

Spring 2014  
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NVYLL League Operational Rules & Regulations

**NVYLL Inc.**

**LEAGUE OPERATIONAL RULES & REGULATIONS**



Spring 2014

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1.0 POLICY

- 1.0.1 The purpose of NVYLL is to provide the youth residing within the geographical boundaries of Northern Virginia a healthful, enjoyable leisure time activity and as a corollary to develop qualities that may help them in later life: sportsmanship, team play, and integrity.
- 1.0.2 NVYLL is a co-ed league.
- 1.0.3 Each player shall participate in every game a minimum of 25% of the game. This policy shall not be cause for game protests. However, coaches found guilty by the Executive Committee for not complying with this policy will be brought before the full Board of Commissioners for possible disciplinary action under Rule 1.9.
- 1.0.4 Any questions not covered by the Official League Rules, official interpretation thereof, or any conflict not subject to protest shall be decided by the NVYLL Executive Committee.

1.1 GENERAL

- 1.1.1 All teams must be sponsored by an organization governed by a Board of Directors or other responsible body.
- 1.1.2 New organizations must apply in writing to the NVYLL Board for approval by that body for assignment to appropriate divisions under these rules. All applications must be received no later than October 1st for consideration for play in the spring of the following year. A positive vote by two-thirds majority of the NVYLL Council is required for admission to NVYLL.
- 1.1.3 Organizations comprising the NVYLL must enter all players in all sponsored teams in this league within the grade and age limits established within these rules.
- 1.1.4 Each club shall maintain league liability insurance with minimum coverage of \$1,000,000 per occurrence and \$3,000,000 general aggregate. In addition, each club shall obtain insurance for each player on its roster on an annual basis. NVYLL shall obtain coverage and make it available to all participants except for BHS/GHS players. BHS/GHS players must be members of US Lacrosse; membership is suggested for all other players. Clubs may choose to participate in the League insurance or they may secure their own insurance.
- 1.1.5 The NVYLL Board recommends that his/her personal physician give all players a physical examination before participating in lacrosse practice and/or games within three months of the start of the season. No player shall be allowed to participate in the NVYLL if a physician recommends non-play. It is the responsibility of parents and each respective organization to determine and monitor the health of individual players on a continuing basis.
- 1.1.6 NVYLL requires all players to provide valid proof of age to their club commissioner at registration. Valid proof of age is limited to birth certificate, DMV youth ID card, current passport, or military dependent ID. Each club commissioner shall warrant the ages of all players of his or her club and shall include the following certifications which each player's parent/guardian must acknowledge and agree to as part of the club's registration process:

### NVYLL Parent/Guardian Certification for Player Registration

- a. I certify the birth date and grade for my son/daughter on this registration is correct and that the address provided is for his/her primary residence.
  - b. I certify that my son/daughter has not played on a lacrosse team for any other NVYLL member program in the prior spring season unless we have either moved our primary residence since then or obtained a waiver from NVYLL to move to a different program.
  - c. I understand that if I have certified to incorrect age, grade, address, or playing information, whether intentionally or unintentionally, any team my son/daughter plays on may forfeit all games played and my son/daughter may be suspended from participating in any NVYLL activity.
- 1.1.7 All clubs are required to have approved uniform color combinations at the beginning of each season. These approved colors shall be worn at games unless a conflict arises. Team colors shall be listed with the League. It is the home team responsibility to provide and wear an alternate color uniform or pinnie if a conflict arises.
- 1.1.8 There will be no use of tobacco or alcohol products at any NVYLL practice or game site by anyone. Playing fields are drug and alcohol free zones. During games, the Club Commissioner, Field Commissioner and Sideline Manager are responsible for enforcing this rule. If the individual is a Head Coach, Assistant Coach or a club official and refuses to cooperate, he/she will be warned that failure to comply with this rule will result in the forfeiture of the game by his/her team and further disciplinary action by the NVYLL Board may be taken.
- Refusal to cooperate by a spectator can result in a five minute game misconduct being assessed against the affiliated team.
- 1.1.9 Commissioners must submit their field assignments, dates of availability, times of availability and directions into the league by the third Tuesday of February prior to the start of the spring season. The league will provide the clubs with direction on how the submission should be completed.
- 1.1.10 Clubs will be assessed fees to offset NVYLL administrative costs. The amount of the fee will be presented by the league Treasurer as part of the annual budget presentation and approval process. The NVYLLC will review and approve the fees.

### 1.2 TEAMS

- 1.2.1 The NVYLL will be composed of youth teams from its member clubs who compete in different divisions divided by gender and grade or age as decided annually by the NVYLL Council.
- 1.2.2 Boys' divisions shall be based on the following US Lacrosse Youth Council (USLYC) age definitions: High School Division-BHS; Under 15; Under 13; Under 11; and Under 9.

Girls divisions shall use the following NVYLLC grade-based divisions: High School Division – GHS; Grades 7th and 8th – G78; Grades 5th and 6th – G56; Grades 3rd and 4th – G34; and Grades Kindergarten, 1st, and 2nd – GK2. See Appendix 3 for further definition.

The Boys' High School Division (BHS) teams and Girls' High School Divisions (GHS) teams are open to all high school students not playing on a high school sponsored team. With the exception of the BHS/GHS level, no player who has played in a high school lacrosse program may participate in this league.

- 1.2.3 Both boys and girls age divisions can be further divided into levels. Teams may be divided into AAA, AA, A, Upper B (UB), and Lower B (LB) levels at the U-15, U-13 and U-11 divisions and G78, G56 and G34 divisions, "Full Field" and "Modified Field" levels at U-9, and into "Modified Field" at GK2. The number of levels at each division will be based on total number of teams (Appendix #1).
- 1.2.4 There shall be a maximum of 24 and a minimum of 16 players listed on a team roster except by approval of the Executive Committee. Programs with multiple entries within a division must have the same number of players plus or minus 2 per team. Waivers may be requested for more than 24 players.

The U-9B boy's division teams and GK2 B and GK2 E girls' teams shall have a maximum of 18 and a minimum of 12 players listed on the team roster.
- 1.2.5 Annual tryouts for teams shall be held by each Club to allow an equal opportunity to participants. Tryouts for A level teams may begin after December 1<sup>st</sup>. Assessments preparing for a player draft within B level teams may begin after January 1<sup>st</sup> of each year.
- 1.2.6 Parity is the intent of this league, therefore, if clubs enter multiple teams within a given sublevel (e.g. U15B), they will be required to conduct a draft so that the players are equally distributed by talent and no team is "stacked" with a greater concentration of talented players. That is, each coach will in turn select a player from the roster of available players until the roster is exhausted with the intention of creating teams of equal ability. Each club commissioner shall warrant that multiple teams within a given sublevel were formed by a draft that equally distributed talent among such teams.
- 1.2.7 Commissioners must submit their list of teams by sex, age group and level by the third Tuesday of February prior to the start of the spring season. The submission shall include the clubs requested conference alignment within the A/FC division, i.e. AAA, AA.
- 1.2.8 Final official team rosters are to be turned in to the league Chairman the Wednesday before the first league game in the prescribed format approved by the league. (See Appendices #5 and #6 for the official and exchange roster format.) Clubs using League Athletics or other electronic registration systems may submit a spreadsheet of their team rosters using a format provided by the League.
- 1.2.9 Previously unregistered new players may be added to rosters up to the second game of the season with the NVYLL Chairman's approval in advance. All player additions to these rosters will be sent to the league Chairman by Wednesday of the following week.
- 1.3 COACHES
  - 1.3.1 All Coaches of the NVYLL must read, understand, and sign the on-line "NVYLL CODE OF CONDUCT" form (See Appendix #7). The completed Code of Conduct form is due to League no later than the Thursday before the first (1) game of the season.
  - 1.3.2 All head coaches must complete the US Lacrosse Coaches Education Program – Level

One Course (either online or at a certified clinic) to qualify them in the rules of the game, coaching fundamental techniques, player safety, care of injuries, and leadership of children and young people. Assistant coaches are encouraged to complete the US Lacrosse Coaches Education Program – Level One Course. In addition, it is a goal of the NVYLL to have all coaches attend a Positive Coaching Alliance (PCA) clinic.

Failure for the head coach on a team to complete a US Lacrosse Coaches Education Program – Level One Course (either online or at a certified clinic) will result in the parent Club being fined \$50.00 per team.

1.3.3 It is a goal of NVYLL to have all coaches complete US Lacrosse Certification (for more information on certification see <http://www.uslacrosse.org/cep/certification.phtml>.) In order to attain that goal, between the date of publication of this rule and the completion of the spring season, NVYLL, in conjunction with the Potomac Chapter of US Lacrosse, will provide the following assistance to coaches interested in achieving US Lacrosse Certification:

- a. Pay for or reimburse coaches for taking the US Lacrosse coaches certification instructional field clinics;
- b. Pay for or reimburse coaches for taking the US Lacrosse online certification course (Level One is free);
- c. Provide free opportunities for coaches to attend Positive Coaches Alliance clinic; and
- d. Reimburse coaches for the fees associated with applying for initial US Lacrosse certification (does not include re-certification).

