

## **2016 HRLax BHS Policies**

### **1. The HRLax Boys High School (BHS) Mission Statement:**

- a. The HRLax BHS Division's mission is to provide a structured league for the benefit of public High School lacrosse clubs as they work toward school-sponsored school-board approved VHSL team status.

### **2. Eligibility of 8th graders to play on a High School (HS) team**

- a. 8th graders, unable to participate in a U-14 format (age 14 or older on Aug 31 preceding the Spring season) may elect to seek a waiver to:
  - i. continue to play on their assigned middle-school U-14 team OR
  - ii. play on their zoned HS JV team (subject to HS zoning policy)
- b. Players who are age 15 or older on Aug 1 preceding the Spring season are eligible to play on either their zoned Boys JV or Varsity team (subject to HS zoning policy) See (d.) (v.) below. PLEASE NOTE: Participation will count as one of their four years of high school eligibility as they will be age-ineligible to participate in their fourth year of High School.
- c. In the case of a Boys HS team program (Currently Gloucester and Currituck, and possibly Norfolk) that is not within a youth area with a viable U-14 team, all 8th graders can join, or help create, the JV team for those programs.
- d. In consideration of all waiver requests submitted by parents/guardians indicating their consent
  - i. Players will be evaluated for either U-14 or HS eligibility taking into consideration physical and emotional maturity, previous lacrosse experience, athleticism and skill.
  - ii. Determination of the player's lacrosse skills will be made by the HS and Youth coaches during field-evaluation.
  - iii. Evaluation of the player's emotional maturity will be determined by the coaches based on interactions with the player at practices/field-evaluations and discussions with the players past coaches and parents/guardians.
  - iv. Parent/Guardians are strongly encouraged to consult with their player's physicians in determining physical maturity to play at HS level.
  - v. An 8<sup>th</sup>-grade player requesting to play on either the JV or Varsity team, and meeting all additional criteria, may do so only if the school team program policies allow and the head JV or Varsity coach agrees.
  - vi. If a player does not meet the age requirements to permit Varsity play and the HS team for which he is zoned does not have a JV team:
    1. By agreement of the gaining Varsity coach and team's program policies, a player may practice with, but not compete with in HRLax competitions, the Varsity team.
    2. The player may seek a waiver to play with the U-14 team serving his area.

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- vii. If a player's physical maturity is suitable for HS play but the evaluation suggests the player lacks the emotional maturity to play safely with the younger age-group the player will be denied a waiver to play with the U-14 age group in consideration of safety.
- viii. In all cases where there is non-consensus between the U-14 Youth and HS coaches the BHS and BYL Commissioners will adjudicate final disposition of waivers. Note: If either Commissioner has a relationship with the teams/areas, creating a potential conflict of interest an impartial league administrator will be selected as a substitute by the HRLax HS policy committee
- ix. Selection criteria and the league process can be found online.

### **3. Seniors playing on JV teams:**

- a. Seniors may not play on JV teams

### **4. Player movement between JV and Varsity rosters:**

- a. No player may move from the Varsity to the JV roster
- b. No player may play in both a JV and a Varsity game in the same day
- c. Players may play, at a maximum, the number of regular season league games scheduled for one team. Example: If a team will play eleven regular season games, then a player may not participate in more than eleven regular season games, regardless of whether they are Varsity or JV games. Out of league and post-season games do not count toward the number.
- d. JV players may play in a Varsity game up to three times
- e. Coach must list the JV player in the Varsity scorebooks for that game.
- f. Player shall be listed as: Jersey # in game Name (JV #JV jersey number)
  - i. Example: 27 John Smith (JV #15)
- g. From the fourth game, the JV player must be assigned to the Varsity roster for the remainder of the season

### **5. Each team may be required to submit a legible image of the official scorebook page within 24 hours following the game. The game scorebook page must clearly show roster, penalty, and score sections. The image may either be a scan or a photo and either emailed or sent via text to the BHS Commissioner and the BHS Operations Manager at the end of each game.**

### **6. Scorebook/Rosters rules:**

- a. All players on the sidelines, dressed for the game, shall be listed on the game's roster
- b. Duplicate numbers on jerseys shall not be permitted on the same team
- c. If a player is wearing a number which is different than his jersey number listed on the online roster, this number shall be listed on the roster as his game-jersey number. His official online roster jersey number shall also be listed on the scorebook roster (placed in parenthesis to the right of his name).

