

Team Handbook of Policies and Rules adopted by the WHSBLA Board of Directors

MISSION STATEMENT

To organize, develop, and promote boys high school lacrosse in Washington, and to honor the game by instilling the values of scholastic achievement, sportsmanship, and individual development, and fair play.

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**Board of Directors:**

**Catie Larsen, Executive Secretary**

**ODD Year Elects**

**At- Large 1 – Jason Carrell  
At- Large 3 – Henry Valentine  
Region 1 Rep – Greg Hill  
Region 3 Rep – Andrew Wright  
Region 5 Rep – Jimmy Twining (President)**

**EVEN Year Elects**

**At- Large 2 – Ian O’Hearn  
Region 2 Rep – Brandon Fortier  
Region 4 Rep – Rob Hawley  
Region 6 Rep – Brian O’Rourk**

## Programs Represented by the WHSBLA for the 2020 Season:

| <u>Region 1</u>       | <u>Region 2</u>      | <u>Region 3</u>        | <u>Region 4</u>          |
|-----------------------|----------------------|------------------------|--------------------------|
| Bellingham (1A/2A)    | Liberty (1A/2A)      | Overlake (1A/2A)       | Kingston (1A/2A)         |
| Bur-Edison (1A/2A)    | Sammamish (1A/2A)    |                        | Klahowya (1A/2A)         |
| Lynden (1A/2A)        |                      | Bainbridge (3A)        | Montesano (1A/2A)        |
| Sedro-Woolley (1A/2A) | Bellevue (3A)        | Ballard (3A)           | North Kitsap (1A/2A)     |
| Sehome (1A/2A)        | Juanita (3A)         | Franklin-Garfield (3A) | Sequim (1A/2A)           |
| Squalicum (3A)        | Lake Washington (3A) | Lincoln (3A)           | Vashon (1A/2A)           |
|                       | Mercer Island (3A)   | Nathan Hale (3A)       |                          |
| Arch. Murphy (PV)     | Redmond (3A)         | Roosevelt (3A)         | Central Kitsap (3A)      |
| Cedarcrest (1A/2A)    | Interlake (3A)       | West Seattle (3A)      | Gig Harbor (3A)          |
|                       |                      |                        | Peninsula (3A)           |
| Arlington (3A)        | Bothell (4A)         |                        |                          |
| Meadowdale (3A)       | Eastlake (4A)        | Blanchet (PV)          | South Kitsap (4A)        |
| Shorecrest (3A)       | Issaquah (4A)        | Eastside Catholic (PV) |                          |
| Snohomish (3A)        | Inglemoor (4A)       | Kennedy Catholic (PV)  | Columbia River (2A)      |
| Stanwood (3A)         | Mt. Si (4A)          | Lakeside (PV)          | Mountain View (3A)       |
| Cascade-Jackson (4A)  | North Creek (4A)     | O'Dea (PV)             |                          |
| Glacier Peak (4A)     | Newport (4A)         | Sea. Academy (PV)      | Camas (4A)               |
| Kamiak (4A)           | Skyline (4A)         | Seattle Prep (PV)      | Skyview (4A)             |
| Lake Stevens (4A)     | Woodinville (4A)     |                        | Union (4A)               |
| Monroe (4A)           |                      |                        |                          |
| <u>Region 5</u>       |                      | <u>Region 6</u>        |                          |
| Auburn Riverside (4A) |                      | Bellarmine Prep (PV)   |                          |
| Curtis (4A)           |                      | West Valley (1A/2A)    | Selah (1A/2A)            |
| Emerald Ridge (4A)    | Bonney Lake (3A)     |                        |                          |
| Enumclaw (4A)         | Stadium (3A)         | Mt.Spokane (3A)        | Hermiston (3A)           |
| Graham-Kapowsin (4A)  |                      |                        | Southridge-Kamiakin (3A) |
| Mt. Rainier (4A)      | Orting (1A/2A)       | Central Valley(4A)     |                          |
| Olympia (4A)          | White River (1A/2A)  | Ferris (4A)            | Chiawana (4A)            |
| Puyallup (4A)         |                      | Lewis&Clark (4A)       | Hanford (4A)             |
| Rogers (4A)           |                      | Mead (4A)              | Richland (4A)            |
| Sumner (4A)           |                      |                        | Wenatchee (4A)           |
| Tahoma (4A)           |                      |                        |                          |

**The WHSBLA uses and follows the WIAA Rules and Regulations for matters not specifically referenced in our own WHSBLA Handbook**

**Links provided on whsbla.org to WIAA policies on:**

**General Questions and Answers**  
**Student Rules and Regulations**  
**Interscholastic Eligibility**  
**Coaches**  
**Rules Violations and Penalties**

**The remainder of this WHSBLA Handbook provides policies specific to the WHSBLA.**

## **1.0.0 WHSBLA HANDBOOK**

- 1.1.0** This is the official Handbook of the Washington High School Boys Lacrosse Association. It contains policies, directives, and guidelines for Members of our Association.