Coaching materials such as books, DVDs, or US Lacrosse membership itself are not eligible for reimbursement under this article. The only costs that will be reimbursed will be course fees for Level 1, 2 or 3 certification and the cost of the background check.

1.3.4 Each club is responsible to conduct a background check on each of its coaches in the first year and every two years thereafter.

1.3.5 Any coach, moving from one club to another, is restricted from taking any players, except their own children.

1.3.6 No Head Coach, Assistant Coach, or any other club official shall recruit or otherwise solicit players from another lacrosse club. Any coach so accused shall be required to appear before the Executive Committee. If said accused is not a Head Coach, then the Head Coach will also appear. This meeting will take place within 5 days from the reported infraction. Penalty - Immediate Suspension for one year from all NVYLL events.

#### 1.4 PLAYERS

1.4.1 The Commissioner of each member organization is responsible for verifying the eligibility of every player registered with his/her organization. Any team with an ineligible player may be barred from post-season play.

1.4.2 Only players who reside in Virginia are eligible for participation in NVYLL.

1.4.3 All players shall register with a NVYLL club that represents their public high school pyramid as determined by their residence regardless of the actual school they attend. See Appendix #10 for a list of public high schools and their associated NVYLL club(s).

- 1.4.4 A player registered with one organization may move to another organization in the off-season only if he/she has moved residence or has been granted a waiver by the Boys' or Girls' Eligibility Committee.
- 1.4.5 Permanent and One-Year Waivers may be granted for youth wishing to register with a NVYLL club that is not associated with their public high school pyramid. One-Year Waivers may be granted if: (1) the home club cannot accommodate the player because registration is closed; or (2) the appropriate age division is full at the home club.  
Permanent Waivers may be granted for more compelling reasons.
- 1.4.6 When presented with an individual waiver request, if all involved clubs agree, then an individual waiver request is considered automatically approved once the Chairperson or Girls' Committee Chairperson is notified. If the involved clubs cannot resolve an individual waiver request, then the waiver request goes to the respective Eligibility Committee. The NVYLL Chairperson and Girls' Coordinator will appoint the Eligibility Committees for the boys' and girls' leagues respectively which each will have at least three (3) members.
- 1.4.7 If the Eligibility Committee disapproves a Waiver Request and the player has played a game with the requesting club or the player has played a game before the Executive Committee has granted a Waiver Request, the official result of the game shall be a forfeit by the team adding the illegal player(s) and such team may be barred from post-season play.
- 1.4.8 All youth registered with one organization and a member of that organization's team roster cannot be transferred to another organization's team during the season or post-season.
- 1.4.9 After the second game of the season, a program may request a waiver to allow a player to participate. The Executive Committee will determine this request.
- 1.5 SCHEDULING
  - 1.5.1 Scheduling is done using the priorities as determined by the NVYLLC (see Appendix 1).
  - 1.5.2 The Scheduling Committee shall place teams from the member clubs in divisions and levels as directed by the applicable "Club Matrix" from Appendix #1 and any approved waivers.
  - 1.5.3 At the U9 level, clubs fielding Full Field teams should play against one another at the Modified Field level of play to the extent that scheduling process permits.
- 1.6 PRACTICES
  - 1.6.1 First regular team practices will commence no earlier than the second Saturday in February. This rule applies to any organized team events only. League and Club wide instruction such as skill sessions, clinics drills, group physical training, individual activity, such as conditioning for the first day of team practice is allowed. These types of activities shall be announced and made available to all participants.
  - 1.6.2 No physical contact will be allowed for any player during their first three days of practice.

- 1.6.3 Each commissioner must know all practice times and locations for teams sponsored by his organization.
- 1.6.4 Practices shall not exceed one two-hour period per day excluding team travel time. No more than four team events (practices and games) per week for each team.
- 1.6.5 No games, scrimmages nor practices will be held with or against High School teams/ programs except for BHS/GHS division teams.
- 1.6.6 Each team must have its own First Aid Kit at all practices and games.
- 1.7 GAMES
  - 1.7.1 League play will commence on a date established each year, for all divisions. The number of scheduled regular season games shall be at least eight.
  - 1.7.2 Scheduled league games will be officiated by a recognized lacrosse officials association.
  - 1.7.3 Games will be postponed in case of inclement weather. This decision to postpone games will be made by the NVYLL Chairman or his designated representative. This information will be disseminated by use of the NVYLL web site. Postponed games, including a rain out, will be re- scheduled as necessary. Each eligible game shall be rescheduled as soon as possible after a cancellation and the appropriate commissioner(s) and referee coordinator shall be notified.
  - 1.7.4 Scheduled league games will be overseen by a Field Commissioner. The Field Commissioner shall be responsible for: (1) enforcing the rules regulations and Bylaws of NVYLL; (2) maintaining orderly conduct of all participants, coaches and fans; and (3) completing the "Game Summary Report forms" (see Appendix #4) which may be revised annually, but shall include, at a minimum, teams, scores, injuries, disciplinary actions, expulsions, forfeits and number of referees or umpires.
  - 1.7.5 No game shall commence until team rosters have been exchanged between coaches. The coaches should check the rosters for accuracy and require that corrections be made if necessary prior to the start of the game and copies provided to the Field Commissioner. If a team refuses or is unable to provide a roster, that team shall forfeit the game. Coaches will be responsible for ensuring this rule is enforced. The Exchange Roster will include player's name and jersey number.

Coaches must have available at every game the "official roster"(see Appendix 5), a copy of which is turned in to the League with any approved additions noted by an asterisk. The "official roster" will contain each player's name, age, address, phone number, grade, school, and jersey number.

Team rosters (official and exchange) shall be available for any commissioner upon request from the Executive Committee. Official Rosters shall be on an official NVYLL Roster Form (See Appendix 4 for a copy of the Official NVYLL Roster Form) or in the same format. Coaches may request to view a copy of the "official roster" of the opposing team in addition to the "exchange roster".

Failure to provide the "official roster" prior to any game will not result in game forfeiture.
  - 1.7.6 A NVYLL team shall not change its roster for any game.
  - 1.7.7 The starting time for games will be that published by the NVYLL. Games can be started



ahead of schedule, up to 15 minutes in advance, only upon agreement of Coaches, Head Referee and Field Commissioner. A coach is under no obligation to start a game ahead of schedule. A game may be delayed in starting based on unusual circumstances up to 15 minutes, if a subsequent game is scheduled to follow on the same field. The game may be delayed up to 30 minutes, if no other game is scheduled to follow. A girls' team may play with fewer than 12 registered players.

- 1.7.8 Teams that do not show for a game, within the time limits established in 1.7.7 will forfeit that game and will be held responsible for the cost of all Officials fees associated with that game. Teams/Clubs that wish to appeal this rule must submit in writing within 24 hours of the scheduled game time the reason for their appeal. The Executive Committee will review the reason(s) and make a decision based on this rule or set it aside for exceptional circumstances.
- 1.7.9 A maximum of four coaches will be permitted in the designated coaching area. A coach is defined as an individual who has signed and filed with NVYLL the NVYLL Coaches Code of Conduct (Appendix #7) and undergone a background check. Only players and coaches are permitted in the coaching and team area.
- 1.7.10 Coaches must be easily recognizable by appropriate wearing apparel, such as a cap, sweatshirt, or jacket identifying them with their organization and/or team.
- 1.7.11 Commissioners, Field Commissioners and Sideline Managers will be permitted in the table area and are NOT permitted to coach, root, cheer, etc., for either team.
- 1.7.12 National Federation of State High School Associations (NFHS) Rules for Boys shall apply to all scheduled league games unless amended by US Lacrosse Youth Council (USLYC) and/or these Official League Rules. US Lacrosse rules as approved shall apply for the girl's program unless amended by these Official NVYLL Rules.  
  
Annually the league will review these rules and provide exceptions which meet the needs of NVYLL. This exceptions addendum will be called the Annual Rules Update. See Appendix #2 for current boys' exceptions and Appendix #3 for current girls' exceptions.
- 1.7.13 The NVYLL Board of Commissioners, in keeping with the existing policy stated in Rule 1.1.1.a, has adopted the Virginia High School League (VHSL), "Infectious Disease Policy" for all participants. A copy of this policy as issued by the VHSL in 1992 is attached as Appendix #8 to these rules and is to be implemented by each NVYLL member organization effective IMMEDIATELY. For girls, the "Blood on Uniforms, Skin, Equipment Surfaces" policy is adopted, as printed in the U.S. Lacrosse Women's Rules.
- 1.7.14 Weather delay. 50% of regulation time must have expired to be considered a complete game. In the event of lightning all players shall leave the field and seek shelter in enclosed motor vehicles or buildings for 30 minutes following the last sighting.
- 1.7.15 It is recommended that all home teams, or host clubs during the playoffs, have a defibrillator device available.
- 1.7.16 A player may play with only one member club and on only one team. To avoid a game cancellation, up to four players may play on another team temporarily. The addition of temporary player(s) in order to play the scheduled game requires agreement by the opposing coach or commissioner. The official result of the game shall be a forfeit by the team adding the temporary player(s).

