

BYLAWS AND OPERATING PROCEDURES OF ROCKY MOUNTAIN STORM LACROSSE CLUB

ARTICLE 1 NAME AND PURPOSE

SECTION 1.1 NAME

Rocky Mountain Storm Lacrosse Club [referred to as RMSLC] is the official name of the organization and will conduct all business under that name. Rocky Mountain Storm Lacrosse Club is the registered name with the Colorado Secretary of State.

SECTION 1.2 PURPOSE

- Rocky Mountain Storm Lacrosse Club is a youth sports organization dedicated to promoting the sport of Lacrosse for youth boys and girls, through teaching and competition. The Club will be a member of the statewide youth lacrosse league, currently the CYLA for boys and CGLA for girls, and be signatory to league(s) rules and obligations. RMSLC will coordinate and with local area high school lacrosse programs, and encourage youth players to continue to participate at the high school level without prejudice.
- The Club will be a participant and be signatory to all rules and regulations of the CYLA (Colorado Youth Lacrosse Association) for youth boys, and the CGLA (Colorado Girls Lacrosse Association) for youth girls. The club administrators, coaches and players will abide by all rules, regulations, league schedules and rulings of the league organizations.

ARTICLE 2 MISSION STATEMENT

SECTION 2.1 MISSION STATEMENT

The mission of Rocky Mountain Storm Lacrosse Club is to foster a life-long enjoyment for the game of lacrosse for youth boys and girls, residing in the West Metro Denver area. The Club will offer developmental programs for youth boys and girls through the 8th grade. Programs will include teaching individual fundamental skills, the essentials of team play, proper physical conditioning, and most importantly, good sportsmanship. Through its coaching staff and volunteers, the Club will encourage players to develop a positive attitude, self-discipline, respect for others, and commitment to the success of their team and club. RMSLC will strive to make participation in the sport of lacrosse affordable, safe and a positive experience for players, coaches and parents. RMSLC is a volunteer organization.

ARTICLE 3 NON-PROFIT STATUS

SECTION 3.1 INTERNAL REVENUE CODE 501(C) (3)

Rocky Mountain Storm Lacrosse Club is a 501(c)(3), under IRS Tax Code (Rocky Mountain Lacrosse Academy). RMSLC is registered with the IRS as a youth sports organization, and has the Federal Tax Identification Number: 26-3679520. The Club is exempt from sales tax. All Club purchases are to be made using the tax-exempt number. As a tax-exempt corporation, contributions to the Club may or may not be classified as charitable contributions and as such may be tax deductible. A tax advisor should be consulted to determine these benefits.

SECTION 3.2 ADOPTION OF COLORADO NON-PROFIT INCORPORATION CRS (pending)

ARTICLE 4 INDEMNIFICATION OF OFFICERS AND DIRECTORS

SECTION 4.1. INDEMNIFICATION OF OFFICERS AND DIRECTORS

The Club will provide Directors and Officers insurance for all active serving members of the Executive and Adjunct Boards.

ARTICLE 5 GOVERNING BOARD

SECTION 5.1 BOARD OF DIRECTORS

The Board of Directors shall consist of the Officers, who are involved in the yearly operation of the club. Each member has one vote, regardless of whether the person holds more than one position. Each Board Member must have a vested interest in the Club. The Board of Directors is responsible for, but not limited to, all oversight of the Club. This includes the financial aspects, club policies, outside contractual agreements, club rules and regulations.

SECTION 5.2 OFFICERS

Executive Officers shall consist of the following nine voting members:

- President
- Vice President (Head Registrar)
- Treasurer
- Secretary
- Girls Director
- Boys Director
- Uniform and Apparel Manager
- Equipment Manager
- Field Manager
- Webmaster
- Community Outreach Director
- Sponsorship and Fundraising Coordinator

SECTION 5.3 ELECTION OF BOARD OF DIRECTORS

The incumbent Board members shall elect new Board members for the upcoming season during the Club's September meeting. The new Board shall begin serving immediately following the election. Each Board member shall serve for a two-year period, and must be re-elected after that time period. Board members may be nominated by a current Board member, or self-nominated.

SECTION 5.4 REMOVAL FROM THE BOARD OF DIRECTORS

Board members may be removed from the Board by a majority vote of the current Board for actions or behavior that is deemed detrimental to the club, or if the member fails to attend three consecutive meetings.

