

**North Sound Youth Lacrosse Team Handbook of Policies and Rules
Adopted by the Board of Directors**

MISSION STATEMENT:

North Sound Youth Lacrosse supports youth lacrosse for players in the boys' game through 8th grade who live in the Washington state counties of Snohomish, Island, Skagit and Whatcom. Our mission is to develop our young players into solid lacrosse players while maintaining a positive coaching environment that builds self-esteem and honoring the game by instilling the values of sportsmanship.

1.0.0 NAME OF ORGANIZATION

1.1.0 The name of this organization shall be North Sound Youth Lacrosse, hereinafter referred to as NSYL, and this shall be the official handbook.

2.0.0 RESPONSIBILITIES OF NSYL

2.1.1 The essential responsibilities of the NSYL are to establish league rules, publish a schedule for games, establish a contract with the referee association, pay all league expenses and generally administer lacrosse in our area.

2.1.2 NSYL has a policy that we DO NOT share the player's contact lists with **anyone**.

2.1.3 NSYL will maintain a contact list that will be used to facilitate communication.

2.1.4 All programs/events information may only be sent to the NSYL program directors.

3.0.0 ORGANIZATION QUALIFICATIONS

3.1.0 **Oversight** – Each organization will independently operate under direction from a host school or Board of Directors who oversees eligibility and coaches/players conduct.

3.1.1 At minimum, the Board of Directors will include a President, Vice-President, and Secretary/Treasurer. The board may also include other officers or representatives.

3.1.2 The Board of Directors must not consist solely of coaches and their relatives to ensure fairness within the organization.

3.2.0 **Acknowledgement and Certification** – Ultimately it is the responsibility of each organization to ensure that their program is abiding by all NSYL policies.

3.2.1 Each year it is the duty of the Program Director to submit a properly completed Organization's Packet.

3.2.2 In the Organization's Packet, each organization must acknowledge that they have reviewed and will abide by all NSYL by-laws and policies adopted in the handbook.

3.2.3 Each Organization will certify that it meets all Organization Qualifications as outlined in Rule 3 of this handbook and that their coaches meet all qualifications as outlined in this handbook.

3.3.0 **Insurance** – Each organization must certify and have available for inspection, proof that each player has medical insurance and the organization has liability insurance from the First Day of Season through the Last Day of Season.

3.4.0 **Lystedt Law** – Every organization and coach must comply with state law regarding concussions and sudden cardiac arrest (RCW 4.24.660 Zachary Lystedt Law).

3.4.1 Each organization must certify and have available for inspection, proof showing all players and parents in the program have reviewed, signed, and returned a concussion and head injury information sheet.

- 3.4.2 Each organization must certify that every person who is or will be coaching any team for the organization has completed concussion training through US Lacrosse, NFHS, or CDC; and sudden cardiac arrest training through NFHS, or CDC.
- 3.5.0 **Code of Conduct** - Every Organization will certify and have available for inspection, proof that it has a written player's Code of Conduct in place.
- 3.6.0 **Coaches** - The Head Coach of each team in the league will be held responsible for knowing the rules and insuring that all those coaching and acting under the Head Coach comply with the rules of the NSYL.
- 3.6.1 The Head Coach of a team shall be at least 21 years old and a high school graduate unless the NSYL Board of Directors, prior to the first day of the season, has granted a waiver.
- 3.6.2 All Head Coaches shall be US Lacrosse members and shall complete the US Lacrosse Level 1 online course or the US Lacrosse level 1 clinic.
- 3.6.3 All Head Coaches shall complete the Positive Coaching Alliance course Double-Goal Coach: Coaching for Winning and Life Lessons.
- 3.6.4 It is required that at least one coach from each team be First Aid and CPR Certified.
- 3.6.5 All members of the coaching staff must undergo a background check of a national scope prior to any contact with participants.
- 3.6.6 The Head Coach shall ensure that each team will have a properly stocked first aid kit and cell phone on the sidelines of all NSYL games and practices.
- 3.7.0 **Membership and Official Fees** - Every Provisional and Regular Membership organization will pay a membership fee to be determined by the Board. The due date will be determined by the Board each season. These fees are in place to cover expenses needed to run the league. They include, but are not limited to, costs for scheduling, maintaining the league website, administration, public relations, Ref Association, etc.
- 3.7.1 Every organization in the league shall pay fees to the Board Treasurer to cover referee expenses for each scheduled game. These fees are determined under contract between the League Board and the referee association. These fees must be paid by the due date determined by the board of the current season. If said fees are not paid, games will be suspended until the fees are received unless arrangements have been made between the organization and the Board of Directors.
- 3.7.2 All home fields (acquiring, lining, maintenance) and home field use costs are the responsibilities of each organization.
- 3.7.3 In the unfortunate event that a team must fold during the season, the membership fee will be kept by the league, however unearned referee fees will be returned to that organization.

