

**ARIZONA GIRLS LACROSSE ASSOCIATION
BY-LAWS
AND
RULES AND REGULATIONS
Revision Based on AGLA Board Meeting 10-7-09**

BY-LAWS

ARTICLE I: NAME AND MISSION

The name of this organization shall be the Arizona Girls Lacrosse Association (AGLA). The mission of the AGLA is to encourage, foster, and promote the sport of girls' lacrosse in the state of Arizona in a safe and sportsmanlike environment.

ARTICLE II: RELATION TO US LACROSSE

The AGLA shall operate in accordance with the official rules and Code of Conduct endorsed by US Lacrosse, under the umbrella of the Arizona Chapter of US Lacrosse.

ARTICLE III: AGLA and TEAM MEMBERSHIP

"Membership" is used in this document to refer to participating organizations and individuals; as a legal distinction, and to ensure compliance with future AGLA Articles of Incorporation, there is technically no AGLA membership.

Membership in AGLA is open to any Arizona amateur youth lacrosse organization (Team) that is voluntarily and primarily concerned with the promotion of the game of girls' lacrosse in accordance with these by-laws. Specifically, a Team may be a member of AGLA if the following conditions are met prior to participation:

- The Team is organized as not-for-profit.
- The Team's registration policy does not discriminate on basis of race, creed, color, or religion.
- The Team agrees to promote the game of girls' lacrosse in a safe and sportsmanlike environment.
- The Team maintains a roster of at least 12 female 7th through 12th graders, with no male athletes.
- The Team has identified at least one Head Coach.
- The Team pays all required AGLA dues and submits all required registration materials on an annual basis, prior to participation in any regular season games (as outlined in the AGLA Rules and Regulations).
- All Team athletes, coaches, and parents abide by all AGLA By-Laws and the Code of Conduct.
- The Team does not allow its student athletes to be paid for participation, whether money or other valuable consideration.

The Head Coach of a Team may elect to hold try-outs for Team positions, as long as that try-out process does not discriminate on basis of race, creed, color, or religion. Refer to the AGLA Rules and Regulations for more information on membership.

ARTICLE IV: BOARD OF DIRECTORS

Section 1. The AGLA Board of Directors shall consist of five elected officers (see Article V), the Head AGLA Referee, and the immediate past president. In addition, the AGLA Board shall include one at-large representative from every team (Varsity and JV). As discussed in Article VI, because the total number of elected officials may vary, the number of available at-large positions will be modified accordingly. At-large representatives are required to be permanent residents of Arizona, and can include the past AGLA President, coaches, parents, school Athletic Directors, and / or other interested parties. During the first AGLA Board meeting of any season, if more than the maximum number of individuals (depending on the number of elected officers) express interest in at-large Board positions, the existing AGLA Board of Directors will vote to elect the at-large positions. At-large board positions are valid for a period of one year.

Section 2. The Board of Directors shall conduct and transact the business of the AGLA. The Board shall be the sole governing body of AGLA except as otherwise provided herein, and shall elect a President, a 1st Vice President, a 2nd Vice President, Treasurer, and Secretary as provided in Article V.

Section 3. The Board of Directors shall represent AGLA and shall have the power to amend the By-Laws and the Code of Conduct to further the purpose of the AGLA.

Section 4. No Director shall for reason of his/her position be entitled to receive any salary or compensation; however, nothing herein shall be construed to prevent a Director from receiving any compensation from the AGLA for duties other than as a Director.

ARTICLE V: OFFICERS AND THEIR ELECTION

Section 1. Any AGLA Board Member shall be eligible for office.

Section 2. The elected officers of the AGLA shall be: President, a 1st Vice President, a 2nd Vice President, Secretary, and Treasurer. The same person may serve as both Secretary and Treasurer.

Section 3. Election to an office automatically gives that person membership on the Executive Committee for the duration of their term.

Section 4. Each officer, except as noted in Article VI, Section 2a below, shall be elected for a term of two years, with the option of reelection with two-thirds majority vote. If possible, all officers are to be elected in June of the same year by majority vote, and shall take office the July 1st following their election; these dates may vary as determined by the President.