## **2.0.0 RESPONSIBILITIES OF THE WHSBLA**

- 2.1.0** The responsibilities of the WHSBLA will be to organize, develop, and promote boys high school lacrosse in Washington. It will further be the responsibility of WHSBLA to supervise and administer boy's high school lacrosse in Washington.

## **3.0.0 TEAM QUALIFICATIONS**

- 3.1.0** **OVERSIGHT** – Each program will operate under direction from a host school; i.e. AD and/or ASB oversight of the program – OR – If no support from a host school, then under a Board of Directors who oversee eligibility and coaches/player conduct.
- 3.1.1 Teams newly admitted to the WHSBLA and not working under direction of a host school must establish a Board of Directors by the October meeting following their first season of varsity play as a provisional member.
- 3.1.2 At minimum, the Board of Directors will include a President, Vice-President, Secretary/Treasurer. The board may also include other officers or representatives.
- 3.1.3 The varsity head coach may not hold one of the above named positions and may NOT be a voting member of this board.
- 3.2.0** **ACKNOWLEDGEMENT and CERTIFICATION (COACH'S PACKET) -**  
Ultimately it is the responsibility of each program's HEAD COACH and the person overseeing the program as outlined in Rule 3.1 above, to ensure that their program is abiding by all WHSBLA policies.
- 3.2.1 Each year it is the duty of the Head Coach to attend the mandatory coaches meeting and submit a properly completed Coach's Packet at this meeting.
- 3.2.2 In the Coach's Packet, each program director and their Head Coach must acknowledge that they have reviewed and will abide by all WHSBLA By-laws and policies adopted in the WHSBLA handbook and addendum.
- 3.2.3 Each program director or Head Coach will certify that their program will have in place all Team Qualifications as outlined in Rule 3 of this handbook and that their coaches will meet all qualifications as outlined in Rule 4 of this handbook PRIOR to stepping on the field for the 1<sup>st</sup> day of Spring practice.
- 3.2.4** **FAILURE TO SUBMIT COACH'S PACKET** – Failure of the Head Coach to attend the mandatory coaches meeting and properly submit a fully completed Coach's Packet will result in a \$200 fine to the program.
- 3.3.0** **INSURANCE** – Proof that each player has medical insurance AND the program has liability insurance from the First Day of Season through championship weekend.

3.4.0 **CONCUSSIONS and SCA** - Each program will certify and have proof showing all players and parents in the program have reviewed, signed and returned a concussion/head injury (Lystedt Law) and sudden cardiac arrest acknowledgment form.

3.5.0 **CODE of CONDUCT** - Every program will certify and have available a written player's Code of Conduct in place.

**3.6.0 MEMBERSHIP AND GAME FEES**

3.6.1 Every Provisional and Regular Membership team will pay a Membership Fee to be determined by the Board. This Membership Fee must be paid by the January membership meeting. These fees are in place to cover expenses needed to run the WHSBLA. They include, but are not limited to, costs for scheduling, maintaining the WHSBLA website, administration, public relations, WALOA, championship day, etc. **FAILURE TO PAY FEE by the January Meeting will result in \$200 fine.**

3.6.2 Every Provisional and Regular Member will pay GAME FEES to cover referee expenses for all scheduled home games. These fees are determined by contract between the WHSBLA and the referee association (WALOA). These fees will be collected twice. An invoice for all initial WHSBLA scheduled games will be sent between January 1<sup>st</sup> and January 15<sup>th</sup> and must be paid in full by March 1<sup>st</sup>. An invoice for all late added non-WHSBLA and playoff games will be sent by July 1<sup>st</sup> and must be paid in full by August 1<sup>st</sup>. Any conflicts preventing WHSBLA payment by stated deadlines requires a plan be arranged with the WHSBLA secretary/treasurer PRIOR to stated deadlines. **FAILURE TO PAY INITIAL GAME FEE by March 1st will result in \$200 fine.**

3.6.3 In the unfortunate event that a team must fold during the season, the Membership Fee will be kept by the WHSBLA but unused GAME FEES will be returned to that program.