4.0.0 PLAYER ELIGIBILITY

- 4.1.0 **Age Limits** - No player who is fifteen years old prior to March 1st of the current season or who is enrolled in school in the ninth grade or above shall be allowed to participate in the NSYL. A valid birth certificate will determine the player's age and division of play. The age limitations are intended to protect the safety of the children. A player who does not meet the age restrictions for their grade may petition the Board for an exception by contacting the Board of Directors.
- 4.2.0 **Divisions** - It is the responsibility of each organization to verify the age of each player it registers. In the event of a dispute, age will be verified using the participant's birth certificate.
- 4.2.1 K/2 Division - Must be currently enrolled in either kindergarten, 1st or 2nd grade and be under 9 years of age on March 1st of the current season.
- 4.2.2 3/4 Division - Must be currently enrolled in either 3rd or 4th grade and be under 11 years of age on March 1st of the current season.

- 4.2.3 5/6 Division – Must be currently enrolled in either 5th or 6th grade and be under 13 years of age on March 1st of the current season.
- 4.2.4 7/8 Division – Must be currently enrolled in either 7th or 8th grade and be under 15 years of age on March 1st of the current season.
- 4.2.5 A player can play in only one division (in his/her age/grade division) per season except in order to salvage a game. No players are allowed to play down a division level. No players can play more than up one division level at each club’s discretion.
- 4.3.0 **Rosters and Swing Players** – It is the responsibility of each organization to comply with NSYL rules for rosters and swing players.
- 4.3.1 Head coaches shall exchange rosters before each game and declare any swing players. Head coaches must also declare swing players’ regular program and team.
- 4.3.2 Rosters shall include players’ first names, initial of last names, jersey #, and grade.
- 4.3.3 Swing players are players that normally play for another team within the same program. Swing players are only allowed from within NSYL.
- 4.3.4 Teams may swing players if they have less than 15 players for a game. They may use swing players to bring their game roster back up to 15 players, but may not have more players than their opponent.

5.0.0 BOUNDARIES AND PLAY FOR RULES

- 5.1.0 Youth organizations are expected to draw from geographic boundaries that fall within their High School area.
- 5.1.1 Players are assigned to programs based on the school district where they live and should refer to the following list. This list will be reviewed by NSYL each fall, considering WHSBLA boundaries.

School District	Lacrosse Program
Arlington	Stanwood
Bellingham	Bellingham
Blaine	Bellingham
Conway	Skagit Valley or Stanwood
Coupeville	Skagit Valley or Mukilteo
Darrington	Stanwood
Edmonds	Edmonds Eagles
Everett	Everett
Ferndale	Bellingham
Glacier Peak H.S.	Glacier Peak
Granite Falls	Monroe, Snohomish, or Stanwood
Index	Monroe
Lake Stevens	Snohomish
Lakewood	Stanwood
Lynden	North County
Marysville	Everett, Snohomish, or Stanwood
Meridian	North County
Monroe	Monroe
Mt Baker	North County

Mukilteo	Mukilteo
Nooksack	North County
Northshore	Northshore
Oak Harbor	Skagit Valley
San Juan Islands	Skagit Valley
Skagit County	Skagit Valley
Snohomish H.S.	Snohomish
South Whidbey	Mukilteo
Stanwood-Camano	Stanwood
Sultan	Monroe

- 5.1.2 Players must play for their assigned program unless released, in writing, by a representative of their assigned program. Representatives with authority to release a player are limited to president, vice-president (boys youth), or program director.
- 5.1.3 Players must renew their request to play for another program annually.
- 5.1.4 If a player's request to play for another program is denied, the player may appeal to the NSYL Board of Directors, in writing, and the request will be reviewed at the next regularly scheduled board meeting.
- 5.2.0 **Recruiting** – all organizations must follow NSYL recruiting guidelines.
- 5.2.1 No organization will actively "recruit" players who have played for another program (recruiting being defined as contact by a Coach or Board member or anyone with knowledge or direction of a Coach or Board member).
- 5.3.0 **High School Boundaries** – all organizations must communicate boundary rules to their players.
- 5.3.1 Players should be aware of WHSBLA boundary rules, which generally assign players based on the high school they attend.

6.0.0 GAME REGULATIONS FOR HOME AND AWAY TEAMS

- 6.1.0 Each organization will provide their own home field and will be responsible for field markings and field supervision. If a field site has a track, the home team will ensure the track is closed during warm ups and game play for 56 and 78 divisions.
- 6.1.1 The home team shall provide access to bathrooms or portable bathrooms on site for games.
- 6.1.2 Each organization that doesn't have an operating scoreboard must furnish a regulation clock as well as a penalty clock and horn.
- 6.1.3 The home team is responsible to make sure that they do not have the same colored jerseys as the away team. Each organization must indicate their colors for home and away at the start of the season.
- 6.2.0 **Game Balls**
- 6.2.1 The home team will provide and retain game balls. Game balls must comply with USL requirements.
- 6.2.2 K2 and 3/4 Game balls – The home team need not place game balls at the end lines provided the home team head coach always has a replacement game ball immediately available.