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- 7. Regular season games tied at end of regulation play will continue into Sudden-Victory Overtime play in accordance with NFHS Boys Lacrosse rule 3-4 and 4-32.**
- 8. If a game is interrupted because of events beyond the control of the responsible authorities:**
  - a. It shall be declared an official game if three periods or more of the game has been played and one team is ahead;
  - b. After completion of three periods or more of the game and the game is tied, the game shall resume from the point of interruption;
  - c. If fewer than three periods have been played, the game shall resume from the point of interruption.
- 9. Playoff seeding:**
  - a. The top eight teams in each Division shall advance to the HRLax League playoffs
  - b. Seeding shall be determined by end-of-season record
  - c. Ties will be broken by head-to-head record of regular season games
  - d. Three-way ties will be broken by regular season games between the three teams only:
    - i. Least goals allowed in regular season games with the other two teams
    - ii. If still tied, goals scored in regular season games with the other two teams
    - iii. If still tied, seeding will be determined by what works best with playoff game locations or randomly chosen with a coin toss
  - e. Strength of schedule may be used to determine resolution of ties. Record against common opponents may be used as a final measure to determine seeding. Games against common opponents will be examined and categorized as a tie, win, decisive win (3-5 goal differential), and a substantial win (6 or more goal differential). Wins by more than 10 goals are to be avoided, if possible, through judicious use of player substitutions.
- 10. Sideline Policy:**
  - a. All Adults in the Coaches Area or Team Area during, before, and after the game must be registered and cleared HRLax Coaches, Administrators, or Game Officials (or registered players age 18 or over on the competing teams).
  - b. HRLax Registered Coaches and Administrators must display their 2016 HRLax Coach Credentials.
  - c. Only the Bench Official (if assigned), official Timekeepers, Scorekeepers, and players serving penalties are allowed in the Table Area (see NFHS Boys Lacrosse Rule 1-2.7 for definition of Table Area)
  - d. Team Alumni:
    - i. These rules are not to prohibit the Head Coach allowing, at his discretion, team alumni players to visit sidelines up to (but not beyond) five minutes before the scheduled game start time.

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### **11. Coach requirements. (and Non-coach “Skill-instructors” at practice)**

- a. Only US Lacrosse members may assist or instruct at a team’s practice and only under the supervision of one of the coaches listed on the team’s official roster.
- b. At no time shall a non-NCSI-cleared, US Lacrosse member adult, be left alone with a player or players during practice time.
- c. If an adult will assist more than a few times at a practice, he/she must register as an assistant coach with HRLax and clear an NCSI background check.
- d. Assistant Coaches must complete PCA Double-Goal Coach training, NFHS Concussion Course, How to Make Proper Contact in Boys’ and Men’s Lacrosse, and US Lacrosse Level 1 online coach training in addition to being registered and cleared with HRLax.
- e. All Head Coaches must also be US Lacrosse Level 1 certified.

### **12. All-District teams:**

- a. Specific criteria and selection process will be presented by the BHS Policy Committee at the 25 January 2016 Coaches Meeting
- b. Player stats may be used for selection – specific stats to be determined prior to the start of the season. Only the stats from league games will count towards selection.
- c. All teams will need to provide trained parents or students to keep and enter online stats for each game.
  - i. In the past, statistics have not been accurately kept or input to the league database in a timely manner thus invalidating them as a comparison tool
- d. The League will provide someone to train volunteers if requested.
- e. The BHS Policy Committee will continue to review criteria and procedures to be used as a model

### **13. Emergency Management Plan:**

- a. Coaches are required to fill out the Emergency Management Plan Form and keep it with them at practices and games.
- b. Coaches should keep the player emergency information cards/list with them at games and practices.

### **14. Concussion Management:**

- a. The full HRLax Concussion Policy is found online
- b. HRLax strongly encourages current concussion baseline testing by a health care professional for all athletes.