**4.0.0 COACHES QUALIFICATION**

**4.1.0 Qualifications and Responsibilities for ALL Coaches in Program:**

4.1.1 All members of the coaching staff must become members of US Lacrosse to undergo a national scope background check via NCSI (free through US Lax)

4.1.2 All members of the coaching staff must be First Aid certified and CPR qualified.

4.1.3 All Coaches shall read and agree to abide by the WHSBLA Code of Conduct.

4.1.4 All coaches must complete the Concussion in Sports and Sudden Cardiac Arrest courses online through NFHS every three years.

**4.2.0 Program Head Coach Qualifications and Responsibilities:**

4.2.1 The Head Coach will be held responsible for knowing the rules and insuring that all those coaching and acting under the Head Coach comply with the rules of the WHSBLA.

4.2.2 The Head Coach of a program shall be at least 21 years old and a high school graduate unless the Board, prior to the First Day of the Season, has granted a waiver.

- 4.2.3 If having coached in the WHSBLA for less than 10 years, The Head Coach of the program must provide documentation/proof as to completion of the US Lacrosse Level I ONLINE Course: Fundamentals of Coaching Men's Lacrosse

## **5.0.0 WHSBLA COMPLIANCE**

**5.1.0 Compliance File** – Each program must submit an electronic COMPLIANCE FILE at least five days prior to the first day of spring practice. This file demonstrates proof that all requirements for players and coaches are in place.

- 5.1.1 Compliance file must include:
  - a. Cover Page – checklist
  - b. Proof of Program Liability and Individual Player Medical Insurances
  - c. Proof of Acknowledgement for players/parents on Concussion and SCA
  - d. Proof of Program Code of Conduct
  - e. Proof that ALL COACHES are member of US Lacrosse
  - f. Proof that ALL COACHES have cleared an NCSI Background Check
  - g. Proof that ALL COACHES are CPR AND First Aid Certified (BOTH)
  - h. Proof that ALL COACHES are NFHS Certified in Concussion and SCA
  - i. Proof that HEAD COACH is certified or exempt per rule 4.2.3
  
- 5.1.2 Failure to properly submit a fully completed electronic COMPLIANCE FILE on FIRST submission AND five days PRIOR to the first day of Spring practice will result in fine(s).
  - a. A file incomplete on first submission will incur a \$100 fine
  - b. Should missing components be provided at least five days prior to Spring practice no further penalty shall be imposed
  - c. A fully completed file submitted late will incur a \$100 fine
  - d. An incomplete file submitted late will incur a \$200 fine
  
- 5.1.3 Failure to submit the fully completed file by the SUNDAY prior to the beginning of Spring practice will result in program being ineligible to practice on the first Monday of Spring practice.
  - a. Program will continue to be ineligible for practice an additional day for every subsequent day late
  
- 5.1.4 Fines and/or ineligibility will not apply to any addendum sent for purpose of coach(es) added to staff AFTER the original submission
  - a. To add coach(es) to coaching staff after original submission, addendum including all certifications (US Lax Membership Card, NCSI background check, First Aid/CPR and NFHS Courses for Concussion and Sudden Cardiac Arrest) for said coach(es) must be sent
  
  - b. Any coach added to staff AFTER initial deadline is not eligible to be on the field until until complete addendum is received and cleared by respective Region Rep

## **5.2.0 Rosters**

- 5.2.1 Each program must submit an official PROGRAM ROSTER to the WHSBLA (via email) by the 3<sup>rd</sup> Monday of each season. The roster will be completed using an official template to include NAME, ADDRESS, YR/GRADE in school and SCHOOL ATTENDING for every player in the program, Varsity and Sub-Varsity.
- 5.2.2 FAILURE to submit PROGRAM ROSTER by deadline will result in \$200 fine
- 5.2.3 If any player(s) are added after PROGRAM ROSTER is submitted, a new roster must be submitted with a note of new player(s). Player(s) are not eligible for competition until the WHSBLA confirms receipt of late addition(s) and status.
- 5.2.4 It is the responsibility of each program to ACCURATELY and fully post their VARSITY roster properly online via the WHSBLA mandated website (Sportability) at least one day PRIOR to first scheduled game of the season.
- 5.2.5 Further, no player may appear in a Varsity contest without first being properly listed as part of online roster.
- 5.2.6 Any discrepancy as to jersey # from posted Varsity roster must be disclosed to the opposing Head Coach PRIOR to contest in which discrepancy is to occur.
- 5.2.7 FAILURE to disclose all information accurately on either roster may result in use of an ineligible player and could cause forfeitures and/or suspensions.