Section 5. As determined by the President, nominations of members of the AGLA Board to the AGLA Executive Board shall be made at the last regular meeting of the season. Nominations may be made from the floor of the meeting, providing individuals so nominated express their willingness to serve during the meeting, or prior to the meeting in written form to the President.

Section 6. As appropriate, the current President shall tally the election results at the last regular meeting of the season, and shall announce the results at the conclusion of that meeting.

Section 7. The AGLA Board of Directors may elect other officers as needed, in the procedure identified above, as determined by the President.

ARTICLE VI: DUTIES OF THE OFFICERS

Section 1. The President shall: preside at all meetings and have general charge of the business of the AGLA; appoint all committees and be an ex-officio member of all committees; represent the AGLA on the Arizona Chapter of US Lacrosse Board; have the right to discuss all questions but shall vote only in the event of a tie; be in general charge of the internal affairs of the AGLA.

Section 2. The 1st Vice President shall: represent the AGLA on the Arizona Chapter of US Lacrosse Board, and in the absence of the President assume his/her duties. The First Vice President shall become President of the League following their year as 1st Vice President.

Section 2a. The 2nd Vice President shall: in the absence of the President and 1st Vice President assume his/her duties. The 2nd Vice President will move to 1st Vice President and then President of the League in subsequent years. Their term on the Board shall be for three (3) years.

Section 3. The Secretary shall: keep and distribute minutes of all meetings; maintain an accurate list of all players, coaches, and officials with their addresses; conduct all correspondence of the AGLA; send proper notice of the meetings in advance of the time and place; be custodian of all important papers belonging to the AGLA.

Section 4. The Treasurer shall: keep a detailed account of all receipts and disbursements; collect all dues from each team; make such disbursements as approved by the Executive committee; present a report at all meetings of the AGLA as appropriate.

ARTICLE VII: EXECUTIVE COMMITTEE ROLES

Section 1. The Executive Committee shall consist of the current elected officers of AGLA: the President, all Vice Presidents, the Secretary, and the Treasurer.

Section 2. The Executive Committee shall be responsible for executing the policies set by the Board of Directors, and for carrying out the functions of the Board of Directors between meetings.

Section 3. The Executive Committee shall be charged with the determination of the Rules and Regulations, including rule violations, eligibility violations, By-Law violations, and other such violations which may occur. The Executive Committee shall be empowered to make binding decisions regarding any and all violations.

Section 4. All Executive Committee votes shall be by voice – no ballot or proxy voting shall be allowed.

Section 5. As appropriate, the Executive Committee shall report all of its decisions at the next meeting of the Board of Directors for their review and ratification.

Section 6. Upon a showing of good cause, the Executive Committee shall be authorized to order and direct the replaying of any AGLA regular season game. Upon a showing of good cause, the Executive

Committee shall be authorized to recommend suspension of any Team for flagrant violations of the AGLA By-Laws and/or Rules and Regulations.

- Section 7. An Executive Committee decision or action may not be challenged or otherwise overruled except by a 75% majority vote of the Board of Directors, exclusive of Executive Committee members, sitting in a properly constituted meeting. In the event that the decision or action is vacated by a 75% vote of the Board of Directors, the Board shall be entitled to vote on the issues so overruled and vacated. The Board of Directors shall conduct a vote to determine the issues previously determined by the Executive Committee. Only a 75% majority vote of the Board of Directors shall be effective to render a final decision on said issues. In the event that the Board of Directors is unable to have a 75% majority vote after two votes, then the initial decision or action of the Executive Committee shall be reinstated and be final.

ARTICLE VIII: STANDING COMMITTEES

- Section 1. All AGLA Standing Committees shall be defined by the President, at any time during the pre-season, regular season, or post-season. As appropriate, the term of each Standing Committee shall not extend past the current post-season.
- Section 2. Each Standing Committee may elect its own Chairperson.
- Section 3. Any member of the Board of Directors may serve as a Standing Committee member or Chairperson.
- Section 4. Standing Committees shall meet at a regular frequency and shall report all activity at each Board of Directors meeting as appropriate.

