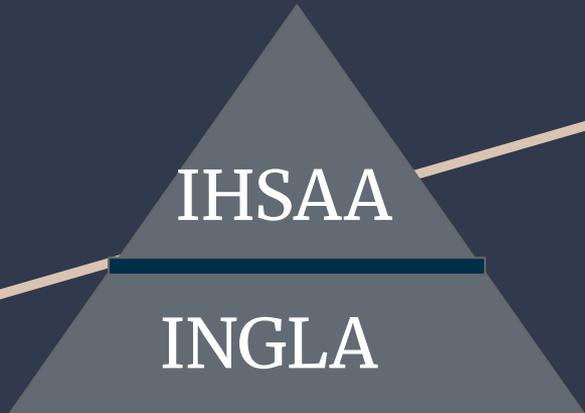


Girls Lacrosse in Indiana for Dummies

Welcome to the league!

A dark blue diagonal graphic that starts from the bottom left corner and extends towards the top right corner, covering the lower half of the page.



- INGLA (Indiana Girls Lacrosse Association) runs the girls high school league in Indiana
- USA Lacrosse is the national governing body for lacrosse
- NFHS is the official rules for high school girls lacrosse
- IHSAA runs sanctioned high school sports in Indiana
 - We are an emerging sport

Basics of the league

Agenda

- Who we are (the board)
- Where to find INGLA information
- Where to find IHSAA information
- Coaching Requirements (Levels)
- Scheduling
- The Tournament
- Resources for new coaches/programs
- Referees!



The INGLA Board

INGLA is led by an elected board of volunteers who work closely with the schools, coaches, players, and officials to provide a quality lacrosse experience.



**JOE
Bellflower**

President



**AARON
Kadel**

Treasurer



TREASURER ADDRESS - SEND CHECKS HERE

Aaron Kadel

INGLA Treasurer

363 Bennington Road

Indianapolis, IN 46227

TRACY

Martin

Vice President



RACHEL

Frantz

Director of Development



JOSH

Miller

Past-President



M.E.

Mildenberg

Secretary



JOHN

Sherman

Official Representative



Competition Rules

The website!

Specifically the

Coaching

Documents

The screenshot shows the homepage of the Indiana Girls Lacrosse Association website. At the top left is the "sportsengine" logo. The main header features the "Indiana Girls Lacrosse Association" title, a search bar, and a navigation menu with items: Home, INGLA Teams, About Us, Registration, Game Change, Mobile App Information, and More +. Below the header is a secondary navigation bar with links: HOME > Coaching Vacancies, Officials' Area, Rules, Coaching Documents, Start A New Program, Arbiter, and More +. The main content area features a large yellow silhouette logo of a lacrosse player within the outline of the state of Indiana, with the text "INDIANA GIRLS LACROSSE ASSOCIATION" to its right. Below the logo are two prominent buttons: "COACHING DOCUMENTS" with a "Click Here!" link, and "COACHING VACANCIES" with a "Click Here!" link. The background of the page includes images of lacrosse players and equipment.

Bylaws

Under Coaching

Documents

All the way to the
right!



sportsengine

Indiana Girls Lacrosse Association

Page Search Search

INGLA Home INGLA Teams About Us Registration Game Change Mobile App Information More +

HOME > Coaching Vacancies Officials' Area Rules Coaching Documents Start A New Program Arbiter More +



INDIANA GIRLS LACROSSE ASSOCIATION

Coaching Documents

2025 SEASON 2024 SEASON 2023 SEASON 2022 SEASON 2021 SEASON 2020 SEASON AWARD TEMPLATES **BYLAWS**

GUIDES FOR COACHES

Coaching Requirements

USA Lacrosse revamped their Certification Program on January 1, 2024.

All coaches are required to be a Bronze Level Certified Coach through USA Lacrosse (Included with USA Lacrosse coach membership for no additional fee). INGLA expects all head coaches to be at least Silver Level Certified prior to the beginning of their second year of coaching, though sooner is even better!

Bronze Requirements:

- Valid Membership
- Background Check
- Abuse Prevention Course
- Cardiac Care Course
- Concussion Course
- Cultural Competency Course
- Annual Rules Test

Gold and Platinum Level Certifications are also encouraged.

<https://www.usalacrosse.com/coach-certification>

BRONZE

INCLUDED WITH COACH MEMBERSHIP

Entry Level Coach Certification

Requirements:

- » Valid Membership
- » Background Check
- » Abuse Prevention
- » Cardiac Care
- » Concussion
- » Cultural Competency
- » Annual Rules Test

Other Benefits

- » Additional materials for practice planning
- » Basics of lacrosse and the Athlete Development Model [ADM]

Important Dates



December 1st: Schedule for the season finished

- You enter on INGLA
- What happens if you aren't done?

