



SIoux FALLS LACROSSE
OPERATING POLICIES

Document Change Log

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Participation Requirements

All players and coaches participating in Sioux Falls Lacrosse sanctioned activities must be registered members of US Lacrosse.

When registering for Sioux Falls Lacrosse programming, the website will require and validate membership through the end of the program session before registration can be completed.

Coaches will also be required to complete the following steps:

1. Complete a background check via the US Lacrosse website.
2. Complete SafeSport training via the US Lacrosse website.
3. Coaches of Travel Teams must be US Lacrosse Level 1 Certified. All other coaches are also encouraged to become certified.

Fees and Deadlines

Fees must be paid in full prior to the beginning of the program session. Failure to make payment in full or secure alternative arrangements may result in players not being allowed to participate until paid in full.

Late Payments

A late fee will be assessed for any payment not received by the due dates described in the registration program. The late fee must be included with the late payment or it will not be accepted.

Code of Conduct

All players and coaches will be required to acknowledge and agree to a code of conduct prior to each lacrosse session. The code of conduct will be part of the player registration process.

Discipline Policy

A player shall not at any time, regardless of the quantity:

1. Use, consume or have in possession a beverage containing alcohol
2. Use, consume or have in possession tobacco
3. Use, consume or have in possession, any other controlled substance (except for prescription drugs legitimately prescribed to that individual)
4. Buy, sell or give away any other controlled substance

A coach or team official shall not, in the presence of any players or officials, during, immediately preceding or following a game, practice or scrimmage or at any time on event grounds, regardless of quantity:

1. Use, consume or have in possession a beverage containing alcohol;
2. Use, consume or have in possession tobacco; or
3. Use, consume or have in possession, any other controlled substance (except for prescription drugs legitimately prescribed to that individual).
4. Buy, sell or give away any other controlled substance.

A player or coach shall not engage in sexual, racial or religious harassment, violence or any form of hazing.

A player or coach shall not engage in fighting before, during or after a League event. This policy addresses additional penalties that will be imposed on the team.

A player or coach shall not assault any person.

Penalties:

1. First Violation. The player or coach shall lose eligibility for either the next two (2) games or fourteen (14) days, whichever is greater.
2. Second Violation. The player or coach shall lose eligibility for either the next six (6) games or twenty-one (21) days, whichever is greater.
3. Third or Subsequent Violation: The player or coach shall lose eligibility for either the next twelve (12) games or forty-two (42) days, whichever is greater.
4. In all situations where a team's season ends prior to the expiration of a suspension, the suspension will carry over to the next season. The count of the number of days is held constant until the day of that player's team's first game of the next season.

Applying the Penalty:

1. The number of violations shall be counted consecutively throughout the player's or coach's career. The number of violations does not reset to zero at the beginning of each year.
2. Additional penalties shall be served consecutively.
3. The penalty shall start being served when the League Director notifies the head coach of the player or assistant coach who has violated any bylaw or operating policy (or the League notifies the organization if the head coach is penalized).
4. If a coach or leader of the organization becomes aware of a violation of this policy, he or she must ensure that the suspension begins being served immediately and will notify the Program Director as soon as possible.
5. Scrimmages will not be counted toward the count of the number of games, but suspended players and coaches are not eligible to participate.
6. Players and coaches may participate in team practices while suspended.

Parents and spectators:

