



**MASS BAY GIRLS LACROSSE LEAGUE**

North, MetroNorth, MetroWest South,  
MetroWest North, and South  
Division Meetings

October, 2014



# MASS BAY GIRLS LACROSSE LEAGUE

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## **Welcome**

Welcome to the annual division meeting. Please make sure that you signed in. If you did not attend the annual meeting, please log on to [www.mbgll.org](http://www.mbgll.org) to review the presentation. Our members voted on different proposals at the annual meeting and those results are incorporated into the Division Meeting presentation below.

## **Mission**

The mission of Mass Bay Girls Lacrosse League is to promote girls youth lacrosse in an environment that emphasizes fun, while developing skills, teamwork, good sportsmanship, and integrity.

- Nurture a player's skills as they develop
- Act as ambassadors and keepers of the sport
- Promote the growth of girls' lacrosse throughout Eastern MA and provide appropriate services for mature programs
- Cultivate and assist new towns to start girls youth lacrosse programs
- Train girls' youth lacrosse coaches and umpires
- Manage the growing competitiveness among coaches, players, and spectators
- Create a weekly match schedule for member teams



## **Continuing Initiatives**

### **Sportsmanship and Compliance**

- Continue to improve guidelines to support towns, coaches, parents, and players who foster MBGLL's mission, program, and spirit of the game
- Monitor compliance more carefully

### **Positive Coaching Alliance (PCA)**

- Foster a continued partnership with PCA to support MBGLL's Good Behavior Enforcement initiative

### **MBGLL Rules Certification**

- Enhance the opportunity for coaches to learn more about US Lacrosse and MBGLL Rules

### **Technology**

- Continue improvements to League Athletics, especially with the assigning integration
- Improve coach's contact info in League Athletics

### **MBGLL Select Program**

- Grow and expand the program
- Improve organization

### **Umpire Payments**

- Continue to test the direct payment of officials

### **Rules**

- Continue to improve our rules to ensure safety and compliance with our mission

### **Scheduling**

- Streamline the scheduling process, try to implement team blocks



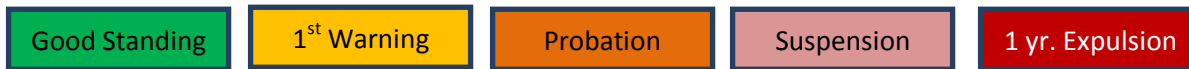
## Sportsmanship and Compliance Policy

### **Mission: To encourage good MBGLL member behavior**

In order to encourage good member behavior and to protect those towns that have followed MBGLL's mission and spirit of the league, MBGLL's board developed this system to ensure that all teams support and nurture our league's efforts.

**Note:** MBGLL's goal is to communicate and resolve issues; ***not*** to penalize towns.

### **Enforcement System:**



**Good Standing** No warnings or issues

**1<sup>st</sup> Warning** MBGLL has issued a town a warning regarding its financial standing, behavior, or other issue

**Probation** MBGLL has issued a 2<sup>nd</sup> warning either regarding the 1<sup>st</sup> warning that was not fixed or for a separate issue. Towns must meet with MBGLL board's review committee before permitted to re-enroll the next year.

**Suspension** Teams are expected to continue to honor the remainder of their schedules; however, they are prohibited from participating in additional events throughout year (such as jamboree). Towns must meet with MBGLL's board's review committee before permitted to re-enroll the next year.

**Expulsion** MBGLL is expelling all of the town's teams from the league for one year

### ***Definition:***

MBGLL Review Committee will consist of three to five board members.



