pass rule)
- Players- 6v6, 2 attack, 2 middies, and 2 defense (no long poles) U9 has a goalie
- No roaming, coaches make sure you teach them this, just place the kids back on sides.
- We will use regulation sized goals and creases, no one is allowed in the crease at all in U7, and U9 goalies are allowed in the crease only, no deputy of any kind.
- Substitutions will be made on all major fouls, including helmet hits & intent to danger.
- Checking (keep it to a minimum & under control/ or else no checking "coach control")
  - Only stick head to stick head checking, no body at all
  - All checks must be two hands on the stick
  - No hits above the shoulders
  - No hitting from behind

Continued on next page...





## CITY OF CHARLESTON RECREATION

### League Rules and Guidelines Continued **Boys U7 & U9 League**

#### Penalties

- \* There will be NO time serving penalties in this league.
  - a. Only if there is a personal or unsportsmanlike penalty then they will be substituted for.
- \* Players may still be ejected from games for two unsportsmanlike penalties.
- \* Penalties whether personal or technical in nature will still be called by coaches/officials however the enforcement of these penalties will result in:
  - a. The player committing the infraction will leave the field of play and be appropriately substituted for.
- \* All penalties will still be appropriately called and relayed to table area and coaches.
- \* Play may begin once infringed team is ready for restart, this will encourage timely substitutions and not provide stalling situation or advantage to team who committed foul.

Takeout 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. Any contact where a player extends his arms or gains unnecessary momentum to knock another player to the ground is a takeout check. Points of emphasis for the official making the call are force and intent. Hip checking from the side, bodying up, stick checks and boxing out the opponent are all legal contact. A body check from the front is legal if the player initiating contact does not lower his helmet or shoulder, and the official deems that the force is not excessive. The body checked opponent leaving his feet is usually, but not always, evidence of excessive force; the body checked opponent being legally pushed out of the play is not. A player who trips or falls after coming in contact with another player is not necessarily a victim of a takeout check. It is potentially incidental contact, and therefore a no-call.

#### **Prohibitions:**

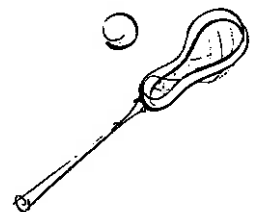
- 3 Coaches and players are the only people allowed at the player bench during games.
- Non registered persons are not allowed to practice, assist or help during practices or games.
- Teams are only allowed **three coaches** and all coaches must have filled out a Recreation Department volunteer application and must submit to a background check.

#### **Special Note:**

- This League may be officiated by high school aged players and up, but mostly coaches as officials.
- All coaches must sign and abide by the Coaches Code of Ethics
- Teams must respect home field rules and policies and pick up after themselves.

**ABSOLUTELY NO SMOKING OR USE OF ANY TYPE OF TOBACCO OR ALCOHOL PRODUCTS WILL BE PERMITTED BY COACHES, PLAYERS, GAME OFFICIALS, OR REFEREES WHILE AT PRACTICES OR GAMES.**

All rules not covered by these policies will be governed by US Lacrosse Association – Laws of the Game.





## CITY OF CHARLESTON RECREATION

### League Rules and Guidelines **Boys U11 League**

**This league is an instructional yet competitive league with body contact and stick checking allowed and taught as an integral part of the sport of Lacrosse. Teams can play to win, but not at the expense of sportsmanship and playing time for new or less-skilled players.**

**Number of Players:** 10 per side on the field (9 field players and 1 goalie).

**Player Eligibility:** Players 9 and 10 years of age at season registration cutoff of August 31<sup>st</sup>, of the previous year. The Recreation Coordinator/Specialist reserves the right to combine age groups if there are not enough players to form the above-mentioned divisions.

**Field:** The field dimensions will be 100 x 60 yards. \*\* High School Regulation field is 110 by 60 yards\*\*

**Equipment:** This league utilizes a standard lacrosse goal with goalies. Sticks will be 37-42" in length, No long sticks. Full protective gear is required for players. (Helmet, gloves, shoulder pads, arm pads and mouth-guard). Metal Cleats are not allowed. **Goalies are required to wear a protective cup.**  
\*\*\*\* No player may practice or play without their equipment\*\*\*\*

**Playing Requirement:** Coaches are to play all players equally. As long as there isn't a pre-existing reason that a player should be held out i.e. missing practices, unsportsmanlike conduct, etc, but this must be brought to a purple shirts attention prior to the game.

