

Greater Eastside Youth Lacrosse League 2015 Rules and Regulations

MISSION STATEMENT:

The Greater Eastside youth Lacrosse League (GELL) supports youth lacrosse for boys up through 8th grade who live on the eastside of Puget Sound. The main objectives of the GELL are to promote the growth of lacrosse at the youth levels (both quantity and quality) and to prepare youth players to play high school lacrosse.

RESPONSIBILITIES OF GELL:

The essential responsibilities of the Greater Eastside youth Lacrosse League (GELL) are to establish league rules, publish a schedule for games, ensure referees will be assigned through third party, pay all referees, pay all league expenses and generally administer lacrosse in our area.

SECTION I

GREATER EASTSIDE YOUTH LACROSSE LEAGUE ADMINISTRATION

- 1) GELL will be comprised of organizations that are independent with their own board of directors and financial resources to fund their own program.
- 2) All GELL members must annually sign and execute the "Program Policy Acknowledgement" which affirms that the organization (board members, coaches, etc.) have read the GELL rules and regulations and have agreed to abide by them.
- 3) The name GREATER EASTSIDE YOUTH LACROSSE LEAGUE refers to the league as a whole. **Organizations operate under their own name with their own identity.** GELL allows organizations to share in the planning and decision making while playing under the same rules and regulations.
- 4) GELL has a policy that we DO NOT share the coach's or player's contact lists with **anyone**. This is a matter of privacy and people who give their email addresses to GELL have an expectation that it will not be passed on to for-profit or non-profit organizations or companies.

SECTION II

COSTS, DUES AND FEES

- 1) The GELL Executive Committee will determine League dues and fees and present all financials in a transparent manner to the Board of Directors for approval annually. Every team in GELL will pay these dues and fees to the league Treasurer on the date announced by the Executive Committee. Failure to pay regular fees or dues shall cause the team's games to be forfeited until all fees and dues are paid.
- 2) Each GELL organization will agree to a year-end reconciliation accounting process. Within that process all credits and charges will be applied to the organization's account and if there is an outstanding balance, said organization will pay the amount due in a timely manner. Examples of credits and charges would include things like referee no-shows (credits) and referee fees for extra scheduled games (charges).
- 3) All home fields (acquiring, lining, maintenance) and home field use costs are the responsibilities of each organization.

SECTION III ORGANIZATION ELIGIBILITY

- 1) GELL is comprised youth lacrosse programs that are generally east of Lake Washington in the Puget Sound area. To be eligible for membership, the youth program must feed a high school that lies within one of the following areas:
 - a. School Districts: Bellevue, Lake Washington, Issaquah, Mercer Island, Snoqualmie Valley, Northshore
 - b. Grandfathered Programs: Tahoma
 - c. Private Schools that are located within any of the school districts listed above
- 2) Programs that wish to join the GELL and that meet the geographical requirements above, may apply to the Board of Directors for membership. Applications must be submitted before the fall meeting and require a simple majority vote for approval.
- 3) Each new member organization will be on a one-year probationary term. At the end of the probationary term the GELL Board will then take a vote at the pre-season meeting. A majority vote will be required to give the new member organization permanent status.
- 4) No organization may be expelled from GELL without a 60% majority vote by the GELL Board of Directors. This vote will take place at the last meeting of the year.
- 5) The following conditions may be grounds for a motion to expel an organization:
 - a. An organization shows a repeated disrespect for the by-laws, rules and codes set forth by the GELL Board. This can be quantified by an unusually high number of grievances brought against an organization and formally submitted to the GELL Board.
 - b. Repeated attempts are made by the GELL Board of Directors to get the offending organization into compliance and the offending organization refuses to correct the problems.
 - c. At the end of season meeting with the GELL Board of Directors and the organization in question in attendance, the issue will be debated and discussed. An agreement can be reached to correct the problems or the GELL Board of Directors call for a silent majority vote if no agreement can be reached. The result of the vote will be final.
- 6) If an organization is expelled, a letter from the GELL Board of Directors will be sent to the expelled organization president detailing the reasons. An expelled organization can re-apply for membership after a one-year period.
- 7) It is mandatory that all GELL organizations have team liability/medical insurance. If a team/franchise or organization is found not to have liability insurance they will be immediately suspended from all league functions.

