



MASS BAY GIRLS LACROSSE LEAGUE

North, MetroNorth, MetroWest South,
MetroWest North, and South

Division Meetings

October/November, 2015



MASS BAY GIRLS LACROSSE LEAGUE

Table of Contents

Page 3	Welcome
Page 4	Continuing Initiatives
Page 14	New Initiatives
Page 15	Rules Review
Page 17	Key Dates
Page 19	Additional Training
Page 20	Scheduling Meetings
Page 21	Team Registration
Page 22	Umpire Payments
Page 24	Closing



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 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, life lessons and integrity.

- Nurture a player's lacrosse and life 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
- Only 5% of kids who play for a trained coach quit the next year vs. 26% who play for an untrained coach (Projectplay.us). This is one of the reasons why we require coaches' training.

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

Collective Volunteerism

- Get more people involved in the league
- Make sure that volunteers actively participate



Continuing Initiatives

Technology

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

MBGLL Select Program

- Grow and expand the program
- Improve organization
- Improve scheduling process

Rules

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

Scheduling

- Streamline the scheduling process, try to implement team blocks

New England Convention

- Increase attendance
- Improve offerings from last year
 - Keynote speaker
 - Rules Interpretation
 - Level 2 offered

Gold Stick Initiative

- Continue working towards compliance



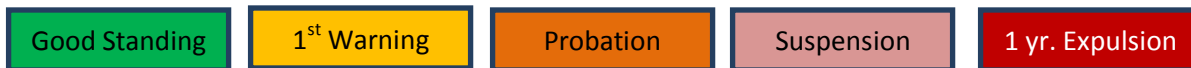
Sportsmanship and Compliance Policy

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

1st Warning MBGLL has issued a town a warning regarding its financial standing, behavior, or other issue

Probation MBGLL has issued a 2nd warning either regarding the 1st 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.



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
- ❑ Cancelling games because a town doesn't want to travel



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 (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 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 coaches must attend US Lacrosse Level 1 Coach's Clinic (in person)
- U13 and U15 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 coaches must become US Lacrosse Level 1 Certified
- 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 5th through 8th 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 3 at 8p

U15 Select will play with full checking and U13 will play with modified checking.

Home games are scheduled **Friday** nights. 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 strongly 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 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 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 again 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 and beginner teams across divisions (if approved by the teams) 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

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. The schedule will get locked down on March 22, 2016. Any game changes after this date will require a **Game Change Request Form.**



MASS BAY GIRLS LACROSSE LEAGUE

This form is found on www.mbgll.org under "Rules" "Advice and Rules for Coaches."


MASS BAY GIRLS LACROSSE LEAGUE

Game Change Request

Scheduled Game Details

Date		Time	
Home Team		Away Team	
U9/U11/U13/U15		Field Name	

Game Cancelled Last Minute due to weather/field closure.

_____ I have notified the assigned official(s) and the opposing coach.
_____ I will reschedule this game at a later date.

Requested Revised Game Details

Date		Time	
Home Team		Away Team	
U9/U11/U13/U15		Field Name	

Reason for change request:

--	--

Both coaches must sign this form.

Home Team Coach	Away Team Coach
Home Team Coach's Email	Away Team Coach's Email

Before submitting, please make sure this change request doesn't create 2 single games.

Please email signed form to scheduling@mbgll.org, and copy both coaches, a minimum of 4 days prior to your game for approval (Wed. for a Sun. game/Tues. for a Fri. game).



MASS BAY GIRLS LACROSSE LEAGUE

New Initiatives

Learn to Play

- A US Lacrosse initiative to introduce the sport to parents and those new to the game of lacrosse
- This is an opportunity for recruiting future coaches
- If you are interested in hosting a Learn-To-Play initiative in your town (requires a field or indoor space), please email southdivision@mgl.org.

League-Hub: *Transparency App*

- Coaches rank the effectiveness of the official
- Officials rank the sportsmanship of coaches
- Game scores are entered
- MBGLL is going to pilot this for a year with access for administrators only
- More details to come



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/Coast-to-Coast 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 and MBGLL Select teams have **no 3-pass rule and no coast-to-coast rule**. **MBGLL would like to stress that monitoring the sportsmanship of the game is the coaches' responsibility. Please make sure to emphasize to players that this is a team sport and we want them working together. We are not necessarily playing to win. Instead, as coaches, we are teaching the girls lacrosse skills and life lessons.**



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.**

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. We will also track scores via **League-Hub**.

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

MBGLL does not support triple teaming at U9 or U11.