#### **6.0.0 ADMISSION OF NEW TEAMS**

- 6.1.0 New teams may apply for provisional membership providing they meet all the criteria in Article III.C.2.a-e of the WHSBLA By-laws.
- 6.2.0 When forming, a new program must establish and name itself around a single high school. Program may then submit request to the board to draw from other surrounding high schools. Once boundaries are determined, the WHSBLA boundary documents will be updated accordingly.

#### **6.3.0 CONGLOMERATE PROGRAMS (CPs)**

- 6.3.1 Conglomerate programs will be classified as follows
  - i. CP0 - WHSBLA Approved partnership allowing schools 1A or smaller to combine with each other (or attach to a single school of a larger classification) provided the total enrollment of involved schools does not exceed the enrollment of the largest school in the classification in which they compete.
  - ii. CP1 – year 1, must split or remove additional schools after year 2
  - iii. CP2 – year 2, or granted waiver for additional year to remain CP2
  - iv. CP3 – ineligible – see 6.3.3 below
- 6.3.2 When a conglomerate program splits and either one or both resulting new programs are by definition still a conglomerate program, then they by default are classified as a CP1 with a new 2 year window.
- 6.3.3 Any program that does not split when mandated (or receive waiver from the WHSBLA Board to remain CP2) becomes a CP3 and subject to:
  - i. Team not eligible for post season play.
  - ii. All games, including conference games scheduled by the league,

- will be marked “non-league” so not to affect the playoff standings
- iii. Lose grandfathering rights the following year

#### **6.4.0 PLAYER ELIGIBILITY for NEW TEAMS**

- 6.4.1 When a new team forms, all players attending schools deemed within that new team’s designated boundaries must play for the new team except for returning seniors who may, but are not required to, play their final season for their original team.
- 6.4.2 When an existing program divides and a new varsity team is formed, players attending schools within that new team's designated boundary must play for that new team, except for returning seniors who may elect to play for their old team for their final season. New senior players within the new team's boundary must play for the new team.
- 6.4.3 Further, general eligibility rules per WIAA/WHSBLA Policy with Q/A will be followed.

#### **7.0.0 ALIGNMENT**

- 7.1.1 The current structure of the WHSBLA is four classifications and four championships: 4A, 3A, Private A and 1A/2A. A structure of four classifications will remain in place unless the Board is given authority by the general membership per Article IV of the By-laws to change the number of classifications/championships.
- 7.1.2 The Board, per the By-laws, has authority to reclassify programs as deemed necessary due to the dynamic nature of growth in the WHSBLA. The status of CPs will re-evaluated yearly by the Board.
- 7.1.3 It is the duty of the Board to create and structure conferences as deemed best by the Board to manage regular season and post-season play.

#### **8.0.0 SCHEDULING**

- 8.1.0 Games counting toward playoff standings are scheduled by an assigned scheduler.
- 8.2.0 Contests (any interaction with an opponent: game, practice, scrimmage, jamboree, etc.) scheduled individually by coaches outside of scheduled WHSBLA play are Non-WHSBLA games. Such games do not count towards WHSBLA standings, but will be conducted and played under WHSBLA rules when appropriate (and rules of respective leagues when played outside the WHSBLA’s jurisdiction). These contests are scheduled at the discretion of the coaches . However, all contests must be reported to the WHSBLA Scheduler so they can be added to the master WHSBLA schedule to assign referees and/or complying with the number of contests limit as defined in rule 12.0,
- 8.3.0 During the WHSBLA season only contests scheduled against WHSBLA sanctioned teams or out-of-state teams sanctioned by their state’s lacrosse sanctioning body are permissible.

