



2017
Reference Manual

OGLA 2017 Reference Manual

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1.0 – League Contact Info

OGLA Board of Directors:

President	Ben Finklea	ben@finklea.net
VP	Megan Elston	
Treasurer	Andrew McElderry	
Secretary	Willie Hertford	
At-Large (Pos.1)	Christie Mitchell (1 year)	
At-Large (Pos. 2)	Paje Stelling (1 year)	
At-Large (Pos. 3)	Gina Wadsworth (1 year)	
At-Large (Pos. 4)	Sarah Tomlinson (2 years)	
At- Large (Pos. 5)	Not Open	
At-Large (Pos. 6)	Jay McCormick (2 years)	
At-Large (Pos. 7)	Jason Benn (2 years)	
At-Large (Pos. 8)	Brett Monello (2 years)	
At-Large (Pos. 9)	Jim Bergevin (2 years)	
Administrator:	Alexandra (Ali) Berg	oregongirlslax@gmail.com

Please send all correspondence to oregongirlslax@gmail.com. The OGLA Administrative Assistant will forward correspondence to appropriate board member(s) for response.

Grievances should be submitted directly to OGLA by downloading the form from our website, filling it out, and sending it to us: oregongirlslax@gmail.com. All validated grievances, formal and informal, will be considered in making Executive Board decisions regarding offending people and/or programs. The grievance shall be reviewed by the Executive Board, the parties will be consulted, and the Board's action will be final.

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Download GRIEVANCE form here: <http://oregongirlslax.com/Documents.asp?org=oregongirlslaxcom>

Team Contacts:

All coaches can be contacted (emailed) by selecting their name on the OGLA website.

Reporting Your Scores:

Official game score entered on the OGLA website (Required by 10 AM the day after the game):

Oregonian – 503-221-8161

Salem Statesman Journal-- 503-399-6706

Eugene Register-Guard-- 541-687-6674

Oregonlive.com – two options:

- Online: http://www.oregonlive.com/highschool/scoreboard/score_form.ssf
- Toll-free hotline: 1-888-GO-MY-SHO or 503-320-3033

2.0 – League Requirements

Head Coach Minimum Requirements (Varsity and JV)

- Must be 21 years of age or older
- Have intermediate level knowledge of lacrosse
- Be CPR and First Aid Certified before **Feb. 20th, 2017**
- Be certified in Concussion Training before **Feb. 20th, 2017**
- Be a member of US Lacrosse (USL) before **Feb. 20th, 2017**
- Complete all 4 sections of USL Level 1 Coaches Education Program (CEP) –
 - Online, Field, Background Check and PCA
- Sign the Coaches' Code of Conduct for OGLA (required of **ALL** coaches)
- Proof of certifications and membership due no later than **Feb. 20th, 2017**
- **Background Check on file with program**

Assistant Coach Minimum Requirements (including volunteer coaches)

- Must be a high school graduate
- CPR and First Aid certification strongly encouraged
- Be certified in Concussion Training before **Feb. 20th, 2017**
- Must be a member of US Lacrosse (USL) before **Feb. 20th, 2017**
- Signed Code of Conduct on file with OGLA (required of **ALL** coaches)
- **If an assistant coach is ever running practices alone, they must meet all of the head coach requirements.**
- **Background Check**
 - Proof of certifications and membership due no later than **Feb 20th, 2017**

*Teams failing to submit by February 1st will be subject to action by OGLA Board

***If a program only has ONE coach, they must have a second adult with CPR, First Aid, Concussion, and USL membership in case a coach is sick or ejected from a game.**

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All coaching requirements are listed on the OGLA website and can be linked here:

<http://oregongirlslax.com/Page.asp?n=107678&org=OREGONGIRSLAXCOM>

****CONCUSSIONS AND CONCUSSION MANAGEMENT-- Oregon State Law, as of July 2009**

This further expands on the new NFHS rule 4-28-7 which states:

Any player that exhibits signs of a concussion:

- 1) Shall be immediately removed from the game
- 2) Shall not return to play until cleared by an appropriate health care professional

B. Oregon State law 336.485.3a states:

(3)(a) A coach may not allow a member of a school athletic team to participate in any athletic event or training on the same day that the member:

(A) Exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body; or

(B) Has been diagnosed with a concussion.