#### **Time Factors and Scoring:**

- Four 10 minute quarters; running time clock besides the clock will stop on goals.
- Two (1 minute) timeouts per game
- 1 minute between quarters and a 5-minute halftime.
- All penalties are substitution or play-ons at this level.
- All substitutions on the fly and at officials whistles for substitutions.
- The 20 sec defensive count or 10 sec offensive count WILL NOT be used.
- If the game is tied, there will be over time of one 5 minute sudden victory, then end in a tie, unless in playoffs. (no Timeouts in OT)
- Mercy rule – When there is a 4 goal deficit the trailing team gets possession of the ball at the "x" with no face off after any goal is scored until the deficit of goals is less then six. The trailing team may chose not to accept the mercy rule and continue to have face-offs. The clock will run continuously until the deficit is less than the 4 goals again.
- Foul out- any player who accumulates 3 personal fouls, regardless of the penalty time accrued, shall be disqualified from the game.

#### **Prohibitions:**

- 3 Coaches and players are the only people allowed at the player bench during games.
- Non registered persons are not allowed to practice, assist or help during practices or games.
- Teams are only allowed three coaches and all coaches must have filled out a Recreation Department volunteer application and must submit to a background check.

#### **Special Note:**

- \* This League may be officiated by high school aged Juniors and up.
- \* All coaches must sign and abide by the Coaches Code of Ethics
- \* Teams must respect home field rules and policies and pick up after themselves.

Continued on next page...





## CITY OF CHARLESTON RECREATION

### League Rules and Guidelines Continued **Boys U11 League**

**Rules of Play:** NFHS rules, US Lacrosse and LLYL rules/guidelines. *Coaches must be familiar with both the NFHS rulebook and all LLYL rules and exceptions, including:*

- Players not registered with City of Charleston Recreation Department may not play/practice or supplement a roster at any time.
- 4 second goalie count
- No one-handed stick checks (substitution penalty)
- A coach receiving two or more 1-minute penalties for unsportsmanlike conduct will be ejected, with an automatic next-game suspension.
- No takeout checks.
- Body checking will be permitted with a Maximum of two (2) running strides or (3) yards prior to the delivery of the check, and must be made from front or the side, not from behind to only a player with possession of the ball or within 3 yards from a loose ball or in flight.

*\* Penalties will be served by pulling the player out of the game for that play and substituting another player in his position. During this time coaches are to instruct players what they did wrong. This will be required to do next to the scorers table. If fouls start to run rampant then we will institute the 45/90 second penalty rule. This can be initiated at any time (during, before, after games) by the league organizer (Daniel Island Coordinator).*

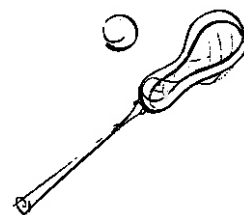
Takeout checks: Checks in which the player lowers his head or shoulder with the force and intent to take out (put on the ground) the other player. Any contact where a player extends his arms or gains unnecessary momentum to knock another player to the ground is a takeout check. Points of emphasis for the official making the call are force and intent. Hip checking from the side, bodying up, stick checks and boxing out the opponent are all legal contact. A body check from the front is legal if the player initiating contact does not lower his helmet or shoulder, and the official deems that the force is not excessive. The body checked opponent leaving his feet is usually, but not always, evidence of excessive force; the body checked opponent being legally pushed out of the play is not. A player who trips or falls after coming in contact with another player is not necessarily a victim of a takeout check. It is potentially incidental contact, and therefore a no-call.

**Spectators/parents:** Coaches are responsible for the conduct and behavior of their parents and fans. Spectators should view the game on the opposite side of the field from the teams. Any behavior of spectators/parents that is harassing or unsportsmanlike (as determined by officials) may result in penalties for the team involved or the suspension of play.