SECTION IV

PLAYER DIVISIONS, PLAYER ELIGIBILITY, ROSTERS, COACHES ELIGIBILITY

1) GREATER EASTSIDE YOUTH LACROSSE LEAGUE will be based on the following three (3) divisions primarily based on grade, with age limitations as noted. The player's age on March 1 of the spring season shall be the player's league age for the current season. No player who is fifteen years old prior to March 1 of the current season or who is enrolled in school in the ninth grade or above shall be allowed to play in GELL. A valid birth certificate will determine the player's age and division of play. The age limitations are intended to protect the safety of the children. A player who does not meet the age restrictions for their grade may petition the Board for an exception by contacting the Executive Committee.

3/4 Division – 3rd and 4th grade players

Must be currently enrolled in either 3rd or 4th grade and be under 11 years of age on September 1st of current school year.

5/6 Division – 5th and 6th grade players

Must be currently enrolled in either 5th or 6th grade and be under 13 years of age on September 1st of current school year.

7/8 Division – 7th and 8th grade players

Must be currently enrolled in either 7th or 8th grade and be under 15 years of age on September 1st of current school year.

2) It is the responsibility of each organization to verify the age of each player it registers. In the event of a dispute, age will be verified using the participant's birth certificate.

3) A player can play in only one division (in his/her age/grade division) per season.

4) The policy for rosters is listed below by division:

3/4 Division – Focus should be to get all players as much playing time as possible. As such, rosters are not locked and do not need to be turned in.

5/6 Division – Rosters shall be turned in by the Friday prior to the first league game. Every effort should be made to lock rosters and avoid swing players. However, if swing players are needed to field teams, they are allowed.

7/8 "B" Division – Rosters shall be turned in by the Friday prior to the first league game and will be locked. Assuming a program is fielding more than one "B" team, and if necessary to field a complete team, players from this division may swing over to another team in this division. "A" players cannot be used as swing players to a "B" team in any situation.

7/8 "A" Division – All programs in the GELL are encouraged to field a team at the 7/8 "A" level. Further, all GELL programs that field a varsity team in the WHSBLA at the Division 1 level are required to field a 7/8 "A" team. Division 2 programs are, of course, welcome to field a team at this level. All rosters shall be turned in by the Friday prior to the first league game and will be locked. Neither swinging players between "A" teams, nor swinging players from "B" team to an "A" team, is permitted under any circumstance.

Programs whose high school varsity team is in Division 1 of the WHSBLA, but are fielding only one team at the 7/8 level in the GELL may apply for a waiver to enter that team in the "A" division (to play down to the "B"). Such a waiver request must include a detailed roster of all returning players, their grades and years of experience playing lacrosse. Those waivers will be

voted on during the January meeting prior to declaring teams for the season.

For all divisions – Absolutely no swing players are allowed during playoffs or jamborees.

Late Arrivals – In the event that a player moves into an area or registers late with a program, that player may be added to any roster EXCEPT a 7/8 "A" team.

5) **All coaches must submit to a Washington State background check with host organization before having contact with players.** It is required that one coach from each team must be certified in CPR and First Aid and hold a valid current card. Each team will have a properly stocked first aid kit and a cell phone on the sidelines of all GELL league games and practices. For purposes of contacting emergency vehicles, each team will have the property address of the playing field available at all times.