(b) A coach may allow a member of a school athletic team who is prohibited from participating in an athletic event or training, as described in paragraph (a) of this subsection, to participate in an athletic event or training no sooner than the day after the member experienced a blow to the head or body and only after the member:

(A) No longer exhibits signs, symptoms or behaviors consistent with a concussion; and

(B) Receives a medical release form from a health care professional.

[2009 c.661 §1]

FREE online Concussion Training Course here: <http://activecoach.orcasinc.com/>

Team Requirements

- Teams must pay Association Dues by December 1st, 2016
 - \$425 fee per Varsity team – for returning teams,
 - \$325 fee per Junior Varsity team – for returning team, and
 - \$150 fee for first year teams – for new schools (JV Only - This does not apply to returning schools adding a new team.)
 - Registration payment paid to the OGLA treasurer by check. Teams MUST have at least 16 committed players before December 1st, 2016 in order to register. If you are a returning varsity program with less than 16 total players committed, you may only register as a JV team.
 - Dues are required in full by December 1st, 2016
 - LATE FEE OF \$75 is dues not received by 12/1/2016
- Teams are required to pay a minimum salary of \$900 per full-time coach.
- Coaches must show proof of US Lacrosse membership and CPR/1st aid certification to OGLA prior to start of season by **February 20th, 2017**
- All Coaches must accept and sign OGLA Coaches' Code of Conduct by **February 20th, 2017**.
- All Head Coaches must have completed concussion training certificates on file with OGLA by **February 20th, 2017**.

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- Teams MUST enter at least one (1) coach and one (1) non-coach per program to be official OGLA Contacts.
- **Teams may have to forfeit games, and may incur other OGLA sanctions, if a player or coach is found to be participating without a current US Lacrosse Membership.**
- Teams must send a coach or parent representative to the **Annual Coaches Meeting** in October. Failure to participate in mandatory OGLA meetings may disqualify the team and its players from league benefits, including all league honors, playoff eligibility, and OGLA membership, depending on the situation and up to the discretion of the board.
- **Must have uniforms that meet 2017 USL requirements:**
 - As of 2007, requirements state 6-inch numbers on front and 8-inch numbers on back.
 - Teams must have 2nd set of jerseys or regulation (numbered) pinnies available for use in the event of jersey conflicts. Home team is responsible for resolving conflicts. Home teams are designated with light colors; away teams are designated as dark colors.
 - New uniform requirements will go into effect for the 2013 season. Download requirements here:
<https://s3.amazonaws.com/files.leagueathletics.com/Text/Documents/21684/74627.pdf>
- Practice and game field availability: Game field MUST comply with USL Women's Rulebook.
- All players and coaches must be members of US Lacrosse.
- Comply with OGLA By-Laws and Rules

US Lacrosse Membership (check www.uslacrosse.org for additional details and benefits):

- All Coaches must be registered USL members for the duration of the 2017 season.
- All Players must be registered USL members for the duration of the 2017 season.
- Coach and Player membership numbers and expiration dates must be sent to OGLA prior to the first day of practice (February 27, 2017). If any player joins the team after the first day of practice, they must provide proof of membership before they begin practicing with the team. After teams are decided, each player's USL numbers must be entered into the OGLA website.
- US Lacrosse and PCA are partners in a nationwide endeavor to "Honor the Game" by making lacrosse a positive, character-building experience for every athlete and to make the experience a more successful one for coaches, parents, fans and officials. OGLA is committed to this goal. Excellent coaches create a positive organizational culture which requires getting all constituents (parent board, players, parents and fans) in our league on board to work together. OGLA believes PCA is a vehicle to help foster this positive culture and will help create the quality lacrosse programs we all desire in this state. Please have your team administrators, players and parents study the PCA philosophy and be familiar with "Honoring the Game." The head coach is responsible for the total conduct of the program.
- OGLA expects all individuals associated with our programs to strive for excellence in all phases of their endeavors, and to conduct themselves at all times in a manner befitting "ambassadors" of OGLA and USL. If OGLA receives information that teams aren't participating in a positive manner, thoughtful action will be taken by the OGLA board. Sanctions can include hosting a Positive Coaching Alliance clinic for the OGLA community, probation, and/or a playoff ban.
<http://www.positivecoach.org/>