**ABSOLUTELY NO SMOKING OR USE OF ANY TYPE OF TOBACCO OR ALCOHOL PRODUCTS WILL BE PERMITTED BY COACHES, PLAYERS, GAME OFFICIALS, OR REFEREES WHILE AT PRACTICES OR GAMES.**

All rules not covered by these policies will be governed by US Lacrosse Association – Laws of the Game.

**Awards:** In all leagues the regular season champions will receive individual trophies and runner up will receive team trophies. Post Season will ONLY be City of Charleston Registered teams, and a winner and runner up will be given trophies.





## CITY OF CHARLESTON RECREATION

### League Rules and Guidelines **Boys U13 & U15 League**

**This league is an instructional yet competitive league with body contact and stick checking allowed and taught as an integral part of the sport of Lacrosse. Teams can play to win, but not at the expense of sportsmanship and playing time for new or less-skilled players.**

**Number of Players:** 10 per side on the field (9 field players and 1 goalie).

**Player Eligibility:** Players 11 & 12 or 13 & 14 years of age at season registration cutoff of August 31<sup>st</sup>, of the previous year. The Recreation Coordinator/Specialist reserves the right to combine age groups if there are not enough players to form the above-mentioned divisions.

**Field:** The field dimensions will be 100 x 60 yards. \*\* High School Regulation field is 110 by 60 yards\*\*

**Equipment:** The middle school league utilizes a standard lacrosse goal with a goalie. Full protective gear is required for players. (Helmet, gloves, shoulder pads, arm pads and mouth-guard). Defense sticks are allowed, and short sticks may be cut down to a shorter length of 37 to 72 inches under NFHS Youth Boys rules. **Goalies are required to wear a protective cup** and their stick is between 40-72". Metal Cleats are not allowed. \*\*\*\* No player may practice or play without their equipment\*\*\*\*

**Playing Requirement:** Coaches are to play all players equally. As long as there isn't a pre-existing reason that a player should be held out i.e. missing practices, unsportsmanlike conduct, etc, but this must be brought to a purple shirts attention prior to the game.

#### **Time Factors and Scoring:**

- Four 11 minute quarters; running time clock besides the clock will stop on goals.
- Two (1 minute) timeouts per game
- 1 minute between quarters and a 5-minute halftime.
- All penalties are penalties (man-up & man-down) at this level.
- All substitutions on the fly and at officials whistles for substitutions.
- If the game is tied, there will be over time of one 5 minute sudden victory, then end in a tie, unless during playoffs. (No TO in OT)
- Mercy rule – When there is a four goal deficit, the trailing team gets possession of the ball at the "x" with no face off after any goal is scored until the deficit of goals is less than six. The trailing team may chose not to accept the mercy rule and continue to have face-offs. The clock will run continuously until the deficit is less than 4 goals again.
- Foul out- any player who accumulates four personal fouls, regardless of the penalty time accrued, shall be disqualified from the game
- 4 second goalie count
- 20-second over half field count.
- 10 second into the offensive box count
- 2 minute "get it in-keep it in" rule applies at end of game for the winning team

#### **Prohibitions:**

- 3 Coaches and players are the only people allowed at the player bench during games.
- Non registered persons are not allowed to practice, assist or help during practices or games.
- Teams are only allowed three coaches and all coaches must have filled out a Recreation Department volunteer application and must submit to a background check.

Continued on next page...







## CITY OF CHARLESTON RECREATION

# League Rules and Guidelines Continued **Boys U13 & U15 League**

### **Special Note:**

- \* Practices may not exceed 3 per week.
- \* All coaches must sign and abide by the Coaches Code of Ethics
- \* Teams must respect home field rules and policies and pick up after themselves.

**Rules of Play:** NFHS rules and LLYL rules/guidelines. *Coaches must be familiar with both the NFHS rulebook and all LLYL rules and exceptions, including:*

- Players not registered with the City of Charleston Recreation Department may not play/practice or supplement a roster at any time.
- A coach receiving two or more 1-minute penalties for unsportsmanlike conduct will be ejected, with an automatic next-game suspension.
- No takeout checks.

