

**Central Washington Youth Lacrosse League  
Rules and Regulations  
Adopted and Maintained by the CWLL Board of Directors  
Effective February 15, 2016**

**Section 1.0.0 MISSION STATEMENT**

The Central Washington Youth Lacrosse League (CWLL) is dedicated to providing a positive environment for boys in grades K to 8 to learn and play the sport of lacrosse, and to grow participation in the sport in central and eastern Washington, as well as under-served communities in Oregon near CWLL's area of operation.

Central and eastern Washington is defined as the counties of Chelan, Kittitas, Yakima, Klickitat, Douglas, Grant, Benton, Adams, Franklin, Walla Walla, and Columbia. Under-served regions of Oregon may include Umatilla (OR) County.

**Section 2.0.0 RESPONSIBILITIES OF CWLL**

**2.1.0 Essential responsibilities** – the Central Washington Youth Lacrosse League (CWLL) establishes league rules, publishes a schedule for games, establishes a contract with the referee association, pays all league expenses and generally administers boys youth lacrosse in our area.

**2.2.0** CWLL maintains a contact list to facilitate communication

2.2.1 CWLL DOES NOT share the player's contact lists with **anyone**.

2.2.2 All program/event information may only be sent to the CWLL BOD program representatives or designated alternate.

**Section 3.0.0 ORGANIZATION QUALIFICATIONS.**

**3.1.0 Oversight** – Each organization will independently operate under direction from a host school or Board of Directors who oversees eligibility, and coach and player conduct.

\*3.1.1 At a minimum, the Board of Directors will include a President, Vice-President, Secretary/Treasurer. The board may also include other officers or representatives.

\*3.1.2 The Board of Directors of member clubs must not consist solely of coaches and their relatives to ensure fairness within the organization.

**3.2.0 Acknowledgement and Certification** – It is the responsibility of each organization to ensure that their program is abiding by all CWLL policies.

3.2.1 It is the duty of each organizational BOD representative to submit yearly a properly completed Organization Packet by March 1.

3.2.2 The Packet includes acknowledgement that the program has reviewed and will abide by all CWLL By-Laws and Rules and Regulations.

3.2.3 Each Organization must certify that it meets all Organizational Qualifications as outlined in Rule 3 of these Rules and Regulations and that all coaches meet all qualifications as outlined in Rule 7 of these Rules and Regulations.

**3.3.0 Insurance** – Each organization must certify and have available for inspection proof that each player has medical insurance and the organization has liability insurance from the First Day of Season through the Last Day of Season. Proof that all members are US Lacrosse members, as certified by the League Athletics or other mechanism is acceptable.

**3.4.0 Lystedt Law** – Every organization and coach must comply with RCW 4.24.660 (the Zachery Lystedt Law).

3.4.1 Each organization must certify and have available for inspection upon request by any league official or BOD member hard copies showing all players and parents in the program have reviewed, signed, and returned a concussion and head injury information sheet.

3.4.2 Each organization must certify that every person who is or will be coaching any team for the organization have complied with the training requirements of the Lystedt Law, including review of the training video, reading of the fact sheet for coaches, and pass the required quiz.

**3.5.0 Code of Conduct** - Every Organization will certify and have available for inspection, proof that it has a written player's Code of Conduct in place.

**3.6.0 Coaches** – The Head Coach of each team in the league will be held responsible for knowing the rules and ensuring that all those coaching and acting under the Head Coach comply with the rules of the CWLL.

- 3.6.1 The Head Coach of a team shall be at least 21 years old and a high school graduate unless the CWLL Board of Directors, prior to the first day of the season, has granted a waiver.
- 3.6.2 All Coaches shall be members of US Lacrosse. It is recommended that coaches complete one or more levels of the online training. Formal US Lacrosse coaching certification is highly recommended.
- 3.6.3 It is required that at least one coach from each team be First Aid and CPR Certified. It is preferred that all coaches be so certified.
- 3.6.4 All members of the coaching staff must undergo a Washington State Patrol or NCSI background check prior to any contact with participants.
- 3.6.5 All coaches must be in compliance with RCW 4.24.660 (Zachery Lystedt Law).
- 3.6.6 Coaches shall read and agree to abide by the CWLL Code of Conduct.
- 3.6.7 The Head Coach shall ensure that each team will have a properly stocked first aid kit (see <http://www.uslacrosse.org/Portals/1/documents/pdf/participants/administrators/pamannual/four-first-aid-kit-contents.pdf> for US Lacrosse recommended contents) on location of all CWLL games and practices. An Automated External Defibrillator (AED) is recommended but not required.