- 1.7.17 Club commissioners and coaches shall be responsible for recording game scores and reviewing records.
- 1.7.18 Game results and records will be kept for Boys BHS, U-15, U-13, and U-11 and Girls GHS, G78, G56, G34 Divisions. No game results, records, or standings will be kept for the boys U-9 and girls GK2 Divisions (violation of this rule by a coach shall be considered a Code of Conduct infraction and will be referred to the Executive Committee for disciplinary action).
- 1.8 PLAYOFFS
- 1.8.1 NVYLL will decide at all non-U9/GK2 levels the number of teams at each level to advance to the NVYLL playoffs each year.
- 1.8.2 Utilizing the same number of regular season games for each team, teams will be ranked according to the number of points achieved during the regular season. Points will be awarded using the following rating scale:
- a. WINS 3 points per win;
  - b. TIES 1 point per tie; and
  - c. LOSSES 0 points per loss
- 1.8.3 In case of ties in points, the tie will be broken as follows:
- a. If tied teams have played each other, the team that won in head to head competition shall be the winner.
  - b. If two or more teams (playoff candidates) tied that game or didn't play, go to a ranking system, defined by the League Athletics standings.
  - c. If the ranking system still results in a tie, hold a draw. The team that wins the draw shall be seeded in the highest position available and the other two teams have a playoff game for the final spot.
- 1.8.4 A team may be excluded from the playoffs if, by recommendation of the Executive Committee and a quorum vote of the NVYLLC, it has been determined the team has been "stacked" with most of the good players from that age group and/or with players that belong at a higher level, particularly if a waiver has been requested and granted.
- 1.8.5 During the playoffs, the host club will be responsible for all field equipment.
- 1.9 CONDUCT
- 1.9.1 Unless otherwise specified, penalties for violations of this section shall be decided and imposed by the NVYLL Executive Committee.
- The NVYLL Executive Committee shall be granted the following authority:
- a. To forfeit any game as a committee without formal protest if violation is found;
  - b. To require selected home Field Commissioner to collect all exchanged rosters of home and visiting teams on a selected game day and send them with each game summary to the Executive Committee by the following Tuesday noon, for a roster check. If a team does not provide this information at the prescribed time, that team may have games forfeited for that weekend; and,

- c. To require a letter of confirmation of a player's eligibility from the Commissioner and if it is later found that the player is ineligible, a \$500.00 fine will be assessed to the
- d. Club in addition to other required penalties.

The NVYLL Executive Committee may also impose additional penalties, beyond those specified, if deemed appropriate (i.e. game forfeiture, post season ineligibility, game suspension, year suspension).

- 1.9.2 If at any time the Executive Committee finds the conduct of any player or member of the coaching staff to be detrimental and contrary to the best interest of his program, such individual may be suspended by the NVYLL Board of Commissioners by a majority vote, from further participation for whatever period of time may be deemed reasonable and proper.
- 1.9.3 Each local commissioner should investigate any detrimental conduct by any player or member of the coaching staff of his/her local club.
- 1.9.4 All investigations of detrimental conduct, and penalties imposed, handled by the local club commissioner shall be reported in writing within 48 hours of the incident and sent by fax and/or email to the NVYLL Executive Committee.
- 1.9.5 Game officials shall notify the Field Commissioner of any ejections. Commissioners shall notify the NVYLL Executive Committee of any ejection, as soon as possible.
- 1.9.6 Any member of the coaching staff who is involved in a fight before or after any game or is ejected from a game for fighting will be suspended for one year. The suspension must be reviewed by the Executive Committee who may confirm, increase, or decrease the length of the suspension.
- 1.10 PROTESTS and PENALTIES
  - 1.10.1 The only valid game protest that will be accepted by the Executive Committee shall be for eligibility reasons in the following categories:
    - a. Over-age
    - b. Fraudulent address of residence
    - c. Incorrect and/or incomplete roster
    - d. Playing of ineligible players
    - e. Playing of suspended player
    - f. Coaching by suspended coaches
    - g. Non participant problem and unsportsmanlike activities by (parents and spectators)In order to get a complaint on the agenda, it is required that the plaintiff commissioner notify a member of the Executive Committee.
  - 1.10.2 Protests concerning Rules 1.10.1.a & 1.10.1.b above can be made at any time during the season.

Commissioners should report all violations suspected to the Executive Committee. Names of witnesses and evidence must be furnished.

- 1.10.3 Game protests, filed under Rules 1.10.1 subsections a, b, d, e or f that are upheld, shall result in forfeiture of all games in which the ineligible player(s) or coaches participated. Additional penalties in the form of suspension of players, coaches, or other officials involved may be imposed.
- 1.10.4 The penalty for an over-age player's participating in games, if discovered, (whether protested or not) and processed through the Executive Committee will result in forfeiture of all games in which the illegal player participated and that player's expulsion from any further league activities for the current season.
- 1.10.5 The penalty for a player who participates in a game and did not register as required, with both the member club and league, if discovered (whether protested or not) and processed through the Executive Committee will result in forfeiture of all games in which the illegal player participated. Further, this player and coach must receive written approval to continue to play, from the Executive Committee.
- 1.10.6 Where penalties for rule violations are not specified and for other matters that may be complained of, penalties if deemed appropriate, may be assessed as follows:
  - a. Letter of reprimand
  - b. Probation of individuals \* see note \*
  - c. Suspension of individuals
  - d. Forfeiture of a game or games
- 1.10.7 Appeals from decisions of the Executive Committee shall be made in writing to the Chairman of the Board within three working days from the date of the protest decision. (Appeals Fee \$50.00) The Chairman of the Board may approve or disapprove the decision of the Executive Committee which action will be final unless the plaintiff or defendant commissioner requires in writing that the Committee reviews the matter. If this occurs, the Chairman will render a final decision in the matter of majority consent. There will be no further appeals.

APPENDIX # 1 -- CLUB MATRIX AND SCHEDULING PRIORITIES

- A. Boys' and Girls' Teams from each member club shall be assigned and scheduled based on the following:

# Teams in Division	AAA,AA,A	UB	LB
One team	1		
Two teams	1	0	1
Three teams	1	1	1
Four teams	1	2	1
Five teams	1	2	2
Six teams	1*	3	2
Seven teams	1*	3	3
Eight teams	1*	4	3
Nine teams	1*	5	3
Ten teams	1*	5	4

\* Clubs with more than five teams are encouraged to enter a second "A" team at a different level than their first team (i.e. AAA, A, UB1, UB2, LB1, LB2). "A" teams do not have to be balanced across different levels (i.e. AAA, AA & A)

- B. Waivers to the above matrix are to be discouraged and will be granted by the NVYLL Leadership Council (NVYLL LC) only when compelling, special circumstances are present (compelling reasons would include a new/first year club, an unusually large number of documented first year players, etc.). Clubs must provide compelling, written documentation with their petition to the NVYLL Executive Committee for special placement into a lower level. A Club may, without approval, choose to play up a Level.
- C. "A" divisions will be divided into levels at the given sex/age group if it is beneficial to the League. "A" level decisions will be based upon size of club, a club's performance in prior years, number of teams within the division, and documentation provided by the Club. It is expected that with all clubs participating at the "A" level, in conformance with the NVYLL team matrix, that there will be 2 or 3 levels within "A" (i.e., AAA, AA, A). The Scheduling Committee will review club requests for conference alignment within A and create the appropriate levels for scheduling purposes.
- D. The above matrix is not to be applied to U9 boys or GK2 girls. In the U9 boys Division, clubs may field three (3) "Modified Field" level teams before they are required to field a U9 "Full Field" team. A club's fourth U9 boys' team must be a "Full Field" team. A club is not required to field more than one U9 "Full Field" team. All girls' GK2 teams will play on a "Modified Field."

E. Scheduling Priorities:

The following list of priorities will be used to the extent possible when the League schedule is drafted.

1. Barring unforeseen circumstances, all teams will have 8 regular season games.
2. Boys' games have priority for Saturday time slots.
3. Girls' games have priority for Sunday time slots.
4. Levels (for example U15B) with uneven amount of teams will of necessity have to play some games on opposite days (boys on Sunday, girls on Saturday).
5. All regular season games will be played prior to the Memorial Day weekend. No games Easter or Memorial Day weekends.
6. Preferred start time on Saturday is 9 am, but when necessary games can start as early as 8 am.
7. Preferred start time on Sunday is noon, but when necessary games can start as early as 9 am.
8. With the exception of G78FC and BHS, each team will be scheduled for an equal number of home and away games. A home game defined as a game scheduled to take place at the respective member's designated field.
9. Preference is for a team not to play two games in one day.
10. G78FC games will be scheduled in tandem (two games at one field) in order to provide the required rated umpires. As a result, G78FC teams will have 1 to 2 home games.
11. Likewise, BHS games will be played in tandem in order to provide the required rated umpires.
12. Games slates at an individual field will start with the oldest players playing first (with the exception of GHS and BHS games).
13. No GK2, U9, G34 or U11 games will start after 5 pm.
14. Teams will not have two games on the weekend their public school pyramid is scheduled to be on vacation.
15. All available artificial turf time will be used prior to scheduling grass facilities (with the exception of outlying fields).
16. U9B games at separate fields are scheduled after noon (and sometimes after 1 pm). Youth referees have Saturday morning high school practices.
17. No single games on a field. Referees must have at least two games at a site.