## MASS BAY GIRLS LACROSSE LEAGUE

### Examples of Inappropriate Behavior

- ❑ Failure to attend required meetings
- ❑ Failure to comply with coaching requirements
- ❑ Having a Select team play a Recreational team without mutual agreement of both coaches
- ❑ Failure to play a game because of a lack of desire to drive the distance
- ❑ Canceling a game the same day (unless due to weather or field closure)
- ❑ Failure to adhere to the home team's responsibilities
- ❑ Refusal to play double-headers, round robins, or other special games that result from a scheduling requirement
- ❑ (If the home team's field is closed and the opposing team's field is open) Failure to give up the home game and move to the opposing team's open field
- ❑ Repeated unsportsmanlike conduct from the town's board, coaches, players, and/or parents
- ❑ Withdrawing a team after registration closes
- ❑ Failure to create evenly balanced teams if more than one team at same level in a league
- ❑ Posting scores and standings
- ❑ Running up the score
- ❑ Asking for 2 officials for a "select" game if your town has not entered a MBGLL Select team in our league.
- ❑ Failure to remain active in town's volunteer position
- ❑ Holding events that compete with MBGLL's efforts
- ❑ Other unsportsmanlike conduct not in keeping with MBGLL's mission or spirit of the game



## MASS BAY GIRLS LACROSSE LEAGUE

### Town Requirements:

Each town must have a least one representative at the following meetings to remain in good standing.

- Annual and/or Division Meeting in Fall
- Spring Scheduling Meeting
  - Each town must submit a coach's roster to their division director at this meeting. Roster should contain the following information for each head and assistant coach
    - Team name
    - Coach's name
    - Coach's e-mail address
    - Coach's cell phone number
    - Coach's US Lacrosse number
    - Copy of required certifications or proof of completions of required courses
- Each coach must register with MBGLL on [www.mbgll.org](http://www.mbgll.org) (under individual registrations)
- End of Season Wrap-Up Meeting
- Have no outstanding invoices for registrations or umpire fees

### Note:

- **Towns will have to meet these requirements annually**
- **Look on [www.mbgll.org](http://www.mbgll.org) for a submittal form for each coach** (after registration closes)

### MBGLL Recreation Program, Coach's Requirements

- All coaches, all age groups (Head and assistant coaches) must complete US Lacrosse Level 1 Online course (currently free)
- All coaches, all age groups (head and assistant coaches) must complete the Positive Coaching Alliance (PCA) online or in-person course (now included in Level 1 clinics)
- All head and assistant coaches must attend the pre-season Rules Q. and A. sessions or the US Lacrosse/MBGLL Rules Certification course **annually**.
- U13 and U15 head coaches must attend US Lacrosse Level 1 Coach's Clinic (in person)
- U13 and U15 head coaches must become MBGLL certified by submitting proof of CORI check

### Notes:

- **If a coach has already completed US Lacrosse and PCA training, he/she simply needs to submit completion certification to division director**
- **New Member towns will have two years to comply but must take the PCA (one time) and Rules Q & A (or Rules Clinic) annually**



# MASS BAY GIRLS LACROSSE LEAGUE

## MBGLL Select Program, Coach's Requirements

- All head coaches must become US Lacrosse Level 1 Certified
- All assistant coaches must have completed the US Lacrosse Level 1 online, in-person clinic, and PCA online or live course.
- At least one representative must complete the US Lacrosse/MBGLL Rules Certification course and all other coaches must attend a Rules Q. and A. session and/or the US Lacrosse/MBGLL Rules Certification course annually.

### Notes:

- If a coach has already completed the requirements, he/she simply needs to submit completion certification to division director
- Any new towns submitting a Select team must comply immediately (no phase in)
- Coaches have the option of obtaining US Lacrosse National certification by submitting paperwork for a background check directly to US Lacrosse OR coaches may become MBGLL Level 1 Certified by submitting proof of an approved CORI check (annually).





## Positive Coaching Alliance

MBGLL believes in the importance of the Positive Coaching Alliance within our league. MBGLL hopes that the adoption of PCA league-wide will (1) ensure our mission of teaching the game in a positive way, (2) help to decrease unsportsmanlike conduct, and (3) will teach athletes life lessons.

