

# NCJLA 2018-2019 Delegates Meeting



# Agenda

| Time     | Topic                       | Speaker                     |
|----------|-----------------------------|-----------------------------|
| 8:30-9AM | Registration                |                             |
| 9:30     | General Session             |                             |
|          | President's Report          | Tim Allen                   |
| 9:45     | Treasurer's Report          | Steve Walker                |
| 10:15    | Executive Director's Report | Laura Jennings              |
| 11:00    | Chapter/USL Update          | Don Aiello/Lynn Porterfield |
| 11:30    | NCJLA Business              | Tim Allen                   |
| Noon     | Lunch                       |                             |
| 1:00     | 2018 Girls Game             | Connie Cady                 |
| 2:00     | 2018 Boys Game              | Chris Gehrke                |
| 3:00     | Meeting Adjourned           |                             |



# President's Report

Timothy Allen



# NCJLA

## ■ Mission

- Promote and provide for community-based lacrosse

## ■ Principles

- Inclusion and Diversity
- Find a way for any child that wants to play to play
- Keep our kids safe in practice and on game days
- Provide and maintain consistent & fair competition
- Promote life lessons, sportsmanship and winning (in that order)

# 2018 Season Stats

**Clubs**

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**51**

**Teams**

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**439**

**Games Played**

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**2,800**

**Players**

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**8,037**

**Coaches**

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**1,104**

**Boys**

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**4,725**

**Girls**

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**3,312**

# Gender Comparison

| Boys         | Girls        |
|--------------|--------------|
| <b>258</b>   | <b>181</b>   |
| <b>4,725</b> | <b>3,312</b> |
| <b>1,556</b> | <b>1,254</b> |

# NCJLA Governance and Administration

## Governance

- US Lacrosse
- Nor Cal Chapter of USL
- NCJLA
- Clubs

## Administration

- NCJLA Board
- Executive Director
- Girls/Boys Directors
- Age Group Commissioners
- Club Boys/Girls Reps
- Club Coaches
- Players/Parents

# Public Service Announcements





# Must Do's

- Certify your Players & Coaches memberships in USL are in good standing (Insurance)
- Certify your Coaches have completed the minimum training requirements and background checks
- Get signed codes of conduct from coaches, players and parents.
- Certify your rosters are accurate and have approved petitions for any exceptions
- Keep accurate records regarding Concussion training, parent waivers and return to play protocol.
- Honor the Game

NCJLA Staff is here to help you with any of this

# Best Practices (Should Do's)

- Read the Operations Guide *(updated for 2019)*
- Use League Athletics and Arbiter
- Invite a local official to for a pre-season Q&A or attend a Rules Interpretation Session offered by the organization
- Conduct regular in-season coaches meetings & parent surveys
- Use your age group commissioners

# Thanks



2018 Delegates Meeting

# Thanks to my fellow Board Members & Staff

## ■ Pre Season

- Scholarships
- Rules
- Training
- Conferences
- Scheduling
- Petitions
- Girl's Play Day

## ■ In Season

- SIR
- Safety
- Year End Events
- Club Support
- Summer Workshop
- Finance

# Thanks to these Clubs

- Diablo Scorpion Lacrosse Club
- Pleasanton Pride Girls Lacrosse
- Petaluma Youth Lacrosse
- Head-Royce School
- San Ramon Raptors Lacrosse
- Woodcreek Lacrosse Club

# 8U & 10U Season Reformat



# Introduction to 8U & 10U 2019 Format

- Listened to club feedback about making a more flexible 8U & 10U Experience from the summer workshop
  - Some areas were forming their own private venues / events for these age groups
  - Concerns about disenfranchising outlying areas
  - Concerns and confusion about NCJLA sanctions & insurance
  - At the same time, some apparent gameplay improvements
- NCJLA formed a Sub-Committee to study the age groups
  - Intent of the committee was to gather feedback and make recommendations to the board that would benefit the entire league

# 8U & 10U League Sub-Committee

| Board Members               | Club Leaders                |
|-----------------------------|-----------------------------|
| Bill Schwaab,<br>Firehawks  | Jin Peavey,<br>Lamorinda    |
| MJ Davey, MA<br>Grizzlies   | Amy Smith,<br>Rancho Cotate |
| Cathy Reed, Sac<br>Stingers | Arto Estrada,<br>Elk Grove  |

- Sub-Committee charter
  - Look at the age group play that was happening outside of the NCJLA
  - If appropriate, make game play change recommendations to the board that would benefit the entire league



# Committee findings

- Factors related to reduced 2018 season registrations
  - Travel in the bay area is a hardship
  - NCJLA timelines did not fit with school district timelines
- Factors related to clubs that were not able to form this level team
  - Finding coaches and volunteers is a barrier
  - Field space before daylight savings time created conflict
  - Clubs looking for more support with scheduling
- Overall Clubs seeking reduction in barriers to entry and reduce friction

# 8U & 10U Committee Recommendations

- Adopt a regional jamboree style of play with various opportunities to play throughout the year
- NCJLA Staff should assume game scheduling and officials coordination
- NCJLA should coordinate Coaches Level 1 training for during the initial play days
- NCJLA should fund 2019 jamboree play style cost differences so there is no financial barrier to adoption

# 2019 8U & 10U Improvements – Administration

## ■ Registration:

- Jamboree registration remains open
- Additional game guarantee closes in Jan

## ■ Scheduling:

- No need to send a scheduler to NCJLA meeting
- Min 10 – max 15 games through NCJLA
- May choose to add local club games in addition to jamborees using NCJLA website

# 2019 8U & 10U Improvements – Coaches & Rosters

- Coaches Certification Requirements:
  - Reduced tasks
  - Later submission date
  - NCJLA coordinated USL Level 1 Coaches clinic at their team play day
- Roster submission:
  - no jersey numbers, relaxed uniform requirements

## 2019 8U & 10U Improvements – NCJLA Staff Eliminates Friction

- **Low/Zero touch for clubs in these age groups:**
  - NCJLA Staff will handle field rental, game schedule, set up and breakdown
  - NCJLA Staff will confirm officials and handle game protocols
  - Commissioners, and officials onsite to Honor the game
  - As mentioned, Level 1 coaching clinic coordination

*Teams show up, play and go home*

# 2019 8U & 10U Improvements – Summary

- **GamePlay**
  - Jamboree Style
- **Preseason help for clubs**
  - NCJLA Schedules
  - NCJLA Rents fields
  - Less time for coach certification
  - All registered players are eligible for NCJLA scholarship funds
  - More time to recruit or hold out reach events
  - Eases barrier to entry
  - Clubs can still schedule week night local games
- **In season improvements**
  - Families are not traveling every weekend
  - Lower costs for uniforms and equipment
  - NCJLA handles all event logistics