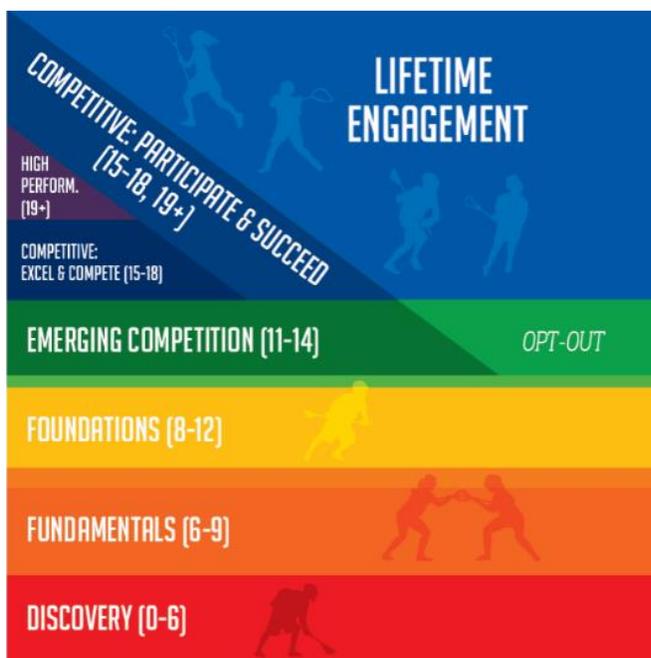
1. Sioux Falls Lacrosse reserves the right to bar parents, spectators, and other parties from attending program events (including games, practices, and meetings) for offenses including, but not limited to, use or possession of alcohol, tobacco, or controlled substances not legally prescribed to the individual at program events
2. Public intoxication or being under the influence of controlled substances not legally prescribed to the individual at program events
3. Engaging in sexual, racial or religious harassment, violence or any form of hazing
4. Threatening any person
5. Engaging in abusive behavior toward a game official, coach, player, or other party
6. Penalties may range from a suspension from program events for a certain time period to a lifetime ban from Sioux Falls Lacrosse events.

Concussion policy

The policy regarding concussions is that any player who is suspected of having a concussion must be removed from the game or practice and not be allowed to return until the parents submit to the head coach written clearance from a medical doctor (other than a coach or the parent of any player associated with the team) stating that the player can return to play. This includes cases where a player is removed from a game by the officials under the concussion rule and cases where a concussion is suspected by an athletic trainer, an emergency medical technical, or one of the player's coaches. In no case can a player suspected of a concussion return to play on the same day even if the player has written clearance from a medical doctor.

Play Up Policy

Sioux Falls Lacrosse is committed to providing the best possible playing experience for every child who participates in our program. To provide the best experience possible, several factors must be considered including age, skill level and ability, physical characteristics such as height, weight, strength, speed, etc., emotional and social maturity, and most importantly, FUN. We understand that every kid will develop in lacrosse at their own rate and that other factors may affect their development relative to their peers such as their birthdate within their playing age group. Factors outside the player's scope such as team sizes and perceived opposing competition level are also important to consider.



Our goal is to ultimately help each athlete achieve their maximum potential as a lacrosse player while continuing to foster a love for the game. Even top athletes won't reach their potential if they don't love what they're doing or quit altogether.

US Lacrosse has published the Lacrosse Athlete Development Model based on years of scientific research on Long Term Athlete Development. It serves as a guideline to how kids progress through the stages of physical literacy and athletic development. Some kids may be at one stage athletically, while their social maturity may be at a different level. There will often be overlap among playing age groups related to the traits being evaluated.

More About LADM

- Stage 1: DISCOVERY (4-6 Years Old)
 - Gives the youngest players the opportunity to develop basic movement skills like running, jumping, landing, kicking, scooping, throwing and catching in a fun setting built around informal play and positive reinforcement.

- Stage 2: FUNDAMENTALS (6-9 years old)
 - Allows children to develop their movement ABCs -agility, balance, coordination and speed - and learn the basics of the game while emphasizing fun, cooperation and maximum touches with the ball.
- Stage 3: FOUNDATIONS (8-12 years old)
 - The "golden age" of learning and sport skill development. Children become less self-centered and are able to reflect on their actions and learn from their mistakes. This is the optimal time to build a large repertoire of lacrosse-specific skills and learn the basic principles of play in a fun, challenging environment.
- Stage 4: EMERGING COMPETITION (11-14 years old)
 - The stage where children choose whether to continue participation in the sport. This is the time for developing strong technical skills and the dawning of tactical awareness. The onset of adolescent growth spurts makes it an ideal time for endurance training. Players are introduced to concepts like mental preparation, goal setting and coping with winning/losing. Players learn advanced technical skills and position-specific techniques.
- Stage 5: COMPETITIVE (15-18 years old)
 - Players are now working to hone their lacrosse skills under a variety of competitive conditions in a game format that mirrors adult play. Along with continued refinement of advanced techniques, players work to develop their tactical awareness, discipline and mental toughness.
- Stage 6P: PARTICIPATE & SUCCEED (ages 18+)
 - Athletes who pursue a less intense path than high performance but have the ability, confidence and desire to compete at a level appealing to them. Athletes focus on performance excellence, fitness preparation and maximize sport and position specific skill performance. Athletes may choose lacrosse as their primary sport or may still engage in other competitive endeavors.
- Stage 6E: HIGH PERFORMANCE (ages 18+)
 - In this stage, athletes are ready to maximize fitness preparation and sport specific skills of performance on demand. The focus of practice and training is fully on optimal performance. Training programs are intense but perodized to prevent injury and burn out. Athletes are mainly focused on one sport for high performance