APPENDIX #2 – BOYS’ ANNUAL RULES UPDATE – 2014

The National Federation of High School Associations (NFHS) 2014 Boys Lacrosse Rules book and US Lacrosse youth rules shall govern NVYLL boys’ youth play, except as amended below.

**OVERARCHING PRINCIPLE**

The game is to be played with emphasis on the proper development of individual stick skills, team play, player safety, and sportsmanship.

**League Play** - NVYLL organizes boys’ competition by age, and considers physical, cognitive, and emotional maturity when grouping players. Players who are participating in any high-school level program are not eligible for NVYLL play in the same season. This means that a player who is age-eligible for U15 but plays on a high school level team should not concurrently play on a youth league U15 team. At other times of the year this player may be U15 eligible, for example, for summer ball or fall ball play, depending on the guidelines of the sponsoring league or organization.

The following age groupings are determined as of the August 31st preceding competition:

- **U15:** All players must be 14 years old or younger on the August 31st preceding competition.
- **U13:** All players must be 12 years old or younger on the August 31st preceding competition.
- **U11:** All players must be 10 years old or younger on the August 31st preceding competition.
- **U9:** All players must be 8 years old or younger on the August 31st preceding competition.

NOTE: Age group references used in this section are in common usage but should not be understood literally. The U15 (read: “Under 15”) grouping means that, if a player is 14 years old on the cutoff date, he may participate in U15 competition as a 15-year old.

**NVYLL General Modifications**

**Fields** - All fields are assumed to be legal for NVYLL games. There shall be no penalties assessed for illegal field specifications.

**Player Equipment** - Players are to conform to NFHS and US Lacrosse Youth Rules equipment requirements including NOCSAE- approved helmets, but for NVYLL there are no restrictions on color, markings, or decals, nor are players required to field matching equipment.

**Sportsmanship and Conduct** - Sportsmanship is paramount during all NVYLL play. Code of Conduct shall be adhered to and enforced fully by the game officials and Field Commissioner. Game and field conduct is the responsibility of the Home team, Game officials and Field Commissioner.

**Pre-Game and Game Modifications**

1. Keep all parents on the opposite side of player area and away from the end lines.
2. Penalty enforcement is served while the ball is in play. Stop and start time is enforced for penalties while game time is a running clock. The game clock will stop on all whistles during the last two (2) minutes of all BHS, U15, U13, and U11 games and during the last two (2) minutes of any overtime period (overtime applies to BHS, U15 and U13 only), except in the case when the 6 / 12 Goal rule applies.

3. Any team behind by six (6) goals or more (U11) or 12 goals or more (U13 & U15) shall get the ball at the center of the field after the scoring of a goal instead of a face-off. There will be a face off at the start of each quarter and half, regardless of score. In the event of a time-serving penalty with possession at the end of a quarter, the next quarter will start per NFHS rules. This rule does not apply to U9 as no score is kept in the U9 Division.
4. There shall be two-minute intervals between the first and second periods and between the third and fourth periods of a game. During these intermissions, all rules governing play of the game remain in force. The intermission between second and third periods shall be 5 minutes. The teams may leave the field, and all rules governing play of the game remain in force.
5. Failure to exchange rosters and then provide to the Field Commissioner prior to the start of the game is an immediate forfeiture.

### **High School Division**

All rules are the same as those used in the NFHS rulebook with the following exceptions.

1. NFHS Rules will be followed unless modified below or previously in these NVYLL Rules.
2. 12 minute running time Quarters.
3. The game clock will stop on all whistles during the last two (2) minutes of games and during the last two (2) minutes of any overtime period, except in the case when the 12 goal rule applies. Complete game within the prescribed time.
4. There shall be one 4-minute “sudden victory” period for any tie game. If no goal is scored in the “sudden victory” period, the game will end in a tie. In the playoffs, as many sudden-victory overtime periods will be played as necessary until a winner is determined.
5. Games may be played against High School teams.
6. Players must be members of US Lacrosse.

### **U15 DIVISION**

All rules are the same as those used in the High School Division with the following exceptions.

1. NFHS and US Lacrosse Youth Rules will be followed unless modified below or previously.
2. No games or practices may be held with High School teams.
3. Though suggested, players need not be members of US Lacrosse, unless required by their Club.

### **U13 DIVISION**

All rules are the same as those used in U15 Division.



### **U11 DIVISION (Under 11A)**

All rules are the same as those used in U13 with the following exceptions:

1. 10 minute running time quarters.
2. The game clock will stop on all whistles during the last two (2) minutes of the fourth quarter and for playoff games the last two (2) minutes of any overtime period, except in the case when the 6 goal rule applies.
3. Teams have the option to have up to but no more than 3 “long sticks” on the field. Long sticks must be between 47” and 72”. All other stick lengths shall be between 36" - 42"
4. No overtime (sudden victory) periods will be held for regular season games. Tie games will end after regulation time expires.
5. U11 & U9 Games shall NOT use the “Horn Substitution Option” as described in US Lacrosse Youth Rules. Substitution will follow NFHS rules, however officials shall allow time for young players to make a “normal substitution” through the “box” when the ball goes out-of-bounds on the sideline.

### **U11 DIVISION (Under 11UB and U11LB)**

All rules are the same as those used in U11A with the following exceptions:

1. 1-Pass rule in offensive end of the field. Legitimate passes include any attempt, either completed or attempted in the air or on the ground, towards a teammate. Once one pass is completed or attempted in the offensive end, no other restriction on the offensive team will be in effect until a change of possession or timeout has occurred after which the 1 pass count starts over. If a goal is scored without one pass attempt, the goal SHALL NOT count and the ball shall be awarded to the opposing team at mid-field line. Clarifications: Both the player attempting the pass and the player receiving the pass must be on the offensive side of the field for the one pass count to be satisfied. A pass or clear made from the defensive end of the field into the offensive end of the field does not satisfy the one pass count. A change of possession is considered to have occurred if the goalie has made a save or any defender has obtained control of the ball. Deflected shots or passes are not considered a change of possession. A penalty does not reset the count.
2. All sticks must be between 36” and 42” in length. No long sticks at U11UB and U11LB.

### **U9 DIVISION (Under 9 Full Field)**

All rules are the same as those used in U11B divisions with the following exceptions:

1. One (1) coach per team shall be allowed on the field along the team sideline and outside the restraining area during play. Coaches on the field not permitted to cross the midfield line; may never cross in front of opposing team bench, and must stay on their side of the midfield line. Teams are encouraged to take advantage of this teaching opportunity but this presence does not authorize the coach on the field to address the game officials or - unless agreed to by the other teams coach - members of the opposing team.
2. No scores are reported. No standings are kept. No playoffs will be held. This is a non- competitive division devoted to player development.
3. Timeouts are limited to two - one (1) per half.
4. The game clock does not stop during the last (2) minutes of play. Entire game is a running clock with 10 minute quarters.

### **U9 DIVISION (Under 9 Modified Field)**

All rules are the same as those used in U9 Full Field with the following exceptions:

1. The U9 Modified Field shall be approximately a minimum of 60 yards long and 35 yards wide with a painted end line and mid-field line. Fields may be set up to run across ½ of an existing NFHS full size regulation field. Creases will be designated 5 yards from each baseline.
2. Teams will be limited to eight (8) players on the field at a time (i.e. 8 vs. 8). The 8 players will be 2 attack, 3 midfielders, 2 defensemen, and a goalie. To remain on-sides, a team must have a total of three (3) players on the defensive end and two (2) players on the offensive end of the field. Teams have the option to play with a goalie or without one, but may not use a shooting barrier in place of a goalie.
3. Offensive and Defensive players shall stay behind the Goal Line Extended until an official declares possession.
4. 2-Pass rule is in effect anywhere on the field by any player including the goalie. Legitimate passes include any attempt, either completed or attempted in the air or on the ground, towards a teammate. Once two passes are completed, no other restriction on the offensive team will be in effect until a change of possession or timeout has occurred after which the 2 pass count starts over. If a goal is scored without two pass attempts, the goal SHALL NOT count and the ball shall be awarded to the opposing team at mid-field line. Clarification: At U9B, the player attempting the pass and the player receiving the pass may be anywhere on the field for the pass count to be satisfied. A pass or clear made in or from the defensive end of the field (including from the goalie) counts as a legitimate pass. A change of possession is considered to have occurred if the goalie has made a save or any defender has obtained control of the ball. Deflected shots or passes are not considered a change of possession. A penalty does not reset the count.
5. Coaches are encouraged to play with a goalie and rotate goalies at half time with each player on the team playing at least one half in goal during the season.

