

NCJLA Boy's Lacrosse



Why do boys participate in lacrosse?

- Fun to play
- Opportunity to meet new friends
- Skill development
- Affiliation
- Exercise and fitness
- Competitive challenge and winning
- It's not baseball





Sportsmanship & Sending a Positive Message

*Where do most
issues arise from?*

Teaching Sportsmanship

Athletes & coaches should strive to:

- 1) Achieve a Full Commitment toward participation
- 2) Show Respect for rules and officials
- 3) Respect social conventions
- 4) Respect our opponents
- 5) Avoid poor attitudes towards participation



Importance of the “Coach”

- Teach life lessons through sport
- PCA and US Lacrosse Certifications
 - PCA: Re-certified once every three years
 - US Lacrosse: Level 1 Coaching online course only
- A Coach Should:
 - 1) Be honest
 - 2) Be consistent
 - 4) Be empathetic
 - 5) Be open to & seek feedback



Coaching Resources

1. US Lacrosse
www.uslacrosse.org
2. Association of Applied Sport Psychology
www.appliedsportpsycho.org
3. Positive Coaching Alliance
www.positivecoach.org
4. Northern California Lacrosse Referees Association
www.nclaxref.org
5. Play Sports TV
www.playsportstv.com/lacrosse
6. Lacrosse Coaching Videos
www.sportsnationvideo.com/lacrosse
7. KUDDA
<http://video.kudda.com/sports/boys+lacrosse>

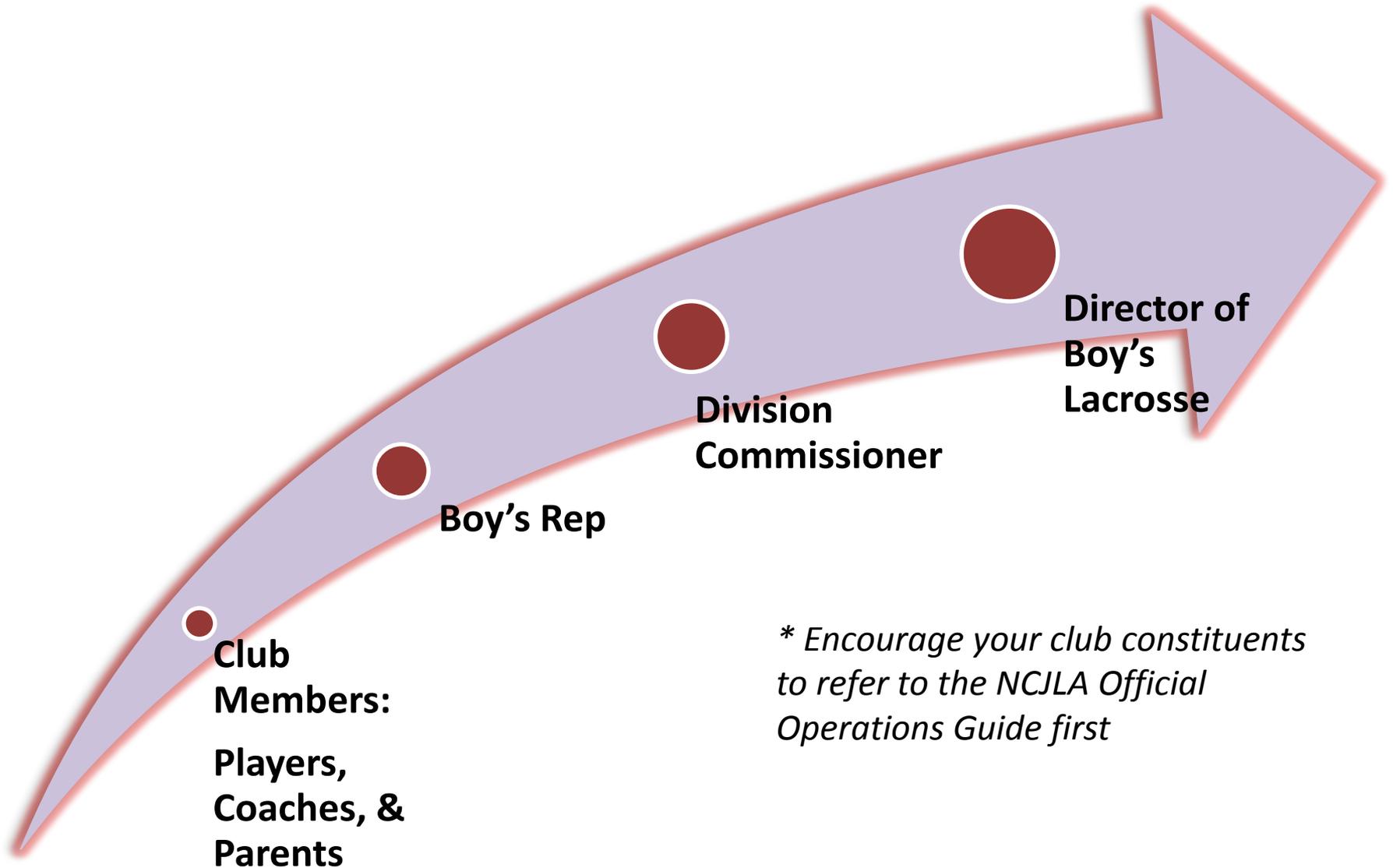
Director of Boy's Lacrosse

- Develop outside relationships to promote youth lacrosse
- Manage activities of the season
- Hold three face-to-face boy's representative meetings
- Provide assistance for new clubs
- Work with ED on current protocols and policies and make suggestions to help the NCJLA grow
- Address issues pertaining to coach, player, and parent behavior