- 8.4.0 Changes to scheduled game must be agreed upon between both coaches.
- 8.5.0 Changes to a scheduled game must be reported to the WHSBLA scheduler at least 48 hours prior to the originally scheduled date and time. Notice of less than forty-eight (48) hours change of time or location played will result in one of these two scenarios:
- i. Games played within the same forty-eight (48) hour time frame may cause a charge to the hosting team of \$100.00 payable to WHSBLA. The payment will be split between WALOA and WHSBLA.
  - ii. Games played outside of the same forty-eight (48) hour time frame will require full payment to the assigned officials unless officials can be re-assigned. WALOA will make a good faith effort to re-assign officials and will consider extenuating circumstances beyond the control of the teams involved.
- 8.6.0 No games will be scheduled past an 8:00pm start time Monday through Thursday.
- 8.7.0 Doubleheaders scheduled at the same location will be scheduled to start 2 hours apart. However, should the first game run long, teams will be given no less than 20 minutes to warm up, otherwise the 2<sup>nd</sup> game will start at scheduled time. With a Varsity/JV doubleheader, the play of the JV game will be adjusted (shorten duration, cancel or reschedule) so the varsity game is played per rule. When possible, adjustments should be agreed upon prior to the start of the first game of the doubleheader.
- 8.8.0 Games scheduled Monday through Thursday have a drop dead start time of 8:30pm. No game will start after 8:30pm if being played on a Monday through Friday. Any JV game must be adjusted per rule 8.7.0 to allow play of the varsity game per schedule.
- 8.9.0 Except for games scheduled as part of initial WHSBLA schedule, no games will be added to the schedule to be played after the beginning of the playoffs.

Teams qualifying for the post season but earning a BYE and therefore not scheduled to play for more than a week past the last day of the regular season as defined by league calendar in given year, may schedule one additional non-league game to fill this gap. This additional game may only be scheduled against a similar WHSBLA program that has also earned this same BYE or against an out-of-state opponent (per rule 8.3), with the understanding that these games will be given last priority for referees.

- 8.10.0 **FAILURE TO REPORT TOTAL CONTESTS** – A contest is any such activity involving an opponent (including jamborees, controlled scrimmages, practices, non-WHSBLA games and out-of-state play). ALL contests must be reported to the WHSBLA Scheduler for inclusion on the master WHSBLA schedule PRIOR to that contest being played and/or to track each program's allowable contest limit. Failure to report total contests may place the program on probation and/or result in sanctions placed against the program and/or coach.



## **9.0.0 STATISTICS**

- 9.1.0 It is the responsibility of the home team to keep the official scorebook.
- 9.2.0 These statistics will be kept by each team for each WHSBLA game and reported to the WHSBLA via Sportability.com within 24 hours of each contest's completion:
- A. Goals
  - B. Assists
  - C. Groundballs
  - D. Shots on Goal
  - E. Goalie Saves
- 9.2.1 Failure to report statistics accurately and by the deadline will result in the following:
- 1) First Offense - program put on notice and given warning;
  - 2) Second Offense - \$50 fine; and
  - 3) All subsequent offenses - \$50 fine
- 9.3.0 These definitions (per NCAA) will be used in recording WHSBLA statistics:
- A. Goalkeeper saves - A save is recorded any time a ball is stopped or deflected by the goalkeeper's body or crosse in such a manner that had the ball not been stopped or deflected, it would have entered the goal.
  - B. Assists - Any one direct pass by a player to a teammate who then scores a goal without having to dodge or evade an opponent, other than the goalkeeper in the crease, is recorded as an assist. There can be only one assist on any goal scored.
  - C. Ground balls - Any ball not in the possession of one team that comes into the possession of the other team in live-ball play can be a ground ball. This may occur on an intercepted pass (the ball need not hit the ground) or from a ball checked loose onto the ground. Further, the ball must be obtained under pressure (another opposing player must be within 5 yards of the loose ball). When such a ground ball is obtained, the player gaining the ground ball must be able to perform immediately the normal functions of possession (shoot, pass, cradle). Should any of these conditions not be met, a ground ball may not be awarded. A player cannot drop the ball of his own volition, pick it up again, and be credited with a ground ball. Ground balls should be awarded as part of the face-off play; however, a ground ball is not always awarded when an official signals possession on a face-off play, since his definition of possession does not rise to the standard of that of a ground ball.