ARTICLE IX: VOTING (ITEMS OTHER THAN ELECTION OF OFFICERS)

- Section 1. Each Director shall be entitled to one vote whenever a vote of the Board of Directors is conducted. Proxy voting shall only be allowed in written form (i.e., if the item for voting was distributed to all Directors prior to the meeting, and the selected representative brings the written vote to the meeting).
- Section 2. Any Director may abstain from voting without explanation at any time.
- Section 3. Except as otherwise provided herein, all votes of the Board of Directors shall be decided by a 51% majority of the Directors attending a given meeting.
- Section 4. At all meetings, all votes shall be by voice. Any question may be voted upon by ballot if a 51% majority of Directors attending the meeting so request.
- Section 5. In the event of a ballot vote, ballots shall be provided by the President or Secretary, and there shall not appear anyplace on the ballot any marking that might indicate the person who cast the ballot. At any vote by ballot, the President shall appoint a committee of two to act as Inspectors of Election immediately prior to the commencement of the balloting. The Inspectors shall certify the results of the ballot in writing to the President, for attachment to the meeting minutes. No Inspector shall be a candidate for the office or shall be personally interested in the questions voted upon.

ARTICLE X: BOARD OF DIRECTOR MEETINGS

- Section 1. Regular Meetings: The AGLA will have Regular Meetings of the Board of Directors. The Secretary or President shall send adequate notice of the time and location to all current Board Members. The purpose of these meetings is to address current issues within the league, as well as to plan for the coming pre-season and regular season.
- Section 2. Special Meetings: The President may call a Special Meeting of the Board of Directors when he/she deems it in the best interest of AGLA. In addition, at the request of at least two members of the Executive Committee or 1/3 of the members of the Board of Directors, the President shall call a Special Meeting. The Secretary or President shall send notice of the time and location to all current Board Members, indicating the purpose of the meeting and identifying the specific Board Members whose presence is required; any Board Member may attend any Special Meeting, even if their presence is not required.
- Section 3. The presence of not less than 51% of the members of the Board of Directors, including the President, shall constitute a quorum and shall be necessary to conduct any and all business of the AGLA. A meeting in which there is no quorum may be adjourned for a period of not more than three weeks from the date scheduled, and the Secretary shall send notice of the rescheduled meeting time and location to all members not present at the original meeting.

Section 4. No Regular or Special Meeting may be held and no voting may occur in the absence of the President, unless the President, via email notice to the Board of Directors, delegates the presiding rights to the 1st Vice President. The 1st Vice President may then assume the President's duties and rights at a given meeting. The President will review the Agenda for the meeting, and may defer specified topics to a future meeting when he/she is available to preside.

ARTICLE XI: ORDER OF BUSINESS

The following Order of Business will be adhered to at each AGLA meeting as appropriate and as determined by the President:

1. Roll call
2. Reading of the minutes of the preceding meeting by the Secretary or a representative
3. Reports of the elected officers
4. Reports of Standing Committees
5. Old and unfinished business
6. New business
7. Open discussion
8. Adjournment

