

**U.S. Lacrosse - Southern Ohio Chapter**  
**Program Guidelines - Girls Middle School Lacrosse**  
**Adopted: January 15, 2009**  
**Revised: March 23, 2009**

**1. Structure:**

The *Ohio South Middle School Girls Lacrosse League* (the “League”) is an association of Southern Ohio public school teams, private school teams, recreation association teams, and private club teams that sponsor lacrosse teams for 7<sup>th</sup> and 8<sup>th</sup> grade girls.

As of January, 2009, the Programs who plan to participate in the League consist of the following: Anderson, Cincinnati Royals, Deerfield, Edgewood, Indian Hill, Lakota, Loveland, Mariemont, Mason, Milford, Seven Hills, Summit Country Day, St. Ignatius, Sycamore and Wyoming

**2. Mission:**

The purpose of this League is to promote the positive growth of competitive middle school girls lacrosse in the Southern Ohio Chapter, while recognizing the importance of physical fitness, stick skills, game skills, rules, and sportsmanship. Other objectives include:

- a. **Skills** - Increasing the skill level of experienced and inexperienced players.
- b. **Advancement** - Preparing middle school girls to advance to high school play.
- c. **Creating Opportunities** – Enable every middle school girl to play on a team, and to provide opportunities for new teams to join the League.
- d. **League** - Facilitate and manage games among teams in the League. Each team must submit a roster of players on an excel spreadsheet no later than January 5 to Steve Hilmer. The roster template will be provided by Steve Hilmer.
- e. **Rules** - Enforce the rules and regulations of U.S. Lacrosse and the Southern Ohio Chapter. Facilitate communication with Ohio Women’s Lacrosse Umpires Association as appropriate.
- f. **U.S.L. Programs** - Promote U.S. lacrosse training, coaching, sportsmanship, and education programs. Each player must register with U.S. Lacrosse
- g. **Travel** - Look for opportunities to play in events outside chapter boundaries.
- h. **All Stars** - Promote a season ending All-Star game (paid in part by chapter).
- i. **National Festivals** - Participate in the U-13 and U-15 U.S. Lacrosse National Festivals (paid in part by chapter).

**3. Divisions:**

Teams in the League will be divided into 2 divisions: A and B. The A-division is a competitive grouping, while the B-division is a developmental grouping. The goal is to have equivalently sized and skilled girls play in each division. The number of

teams in the League and the division assignments will not be finalized until the annual scheduling meeting in January.

- a. **A-division** teams encourage competitive play and are structured by their coaches to win within the philosophy and spirit of the game. We will keep win/loss records and league standings in the A-division only. The coach may play 6<sup>th</sup> graders, 7<sup>th</sup> graders, or 8<sup>th</sup> graders on an A-division team. The composition of the team is up to the coach's discretion in a particular program. If an A-player plays one half of an A-game, she is ineligible to play in the next B-game, unless the B-team roster falls below 14 players. If a 6<sup>th</sup> grader plays on an A or B-team, she is not eligible to play in the Ohio Cup, which is a 5<sup>th</sup>/6<sup>th</sup> grade event sponsored by the Hillard Lacrosse Association in Columbus.
  
- b. **B-division** teams encourage developmental play and are structured by their coaches to encourage participation in game settings. We will not keep win/loss records and league standings in the B-division. B-teams are predominantly 7<sup>th</sup> graders, who are learning the fundamentals of the game, to prepare for A-team play in their 8<sup>th</sup> grade year, and 8<sup>th</sup> graders who are new to lacrosse. In a coach's discretion, 6<sup>th</sup> graders may play on B-teams so that the team has an adequate number of players. A goalie who plays all of the A games will be permitted to play in the B game in a defensive position (including goalie); provided, however, all of the players on the B team play at least one-half of the B-game. An A-team goalie is also permitted to play goalie in a B-game when the B-team goalie is unavailable; however, the League does encourage teams to offer other players the opportunities to play goalie in B-games.

4. **Management:**

A board of directors consisting of 5 members will manage the League (the "Board"). Each Board member's term will last for two fiscal years beginning on September 1, and ending on August 31. In the first year the Board will consist of the 2 chapter chairs, plus 3 volunteers who are selected at the annual scheduling meeting. In succeeding years the vacancies will be filled by volunteers selected by a majority vote of the Programs in attendance at the annual scheduling meeting. Each Board member will have a specific responsibility which he/she must complete for the League.