APPENDIX # 3 - GIRLS' ANNUAL RULES UPDATE - 2014

The 2014 US Lacrosse Women's Rule Book and US Lacrosse Youth Girls' rules shall govern NVYLL girls' youth play, except as amended below.

**OVERARCHING PRINCIPLE**

The game is to be played with emphasis on the proper development of individual stick skills, team play, player safety, and sportsmanship.

**Girls' Age, Grade, and Eligibility Guidelines.** NVYLL believes that a grade-based system provides playing opportunities that promote the game of lacrosse in a safe and sportsmanlike environment. Players may not play below their designated grade brackets.

**League and Association Play.** NVYLL will organize girls competition by grade, and consider physical, cognitive, and emotional maturity when grouping players. Players who are participating in any high-school level program such as a high school freshman, JV-B, junior varsity, or varsity should not be eligible for G78 competition in the same season. The following grade groupings are determined as follows:

Grade	Grade Bracket
High School	GHS
7 <sup>th</sup> and 8 <sup>th</sup> (*)	G78
5 <sup>th</sup> and 6 <sup>th</sup>	G56
3 <sup>rd</sup> and 4 <sup>th</sup>	G34
Kindergarten, 1 <sup>st</sup> , and 2 <sup>nd</sup>	GK2

*\* 9<sup>th</sup> grade girls that are still 14 on December 31 preceding competition may play for the G78 grade bracket, as long as they are not playing on a high school team.*

**NVYLL General Modifications**

**Fields** - All fields are assumed to be legal for NVYLL games. There shall be no penalties assessed for illegal field specifications.

**Player Equipment** - Players are to conform to US Lacrosse Youth Rules equipment requirements including USL-approved goggles.

**Sportsmanship and Conduct** - Sportsmanship is paramount during all NVYLL play. Code of Conduct shall be adhered to and enforced fully by the game officials and Field Commissioner. Game and field conduct is the responsibility of the Home team, Game officials and Field Commissioner.

**Pre-Game and Game Modifications**

- Any team behind by five (5) goals or more for G34, G56, and G78 shall get the ball at the center of the field after the scoring of a goal instead of a draw, but may not shoot unless another player has played the ball. There will be a draw at the start of each half, regardless of score. The team with fewer goals may choose to start with a draw.
- Half-time shall be 5 minutes.

- GK2 shall play four 10-minute quarters. There shall be two-minute intervals between the first and second quarters and between the third and fourth quarters of the game. The intermission between second and third periods shall be 5 minutes.
- If a game is interrupted or suspended due to dangerous weather or field conditions, the game is considered legal and complete if 50% of playing time has elapsed.

### **GHS**

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All rules are the same as those used in the US Lacrosse Women's Rule Book with the following exceptions.

1. US Lacrosse Rules will be followed unless modified below or previously in these NVYLL Rules.
2. All GHS games will be officiated by High School rated officials
3. All participants will be members of US Lacrosse.

### **G78 Full-Check**

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All rules are the same as those used in the US Lacrosse Women's Rule Book with the following exceptions.

1. US Lacrosse Rules will be followed unless modified below or previously in these NVYLL Rules.
2. No games or practices may be held with High School teams.
3. Though suggested, players need not be members of US Lacrosse, unless required by their Club.

### **G78 Modified-Check**

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All rules are the same as those used for G78 Full-Check with the following exceptions.

1. Any team behind by five (5) goals or more shall get the ball at the center of the field after the scoring of a goal instead of a draw. There will be a draw at the start of each half, regardless of score.
2. **One Pass Rule:** After each new draw possession, at least one pass must be attempted to a player in the offensive end (past midfield) of the field before her team may shoot. Failure to do so will result in a major foul. After each change of possession in the defensive end of the field, at least one pass must be attempted to a player in the offensive end of the field before her team may shoot. Failure to do so will result in a major foul. NOTE: For each instance where the one pass has been completed, umpires will not (as coaches should not) direct the player to "shoot", additional passes might be the right thing to do. The intent of this rule is not to have teams make the required pass and then, regardless of where the ball is, compel the player to run to the goal and shoot or shoot on command without regard for placement of other players. The umpire will have final authority on judging this call.
  - a. **Approved Ruling 1-1:** Blue GK clears to her teammate who receives the pass just below the restraining line in their defensive end; she carries the ball down field and attempts a shot on goal. RULE: Illegal. Major foul for the shot on goal when no pass was attempted in Blue's offensive end. Free position to the Goalkeeper inside the goal circle, shooter is placed 4M behind the goal circle.
  - b. **Approved Ruling 1-2:** After a legal draw by the Blue and Red centers, the ball goes directly to a Blue teammate standing on the center circle, she runs straight to goal, shoots and scores. RULE: Illegal. No Goal. Major foul, no pass was attempted after

initial possession from the draw. Free position to the Goalkeeper inside the goal circle, shooter is placed 4M behind the goal circle.

- c. **Approved Ruling 1-3:** The goalkeeper clear shall not count toward the one pass requirement. Whether or not the clear is made from inside or outside the goal circle, an additional pass must be made in the offensive end before a team may shoot. A goalkeeper who walks out of the goal circle and up field to clear the ball is still considered a clear; an additional pass must be made following the GK clear.

### **G56**

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All rules are the same as those used in G78 Modified Check Division.

### **G34**

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All rules are the same as those used in G56 Division, with the following exceptions.

1. No checking.
2. A modified pocket is allowed and the stick may be cut to fit comfortably along the arm.
3. No overtime during regular season. Games may end in a tie.

### **GK2**

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All rules are the same as those used in the G34 Division and US Lacrosse rulebook for modified field play.

1. Four 10 minute quarters with 2 minutes between quarters and 5 minutes between halves with a running clock.
2. Each head coach will have the option of playing with a goalkeeper or playing with a modified goal (i.e. inverting the goal) with the triangular base (tepee) serving as the goal mouth. No Shooting nets will be allowed. Coaches are encouraged to play with a goalie and rotate goalies at half time with each player on the team playing at least one half in goal during the season. Any player judged to be afraid to play goalie by a referee will be removed from the field of play and the goal will be inverted. If a team elects to invert the goal, they will not be allowed another player on the field.
3. No scores are reported. No standings are kept. No playoffs will be held. This is a non-competitive division devoted to player development.

APPENDIX #4 -- NVYLL GAME SUMMARY REPORT

Date & Time:	Location:	Field Commissioner:	
Home Team:		Final Score:	
Visiting Team:		Final Score:	
Injuries (names & details)		Disciplinary Actions(names & details)	
Referee Name (printed):		Referee Name (printed):	
Referee Signature:		Referee Signature:	
Date & Time:	Location:	Field Commissioner:	
Home Team:		Final Score:	
Visiting Team:		Final Score:	
Injuries (names & details)		Disciplinary Actions(names & details)	
Referee Name (printed):		Referee Name (printed):	
Referee Signature:		Referee Signature:	
Date & Time:	Location:	Field Commissioner:	
Home Team:		Final Score:	
Visiting Team:		Final Score:	
Injuries (names & details)		Disciplinary Actions(names & details)	
Referee Name (printed):		Referee Name (printed):	
Referee Signature:		Referee Signature:	







APPENDIX #7 -- NVYLL COACHES CODE OF CONDUCT

**I. Policy Statement**

The Northern Virginia Youth Lacrosse League (NVYLL) is committed to the exhibition of sportsmanship and ethical behaviors in and around all athletic contests played under its sanction. All contests must be safe, fair, controlled and orderly for all athletes, officials, and fans alike.

It is the intent of the NVYLL that unsportsmanlike behavior and violence in any form is not to be tolerated in athletic contests or practices under the jurisdiction of the NVYLL. In order to enforce this policy, the NVYLL has implemented regulations in cooperation with appropriate coaches and club commissioners, who set forth the manner of implementation and enforcement of this policy, and the penalties incurred when violations of this policy occur. The rules and regulations shall focus upon the responsibility of the coach to teach and demand high standards of conduct and to enforce personally the rules and regulations set forth by the NVYLL.

The NVYLL requires that the following code of ethics and disclosure be issued to and signed by each head and assistant coach, each season, as a guide to govern their behavior. The penalty for failing to sign a copy of this policy will be to restrict the coach from participating in NVYLL programs

**II. Code of Conduct for Coaches**

- Be courteous at all times with players, opponents, game officials and fans.
- Exercise self-control on the field before, during and after contests.
- Be responsible for the sportsmanlike conduct of his or her players on the team.
- Explain to the parents that they are to respect the decisions of the referees and the play of both teams in a sportsmanlike manner.
- There shall be no use of foul and abusive language.
- Be familiar with all rules of the contest.
- Respect the integrity and judgment of game officials.
- There shall be no use of tobacco products, alcoholic beverages, or illegal drugs at NVYLL programs.
- There shall be no recruitment of players from other teams or clubs.
- Win with character, lose with dignity.