- MBGLL encourages participation in the live clinics
- MBGLL is also offering a certain number of on-line registrations (first come, first served)

To kick off this initiative, MBGLL is sponsoring

- 4 live **Double-Goal Coaching** clinics (*mandatory for all coaches*) Live sessions will take place during the Level 1 Coaches' clinics
- 1 live **Triple Impact Athlete** clinic (*recommended for all players, especially those in the MBGLL Select program*)
  - MBGLL is offering the Triple Impact Athlete course to players within our league. It is a fantastic opportunity for 5<sup>th</sup> through 8<sup>th</sup> graders to focus on training skills, nutrition, and the spirit of the game. Recommended for ***all*** MBGLL Select players
- 1 live **Second Goal Parent** clinic (*recommended for all parents*)
  - Held at the same time/location as the Triple Impact Athlete clinic, this course will introduce the positive coaching initiative and how parents may help deliver the same message as the coaches to their athlete(s).

This initiative is so important! Town administrators, **you are responsible** for ensuring that your coaches comply with the guidelines, MBGLL's mission, and the spirit of the game. We are the ambassadors and the keepers of lacrosse!



# MASS BAY GIRLS LACROSSE LEAGUE

## MBGLL Rules Certification

MBGLL developed a Rules Certification for its members so that coaches may become better acquainted with the US Lacrosse/MBGLL rules that we use in our league. This is required for MBGLL Select coaches and recommended for recreational coaches.

### MBGLL Rules Certification Components

- US Lacrosse/MBGLL Rules Clinic
- Positive Coaching Alliance Double-Goal course
- Completion of the US Lacrosse on-line Youth Rules Test (open book, minimum score 85%)
- Submit proof of all requirements to MBGLL's Secretary to receive certificate of completion.

MBGLL and Eastern Massachusetts Women's Lacrosse Umpire Association (EMWLUA) have collaborated on a coach's youth rules curriculum to teach our coaches the youth rules.

### MBGLL Select

MBGLL received very favorable feedback regarding our MBGLL Select program and we plan to nurture its growth in the upcoming season. Now that towns know about the program, we anticipate that additional teams will join the league.

MBGLL Select will continue to play a 6-game schedule, the last 6 weekends of our season. MBGLL Select teams are required to join a mandatory organizational phone call on April 8 at 8p

U15 Select will play with full checking and U13 will play with modified checking and a no-pass rule.

Home games are scheduled Friday nights or late Saturday afternoons. If a team is unable to host a game at this time, they may contact the opposing coach to arrange a mutually agreed-upon change of game-date/time.

Towns may combine players to enter a MBGLL Select team.



# MASS BAY GIRLS LACROSSE LEAGUE

## Technology Update – League Athletics

MBGLL selected League Athletics as its scheduling tool to manage our operations and communications. We encourage all towns to create a League Athletics account to manage their team registrations and seamlessly integrate with our league site. (Go to [www.leagueathletics.com](http://www.leagueathletics.com) to sign up for your town's site.) Instructions for linking your town's League Athletics site with MBGLL's parent site are found on [www.mbgll.org](http://www.mbgll.org) under "Technology."

You may still register teams with MBGLL if you use a different team registration system. Simply register your teams with MBGLL and we'll work with you to get your fields and contact information set up in our system.

We are scheduling the umpires directly in League Athletics this year.

## Parity Scheduling

MBGLL implemented parity scheduling for the 2010 – 2011 season to try to create evenly matched games. Our goal was mostly achieved. This year MBGLL will schedule advanced teams across divisions to improve the parity scheduling.

Our new divisional scheduling committees will also address the U11 schedule by matching teams with U9 programs against each other. Hopefully this will reduce the number of mismatched games.

## Scheduling

We are revamping the scheduling process this year. Respondents rank 1) parity scheduling 2) block scheduling and 3) shorter driving distances. Towns must attend the scheduling meeting and be ready to create their schedule. **No representation at the scheduling meeting means no input into your schedule.** No exceptions. After the scheduling meeting, towns must give their home game to their opponent if their field is unavailable. **Note:** Division directors may **not** act as a representative for their town at the scheduling meeting. We have to tighten this process up this year to reduce schedule release delays.