# 8U & 10U League

## Reduction in:

- Volunteer hours on game day
- Club scheduler duties in pre-season
- Field rental costs
- Officials travel fee payments
- Coaches time spent on certification
- Weekends taken up by multiple games dates
- Players missing games because they play another sport
- Travel to multiple sites

# 8U & 10U League

## Advantages:

- Eases difficulty of officials' shortages
- More time to recruit or hold out reach events
- All registered players are eligible for NCJLA scholarship funds
- After daylight savings, more fields open
- Can still schedule week night local games
- Families are not traveling every weekend
- Eases barrier to entry
- Lower costs for uniforms, equipment
- Ability to contract vendors to fund program
- 1 set of rules/expectations/common culture



# Treasurer's Report

Steve Walker



2018 Delegates Meeting

# Treasure's Report Overview

- Performance to 2018 Operating Plan
- 2019 Financial Objectives and Goals
- 2019 Registration Fees and Assessments
- 2019 Officials Fees

# Financial Budget vs. Actuals for FY 2018

## Objectives:

- Gross Revenue: \$ 641,040
- Operating Profit: \$ 330
- Optional Programs: \$ (24,000)
- Net Income: \$ (23,670)

## Forecast:

- Gross Revenue: \$ 681,060
- Operating Profit: \$ 38,528
- Optional Programs: \$(23,926)
- Net Income: \$ 14,602

## Events Affecting 2018 Operations

- Higher Registration Fees, Assessments, Officials Fees and Event Revenue
- Operations, Insurance, Professional Service and Volunteer Expenses on Target
- Lower End of Season Event Costs
- Higher Boys Referee and Girls Umpire Expenses
- Referee and Umpire Recruiting Program Fell Short

# 2018 Operating Plan



# FY 2019 Objectives

- Total Registration Income slightly higher, but fee is flat
- Assessment based on location of event and level
- Officials Fees to cover Officials Expenses for season and Year-End events
- Officials Fees for both Boys and Girls are slightly higher
- Registration Income covers Administrative Expenses before Board Selected Programs and Scholarships
- Scholarships support individual club's Financial Aid Programs for players
- Board Selected Programs funded by 2018 Profit and Savings

# FY 2019 Overview (1 of 2)

- **Income**
  - Team Registration will be higher
  - Registration Fee is unchanged
  - Level Event Revenue and Minor Donation Revenue
- **2019 Assessment are based on Event Location and Level**
- **In-Season 8U & 10U Jamborees**
- **Administrative Expenses**
  - Salaries and Stipends increase
  - Operating Expenses are slightly higher
  - Three Annual Meetings
  - Board Participation at USL West Coast Event

# FY 2019 Overview (2 of 2)

- **Specific Program Expenses**
  - Referee and Umpire Recruiting Program
  - Pre-season Play Day and Coaches Training
  - Contribution to City of Pleasanton
- **NCJLA Meetings**
  - Scheduling Meeting
  - Annual Workshop
  - Delegates Meeting
- **Scholarship Program**
  - Club Financial Aid Reimbursement
  - Club Cap (10% of Total Budget)

# Financial Objectives for FY 2019

- Operating Profit: \$(2,355)
- Specific Board Programs: \$31,000
- Net Income (Loss): \$(33,355)
- Scholarships: \$15,000

Loss covered by 2018 Earnings  
and Savings



# Team Fees

- Registration Fee for all but 10U and 8U = \$465
- 10U Registration Fee = \$385
- 8U Registration Fee = \$100

Expect an increase for 2020 Season

- Assessment Fees – vary according to costs by level
- Boys Officials Fees increase per contract
- Girls Officials fees increase slightly

# Value Add for 2019

- **Pre-Season:**
  - Reducing volunteer hours to coordinate 8U & 10U Coach Certification requirements
  - Pre-season play for 8U and 10UB Boys and 8U, 10U, 12UB & 14UB Girls
  - Coordinated USL Level 1 and 2 Coaches Clinics in each of the 4 regions
  - USL Level 1 Coaches Clinics at all the 8U and 10UB play days
  - Increased player scholarship and officials amounts

# Value Add for 2019

## ■ In Season:

- Reducing volunteer hours required of your 8U & 10U teams on game day
- Reducing the field rental costs for your 8U & 10U teams
- Opening field availability for 12U & up teams
- NCJLA staff onsite to provide support
- Reducing officials travel fees
- Option to schedule week night games

## ■ Post Season:

- Post season play for ALL levels and teams
- Variety of venue locations to reduce travel

# Executive Director Report

Laura Jennings



# The Team

Connie Cady - Girls Director

Chris Gehrke - Boys Director

Dan Miller - Webmaster

## Boys Commissioners

BHS – Geraldo Gonzales

U14 – Kolleen Phaland

U12 - Open

U10/U8 - Open

## Girls Commissioners

GHS – Megan Miller

U14 – Kelly French

U12 - Open

U10/U8 - Erin Stevenson

# Executive Director

- Team registration, conferences, games scheduling, rosters, coaches certification
- Events: today, Game Scheduling Meeting, USL Coaches Clinics, Boys & Girls Play Days, End of Season events, Summer Workshop
- Communications
  - Policies & procedures (Operations Guide)
  - Website content
  - Master calendar
  - Email communications
- New & existing club support

# Summer Workshop – Important Meeting

## ■ Purpose and intent

- Direct conversation with the NCJLA Board and working committees where the membership can weigh in on material topics the Board is considering for the upcoming season

## ■ Outcomes

- 8U & 10UB Boys and Girls League Format
- Club Best Practices Folder
- Revision of Play Out of Area instructions
- Master Calendar updates
- New Coaches Certification Requirements for 8U-HS
- Playoffs and Championships standardized

# NCJLA Master Calendar

- Team Registration Opens – first Saturday in October (10/6)
- Team Registration Closes-
  - 10UA, 12U-HS boys and girls: first Friday in December (12/7)
  - 8U & 10UB boys and girls: second Saturday in January (1/12)
- Conferences Announced – Wednesday following the closing of team registration in December (12/12)
- Game Scheduling Meeting – Saturday following the posting of conferences in December (12/15)
  - *A level and HS Boys and Girls online scheduling opens- (12/12 @7pm PST)*