ARTICLE XII: DISCIPLINE

- Section 1: Grievance Statements. Any person or Team alleging that he, she, or it has been aggrieved in any matter within the jurisdiction of AGLA may, within four days of the occurrence of the incident or of obtaining knowledge of the incident on which such alleged grievance is based, submit to the President of the AGLA a written grievance statement. This statement shall specify the person or Team responsible for the alleged grievance, the nature of the grievance, and the relief desired. An extension of the time to file such statement may be granted by the President in his/her sole discretion. In the event the President is a party to a grievance, the 1st Vice President shall fulfill the President's responsibilities as described herein. If the 1st Vice President and President are both parties to the grievance, it shall be considered by the Executive Committee. Additionally, the Executive Committee shall appoint a Grievance Committee as provided for in Section 2 of this Article. In the event the President and/or 1st Vice President are removed from the process, the Grievance Committee shall report directly to the Executive Committee, not the President.
- Section 2: Referral to a Grievance Committee: The President (subject to Section 1 of this Article) shall commence a proceeding by appointing, within three days of receiving the statement of grievance, a Grievance Committee of at least three persons to whom the matter shall be referred.
- Section 3: Preliminary Action by Grievance Committee: If the Grievance Committee determines that no reasonable grounds exist for a grievance, it shall within three days make a written decision stating the grounds for its decision and shall deliver copies to the President and the person alleging the grievance.
- Section 4: Delivery of the State of Grievance – Right to Reply: If the Grievance Committee determines that there are reasonable grounds for such grievance, it shall deliver a copy of the statement of such grievance to the person or Team allegedly responsible for such grievance. Such person or organization shall have seven days in which to reply. An extension of the time to file such statement may be granted by the Grievance Committee in its sole discretion. The reply shall be in writing and shall be delivered to the Grievance Committee at the address specified by it and to the party alleging the grievance.
- Section 5: Mediation by Grievance Committee – Setting Time and Place for Hearing: The Grievance Committee shall then attempt to settle the grievance by mediation. If the attempt to mediate is unsuccessful, the Grievance Committee shall set a place, date, and time for the hearing that is reasonably convenient for all parties. The cost of mediation, if any, shall be borne equally by the parties.
- Section 6. Hearing by Grievance Committee – Findings and Decisions: At the hearing, each party and the Grievance Committee shall be entitled to call witnesses, whose testimony may be taken under oath as determined by the Grievance Committee, produce evidence, and submit memoranda supporting his/her position, and shall be entitled to be represented by counsel. Stenographic minutes may be taken, the cost of which shall be borne equally by the party alleging the grievance and the party alleged to have committed the grievance, and otherwise, as assessed by the Grievance Committee. Within five days after the conclusion of the hearing, any party wishing to do so may deliver a further written statement to the Grievance Committee. The Grievance Committee shall then make written findings of

fact which shall be final, and make a written decision which shall include grounds for the decision and recommended relief or disciplinary action, if any. It shall deliver a copy of its findings of fact and decision to the President and each party.

- Section 7. Disciplinary Action: In the event that relief or disciplinary action is recommended by the Grievance Committee, the President shall make copies of the written findings and decision of the Grievance Committee and distribute them to the Executive Committee. The Executive Committee shall either affirm, amend, or remand the recommended relief or disciplinary action to the Grievance Committee for further consideration, and shall make a written decision which shall state the grounds for the decision. Copies of its decision shall be delivered to both parties and the Grievance Committee. In the event that relief or disciplinary action is to be taken, copies of the findings of fact and decision of the Grievance Committee and the decision of the Executive Committee will be distributed to all members of the Board of Directors and other parties affected by the relief or disciplinary action. Decision of the Grievance Committee will be treated as Executive Committee decisions by the Board of Directors.

ARTICLE XIII: SALARIES

The Executive Committee shall hire and fix the compensation of any and all employees which they in their discretion may determine to be necessary in the conduct of AGLA business.

ARTICLE XIV: RULES AND REGULATIONS

The Board of Directors shall adopt such Rules and Regulations covering policy, organization, procedure, and competitive matters as it deems appropriate by a majority vote. Said Rules and Regulations shall then be considered a part of the By-Laws. The AGLA Rules and Regulations are provided at the end of this document.

ARTICLE XV: AMENDMENTS

- Section 1. These By-Laws may be altered, amended, repealed, or added-to by an affirmative vote of not less than 75% of the Board of Directors sitting in a properly constituted, Regular Meeting. The Board of Directors may, at any Regular Meeting where this quorum is present, vote on any recommendation for an amendment to the By-Laws.
- Section 2. Any Board member may propose an amendment to the By-Laws at any time, by presenting it in writing to the President or Secretary. The President or Secretary shall distribute the proposed amendment to the Executive Committee, which shall make a written recommendation, including the grounds for recommendation for or against the proposed change to the By-Laws.
- Section 3. The President or Secretary shall distribute the proposed amendment and the recommendation of the Executive Committee to all members at least seven days prior to the next Regular or Special Meeting of the Board of Directors at which the amendment shall be considered.
- Section 4. If the amendment is not approved, it shall not be tabled again for consideration by the Executive Committee or the Board of Directors until the conclusion of the current post-season.