I have read and understood the Policy Statement and Code of Conduct for Coaches, and the violations and penalties of the "Code of Conduct Policy". I have also read and understood the rules and regulations of the NVYLL, specifically Section 1.9 "Conduct" and Section 1.10 "Protests and Penalties".

I agree to abide by the policy while participating in NVYLL athletics regardless of contest site or jurisdiction.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Youth Program: \_\_\_\_\_ Email: \_\_\_\_\_

Position:     Head Coach    Assistant Coach  
Division:     BHS    U-15    U-13    U-11    U-9  
               GHS    G78    G56    G34    Gk2  
Level:        A    B

## APPENDIX #8 -- INFECTIOUS DISEASE POLICY

### INFECTIOUS DISEASE POLICY OF THE VIRGINIA HIGH SCHOOL LEAGUE (VHSL)

The Virginia High School League Board of Directors has adopted these policies upon the recommendation of the Sports Medicine Advisory Committee to the League. Our goal is to minimize the possibility of transmission of any infectious disease from one athlete to another during practice or competition. The development of this policy is in keeping with the commitment of the VHSL to make athletic participation safer for the athletes in the Commonwealth of Virginia by responding to new information that suggests potential risks.

What are infectious diseases?

Infectious diseases are illnesses that are caused by an organism, usually a virus, bacteria, or fungus. Many of these diseases are contagious, meaning they can be spread from one person to another. For purposes of our athletes, we will consider three types of contagious infectious diseases.

1. Usual viral illnesses like colds, intestinal flu viruses, and influenza are generally spread through airborne transmission of the virus or through direct contact. Hand washing and covering sneezes and coughs are considered reasonable techniques for reducing the spread of these types of illnesses. They are actually more likely to be spread in a closed classroom than an open gym or athletic field except for those sports with close contact like wrestling
2. Skin lesion such as impetigo (a skin infection), athlete's foot, and non-genital Herpes can also be spread by close contact and should be covered to allow participation. These skin disorders can also be harmful to the individual with the skin lesions by serving as a portal of entry for other kinds of infections. Thus, again, they should be covered or participation should not be allowed.
3. The most serious infectious and contagious diseases in question here are the blood-borne pathogens. These are spread through contact with blood (as well as other bodily fluids such as semen and vaginal fluids) and most notably include Hepatitis B and Human Immunodeficiency Virus (HIV). No reports of transmission from sweat or saliva have been reported with HIV infection. To date, there have been no substantiated reports of these being transmitted through athletic participation and the risk of this happening is very low but theoretically it is NOT ZERO.
4. The rest of this policy is designed with HIV and Hepatitis B in mind. Proper handling of injuries where blood is present can even further reduce the very low risk of transmitting these diseases in the school and playing field arena.

Hepatitis B is a viral infection of the liver that can vary from mild inflammation to a severe life threatening disease. AIDS is a disease of the immune system caused by Human Immunodeficiency Virus. The individual may not develop any symptoms of disease for many years after contracting the virus. Both of these disorders are transmitted through sexual conduct or exposure to infected blood components.

Which sports are most likely to spread AIDS or Hepatitis B?

As stated, neither of these has been reported to be transmitted through sports. The theoretical risk is low but would be greater where there is greater likelihood of blood and close contact. Thus, football, basketball, lacrosse, ice hockey, and wrestling would be most likely to produce this environment. However, any sport could have the potential for blood exposure and thus theoretical risk for exposure.

Should athletes all be tested for these disorders? Mandatory testing has not been advocated by any medical organizations monitoring these disorders. The testing could produce a false sense of security with a negative test during the time between inoculation of an individual and the ability to recognize the presence of the virus. Thus, an individual could be contagious and still have a negative test. The screening tests are not 100% reliable and false positives and negatives have been reported. Additionally, there is concern about infringement of individual rights and the question of what to do if a positive test is obtained. Testing is not a feasible approach to prevention, however, athletes and others involved in interscholastic athletics should have available to them information on where they may obtain private and confidential HIV counseling and testing.

If an athlete is positive, who should be told and should he/she be prevented from participation in sports? The athlete's HIV or Hepatitis B status is confidential information between patient and physician. No one else, including school officials can be told without the individual's permission. The athlete with one of these disorders should be encouraged to choose a sport with less contact and opportunity for bleeding than wrestling, for example. The athlete should also be instructed to take proper precautions with skin lesions, bleeding, etc. However, he/she can not be forbidden from participating in whatever sports he/she desires. The decision concerning participation is a personal recommendation could certainly change in the future if any evidence for transmission via sports is documented.

How can we protect our athletes, trainers, and coaches from exposure to one of these blood-borne diseases? There is an effective and safe vaccine available for Hepatitis B. One of the targeted groups to receive this vaccine would be those where the risk of exposure to blood is increased. Thus, any trainer or coach, who frequently deals with an injury with blood, is at potential risk. Strong consideration should be given to having one these individuals receive this immunization.

Blood and other bodily fluids should be handled using "Universal Precautions" as is done in all hospitals and most other health care facilities. This procedure follows. This is the safest approach as one uses techniques that would be preventive in all patients whether they have a disease or not.

Procedures to be followed by coaches, trainers, and officials:

1. A student-athlete should render first aid to himself and cover his own wounds whenever possible. Again, this reduces the risk of transmission from blood-borne pathogen from one person to another.
2. If a bleeding wound occurs, the individual's participation should be interrupted until the bleeding has been stopped and the wound is both cleansed with antiseptic and covered securely or occluded. If bleeding resumes, the practice or contest must be stopped again until bleeding is stopped and contaminated surfaces are cleaned. It is up to the discretion of the official in charge of the competition as to how many times the competition should be stopped due to a student-athlete's bleeding before disqualification occurs.
3. Skin exposed to blood or other body fluids contaminated with blood should be cleaned as promptly as is practical, preferably with soap and warm water. Skin antiseptics (e.g., alcohol) or moist towelettes may be used if soap and water are not available.
4. Even though good hand washing is an adequate precaution, water-impervious gloves should be available for staff to use when handling blood or other body fluids. Gloves are especially important in individuals with not-intact skin. Hands should be washed after glove removal. If

gloves are not available, a bulky towel may be used to cover the wound until an off-the field location is reached where gloves can be used during more definitive treatment. Disposable towels should be used in all clean up. Towels, protective gloves, and other materials used in clean up, as well as any cotton used to stem bleeding, should be placed in a container lined with a plastic bag.

5. If blood or blood-contaminated bodily fluids are present on a surface, the object should be cleansed with fresh household bleach solution made for that event by adding one part of bleach to 10 parts of water. Such items as wrestling mats should be cleaned, rinsed, and allowed to dry before resuming action. This solution should be made fresh daily when needed.
6. If any blood gets on an opponent's uniform during competition or on a teammate's uniform during practice, it is necessary to clean the uniform at that point by wiping it with a disinfectant such isopropyl alcohol. This should be done whether or not the opponent or teammate has an open cut or unskilled area on the body, or where or not the blood is on part of the uniform which might come in contact with mucous membranes. If there is substantial saturation of the uniform with blood such that it is dripping, will rub off easily, or drips if squeezed; the uniform must be changed.
7. All soiled linen such as uniforms and towels should be placed in plastic bags and washed in hot soapy water. Any detergent that contains bleach is appropriate.
8. All coaches, officials, and student-athletes should practice good hygiene. Towels, cups and water bottles should not be shared. Also, student athletes should take a shower using a liberal amount of soap and hot water after each practice and competition.
9. It is the responsibility of each team to provide their respective members paper towels, appropriate cleaning solutions, plastic bags, gloves, and any other first aid materials necessary to comply with these regulations.
10. At this time, no cure exists for AIDS, which is a preventable disease. In addition to the aforementioned techniques, education and emphasis on prevention must be an integral part of our athletic programs for all.

According to Dr. David E. Rogers, considered by many to be the foremost expert on the transmission of the HIV Virus, (AIDS), the chances of the virus being transmitted during athletic contests are extremely small. In fact, there is not one documented case of the virus being transmitted in this manner.

The possibility of transmitting AIDS in this manner is much less than the possibility of transmitting other very dangerous blood borne viral infections such as Hepatitis B. However, the chance of transmitting the AIDS virus is not zero. Therefore, precautions- the same as those taken in health care institutions- should be taken to insure that no transmission could occur.

Proper handling of these situations by coaches, officials and competitors will greatly reduce the possibility of any transmission of AIDS, if indeed the athlete who is bleeding is infected by the disease.

These precautions (applicable to wrestling) also can be utilized in other interscholastic activities at any time that a bleeding problem exists:

If an athlete sustains a minor bleeding problem- most result from minor injuries in the nose area- all play should be stopped, the bleeding stemmed, and any blood on the playing surface should be wiped off using bleach in a 10 to 1 solution- 10 parts water and one part bleach. This same solution should be used to wipe any blood off the opponent's skin. It should be noted that there are also many other disinfectants that are very successful in combating the HIV virus (such as

isopropyl alcohol).