#### **3.7.0 – Membership and Official Assignment and Fees**

- 3.7.1 Every member organization will pay annual dues to be determined by the Board. The Membership fee will be paid by March 1st of the current season, or on a payment schedule acceptable to the Board. These fees are in place to cover expenses needed to run the league. They include, but are not limited to, referee costs for league games (but not tournaments, jamborees or other events or games), costs for scheduling, maintaining the league website, administration, etc.
- 3.7.2 For all games taking place in Washington State, referees will be assigned by and paid through laxtimmons, LLC, with input from the league Referee Liaison. All referees for games played in Washington shall be WALOA certified Level 1 or higher.
- 3.7.3 All home fields (acquiring, lining, maintenance) and home field use costs are the responsibilities of the individual organization.
- 3.7.4 In the unfortunate event that a team must fold during the season, the membership fee will be kept by the league.

### **4.0.0 PLAYER ELIGIBILITY**

#### **4.1.0 – Division eligibility is determined by grade**

- 4.1.1 CWLL will determine eligibility for divisions by grade. The grade limitations are intended to protect the safety of the children. Clubs are responsible for instituting a process to evaluate and accept the risk for any player who plays up. No player may play up more than 1 grade, per US Lacrosse guidelines and requirements.

#### **4.2.0 – Divisions** – It is the responsibility of each organization to verify the grade of each player it registers. In the event of a dispute, grade will be verified using the participant's school identification or equivalent.

- 4.2.1 1/2 Division – All players must be in the 1<sup>st</sup> or 2<sup>nd</sup> grade. Younger players may participate, at the discretion of the club. However, the club accepts all liability and responsibility for ensuring all players are physically, emotionally and mentally ready to play.
- 4.2.2 3/4 Division – All players must be in the 3<sup>rd</sup> or 4<sup>th</sup> grade. Younger players may participate, at the discretion of the club. However, the club accepts all liability and responsibility for ensuring all players are physically, emotionally and mentally ready to play.
- 4.2.3 5/6 Division – All players must be in the 5<sup>th</sup> or 6<sup>th</sup> grade. Younger players may participate, at the discretion of the club. However, the club accepts all liability and responsibility for ensuring all players are physically, emotionally and mentally ready to play.
- 4.2.4 7/8 Division – All players must be in the 7<sup>th</sup> or 8<sup>th</sup> grade. Younger players may participate, at the discretion of the club. However, the club accepts all liability and responsibility for ensuring all players are physically, emotionally and mentally ready to play.
- 4.2.5 A player can play in only one division (in his/her age/grade division) per season except in order to salvage a game. No players are allowed to play down a division level or up more than one division level. Exceptions may be made based on a combination of age (e.g., skipped grades), experience, and agreement by the CWLL Board, with priority given to ensuring safety and fair competition. A waiver sent by the parent and coach of the player shall be sent to the CWLL Board at least one week prior to competition for review and approval. The CWLL Board will commit to

approval or disapproval within 4 days, and reserves the right to rescind approval at any time. Under no circumstances will a waiver be granted to any player in 9<sup>th</sup> grade or higher.

#### **4.3.0 – Rosters**

4.3.1 1/2 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.

4.3.2 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.

4.3.3 5/6 Division – Focus is on growing the game and ensuring playing opportunities; therefore, rosters are not locked and do not need to be turned in. Every effort should be made to avoid swing players. However, if swing players are needed to field teams for teams with fewer than 16 players on the roster, they are allowed. Every effort should be made to ensure the spirit of fairness and appropriate competition are maintained.

4.3.4 7/8 Division – Players are required to attend 6 practices in a program before competing in a league game. Rosters will not be locked and do not need to be turned in.

4.3.5 In the event that a player moves into an area or registers late with a program, that player may be added to a roster.