SECTION V

BOUNDARIES AND PLAY-FOR RULES

The main objectives of the GELL are to promote lacrosse at the youth levels and to prepare youth players to play high school lacrosse. To facilitate both objectives players are only eligible to participate with the program (team) prescribed within Section V. These rules are intended to create an equitable environment in which teams can compete, prevent athletic recruiting and prevent program shopping (choosing programs based on a coach or perception of competitive strength). Further, these rules seek to promote a local, grass-roots approach to building the quantity and quality of lacrosse in our region.

The program (team) for which a player is eligible is determined first by the school they attend and second by their home address. Therefore; to participate in the GELL:

1. Players enrolled in a school that offers a lacrosse program must play in that program (School Program).
2. All other players must play with the program associated or affiliated with their Residence Public High School (Community Program).
 - a. Players living in areas where no Community Program exists shall play with the Community Program geographically closest to the player's current residence address. When in dispute, the GELL board will make this determination.
 - b. Players that have enrolled in a public school that is out of their local area shall play with the community program associated with the school they are enrolled in (open enrollment).
3. Consistent with the two rules above, no program will actively "recruit" players who have or would otherwise play for other programs. In addition, all GELL programs are required to document each player's home address and the school they currently attend. All GELL programs shall actively refer players and prospects that are not within their boundaries to their appropriate School Program or Community Program. If a proper referral cannot be determined, the GELL program will direct the player or prospect to the GELL Secretary for guidance.

4. Waitlists: If a program is full and cannot accept a player onto its roster (waitlisted), then that player may apply to programs outside their School or Community Program pending acceptance off the waitlist. If that player is accepted onto an outside program, he must obtain written confirmation from the registrar of his School or Community Program, no later than three weeks prior to the first scheduled league games confirming: (i) that the School or Community Program cannot accept the player for that season and (ii) the School or Community Program has not accepted any subsequent waitlisted players. A copy of the written confirmation shall be forwarded to the GELL President and the Rules Chair. Any such exception is valid for one-year only. Further, no outside player can be accepted unless all Residence or School Program players are already on the roster. There are no grandfather rights to retain exception players on an ongoing basis. These final two conditions are to ensure that no outside-program players are accepted until all School or Community Program players are accepted (even those that apply after the "official" registration date).

SECTION VI

HARDSHIP AND WAIVERS

The rules within sections IV and V are written to support the GELL Mission Statement and purpose. GELL programs are sometimes asked to make exceptions to these rules and this sub-section is intended to provide a structure to govern those requests.

In general, no waivers or exceptions are granted to the rules outlined in sections IV and V. It is expected that in most seasons, 100% of all player's in the GELL will be within the rules as written. In extreme circumstances not involving a waitlist issue, the GELL board may grant permission to a player to participate outside his School or Community Program or otherwise outside the rules prescribed in section IV.

- 1) Families requesting a waiver to any of the rules of sections IV or V are to submit the case in writing directly to the GELL board. No member of a GELL program is allowed to mentor or coach the families in preparation of this request (failure to follow this guideline could be perceived as recruiting).
- 2) The written request should include a detailed account of the extenuating circumstances and demonstrate clearly why an exception should be made. The burden of proof that the circumstance merits a waiver is borne entirely by the applying family.
- 3) The written request should be submitted prior to November 10th of the year preceding the season in question. These will be reviewed at the December board meeting. Late requests will be accepted up to December 10th for consideration at the January board meeting, however these will only be reviewed on a time-permitting basis. Late requests for which time was not sufficient to review will be rejected.
- 4) Upon review, the board will either grant or deny the request. This decision is final and there is no appeal process.
 - a. Any GELL board member affiliated with a program that is involved in the waiver request is recused from the vote (e.g.: request for an exception to the play-for rule, the program losing and gaining the player cannot vote)
- 5) All approved waivers are good for one year only. If a waiver is desired for a subsequent year, the families must go back through this process again. There are no assurances that a subsequent waiver will be granted.

- 6) The waiver process is conducted between the family of the player and the GELL board. If this waiver process is used extensively/abusively by a GELL program, it is grounds for expulsion from the league. Under no circumstances may any member of a waived program (the one accepting the player into their system) directly or indirectly pursue the waiver or recruit a player.