# MASS BAY GIRLS LACROSSE LEAGUE

## MBGLL Rules Review

### Full Checking for U15 Select

MBGLL will allow full checking for the **U15 MBGLL Select program**. The U15 recreational program will continue to use a modified check.

### Modified Checking for U13 Select

MBGLL will allow modified checking for the **U13 MBGLL Select program**. The U13 recreational program will continue to prohibit checking of any kind.

### Small Field Dimensions

At the U9 and U11 levels, the field shall be rectangular, 60-70 yards in length and 30-40 yards in width. Fields should be marked with an 8-meter arc, goal circle and center circle. Standard size fields will be used at U13 and U15 levels.

### 3-pass Rule

U9 and U11 will play with a 3-pass rule and the pass count will reset at a **turnover of possession**. A goalie save (possession) is counted as a turnover.

U13 and U15 Recreational teams will **NOT** play with a 3-pass rule but will have a **no coast-to-coast rule from either the draw or the goalie clear**. MBGLL Select teams have no 3-pass rule and no coast-to-coast rule.

### No Coast-to-Coast Rule

If a player repeatedly runs to goal without passing, the official may ask said player to pass the ball and call back the goal.



# MASS BAY GIRLS LACROSSE LEAGUE

## Keeping Score

U13 and U15 Recreational and MBGLL Select teams may quietly keep score. NO SCOREBOARDS, NO POSTING OF SCORES, NO REPORTING OF SCORES, NO STANDINGS, **NO RUNNING UP THE SCORE!** Keeping score is permitted so that coaches may make appropriate coaching decisions during the games. As a reminder, we want all girls to enjoy their time on the field, not just the superstars or the winning team. **Please coach and keep score responsibly to continue to support MBGLL's mission.**

**New:** On MBGLL.org in the left hand column, there is a form for towns to use if scores are quite lopsided. Please report this to our league, as it does not comply with our mission.

## Evenly Balanced Teams

MBGLL member towns must create evenly balanced teams at the same age/grade level. Stacking and grade-based teams are **not** permitted. So if, for example, you have two U15 teams, the skill and grade levels must be evenly balanced and they must enter into the same scheduling pool. However, your town's U15 teams may enter into a different scheduling pool from your U13 team.

## Triple Teaming at U9 & U11

Last year we asked towns to spread the word to coaches to teach good lacrosse skills. MBGLL does not support triple teaming at U9 or U11.

## Off-sides for U9 & U11

Last year we implemented an off-sides rule for U9 & U11. Coaches are responsible for keeping two players back behind half field. The only time an official will look at this is after a goal.

## NOCSAE Approved Balls

Only use **NOCSAE** approved yellow or bright orange balls for games. If you choose to use older balls during practice, you assume the liability. Both MBGLL and US Lacrosse require use of NOCSAE approved balls at all times.

## Uniforms

Uniforms must comply with US Lacrosse standards 100% by 2015 or teams will lose the 1<sup>st</sup> draw opportunity (doesn't include undergarments)



# MASS BAY GIRLS LACROSSE LEAGUE

## Concussions

MBGLL is hearing about more and more concussions. We are tracking concussions within our league to see if there is anything that we can do to make the game safer. If a player on your team gets a concussion during practice or a game, please take a minute and log it on [www.mbgll.org](http://www.mbgll.org). You will find this simple Concussion 2015 log on MBGLL's home page in the left column. Thank you for helping us to track this.

## Concussion Training

Go to [www.mbgll.org](http://www.mbgll.org) and click on "Coaches Training" "Concussions." This will take you to a site for "Heads Up," a free online training course on concussions for youth coaches.