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LEAGUE REPRESENTATIVES

Each league will elect two individuals as their LEAGUE REPRESENTATIVES.

League Representatives will:

- 1) Help Set League game schedules – compile team schedules and send to OGLA
- 2) Establish League Standard Operating Procedures (SOPs): playoff berth procedure, including final league rankings, and tie-breaking procedures
- 3) Coordinate All-League voting meeting
- 4) Aid in the grievance process
- 5) Compile coaching certifications from league and verify – then send to OGLA

3.0 – Important Deadlines/Dates

2016 OGLA Dues:

- \$425 per Varsity team
- \$325 per JV team
 - JV and Varsity are considered separate teams, therefore a school with one (1) Varsity team and one (1) JV team will owe **\$750 total** to OGLA.
- **FIRST YEAR PROGRAMS** pay \$150 - this applies to new school programs only, not programs adding a JV team. First-year JV teams may apply to OGLA for an additional year of JV status before going to varsity. OGLA Board must approve this action.
- If an existing multi-school team splits, each of these teams will enter at Varsity standing. One team may be granted an additional year of JV standing if the Board deems it appropriate.

Important Deadlines:

	Important Deadlines
October 2016	Mandatory All Coaches Meeting @ Wilsonville HS
12/1/2016	Team Registration on the OGLA website and association dues paid to OGLA
January 2017	Team Schedules due to League Representatives
January 2017	Team Schedules due from League Rep to OGLA via template

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January/February 2017	Changes to Game Schedules completed and confirmed by all teams
2/20/2017	All Coaches' required documentation submitted
February 2017	2017 Schedule is FINAL and posted at www.oregongirlslax.com
2/24/2017	OGLA Pre-Season
2/20/2017	All Coaching Certifications Due
2/27/2017	Official OSAA/OGLA Practice Start Date
3/11 and 3/12/17	JV and Varsity Jamborees at Wilsonville HS
3/13/2017	Official OSAA/OGLA Game Start Date
	National Team Tryouts – Cancelled for 2017
5/15-5/25/2017	OGLA Playoffs
5/19 and 5/23/17	OGLA Semi-Finals (Gold Bracket on 5/20, Silver Bracket on 5/23)
5/25/2017	OGLA Finals (Navy and Gold Bracket)

4.0 - RULES

The Oregon Girls Lacrosse Association generally follows OSAA guidelines, including but not limited to the additions and exceptions noted below. These additions and exceptions have been developed by the Board to encourage the growth of the Game. Rules of game play are defined by US Lacrosse. League Rules are as follows:

Contest Limitations

SEASON - Defined

The season shall begin on February 27, 2017 and end with the State Championship on May 25, 2017. There is a 18 in-state game contest limitation, 20 total games, exclusive of Playoffs / State Championships. A Team may not compete in more than 18 games at each level of competition. Varsity teams will play a league schedule length determined by each League in 2017. All contests

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beyond the officially scheduled season (league and non-league games) must be reported to the Board for tracking purposes at least two (2) weeks prior to play.