SECTION VII GAME & PRACTICE REGULATIONS / OFFICIALS

- 1) Each organization will provide their own home field and will be responsible for field markings and field supervision. It's also required of all home fields to have access to toilet facilities for all participants.
- 2) The GELL shall ensure that a third party assignor is working diligently to assign referees to all league games. The GELL will pay all referees fees in a timely manner directly to each referee through a secure website.
- 3) Each organization that doesn't have an operating scoreboard must furnish a regulation clock as well as a penalty clock and horn with an adult to run them.
- 4) The home team is responsible to make sure that they do not have the same colored jerseys as the away team.
- 5) Each organization will operate their home field as the host and may elect to have concessions. It is not a requirement that a franchise have concessions. All teams must make sure that their sidelines are cleaned up after each game.
- 6) No sports drinks are allowed on turf fields.

SECTION VIII PLAYING RULES

Playing rules will be US Lacrosse Boys Youth Rules rules with the following exceptions and clarifications:

- 1) Jerseys that completely cover shoulder pads are required. All jerseys must have large, legible numbers on front and back. Exceptions can be made when both teams have similar colored jerseys. In these situations, the home shall wear reversible tanks (per VI.4 above) and the lack of proper numbering will be tolerated.
- 2) **Time Factors and Scoring For 5/6 and 7/8 Divisions** (Rule 3, NFHS Rules)
 - a. Four quarters, 10 minute stop clock, and sudden victory 4-minute overtime periods will be utilized.
 - b. Overtime – in the event of a tie, two (2) four (4) minute (sudden victory) overtime periods will be played.
 - c. Timeouts- two (2) timeouts are permitted per half, one (1) timeout for overtime.
- 3) **Time Factors and Scoring For 3/4 Division**
 - a. Two halves, 20 minute running clock, and no overtime. The clock runs without exception (including time outs and injuries). It is understood that taking short breaks for instruction is allowed.
 - b. Overtime – no overtime, game ends in a tie.
 - c. Timeouts- one (1) two-minute timeout is permitted per half, one (1) timeout for overtime.

- 4) **Game spectators:** Parents and spectators are to be situated on the opposite side of the field from the players' box (where possible).
- 5) **Grievances:** Grievances shall be addressed first to the Program Director of the organization filing the grievance. The Program Director is free to try and resolve the grievance by working the opposing organization's Program Director. If the organization's Program Director feels escalation is warranted, they can bring the grievance to the GELL Administrative Director where it will be handled per the GELL Bylaws.

SECTION IX UNIFORMS

- 1) All players must be suited in full uniform. A uniform consists of a CERTIFIED NOCSAE helmet with a warning sticker, mouth guard, shoulder pads, arm pads, gloves, team jersey, and shoes. It is highly recommended that all male participants must also wear a protective cup. All goalies will wear appropriate chest protection and throat protection.
- 2) Players are not allowed to wear jewelry during practice or games. Emergency I.D. bracelets may be worn but must be covered with white athletic tape.

SECTION X SCHEDULES

- 1) Game schedules against teams within the GELL organization are to be established by the GELL Scheduler. The schedules shall be created with the goal of each team having at least 10 games during the regular season (fewer at the 34 division).
 - (a) The goal is for approximate half home and half away games.
 - (b) Scheduling games against teams outside of the GELL organization (inter-league games) shall be addressed through the designated scheduler.
- 2) All games and scrimmages must be reported to the GELL Scheduler. The scheduler will work with the assignor to get referees and the program will be billed for extra games.
- 3) Any change to a scheduled game must be agreed upon between both coaches.
- 4). Changes to a scheduled game (date, time, location) must also be reported to the GELL Scheduler at least 72 hours prior to the originally scheduled, or proposed rescheduled game (whichever is less). The change must be mutually agreed upon by the two opposing head coaches before the GELL is notified. The requested change should be submitted on an approved league form to the GELL Scheduler. The GELL Scheduler will notify the third party Referee Assignor of the change. It is the responsibility of the program's authorized agent requesting the change to contact the GELL Scheduler.
- 5) No organization or team will be allowed to be a member of GELL who refuses to play a scheduled game with another GELL team. Any GELL team refusing to play another GELL team shall be subject to sanctions as determined by the GELL Board.
- 6) Each organization will have a home field if possible. This will encourage community involvement in the league. Organizations may choose to share a home field if they desire.