### **5.0.0 BOUNDARIES AND ‘PLAY FOR’ RULES**

5.1.0 The CWLL has implemented program boundaries based on school districts (‘Play For’ rules) to best position the youth programs to support growth of high school programs. The CWLL uses the HS district boundaries (Richland, Kennewick, Pasco, Yakima, etc.). These boundaries differ from the Washington High School Boys Lacrosse Association high school team sending district boundaries because the CWLL board believes the use of school district boundaries best support future growth. The CWLL plans to support the future development of programs in our region, including, but not limited to, Ellensburg, Walla Walla and Yakima.

5.1.1 Definition: ‘Play For’ Rules are defined as alignment of each youth program with a corresponding high school district, such that any player in the district of a given high school program shall play for the corresponding youth program.

5.1.2 Boundaries: The following HS districts are assigned to the following CWLL member clubs

5.1.2.1 Hermiston Youth Lacrosse: Hermiston HS, Echo HS, Irrigon HS, Umatilla HS, Stanfield HS, Milton-Freewater HS, Walla Walla HS

5.1.2.2 Selah Youth Lacrosse: Selah HS, Eisenhower HS, Davis HS

5.1.2.3 Three Rivers Youth Lacrosse: Southridge HS, Kamiakin HS, Kennewick HS

5.1.2.4 Tri-Cities Youth Lacrosse: Chiawana HS, Pasco HS, Columbia HS, Connell HS

5.1.2.5 Richland Youth Lacrosse: Richland HS, Hanford HS, Kiona-Benton HS, Prosser HS

5.2.0 Waiver Policy: All 2017 players may receive a one-time waiver to play for the program played for in 2016 upon written request to the CWLL Board without any vote or other impediment. This “grandfather” clause permits a player to play outside his designated program until he or she graduates to a HS program, or chooses to join his designated program. No additional waivers may be granted, except through the appeals process described in Section 5.3.0.

5.3.0 Appeal Policy: Any player may petition the Board, in writing, to join a program outside his designated program. The Board may grant a waiver simple majority to be held at the next scheduled Board meeting.

### **6.0.0 GAME AND PRACTICE REGULATIONS**

6.1.0 Each organization will provide their own home field and will be responsible for field markings and field supervision.

6.1.1 Each organization that does not have an operating scoreboard must furnish a regulation clock as well as a penalty clock and horn.

6.1.2 The home team is responsible for making sure that they do not have the same colored jerseys as the away team. Each organization must indicate their colors for home and away at the start of the season.

6.1.3 Due to the large geographic area covered by CWLL, it may at times be desirable to play at a neutral site (e.g., Ritzville). In such cases, both teams must agree to play at the neutral site. Making such arrangements shall be the responsibility of the home team.

**7.0.0 PLAYING RULES** - Playing rules will be the recommended age-specific youth modifications to the National Federation of High Schools (NFHS) rules as implemented by US Lacrosse, with the following additional modifications.

**7.1.0 – Responsibilities of Home Team**

7.1.1 Game balls and an adequate number of balls must be maintained at the end lines.

7.1.2 As specified in Rule 9.4.0, a Sideline Manager should be provided to maintain crowd control.

**7.2.0 – 7/8 Division**

7.2.1 The game shall consist of four (4) quarters utilizing a ten (10) minute stop clock, and sudden victory 4-minute overtime periods.

7.2.2 In the event of a tie, two (2) four (4) minute (sudden victory) overtime periods will be played. If, after two (2) overtime periods the score is tie, additional sudden victory overtime periods may be played until a winner is determined, provided time permits and coaches and officials are in agreement.

7.2.3 Two (2) timeouts are permitted per half, with one (1) timeout for overtime.

7.2.4 The Final Two Minute stalling rule shall be enforced.

7.2.5 The defensive 20-second count WILL be used. The offensive 10-second count WILL be used (i.e., “Failure to Advance” shall be enforced).

7.2.6 Body Checking is permitted. To be legal a body check should be delivered in a generally upright position with both hands on the stick and the player initiating the check may not use his lowered head or shoulder to make the initial contact.

7.2.7 No one-handed stick checks shall be permitted.

**7.3.0 – 5/6 Divisions**

7.3.1 The game shall consist of four (4) quarters utilizing a ten (10) minute stop clock, and sudden victory 4-minute overtime periods.

7.3.2 In the event of a tie, two (2) four (4) minute (sudden victory) overtime periods will be played. If, after two (2) overtime periods the score is tie, additional sudden victory overtime periods may be played until a winner is determined, provided time permits and coaches and officials are in agreement.