ARIZONA GIRLS LACROSSE ASSOCIATION

RULES AND REGULATIONS

1. Annual Team Dues and Registration

- A. Each Team shall be required to submit all registration materials in advance of the first regular season game, by a date determined by the Board of Directors. The date will be communicated to all Board members at least two months before the first regular season game. Penalty for late payment will be determined by the Executive Committee.
- B. Dues shall be set by the Executive Committee no later than two months prior to the first regular season game, and conveyed to the Board of Directors and Coaches via email notification.
- C. By the requested date, each Team shall post their complete roster on the AGLA website (www.azgla.com), including the name, jersey number, academic year and position for each player expected to participate in the coming season, and coaches. The roster shall be posted concurrently with the submission of the Team dues payment. Penalty for late roster will be determined by the Executive Committee.
- D. For each player listed on the roster, as well as all coaches, each Team must demonstrate current US Lacrosse membership and at any time thereafter at the request of an AGLA Executive Committee member.
- E. For each player listed on the roster, each Team must have on file a completed and signed AGLA Registration Form and a signed Code of Conduct. The AGLA Registration Form and signed Code of Conduct must be available within 24 hours upon request of an AGLA Executive Committee member.
- F. A Team may add a player to its roster, so long as the addition of a player complies with section 12a below, at any time during the season, provided that dues are provided to the Treasurer, and US Lacrosse membership, an AGLA Registration Form, and a Code of Conduct are completed, at least 48 hours prior to participation in a regular season or post-season game. The Team must inform the Web site coordinator of the change in the roster within one week of submittal of registration materials. The penalty for having a player in a game who is not registered on the roster 48 hours prior to the game is forfeiture of that game.
- G. If a player is to be removed from the roster for any reason, the Head Coach must inform the President or Secretary and the Web site coordinator of the removal 48 hours prior to their next regular season or post-season game.

2. Disciplining of AGLA Associates

In the event any associate or supporter of AGLA (either a coach, player, parent, fan, or referee) displays any conduct or character that is deemed unacceptable by the AGLA Board of Directors, then that person shall be disciplined and/or expelled from the AGLA, and attendance at all contests and functions. The disciplined party shall have the right to appeal such action in the time specified in the AGLA By-Laws. Any party so suspended who appeals the decision shall remain suspended during the appeal process.

3. Insurance

All players, coaches and referees shall, by virtue of membership in US Lacrosse, have adequate insurance in order to serve in any capacity within the AGLA. Additionally, all fields used by AGLA during the course of the season must have insurance certificates issued, naming the particular City Parks and Recreation Division or other entity as a named additional insured. Such insurance is generally offered by a US Lacrosse affiliate insurance agency. The Board of Directors shall be required to have D&O coverage in the amount of \$1,000,000 as provided by US Lacrosse and/or its insurance agent.

4. US Lacrosse Membership

All associates of AGLA (coaches, players and referees) must join US Lacrosse in their respective category. If it is discovered during or after the fact that a coach or player was not properly enrolled in US Lacrosse at the time of the game in question, then that Team shall forfeit that game (or games). The delinquent party must discontinue all activities on behalf of AGLA until the insurance is brought current. Referees discovered to be in violation shall forfeit compensation for any games where they were not properly insured. All parties may be reinstated by merely obtaining the proper insurance.

5. Championship Format

The Semi-Final playoffs will be the top four teams from each division, regardless of the number of teams within the division. The winners from the Semi-Finals (two winners from each division) compete for the Finals for their division. There will be two State Champions within the league.

6. Finances

Individual teams within AGLA are expected to have their own checking accounts and handle as much of their own financial needs as possible. Any check sent to AGLA Treasurer for handling (other than registration fees and other direct payments required by AGLA) shall incur a 10% handling fee.

7. Coaches' Responsibilities

In addition to the Team registration information outlined in Section 1 above, all coaches must also follow AGLA guidelines related to the filing of the game summary form following each game. This includes the reporting of game scores, player stats, and any game incidents. Each team must designate one person as head coach (or two persons as Co-Head Coaches); all other coaches will be designated as assistant coaches.