SECTION 5.5 EXECUTIVE BOARD VACANCIES

Vacancies may be filled as necessary by a majority vote of the current Board. The new member will serve the remaining term, as stipulated in Sec. 3.

ARTICLE 6 COMPENSATION FOR BOARD MEMBERS

SECTION 6.1 INUREMENT

RMSLC Officers receive no monetary payment for serving on the Board, except for reimbursement of club-related expenses.

SECTION 6.2 CREDIT TO OFFICERS

Individual Board Members may elect to receive one credit in the amount of the annual registration fee to be used during the year of service. The credit shall be one credit per member, and does not include uniform or equipment rental fees. This credit is exclusive to any credits received for coaching. The credit shall be one credit per member, regardless of positions held.

SECTION 6.3 CREDIT TO CLUB VOLUNTEERS

Officers have the option to recruit additional volunteers to assist with particular duties throughout the year. These individuals may receive a partial or full registration credit, based upon the amount of service and a majority vote by the Board of Directors. It does not include uniform or equipment rental fees. This credit is exclusive to any credits received for coaching.

SECTION 6.4 ASSESSMENT OF CREDITS

The Board of Directors will evaluate and approve all credits made to all club volunteers.

ARTICLE 7 DUTIES AND OBLIGATIONS OF OFFICERS

All Officers shall be supported by a designated fellow Board member (*italics below*) or club volunteer that will be familiar with and have necessary access in order to fulfill the duties of that Officer in times of emergency. All back up personnel must be recruited and designated prior to the opening of registration.

SECTION 7.1 PRESIDENT

The club President is the chief executive officer for the club and has the following duties:

- Representative to outside organizations
- Schedule and set the agenda for meetings
- Sign checks and enter into contracts, regarding the Club
- Oversee background checks for coaches, full-time assistants and board members
- League representative (CYLA / CGLA), or shall designate Club representatives
- The President should be familiar with the duties of all other Officers and be prepared to assist or fulfill those duties
- *The President is backed up by the Vice President*

SECTION 7.2 VICE-PRESIDENT

The club Vice-President is the head registrar for the club and has the following duties:

- Coordinate and promote the Boys and Girls registration and policies
- Design the yearly Online Registration form
- Monitor registrations and coordinate rostering prior to the start of the season
- Coordinate payments with the Treasurer
- Coordinate uniform ordering with the Uniform & Apparel Manager
- Assist the President, and serve in his/her absence
- *The Vice-President is backed up by the Webmaster and/or Secretary*

SECTION 7.3 TREASURER

The Treasurer is the chief financial officer for the club and has the following duties:

- In charge of all financial aspects of the club, capable of writing checks as needed
- Checks written in the excess of \$1000 shall require Board approval
- Oversees the club's bank account: making deposits and making payment to vendors
- The Treasurer shall produce a balance sheet for each Board meeting
- *The Treasurer is backed up by the Vice-President*
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SECTION 7.4 SECRETARY

The Secretary is responsible for internal and external club communications, recording minutes and disseminating agendas.

- The Secretary will assist both the President and Vice-President with administrative tasks.
- *The Secretary is backed by the President and Vice-President*

SECTION 7.5 GIRLS DIRECTOR

The Girls Director has the following duties:

- Promote Girls Lacrosse
- Liaison for the CGLA and US Lacrosse, relaying all league information to the Club
- Recruit and assist with the training of coaches
- Monitor coaches during the season and gather feedback from parents
- Develop Coaching Syllabus
- Monitors registration information, assists in creating team rosters and Chairs Club Competition Committee for the girls
- *The Girls Director is backed up by the President or coach selected by the Board*

SECTION 7.6 BOYS DIRECTOR

The Boys Director has the following duties:

- Promote Boys Lacrosse
- Liaison for the CYLA and US Lacrosse, relaying all league information to the Club
- Recruit and assist with the training of coaches
- Monitor coaches during the season and gather feedback from parents
- Develop Coaching Syllabus
- Monitors registration information, assists in creating team rosters and Chairs Club Competition Committee for the boys
- *The Boys Director is backed up by the President or coach selected by the Board*

SECTION 7.7 UNIFORM AND APPAREL MANAGER

The Uniform and Apparel Manager is responsible for working with the registrars and vendors to order uniforms and apparel for the season in a timely fashion. Ordering uniforms is a critical function to the club and must meet deadlines specified by the Board.