## Key Dates

### U9 through U15 Recreation Program

<b>November 15</b>	Team registration opens! Update coach's names, contact, and field information. Team names should be formatted the same: town name, level, color
<b>December 15</b>	Last day to pay for team registrations by check. MBGLL, P.O. Box 294, Groton MA 01450.
<b>January 15</b>	Final team registrations due (via on-line credit card payments only). Make sure your fields are activated with address and directions.
<b>January 16</b>	\$50 late fee applies today for any payment/registration not received by Jan. 15. (Does not guarantee that we can accept a late registration.)
<b>March 22</b>	Schedule locked. All field changes/times completed by today.
<b>March 30</b>	All grade waivers due to your division director by today
<b>April 12</b>	MBGLL U9, U11, U13, U15 recreational games start today (4.12, 4.19, 4.26, 5.3, 5.10, 5.17, 5.31, 6.7)
<b>June 13-14</b>	MBGLL Jamboree!!! Advanced teams Saturday/ Beginner Teams Sunday



## MASS BAY GIRLS LACROSSE LEAGUE

### MBGLL Select Program (U13 through U15)

<b>November 15</b>	Team registration opens! Update coach's names, contact, and field information. Team names should be formatted the same: town name, level, color
<b>March 5</b>	Last day to pay for team registrations by check. MBGLL, P.O. Box 294, Groton MA 01450.
<b>April 1</b>	Final team registrations due (via on-line credit card payments only). Make sure your fields are loaded (formatted town name, field name).
<b>April 2</b>	\$50 late fee applies today for any payment/registration not received by Apr. 4. (Does not guarantee that we can accept a late registration.)
<b>April 8</b>	<b>Mandatory Phone Conference 8p</b>
<b>May 1</b>	MBGLL games start today ( 5.1, 5.8, 5.15, 5.22, 5.29, 6.5)
<b>June 14</b>	MBGLL Select Jamboree – ?? determined at phone conference



# MASS BAY GIRLS LACROSSE LEAGUE

## Additional Training

US Lacrosse Level 1	Jan. 31	Reading
US Lacrosse Level 1	Feb. 28	Foxboro
US Lacrosse Level 1	Mar. 14	Marlboro
US Lacrosse Level 1	Mar. 21	Groton
US Lacrosse Level 2	Mar. 8	Chelmsford

Register at [www.uslacrosse.org](http://www.uslacrosse.org)

Last year some of the Level 1 training sessions sold out. Please register early.

Rules Q. and A.	Feb. 8	Ipswich ??
Rules Q. and A.	Feb. 28	Foxboro
Rules Q. and A.	Mar. 14	Marlboro
Rules Q. and A.	Apr. 8	Waltham

Register at [www.mbgll.org](http://www.mbgll.org)

Rules Clinic	Feb. 8	Ipswich ??
Rules Clinic	Mar. 14	Marlboro
Rules Clinic	Mar. 30	Norfolk

Register at [www.mbgll.org](http://www.mbgll.org).

Triple Impact Athlete	TBD	Harvard University
Second Goal Parent	TBD	Harvard University

Register at [www.mbgll.org](http://www.mbgll.org)

Play Date	March ??	Charlestown
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Register at [www.mbgll.org](http://www.mbgll.org)

## Umpire Training

New England still has a shortage of umpires. Training dates will be posted on [www.emwlua.org](http://www.emwlua.org). If every town encourages/sponsors one person to become a certified official, our umpire scheduling issues will disappear. MBGLL encourages every town to assist with this effort to train officials.