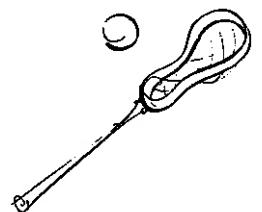
Takeout checks: *Checks in which the player lowers his head or shoulder with the force and intent to take out (put on the ground) the other player. Any contact where a player extends his arms or gains unnecessary momentum to knock another player to the ground is a takeout check. Points of emphasis for the official making the call are force and intent. Hip checking from the side, bodying up, stick checks and boxing out the opponent are all legal contact. A body check from the front is legal if the player initiating contact does not lower his helmet or shoulder, and the official deems that the force is not excessive. The body checked opponent leaving his feet is usually, but not always, evidence of excessive force; the body checked opponent being legally pushed out of the play is not. A player who trips or falls after coming in contact with another player is not necessarily a victim of a takeout check. It is potentially incidental contact, and therefore a no-call.*

**Spectators/parents:** Coaches are responsible for the conduct and behavior of their parents and fans. Spectators should view the game on the opposite side of the field from the teams. Any behavior of spectators/parents that is harassing or unsportsmanlike (as determined by officials) may result in penalties for the team involved or the suspension of play and/or the removal of the spectator from the premises.

**ABSOLUTELY NO SMOKING OR USE OF ANY TYPE OF TOBACCO OR ALCOHOL PRODUCTS WILL BE PERMITTED BY COACHES, PLAYERS, GAME OFFICIALS, OR REFEREES WHILE AT PRACTICES OR GAMES.**

All rules not covered by these policies will be governed by US Lacrosse Association – Laws of the Game.

**Awards:** In all leagues the regular season champions will receive individual trophies and runner up will receive team trophies. Post Season will ONLY be City of Charleston Registered teams, and a winner and runner up will be given trophies.





## CITY OF CHARLESTON RECREATION

### League Rules and Guidelines **Girls League**

**Number of Players:** 12 per side on the field (11 field players and 1 goalie).

**Player Eligibility:** Players 5-8, 8-11, and 11-14 years of age at season registration cutoff of December 31<sup>st</sup>, of the previous year. The Recreation Coordinator/Specialist reserves the right to combine age groups if there are not enough players to form the above-mentioned divisions.

**Field:** The field dimensions will be 100 x 60 yards. \*\* High School Regulation field is 110 by 60 yards\*\*

**Equipment:** The league utilizes a standard lacrosse goal with a goalie. Sticks must be 35 ½ to 43 ¼ inches long. Goggles and mouth piece is required for players. Goalies must wear helmet, mouth-guard, throat protector, gloves, chest protector, pelvis protection, and leg padding. Metal Cleats are not allowed. \*\*\*\* No player may practice or play without their equipment\*\*\*\*

#### **Team Responsibilities:**

- Each team may provide a table official to help oversee timing and penalties or to keep stats.

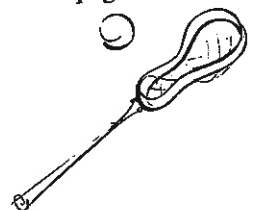
#### **Time Factors and Scoring:**

- Two 20 minute halves, running clock for the U11 & U15 age groups.
- Overtime- in event of a tie, one 5 minute sudden victory periods will be played with no timeouts.
- Two timeouts per game (2 minutes each) not usable in Overtime.
- Mercy Rule – when there is a four goal deficit the trailing team gets possession of the ball at the “X” with no center-draw after any goal is scored until the deficit of goals is less then four. The trailing team may choose to not accept the mercy rule and continue to have center draws. The clock will run continuously until the deficit is less than 4 goals again.

#### **Rules of Play:** *We will be playing US Lacrosse Level A rules and City of Charleston restrictions:*

- Players not registered with the City of Charleston may not play/practice or supplement a roster at any time.
- Sticks- must be regulation with regulation pocket guidelines followed. 35 ½-43 ¼” inch field stick and 35 ½ - 48” for a goalie stick
- 10-second count for goalies applies.
- 11-14 girls = MODIFIED CHECKING- checking the crosse only if the entire crosse is below shoulder level. The check must be in a downward direction and away from the body.
- Any check to the head is an automatic red card and they will be out for the rest of the game.
- A Field player must not enter or have any part of her body or crosse on or in the goal circle at any time unless she is deputizing for the goalkeeper. (Minor Foul)
- No holding of the ball for more than 3 seconds when closely guarded/marked and the defense has both hands on her stick and is in position to legally check where checking is allowed. (Minor Foul)
- Each team must have three attempted passes (8-11) and one completed pass (11-14) before being able to shoot on cage.