*****NEW: ALL VARSITY TEAMS MUST COMPETE IN AT LEAST THREE (3) NON-LEAGUE GAMES TO QUALIFY FOR PLAYOFFS AND HAVE A MINIMUM OF A 12 GAME SCHEDULE. NON-LEAGUE GAMES CONSIST OF OGLA OR NON-OGLA OPPONENTS. A LIST OF RECOMMENDED NON-LEAGUE OPPONENTS HAS BEEN PROVIDED TO EACH TEAM.**

Q. Can my team compete in an in-season tournament?

A. Yes, as long as the Board is notified and approves. These games count towards the season 20-game (18 in-state) limit.

Q. Can my team scrimmage other teams?

A. Yes, you are encouraged to scrimmage other HS programs. As with in-season tournaments, please notify the Board for tracking purposes as scrimmages are CONTESTS and count against the 20-game limit. Umpires are ALWAYS required when scrimmaging or playing another team.

Q: Can my team play games against college, alumni, or club teams?

A: No.

Q: Do special events, such as clinics and team events sponsored by OGLA and US Lacrosse count towards the contest limit?

A. No. OGLA will notify the Community of such Special Events.

Q: Can my team play a contest or participate in a jamboree before the First Contest Date?

A: No. **(Exception is granted for an early JV/ Varsity Jamboree hosted by OGLA)**

JAMBOREE - Defined

Each school may compete in one Jamboree at the Varsity level and one at the JV level (if JV1 and JV2 teams exist, both may compete at JV Jamboree); this does not count against their contest limit. A Jamboree is defined as an event in which three or more teams gather to compete in non-tournament format, and each school may not play an opponent more than once. A Jamboree can only be held in the first six (6) weeks of the season. A team may play any number of mini-games on that day, but no more than 120 total minutes of play. Scores may be kept, but championship events are not allowed. A fee may be charged to cover event costs (officials, field rental); however, teams cannot use the event to profit from other teams in the league.

- In the event that a team elects to participate in an out-of-state Jamboree, they must notify OGLA for tracking purposes.
- If you would like to host a varsity jamboree, please submit a request to OGLA. OGLA will need to check on umpire availability before approving your request.

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In the event that a team is found in violation of these contest limitation rules, the Board will take appropriate action, which may include the loss of playoff eligibility for that team.

GAME SCHEDULES

1. SCHEDULING will be done by the Leagues. Teams will schedule their own non-league games. FINAL LEAGUE/NON-LEAGUE SCHEDULES ARE DUE sometime in January to your league rep.
2. The official league schedule will be posted on the OGLA website. All teams are encouraged to regularly check the official schedule to assure alignment in game times, locations and assigned referees.

GAME PLAY

1. For all league contests, only bona fide players (see "Individual Eligibility") of the member organization shall be entitled to play. A player may play for only one team during the year. For good cause, and after notice to the Board of Directors, the Board may grant exceptions to this rule.
2. All contests shall be played under the Official Rules for Women's Lacrosse approved by US Lacrosse-Women's Division unless outlined differently in this rule section.
3. All contests shall be officiated by OWLUA umpires and assigned by the assignor.
4. OGLA permission must be granted for any games or scrimmages against non-OGLA member teams.
5. Senior Night Ceremonies: Senior night tributes or ceremonies are prohibited before or during league or state playoff games.

DURATION OF PLAY

1. **VARSITY TEAMS** will play **50-minute games (two 25 minutes halves) with stop-time after goals.** If the score is tied at the end of the 50-minute game, the US Lacrosse tie-breaking procedures below shall be followed.
2. **JUNIOR VARSITY** teams will play for **50 minutes (two 25 minute running time halves).** Junior varsity teams will not play overtime.
3. All other duration of play rules shall follow the Women's US Lacrosse Rule Book.

GAME CHANGES, DELAYS, CANCELLATIONS, & FORFEITS

1. Each team must play each contest for which they are scheduled. Failure to play a scheduled game or to appropriately notify the opposing team and OGLA of cancellation at least 24 hours before the scheduled contest is grounds for review by the OGLA Board. Appropriate action for not playing a scheduled contest may include forfeiture of the unplayed game. Game changes will only be approved for extraordinary circumstances once the schedule is finalized (Feb 1st), and only with OGLA approval.
2. **Weather-related game changes** – The following procedures shall be followed when there is inclement weather. Phone the assignor, OGLA and OWLUA first thing and then follow with an email to all three entities. Contact information for all three will be sent via email before the start of the season. Game changes made due to inclement weather shall be made prior to 12:00 PM the day of the game. If the game is postponed or cancelled, then the assigning official will contact the assigned referees.
 1. **UNPLAYABLE FIELD:** If the home team determines that their field is unplayable or that a

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contest cannot be safely played on that day because of the weather, then a representative from the home team shall contact (via telephone) the assignor to discuss the situation. **AT THE FIELD:** The OWLUA is the only entity who shall determine that the game is officially postponed or cancelled.