First Saturday in February- Spring Meeting

- Talk about new rules/updates

February XX - Coach Registration

- You and all of your assistant coaches
- The Sunday before practice starts

February xx - Player Registration

- All players
- Any players who join after this date need to be registered before the practice

March xx Season Opens - IHSAA Calendar determines

Late April- Rising Star/Showcase/Award nominations

Early May 1A playoff discussions

May XX - last 2A game for playoff ranking

May XX- 2A tournament bracket

May/June state tournament

September - second Sunday in September is our Fall meeting. This is typically Hybrid

Scheduling Overview

- INGLA does not provide help with scheduling
- This can be intimidating for new coaches
- Number of Required Games
- Who to Play
- Travel Requirements
- Weekend Play Days- Running Clock

Scheduling – Contact Info

- Coaches update INGLA contact information.
- Email - one that is monitored, not just for junk.
- Phone / Cell Number - so VM or Text messages can be left.
- Please respond to calls, texts or emails in a timely manner.

Scheduling – Weekend Playday

Weekend Playdays - All Games Are Running Clock: We are working on specific details for this and will update as soon as we can.

Please Remember:

- Sites should try to have 4 games or more on Saturdays/Sundays
- Try to avoid scheduling any more sites on Saturday, April 20th & Saturday, April 27th
 - This is likely going to be a big college weekend and might pull many of our refs

Area Specific Maximums

- South (Evansville, Fort Branch) - We cannot support more than 2 sites on a single day
- North (Chesterton, Crown Point, St. Joe, Penn, Northridge, SB Bears, Homestead, Leo, Culver, Munster, Elkhart) - We cannot support more than 1 site on a single day
- Central (Indianapolis and surrounding area) - We cannot support more than 3/4 sites on a single day

1A Sectionals



- 4 sectionals
- Regionally based
- Sectional playoffs
 - Seeded based on regular season

1A Ranked Sectional Format

- See competition rules for additional details
 - Coaches docs
- Each sectional decides date of play within playoff week
 - Work with other coaches in your sectional to determine this
- INGLA publishes final rankings of each sectional



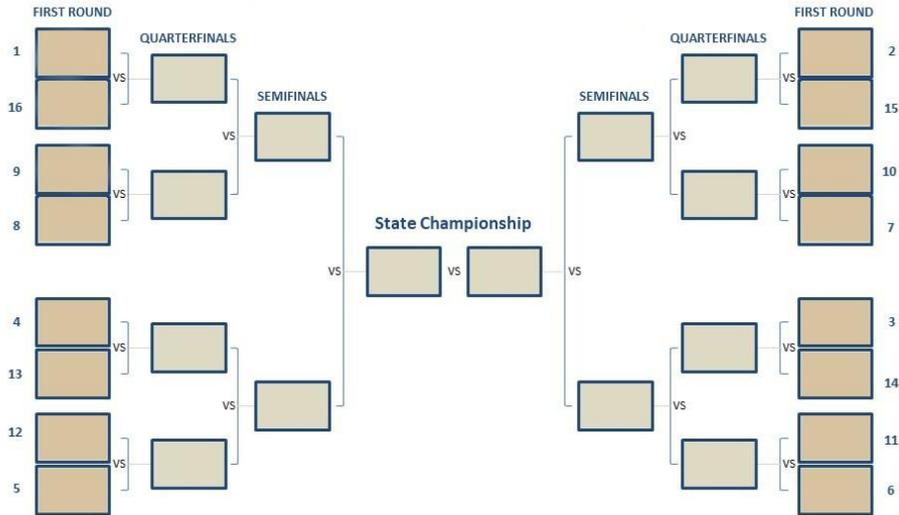
**2024 Class 1A
State Tournament**

2A Regionals



INDIANA GIRLS
LACROSSE ASSOCIATION

Class 2A State Tournament



- North and South
- See competition rules for specific game requirements
- Tournament based on season standings

State Tournament

2025 2A State Champs!

How it is organized

- Playoff committee
- Host School

What to know

- Rising Stars/Showcase (late April)
- Come watch & Support
- Other award presentations

Hosting

- Great way to earn money for your school
- Requirements on website
 - Must be in "central" Indiana



INGLA Dues – Aaron

- \$300 for Varsity
- \$250 for JV
- Grant Program



Eventlink

Eventlink



How to use- make sure everyone is set up

Paying referees/confirming with John and April

Game changes

Arbiter



Sports Engine



INGLA



Statistics – Max Preps – new for everyone 2026

- How to do them?
 - Coaches Docs
- When to do them?
 - 24hrs score
 - 7 days full stats
- What to do if you your opponent has no stats?
 - Email Secretary



Registration/ Website

- USA Lacrosse Registration (first step!)
- Then go to INGLA Website for registration
- This is how you get emails
 - Once you are registered you need to email inglacommunications to get access to roster
 - Required for starting practices
 - Required for all coaches (paid or unpaid)

sportsengine

 Indiana Girls Lacrosse Association
INGLA Coach Registration 2024-2025

Welcome

USA Lacrosse Membership Validation

Coach Information

Emergency & Medical Contact Information

Review

Confirmation

Welcome

WELCOME TO THE INGLA COACH REGISTRATION 2024-2025

This registration session will allow you to complete your contact and team information. Please read through each page carefully to ensure that all information is provided accurately.

