



NEBRASKA HIGH SCHOOL LACROSSE ASSOCIATION

NELAX Bylaw Article III Section 1: It shall be the policy of the NELAX to abide by the rules and guidelines of lacrosse as outlined by US Lacrosse. Rules and guidelines may be revised by the Board of Directors with a majority vote, and thereby incorporated within these articles.

NELAX Bylaw Article IV Section 5: No student shall be permitted to participate in more than four (five for players who were allowed to play up while in eighth grade) NELAX sanctioned seasons of lacrosse at the high school level. After initial enrollment in grade ten, no student shall be permitted to participate in more than three seasons of lacrosse in the NELAX. Competing in any part of a contest shall count as a season of participation in that activity.

Procedure for 8th Grader to Play Lacrosse for High School JV Team

1. Fill out the Google Form: **8th Grade Request for Waiver to Play Up to JV** by February 1st. Click [here](#) to access the form.
 - a. On the main page of the <http://nebraskalax.com/> there is a link to the 8th grade waiver along right side of screen.
2. Upon completion of this form;
 - a. 8th graders who want to play for a closed team (Burke - includes OPS schools, Creighton Prep., Millard West, and Westside High School) must have a signed, notarized letter from the athletic director acknowledging the 8th grader who may be playing JV lacrosse on their high school club team.
 - b. 8th graders requesting a waiver to play JV with an open team (Ames, Ankeny, Cobra Lacrosse, Elkhorn South, Lincoln, Sarpy County, North Star, and WDV) must have a signed, notarized letter from their board president or other designated representative, acknowledging the 8th grader who may be playing JV lacrosse on their high school club team.
3. The signed and notarized letter must be mailed; on school letterhead for closed programs and club letterhead for open programs, directly to Nebraska High School Lacrosse Association Executive Board, P.O. Box 391232, Omaha, NE 68139. All letters must be postmarked by February 15th.
4. Once the Google form has been completed and submitted, and the letter from the High School's Athletic Director, board president or other designated representative has been received, a special vote will take place to approve or deny the 8th Grade Request for Waiver to Play Up to JV. This vote must be approved by two-thirds vote of the NELAX Board of Directors to approve the request. This vote must take place prior to the first game of the Spring Season.
5. If the request is approved by a two-thirds vote of the Board of Directors, the player's parents or legal guardians must fill out and submit the 8th Grade Waiver/Release of Liability for 8th Grade Students Playing High School Lacrosse in the NELAX before the first game of the season. This document can be submitted via mail to: Nebraska High School

Lacrosse Association Executive Board, P.O. Box 391232, Omaha, NE 68139 or emailed to nebraskalax@gmail.com