2. In the event that the home team fails to notify the assignor with sufficient time to avoid travel by the assigned officials, then OGLA may charge the home team for no more than ½ the referee's normal fee. For games that are cancelled or postponed due to inclement weather, as long as the assignor is properly notified, there will be no cancellation fee.
3. **ALL non-weather-related changes MUST BE APPROVED BY OGLA on a case-by-case basis.** Such changes will only be granted with *extraordinary circumstances*.
4. If a team cancels or forfeits a game (unrelated to weather) within 24 hours of the scheduled game time without notifying OGLA (oregongirlslax@gmail.com) then the team will be required to pay a cancellation fee. On a case-by-case basis, a violating team may have to pay costs incurred to the visiting team for travel as approved by OGLA.
5. A team may choose to start a game with a minimum of nine (9) field players; however, if they have less than nine (9) players available to play at the start of the game, they shall forfeit the game.
6. The start of a game will be delayed for no more than 15 minutes awaiting either the home or visiting team's readiness.

CONTEST TIE-BREAKING PROCEDURES

**** See 'Home Team Handbook'**

INTERRUPTED CONTESTS

1. Umpires shall have the authority to interrupt or suspend the game due to dangerous weather or field conditions. The umpires' decision is final. A game is considered legal and complete if 80% of playing time has elapsed. If a suspended game (one in which less than 80% of playing time has elapsed) is replayed on another day, it must be replayed from the beginning. An interrupted game continued on the same day shall be restarted from its point of interruption. NOTE: If 80% of the playing time has elapsed and the game is tied, the game is recorded as a tie, and League SOPs will define any impact of such tie. (USL Rule 4 section 5).
1. A guideline for resuming a game after a lightning/thunder storm is to wait 30 minutes after the last visible sign of lightning and/or audible sound of thunder. The officials should consult with the coaches, athletic trainer or other school officials to determine their lightning policy. School regulations and guidelines governing waiting time take precedence.

TEAM RESPONSIBILITIES

1. Each team is responsible to have appropriate uniforms and equipment in accordance with the Official Rules for Women's Lacrosse approved by US Lacrosse-Women's Division and preferably shall include two sets of numbered game shirts with different colors. (Dark colors for away games and light colors for home games). In the event of a conflict, the home team shall be responsible for changing shirts to avoid the conflict or shall be responsible for providing AND WEARING numbered pinnies or vests.

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2. It shall be the responsibility of the home team to provide the goals and playing field, appropriately marked along with a table area for each game. In addition, the home team shall be responsible for providing a score book, timing devices, balls, timekeeper and scorekeeper, and pay all of the agreed fees and costs of the officials unless other arrangements are made.
3. Score reporting. All game scores must be reported on the OGLA website before 10 AM on the day following the game. Home teams are responsible for entering game scores. **HOME TEAMS MUST ENTER THE GAME SCORE BEFORE THE SCORE WILL BE CONSIDERED OFFICIAL.** The HOME TEAM score book is considered the game's official record and should be signed by both umpires before they leave the field. Home team reports scores to Oregonian: www.oregonlive.com.