Division Commissioner's

- Commissioner's duties:
 - Assist BD with season happenings.
 - Actively communicate with BD.
 - Answer and respond in a timely manner to e-mails from your division and escalate them to BD when appropriate.
 - Track game ejections, sportsmanship, and coach/official reports and escalate to the BD when appropriate.
 - Handle all game changes after the schedule has been completed.
 - Assist BD with End of Year Tournament & Festival.
- Time commitment:
 - 10-15 hours/week (depending on division, issues, and point in the season)
- In need of a U11 & U9 Commissioner. To apply:
 - Email a letter of request to the BD. Please indicate the commissioner position that you are interested in, your experience within the NCJLA or your club, and any other applicable experiences that would qualify you for the position.

Communication Chain



** Encourage your club constituents to refer to the NCJLA Official Operations Guide first*

2011 Key Dates

- **Team Registration.** Team registration opens October 1 and ends on November 30th.
- **Scheduling.** Mid December thru January.
- **Submitting Team Rosters .** Boys team rosters of players, coaches, assistant coaches, team managers can be submitted anytime up to March 1, or 72 hours before the first game, whichever is first.
- **Season Begins.** Last weekend in February.
- **Travel Team Tryout.** End of March (Date, Time, & Place TBD).

2011 Season Event & Playoff Dates

- All events played at Treasure Island - Awaiting final confirmation from TI on field availability
(would look at hosting alternate location(s) on these dates if TI not available)
 - **May 14 & 15**
 - Boys C Level Festival (2 games each)
 - Boys HS/JV – Semi-Finals (May 14)
 - **May 20 & 21**
 - Boys HS/JV Championship (May 20)
 - Boys “A” Level Semi-Finals
 - **June 4 & 5**
 - Boys “A” Level Championship/Consolation games
 - Boys “B” Level Single Elimination Tournament

Conferences

- Conferences will be decided by Division Commissioners and BD once teams are registered



Scheduling

- Scheduling start date will begin in Mid-December and close on January 31st.
- HS and A teams must play all teams in their division once and play 2 teams outside their division, and play at least 10 games to be eligible for post season play.
- HS and A teams will use the old method of scheduling.
- B and C Teams - Based on input from the 2010 summer planning workshops, the NCJLA is currently revising our processes for scheduling boys games. The boys director and webmaster are investigating League Athletics scheduling capabilities and will be working with a scheduling subcommittee, which includes staff and members from clubs, to evaluate and propose a process for the 2011 season. The subcommittee will make a recommendation to the Board of Directors for review and approval. We expect to have a plan in place by November 30th.
- All new games added after schedule lock must be sent to the Commissioner of that age group, then to the NCJLA Scheduler, then the Assigner for referee scheduling.
- All game changes after schedule lock must go thru the NCJLA Scheduler and then sent to the Assigner for referee scheduling.

Rosters

- Rosters allow the NCJLA to verify that all players have a US Lacrosse membership due to liability issues for the NCJLA and individual clubs.
- Rosters must be prepared and sent to the webmaster for input anytime before March 1st or 72 hrs prior to the first game, whichever comes first
- If rosters are not submitted and input in time for the start of that teams' scheduled play, the team will automatically forfeit the game. Offending teams will continue to forfeit games until the rosters are submitted due to the liability issues mentioned above.

Pre- Game Protocols

- The Club Schedulers work long and hard to make sure the schedule is accurate. Nevertheless, on occasion there are errors and/or changes. As such, it is league policy for teams to contact each other and the game officials to verify dates, times and locations. We consider this a courtesy that should be afforded each other in order to avoid problems.
- A club may appoint someone other than the head coach or team manager to attend to these matters.
- Official NCJLA Pre-Game Protocol document can be found on the NCJLA website

2011 Rules Changes

- The definition of an illegal body check in high school boys' lacrosse widens next season to include initiating contact directly to an opponent's head or initiating contact to an opponent's body that then follows through to the head.
- The NFHS Sports Medicine Advisory Committee's clarification of concussion procedures, which is now part of all NFHS sports rules, was added to Rule 4-28-7. That rule now states that "any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional."
- In other changes, Rule 1-2-1 now stipulates that "if a field of play has a logo in the center or at any other part of the field of play, that logo should not obstruct the visibility of the required marks. A solid or shadow-bordered line is permissible." The committee defines a shadow line as a line that designates the continuation of the required line by a border or outlines, at least $\frac{1}{4}$ -inch wide.