If any of the blood has gotten on the opponent's uniform, unless the opponent has an open cut or open skin area on his/her body, it is not necessary to clean the uniform at this point. If there is an open cut or an open skin area, then the uniform also should be wiped with the bleach solution. If an official gets blood on him/her, (s)he should do the same as the competitors (as indicated above). It is important that any time blood is present, it is treated with respect regarding its ability to transmit infectious disease(s).

Regardless of the activity, if the bleeding problem is severe enough, then the competitor should not be permitted to continue- not only from the standpoint of possible disease transmission, but also for the health and safety of the injured competitor.

ISSUED BY THE VIRGINIA HIGH SCHOOL LEAGUE- JULY 1992

## APPENDIX #9 -- NVYLL HEAT GUIDELINES

### **Heat-Related Injuries ~ Prevention and Treatment**

One of the biggest concerns for summer lacrosse players is preventing heat injuries. Heat related injuries, such as heat exhaustion or heat stroke are emergency conditions that need immediate treatment and medical care. However, such incidents can be prevented with a few simple steps, which are described in this article to keep coaches, players and officials in the game.

#### **What are Heat-related Injuries?**

Normally, bodies produce a tremendous amount of internal heat, which is cooled by sweating and expelling heat through the skin. When there is extreme heat, high humidity or vigorous activity in the hot sun, this cooling system may begin to fail, and allow heat to build up to dangerous levels. Heat injuries manifest themselves in a number of forms, from mild symptoms to life-threatening conditions.

**Heat Cramps:** Heat cramps are muscle contractions, usually occurring in the calf or hamstring muscles. These contractions are forceful and painful. They are typically related to heat, dehydration, and poor conditioning. Treatment for cramps is simple: rest; drink water; and, a cool environment.

**Heat Exhaustion:** Heat exhaustion stems from excessive heat and dehydration. Its symptoms can be detected in the appearance and activities of players during practice or a game. The range of symptoms includes nausea, dizziness, weakness, headache, heavy perspiration, normal or low body temperature, weak pulse, dilated pupils, disorientation, and fainting spells. Treat heat exhaustion by getting the person to a cool or shady environment, drinking liquids and applying cool water or ice to the body. Most people respond to these treatments, but prompt attention is necessary in order to prevent the condition from progressing to heat stroke. More severely heat-exhausted patients may need IV fluids, especially if vomiting keeps them from drinking enough.

**Heat Stroke:** Heat stroke, the most serious form of all heat-related conditions, is a life-threatening medical emergency. A person with heat stroke usually has a very high temperature (over 104 degrees) and along with the other symptoms above, may be delirious, unconscious or having seizures. These patients need to reduce their temperature quickly and must also be given IV fluids for re-hydration. Take them to a hospital as quickly as possible – although cooling treatments need to be started immediately and continue until emergency medical personnel can take over. In addition to applying ice, another effective form of cooling in this case is “evaporative cooling” where the person is sponged or misted with cool water, and fans are used to circulate the air around the person to encourage rapid evaporation.

#### **Lacrosse Players are Vulnerable**

Because lacrosse is a warm-weather running sport, lacrosse participants are at risk for heat illnesses. Coaches can take a number of steps to prevent heat-related injuries among their players:

1. Recognize the dangers of playing in the heat.
2. Schedule regular fluid breaks during practice and games. Players should be hydrated prior to the start of games or practices and to continue to drink eight ounces of fluid every 20 minutes during the activity with water or sports drinks.

3. Players should avoid soda, caffeine drinks and alcohol before or during games, as these can promote dehydration.
4. Make player substitutions more frequently in the heat.
5. Have players wear light-colored, “breathable” clothing.
6. For boys & men, take “helmet breaks” every 30 minutes to ensure that heat in the helmets gets released. Just as your mother told you to wear a hat in winter so “90% of the heat would not be lost through the top of your head,” the converse is true in summer – wearing a helmet keeps in a great deal of heat that the body is trying to expel.
7. Use misting water sprays to keep players cool.
8. In the early part of the season, particularly in warm, humid climates, acclimate players slowly to the heat. Play at cooler times of day, and build up players’ tolerance to heat a little more each day. If you are attending a camp or tournament in a climate that is hotter than you are used to, go early (if possible) to help the team adapt and be vigilant about enforcing preventative measures.
9. And always, respond quickly if heat-related injuries occur.

For more information on safety and risk management, please visit the US Lacrosse Insurance and Risk Management web site at [www.BollingerLax.com](http://www.BollingerLax.com). Lori Windolf Crispo, CPCU is the Executive Vice President in charge of Bollinger’s Sports Insurance Division. Bollinger is the insurance administrator for US Lacrosse. Contact her at [Lori@BollingerInsurance.com](mailto:Lori@BollingerInsurance.com).

<http://www.bollingerlax.com/BollingerLax/PDF/Ins101HeatStroke.pdf>

**Environmental Factors:** Ambient air temperature and humidity have a direct effect on the ability for a body to cool itself through the evaporation of sweat. When the air temperature is above 90, and/or the relative humidity is high, the body is at a higher risk to not effectively stay cool, which may be compounded by the level of dehydration of the body’s fluids.

The following chart is a simple method to determine the amount of increased risk with variations of heat and humidity, and subsequent suggestions to modify participation in physical activities.

The chart below can be used by inputting the temperature and humidity available via local radio stations, Internet locations, or local field measurements. Simply cross-reference the relative humidity with the temperature to determine the apparent temperature. NVYLL member clubs practice in the evening and the ambient conditions progressively improve as we move into the evening, however, reasonable cautions need to be implemented as the conditions warrant. At a minimum, commissioners should implement the following guidelines as outlined below when a particular field condition exists.

A number of factors will make each clubs environmental conditions unique to their home fields. NVYLL fields are spread over an approximately 2400 square mile area in Northern Virginia. On any given day the temperature and humidity can vary significantly across the many different NVYLL fields. Additionally, whether a field has natural or artificial turf (AT) can make a significant difference to the conditions a player experiences. AT surfaces have been reported to be 10 to 50 degrees hotter than similar natural turf fields. It is recommend that Clubs with AT fields use local field measurements utilizing a Sling Psychrometer\* to determine temperatures and humidity levels players will experience.

\* Sling Psychrometers may be purchased on-line from various scientific instrument vendors. Prices range from \$60- \$150.

**APPARENT TEMPERATURE CHART**  
Temperature (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

**Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity**

■ Caution   
 ■ Extreme Caution   
 ■ Danger   
 ■ Extreme Danger

<http://www.weather.gov/om/heat/index.shtml>

**APPARENT TEMPERATURE -- NVYLL RECOMMENDATIONS**

- 105° and up:** Recommend no outside activities. At a minimum, individual clubs must implement heat injury risk mitigation measures.
- 95° to 104°:** Recommend no equipment except helmets be used during practice. For games, additional non-chargeable time-outs should be called by the officials to allow for additional hydration opportunities. Shade should be made available for players if possible.
- 90° to 94°:** Recommend equipment (helmet at a minimum) be removed as often as possible (during rest breaks, on sideline, etc). Careful monitor all athletes for signs of heat problems.
- Below 89°:** Recommend adequate water supply at all practices and games with breaks every 20 to 30 minutes for re-hydration.



### **EXCESSIVE HEAT DURING GAMES**

Water breaks of no greater than 1:30 minutes in length will be incorporated into each game if, in the opinion of attending medical personnel, referees and/or the Field Commissioner, they become necessary. In women's play, those breaks will be taken as close to the mid-point of each half as possible after a goal or during a dead ball situation. In men's play, those breaks will be taken as close to the mid-point of each quarter as possible after a goal or during a dead ball situation.

<http://www.bollingerlax.com/BollingerLax/PDF/LIGHTNINGGUIDELINESFORLACROSSE.pdf>

### **National Athletic Trainers Association's Recommendations on Fluid Replacement:**

- Educate athletes on the effects of dehydration on physical performance.
- Inform athletes on how to monitor hydration status.
- Convince athletes to participate in their own hydration protocols based on sweat rate, drinking preferences, and personal responses to different fluid quantities.
- Encourage coaches to mandate re-hydration during practices and competitions, just as they require other drills and conditioning activities.
- Have a scale accessible to assist athletes in monitoring weight before, during, and after activity.
- Provide the optimal oral re-hydration solution (water, CHOs, electrolytes) before, during, and after exercise.
- Implement the hydration protocol during all practices and games, and adapt it as needed.
- Finally, encourage event scheduling and rule modifications to minimize the risks associated with exercise in the heat.

