

## HRLAX Girls H.S. Lacrosse Policies

Edited 2016

### A. Definitions:

1. **Coaches:** Persons registered with HRLAX as coaches.
2. **Games:** Games scheduled by the HRLAX league.
3. **JV Players:** Players appearing on a JV roster.
4. **Non-parent coaches:** Coaches that are not the parent or legal guardian of a player on that team's roster.
5. **Players:** Persons signed up in HRLAX and appear on a roster or are eligible to appear on a roster.
6. **Parents:** Parents and legal guardians of players.
7. **Roster:** The official roster found on [www.hrlax.com](http://www.hrlax.com).
8. **Preseason Skills/Conditioning:** Preseason team activities before a roster is set. All players must be current members of US Lacrosse.

### B. Precedence:

1. Rules found in the US Lacrosse 2016 Womens Lacrosse rule book shall take precedence when any policies are found in contradiction to the rule book.

### C. Eligibility:

1. Freshmen/Sophomore players are eligible to play on any level team (V or JV).
2. Players who are Juniors with 1 year of experience or less can play on JV.
3. Players who are Seniors with zero years or Juniors with more than 1 year experience can only play on JV with the permission of the league commissioner.
4. JV players can play up in 3 Varsity games without being placed on the Varsity Roster. Once they play in the 3rd Varsity game, they shall be placed on the Varsity roster and are ineligible to play in JV games.
5. Coaches are responsible for keeping track of JV players playing "Up" and reporting to the commissioner when a player is played "up" (name, jersey number, and date played up) and hence placed permanently on the Varsity Roster.
6. Goalies can play for any team as needed. Goalies on the roster that are present and available to play shall take priority over goalies on a different roster.
7. Zoning: If the H.S. you are going to doesn't have a team, the team you will be assigned to is based on (First) your neighborhood, then (second) the decision of the commissioner.

### D. Game Play:

1. Teams only forfeit a game if:
  - a. The team in question has less than 10 players available at game time.
  - b. A U. S Lacrosse Level 1 certified Coach can not be at the game for that team.
  - c. A team is in clear violation of game play policies. The team found to be in

violation of game play policies will forfeit.

2. A level 1 Girls certified coach is required on the sidelines for the entire game (pre/post game). (To clarify, someone with a Boys level 1 certification doesn't satisfy this requirement).
3. Home team coaches are responsible for fan behavior.
4. If the fan is one of the other team's fans, that team's coach or authority figure shall get involved.
5. Fan incidents shall be reported to the referees and to the commissioner.
6. All incidents must be reported to the league commissioner following the game. (Cards, player/fan incidents, game violations, etc.).
7. All Games will be played in accordance with U.S. Lacrosse Women's rules.
8. Out of league games need to be approved by the league commissioner.
9. In - League games take precedence over Out of league games.
10. The top 8 seeded Varsity teams will make playoffs.
11. The GHS league will not play out of league games with any league that is in direct competition with HRLAX.

E. JV Game Play:

1. All players in a JV game shall be on the JV roster.
2. The exceptions being:
  - a. A goalie (see "Eligibility" #6).
  - b. A JV team is playing a Varsity team that has no JV team
  - c. All JV teams make the playoffs.
3. JV teams can play Varsity teams.
4. JV teams will play a MINIMUM of 10 games.

F. Coaches/Players conduct/interactions

1. All coaches, players, parents are expected to follow the code of conduct and ethics set forth by US Lacrosse and Hampton Roads Lacrosse GHS League.
2. Zero tolerance for drugs and alcohol. Any player/coach suspected/reported of illicit drug or alcohol use will be subject to appropriate due process and, if warranted, dismissed from HRLAX.
3. A zero tolerance policy for bullying. Any player/coach suspected/reported of bullying will be subject to appropriate due process and, if warranted, dismissed from HRLAX.
4. Players and coaches may be suspended during commissioner/league investigations.
5. The commissioner and director of league operations have the authority to suspend/dismiss coaches or team personnel.
6. Only the commissioner and director of league operations have the authority to dismiss players from the team.

7. Player/coach conduct policy is inclusive of your off field behavior. If it brings unwelcome attention to the league/team you may be subject to the appropriate due process and, if warranted, dismissed from HRLAX.
8. Coaches need to report first hand knowledge of conduct infractions to the league commissioner prior to the next game.
9. A phone number shall be provided to all players, parents and coaches that can be called to report any complaints against the league or league officials. Phone number for complaints concerning player harassment, bullying, coach issues, policy infractions, etc. is 757-615-4864 (John Crumpler, HRLax GHS Commissioner)
10. All investigations into possible violations of league policies will be directed and handled through the Policy and Procedure committee (due process).
11. Transportation: Non-parent coaches can not drive their own players without obtaining a written release from the players parents. This release does not need to be signed by the commissioner, but the commissioner shall be notified of the release.
12. Facebook, Social Media: FB team pages and groups are acceptable forms of communications. However, they should be used with caution. See policy 7 above.
13. Coaches shall make clear to all players and parents whether any event is a U.S. Lacrosse or HRLAX league event prior to the event.
14. Non-parent coaches shall obtain a release signed by parents prior to any team gathering not held at a player's house.
15. All persons are responsible for reporting any violations of HRLAX policies to the commissioner.

#### G. Team Autonomy/Practices

1. Coaches can suspend players from practice and games, the commissioner must be notified of suspension and the reason for the suspension.
2. Playing time and practice schedule are the responsibility of the coaching staff for each team.
3. The Head Coach is responsible for making sure a US Lacrosse certified/registered adult is at every practice.
4. The Head Coach is responsible for making sure all players on their roster are registered with US Lacrosse and HRLAX.
5. Only registered players may practice.

6. Players that have current membership in US Lacrosse may attend preseason skills/conditioning events.
7. All new practice fields must be reported to the commissioner in order for proper inspection to occur.

#### H. Officiating

8. Parents and Coaches of teams shall not officiate games involving their own team, nor shall they officiate games where there is a clear conflict of interest. Conflicts of interest include, but are not limited to:
  - a. A parent who has a player in the HS or Middle School district that referees a game involving that High School.
  - b. The coach of the second place team refereeing a game that has the first place team playing.
  - c. A Varsity coach refereeing a game involving his/her JV team.
9. Any issues/complaints with officials shall be reported to the commissioner.