- 6.2.3 5/6 and 7/8 Game balls – Four game balls shall be in place at each end line at the beginning of each quarter. Extra game balls are not required to be placed on the spectator sideline or at the table area.
- 6.3.0 **Scoring Table** – each organization is responsible for adhering to NSYL score table rules.
- 6.3.1 Each team must provide two (2) volunteers for the scoring table at each game. One of the two (2) volunteers provided by each team must be an adult. The home team is responsible for official score book and timekeeping. The visiting team is responsible for spotter/caller and their own scorebook.
- 6.3.2 All persons present at the scoring table area are neutral participants and may not speak to players in the field except in the course of their table duties.
- 6.3.3 Only table staff, referees, and program directors are allowed in the table area.
- 6.4.0 **Sidelines and endlines**
- 6.4.1 Spectators are restricted to the sideline opposite of the teams. This area is parallel to, and the same length as, the field of play.
- 6.4.2 Spectators are not allowed in the area of the endline, inside of the curve of a track, or on the curve of a track.
- 6.4.3 Only players and coaches are allowed in the team area unless a player is being tended to for a medical reason.

7.0.0 PLAYING RULES

- 7.1.0 Playing rules will be US Lacrosse Boy's Youth rules except for the following modifications.
- 7.1.1 All age groups/divisions:
 - 1.3B Teams may use portable creases 18 feet in diameter
 - 4.23 Teams will change goals at half time
 - 1.9B Goalies are required to wear arm pads
 - 3.1 If the goal differential is 6 or more at any time during the second half, the trailing coach may elect for running clock. The game will return to stop clock whenever the goal differential is below 6.
 - 3.4 Overtime will not be played for NSYL regular season games
 - 4.3 If the goal differential is 6 or more at any time during the second half, the trailing coach may elect to receive the ball at the center spot in lieu of any faceoff. Faceoffs will resume whenever the goal differential is below 6.
- 7.2.0 **K-2 Division (8U)**
 - 1.3.1 Teams will use 4' x 4' goals, or upside down 6' x 6' goals
 - 1.5.1 Teams may use regular lacrosse balls
 - 2.1.1 Games will be 4 v 4, with no goalies
 - 3.1 Length of game will be four quarters of 12 minutes each, running clock
 - 4.21 Substitutions take place according to head coaches, on dead balls
 - 4.33 There is no limit on how long a player may hold the ball;
Teams must attempt two passes before taking a shot
 - 6.13 Raking the ball will not be enforced as a technical foul
- 7.3.0 **3/4 Division (10U)**
 - 1.3.1 Teams will use 6' x 6' goals
 - 1.6 Long sticks are not allowed
 - 2.1.1 Games will be 6 v 6, including goalies
 - 2.1.3 Coaches may roam their sideline from the table area to the endline

- 2.1.5 One certified official will be used for each game
- 2.7 The home team shall provide a timekeeper (see NSYL rule 6.3.1)
- 2.8 The home team shall provide a scorekeeper (see NSYL rule 6.3.1)
- 3.1 Length of game will be four quarters of 8 minutes each, stop clock
- 4.21 Substitutions take place according to head coaches, on dead balls, through the box
- 4.25 Each team shall have two timeouts per half
- 4.33 Teams must attempt two passes before taking a shot
- 7.1 Players will serve penalties in the table area, but will be replaced by a teammate immediately. There will not be Man Down situations or Extra Man Opportunities.

7.4.0 Not used

7.5.0 **5/6 Division (12U)**

- 1.2.1 Games shall be played on the full-sized lacrosse field
- 2.1.1 Games will be 10 v 10;
Teams may use up to 4 long crosses at a time, not counting the goalie's crosse
- 2.7 The home team shall provide a timekeeper (see NSYL rule 6.3.1)
- 2.8 The home team shall provide a scorekeeper (see NSYL rule 6.3.1)
- 4.21 Substitutions on the fly are allowed, through the box;
All substitutions are decided by the head coach
- 4.3 Face offs will continue to be 3 v 3, unless there is a penalty situation