<b>Board of Directors</b>			
<b>Name</b>	<b>Position</b>	<b>Term Expires</b>	<b>Responsibility</b>
Steve Hilmer (Indian Hill)	Chair	8/31/09	Scheduling
Dan Utt (Mariemont)	Succeeding Chair	8/31/10	Legal/Contacts
Bob Vermillion (Mason)	Director	8/31/11	Competition/Officials
Amey Turner (Indian Hill) Kim David (Summit)	Director	8/31/11	Festivals, Camps, Other Cities
Ron Hodel (Lakota)	Director	8/31/11	Scoring/League Standings-

			A Division
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5. **Fees:**

- a. **Single Team** - An organization with a single A-team or Single B-team will pay U.S. lacrosse an annual fee of \$125.00 (\$75.00 membership, and \$50 assignor fee).
- b. **Multiple Team** – An organization with 2 teams (A & B) will pay U.S. Lacrosse \$200.00 (\$150 membership, and \$50 assignor fee).
- c. **Payment** - The fees must be paid prior to the January scheduling meeting for teams to be entered for that season.

6. **Activity Schedule:**

- a. **September-November** – New Board members become active. The contact director compiles a list of the teams that will participate in the next year’s League play, along with a list of all Ohio program contacts within the League.
- b. **December** – All Board members will attend the Southern Ohio Chapter of the U.S. Lacrosse meetings, and set the organizational plans for the January scheduling meeting. At this time all of the teams that will be participating in the League will be confirmed and committed. Divisions and League structure will be discussed at this time. Team fees will be collected.
- c. **January** – On or about the 15<sup>th</sup> of January, the scheduling meeting will be held. During this time, the season schedule will be completed, any replacement Board members will be nominated and selected, rule changes will be discussed, and other issues will be discussed. One coach from each team must attend this meeting. Following this meeting, the schedule distributed to program contacts for final review and approval.
- d. **February** – Programs may schedule meetings for players and parents to discuss the upcoming season. Players may participate in off-season clinics and leagues at any time before practice and league play commences.
- e. **March-May** – Coaches may start practice beginning March 1. The season commences as 14-16 games are played in each division based on the total number of teams in each division. The season ends at the end of May with an All-Star game. Five players from each team are selected by their peers and/or coaches and mixed together for an East vs. West game in both A-division and B-division. Coaching volunteers will be solicited for the All-Star Game. Work on opportunities for out-of-city play for the upcoming season. The Board will forward to program contacts information concerning camps and summer team opportunities.
- f. **June** – Participation in the National Festival is planned, facilitated and completed by the festival director. This includes a procedure for selection of coaches by the Board based on candidates who volunteer.
- g. **July-August** – No significant activities.

7. **Schedule and Reporting of Games:**

- a. **Schedule** - All games are scheduled at the annual scheduling meeting in January. A draft is prepared by the scheduling director prior to the meeting, so

coaches just have to pick the locations, times, and change a few dates at the meeting.

- b. **Assignor** - The schedule is compiled in an Excel spreadsheet, which lists the following information for each game: game number, home team, home team contact, home team contact phone number, away team, away team contact, away team contact phone number, game location, game time. The scheduling director will submit the schedule to the Arbitor assignor (currently Glenn Namian – [gnamian@cinci.rr.com](mailto:gnamian@cinci.rr.com)).
- c. **Limit** - League teams must play their League schedule. They are not allowed to schedule games with other teams in the League outside of their division. If they do schedule a game outside their division, or if a scheduled game must be rescheduled, it must be on a Friday, Saturday, or Sunday, it can not interfere with the ongoing referee schedule, and it does not count in League standings.
- d. **Reporting** - All scores for A-games are reported by the home team to Ron Hodel by e-mail ([rhodel@cinbulk.com](mailto:rhodel@cinbulk.com)). We will not keep personal statistics in this League. League standings will be distributed periodically.