MEMBER CONDUCT

1. In the event that any player, team, or person associated with a member organization shall commit any act considered excessively unsportsmanlike or otherwise detrimental to the purposes of the League, such behavior or action may be reported by any member coach, team delegate, or official in writing to the Board of Directors via use of the official grievance process. The Board will investigate and take appropriate action.
2. ALL fans and supporters will abide by all OSAA rules concerning conduct, use of alcohol, parking or other rules required or requested by the host team or host institution.
3. OGLA Grievance procedure. (Please print online from our website – OGLA.COM - 'Documents')
4. All players and parents are **STRONGLY** encouraged to sign a Code of Conduct regarding their behavior at all contests and events. Respect for all participants in the game is paramount to the viability and growth of the sport. A sample Code of Conduct can be found on the OGLA web site. Positive Coaching Alliance link: <http://www.positivecoach.org/>

INDIVIDUAL ELIGIBILITY

1. A student must play for the team of the school in which she is enrolled.
 - a. If a player's school has a team, they **MUST** play for that team. The only exceptions are as follows. If the player is a senior, and her school starts a new JV team her senior year, she is allowed to play for the team she has been with in previous seasons. Also, a player who has been on varsity at a previous school cannot be forced to play for a JV team during the *first year* her home school starts a program.
 - b. If a player attends a PRIVATE school that does not field a team, that player must play for the school she would attend according to her residence. If that school does not have a team, she must play for the nearest school with a team to her home address, giving preference to schools within the same district (if applicable).
 - c. If a player's PUBLIC school does not have a team, she must play for the nearest school with a team, giving preference to schools within the same district (if applicable).
2. OGLA may grant an exception to the OSAA Player Representation Rule, but exceptions must be made in writing. OGLA must be notified by the Head Coach or Team Delegate of any players who play for a school which they do not attend. All such situations must be brought to the attention of

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OGLA or team may risk game forfeitures. Please see Transfer Form on OGLA website. Submit your team's transfer forms to OGLA by **February 1, 2017**.

3. Transfer students – All OSAA rules apply. In the event this is a situation with your club, please consult your Athletic Director or the OGLA president regarding eligibility. Confirmation of eligibility from the school must be brought to the attention of OGLA or team may risk game forfeitures.
4. Undue Influence– All OSAA rules apply. In the event this is a situation with your club, please consult your Athletic Director or the OGLA president regarding eligibility. Confirmation of eligibility from the school must be brought to the attention of OGLA or team may risk game forfeitures.
5. NEW TEAM CLARIFICATION – Since each new program starts at the JV level, any player who has played and been a contributor on a varsity roster at another school in the prior season may continue with that team. When their school team moves to Varsity level in year two, all non-senior players must play with new Varsity program at the school they attend. Only Seniors will be “grandfathered in” and allowed to play with their current club.
6. Academic Eligibility: Players are required to meet their school's academic requirements to be eligible to practice or play with the team. All OSAA rules apply.
7. Uniform numbers entered onto the OGLA website- Players must have their names and jersey numbers entered onto the OGLA website. Player names and jersey numbers should match all season long. If a coach or team delegate changes players' uniforms without notifying opponents, that coach and/or program may be fined \$100 per incident.

PARTICIPATION LIMITATIONS

1. **' 3 Halves Rule'** A student shall not participate in more than three (3) halves of play per day. For the purposes of this rule, participation during the same day in three (3) halves at different levels (varsity or JV) shall be considered participation in one (1) game. **ANY time played in half = half played.** Thus a JV player may swing up to varsity and a varsity player may swing down to JV, but the total sum of their game playing time may not be more than a total of three (3) halves.

Q: Can a player play all of a JV game, 5 min in the first varsity half and 10 minutes in the second half of the varsity game.

A: NO. If a player plays even one minute of half, that means a half has been played. The above scenario would mean a player played in all 4 halves vs. the same opponent.

NOTE: The intent of this rule is to allow those players with skills that are on the borderline of Varsity and JV levels the ability to experience both levels of play. **A team shall not purposely swing down a clearly experienced Varsity player to a JV game with the intent of dominating that JV game. Any team who violates the three (3) halves rule will be forfeit all games played that game and lose the player in violation for an additional game.** Any team who feels the intent of this rule has been violated shall submit a formal complaint following the existing OGLA Grievance Procedure.