Off-sides 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% or teams will lose the 1st draw opportunity (doesn't include undergarments)

Concussions

MBGLL is 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. You will find this simple Concussion 2016 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 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

November 15	Team registration opens! Update coach's names, contact, and field information. Team names should be formatted the same: town name, level, color
December 15	Last day to pay for team registrations by check. MBGLL, P.O. Box 294, Groton MA 01450.
January 15	Final team registrations due (via on-line credit card payments only). Make sure your fields are activated with address and directions.
January 16	\$50 late fee applies today for any payment/registration not received by Jan. 15. (Does not guarantee that we can accept a late registration.)
March 22	Schedule locked. All field changes/times completed by today.
March 30	All grade waivers due to your division director by today
April 10	MBGLL U9, U11, U13, U15 recreational games start today (4.10, 4.17, 4.24, 5.1, 5.8, 5.15, 5.22, 6.5)
June 11-12	MBGLL Jamboree!!! Suggestion: Advanced teams Saturday/ Beginner Teams Sunday



MASS BAY GIRLS LACROSSE LEAGUE

MBGLL Select Program (U13 through U15)

November 15	Team registration opens! Update coach's names, contact, and field information. Team names should be formatted the same: town name, level, color
March 5	Last day to pay for team registrations by check. MBGLL, P.O. Box 294, Groton MA 01450.
April 1	Final team registrations due (via on-line credit card payments only). Make sure your fields are loaded (formatted town name, field name).
April 2	\$50 late fee applies today for any payment/registration not received by Apr. 4. (Does not guarantee that we can accept a late registration.)
April 3	Mandatory Phone Conference 8p
April 22	MBGLL games start today (4.22, 4.29, 5.6, 5.13, 5.20, 6.3)
June 11	MBGLL Select Jamboree – ?? determined at phone conference



MASS BAY GIRLS LACROSSE LEAGUE

Additional Training

US Lacrosse Level 1	March 5	Foxboro
US Lacrosse Level 1	March 13	Reading
US Lacrosse Level 1	TBA	Wellesley
US Lacrosse Level 1	March 19	Groton
US Lacrosse Level 2	March 6	N.E. Convention

Register at www.uslacrosse.org

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

Rules Q. and A.	Feb. 28	Norfolk
Rules Q. and A.	March 6	N.E. Convention
Rules Q. and A.	March 12	Waltham
Rules Q. and A.	TBD	Ipswich??

Register at www.mbgll.org

Rules Clinic	Feb. 28	Norfolk
Rules Clinic	March 12	Waltham
Rules Clinic	TBD	Ipswich ??

Register at www.mbgll.org.

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

Register at www.mbgll.org

Play Date	March 20	Charlestown
-----------	----------	-------------

Register at www.mbgll.org

Umpire Training

New England still has a shortage of umpires. Training dates will be posted on 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, North Division	TBD	
Pre-scheduling Meeting MetroWest North Division	Feb. 2	Chocksett Inn, 59 Laurelwood Road, Sterling MA 01564
Pre-scheduling Meeting, MetroNorth Division	TBD	
Pre-scheduling Meeting, MetroWest South Division	TBD	
Pre-scheduling Meeting, South Division	TBD	
Scheduling Meeting MetroNorth Division	TBD	
Scheduling Meeting, North Division	TBD	
Scheduling Meeting, MetroWest North Division	TBD	Chocksett Inn, 59 Laurelwood Road, Sterling MA 01564
Scheduling Meeting, MetroWest South Division	TBD	
Scheduling Meeting, South 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.



Team Registration

Registration Cancellation Policies

Team registration – **no change**

- No refunds

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

Team Registrations

- 1st/2nd grade (U9) - \$165
- 3rd/4th grade (U11) - \$165
- 5th/6th grade (U13) - \$165
- 7th/8th grade (U15) - \$165

Jamboree Registrations

\$260 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	US Lax Level C, MBGLL
3 - 4 Grade U11	50	30		1, 2, 5	US Lax Level C, MBGLL
5 - 6 Grade U13	70	30	50/50	1, 3, 4	US Lax Level B, MBGLL
7 - 8 Grade U15	70	30	50/50	1, 3, 4	US Lax Level A, MBGLL
Select 5 - 6 U13	70	30	50/50	1, 4, 6	US Lax Level B
Select 7 - 8 U15	70	30	50/50	1, 4, 6	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. No trailer umpires permitted.
6. No. Jr. Officials permitted.



Umpire Payments

Home teams will pay officials. Towns may pay by cash at the field or by voucher the day after the game. If an umpire no-shows to your game, the home team must notify its scheduler by noon the day after a game.


Communication

Please have all new coaches go to 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. Most of our communication is sent out via Facebook. Unfortunately our database in League Athletics doesn’t always reach everyone but Facebook and Twitter messages will definitely notify members.

Everyone who wants to receive email notifications must select a position for themselves in League Athletics. To do this, they should go to www.mbgll.org and log into their account. Next, they should select “Teams.” Next, they should select their team and enter the position “coach.” Finally, they need to hit “Submit” to save the position. Board members who want to receive emails should follow these instructions and enter “girls’ director” into the team name before selecting “submit.”



MASS BAY GIRLS LACROSSE LEAGUE



Christine MI Samios ⓘ

📍 1 Snow Land, North Pole, MA 01612

📧 christinehabermann@yahoo.com

Contact Personal Registration Charges Security **Teams**

Team Assignments in Season Spring 2015 ⓘ

Team ⓘ	Position ⓘ	New Position ⓘ	Number ⓘ
Groton Dunstable U9 Maroon ▼	Girls Director ▼	optional	
Not Assigned ▼	NA ▼	optional	

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. 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!**