# NCJLA Master Calendar

- Boys and Girls 10UA&B, 12U-HS Game Schedules due to NCJLA – 3rd Sunday in January (1/20)
- 8U & 10UB Boys & Girls Jamboree Schedules released – First Sunday in February (2/2)
- Rosters and Coach Certification Spreadsheets Due –
  - 10UA, 12U-HS: 2nd Saturday in February (2/9)
  - 8U & 10UB boys and girls: First Saturday in **March** (3/9)
- Regular Season – Details in Girls/Boys Presentations
- Summer Workshop – 2nd Saturday in June (6/8)

# NCJLA Calendar Item Reminders:

## Player Eligibility Petitions

- Accepted from club president via online form
  - November, December and January
  - By the 10<sup>th</sup> of the month
- Points of emphasis:
  - Late birth dates and grade level are not a factor for play
  - Safety is a factor
  - Documentation from teachers, case workers, medical provider are helpful

# NCJLA Calendar Item Reminders:

## Team Rosters

- 10UA, 12U-HS Rosters due by 2nd Saturday in February
- **8U & 10UB Rosters** due by 2nd Saturday in **March**
  - Additions, movement between teams is permitted if it follows operations guide for eligibility and submitted 72 hours before game time
  - After April 1st, will need NCJLA approval
- No Roster = No Game
  - need 100% USL membership
  - Need player zip codes
  - Jersey numbers for 10UA, 12U-HS only

# NCJLA Calendar Item Reminders:

## Game Changes/Cancellations

- Game Cancellations/Changes
  - Reported to the NCJLA within 72 hours for boys teams and 120 hours (5 days) for girls teams
  - Consent of opponent for new logistics
  - *Applies to no show and late withdraw at End of Season events (fee per game)*
- Forfeits- outlined in Operations Guide

# NCJLA Calendar Reminder Items

## Scholarships & Financial Aid

- Scholarship funds for 2019 season provide:
  - Up to 50% of financial aid provided to families by the club
  - \$10,000 cap
- Eligibility Requirements\*
  - Club must have an established financial aid program, open to all applicants
  - See [Club Best Practices under key documents for examples](#)
- Timing:
  - Online Application posted October 15th
  - **Deadline January 30th**
  - Award amount will appear as a credit for your season officials' fees

# Grants and Financial Aid Available

Hardship membership (\$10)

Soft sticks/PE curriculum (monthly)

First Stick (monthly)

Diversity and Inclusion (2x year: Feb & July)

# NCJLA Calendar Reminder Items

## Officials Scholarships:

### NorCal Women's Lacrosse Officials (NCWLO):

- 1/27/19 Rule Interpretation session for all coaches, players and officials.

### Northern California Lacrosse Referee Association: (NCLRA)

- Rule Interpretation sessions by request, email [mjfnorcal@gmail.com](mailto:mjfnorcal@gmail.com)

### Officials Sign Up:

[www.NCJLA.org](http://www.NCJLA.org)

Have club recruits sign up and designate your club as their recruiter. *No cut off date.*

### **NCJLA Officials Scholarship:**

- \$100 for New Adult Officials after they complete training and work 10 NCJLA games.
- Added to their pay through arbiter by the NCJLA

# NCJLA Calendar Reminder Items

## Officials:

- New Club Applications and the Operations Guide require that clubs submit 1 official per team
  - Clubs should not be using 1 official for their entire club
  - 2019- 1 new adult and 2 juniors per club- minimum
  - In addition to officials recruited in prior years
  
- Consequences
  - There may not be enough officials to staff your games
  - Clubs that recruit get priority if there is a shortage
  - NCJLA modify rules in the future for higher levels so juniors can officiate



# NCJLA Operations Guide Updates and Reminders



# NCJLA Operations Guide

## Play Out of Area Disclosure Forms

- See [Club Best Practices folder](#)
- NCJLA Clubs map is posted
- Operations Guide update:
  - **“Beginning on October 1, 2017 all NCJLA players are expected to play for the NCJLA club they last played for or the NCJLA club responsible for the operations that correspond to the player’s residential address.”**

# NCJLA Operations Guide

## Health and Safety

### *Parents and Players*

- Parent and player requirements for compliance with State of CA Health and Safety Code
  - Annually sign waiver of risks and receipt of education materials.
  - Agree to follow Return to Play Protocols
    - **Medical provider** unconditional clearance to return to play on official medical practice letterhead with wet signature

### *Notes for Clubs*

- Collect parent and player signature on waiver prior to **ANY** athletic activity
- Clubs must keep on file.
- CDC.gov has free customizable resources

See NCJLA Health and Safety tab for detailed instructions and free materials.

# NCJLA Operations Guide

## Serious Injury Report Protocol (*any injury that prevents participation*)

- Club President or designee must complete the NCJLA Serious Injury Report 24 hours after initial identification of a SUSPECTED concussion or injury.
- Update the Serious Injury Report with the necessary medical provider information regarding the return to play plan.
- Copy of report is sent via email for use with Bollinger Insurance claim

# NCJLA Operations Guide

## Coaches Certification Requirements

- Annually:
  - US Lacrosse membership: NCSI Background check & Safe Sport Training **New**
  - Concussion Certification
  - Rules Test (NCJLA Age Level Test) **New**
- One and done:
  - PCA (online or in-person)
  - US Lacrosse Level 1: Online or On field. **New**
  - Coaches Code of Conduct Signed
- 10UA, 12U- HS Spreadsheets due by 2nd Saturday in February
- 8U & 10UB Spreadsheets due by second Saturday in March
- **Proof of all will be requested in SIR process**

# NCJLA Operations Guide

## Coaches Certification Requirements

### Gold Level Coaches

*Required for 12U- HS, Eligible to coach 8U-HS*

1. US Lacrosse Membership
  - Cleared background check
  - Safe Sport Training Certification
2. PCA online course or workshop
3. US Lacrosse Coaches Education: Level 1 in person or online
4. Signed Coaches Code of Conduct
5. Age Level Rules Test (NCJLA test)
6. Concussion Certification

### Silver Level Coaches

*Required for 8U-10U ,Eligible to coach 8U-10U*

1. US Lacrosse Membership
  - Cleared background check
  - Safe Sport Training Certification
2. PCA online course or workshop
3. Signed Coaches Code of Conduct
4. Concussion Certification

# NCJLA Operations Guide

## Coaches Certification Requirements

### US Lacrosse Membership Changes

Now includes at no extra cost:

1. NCSI (National Center for Safety Initiatives) Background Checks
  - NCSI required for US Lacrosse Adult Membership
  - Valid for two years, internally reviewed annually
  - Contract with Clubs null/avoid
2. Safe Sport Training Certification
  - Federal requirement

## Safe Sport Training and Certification

US Lacrosse considers player safety to be among its highest priorities. This responsibility includes working diligently to protect athletes from abuse within the sports environment.