7.3.3 Two (2) timeouts are permitted per half, with one (1) timeout for overtime.

7.3.4 The Final Two Minute stalling rule shall be enforced.

7.3.5 The defensive 20-second count WILL be used. The offensive 10-second count WILL be used (i.e., “Failure to Advance” shall be enforced).

7.3.6 Limited Body Checking is permitted. To be legal a body check should be delivered in a generally upright position with both hands on the stick and the player initiating the check may not use his lowered head or shoulder to make the initial contact.

**7.4.0 – 3/4 Division**

7.4.1 The game shall consist of four (4) quarters utilizing an eight (8) minute running time clock. In the event of a tie, no overtime shall be played. The game shall be recorded as a tie.

7.4.2 Two (2) timeouts are permitted per half, with one (1) timeout for overtime.

7.4.3 All field player crosses shall be between 37 and 42 inches in length. No long crosses shall be permitted.

7.4.4 The defensive 20-second count WILL NOT be used. The offensive 10-second count WILL NOT be used.

7.4.5 Teams shall play with 7 players, comprised of 1 goalie, 2 midfielders, 2 attack and 2 defensemen.

7.4.6 The field size shall be reduced in accordance with size and number of players to measure 60 yd x 35 yd (half of a regulation lacrosse field, played sideways).

7.4.7 Stick checking shall be limited to poke and lift checks, and slap checks which do not originate above the shoulders, or with a windup when originating below the shoulder, i.e., no “tomahawk” checks.

7.4.8 No body checking of any kind is permitted. Legal pushes (RULE 6 SECTION 9, Pushing) and holds (RULE 6 SECTION 3, Holding, ARTICLE 3 a & d) are allowed. In all loose ball situations players should “play the ball,” but incidental contact, “boxing out”, or screening techniques during such play shall not be considered a violation of this rule.

7.4.9 At any point during a game when there is a four-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-goal lead is maintained, unless waived by the coach of the trailing team.

7.4.10 If a loose ball is not moving, stuck, or the players are having difficulty picking the ball up the referee may re-start play following the alternate possession rule.

7.4.11 Penalties shall be served by substitution, except for unnecessary roughness or illegal stick checks.

#### **7.5.0 – 1/2 Division**

7.5.1 Two halves utilizing a twelve (12) minute running clock shall be used. No overtime shall be played. Halftime should be four (4) minutes.

7.5.2 Score shall not be kept.

7.5.3 Each team shall be permitted zero (0) two-minute timeouts.

7.5.4 All field player crosses shall be between 32 and 42 inches in length. No long crosses shall be permitted.

7.5.5 The defensive 20-second count WILL NOT be used. The offensive 10-second count WILL NOT be used.

7.5.6 Teams shall play with 4 players, comprised of no goalie and 4 field players.

7.5.7 The field size shall be reduced in accordance with size and number of players, to measure 60 yd x 35 yd (half of a regulation field played sideways), with no restraining area, a 3'x3' or 4'x4' goal and a regulation crease.

7.5.8 Stick checking shall be limited to poke and lift checks. No slap checks will be permitted.

7.5.9 No body checking of any kind is permitted. Legal pushes (RULE 6 SECTION 9, Pushing) and holds (RULE 6 SECTION 3, Holding, ARTICLE 3 a & d) are allowed. In all loose ball situations players should “play the ball,” but incidental contact, “boxing out”, or screening techniques during such play shall not be considered a violation of this rule.

7.5.10 If a loose ball is not moving, stuck, or the players are having difficulty picking the ball up the referee may re-start play following the alternate possession rule.

7.5.11 No offsides or faceoff will be played. The team that was scored upon will start with the ball.

#### **7.6.0 – Ejection of any participant**

7.6.1 Ejection of players, coaches, or spectators by officials for any reason will result in the automatic suspension from participating in all CWLL functions, including all practices, for a period to include the next scheduled game, as specified in Rule 9.6.0.

**7.6.2 Any player ejected from a game will not be eligible to play until the Monday after the next scheduled game and the league will be notified of these actions.**

### **9.0.0 SCHEDULES**

9.1.0 Game schedules against teams within the CWLL organization are to be established by the CWLL Scheduler. The schedules shall be created with the goal of each team having at least 8 games during the regular season at the 3/4, 5/6 and 7/8 levels. 1/2 schedules shall be created with the goal of having at least 6 games.