# MASS BAY GIRLS LACROSSE LEAGUE

## Scheduling Meetings

Pre-scheduling Meeting, <b>North</b> Division	February 3	Beverly Public Library, 32 Essex Street, Beverly MA 01915
Pre-scheduling Meeting <b>MetroWest North</b> Division	February 4, 7p	Chocksett Inn, 59 Laurelwood Road, Sterling MA 01564
Pre-scheduling Meeting, <b>MetroNorth</b> Division	TBD	
Pre-scheduling Meeting, <b>MetroWest South</b> Division	TBD	
Pre-scheduling Meeting, <b>South</b> Division	TBD	
Scheduling Meeting <b>MetroNorth</b> Division	February 23	Carey Memorial Library, 1874 Massachusetts Ave., Lexington MA 02420
Scheduling Meeting, <b>North</b> Division	February 24	Beverly Public Library, 32 Essex Street, Beverly MA 01915
Scheduling Meeting, <b>MetroWest North</b> Division	February 25	Chocksett Inn, 59 Laurelwood Road, Sterling MA 01564
Scheduling Meeting, <b>MetroWest South</b> Division	TBD	
Scheduling Meeting, <b>South</b> Division	TBD	

**Note:** We schedule recreational games on Sunday afternoons. If you are unable to obtain a field during this time, you may reach out to the opposing coach to see whether or not they can play at a mutually agreed upon alternate time. If not, then the home team must offer to play the game at the opponent's field during Sunday afternoon.

**Note:** U9 is moving to an 8-game schedule, as voted on by our members.



## Team Registration

### Registration Cancellation Policies

#### Team registration – **no change**

- No refunds

### Town Fees *(all teams are playing an 8-game schedule)*

#### Team Registrations

- 1<sup>st</sup>/2<sup>nd</sup> grade (U9) - \$160
- 3<sup>rd</sup>/4<sup>th</sup> grade (U11) - \$160
- 5<sup>th</sup>/6<sup>th</sup> grade (U13) - \$160
- 7<sup>th</sup>/8<sup>th</sup> grade (U15) - \$160

#### Jamboree Registrations

\$250 for all teams



# MASS BAY GIRLS LACROSSE LEAGUE

## Umpire Payment Schedule

No change in amounts. **Home teams pay officials.**

League	Certified Adult \$	Jr. Umpire \$	2 Certified Adults \$	Notes	Rules Used
1 - 2 Grade U9	50	30		1, 2, 5, 6	US Lax Level C, MBGLL
3 - 4 Grade U11	50	30		1, 2, 5, 6	US Lax Level C, MBGLL
5 - 6 Grade U13	70	30	50/50	1, 3	US Lax Level B, MBGLL
7 - 8 Grade U15	70	30	50/50	1, 3	US Lax Level A, MBGLL
Select 5 - 6 U13	70	30	50/50	1, 3, 4	US Lax Level B
Select 7 - 8 U15	70	30	50/50	1, 3, 4	US Lax Level A

### Notes:

1. All fees paid by home teams.
2. EMWULA will try to fill these assignments with Jr. Umpires first.
3. If Jr. Umpire works the game alone, he/she receives \$70. If 2 Jr. Umpires share a game, they split the \$100.
4. EMWULA will try to assign two umpires to these games.
5. If Jr. Umpire works the game alone, he/she receives \$30.
6. No trailer umpires permitted.



## MASS BAY GIRLS LACROSSE LEAGUE

### Umpire Payments

**Home teams** will pay officials. Towns may pay by cash at the field or by voucher the day after the game. We are continuing to test a pre-payment system with a couple of towns this year.

If an umpire no-shows to your game, the home team must notify our scheduler, Robin Volpone and Michele Beagan (mbgllassignor@emwlua.org), by noon the day after a game.

### Communication

Please have all new coaches go to [www.mbgll.org](http://www.mbgll.org) and “join our mailing list.” Also, please have all coaches and town administrators “like” us on Facebook and follow us on Twitter. Unfortunately our database in League Athletics doesn’t always reach everyone but Facebook and Twitter messages will definitely notify members.

### Closing

We continually encourage your feedback and suggestions for improvement. Thank you to everyone who responded to our summer survey and who voted at the annual meeting. As you can see, MBGLL listened to your opinions and planned the season based on your feedback.

Please visit our website at [www.mbgll.org](http://www.mbgll.org). Also, please feel free to contact any of our board members with questions and suggestions.

**Thank you for supporting MBGLL.  
Have a fantastic lacrosse season!**