8. New Team Requirements

In order to establish an orderly expansion of new Teams within the AGLA, the following requirements are in place. New Teams must:

- Have at least one full time Head Coach (or two Co-Head Coaches)
- Have a field for its use for both practices and games
- Show adequate financial support (as may be indicated by parents or supporters)
- Have an adequate number of players (at least 12) already committed to playing and paying dues
- Accept the fact that the AGLA must feel confident that it can support the new Team with regard to referees, length of season, etc.

The Board of Directors shall have the final authority to accept or reject new Team applications.

Any new team joining the league will play a JV schedule their first year. The second season, the new team will have a choice of moving to Varsity or remaining JV. All new teams must move to Varsity, Division II, after playing two complete seasons.

Any registered club may field a second varsity or junior varsity team, providing there is a designated head coach and a designated team roster that is unique to each team (coaching staff, practice times, etc., may be shared with existing teams). A second varsity team may be added provided the club continues to field a JV team. The second team must first play a JV schedule, and in their second season, would have a choice of moving to Varsity, Division II.

9. Relationship of AGLA Associates

It is understood that the Arizona Chapter of US Lacrosse and the AGLA make no representations or guarantees in so far as the character, community standing, or other social or personal aspects regarding players, coaches, or referees of AGLA. The Board's primary purpose is to coordinate the many aspects of the AGLA, including scheduling of games, referees and fields. As determined by the President, coaches may be required to sign an authorization for criminal background checks. The Board does not hire or fire coaches, and does not control field availability. The Board recognizes that all Teams involved are "club" status and that it is the responsibility of each club to conduct its own business.

The Board is hereby empowered to render decision and opinions in those matters where participants in the AGLA cannot resolve an issue on their own and no grievance has been filed. The Board will then act in the best interest of the AGLA in this role.

10. Medical

Any injury deemed severe or life threatening must be reported to US Lacrosse and its insurance agent as soon as possible after the incident (not to exceed 48 hours after the incident). In addition, each coach must provide at each practice, scrimmage, or game a reasonably complete first aid kit and communication equipment to aid personnel in the event of an injury. A "Health and Safety Sheet" providing addresses and phone numbers of

nearby medical facilities and police stations, shall be available at all games. The Home Team shall provide said sheet at the scorer's table and the sheet shall be permanently affixed as part of the official scorer's book.

11. Tournaments Outside Arizona

No AGLA Team which plans to represent AGLA in any tournaments outside the state of Arizona may do so without first receiving AGLA approval.

12. Player Requirements

A. Grade level participation requirements:

- Seventh or Eighth graders may play only on a JV team. If only a Varsity team exists, then the 7th or 8th grader can participate as a member of the practice team (this player is not issued a uniform and can not compete in any manner against another team; this player will not be charged annual AGLA league dues).
- A JV player, who is not a 7th or 8th grader, may play in a Varsity game. The total number of games played per player cannot exceed the total number of games their Varsity team will play in a season excluding Play-Off/Championship games.

B. Residency: All AGLA players must be permanent residents of the state of Arizona. New players must play for the Team that is nearest to their place of residence or that is associated with the high school they attend. Players wishing to play on a team that is not nearest to their place of residence or that is not associated with the high school they attend must petition the Executive Board of the AGLA who will then vote on the matter.

C. Transfer Requests: Any coach/team representative that is approached by a player wishing to transfer teams will direct the player to the Executive Committee of the Board of Directors, who in its sole discretion will determine the merits of the transfer request. If the team to which an Executive Committee Member(s) is associated with is involved in the player transfer request, that committee member(s) will abstain from voting on the request. Coaches/Team Representatives shall not render any opinion to the player who contacts them as to the merits of the request. Any coach/team representative giving an opinion will be subject to disciplinary action as determined appropriate by the Executive Committee. Current players playing for teams during the past season are grandfathered in, and this ruling will not apply to them.

13. Code of Conduct

Formal documentation establishing the US Lacrosse Code of Conduct will be required to be signed by all players and at least one parent prior to the start of the regular season. All coaches and referees must also sign this Code prior to the regular season. Failure to sign the documents will result in automatic suspension until the required form is signed, and forfeiture of all games played prior to signing of the Code by any player (and their parent) or coach. Referees will not be paid for games worked prior to signing the Code.

