

## COLORADO GIRLS LACROSSE ASSOCIATION

### 2011 RULES

(Latest revision: 1/24/11)

The Mission of the Colorado Girls' Lacrosse Association (CGLA) is to provide elementary and middle school girls with fundamental skills required to play lacrosse, as well as to promote the spirit and sportsmanship of the game. By providing a structured program, the CGLA Board partners with parents, coaches, officials, and players to ensure a safe, educational, and competitive environment allowing players to develop skills and behavior consistent with a high standard of lacrosse. (More information @ [www.cglax.com](http://www.cglax.com) .)

The purpose of the Official Girls Youth Rules is to familiarize young players with the sport of women's lacrosse by introducing them to the terms, the field, the playing positions, the concept of teamwork and the skills required to play the game safely and fairly. These rules were written by the US Lacrosse Women's Division and ratified by the US Lacrosse Youth Council in an effort to standardize youth rules for girls throughout the United States. The girls' youth rules are divided by levels (A, B, and C). Beginning teams/players would be expected to use Level B or C rules, which do not allow checking and do allow certain stick modifications to make throwing and catching easier. Players would then progress to Level A rules which allow modified checking and require the use of a regulation crosse and pocket. CGLA follows the USL rules -(USL rulebook)

**ALL COACHES AND PLAYERS MUST BE FAMILIAR WITH THE US LACROSSE RULES GOVERNING YOUTH PLAY.** Please make sure that you have the latest version of the rulebook.

**New Rules For 2011** (check the website and the USL Rulebook)

#### League Structure

The goal of the league structure is to promote parity and choice. The league structure is three levels- A, B, and C.

#### Level Determination

The current grade of the girl will determine on which team the girl will play.

#### Level C Third and Fourth Grade

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Level B Fifth Grade

Sixth Grade Silver

Level A Sixth Grade Gold

Seventh Grade Silver/Gold

Eighth Grade Silver/Gold

### **Playing Down and Playing Up**

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Girls may not "play down". Regarding "playing up", the Board discourages such practice. Because U.S. Lacrosse is opposed to checking at the lower levels, they have agreed to allow sixth graders to modify check. The CGLA Board and admins voted to allow sixth grade GOLD (only) to modify check. Girls should play at their grade level, but when necessary 6 th graders playing on a 7 th or 8 th grade checking team can modify check if they are at the sixth GOLD level of ability.

### **Playing UP**

Girls may play up one grade if a club does not have enough girls to form a team of all one grade. It becomes an issue of safety and size if a girl is playing up more than one grade. Permission from the Board must be given for playing up more than one grade level. Sixth graders playing on a 7<sup>th</sup>/8<sup>th</sup> grade team MUST have a signed waiver on file with the Executive Director. The waiver can be found on the website.

### **Rosters**

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Team rosters (submitted to ED) and CGLA Club Dues submitted to the Treasurer prior to receiving a game schedule. Rosters (due April 2<sup>nd</sup>) and Club Dues submitted by February 24 th for the current year. If dues are not received by the February date outlined in the calendar of events, a team will not be included in the schedule. Rosters are exchanged by coaches before each game.

### **Roster Revisions**

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Each team is allowed roster revisions prior to the second game of the current season. A player cannot make more than one team change in a season prior to the second game.

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During the season, **players may not be "borrowed" between teams** (See Eligibility). If a team does not have a sufficient number of players present at

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game time Coaches may borrow non-team members for purposes of an official game. Following agreement by both coaches to swap players as mutually agreed to in order to play the game. The team may agree to play the game with decreased number of players. Again, the coaches need to agree.

**A player cannot play on two CGLA teams.**

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If a player is found playing on two CGLA teams and/or falsifying birth date information, the player will be:

- Benched for the rest of the season
- Lose eligibility for Colorado Select try-outs.

**Host Field and Home Team Responsibilities**

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As not each team has a home field, the term used here is "host" field. A "home" team is indicated on the schedule. Most, but not all, home teams will be host team.

- The host team administrator shall insure that the playing field is in proper condition ( **lined correctly** ), and a table is available for score keeping and timekeeping.

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- Each team shall provide its own First aid kit.
- Each home team is responsible for providing a table and coordinate volunteers to keep time and score. (Please note that USL does not require referees to keep score or time- this is a joint team responsibility.)

**Where possible, spectators should be seated on the sideline opposite the team bench and scorer's table.**

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- The home team will provide a table, time clock, and scoreboard. Ice would be nice. **Sideline Managers** are required (one from each team). The Sideline manager will introduce themselves to the officials and be visible throughout the game.

**Shall a field be unplayable; the home team must inform the opposing coach and officials (in sufficient time). An effort to reschedule should occur at that time, and all parties notified.**

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- The host team is responsible for providing a safe site on which to play the game. The safety of the site is not subject to compromise. The decision of the referee in this respect is final.