## **10.0.0 AWARDS**

- 10.1.0 **ALL-CONFERENCE** – The Head Coaches in each region/conference will select All-Conference teams through a nomination and voting process.
- 10.1.1 Each All-Conference Team may contain a maximum of 13 players defined by : three (3) attack, three (3) midfield, one FOGO, one SSDM, one LSM, three (3) defense and one goalie – total 13.
- 10.1.2 A single All-Conference Team will be selected for any conference with 6 teams or less.

- 10.1.3 A FIRST Team and a SECOND Team will be selected for any conference with 7 teams or more.
- 10.1.4 Honorable Mention selections will be left to the discretion of the coaches within each region/conference.

**10.2.0 US LACROSSE/WASHINGTON CHAPTER** – under the US Lacrosse Guidelines, the Secondary Schools Area Representative for USL coordinates the selection (with input from the coaches) and presentation of these awards: **Coach of the Year; All Americans; and Academic All American.**

### **11.0.0 RULE VIOLATIONS AND PENALTIES**

The strength of the Washington High School Boys Lacrosse Association lies in the willingness and ability of the membership to support the rules and regulations adopted and to support the penalties placed upon members, if it is determined those same rules and regulations have been violated.

Violation of WHSBLA By-Laws, policies, rules and regulations can cause, but is not limited to, sanctions placed upon individual players, coaches and/or programs. Sanctions can include but are not limited to fines, game suspension, season suspension, forfeiture of games, forfeiture of post-season play (playoffs), probation, and expulsion from the Association. Each situation is unique and will be handled at the discretion of the Board. Multiple, repeated infractions and/or those deemed to intentionally defy WHSBLA policy will cause stiffer sanctions.

Members must cooperate in any investigation of a possible violation of WHSBLA By-laws, policies, or directives. See By-laws §III.A.3.a,

**11.1.0 USE OF INELIGIBLE PLAYER** – The use of an ineligible player will result in forfeiture of all games in which that player participated, except as noted in 11.1.2

- 11.1.1 An ineligible player “takes part” in a game when he steps onto the playing field during competition of a contest in which he is ineligible.
- 11.1.2 The Board may determine that the ineligible player’s participation did not affect the result of that contest. In such a case, the Board may rule to let the result of the game stand and impose sanctions on the coach and/or ineligible player.
- 11.1.3 Eligibility is measured from the start of the game through the conclusion of the game, even when that game is finished at a later date.

### **11.2.0 EJECTIONS - MISCONDUCT BY PLAYERS and/or COACHES**

- 11.2.1 Upon ANY ejection, the Head Coach of the penalized team shall report to the Board by email ([whsbla@googlegroups.com](mailto:whsbla@googlegroups.com)) within 12 hours of the ejection. Failure to properly report ejection in a timely manner may cause further suspension of the player and/or coach.

11.2.2 An ejection carries an automatic 1 game suspension at the level in which the ejection occurred. Player is ineligible for all contests (at any level) until suspension has been served.

11.2.3 A suspension levied during the season will be for the next game(s) as listed on the schedule at the time suspension is levied. If the next game(s) are Non-League and must be rescheduled or cancelled the suspension will shift to the next game(s) in order on schedule. If the suspension is to be served during a league game and that game must be rescheduled, the suspension is carried to that game.

11.2.4 Any suspension levied prior to the season (or to be served the following season) must be served during the first league game.

11.2.5 A suspended player may NOT be suited up, nor participate in any manner (including warm ups) in a game for which they are suspended. They may be on the sidelines with their team, in street clothes.

11.2.6 A suspended coach may not be in the facility in any manner from the beginning of warm-ups through the conclusion of the contest.

11.2.7 Suspension as result of ejection may be appealed but only if properly reported within 12 hour window AND video evidence is provided.

### 11.3.0 **CONTESTING SANCTIONS**

Any decision of the Board may be appealed to the General Membership under the provision of the WHSBLA By-laws IV.F.

## 12.0 **SPECIFIC WHSBLA LACROSSE RULES AND REGULATIONS**

**Minimum Practice Days Per Individual Prior to Contest: 10**  
**Regular Season Contest Limit End Season: 20 + Jamboree**

12.1 **CONTEST RULES** -- except as stated below, the National Federation of State High School Associations (NFHS) lacrosse rules for high school boys lacrosse will apply.

### 12.2 **NFHS RULE EXEMPTIONS**

A. Goal Specifications: In-ground or flat-bar goals are recommended but not required.

B. Uniforms: Helmets and gloves should be uniform for all programs. This means that the color scheme must match. Helmets and gloves need not be the same model or brand. Regarding helmets, the shell of each must be the same base color and any accent colors must be team colors or neutral (black/white). Regarding gloves, all should be team colors or neutral.