Continued on next page...





## CITY OF CHARLESTON RECREATION

# League Rules and Guidelines Continued **Girls League**

**Playing Requirement:** Coaches are to play all players equally. As long as there isn't a pre-existing reason that a player should be held out i.e. missing practices, unsportsmanlike conduct, etc, but this must be brought to a red shirts attention prior to the game.

**Prohibitions:**

- 3 Coaches and players are the only people allowed at the player bench during games.
- Non registered persons are not allowed to practice, assist or help during practices or games.
- Teams are only allowed three coaches and all coaches must have filled out a Recreation Department volunteer application and must submit to a background check.

**Special Note:**

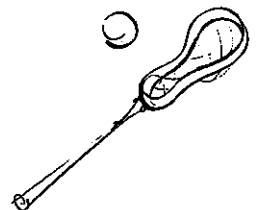
- \* Practices may not exceed 3 per week.
- \* All coaches must sign and abide by the Coaches Code of Ethics
- \* Teams must respect home field rules and policies and pick up after themselves.

**Spectators/parents:** Coaches are responsible for the conduct and behavior of their parents and fans. Spectators should view the game on the opposite side of the field from the teams. Any behavior of spectators/parents that is harassing or unsportsmanlike (as determined by officials) may result in penalties for the team involved or the suspension of play and/or the removal of the spectator from the premises.

**ABSOLUTELY NO SMOKING OR USE OF ANY TYPE OF TOBACCO OR ALCOHOL PRODUCTS WILL BE PERMITTED BY COACHES, PLAYERS, GAME OFFICIALS, OR REFEREES WHILE AT PRACTICES OR GAMES.**

All rules not covered by these policies will be governed by US Lacrosse Association – Laws of the Game.

**Awards:** In all leagues the regular season champions will receive individual trophies and runner up will receive team trophies. Post Season will ONLY be City of Charleston Registered teams, and a winner and runner up will be given trophies.





## CITY OF CHARLESTON RECREATION

### EQUIPMENT AND UNIFORMS

The complete uniform consists of reversible, shorts, cleats, and lacrosse pads (BOYS: helmet, mouth guard, shoulder pads, and arm pads. Girls: Goggles and mouth guards. GOALIES: see age group). City of Charleston will provide reversibles as the only game jersey that the team will be permitted to wear on the field during a game. If a team chooses to wear any other jersey that is not approved by the Coordinator or Specialist the game will be a forfeit. Everything besides the reversible game jersey is the responsibility of the participant. A ball bucket with balls and cones will be provided to each coach for practice and game use. Coordinator or Specialist will collect all equipment after the last scheduled game. Equipment (balls and cones) necessary for practices and games will be issued by the Recreation Department to the coaches and accounted for. Any equipment issued by the Recreation Department that becomes damaged or broken must be exchanged immediately for good equipment. Any lost/missing equipment must be reported as such immediately to the Recreation Department. The appropriate report of lost/missing equipment form must be completed at this time. During games the coach must share any Recreation Department equipment with the other teams if it is necessary. **Failure to report lost/missing equipment could result in the individual who was issued the equipment having to reimburse the City of Charleston Recreation Department for replacement cost.**

### CONDUCT

All players must remain on the sidelines during the game except when substituting and time-outs.

Coaches are only given 50 yards to roam. This is the end of the field that their team bench is on.

At no time during or after a game may a coach or players argue a call of a referee.

**At no time**, before, during, or after a game, shall a coach or players yell or raise his or her voice at a referee, scorekeeper or Recreation Department personnel.

No smoking or use of any type of tobacco or alcohol products will be permitted by coaches or players while at practices or games.

Absolutely no fighting will be permitted by any player or players. Violators will automatically be suspended from further league participation.