Please note that while HS coaches are not permitted to cross midfield (2004), the USL Youth Rules Subcommittee ruled that this will not apply to the youth where teaching is so critical. At the A, B, and C levels, coaches are permitted onto the other end of the field. Do not cross in front of the opposing team's bench; please be respectful and walk behind the opposing team's bench.

## **Officials**

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### **1. Schedule**

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CWLOA (CO Women's Lacrosse Officials Assoc.) will be responsible for training a pool of high school referees for purposes of officiating at 4th through 8<sup>th</sup> grade games. Games involving 7<sup>th</sup> and 8<sup>th</sup> grade players will be officiated by at least one adult official and two when possible. These referees will be selected based upon their personal lacrosse experience and maturity and must pass the USL official's test (annual certification) .

-CWLOA Youth Co-ordinator is Frank Bailey: Bailey5280@msn.com. Assigned officials must be contacted by the home coach, in the event of a game cancellation. A courtesy call before the game is always wise.

These rules were written with the safety of all the players being of utmost importance. Youth lacrosse should be fun, challenging and safe. To that end, the officials shall have the authority to penalize any foul, unsafe play, or unacceptable behavior not covered specifically in these rules. Play should be as continuous as possible, and any foul which does not gain an advantage for the offender or her team should result in a "held" whistle whenever possible.

### **2 . Official Fees**

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The CGLA treasurer will pay officials at the end of April and following the last game in May. Compensation is on a sliding scale, based upon years of experience. Vouchers must be submitted to the Assignor by deadlines to collect fees. Officials will be paid on site for their work at the Festival. Officials will not be paid by CGLA if vouchers are not handed in by the due date. 2011 Fees: \$25 (new official) - \$27.50 (veteran youth) -\$35 (adult official)

## **Eligibility**

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To be eligible to play on any team representing a program, which is a member of the Association, a player must fall within the limits of all the following rules:

a.Meet the age/grade requirements for the Team in which the player has registered to play.

- Be a current member of U S Lacrosse

- May not have been recruited from another Club. Once a player has registered with a specific Club in our Association, they may not participate in another Club during the same season. A player may participate on another lacrosse team, provided that team is not a member of our Association. (Club Teams)

### **Forfeiture/default of contests**

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- Forfeitures of games in advance by teams is highly discouraged. In the event of an unavoidable date or time conflict that is known in advance, both coaches should make every effort to re-schedule their game. Once the schedule is set, a game change is highly discouraged.

- If a coach or player is ejected from a sanctioned contest, they may appoint a representative to replace them. If a representative is not available, the contest may be declared a default and result in a loss for the team. The referee has the power to suspend from a game, or send from the field, a player, coach, or fan found guilty of flagrant or repeated misconduct, or using abusive language. The coach or player must sit out the next sanctioned game.

- The ED and/or Board of Directors can declare a default, shall they deem necessary due to the rule infractions by an offending team.

- Report the misconduct to the ED, Club administrator and the Sportsmanship Chair.

### **Observance of eligibility rules**

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- The deliberate/continued violation of the Association rules shall be sufficient cause for suspension or expulsion.

- **Suspension and/or expulsion shall take place upon a three-fourths vote of a quorum of the Board members present at a Board meeting with proper notice.**

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- The provisions of these eligibility rules shall be complied within all contests between members of the CGLA.

### **Administration of eligibility rules**

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The interpretation and the applications of these Rules rest with the Board of Directors. The decisions of any Executive Officer or of the Board or the Rules Committee may be appealed at a regular meeting to the Association sitting as a court of Review, and may, by a majority vote, be approved or reversed. The appeal must be presented in writing to the Association Executive Director, prior to the next scheduled Board meeting.

- Any protest that involves the By Laws or Rules should be referred to the Executive Director and/or the Board of Directors.
- Under no circumstances shall a decision rendered by a referee, umpire, or any other official in charge of the playing of a contest be the basis of a protest.

### **Grievances**

Any petition for a grievance will go to the ED and the Sportsmanship Chair for investigation.

### **CODE of CONDUCT**

Players, coaches, spectators, and parents are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other players, coaches, officials and spectators. In being a member of the Lacrosse Community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in the Code of Conduct are:

Honesty

Integrity

Respect

Responsibility

Doing Your Best

Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of Lacrosse, themselves, their teams, and their organization.

Enforcement of Violations of the Code of Conduct.

- If a player or coach receives a RED CARD, they will be removed from the game. This infraction must be reported to the ED and CWLOA rep. The player/coach will not be permitted to play or coach in the next scheduled game.

- Unsportspersonlike Conduct by spectators will be handled by the Sideline Manager and Sportsmanship Card.
- A player, coach, team official and/or spectator berating or abusing an official or another coach, player, or spectator will be barred from participating in the remainder of the game. The offender must leave the game area. The ED will be notified and consequences will occur on severity of the offense.