- *The Uniform and Apparel Manager is backed up by the Vice-President, or his/her designee*

SECTION 7.8 EQUIPMENT MANAGER

- The Equipment Manager is responsible for purchasing all lacrosse equipment, coordinating the rental process for boys, purchasing balls, goals and nets.
- *The Equipment is backed by the Boys Director and a Coach*

SECTION 7.9 FIELD MANAGER

The Field Manager works with other board members to secure fields through Recreation departments and schools.

- Responsible for delivering and picking up goals and setting up game fields on game days. This includes tables, chairs and scoreboards.
- The Field Manager will also coordinate with field liners, if necessary.
- *The Field Manager is back up by designated coaches.*

SECTION 7.10 WEBMASTER

- The Webmaster is responsible for working with coaches to set up individual team pages on the website, training coaches and team managers to use Team Pages and the website communication tools.
- Ensure all information on the website is current, correct and meets the guidelines and mission of the Club.
- Works in conjunction with the Vice-President, Boys Director and Girls Director to coordinate rosters and schedules of all teams.
- *The Webmaster is backed up by the Secretary, Vice-President and President.*

SECTION 7.11 COMMUNITY OUTREACH DIRECTOR

- The Community Outreach Director is responsible for promoting youth lacrosse within the club’s main geographical area, organize events for both club members and potential youth players.
- *The Community Outreach Director is backed up by the President or a Coach.*

SECTION 7.12 FUNDRAISING AND SPONSORSHIP COORDINATOR

- The Fundraising and Sponsorship Coordinator will recruit local business sponsorship and will help the club and individual teams raise money through fundraising events.
- *The F & S Coordinator is backed by the President or designee.*

ARTICLE 8 MEETINGS & VOTING

SECTION 8.1 MEETINGS

The Board should hold Regular Meetings monthly from September through May and Special Meetings as necessary. All meetings are open to club participants, except meetings addressing personnel issues. All Meeting notifications shall be posted on the website.

SECTION 8.2 QUORUM & VOTING

- Five members of the Board of Directors shall constitute a quorum, necessary to conduct official business of the Club, and shall include either the President or Vice-President. The President or Vice-President shall set meeting agendas, must be in attendance, preside over the meeting, and employ Robert’s Rules of Order to conduct official actions.
- Voting may take place via electronic mail. The Secretary shall be vested with receiving, tallying, and recording votes placed electronically.
- A simple majority vote of the Quorum shall enact all action items and the addition/deletion/modification of amendments. Changes to the By-Laws or dissolution of the Club shall require 2/3rds vote of the entire current Board.

SECTION 8.3 GRIEVANCE PROCEDURE

The Board will review and act upon all official grievances presented by club players, parents, coaches and league officials.

ARTICLE 9 IS FOR FUTURE USE

ARTICLE 10 AMENDMENTS

AMENDMENT 10.1 CLUB OPERATING POLICIES AND PROCEDURES

SECTION 10.1.1 GENERAL OPERATING POLICIES

10.1.1.a In order to keep participation costs at a minimal level RMSLC should primarily remain a volunteer organization, staffed by volunteers.

10.1.1.b All communications, other than private-personal information or financial information should be posted on the website. This includes Bylaws and regular meeting minutes.

10.1.1.c Website Information:

- Primary website domain: www.rockymountainstormlacrosse.org
- (Secondary website domain: www.rockymountainstormlacrosse.com)
(these are registered with GO DADDY.COM and require renewal)
- Webhost: LeagueAthletics

10.1.1.d Since the Storm website contains vital personal information all safeguards and precautions should be taken to protect information of players, families and other club members.

10.1.1.e The Storm logo is a registered trademark with the State of Colorado, and may only be used by expressed permission of the Board of Directors.

SECTION 10.1.2 REGISTRATION POLICIES

10.1.2.a The Board will set Registration dates and deadlines. The target date to open registration should be no later than October 1st, prior to the upcoming spring season. The Board will also set the fees (registration fee, equipment rental fee, uniform fee, etc) each year prior to the opening of Registration. Registration fees are designed to cover the expenses of field rental, league fees, officials' fees, necessary club equipment and other administration costs.

- Registration closes for all Returning Boys Players on January 1st prior to the season.
- Registration for New Players and Girls players closes on January 31st, or until teams are filled.
- The Board may extend registration to fill team rosters.

10.1.2.b All fees are due for a registration to be completed and participation allowed.