Any player or coach ejected from a game must leave the playing area immediately. The game will not be allowed to continue until the offender has left. A player or coach suspended will serve a one game suspension and will not be permitted to play until a meeting is held with the Recreation Department Daniel Island Coordinator.

Any coach who pulls his or her team from the field before the contest has ended will be suspended for the remainder of the season.

All coaches will conduct themselves according to socially accepted standards and the Coaches Code of Ethics Pledge. Violators may be suspended by the Daniel Island Coordinator after a meeting has been held.

Do not contact the sponsors for additional money.

Any player using inappropriate language will be removed from the game. Multiple violations will result in the player being removed from the league. A meeting with the Daniel Island Coordinator will have to occur before the player can be reinstated to the league.

The Daniel Island Coordinator has the authority to, and will, dismiss any coach who does not conduct themselves according to any of the above policies, or in any manner that is not deemed appropriate by City of Charleston.



**INSERT CODE OF CONDUCTS**



RECEIVED BY \_\_\_\_\_  
DATE REC. \_\_\_\_\_  
REQUEST(S) CONF. YES NO

NOTES: \_\_\_\_\_

\_\_\_\_\_  
STAFF USE ONLY

CITY OF CHARLESTON RECREATION DEPARTMENT  
LACROSSE COACHING STAFF INFORMATION

TEAM NAME: \_\_\_\_\_ AGE GROUP \_\_\_\_\_

HEAD COACH: NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: CELL: \_\_\_\_\_ HOME: \_\_\_\_\_

PLEASE LIST IN PRIORITY THE PRACTICE TIMES AND DAYS THAT YOU WOULD LIKE TO PRACTICE WITH YOUR TEAM.

**WE WILL USE GOVERNORS PARK, ETIWAN PARK & HALL 2**

1st Priority	Day _____	Time _____	Location _____
2nd Priority	Day _____	Time _____	Location _____
3rd Priority	Day _____	Time _____	Location _____
4th Priority	Day _____	Time _____	Location _____
5th Priority	Day _____	Time _____	Location _____
6th Priority	Day _____	Time _____	Location _____

NOTES: \_\_\_\_\_

\_\_\_\_\_

## ORGANIZING GOOD PRACTICES WITH LIMITED TIME AND SPACE

1. Be organized.
2. Have a well thought out plan.
3. Develop a pre-season calendar.
  - a. Determine what must be taught before the first game.
  - b. Set-up a daily schedule to make sure it gets completed.
  - c. Be adjustable when necessary.
4. Develop a detailed practice plan prior to each practice.
  - a. Stretching and warm-up (Can it be done before you begin actual practice?).
  - b. Fundamentals – Always include shooting.
  - c. Conditioning.
  - d. Team strategies and game-like situations.
5. **If you have assistant coaches, try to include them in the planning stages. Use assistants in practice. Make sure you teach them ahead of time. They should know what you expect.**
6. If you are teaching something new, be sure to work it out on the floor before going to practice. It is easy to get confused.
7. Use your time and space wisely. (Space, you might have 1 team on the field one day and 4 teams on a field the next, do full field drills when you have the full field.) Give good explanation and correction. Avoid too much standing. If you have players on the sideline, either give them something to work on or make sure they are paying attention.
8. Stick to the basics. Remember, fundamentals are important. The best offensive plays in the world will not help you be successful if your players do not know how to execute the fundamentals.
9. Evaluate each practice as soon as you finish. Include your assistant coaches. Determine what worked. What did not work. What you will need to do next.
10. Refer to your pre-season calendar whenever you make changes in practice plans. Try to stay on track as much as possible.
11. Be a good communicator. Find the easiest, most effective way to get your points and concepts across to players.

### Communication – Including Parents as a Part of the Plan

1. **Meet with Parents at the beginning of the season.**
2. Communicate to them those things which are important:
  - a. **Player expectations and team rules.**
  - b. League rules.
  - c. Practice and game schedules.
  - d. Injuries – procedures, etc.
  - e. Your philosophy of coaching the team.
  - f. Role of the parent.
  - g. Transportation problems and organization.
  - h. Remind them that a Parents Code of Conduct was signed for a player.
3. **Some general tips:**
  - a. **Be congenial, courteous, and communicative.**
  - b. Let them know you are the one who is in the position to make team decisions.
  - c. Whenever problems or questions arise, talk to them only about their own child. Do not talk to them about other players on the team.
  - d. Make parents your supporters, not your adversaries.