Fueled by this commitment, US Lacrosse is adding two new requirements to all adult coach memberships -- a national background screening and online SafeSport training.

The national background check will go into effect with all coach membership purchases and renewals on and after **October 14, 2018**. The online training course will be launched on that date or soon thereafter.

Both requirements will be provided at no additional cost to members.

[www.uslacrosse.org/safety/safesport](http://www.uslacrosse.org/safety/safesport)



## USL Certified vs USL Member

- Bollinger Insurance Coverage Deductibles
  - \$500 vs \$1000
  - D&O insurance for the club and coaches
- Covered activities under the policy
  - Camps and clinics vs League activities
  - Access to training materials

# Coaching Development Program (CDP)

## Level 1 Certification requirements:

Current US Lacrosse membership

Current "Green Light" NCSI background check (Free)

Level 1 online course (online – free)

Level 1 instructional clinic (DIA – 3 hr \$10 with NCJLA coupon code)

PCA Double Goal coach 1 (online – free)

Men's game only: How to make Proper Contact course (online – free)

# Coaching Development Program (CDP)

## Level 1 Clinics:

Dec 15: Danville, CA (AM)

Feb 2: Petaluma, CA (AM)

March 10: ***NCJLA 8U & 10U Boys and Girls Play Days***

Patelco Sports Complex, Pleasanton

Petaluma Community Fields, Petaluma

Bartholomew Sports Complex, Elk Grove

## Other Clinics:

### Level 2 Clinics:

Feb 2: Petaluma, CA

Feb 9: Folsom, CA

Feb 10: Menlo, CA

### **P3 (Peak Performance Practices)**

Dec 15: Danville, CA (PM)

### **SANKOFA Clinics:**

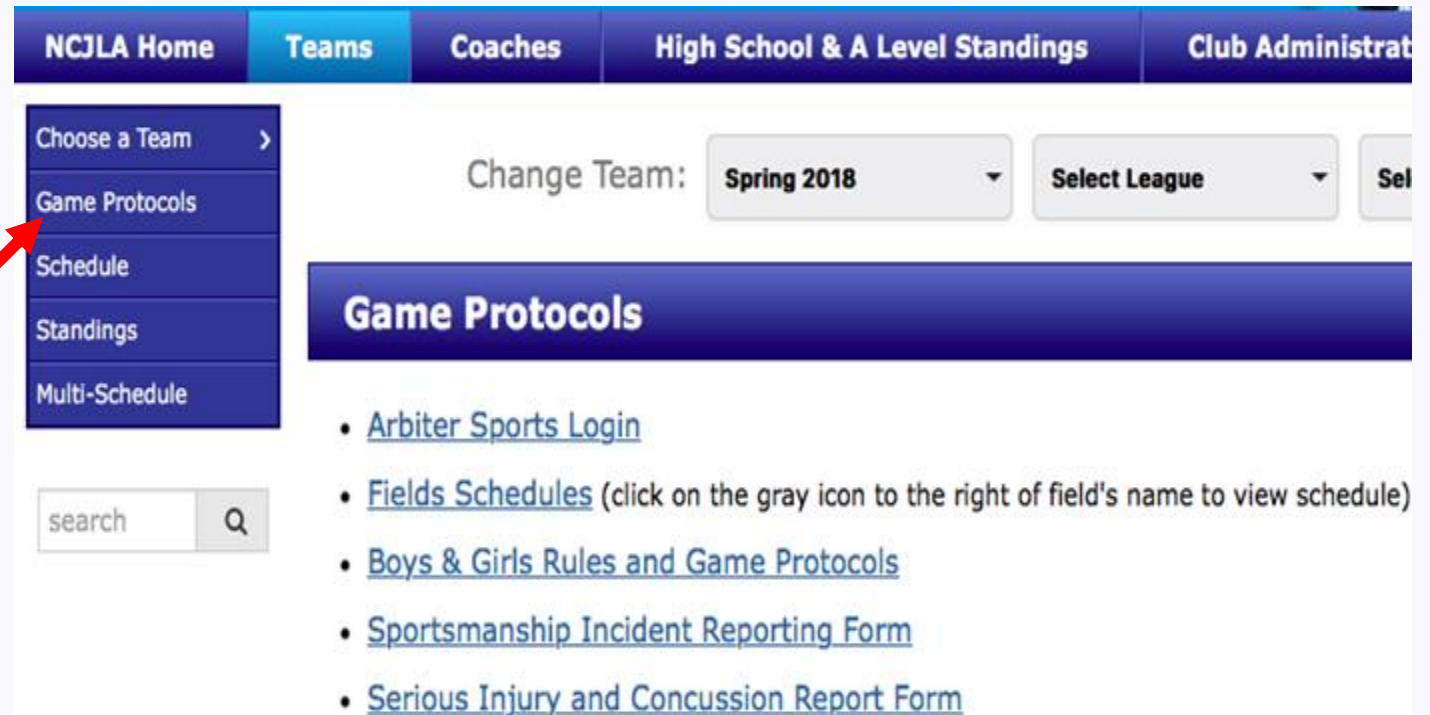
Oct 27: Oakland and Richmond

# Coaches Education: Supplemental Resources

- Adaptive Lacrosse Training through USL
  - [diversityprograms@uslacrosse.org](mailto:diversityprograms@uslacrosse.org)
- Coaching Children with Learning Disabilities
  - [Kids Included Together Online Learning Center](#)
  - [KIT.org](#)
- Red Cross CPR/First Aid/AED training- online
- Sideline Sports Training- online

# New for 2019

- Scheduling meeting for Sacramento area clubs
- Online scheduling for A level & HS boys and girls teams
- Quick links on NCJLA team schedule page
  - Serious Injury & Concussion Report Form
  - Arbiter log in
  - Field Address/Locations
  - NCJLA Modification Rules
  - Game Protocols
  - Sportsmanship Report Form



The screenshot displays the NCJLA website's navigation bar with tabs for "NCJLA Home", "Teams", "Coaches", "High School & A Level Standings", and "Club Administration". The "Teams" tab is active. Below the navigation bar, there is a "Change Team:" section with a dropdown menu set to "Spring 2018" and a "Select League" dropdown menu. A red arrow points to the "Game Protocols" option in a dropdown menu that also includes "Choose a Team", "Schedule", "Standings", and "Multi-Schedule". Below the navigation bar, there is a search bar with the text "search" and a magnifying glass icon. The main content area features a "Game Protocols" header and a list of links: "Arbiter Sports Login", "Fields Schedules (click on the gray icon to the right of field's name to view schedule)", "Boys & Girls Rules and Game Protocols", "Sportsmanship Incident Reporting Form", and "Serious Injury and Concussion Report Form".