14. Change of Game Date

A Team requesting a change in a regular season game date is subject to forfeiture in the event that the opposing Team, EMT's or referees are not able to accommodate the requested change. In the event that both Teams are able to establish a new date and secure officials and EMT's, then no forfeit shall occur and the game shall be played on the new date. The new game date, time, and location must be communicated to the President, Secretary, Head Referee, EMT Coordinator, and Web site coordinator at least 24 hours prior to the game.

15. Season Scheduling

As determined by the President, a season scheduling meeting shall be held preceding the upcoming regular season. Necessary attendance will be determined by the President. All Teams are required to submit their personal, academic, and social calendars prior to this meeting. Scheduling will be completed by blind draw. Once a team name is drawn, the scheduling proceeds from the lowest ranked team to the highest ranked team in each division. The inter-division scheduling will be completed once both division schedules are complete.

At this meeting, the beginning and ending dates for the pre-season, regular season, and post-season shall be defined. The following basic guidelines will apply:

- A. Teams will be allowed to practice a maximum of two (2) times per week beginning November 1st with coaches present. All practice times and places will be posted on the AGLA website and will be open to all US Lacrosse members. The primary focus of these practices is to work on stick skills and conditioning. Teams may hold tryouts in December, with practices monitored by the coaches, this tryout period may not last longer than 5 days. Full team practices may begin the first week in January.
- B. Pre-season scrimmages will not count toward the final standing of either Team.

- C. All regular season practices shall be held under the supervision of one or more coaches, unless a Team receives prior approval from their Head Coach to hold a practice in the absence of coach supervision.
- D. The date for the start of the regular season will be defined at the scheduling meeting, and will not conflict with the schedule of winter sports that have not yet concluded.
- E. Each Team will determine the number of practices to be held per week, the days on which to practice, and the times at which to practice – there are no restrictions on this, and this information does not need to be communicated to the Board of Directors.
- F. All pre-season scrimmage and regular season game dates, times and locations will be set at the scheduling meeting. All scrimmages and games will be scheduled in an effort to provide equal home team advantage throughout the pre-season and regular season – all other decisions regarding date, time, and location are at the discretion of those present at the scheduling meeting. Conflicts will be resolved prior to the start of the regular season to the extent possible.
- G. The varsity division will consist of two divisions based on team skill levels and will be called Division I and Division II. Each team in a division will play every other team in its division twice, both home and away games. Divisions will change yearly according to the prior year standings, with the top team in Division II moving to Division I, and the bottom team in Division I moving to Division II. The teams that are required to change divisions may petition the Executive Committee to stay in their current division, and any team may petition the Executive Committee to change divisions for the upcoming season. The Executive Committee will announce the meeting date, time and location as well as the requested format for information requested for the petition process. In addition to the division games, each team will have the opportunity to schedule a maximum of two inter-division games once the regular season game schedule has been finalized. The inter-division games are optional. The inter-division games will be determined by blind draw. These games will have no bearing on the final division standings and will not be included in the final record of the team.
- H. All Teams, in each division, will play the same number of AGLA divisional games. Additional pre-season games may be scheduled informally between two Teams, after the scheduling meeting.
- I. Division standings will be based on team win-loss records for regular season games. In event two or more teams have the same record, the following system would be used to break the tie:
 1. Head to head results
 2. Goal differential in games played against each other
 3. Relative strength of wins
 4. Coin Flip (if more than two teams, the teams will draw from a hat to determine the coin flip order)

Method to calculate the relative strength of wins:

1. Calculate the winning percentage of all teams
2. Add the sum of the winning percentage of the subject team’s opponents, only those teams in which the subject team won the game
3. The team with the higher number gets the seed

Example of method to calculate the relative strength of wins:

Two teams tie at 8-2 and have split the games between them, so head to head does not resolve the tie. Each team beat the other team by 2 goals in games played against each other, so goal differential will not resolve the tie. Team 1 and Team 2 have won eight games, winning percentages in games won noted below:

<u>Team 1</u>	<u>Team 2</u>
80%	80%
70%	70%
40%	70%
40%	40%
30%	40%
30%	30%
0%	0%
0%	0%
290%	330%

In this case, Team 2 won games against teams with higher winning percentages, and Team 2 would get the higher seed.