10.1.2.c All players, players' parents, coaches and Board members must be registered with club.

10.1.2.d All players and coaches must be US Lacrosse members, current through the entire spring season (to meet club insurance requirements).

10.1.2.e Scholarship Policy

RMSLC will offer scholarships to individual players in need on a case by case basis. Requests are confidential. Requests should be made to the Registrar and Treasurer, who will determine on whether to grant the scholarship. The scholarship may cover all or part of the registration cost, except the US Lacrosse membership. Scholarships may include other lacrosse expenses at the discretion of the Registrar and Treasurer.

Parents or Guardians of scholarship players will volunteer to assist with various club activities, such as: club gatherings, apparel sales, field set-up or other tasks assigned by the Registrar or Treasurer

10.1.2.f Payment Policy

- An Initial Payment of \$125 is due at the time of Registration
- Final Payment is due by January 31st prior to the start of the season.
- A Late Fee is applied for payments made after January 31st. The late fee is \$30.
- Late fees may be waived in order to fill teams or upon request to the Vice President.
- No player may participate in any practice or game without full registration payment, or payment plan agreed upon with the club Treasurer.

10.1.2.g Refund Policy

Requests for refunds must be made in writing or email to the Vice-President (VP@rockymountainstormlacrosse.org). Refunds will be granted as outlined below (Registrants must agree to the policy to complete registration):

- US Lacrosse membership is non-refundable under any circumstances.
- Refunds requested prior to close of registration will be assessed a \$20 non-refundable processing fee.
- Refunds requested after close of registration and prior to start of practice will be assessed a \$50 non-refundable processing fee.

- Refunds requested after start of practice and prior to first game will receive a refund of 50% of registration fee after \$50 non-refundable processing fee. If a uniform item has been delivered to player, the cost of the uniform item will not be refunded.
- There will be no refunds granted to players after the first game of season.
- A \$25.00 fee and any bank charges applicable will be assessed for returned checks as stipulated in Colorado Law Regulation.
- Refunds requested due to injury or serious illness of a player will be reviewed by Board Members on a case by case basis. Refunds requested due to a player moving from area will be reviewed by Board Members on a case by case basis.
- Wait-listed players that cannot be placed on a team are entitled to a full refund of all registration fees.

10.1.2.h All players and parents must individually sign and agree to a Code of Conduct statement, as a condition of registration. Failure to sign or abide by the conditions stated in the Code of Conduct will terminate the right to participate, pending a review by the Board.

10.1.2.i Registration information is stipulated and gathered by the Registrar for both online and paper registrations.

10.1.2.j Participants must register for appropriate grade and gender specific teams. Participants must play at grade, unless there are no teams at that grade, or the Board approves individual “play up” requests. Participants need no previous lacrosse experience to register.

10.1.2.k The Club will provide individual equipment rental for youth boys. Equipment rental fees are additional fees set by the Equipment Manager or Board. The Club will provide specific additional safety equipment for players, such as goalie protection, at no additional charge.

10.1.2.l RMSLC will provide game jerseys (tops) and practice pennies. Registrants are responsible for the purchase of club short and skorts, and may keep those after the season. All Players must wear club approved uniforms for games.

- All club Jerseys and Practice Pennies must be returned to the club at the close of the spring season. Parents or Guardians will be charged a replacement fee for un-returned items.

10.1.2.m Registration fees include participation of RMSLC teams in the annual Rocky Mountain Jamboree. All players are expected to participate in the Jamboree. All other tournament fees will be at the discretion of individual teams. Individual players are encouraged, but not obligated to participate in outside tournaments.

10.1.2.n Knowingly providing false registration information to the club may result in termination of the club membership without being eligible for a refund.

SECTION 10.1.3 TEAMS & ROSTERS

10.1.3.a Target roster size is 18 to allow for adjustment or additions at start of the season.

10.1.3.b Teams are gender and grade specific, based on league requirements. It is the decision of the Board to separate boys and girls to foster the growth of girls’ lacrosse.

10.1.3.c The RMSLC Competition Committee will form team rosters. The Competition Committee will review rosters each season with the goal of keeping players together, while matching a player’s ability with the level of league competition.

- The respect Boys and Girls Directors will convene and select members for the Competition Committees, subject to approval of the Board. Committee members are not required to be club members.

10.1.3.d When permitted by league rules, tryouts may be held (currently in the 6th – 8th grade levels for boys). Players have the option of playing at highest level, as determined by the Competition Committee.