# New for 2019

- 2 venues for end of season for B levels, reduction in travel
- Tourney Machine app for larger events
- Club Best Practices resources folder
- New Determining Playing Levels Guidance
- Opening more dates for games: week nights

# Thank you!

- Save the Date:
  - Schedulers Meeting, December 15, 2018
  - Head Royce, Oakland
  - A Level and HS Scheduling opens Dec 12, 2018
- Questions?
  - [execdirector@ncjla.org](mailto:execdirector@ncjla.org)

US Lacrosse  
Pacific Northwest Regional Manager

Lyn Porterfield







# Lacrosse Athlete Development Model (LADM)

Fun & Kid-Centered

Trained Coaches

Physical Literacy

Program Design for Development

Multi-sport Participation

Small-Sided and Free Play

Practice Guides (pdf version)

[uslacrosse.org/LADM](https://uslacrosse.org/LADM)



# Coaching Development Program (CDP)

Interested in sharing your love of the game?

Become a USL Clinician

Train the Trainer sessions forming in our region

Submit request for an application via email



# Online Support through USL

## Mobile Coach App and E-Learning Portal

- Continually updated
- Drills, practice plans, videos – can be sorted by age, gender and skill.
  - Aligns with LADM and new DIA clinics
    - Past Convention Sessions

## Clubs Member Portal

- Member validation, completed courses of members, etc.
  - Demo during lunch



**Lyn Porterfield, Regional Director  
(Pacific Northwest)**

**email: [lporterfield@uslacrosse.org](mailto:lporterfield@uslacrosse.org)**

**cell: 206-972-8610**

# NCJLA Association Business

Timothy Allen



2018 Delegates Meeting



# Association Business

- Roll Call
- New Club Applications
- Election of Board Members



# Roll Call



# New and Provisional Club Applications

- Clubs Eligible for Full Membership Status
  - Sonoma Youth Lacrosse
  - Rocklin Youth Lacrosse
  - South County Outlaws
- New Club Applications
  - Hollister Youth Lacrosse Club
  - Shasta Lacrosse Club
    - Shasta Regional Soccer Assoc. and Redding Lacrosse merged



# New and Provisional Club Applications

- Motion to approve the following 3 clubs for full membership status:
  - Sonoma Youth Lacrosse
  - Rocklin Youth Lacrosse
  - South County Outlaws
- Motion to approve a slate vote for Hollister Youth Lacrosse and Shasta Lacrosse as provisional members for the 2018-2019 season.

# Board Member Notice and Vote



# NCJLA Board – Minimum 7 authorized 13

| Returning Board Members | Nominating Club | New term or year 2 |
|-------------------------|-----------------|--------------------|
| Tim Allen               | Livermore       | Year 2             |
| Steve Walker            | Ross Valley     | Year 2             |
| Cathy Reed              | Sacramento      | Year 2             |
| Kelly French            | Pleasanton      | Year 2             |
| Jeff Kahsen             | Scorpions       | Year 2             |
| MJ Davey                | MA Grizzlies    | Year 2             |
| Steve Harmen            | Tomahawks       | Year 2             |
| Tanya Moroyoqui         | Woodcreek       | Year 2             |
| Jim Kircher             | Petaluma        | Year 2             |
| Harris Holzberg         | Napa            | Year 2             |

| Candidate       | Comment    | Nominating Club |
|-----------------|------------|-----------------|
| Joe Fisher      | North Bay  | Napa            |
| Aaron Thomas    | Sacramento | Fair Oaks       |
| Karl Thomsen    | East Bay   | Walnut Creek    |
| Carlos Trujillo | South Bay  | W. V. Red Hawks |
| Brian Silcott   | South Bay  | Firehawks       |

## Leaving the Board

Elaine Lea Chou

Phil Connolly

Bill Schwaab

# Board Member Vote

- Vote
  - Election of new board members for a 2 year term to fill 3 of the 13 positions.
    - Aaron Thomas, Fair Oaks
    - Karl Thomsen, Walnut Creek
    - Joe Fisher, Napa
    - Brian Silcott, Firehawks
    - Carlos Trujillo, W. V. Redhawks

# NorCal Lacrosse Foundation NorCal Chapter

Don Aiello



# Agenda

- NorCal Lacrosse Foundation
- NorCal Chapter of US Lacrosse



# NorCal Lacrosse Foundation

- Faulkner Fund - \$187,860
- Loans and grants to teams/clubs and player scholarships
- From 2010 - 2018 YTD
  - \$19,000 in loans to teams/clubs/schools
  - \$19,790 in grants to teams/clubs/schools
  - \$15,455 in scholarships to players
- Applications and donations

[www.norcallacrosse.org](http://www.norcallacrosse.org)

# NorCal Chapter of US Lacrosse

- Approximately 30 chapters down from 67 chapters as US Lacrosse increases direct support to leagues
- Chapters are extensions of the US Lacrosse national office. While US Lacrosse maintains a close, programmatic and strategic relationship with our chapters, each chapter is separate and distinct. Chapters function as their own corporation, serving local constituents and managing affairs as deemed appropriate under US Lacrosse chapter by-laws.



# NorCal Chapter of US Lacrosse

- **Advocate for Education & Training**
  - Support NCJLA and USL in publicizing and promoting USL Coaches Education Program clinics
  - Coordinate and pay for additional onsite coach training
  - Provide financial support for officials evaluations & training – sunsetting after 2018
  - Promote [US Lacrosse Western Regional Lacrosse Convention](#) – November 30 – December 2, 2018, Las Vegas, NV
  - Hold the NorCal Lacrosse Convention – Tentative women’s game event in conjunction with US National Women’s team, January 26-27
  - Chapter scholarship funding for NCJLA coaches to participate in KIT training for disability inclusion and behavior support practices
  - [USL Coaches Diversity Convention Scholarship](#) for USL national convention, Philadelphia, Jan 11-13; Application deadline 10/12.