## 12.3 ADDITIONAL RULE ADOPTIONS

### 12.3.1 Size of Field

A. Prior to the start of each season, each school will designate what size field(s) (within rule when able) that their matches will be held on. This information will be posted on each programs page of the WHSBLA website.

B. if a school's field dimensions cannot meet the NFHS standards they will line their field such that the offensive/defensive box measurements remain legal. It will be noted, posted and known amongst the WHSBLA of these modifications.

**12.4 PHILISOPHY OF JAMBOREES:** The purpose of a jamboree is to provide game-like conditions in a controlled setting so that special emphasis can be placed on safety and the preparation of every student athlete for regular season contests. Jamborees have also been developed to provide an opportunity for participants, coaches, and spectators to learn contest rules from officials.

**DEFINITION** - A jamboree is an abbreviated interscholastic contest during which each player and each squad may play up to 100 minutes of running clock. Each squad and each player is limited to schedule and participate in only one (1) jamboree.

12.4.1 A student must meet all eligibility rules in order to participate in a jamboree.

12.4.2 A student may participate in a jamboree the day following eight (8) days of practice.

12.4.3 Participation in a jamboree hosted on Friday or Saturday may be counted toward the minimum practice requirement. However, participation in a jamboree hosted on Sunday may NOT count towards the minimum practice requirement.

12.4.4 All jamborees are limited to one (1) day.

12.4.5 All jamborees are limited to the 2nd weekend of the season.

12.4.6 Participation in any jamboree must be reported to the WHSBLA scheduler (prior to participation) so that WHSBLA can ensure that each program is within the limits of rule 12.0. The reporting of participation in a jamboree must include the schedule of dates, times and opponents.

12.4.7 Jamborees will NOT be posted as part of the master WHSBLA schedule.

12.4.8 Scores may be kept, but championship events are not allowed. Registered official(s) will officiate the event and shall be given the opportunity to present information about contest and season rules to coaches, players and spectators.

## 12.5 SQUAD AND CONTEST LIMITATIONS

**12.5.1** - Each squad (Varsity or SubVarsity) may schedule up to twenty (20) contests and one jamboree.

**12.5.2** - Each squad may schedule and participate in only one (1) contest per day.

One regulation contest is defined as:

4 quarter, WHABLA or non-WHSBLA scheduled game

OR 1 Jamboree day (up to 3 shortened running clock games)

OR a controlled scrimmage and/or practice with an opponent

**12.5.3** - Each contest played must be credited as a contest to a definite squad.

## **12.6 WHSBLA Player Eligibility**

**12.6.1** - During the WHSBLA high school season, starting with the first allowable practice date, through the WHSBLA state championships, WHSBLA athletes may not practice or play lacrosse with any outside team or program other than their WHSBLA program.

**12.6.2** - Any WHSBLA player participating in any lacrosse activities with an outside program during the WHSBLA season will face suspension up to becoming fully ineligible for WHSBLA play for the remainder of the season.

**12.6 PLAYER LIMITATION** – Each player may play in twenty (20) contests, but in doing so may not exceed eighty (80) quarters. Any appearance in a quarter, regardless of the time played, will be considered as one (1) quarter. This is interpreted as meaning when a player steps onto the field and the ball becomes alive, that the player has played in one (1) quarter.

## **12.8 COUNTING QUARTERS AND CONTESTS:**

**12.8.1** Four (4) quarters played against the same squad is one (1) contest.

**12.8.2** Four (4) quarters played against the same school, same day, different squads (i.e., varsity and junior varsity squads) is one (1) contest.

**12.8.3** Four (4) quarters played against the same school, different days during the same week, different squads (i.e., varsity on Tuesday, junior varsity on Thursday) is one (1) contest. If a player exceeds four (4) quarters, that player is considered to have participated in two (2) contests (one (1) contest on each day).

**12.8.4** A total of four (4) quarters played against two (2) different schools, same day, different squads is one (1) contest.

**12.8.5** One (1) or more quarters played against two (2) different schools, different days during the same week, different squads would be two (2) contests.