2. EXCEPTIONS:

- a. When multiple games (no more than 2) are scheduled on one day, the rule will be 3 halves per opponent, with a player participating in no more than 6 halves in total. Multiple games

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per day must be approved by OGLA before final schedule is submitted.

DOUBLE YELLOW, RED CARD POLICY, AND PLAYER SUSPENSIONS

1. Any player or coach who receives two yellow cards will be suspended from the remainder of that game.
2. A player or coach who receives a single red card will be suspended from the remainder of that game and from the next game.

Coaches of players receiving red card suspension must notify OGLA (via email: oregongirlslax@gmail.com) of this suspension no later than 10 am on the day after game suspension occurs. This is **IN ADDITION** to reporting the red card on the OGLA website. OGLA will contact opposing coaches of next game to notify of suspensions. Additionally, the umpires will report red card suspensions to the OWLUA Commissioner, who will report to OGLA Board. Any player who receives two (2) such suspensions in a single season will be subject to review and discipline from the OGLA board.

3. All school suspension and subsequent eligibility issues shall be handled according to OSAA and the school's disciplinary policy. In the event a player is disciplined or suspended from school, that team is responsible for contacting the school administration and obtaining all policy information pertaining to such suspension or disciplinary action, and must communicate in written form (via fax or email) to the OGLA president within 24 hours. All decisions regarding the suspension (i.e. length and conditions) will be made by the school administration. OGLA will then communicate to any relevant opposing coaches the necessary information.
4. OWLUA will provide a card recording form for home teams to use with their home book (to record information about all yellow and red cards). Umpires will sign the card form in addition to the home book after each game.

COACH / TEAM PERSONNEL CARDS

1. The head coach will be responsible for the behavior of personnel affiliated with his/her team, including all assistant coaches, fans, and players, and will receive any cards related to lack of bench decorum.
2. Any team which receives two (2) or more cards in a single season will be subject to review and potentially disciplinary action from the OGLA board. Teams must report all cards given to the coach/team via email to OGLA by 10 AM the next day.
3. A fine of \$100 will be imposed upon any team if they mistakenly mark a player as "played" in the stats section of the OGLA website in a game where they were suspended for a red card.

Umpires will report any and all cards issued to coaches or team personnel to OGLA.

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OFF-SEASON PRACTICE RULES (not including Summer)

1. **Off-season practice rules will follow the new OGLA 'Rule of 5'.** The following off-season practice rules will apply from Moratorium Week to the first day of practice the following season. The mission of OSAA is to **“foster well rounded individuals. The purpose of interscholastic athletes is to help educate boys and girls and not to prepare students for college athletics, which is a by-product of interscholastic competition available to a very small percentage of high school athletes. For most students, specialization in a single athletic activity is not in their best long-term interests. Students should be encouraged by coaches, administrators, and parents to participate in a variety of school activities, including more than one sport during the school year.”** This OSAA rule also states that “schools should not allow use of school equipment and facilities by non-school organizations that promote a philosophy contrary to the above statements.”
 - a. The spirit of the off-season practice rules is to ensure that all OGLA members have the same opportunity to practice prior to their first game.
 - b. A team may not make any attempt to gather more than five (5) members of the same high school program together per day outside the defined lacrosse season to receive specialized athletic instruction from any coach associated with the high school program (paid or volunteer). [All coaches in a program are collectively allowed to work with no more than five (5) students from that program on any given day (e.g., it is not acceptable for the varsity coach to work with five (5) students, and the assistant coach to work with two (5) more students)]

Q: Can a team travel to an out of season tournament (e.g. winter tournaments)?

A: No. Coach cannot have out-of-season contact with team.