# NorCal Chapter of US Lacrosse

- **Communications & Presence**
  - NorCal Chapter Website - [www.norcalchapterusl.org](http://www.norcalchapterusl.org)
  - News and events, coaches (job postings), players, officials, administrators
  - Newsletter
  - Facebook Page
  - Chapter booth & personnel at NCJLA and USL events
- **NorCal Chapter Hall of Fame**
  - Friday, November 16, 2018
- **Support Local Lacrosse Community**
  - Town Hall meeting to discuss challenges and needs
  - Provide grant to NorCal Women's team

# NorCal Chapter of US Lacrosse

## ■ Player activities

- Coordinate and set up or support national team clinics
- Support the All American & Academic All American process

## ■ Sport Development

- Provide loaner sticks for camps & clinics
  - 250 sticks loaned out to 5 clubs
- Support & FUP on school and team applications for Soft Stick, First Stick and D&I grants. Drive local introduction of lacrosse.
  - 300 soft sticks and balls (USL grant and Chapter purchase) to support Chapter's Sacramento school PE programs in conjunction with teacher clinics (Cathy Reed & Phil Bodenhorn)
  - Sankofa clinics in Richmond & Oakland, October 27
  - Chapter follows up with organizations and will inform local NCJLA clubs who should also reach out to the soft stick recipients.
- Provide team, club and league development support information and materials
- Develop lacrosse opportunities in non-traditional areas

# NorCal Chapter of US Lacrosse

Website - [www.norcalchapterusl.org](http://www.norcalchapterusl.org)

Don Aiello - [president@norcalchapterusl.org](mailto:president@norcalchapterusl.org)

530-219-2711



# 2019 Girls' Update

Connie Cady



2018 Delegates Meeting



# Agenda

- Guidance on Determining Team Playing Level
- Operations Guide Updates
- Girls' Youth Rule Changes for 2019
- Key Dates

# Guidance for Determining Team Playing Level

- New for 2019
- Gender neutral
- Girls now have A, veteran and rookie levels for 10U -14U
- Operations Guide section 7. Team Registration.

# Operations Guide Updates

## Boys and Girls A level and HS end of season format now standardized

- Must have met the minimum number of **10 games played** during the regular season to qualify for playoffs.
- Must have **played all teams in conference at least once** and **two out of conference** games to qualify.
- Top **6 teams** will be seeded and participate in a single elimination tournament for divisions with 11 or more teams.
- For divisions with 10 or less teams the top **4 teams** will be seeded and participate in a single elimination tournament.
- No consolation games for A level and HS teams that make playoffs **once eliminated.** Teams that do not make playoffs will participate in a single elimination flighted tournament.



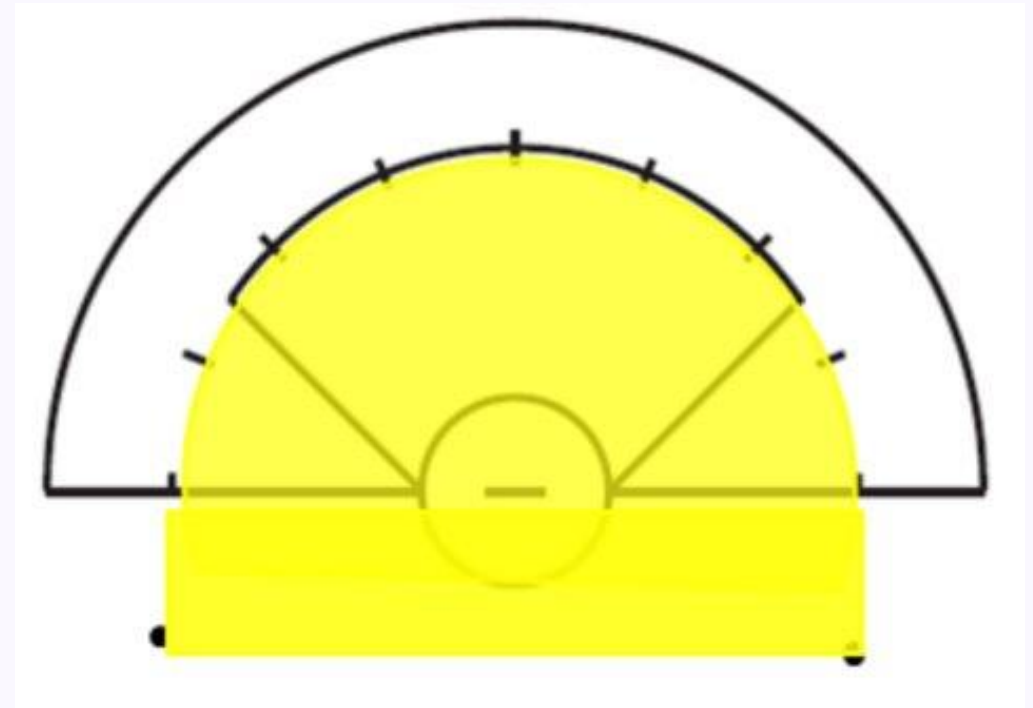
# Overview of 2019 USL Girls Rules Changes

- **Self-Starts**
- The self-start has been adopted for restarting play outside of the critical scoring area.
- Suitable for full field play at 12U and older.
- Pace of play is increasing; decreases official's involvement in restarting play.

# Overview of 2019 USL Girls Rules Changes

## Penalty Zone Defined

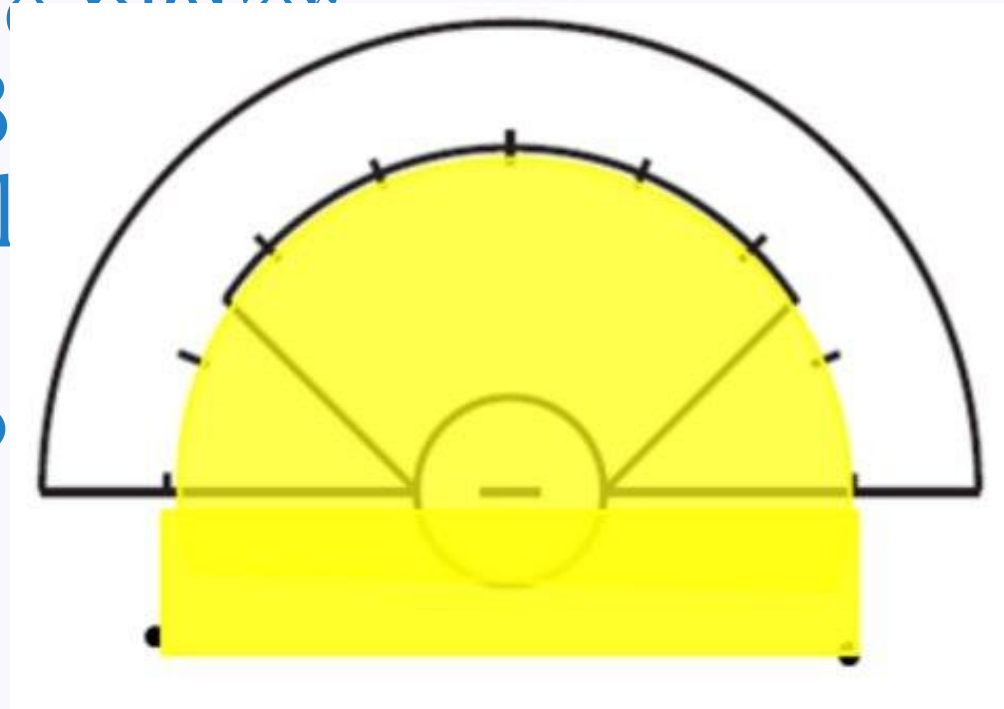
The area 8M away from the goal circle above the goal line extended and the area created by the extension of the 8M marks to the dots and between the dots.