## Check Sheet for Fundamental Skill Work

### 1. STICK SKILLS

- a. Craddeling- Straight up/Out front/One hand, Change of speed run/walk,
- b. Switching hands
- c. Faking- change levels, high/low
- d. Stick Trix-

### 2. PASSING- Feet Moving, step opposite foot, soft hands, arms away from body, Stick off back hip, Communication, Keep it interesting (add a new one at the end of each practice), Give feedback walk around and talk to a new kids each day.

#### a. Stationary Partner Passing

- i. Right hand
- ii. Left Hand
- iii. Over the Shoulder R&L
- iv. Long Passes R&L
- v. Quick Stick R&L
- vi. 1 Handed catch & Throw (challenge by moving hand further down)
- vii. Jump Pass (get off the ground like a jump shot)
- viii. BTB R&L
- ix. ATW R&L
- x. Mini Hands (for in tight spaces)
- xi. Bounce passes
- xii. Bad passes
- xiii. Where they ask for it (target)
- xiv. Ground balls
- xv. Between the legs
- xvi. Flick Passes
- xvii. Risers
- xviii. Worm Burners
- xix. GET CREATIVE- you see it, practice it!!!

#### b. On the Move-

- i. Weaves 3 person
- ii. 2 person back and forth (up field hand & Back field hand, right hand, and left hand)

#### c. Partner Passing On the Move\*\*\*

- i. Switch it up R to L both partners
- ii. Back to Back- Over the shoulder catch, turn and low flick / turn and over the shoulder

#### d. Shuttle lines

- i. Right
- ii. Left
- iii. Over the Shoulder
- iv. Ground Balls to and away

### 3. CATCHING

- a. Create a target, keep it in the "sweet spot"

### 4. DODGING

- a. Face Dodge- keep it in same hand, use body to protect, pull to opposite side of body
- b. Switch Dodge- pull across the face and switch hands



5. GROUND BALLS- Knuckles on the ground, Pick up & pull in tight, Ball Down Calls
  - a. Right & Left
  - b. Hockey (flick away from opponent to open space)
  - c. Kick for BOYS ONLY, switch for girls which protects the ball
6. SHOOTING- BEEF (Balance, Eyes, Elbow, Follow Through)
7. PROTECTING YOUR STICK DRILLS
8. FORMATIONS
9. DRAWS/FACEOFFS
10. CHECKING
11. GOALIES- "don't neglect your goalies, they are the most important part of your team."
12. CLEARS
  - a. Spider out
  - b. Long/Short
  - c. Cuts
  - d. Trails
13. RIDES
14. DEFENSE
  - a. Get Low
  - b. Move your feet
  - c. Body Up
  - d. Using your stick
  - e.
15. OFFENSE
  - a. Balance
  - b. Movement- ball & people
  - c. Read what the defense is giving you
16. MOVEMENTS WITH OUT THE BALL
  - a. V-Cuts, C-Cuts, L-Cuts
  - b. Backdoors, "Barbie dolls"
  - c. Cut Throughs
  - d. Screens
  - e. Picks
17. FUN DRILLS- to get attention focused back to where it should be
18. PLAYS

#### INDIVIDUAL DEFENSE

Stance – balance, butt down, palms open and up, head up, shoulders back

Step – slide, feet wide

Drop step – 45 degree angles

Advance step

On ball defense – spacing, drop and slide whenever ball drops down, head on ball, cut off dribble, make offense change direction.

#### BASIC DEFENSIVE CONCEPTS

Close-outs – send to corner, not middle

Ball – me-you

- Jump to the ball
- Bumping cutters
- Help and recover
- Helpside Defense
- Defending the backdoor cut

#### FAST BREAK CONCEPTS

- Offense begins with defensive rebound
- Filling lanes
- Get ball down the floor as quickly as possible
- Ball side block
- Trailers
- Floor balance
- Options

MORE TO COME!!!!