Journal of Athletic Training Vol. 35 N2, June 2000 Full text can be found on NATA's website:  
[www.nata.org](http://www.nata.org)

### **Acclimatization to Heat:**

Another way to help prevent heat stress is to become acclimatized to the weather. Acclimatization means becoming adapted to the weather or climate. The process takes 7 to 12 days. Studies have shown adolescents take longer to acclimatize to heat than adults. As a result of acclimatization, the sweating mechanism of a person is enhanced:

- onset of perspiration occurs earlier
- perspiration increases
- increase in blood volume with the more training an individual does
- improves supply of oxygen to the muscles
- heart rate decreases
- core body temperature does not rise as high during exercise

### **Other facts about heat illnesses and exercising in the heat:**

- Dehydration of 1% to 2% of body weight begins to impact athletic performance
- Dehydration greater than 3% of body weight may increase an athlete's risk of heat illness.
- Sports drinks should contain less than 8% carbohydrate. Carbohydrate content greater than 8% compromises the rate of gastric emptying and should be avoided.
- Wear light weight and light colored clothing
- Avoid wearing articles that prevent water absorption
- Early morning commonly produces a humid environment and lower temperatures. Usually, as the sun rises, the temperature will increase and the humidity decreases. As the evening hours

approach, the temperature decreases and the humidity will rise. Often, the most critical times to monitor athletes ability to exercise in hot weather occurs when the temperature rises quickly during the early morning prior to the sun burning off the humidity, or during storms when the humidity remains high due to cloud cover, etc.

- A mild breeze can reduce the humidity on a particular field, as well as improve the evaporative process.
- Field watering after practice sessions are complete can help reduce the ambient humidity on or near an athletic field, thus reducing the heat stress on athletes.

**EXTREME HOT AND HUMID WEATHER TIPS for ADJUSTING PRACTICES**

<b>Duration</b>	<b>Attire</b>	<b>Fluid Consumption</b>	<b>Recommendations</b>
2 hours	Full gear	Insist that adequate water be ingested	Never restrict water consumption
2 hours	Full gear	Insist that adequate water be ingested	Provide minimum of 2 water breaks per hour
2 hours	Full gear	Insist that 4 – 6 oz minimum water be ingested every 20 minutes	Provide minimum of 3 water breaks per hour
2 hours, every 45 minutes of work 15 minutes of rest each hour	Remove helmets unless active in drill	Insist that 8 – 10 oz water be ingested every 15 minutes	Remove helmet unless active in drill
2 hours, every 45 minutes of work 15 minutes of rest each hour	Protective equipment removed for non-contact drills	Insist that 8 – 10 oz water be ingested every 15 minutes	Removal of helmet unless active in drill, removal of pads (ie: shoulder pads) when teaching or non-contact portions of practice exceed 10 minutes in length

RECOMMENDATIONS:

**Fluid replacement should be at a rate of 24 oz for every pound of body weight lost after exercise.**

- Light colored, loose clothing is suggested during activity in hot weather.
- Athletes are encouraged to wear sunscreen on exposed skin during hot, sunny conditions.
- Adequate fluid supply should be readily available at all times during activity in hot weather.
- Individuals poorly acclimatized or poorly conditioned are at increased risk for heat related illness/injury and should be monitored closely or placed on a modified participation schedule.
- Athletes having a pre-existing dehydrated state (recent fever or gastro-intestinal illness) or pre-existing heat injury are at a much higher risk for heat related illness/injury and should be monitored closely or placed on a modified participation schedule.
- Medications including diuretics, antihistamines, beta-blockers and anti-cholinergics increase the risk of heat illness/injury.
- Overweight athletes are at increased risk for heat illness/injury and should be monitored closely.
- Energy, ergogenic, and dietary supplements such as Creatine may cause an increase in dehydration and heat related illness and/or injury.
- Providing shade on the sidelines is a way to allow players to more effectively cool off during time off the field.
- Commissioners may allow extra support personnel to be present on the sidelines in order to better hydrate players and monitor their physical condition.

APPENDIX #10 -- HIGH SCHOOL PYRAMID CHART FOR NEW REGISTRANTS

Each potential NVYLL lacrosse player is assigned to a public high school pyramid based on the address of their residence. This high school, whether the player attends or plans to attend this public school, shall be used to direct new players to a NVYLL member lacrosse club. The table is to be used for new registrants to NVYLL lacrosse. Once a player has selected a NVYLL club, that club will be his or her home club. Players may not switch from their home club unless the player physically moves residence to another member club, has sat out one full spring season, or has been granted a waiver by the NVYLL Eligibility Committee. If more than one NVYLL club is listed with a high school, then the player may select from any NVYLL club associated with that high school.

If you are having trouble identifying your high school, please visit the appropriate web site:

Fairfax County: <http://boundary.fcps.edu/boundary/>

Prince William County: <http://www.pwcs.edu/planning/School/SchoolSearch.aspx>

Loudoun County: [http://webinter.loudoun.k12.va.us/Lcps\\_Locate/](http://webinter.loudoun.k12.va.us/Lcps_Locate/)

High School	High School Area	County	Club
Annandale	Annandale	Fairfax	Annandale
Battlefield	Haymarket	Prince William	Manassas Battlefield
Brentsville District	Nokesville	Prince William	Manassas Battlefield, Prince William
Briar Woods	Ashburn	Loudoun	Dulles South
Broad Run	Ashburn	Loudoun	Ashburn
Brooke Point	Stafford	Stafford	Stafford
Centreville	Clifton	Fairfax	Southwestern, Chantilly
Chancellor	Fredericksburg	Spotsylvania	Spotsylvania
Chantilly	Chantilly	Fairfax	Chantilly
Colonial Forge	Stafford	Stafford	Stafford
Courtland	Spotsylvania	Spotsylvania	Spotsylvania
Dominion	Sterling	Loudoun	Algonkian
Edison	Alexandria	Fairfax	Springfield, Fort Hunt
Fairfax	Fairfax	Fairfax	Fairfax Police, Chantilly
Falls Church	Falls Church	Fairfax	Annandale, Falls Church
Fauquier	Warrenton	Fauquier	Fauquier
Forest Park	Woodbridge	Prince William	Prince William
Freedom	South Ridge	Loudoun	Dulles South
Freedom	Woodbridge	Prince William	Prince William
Gar-Field	Woodbridge	Prince William	Prince William
George Mason	Falls Church	None	Falls Church, McLean
Hayfield	Alexandria	Fairfax	Springfield, Fort Hunt, South County
Heritage	Leesburg	Loudoun	Western Loudoun
Herndon	Herndon	Fairfax	Herndon
Hylton	Woodbridge	Prince William	Prince William
J.E.B. Stuart	Falls Church	Fairfax	Annandale, Falls Church
John Champe	Stone Ridge	Loudoun	Dulles South
Kettle Run	Nokesville	Fauquier	Fauquier
Lake Braddock	Burke	Fairfax	Braddock Road, Springfield,
Langley	McLean	Fairfax	Great Falls, McLean

<b>High School</b>	<b>High School Area</b>	<b>County</b>	<b>Club</b>
Lee	Springfield	Fairfax	Springfield
Liberty	Beaeton	Fauquier	Fauquier
Loudoun County	Leesburg	Loudoun	Western Loudoun
Loudoun Valley	Purcellville	Loudoun	Western Loudoun
Madison	Vienna	Fairfax	Vienna
Manassas Park	Manassas Park	None	Manassas Battlefield, Prince William
Marshall	Falls Church	Fairfax	Vienna, Falls Church, McLean
Massaponax	Fredericksburg	Spotsylvania	Spotsylvania
McLean	McLean	Fairfax	McLean, Great Falls, Falls Church
Mount Vernon	Alexandria	Fairfax	Fort Hunt
Mountain View	Stafford	Stafford	Stafford
North Stafford	Stafford	Stafford	Stafford
Oakton	Vienna	Fairfax	Vienna, Fairfax Police, Chantilly
Osborn	Manassas	None	Manassas Battlefield, Prince William
Osborn Park	Manassas	Prince William	Manassas Battlefield, Prince William
Park View	Sterling	Loudoun	Algonkian
Patriot	Nokesville	Prince William	Manassas Battlefield, Prince William
Potomac	Dumfries	Prince William	Prince William
Potomac Falls	Sterling	Loudoun	Algonkian
Riverbend	Fredericksburg	Stafford	Spotsylvania
Robinson	Fairfax	Fairfax	Braddock Road
South County	Lorton	Fairfax	South County
South Lakes	Reston	Fairfax	Herndon
Spotsylvania	Spotsylvania	Spotsylvania	Spotsylvania
Stafford	Fredericksburg	Stafford	Stafford
Stone Bridge	Ashburn	Loudoun	Ashburn
Stonewall Jackson	Manassas	Prince William	Manassas Battlefield
TC Williams	Alexandria	None	Alexandria
Tuscorara	Leesburg	Loudoun	Western Loudoun, Ashburn
Wakefield	Arlington	Arlington	Arlington
Washington-Lee	Arlington	Arlington	Arlington, Falls Church
West Potomac	Alexandria	Fairfax	Fort Hunt
West Springfield	Springfield	Fairfax	Springfield
Westfield	Chantilly	Fairfax	Southwestern, Chantilly
Woodbridge	Woodbridge	Prince William	Prince William
Woodgrove	Purcellville	Loudoun	Western Loudoun
Woodson	Fairfax	Fairfax	Braddock Road, Fairfax Police, Annandale
Yorktown	Arlington	Arlington	Arlington, McLean, Falls Church