USA LACROSSE REQUIREMENT

You must register first with USA Lacrosse and then return to this Registration Session to sign up. If you have not already signed up with USA Lacrosse, please follow these steps:

- **Step 1:** Obtain a USA Lacrosse Membership
- **IF YOU DO NOT HAVE A CURRENT USA LACROSSE MEMBERSHIP:** [CLICK HERE](#)
 - Each athlete must have their own unique USA Lacrosse membership
- **TO LOOK UP/RENEW A USA LACROSSE MEMBERSHIP:** [CLICK HERE](#)
- **Step 2:** Return to this registration and proceed. Later in this registration session you will need to enter the USA Lacrosse Membership ID that you received in Step 1.

QUESTIONS?

Please direct any questions regarding this registration to:

INGLA
Secretary
Inquiries

6

Not signed in

Select an option to continue with the registration.

[SIGN IN](#)

[CREATE AN ACCOUNT](#)

Social Media/Emails

- Most of our communication is through emails
 - Our email list comes from registrations
 - Thus it is difficult to add new people or delete old people in between seasons
- Instagram
 - We try to use posts for league information and state wide announcements
 - We use stories for updates and highlighting individual teams an opportunities
 - Feel free to tag us in anything you want to go out to a larger audience
 - X, facebook, etc.



How to recruit players

- Get in the school!
 - Girls soccer players, basketball players, wrestlers, new athletes are all great people to recruit
 - Tell your girls it's on them to help recruit
 - Have a "try lax" night and have all current girls bring a friend
 - Talk with other coaches about talking to their teams
- Create an environment that makes it safe to fail



Resources

Who to know

- Midwest Region Rep- Matt Burke
- Development Chair- Rachel Frantz
- USA Lacrosse liaison- Leslie Sherman
- USA Lacrosse liaison- Kenny Benoit
- Empire Lacrosse- Chris Berju

What you need (money/resources/equipment)

- Official fees
- League fees
- Athletic trainer fees
- Field rental or school use
 - Lining the field- chalk spray paint, sawdust, flour...
- Nets (2 game)
- Balls (50 ish) with about 6 designated for games
- Legal sticks
- Goggles
- Mouthguards
- Uniforms
- USA Lacrosse Memberships

Resources Cont...

USA Lacrosse Grant Programs:

<https://www.usalacrosse.com/grant-offerings>

2025 GRANT APPLICATION

The 2025 National Grant Program application window is closed. This page will be updated with information for the 2026 cycle later this year.

ReLax Collections:

Used lax equipment- just pay for shipping

Coaching Mentors:

Extra/old gear

Equipment Grants



Financial Grants



Physical Education Grants



Regional Academy Grant



Continuing education

Resources for furthering your coaching:

- USA Lacrosse Coaching Certification
<https://www.usalacrosse.com/coach-certification>
- USA Lacrosse Regional Academies
- Coaching mentors
- Development chair
- Go watch a practice!
- Butler, Marian, Uindy, Franklin, Bethel, St. Marys, etc
- Crossroads Lacrosse clinic :)
- Women's Lax Drills (WLD resource- \$320 yearly or check their instagram for free resources)
- Practice plans on INGLA website!

USA lax ed- certification required:

Bronze level required for head coaches

Working with referees

- Paying them
 - Cash, Check, Eventlink, INGLA
- What you can expect
 - 30 minutes before game
 - All have passed training and rules tests
 - Lightning delays/senior night
 - Matching outfits



Working with referees

- Your behavior
- Their behavior
- Other coaches behavior



Working with referees

Who to call with issues?

April 315-591-4761

John 315-532-7292

JandASherm314@gmail.com

TEXT MESSAGES PREFERRED and
are responded to quicker

We also have an instagram!

@ingirlslaxref (M.E.)

We need more referees!



Veteran Tips (reading quotes/Q&A- exec board)

- Start small and then build. It's ok to start with really simple and achievable goals. Then, after you get a handle of how a season goes, look to improve or build a small number of things each year. It can be tempting to set expectations too high. Remember that the goal of youth sports is to create an environment for kids to learn life skills, not to necessarily win games and championships.
- Read the rule book, learn the rules, become an official. Officiate your athletes in practice!
- Get in with your athletic director and athletics assistant even if they don't support you, and be consistent in your communication. Show them what your team can do and they will begin to see what adding a fast, physical and LARGE female team can do for your school.
- Female coaches: don't give up if someone tells you no.

Questions?

Feel free to email the board with questions

We meet the 2nd Tuesday of the month