9.2.0 Scheduling shall aim for approximately half home and half away games for each team.

9.3.0 Scheduling games against teams outside of the CWLL organization (inter-league games) is encouraged and shall be addressed through the member club. These games shall not be used to determine league standing.

9.4.0 Any change to a scheduled game must be agreed upon by both coaches. Coaches and clubs are encouraged to communicate as needed to make the necessary arrangements. Note that in some divisions, “flex” games are required in order to ensure the target number of games is achieved. The date and time of flex games shall be determined by the respective coaches.

9.5.0 Changes to a scheduled game (date, time, location) must also be reported to the CWLL Scheduler 48 hours prior to the originally scheduled, or proposed rescheduled game (whichever is less).

9.6.0 Scores shall be reported to the Scheduler or uploaded to the League Athletics website (where both teams must report) within 48 hours of the completion of the game.

### **10.0.0 – CONDUCT AND RULES**

10.1.0 **Conduct** - 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 CWLL rules regarding ejection from a game.

**10.2.0 Honor the Game** - Each organization will be responsible for conducting the “honor the game” ceremony at all league home games. The home team should be prepared to provide “honor the game” stickers or similar token.

**10.3.0 Team Governance** - Each organization may choose their own nicknames (providing the name is appropriate, as determined by the CWLL board), colors (so long as a single color is not in use, or home and away colors are used), team size, number of teams and home field but must conduct themselves under the spirit of the rules of CWLL.

**10.4.0 Culture Keeper or Sideline Manager** - Each organization should provide a Culture Keeper or Sideline Manager for their assigned home games. Use of the US Lacrosse Sportsmanship card (<http://www.uslacrosse.org/Portals/1/documents/pdf/resources/sportsmanship-card.pdf>) is highly recommended. The Sideline Manager has the right to remove any spectator (from either team) who is disruptive.

**10.5.0 Code of Conduct** - Every parent, player and coach in each organization will receive a “Code of Conduct Form” as described in Section 3.5.0 that explains what is expected regarding behavior at any and all CWLL functions. This form will be signed by the coach, parent, and player and filed with the player’s registration forms with the member organization.

**10.6.0 Altercations** - 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 Sideline Manager. Ejection of players, coaches, or spectators by officials will result in the automatic suspension from participating in all CWLL functions, including all practices, for a period to include the next scheduled game. The CWLL Board of Directors will review the incident with the players, parents, coaches, or spectators during the suspension period. At that time a silent vote will be taken to allow or disallow the individual to continue participation in league activities. The CWLL Board of Directors can take action up to and including banning the individual from the CWLL. 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.

10.6.1 In the event ejection happens at the last game of the season the punishment set forth will be enforced at the commencement of the next season. The enforcement period will start one week prior to the first game.

## **11.0.0 – GRIEVANCES**

**11.1.0** Grievances shall be addressed first to the Organizational BOD representative/President of the organization filling the grievance. The Organizational BOD representative is free to try and resolve the grievance by working with the opposing organization’s Organizational BOD representative. If the organization’s Organizational BOD representative feels escalation is warranted, they can bring the grievance to the CWLL President where it will be handled per the CWLL By-laws.

**11.2.0** If the grievance involves the CWLL President’s program, another program representative will be appointed by the CWLL President to handle the grievance

**11.3.0** If the board receives a written complaint about another program the CWLL board will hear both sides, take in all the evidence, and vote on whether or not it’s considered a "Strike". If a program receives 3 Strikes in one season that program would be suspended the remaining of the season.

11.3.1 In the event a program receives a suspension follow rule 11.1.0 that program will be on probation the following season and lose voting rights.

11.3.2 If a program on probation as a result of rule 11.1.0 and receives one strike in the next season that program will be suspended and reviewed by the board for expulsion.

## **12.0.0 – ETHICS**

**12.1.0** The individual organizations are expected to police themselves so as not to break the spirit of the rules. The CWLL was created to bring together strong, independent Youth Lacrosse Organizations that are willing to work within an environment of mutual cooperation in which the growth and advancement of the sport of Lacrosse is the main priority.

**12.2.0** Member organizations are expected to inculcate the highest standards of sportsmanship and ethics in players, coaches and team officials. As such, 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.