If it had been a tie, a coin flip would have been used to determine the seed.

- J. The date for the end of the regular season and the timing of the scheduling meeting, with careful attention to try and av

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- K. Playoff games – refer to the Championship Committee. The Championship Game will be played the last Friday in April of every year, unless extenuating circumstances exist and a date change is approved by the Executive Committee.
- L. The All-Star Game will be played the first Friday in May of every year unless extenuating circumstances exist and a date change is approved by the Executive Committee.

16. Game Responsibilities

The Home Team for any pre-season scrimmage, regular season game, or post-season game will provide the following items:

- A fully lined field, prepared in accordance with the most recent US Lacrosse rule book.
- Adequate field lighting for night games.
- Chilled water for consumption, and ice for medical emergencies with plastic bags, for both Teams.
- A scorer's table with at least two chairs, clock, air horn, and full-size scoreboard (visible from the field).
- At least one timekeeper/scorekeeper.
- Restroom facilities within reasonable walking distance.
- Health & Safety Sheet (see Section 10)

Both Teams at a pre-season scrimmage, regular season game, or post-season game will bring the following items to the field:

- Scorer's book, with roster and positions, and coaches.
- One separate roster list, specific to each game, for presentation to the referees.
- Proof of US Lacrosse membership for all players and coaches.
- First aid kit (with the exception of ice, to be provided by the Home Team).

17. All Star Selection Process

An All Star Selection Committee shall be formed with the President residing. The committee will identify two Head Coaches. Head Coaches may bring their Assistant Coaches.

- Goalies to be chosen by statistics, with two goalies per team, the top four goalies would make the All Star Team.
- The remainder of the team be chosen by coaches at the end of the season and broken down as follows:
 - Top two teams in each division will have 6 players in the All Star Game.
 - Middle two teams in each division will have 4 players in the All Star Game.
 - The remainder of the teams in each division will have 2 players in the All Star Game.
 - Goalie selection will count towards the number of players in the All Star Game.
- Example: Team A finishes in 1st Place in their division and their goalie makes the All Star game statistically. The Coach of Team A gets to choose 5 more players for the All Star Game, for a total of six (6) from Team A.

18. Post-Season Awards

At the conclusion of each regular season (at a date determined by the President) the Board of Directors shall present End of the Year Achievement Awards including, but not limited to, the following:

- Defensive Player of the Year
- MidField Player of the Year
- Offensive Player of the Year
- Goalie of the Year
- Referee of the Year
- Coach of the Year
- Sportswoman of the Year

A Post Season Award Committee will be established to develop criteria for the above honors and for All State Team Selection. The criteria will be finalized and distributed to coaches prior to the first regular season game.

19. National Federation of High Schools

As of the 2005 season, AGLA has adopted rules established by the National Federation of High Schools.

20. Misconduct Involving a Card

Any player or coach who receives a Red Card will be ejected from the current game and will be prohibited from participating in the team's next game. Any player or coach who receives two Red Cards in one season may not participate in any further league games that season. Any player or coach who receives two yellow cards in one game will be suspended from further participation in that game.

Version History (beginning March 2009):

3/4/09:

Updated section 4 to remove scorekeepers from USL membership requirements.
Modified Rules and Regulations Section 20 to reflect new penalty card wording.

8/12/2009:

Updated By-Laws to reflect changes voted in during the 8-12-2009 AGLA BOD meeting (as reflected in Minutes posted under www.azgla.com AGLA Board tab).

9/16/09:

Updated By-Laws to reflect changes to R&R #8 and R&R #15 as voted in during the 9-16-09 meeting (as reflected in the AGLA Special Mtg Minutes 9-16-09 posted on www.azgla.com AGLA Board tab).

10/7/2009:

Updated R&R #1-C and #16 to reflect 'and coaches' for roster submissions.