# Overview of 2019 USL Girls Rules Changes

## Penalty Zone

This zone must be cleared when a major foul by a defensive player occurs from the 8 down to the goal line extended. Limits recurrence of stoppage of play in this space calls.



# Overview of 2019 USL Girls Rules Changes

- ⑩ Establishes the release of the ball from the crosse before time expires as a legal shot.
- ⑩ Requires the horn to sound twice to indicate a time-out.
- ⑩ Requires all headgear to be worn properly and securely affixed with the chinstrap in place as intended for use.

# Overview of 2019 USL Girls Rules Changes

- Soft type ball will be used at 8U. Made of soft sponge material and lighter than regular lacrosse balls. (Not Swax Lax weighted balls.)
- NOT adopting alternating possession re-start rule for contested ground balls at 10U and 8U.
- 10U will continue to do draws after goal scored

# Overview of 2019 USL Girls Rules Changes

- NOT adopting 4 goal mercy rule at 14A (but will keep it at 14B). It will be 6 goals at 14A.
- NOT adopting new checking category “transitional checking” for 13U, 14U.
- Jan 27, 2019 All officials, Coaches and players Rule Interpretation Sessions

# 2019 Key Dates for GHS

- Mar 2, Sat – Regular season begins
- Apr 28, Sun – All Star nominations due
- May 5, Sun – Regular season ends
- May 8, Wed – All Star nominees finalized
- May 11, Sat – Playoffs and Flighted Tournament
  - Bartholomew Sports Complex, Elk Grove
- May 19, Sun – Championship game
  - Patelco Sports Complex, Pleasanton

# 2019 Key Dates for G14A & G12A

- Feb 24, Sun – G14A & 12A Play Day (Limited)
- Mar 2, Sat – Regular season begins
- May 5, Sun – Regular season ends
- May 11, Sat – Playoffs and Flighted Tournament
  - Petaluma Community Fields
- May 20, Sun – Championship games
  - Patelco Sports Complex, Pleasanton



# 2019 Key Dates for G14UB

- Feb 24, Sun – Limited Regional Play Days
  - Patelco, Pleasanton
  - Bartholomew Sports Complex, Elk Grove
- Mar 2, Sat – Regular season begins
- May 11, Sat – Regular season ends
- May 19, Sun - G14UB Flighted Tournament
  - East Bay and Sacramento locations, reduced travel

# 2019 Key Dates for G12UB

- Feb 24, Sun – Regional Play Days
  - Patelco, Pleasanton
  - Bartholomew Sports Complex, Elk Grove
- Mar 2, Sat – Regular season begins
- May 11, Sat – Regular season ends
- May 18, Sat - G12UB Flighted Tournament (*2 locations*)

# 2019 Key Dates for G10 & G8

- Mar 10, Sun – Regional Play Days, Coaches Clinic
  - Bartholomew Sports Complex, Elk Grove
  - Patelco Sports Complex, Pleasanton
  - Petaluma Community Fields, Petaluma
- Mar 16, Sat - Regular season begins
- Mar 24 & 31, Sun – Regional Jamborees
- Apr 7, 14, 20, 28 Sat – Regional Jamborees
- Apr 28, Sun – Regular season ends
- May 4, Sat - G8U & G10U Regional Festivals
  - Treasure Island & Woodcreek HS

# 2019 Boys Update

Chris Gehrke



2018 Delegates Meeting



# Scorer's Table Training Materials

- Operations Guide section 18. Game protocols
- NCJLA YouTube channel for videos
- Required for 10U-HS
- Teams typically have 1 score keeper each, 1 time keeper (either club), and 1 spotter (either club)

# 2019 USL Boys Rules Changes

- For the list of US Lacrosse rule changes - <https://www.uslacrosse.org/blog/us-lacrosse-announces-2019-boys-youth-rule-changes>
- The creation of a new penalty for body checks that “**target**” a player. Targeting body checks are those in which a player takes aim with the intent to make violent contact to a player in a defenseless position, or aims his check towards the head or neck area. Penalties which fit this description will result in a 3-minute non-releasable penalty and ejection from the game.
- A change to what constitutes a legal hold with the crosse, commonly known as “crosse check holding” by the defender. Under the new rule, holding with the portion of the crosse which is between your hands is now legal as long as your hands are no more than shoulder width apart and the pressure being applied by the defender is equal pressure to the pressure from the offensive player.

# 2019 USL Boys Rules Changes

- A clarification was issued to the warding off rule for offensive players. It is illegal for the offensive player, with two hands on the crosse, to push their opponent with their crosse to create separation. However, it is legal for a player with the ball and two hands on their crosse to contact the crosse of their opponent using their arm.
- Language was updated for players releasing on a faceoff when using a small-sided game format. Under the new language, all players can release from their positions on the sound of the whistle and all players must play the ball until possession is gained on the faceoff. Failure to play the ball on a faceoff can result in a penalty.
- Each coach is required to name a defender at the start of the game who will serve penalties for teams that dress only one goalie for a game in the event the goalie is charged with a penalty.

# 2019 USL Points of Emphasis

- **Targeting:** The creating of a “targeting” penalty aims to identify and remove the most dangerous body checks in the game with harsh penalties. The creating of new language should result in an easier identification of those fouls and a decrease in the number of dangerous checks.