10.1.3.e Team rosters need to meet all league deadlines and all efforts should be made to have team rosters completed prior to the start of practice.

SECTION 10.1.4 COMPETITION COMMITTEE GUIDELINES

10.1.4.a Competition Committee: the Competition Committee s will convene prior to the season to assess team rosters, coaches, players and levels of competition for each grade level. This must be done in a timely fashion to meet League (CYLA & CGLA) registration of teams. The objective is to best match a player's experience, skill level and athletic ability with a coach, team and league division that will best challenge the player's skill level. It is the goal for the Club to provide all levels of competition offered by the league when possible.

10.1.4.b Beginning teams in 2nd and 3rd grade are formed by random placement. Registrars may consider practice location, car-pooling and friends. Team rosters for grades 3rd through 8th will be reviewed by Competition Committee.

10.1.4.c RMSLC will follow league rules regarding tryouts.

10.1.4.d Tryout Guidelines

- It should be stressed that tryouts are an evaluation process offering direct feedback to players and all assessments should be positive and constructive.
- Tryouts should be multiple sessions to provide players more opportunity to demonstrate their skills, and may include the first week of practice.

10.1.4.e Placement Agreement

All parents and guardians will agree to the Club's Placement Agreement at the time of registration. The club will make all decisions on player placement.

SECTION 10.1.5 COACHES, COACHING REQUIREMENTS AND GUIDELINES

10.1.5.a All Coaches need to conduct themselves at all times in an appropriate manner. Coaches are role models for their players, parents and fans. Coaches should be positive and constructive in their coaching at all times. Coaches are required to teach individual fundamental skills, the essentials of team play, proper physical conditioning, and most importantly, good sportsmanship. Coaches will also encourage players to develop a positive attitude, self-discipline, respect for others, and commitment to the success of their team. RMSLC is a developmental club that teaches players how to succeed.

10.1.5.b Coaches must pay all registration fees in accordance with the club's registration payment policy, but he/she will receive a registration credit at the end of the spring season, upon completion of all coaching duties and once the team's jerseys and coach's equipment is returned to the club. Registration credits are limited to two per team. The Board of Directors can elect to compensate a coach if a coach's credit does not apply, or the Board deems it is necessary.

10.1.5.c All Head Coaches and Assistant Coaches are required to completed US Lacrosse Level 1 Online Training, as a minimum. Pursuant to CRS, all Coaches must complete Concussion Training from either the CDC (Centers for Disease Control), the NFHS (National Federation of High School Sports) or another approved site prior to every season. Certificates of completion should be forwarded to the respective Boys or Girls Director.

10.1.5.d RMSLC will reimburse Coaches for the cost of US Lacrosse Certification Training and Concussion Training. Reimbursement for other training will be at the discretion of the Treasurer or Board.

10.1.5.e All Head Coaches and Assistant Coaches are subject to a confidential background check.

10.1.5.f All Coaches must sign and agree to the Code of Conduct of RMSLC and their appropriate league. Any coach may be relieved of coaching duties at any time by the Board for failing to meet Conduct Standards, stipulated by RMSLC, the league or US Lacrosse.

10.1.5.g All teams shall have only one Head Coach, as a matter of record and scheduling.

10.1.5.h Each Head Coach shall recruit at least one Team Manager to assist with communication and other administrative duties for the team. The Team Manager will manage the Team's web page.

10.1.5.i All Coaches will place player safety over all other concerns.

SECTION 10.1.6 SAFETY EQUIPMENT

All players are responsible for providing their own lacrosse stick, proper footwear, practice uniform, and mouth guard. Players must either purchase or rent additional safety equipment listed below. RMSLC will provide all goalie equipment for both boys and girls.