8.0.0 SCHEDULES

- 8.1.0 Game schedules against teams within the NSYL organization are to be established by the NSYL Schedule Committee.
- 8.1.1 The goal is for approximately half home and half away games.
- 8.1.2 Scheduling games against teams outside of the NSYL organization (inter-league games) is allowed, encouraged and shall be addressed through the designated scheduler.
- 8.1.3 Exhibition or non-league games are scheduled at the discretion of the program, but must be reported to the NSYL Scheduler and VP if officials are required.
- 8.1.4 Any change to a scheduled game must be agreed upon between program directors from both programs.
- 8.1.5 Changes to a scheduled game (date, time, location) must also be reported to the NSYL Scheduler and VP 72 hours prior to the originally scheduled, or proposed rescheduled game (whichever is less). The NSYL Scheduler or VP will notify the Referee Scheduler of the change. It is the responsibility of the organization's authorized agent requesting the change to contact the NSYL Scheduler and VP. If the requested change is made less than 72 hours, assume that referees will not be available and you will need to obtain their own approved referees to cover the game. Non-league games will incur an additional charge to the home team for referees and will be subject to the year-end account reconciliation per the bylaws. Home teams may negotiate referee fees with their out of league guest team.

9.0.0 CONDUCT. RULES

- 9.1.0 Each organization will be responsible for the conduct of their coaches, players and spectators. Any player, coach or spectator who is ejected from a game must follow all NSYL rules regarding ejection from a game.
- 9.1.1 Each organization will be responsible for conducting the "honor the game" ceremony at all home games. Each team should be prepared to provide "honor the game" stickers. Honor

the game ceremonies will not take place on the field of play or on the teams' sideline.

- 9.1.2 Each organization may choose their own nicknames (providing name is appropriate, as determined by NSYL board), colors (as long as it is not already in use), team size, number of teams and home field but must conduct themselves under the spirit of the rules of NSYL.
- 9.1.3 Each organization should provide a field manager for their assigned home games positioned on the spectator sideline. The field manager has the right to remove any spectator who is disruptive regardless of which team the spectator is cheering for. Visiting teams shall have a designated sideline manager on the spectator sideline.
- 9.1.4 Every parent, player and coach in each organization will receive a "Code of Conduct Form". It explains what's expected as to their behavior at any and all NSYL functions. This form will be signed by the coach, parent, and player and filed with the player's registration forms with each member organization.
- 9.1.5 Physical or verbal altercations before, during or after a game by players, coaches, officials or spectators will result in the ejection of that player, parent, coach, or spectator from the field location by the Field Manager. Ejection of players, coaches, or spectators by officials will result in the automatic suspension from participating in all NSYL functions, including all practices, for a period to include the next scheduled game. This does not apply to fouling out. The NSYL Board of Directors will review the incident with the players, parents, coaches, or spectators during the suspension period. At that time a silent vote will be taken to allow or disallow the individual to continue participation in league activities. The NSYL Board of Directors can take action up to and including banning the individual from the NSYL. If the individual is allowed to continue participation and is involved in a second offense, it will result in the automatic suspension from league play or participation for the remainder of the current year.
- 9.1.6 In the event ejection happens at the last game of the season the punishment set forth will roll into the next season and start one week before first game.
- 9.1.7 Altercations between parents, players, coaches, officials, or any other spectators will not be tolerated. Organizations must police themselves and make it clear to their organization that bad behavior will not be tolerated.

10.0.0 GRIEVANCES

- 10.0.1 Grievances shall be addressed first to the Program Director/President of the other organization involved. The Program Director is free to try and resolve the grievance by working with the opposing organization's Program Director. If the organization's Program Director feels the grievance was not resolved and escalation is warranted, they can bring the grievance to the NSYL Vice President where it will be handled per the NSYL By-laws.
- 10.1.0 If the board receives a written complaint from an organization's representative about another program the NSYL board will hear both sides, take in all the evidence, and vote on whether or not it's considered a "Strike". If a program receives 3 Strikes in one season that program would be suspended the remaining of the season.
- 10.1.1 In the event a program receives a suspension follow rule 10.1.0 that program will be on probation the following season and lose voting rights.
- 10.1.2 If a program is on probation as a result of rule 10.1.0 and receives one strike in the next season, that program will be suspended and reviewed by the board for expulsion.

11.0.0 ETHICS

- 11.1.0 In any document one can find loopholes or ways to get around a rule. It is up to the individual organizations to police themselves so as not to break the spirit of the codes and rules. An organization is only as good as the people in it. The NSYL was created to bring together strong independent youth Lacrosse organizations that are willing to work within an environment of mutual cooperation in which the advancement of Lacrosse and not just the individual

organization are the main priority. The dynamics of youth lacrosse demands that a youth lacrosse league be operated in this manner. This allows the community, in which the organization resides, to better serve that area, grow with the area and have a sense of ownership with the community.

- 11.1.1 Member organizations are expected to induce a spirit of high ideals in their teams. Member organizations are to practice the highest standards of sportsmanship and coaching ethics.
- 11.1.2 The highest degree of ethical conduct is expected of all that participate in the league. This includes strict adherence to both the letter and the spirit of the rules and regulations. The use of alcohol, illegal drugs, tobacco products, and the use of profanity during practice or games are prohibited.