

Wallingford Youth Lacrosse 2014 Equitable Play Guidelines

Purpose of Equitable Play Guidelines

Wallingford Youth Lacrosse (“WYL”) wants to ensure that all players receive as close to equal playing time as possible.

Equitable Playing Time (EPT)

Every player, regardless of ability, should have approximately the same amount of playing time relative to other players in his or her position over the course of the season.

There are many factors that determine playing time. First, playing time depends on the position that player plays. For example, it is typical for a team to have 3 or 4 “lines” of midfielders that are rotated throughout the game every few minutes. By rotating 4 lines of middies, it means that each line plays roughly $\frac{1}{4}$ of the game. On the other hand, attack and defense have fewer numbers and rotate individually. If a team is rotating 5 or 6 defense or attack, those players will play approximately $\frac{1}{2}$ - $\frac{3}{4}$ of the game each. If there is only one goalie, that goalie will play 100% of the game. If there are two goalies, each keeper should play half of the game, either by alternating games or by splitting each game.

Second, there are special situations when a penalty occurs where our “extra man offense” or “man down defense” plays. If there are a high number of penalties in a game, those units may play more in one game than another, and may replace a player who was just substituted into the game.

Third, there are only a few permitted times during the boy’s game when coaches can substitute (for example, on the fly, after a goal, during time outs and when the ball goes out of bounds). Substitutions during the girl’s game can only take place after a goal or on the fly. Substitutions CANNOT take place during a timeout or on a whistle (i.e., ball goes out of bounds). It is impossible to predict when these instances occur, so it may be that some players have a longer “shift” than others during a game.

While it is the coach’s goal to play each player equally in all games, it may be that some players play more in some games than others. In those cases, the coaches will try to “make up” EPT in a later game. The Head Coach will do his/her best to balance out EPT over the course of the season.

Special Situation

One exception is the fourth quarter in a close game, or when the team is playing in a close playoff game. Head Coaches may use their discretion in choosing players in such situations. In addition, a coach may hold out players if in the head coach’s judgment a player may be subject to injury in a highly physical game.

Restrictions on Playing Time

There are three factors that would not entitle a player to equal playing time:

1. **Discipline problems.** If a player is not following team rules or WYL Expectations during practice or games, the Head Coach may limit the player's game time, including suspension from a game. Discipline problems include disrespect for teammates, opponents, coaches, and officials.
2. **Lack of effort.** If a player isn't working hard or isn't giving 100% effort, the coach may replace him or her with another player during a game. The lack of effort by an individual player creates unnecessary mistakes and limits the player's ability to learn and the coach's ability to teach. Through effort, players learn how to be accountable to themselves, their teammates and coaches.
3. **Attendance at practice and games.** All players are required to attend practice and games. If an issue arises where a player cannot attend a practice or a game, the coach must be notified prior to said practice or game. Failure to notify the coach can result in reduced playing time.

Questions and Clarifications

If, at any time, you have questions or would like a clarification on these Equitable Play Guidelines, please request a private conversation with your athlete's Head Coach – they will be happy to speak with you.