

HRLAX Girls H.S. Lacrosse Policies

Edited 2018

A. Definitions:

1. **Coaches:** Persons registered with HRLAX as coaches.
2. **Club Member:** Parent or Parents of children that are registered to play for a given recognized HRLax club lacrosse team on either the JV or the Varsity roster.
3. **Games:** Games scheduled by the HRLAX league.
4. **JV Players:** Players appearing on a JV roster.
5. **Non-parent coaches:** Coaches that are not the parent or legal guardian of a player on that team's roster.
6. **Players:** Persons signed up in HRLAX and appear on a roster or are eligible to appear on a roster.
7. **Parents:** Parents and legal guardians of players.
8. **Roster:** The official roster found on www.hrlax.com .
9. **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 current US Lacrosse Womens Lacrosse rule book shall take precedence when any policies are found in contradiction to the rule book.

C. Program Governance:

1. Each program, (Team), will operate under direction from a host school; e.g. AD oversight of the program – OR – If no such support from a host school is forthcoming, then under a Board of Directors who oversees eligibility, coaches/player conduct and general management.
 - i. At minimum, the Board of Directors will include a President, Secretary and Treasurer. The board will designate one member as the Program Administrator who will serve as the primary administrative representative to the League. The Program Administrator may be one of the officers of the board. President,

Secretary, Treasurer, and Program Administrator shall be affiliated with the host school as either parents of current students or host-school employees.

- ii. The varsity head coach may NOT be a voting member of this board.
2. Programs are encouraged to ensure detailed oversight of all monetary transactions and accounting for any monetary disbursement. Following all applicable local, state and federal laws, including IRS regulations, is critical. Going above and beyond the regulations to ensure totally transparent financial dealings will help protect all members of an organization.
3. Programs are responsible for their own transportation to games and are cautioned to follow all applicable laws and ordinances to ensure the safety of their staff and players. Teams are encouraged to ensure that all drivers are adults and that any player riding with a person other than her parent/guardian has specific permission to do so.
4. Teams shall be identified based first on the location of high schools in the area. Whenever possible a team should be tied to a specific school as a club team, with all girls on the team attending that school. If this is not possible, a “catch all” team may be established in an area until such time that a specific school has enough players to form an independent team.
5. Applications for new teams shall be presented to the Girls High School Division Commissioner. The Commissioner shall seek approval of the Policy and Rules Committee of each application. Once approved by the Policy and Rules Committee, the Commissioner shall submit the application to the HRLax Board for approval.
6. Girls may play on a team that is not in their zone if they attend a magnet school full time that has a team.
7. The Commissioner will have final say on the placement of players on a team.
8. The desire is to place all non-specific school players on the closest team to their residence that allows players from outside the zone.
9. Schools begin with varsity until the roster reaches approximately 30 players, at which time it is HIGHLY recommended by the league that a JV squad be formed, if there are enough players registered who qualify for JV play..
10. The Girls High School Division requires all teams to attempt to adhere to the requirements of US Lacrosse for recognition to be considered for post season US

Lacrosse awards such as All-American, All-Academic, and the Jackie Pitts award.

11. All players must be academically eligible to play based upon current VHSL standards.

The Program Manager for each team shall verify the Academic Eligibility of each player on the club's roster by either a) receiving a completed HRLax Academic Eligibility Form, or b) by emailing the GHS Division Operations manager that they have received a copy of the most recent student report card.

12. The Program Manager shall collect and keep on file a signed copy of the HRLax Parent Contract.

13. Each Program (team), shall be responsible for the procurement and for the payment of any and all with the coaches associated with that team.

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 4th 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) on the school zone in which the player resides, then (second) the decision of the commissioner.

D. Season & 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. At a minimum, the top 8 seeded Varsity teams will make playoffs.
11. In the event of a tie in the standings, the team's head to head record shall be the determinate. In the event there is still a tie, Points Against between the tied teams shall be the determinate. If still tied, the commissioner, and in witness of a Division Board member or and HRLax Board member, shall flip a coin.
12. The GHS league will not play out of league games with any league that is in direct competition with HRLAX.
13. Each team may be required to submit a legible image of the official scorebook page within 24 hours following any 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 GHS Commissioner and the GHS Operations Manager at the end of each game. Failure to do so within said timeframe shall be grounds for the GHS Commissioner to declare a game forfeited by the team failing to provide said roster.
14. 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.

b. HRLax Registered Coaches and Administrators must display their current HRLax Credentials.

c. Only official Timekeepers, Scorekeepers, and players serving penalties are allowed in the Table Area.

d. Team alumni shall be allowed at the Head Coach's discretion to visit the sidelines of their former team for up to and not beyond, five minutes before the scheduled game time.

15. Score Book Roster 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. Her official roster jersey number shall also be listed on the scorebook roster (placed in parenthesis to the right of his name).

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

3. JV teams can play Varsity teams.

4. JV teams will be scheduled to play a MINIMUM of 10 games.

5. The JV champion for a given season shall be determined by the JV standings at the end of the season. There will not be a JV tournament.

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, Club coach, Program Manager, 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 cannot 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.
16. All Coaches shall be required to sign the HRLax Coaches Contract.

G. Team Autonomy/Practices

1. Coaches and Program Managers 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 teams, on or before their first playing season shall receive funds from HRLax to

assist in the expense of creating a team.

H. Officiating

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.

Any issues/complaints with officials shall be reported to the commissioner, within 24 hours.

I. All-Conference:

1. The GHS Rules Committee will confirm the process for All-Conference selection prior to the beginning of each season.
2. The GHS Rules Committee shall communicate the criteria for nominating and selecting All-Conference players prior the beginning of every season.

J. Girls High School Policy and Rules Committee:

1. The Commissioner of the Girls High School Division shall appoint a Committee annually to review and approve Girls High School Division Rules and Policies during the course of the game year for which the Committee members serve.
2. The Committee shall be composed of HRLax coaches, HRLax GHS Division Board members, individual GHS club program managers and other HRLax stakeholders.
3. The Commissioner shall endeavor, but shall not be required, to provide for equal

representation between members serving on the Committee who represent clubs, or reside, on the Southside and on the Peninsula in Hampton Roads.

4. The Vice Commissioner shall serve on the Committee and shall act as head of the Committee.
5. The Committee shall be composed of four members.
6. The Commissioner shall cast votes only in the event of a tie vote amongst the Committee.
7. Each member shall serve for one calendar year from December 1 to November 30
8. The Committee Chairman shall set the dates for all meetings and shall confirm the agenda for all meetings of the Committee.
9. The Committee shall meet at the discretion of the Vice Commissioner. The Vice Commissioner shall have the authority to deem that electronic votes and discussions, (i.e. email) shall be an acceptable method to review and approve Committee agenda items.
10. The Committee shall meet no later than 45 days following the end of the season for the expressed purpose of reviewing the prior season and determining if any Rules or Policies shall be reconsidered or reviewed, or new policies or rules proposed for the next season. It is acknowledged that finalizing any review or discussion from the end of the season meeting may require additional meetings or conference calls in order to finalize.
11. The Committee shall meet during the month of October to finalize any and all outstanding business and to confirm the Policies and Rules for the next season.