2011 Rule Changes (Cont.)

- The final rules change allows contrasting colored piping, 1/8-inch wide or less, on uniforms. This rule was changed in 2008 to alleviate officials' confusion about contrasting-colored yokes. Piping does not pose this problem.
- In addition to the four rules changes, the committee also specified eight editorial changes. The three most significant editorial changes are:
 - 1-10-1b - Hard and unyielding items (guards, casts, braces, splints, etc.) on the hand, wrist, forearm, elbow or upper arm are prohibited unless it is necessary to protect an injury. If worn, the area of the body must be padded with a closed-cell, slow-recovery foam padding no less than ½-inch thick. Knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding.
 - 4-3-5 - The official will sound the whistle promptly after readying the ball for play and stating the word "set." For hearing-impaired players, a reasonable accommodation for the "set" command and whistle sound will be provided.
 - 5-6-3 - Slashing shall include striking an opponent on any part of the body with the crosse (including its cap end), except when done by a player in the act of passing, shooting or attempting to scoop the ball.

Disciplinary Issues

Ejections

- The first time a player is ejected from a game he/she is barred from playing in the next game. The second time the same player is ejected from a game, he/she is barred from playing the next three games. A third ejection will result in expulsion for the remainder of the season. This rule does not apply in the case of a player fouling out of a game for 5 or more fouls.
- A parent is ejected from a game will be barred from attending games for the rest of the season.
- A coach who is ejected from a game must leave the field immediately and is barred from coaching the next game. The coach must also present proof of PCA certification (completed before the season started) to NCJLA within 72 hours. If the coach fails to provide proof of PCA certification before the season started, he/she is barred from coaching any team in the NCJLA for the remainder of the season. If a coach is ejected from a game a second time, he/she is barred from coaching any team in the NCJLA for the remainder of the season.

Disciplinary Issues (Cont.)

To Be Reviewed By The Board For Approval

- Communication Requirement
 - Referee will eject the offending person(s)
 - » If it is a player, remove him from the game, have him remove all gear, and sit at the end of the bench area without talking until the game is over.
 - » If it is a coach or parent, remove them from the field area
 - Referee will document issue in Arbiter within 48 hrs which will alert the Head of Officials, Steve Walker
 - The Head of Officials will forward all incident reports to the club president, the age group commissioner, the BD, and the Board President.
 - The commissioners will investigate the situation and then brief the BD on disciplinary recommendations.
 - The Commissioner will follow-up with the required Club President
 - Club President will ensure enforcement by communicating the penalty to the offending party, and informing the opposing team's coach of the suspension of the coach, player, or parent so that coach can verify enforcement.
 - Commissioner will verify compliance and track all ejections by club, age group, and name of the offender

Disciplinary Issues (Cont.)

To Be Reviewed By The Board for Approval

– **Unsportsmanlike Conduct (Coaches & Parents)**

- Three Notable Offenses – If three reports are received, the offending coach or parent will be suspended from participating or attending the next scheduled game.
- Fourth Offense – Any coach or parent receiving a fourth unsportsmanlike conduct offense will be suspended for the remainder of the season
- Communication
 - Referee will notify the coach of the infraction at the time of the incident and inform him it is a reportable offense.
 - Referee will document issue in Arbiter within 48 hrs which will alert the Head of Officials, Steve Walker
 - The Head of Officials will forward all incident reports to the commissioner of that age group.
 - The commissioners will investigate the situation and then brief the BD on disciplinary recommendations.
 - The Commissioner will follow-up with the required Club President
 - Club President will ensure enforcement by communicating the penalty to the offending party, and informing the opposing team's coach of the suspension of the coach, player, or parent so that coach can verify enforcement.
 - Commissioner will verify compliance and track all reports by club, age group, and name of the offender

Disciplinary Issues (Cont.)

To Be Reviewed By The Board for Approval

- Club Level Disciplinary Actions - Club Presidents must report all club level suspensions to the commissioner of that age group. The information will be used for:
 - Tracking purposes
 - CYA if the issue gets raised to the NCJLA level by the offending party
- Coach Terminations
 - Any coach terminated for behavioral reasons is not allowed to coach in the NCJLA for the remainder of the season
 - Coaching terminations must be reported to the board immediately following termination for tracking and CYA.
NCJLA Disciplinary Alert Form to follow pending Board approval

Travel Teams

- A Committee will look into the best way to coordinate NCJLA National and Festival teams.
- Tryouts will be in either late March or Early April. Teams will determine whether they want to schedule games on these dates.
- U-13 & U-15 National & Festival Teams



Tournament Seeding – To Be Reviewed By Board For Approval

- HS, A, & B Division Seeding Process – The Director of Boys Lacrosse and the respective commissioners will develop the seeding process for each division. We will have a seeding process disseminated by November 30th.

Head of Referees

- Disciplinary Issues
- Referee Costs