# 2019 NFHS Boys Rules Changes

- For a full list of NFHS Rule Changes – [www.nfhs.org/sports-resource-content/boys-lacrosse-rules-changes-2019](http://www.nfhs.org/sports-resource-content/boys-lacrosse-rules-changes-2019)
- The pocket/net must be completely attached to the head and the side walls, leaving no gaps large enough for a ball to pass through.
- If any of the following occur between the end of the period and the shot entering the goal, the goal will be disallowed:
  - The ball makes contact with any member of the attacking team or his equipment;
  - The ball is touched by a player of either team other than the defending goalkeeper after hitting the goalkeeper or his equipment, goal posts or crossbar.

# 2019 NFHS Boys Rules Changes

- A player shall not initiate a body check legally but slides up into or follows through to an opponent's head or neck.
  - A player shall not initiate **targeting**, which is intentionally taking aim at the head/neck of an opponent for the purpose of making violent contact. This could include a check with the crown of the helmet (spearing) that targets the head or neck of an opponent. **PENALTY:** Three-minute, non-releasable foul. An excessively violent violation of this rule may result in an ejection.
- A coach who is on the field and obstructs play.
  - Three-minute non-releasable penalty for a player, substitute or non-playing team member or a one-minute non-releasable penalty for a coach and ejection for the remainder of the game. The ejected coach shall be removed from the premises (bench and field area). The ejected player, substitute or non-playing team member shall be removed from the premises if there is authorized school personnel present to supervise the ejected student.

# 2019 NCJLA Rules Changes

- An announcement will be made in November should NCJLA decide to adopt new or modified rules.
- 4 Coaches are now allowed on sidelines
- Youth stick update – US Lacrosse rules
  - Memo will be included with NCJLA Rules sheet

# NFHS Rules Test vs USL Rules Test

- 2019 - NCJLA will use NCJLA created division specific rules tests, as well as NFHS test for older divisions.

# Sideline Managers

- Revised NCJLA training materials
- Implementation of the USL ROOTS blue cards
- NCJLA YouTube Channel video
- Required to attend pre-game officials and coaches meeting
  - Introduce self
  - Listen to instructions of officials
  - Observe and report

# 2019 Key Dates - 8U, 10U, 12U V&R

- Season Begins - February 23
  
- NCJLA Regional Play Day for Boys 8U & 10U - March 10
  - Bartholomew Sport Complex, Elk Grove
  - Patelco Sports Complex, Pleasanton
  - Petaluma Community Fields, Petaluma
  
- NCJLA Regional Jamboree for Boys 8U & 10U- March 24 & 31
  
- NCJLA Regional Jamboree for Boys 8U & 10U - April 7, 14, 20, & 28
  
- Regular Season Ends - April 28
  
- Festival / Flighted Tournament - May 4 & 5
  - Treasure Island & Woodcreek HS

# 2019 Key Dates - Boys' 14U V&R

- Season Begins - February 23
- Regular Season Ends - May 11
- Flighted Tournament - May 18 & 19
  - Treasure Island and Foskett Park

# 2019 Key Dates - Boys' All A Division & HS

- Season Begins - February 23
- Regular Season Ends - May 5
- Quarter Final / Semi Finals/Flighted Tournament - May 11
  - Bartholomew Sports Complex, Elk Grove
- Division Finals - May 19th (*Neutral Location*)
  - Patelco Sports Complex, Pleasanton



# 2019 Boys State Championship

- The NCJLA decided to cancel this game until further notice.
- Please reach out the [Boysdirector@ncjla.org](mailto:Boysdirector@ncjla.org) if you would like to be a part of the committee to discuss future direction.

# BHS All Star and All American Process

- Boys HS Commissioner will coordinate All Star selection process and All American nomination process.
  - Detailed selection process will be sent mid season.
  - Nominations are due to commissioner **April 28 (7 days prior to season end)**.
  - The number of team nominations will be determined by the teams final rankings in the division.
  - Players recognized during end of season playoffs. Coaches – please have prepared remarks for presentation.
  - USL Coaches Council will follow up with All Academic/American nominees.

# 2019 Boys General Updates

- **Reminder of Monthly Meetings.** Third Wednesday of Every Month. Call-in number 866-201-0083 - 539507.
- **No games May 12 (Mothers Day)**
- **No games April 21 (Easter)**
- **Roster Policy Reminder**
  - No player is allowed to play on two different teams within an eight (8) day period. The purpose of this rule is to discourage clubs from floating players from one team to another. Thus, a player cannot play on the same team within the same weekend and on the second team the following weekend as well, depending on when the first game was played.

# 2019 Boys General Updates

- SIR process updates- ejection policies match for Code, SIR and Rules govern league play in ops guide.
  - Clarified language for ejections for fighting - 2 game suspension.
  - Clarified language for NCJLA SIR Committee action based on inappropriate sportsmanship. *Irrespective of any actions by official and clubs.*
- NCJLA will be using Tourney Machine for select post-season events.
- Sideline manager resources - Video & ROOTS card.

# Thank you

Meeting Notes and resources will be published on the NCJLA website after the meeting.



# Links

- [Determining Playing Levels Guidance](#) *revised for 2019*
- [NCJLA Club Board Play Out of Area Decision Tree Example](#)
- US Lacrosse [Coaches Insurance Coverage](#) brochure
- US Lacrosse [ROOTS Sportsmanship Card](#)
- [NCJLA Youth Lacrosse YouTube Channel](#)
- [8U & 10U Revised Season Format Summary Sheet](#)

# Master Calendar Summary

- 10/6 All teams registration opens
- 12/7 10UA, 12U-HS registration closes
- 12/12 Conferences posted/A level & HS online scheduling opens
- 12/15 NCJLA Scheduling meeting
- 12/15 P3 & level 1 USL Coaches Clinic
- 12/17 NCJLA website opens for game entry
- 1/12 8U & 10UB registration closes for guaranteed games outside jamborees
- 1/20 Game schedule entry closes for any games that require officials
- 1/27 NorCal Coaches Convention & Girls Game Rule Interpretation Sessions

- 1/30 Player Scholarship Applications due
- 2/2 8U & 10UB Boys and Girls Jamboree Schedules released
- 2/2 USL Level 1 & 2 Coaches Clinic- Petaluma
- 2/9 Rosters and Coach Certification due for 10UA, 12U-HS
- 2/9 USL Level 2 Coaches Clinic- Folsom Sports Complex
- 2/10 Final round of Petitions due
- 2/10 USL Level 2 Coaches Clinic- Menlo-Atherton
- 3/9 8U & 10UB Boys and Girls Rosters and Coaches Certification Due
- 3/10 USL Level 1 Coaches Clinic at Play Days- Elk Grove, Pleasanton, and Petaluma