- c. Attempts to circumvent the rule by encouraging team members to attend out-of-season practices or camps, other than through general dissemination of information, shall be considered a violation of this rule. Board will take appropriate action if such violation occurs.
- d. Coaches may conduct off-season conditioning sessions; however, no sticks / balls are allowed. Participation in conditioning activities must be optional. Conditioning is defined as a session where players work on physical fitness and conditioning by use of weights, running, and/or exercises. Conditioning does not allow for the use of individualized sports equipment.
- e. The off-season practice rules do not apply during the summer. The summer season begins following the State Championship game.
- f. Teams MAY NOT conduct any activity during Moratorium Week
- g. A school coach may work for a lacrosse club organization (e.g. Lacrosse Northwest, Rhino, 3D, Tenacity) as long as the school coach is not involved in directly and deliberately coaching more than two (5) players from his or her school program on any given. **Tryouts** for non-school Club teams are **not** exempt from this provision. Club teams may not hold practices or participate in tournaments during the Athletic Calendar Year if Rule of 5 is violated.
- h. A coach may allow a parent to coach the team in an out-of-season program as long as

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the high school coach does not organize or require members of the team to participate in the session.

- i. A coach may work with 8th graders before they enter high school. OGLA only governs 9th through 12th graders.
 - j. Open facilities are allowed. The basic philosophy of an open facility is that it is a recreational opportunity open to anyone and that no instruction is occurring
 - k. Coaches are allowed eight (8) clinic hours in the off-season to work with more than 5 of their high school players. This should be used to promote their school program.
3. In the event a Team is found in violation of these rules, the Board will take appropriate action, which may include a team losing playoff eligibility.

2017 US Lacrosse Rules

<http://www.nfhs.com/p-957-2017-girls-lacrosse-rule-book.aspx>

5.0 – Playoff Format & Dates

2017 LEAGUE STRUCTURE (New teams in **Pink**)

Metro	Northwest OR	TRL	PL	Willamette Valley	South	Central Oregon
Beaverton	Century	Clackamas	Central Catholic	Corvallis	Churchill	Bend
Jesuit	Glencoe	Lake Oswego	Cleveland	Crescent Valley	Marist	Summit
Southridge	Liberty	Lakeridge	Grant	West Salem	Roseburg	Sisters
Sunset	Newberg	Oregon City	Hood River	South Salem	Sheldon	Redmond
Tigard	Sherwood	West Linn	Lincoln	McNary	South Eugene	
Westview	Tualatin	St. Mary's	OES		Thurston	

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	Forest Grove (JV)	Wilsonville	Wilson			
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PLAYOFF STRUCTURE

12 teams will qualify for the Gold Bracket and 12 teams will qualify for the Silver Bracket

Bracket Placement

- Teams will be seeded into the bracket according to their Lax power ranking as of May 14, 2017 at Midnight or upon Laxpower rankings update after OGLA's last regular season results are uploaded to Laxpower.
- The bracket is posted on www.oregongirlslax.com.
- OGLA may make adjustments to avoid first round match ups of teams in the same league

2017 Season Playoff Dates and Locations

Opening round games: May 15/16, 2017 – Game hosted by higher seed

Quarter Finals: May 17/18 , 2017 – Game hosted by higher seed

Semi-Finals (Gold Bracket): May 19, 2017 – Wilsonville HS

Semi-Finals (Silver Bracket): May 23, 2017 – Wilsonville HS

Finals (Silver and Gold): May 25, 2017 – Wilsonville HS

2016 All-League/All-State Voting

All-League voting results are due to OGLA by May 15th, 2017 by 10 PM.

All-State ballots will be sent to coaches by May 18th, 2017 at 10 PM

All-State votes are due to OGLA by May 23rd, 2017 at 10 PM (after last semi-final game)

6.0 – Growth of the League

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The Oregon Girls Lacrosse Association strives to promote the sport of lacrosse and to further expand the “fastest sport on two feet” into new high schools in Oregon. We encourage all members of OGLA to be ambassadors for the sport and to help market lacrosse to high schools in Oregon that do not have teams.

Equally, if not more important, is to encourage the growth of Middle School programs, as this will strengthen your High School program.

To start a new team, contact:

High School (OGLA): OGLA at oregongirlslax@gmail.com

Middle School / Youth: <http://www.ogyla.org/>

Each team, new and established, is highly encouraged to contribute people who are willing and able to be trained as umpires.