10.1.6.a Boys Equipment - required * for all practices and games:

- Approved Helmet
- Shoulder Pads
- Rib Pads *(Rib pads are recommended but not required)
- Arm Pads
- Lacrosse gloves
- Athletic cup
- Approved mouth guard (not clear)

10.1.6.b Boys Goalie Equipment:

- Approved Helmet with throat guard
- Chest protector covering shoulder areas
- Lacrosse Gloves
- Approved mouth guard
- Athletic cup
- Goalie pants/pads (highly recommended but optional)
- Shin guards (recommended for beginner goalies)
- Shoulder pads (optional)
- Rib pads (optional)
- Arm Pads (optional)

10.1.6.c Girls Equipment required for all practices and games:

- Approved mouth guard
- Approved eye guard
- Girls lacrosse gloves (optional)

10.1.6.d Girls Goalie Equipment:

- Approved Helmet with throat guard
- Chest protector covering shoulder areas
- Padded lacrosse gloves
- Approved mouth guard
- Goalie pants/pads
- Shin guards

SECTION 10.1.7 RENTAL EQUIPMENT PROGRAM

10.1.7.a RMSLC will provide an equipment rental program for boys in order to encourage new participants. Fees will be set by the Board and rentals will be supervised by the Equipment Manager. Equipment available for rental include: helmets, shoulder pads, rib pads, arm pads and gloves.

10.1.7.b The Equipment Manager will manage the fitting and return of all equipment.

10.1.7.c Parents or players will be charged current full-replacement costs for any equipment not returned to the club at the time designated by the Equipment Manager. The club will invoice or add charges to credit card information on file for un-returned equipment.

10.1.7.d The Equipment Manager may institute a deposit for all rental equipment prior to the fitting.

SECTION 10.1.8. PRACTICE AND GAME FIELDS

The Board reviews and signs all agreements for field rental prior to the start of the season.

10.1.8.a The Field Manager, Boys Director and Girls Director are responsible for allocating fields for practice and games.

Section 10.1.9 Playing , Practice and Games

10.1.9.a Practices may be determined by league rules, otherwise Head Coaches will organize and communicate practice schedules and game schedules. Coaches are required to notify parent/players of cancellations. Practice schedules and game schedules will be listed on the Storm website.

10.1.9.b Coaches are required to collect emergency contact information for each player and have this information at every practice and game.

10.1.9.c Coaches should not leave players alone at practice or game fields without communication with parents or guardians.

10.1.9.d All players will receive playing time in games and scrimmages, except for:

- Injury
- The Head Coach feels a player is a safety risk to herself/himself, or their teammates.
- The player has been absent from too many practices, as determined by the Head Coach
- The player has an unresolved discipline issue.

All of these exceptions to playing time will be communicated to both the player and parent in a timely manner.

SECTION 10.1.10 PARENTS AND PLAYERS CONDUCT

10.1.10.a Parent/Player Conduct Agreement: all players and parents must agree, sign or acknowledge club conduct requirements, as adopted from US Lacrosse Code of Conduct (see Addendum I.).

10.1.10.b Failure to follow the conduct agreement may result in suspension from participating in any, or all, club activities. RMSLC is not required to provide any fee refund to any player or parent that has been suspended. The Board will determine the length and terms of all suspensions, not administered by league officials.

As Amended and Accepted by the Rocky Mountain Storm Lacrosse Club: November 2, 2011

ADDENDUM I. RMSLC CODE OF CONDUCT
(Adopted from US Lacrosse Youth Council)

The Code of Conduct (brief version)

Players, coaches, spectators and parents are to conduct themselves in a manner that ""Honors the Game"" and demonstrates respect to other players, coaches, officials and spectators. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this ""Code of Conduct"" are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of lacrosse, themselves, their team and their organization. It is only through such conduct that our sport can earn and maintain a positive image and make its full contribution to youth sports in the United States and around the world. US Lacrosse and its Youth Council support the following behaviors for those participating or involved in any way with US Lacrosse and youth lacrosse in general:

The essential elements of the ""Code of Conduct"" must be adhered to.

Sportsmanship and teaching the concepts of fair play are essential to the game, and must be taught and developed both at home and on the field during practices and games.

The emphasis on winning should never be placed above the value of good sportsmanship, the concepts of fair play, or the skills of the game.

Derogatory comments are unacceptable. Use positive reinforcement with players and adults alike. It should be remembered that criticism, once made, can never be retracted.

The safety and welfare of the players are of primary importance.

Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as with adults.

Officials are expected to conduct themselves as professionals and in a manner that demonstrates courtesy and fairness to all parties while exercising their authority on the field.

Adults involved with the game must never permit anyone to openly or maliciously criticize, badger, harass, or threaten an official.

Knowledge of the Rules of Lacrosse must be respected and adhered to by all who participate in the game of lacrosse, both in the letter and the spirit of the game. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.

Eligibility requirements, such as age and previous level of participation, must be followed. They have been established to encourage and maximize participation, as well as promote safety.