**12.8.6** Postseason games do not count against the game or quarterly season limitation.

## **12.9 OFFICIALS:**

**12.9.1** If no officials are assigned to or fail to show for a WHSBLA Scheduled Varsity game, the game must be postponed and rescheduled.

**12.9.2** If no officials are assigned to or fail to show for a Sub-Varsity game (JV or C) the game may be played at the discretion of the coaches and officiated by an agreed upon assistant coach(es) or other program administrator(s)

## **12.10 TIE--BREAKERS for PLAYOFF STANDINGS:**

**12.10.1** Two Team Tie-Breaks:

1. Head-to-head (best win-loss percentage in games between the teams involved).
  2. Head-to-Head Goal Differential (best GD in games between the teams involved).
  3. Overall Least Goals Allowed (in WHSBLA scheduled games only)
- \*No team will be eliminated from playoffs on tie-breakers beyond head-to-head (#1). These will be used only when determining seeding for teams already assured a playoff berth. If teams have split regular season series and are tied for last playoff berth then play-in game.

**12.10.2 Three Team Tie-Breaks:**

1. Head-to-head (best win-loss percentage in games among the teams involved).
2. Head-to-Head GD (best GD in games among the teams involved).
3. Overall Least Goals Allowed (in WHSBLA games only)

\*No team will be eliminated from playoffs on tie-breakers beyond head-to-head (#1). These will be used only when determining seeding for teams already assured a playoff berth. If any teams involved are not assured a playoff berth, a three-way tie occurs and tie is not broken by head-to-head (#1) then a three team mini-playoff will occur.

**12.10.3 THREE TEAM MINI-PLAYOFF:**

(Any mini-playoff will be played at location determined by WHSBLA)

1. Each team plays two halves; 1 half (2 twelve min. quarters) against each of other teams involved.
2. Coin Flip will determine which team sits first. Each team flips coin, odd man out sits first.
3. Winner of first game has option to sit or play back to back.
4. Teams will be allotted a 15 minute warm-up/rest period between each mini-game.
5. If tied after 24 minutes of play, teams will play sudden-victory (4 min periods) until tie is broken.
6. WINNER:
  - A) If tie-break is for ONE playoff berth
    - I. team winning both of its mini-games advances
    - II. if all 3 still tied (beat each other in a circle), then best GD wins
  - B) If tie-break is for TWO playoff berths
    - I. team winning both of its mini-games is top seed, team finishing 1-1 is next
    - II. if all 3 still tied (beat each other in a circle), then worst GD is out
    - III. head-to-head result of mini game between teams advancing determines seeds

**12.11 HOSTING PLAYOFF GAMES – HOME FIELD**

**12.11.1** For Play-In games involving unseeded teams, the host is predetermined and will be rotated on a yearly basis. (Please reference posted brackets)

**12.11.2** For all remaining Bracket games, the higher seed # will host. If teams carry equal # seeds then the team listed on top is the HOST

**12.11.3** For any tie-break games that arise, the host team will be determined by Highest rated team via LaxNumbers.com

- 12.11.4** Unless agreed upon by traveling opponent, no Saturday playoff game will start before 12:00pm (noon) to accommodate for travel time. In cases where further travel is involved the league may mandate start time be pushed later to accommodate such travel.
- 12.11.5** Playoff games will occur on dates listed on respective brackets unless there is mutual agreement from both teams to move it. However, it may only be moved to the other date being used for games in that given round as a unique date is not acceptable in fairness to all other playoff participants.
- 12.11.6** The host field must be marked as follows:
  - A. 110 yards in length
  - B. 53 1/3 to 60 yards in width
  - C. restraining lines 20 yards from the goal line
  - D. end line 15 yards from goal line
  - E. opposite wing lines/side restraining box lines 40 yards apart

Any field with unified lines that does not meet the above may not be used to host a playoff game.

## **12.12 FALL OPEN PERIOD**

Coaching Contact is allowed from the first Friday in November through the first Sunday in December each year within the stipulations set below.

- 12.12.1** Allowable contact days during Open Period: 12 total
- 12.12.2** Maximum 4 contact days per any calendar week

Coaching Contact is considered any lacrosse specific coaching with members of your high school team including, but not limited to practices, scrimmages, individual work, alumni games, jamborees and/or tournament play.

These contact days can in no way be made mandatory for any squad members. Rather they are optional opportunities to work with current squad members in efforts to recruit new players, give those not involved in other sports a chance to stay active and help those interested in fall recruiting events