The Process

1. Each request to play up must be submitted prior to the first field practice of the season for each player who is requesting to play up. To make this request, parents must submit a Play Up Request on the website at SiouxFallsLacrosse.com under the Players menu. The Play Up Request will include a questionnaire for the parents to objectively evaluate their player's traits that make him or her a candidate for playing up.

2. Coaches and administrators will also complete the questionnaire upon observing the player during the first week of practices with both the group they're age dictates and the group to which they have requested to play up.
3. Evaluations completed by the parents and the coaches will be reviewed and other factors considered before communicating the final decision to the family.

Our goal with this process is to grow the game of lacrosse responsibly by putting each player into the ideal situation to realize their maximum development potential at each stage of development without compromising their safety or at the expense of another player's development experience.

Questionnaire

Using the Lacrosse Athlete Development Model (LADM) described above, please respond to each question below.

1. Player Name
2. Player Date of Birth
3. Age group specified by US Lacrosse?
4. Age group requested to play in?
5. What age and stage would you say your player's lacrosse skills and lacrosse IQ are in according to the LADM?
 - a. Discovery (0-6)
 - i. 0
 - ii. 1
 - iii. 2
 - iv. 3
 - v. 4
 - vi. 5
 - vii. 6
 - b. Fundamentals (6-9)
 - i. 6
 - ii. 7
 - iii. 8
 - iv. 9
 - c. Foundations (8-12)
 - i. 8
 - ii. 9
 - iii. 10
 - iv. 11
 - v. 12
 - d. Emerging Competition (11-14)
 - i. 11
 - ii. 12
 - iii. 13
 - iv. 14
 - e. Competitive Participate & Succeed (15-18)

- i. 15
 - ii. 16
 - iii. 17
 - iv. 18
 - f. Excel & Compete (15-18)
 - i. 15
 - ii. 16
 - iii. 17
 - iv. 18
 - g. High Performance (19+)
- 6. What stage would you say your player's emotional and social maturity are in according to the LADM?
 - a. Discovery (0-6)
 - i. 0
 - ii. 1
 - iii. 2
 - iv. 3
 - v. 4
 - vi. 5
 - vii. 6
 - b. Fundamentals (6-9)
 - i. 6
 - ii. 7
 - iii. 8
 - iv. 9
 - c. Foundations (8-12)
 - i. 8
 - ii. 9
 - iii. 10
 - iv. 11
 - v. 12
 - d. Emerging Competition (11-14)
 - i. 11
 - ii. 12
 - iii. 13
 - iv. 14
 - e. Competitive Participate & Succeed (15-18)
 - i. 15
 - ii. 16
 - iii. 17
 - iv. 18
 - f. Excel & Compete (15-18)
 - i. 15
 - ii. 16

iii. 17

iv. 18

- g. High Performance (19+)
- 7. What is your player's height and weight?
- 8. Why do you feel your player should play up rather than with his or her peers of the same age?

Coaches Evaluation

Using the Lacrosse Athlete Development Model (LADM) described above, please respond to each question below.

1. Player Name _____
2. Player Date of Birth ____/____/____
3. Age group specified by US Lacrosse? 12U 14U JV Varsity
4. Age group requested to play in? 12U 14U JV Varsity
5. Among the players on the team this player is requesting to play up to, where would you rank the player's Lacrosse Skills?
 - a. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
6. Among the players on the team this player is requesting to play up to, where would you rank the player's Lacrosse IQ or perceived cognitive ability?
 - a. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
7. Among the players on the team this player is requesting to play up to, where would you rank the player's emotional and social maturity?
 - a. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
8. Among the players on the team this player is requesting to play up to, how does his or her size and speed compare?
 - a. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
9. What group do you feel best suits this player's development as a lacrosse player?
 - a. Play Up
 - b. Play with own age