7) The GELL recognizes several other youth lacrosse leagues in our state. All of these leagues serve to build the sport in our state and regulate play. As such, all youth teams must be members in good standing with one of these leagues. No GELL team will play a game against any opposing team that is not a member in good standing in one of these leagues. Our state currently has four recognized leagues: the Greater Eastside youth Lacrosse League (GELL), the Seattle Metro Youth Lacrosse Association (SMYLA), the South Sound Youth Lacrosse Association (SSYLA), and the North Youth South Lacrosse Association (NYSLA). In addition, there are youth teams from eastern Washington state (east of the cascade mountains).

SECTION XI CONDUCT, RULES

1) Each organization will be responsible for the conduct of their coaches, players and spectators. Any player, coach or spectator who is ejected from a game must follow all GELL rules regarding ejection from a game.

2) Each program may choose their own nicknames (providing name is appropriate, as determined by GELL board), colors (as long as it's not already in use), team size, number of teams, home field but must conduct themselves under the spirit of the rules of GELL.

3) Each organization should provide a field manager for their assigned home games. The field manager has the right to remove any spectator who is disruptive regardless of which team the spectator is cheering for.

4) Every parent, player and coach in each program will receive a "Code of Conduct Form" (Form 100). It explains what's expected as to their behavior at any and all GELL functions.

5) Physical or verbal altercations before, during or after a game by players, coaches, officials or spectators will result in the ejection of that player, parent, coach, or spectator from the field location by the Referees or Field Manager. Ejection of players, coaches, or spectators by officials will result in the automatic suspension from participating in all GELL functions, including all practices, for a period to include the next scheduled game. The GELL Board of Directors can take action up to and including banning the individual from GELL League. If the individual is allowed to continue participation and is involved in a second offense, it will result in the automatic suspension from league play or participation for the remainder of the current year.

6) Altercations between parents, players, coaches, officials, or any other spectators will not be tolerated. Programs must police themselves and make it clear to their organization that such behavior will not be tolerated.

SECTION XII ETHICS

1) In any document one can find loopholes or ways to get around a rule. It's up to the individual organizations to police themselves so as not to break the spirit of the codes and rules. An organization is only as good as the people in it who are willing to play above board in an honest and trusting manner. The GELL League was created to bring together strong independent youth Lacrosse organizations that are willing to work within an environment of mutual cooperation in which the advancement of Lacrosse and not just the individual organization are the main priority. The dynamics

of youth lacrosse demands that a youth lacrosse league be operated in this manner. This allows the community, in which the organization resides to better serve that area, grow with the area and have a sense of ownership with the community.

2) Member organizations are expected to induce a spirit of high ideals in their teams. Member organizations are to practice the highest standards of sportsmanship and coaching ethics.

3) The highest degree of ethical conduct is expected of all that participate in the league. This includes strict adherence to both the letter and the spirit of the rules and regulations. The use of alcohol, illegal drugs, tobacco products, and the use of profanity during practice or games are prohibited.

4) Violent conduct, holding / touching the facemask, or verbal abuse towards any player, coach, official or parent will not be tolerated and is prohibited.

SECTION XIII CHANGES

1) At the end of each season the GELL Board of Directors will meet from time to time in the off-season to review these rules. If a rule is to be changed it will take a two-thirds majority vote by the member organizations (each member organization receives one vote).