

2015 HRLax BHS Policies

- 1) The HRLax Boys High School (BHS) Mission Statement:
 - The HRLax BHS Division's mission is to provide a structured league for the benefit of public High School lacrosse clubs as they work toward school-sponsored school-board approved VHSL team status.
- 2) 8th graders playing on a High School (HS) team
 - 8th graders may not play on a HS JV or Varsity team
 - Exceptions are possible for over-age eighth graders (those too old to play in the Youth Division). If they have passed five 8th grade classes, they may play for a Varsity team; if they have not then they are eligible for JV play only.
- 3) Exception Requests
 - An Exception to Policy request may be presented in writing to the BHS Commissioner. The Commissioner has the authority to deny the request. If the Commissioner deems the issue worthy of review, he may confer with the BHS Policy and Planning Group to determine a decision.
- 4) Seniors playing on JV teams:
 - Seniors may not play on JV teams
- 5) Player movement between JV and Varsity rosters:
 - No player may move from the Varsity to the JV roster
 - No player may play in both a JV and a Varsity game in the same day
 - Players may play, at a maximum, the number of regular season league games scheduled for one team. Example: If a team will play eleven regular season games, then a player may not participate in more than eleven regular season games, regardless of whether they are Varsity or JV games. Out of league and post-season games do not count toward the number.
 - JV players may play in a Varsity game up to three times
 - Coach must list the JV player in the Varsity scorebooks for that game.
 - Player shall be listed as: Jersey # in game Name (JV #JV jersey number)
 - i. Example: 27 John Smith (JV #15)
 - From the fourth game, the JV player must be assigned to the Varsity roster for the remainder of the season
- 6) Each team may be required to submit a legible image of the official scorebook page within 24 hours following the game. The game scorebook page must clearly show roster, penalty, and score sections. The image may either be a scan or a photo and either emailed or sent via text to the BHS Commissioner and the BHS Operations Manager at the end of each game.

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7) Scorebook/Rosters rules:

- All players on the sidelines, dressed for the game, shall be listed on the game's roster
- Duplicate numbers on jerseys shall not be permitted on the same team
- If a player is wearing a number which is different than his jersey number listed on the online roster, this number shall be listed on the roster as his game-jersey number. His official online roster jersey number shall be placed in parenthesis to the right of his name on the scorebook roster.

8) Regular season games tied at end of regulation play will continue into Sudden-Victory Overtime play in accordance with NFHS Boys Lacrosse rule 3-4 and 4-32.

9) If a game is interrupted because of events beyond the control of the responsible authorities:

- it shall be declared an official game if three periods or more of the game has been played and one team is ahead;
- after completion of three periods or more of the game and the game is tied, the game shall resume from the point of interruption;
- if fewer than three periods have been played, the game shall resume from the point of interruption.

10) Playoff seeding:

- The top eight teams in the Peninsula Division shall advance to the HRLax League playoffs
- The bottom four teams in the Southside Division shall compete for two slots in the playoffs.
- Seeding shall be determined by end-of-season record.
- Ties will be broken by head-to-head record of regular season games
- Three-way ties will be broken by regular season games between the three teams only:
 - Least goals allowed in regular season games with the other two teams
 - If still tied, goals scored in regular season games with the other two teams
 - If still tied, seeding will be determined by what works best with playoff game locations or randomly chosen with a coin toss
- Strength of schedule may be used to determine resolution of ties. Record against common opponents may be used as a final measure to determine seeding. Games against common opponents will be examined and categorized as a tie, win, decisive win (3-5 goal differential), and a substantial win (6 or more goal differential). Wins by more than 10 goals are to be avoided, if possible, through judicious use of player substitutions.

11) Sideline Policy:

- All Adults in the Coaches Area or Team Area during, before, and after the game must be registered and cleared HRLax Coaches, Administrators, or Game Officials (or registered players age 18 or over on the competing teams).
- HRLax Registered Coaches and Administrators must display their 2015 HRLax Coach Credentials.
- Only the Bench Official (if assigned), official Timekeepers, Scorekeepers, and players serving penalties are allowed in the Table Area (see NFHS Boys Lacrosse Rule 1-2.7 for definition of Table Area)

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- Team Alumni:
 - These rules are not to prohibit the Head Coach allowing, at his discretion, team alumni players to visit sidelines up to (but not beyond) five minutes before the scheduled game start time.

12) Coach requirements. (and Non-coach “Skill-instructors” at practice)

- Only US Lacrosse members may assist or instruct at a team’s practice and only under the supervision of one of the coaches listed on the team’s official roster.
 - At no time shall a non-NCSI-cleared, US Lacrosse member adult, be left alone with a player or players during practice time.
- If an adult will assist more than a few times at a practice, he/she must register as an assistant coach with HRLax and clear an NCSI background check.
- Assistant Coaches must complete PCA Double-Goal Coach training, NFHS Concussion Course, How to Make Proper Contact in Boys’ and Men’s Lacrosse, and US Lacrosse Level 1 online coach training in addition to being registered and cleared with HRLax.
- All Head Coaches must also be US Lacrosse Level 1 certified.

13) All-Conference teams:

- Some player stats will be used for selection – specific stats to be determined prior to the start of the season. Only the stats from league games will count towards selection.
- Teams will need to provide trained parents or students to keep and enter online stats for each game.
 - League will provide someone to train volunteers if requested.
- The BHS Policy and Planning committee is reviewing criteria and procedures to be used as a model

14) Emergency Management Plan:

- Coaches are required to fill out the Emergency Management Plan Form and keep it with them at practices and games.
- Coaches should keep the player emergency information cards/list with them at games and practices.

15) Concussion Management:

- The full HRLax Concussion Policy is found online
- HRLax strongly encourages current concussion baseline testing by a health care professional for all athletes.