#### 8. Games:

- a. **Days** – Middle school girls games are normally played on Monday and Wednesday evenings, commencing in the 3<sup>rd</sup> or 4<sup>th</sup> week of March, allowing for various spring breaks, and ending by the 15<sup>th</sup> of May. There is normally a 7-week window for games plus a week for make-up games.
- b. **Length** – The games should take one hour to complete; 5 minute set up, 25 minute running clock first half, 5 minute half time, 25 minute running clock second half. One-90 second time out will be permitted for each team in each half, with time outs only permitted after a score by either team. Clock will be stopped by referee for any player injuries or other significant disruptions in play.
- c. **Rules** – U.S. Lacrosse rules will be in effect for everything except the game time stipulation (local rule). There will only be modified checking from the shoulder down, and a defended player who holds a stick in an uncheckable position for more than 3 seconds will lose possession.
- d. **Referees** – Referees will be assigned by the chapter assignor. Ideally, **an adult** (over 25 years of age) should be assigned to referee each game. If there is only one referee for a game, he/she should be an adult, and he or she will be paid \$55 per game. If there are 2 referees for a game, one must be an adult, and each referee will be paid \$35 per game. Each team splits the cost of the referees, irrespective of whether a team is visiting or home. If a program has a voucher system for paying for referees, the voucher team pays for all referees at its home game and the away team pays for all referees when that team plays the voucher team at home. The referees must be U.S.L. approved, unless no-one shows up, then it is up to the 2 coaches on site to determine if the game should be played and how it will be officiated. In such instances, the Head Coaches for both teams are encouraged to officiate the game in an objective manner so that the same can be played within the spirit of the rules and good sportsmanship.

- e. **Playing Time Requirements** – Unless required by the rules of a particular program, a coach may play any player for as much time as he/she wants. The only requirement is that if an A-player plays half an A-game or more, she is not allowed to play in a B-game, unless the B-roster has 14 girls or less on that day. In that case, the A-player should be played in a defensive position.
- f. **Coaches** – The coaches must meet any specific program requirements and requirements of the Southern Ohio Chapter of US Lacrosse. Paid coaches are permitted.
- g. **6<sup>th</sup> Graders** – 6<sup>th</sup> graders may only play for A-teams or for B-teams in the discretion of the particular program's coaches. Sixth Graders who play up are still eligible to play with their youth programs as appropriate. A sixth grader who plays any games at the MS level is not eligible to play in the Ohio Cup as the rules currently stand.
- h. **Tables** – The home team is responsible for providing timers, a scorer's table, a game book for keeping score by players (and any cards administered to coaches or players), a horn, and substitution area cones.
- i. **Fields** – Home team will be responsible for providing and inspecting the field to ensure playability, lined per U.S. Lacrosse rules, and as close as reasonably possible to U.S. Lacrosse regulation size.

9. **Player Jurisdiction:**

This is a community based League. We want to manage jurisdiction, by making sure a player plays for the team within the school district in which she resides. Since, there are 4 types of teams in this League (public school, private school, recreation, and club), the jurisdiction rules must allow for the differences in these organizations.

- a. **Public School** – If a player attends a public school, that has a school team, that player must play for that public school team. If there is a player, who lives in a public school team district, but attends another school that does not have a team, that player must play for the closest (to their home) recreation or club team. If a player is cut by her public school team, she may play for the nearest recreation or club team. If a player lives in a community that has both a public school team and a recreation or club team, she may choose which team she wants to join, but she can not play outside the community and she can not play on 2 teams (unless they have Board approval).
- b. **Private School** – If a player attends a private school, that has a school team, that player is encouraged to play for the private school team, but has the option to play for a recreation team or club team located in the community in which she resides. That player must choose one or the other, and can not play on both, and cannot play on a club or recreation team outside of her district if there is a team available for her to play in her district.
- c. **Recreation Team** – If a player lives in a school district that has a recreation team and no school team, she must play for that team, unless she attends a private school and chooses to play for the private school team.

- d. **Club Teams** – While club teams do not have defined areas, they are not allowed to recruit players from areas that already have community based recreation teams, club teams, or public school teams.
- e. **Players** – No player can play for two different organizations (unless they have Board approval).

**10. Code of Conduct; Misconduct:**

We must provide a safe and competitive environment for players to have fun, make friends, learn, and grow. The Board encourages the principles of the Positive Coaching Alliance. The Board encourages program managers to be responsible for the behavior of their coaches, players, and fans; and, to take corrective measures when necessary. The Board views its disciplinary role as one of oversight, and will not tolerate player, coach, or fan misconduct. The responsible program for each team is primarily responsible for the discipline for the coaches and players of such team, provided the League reserves the right to impose discipline when determined necessary by the Board.

- a. **Code of Conduct** – The U.S. Lacrosse Code of Conduct is attached to these Guidelines. The League requires that all teams in the League abide by this Code of Conduct. The Board will refer to this Code of Conduct in exercising its disciplinary role under these Guidelines.
- a. **Player Misconduct** – Players, who misbehave, will receive yellow and red cards per the referee’s discretion in accordance with U.S.L. rules. Any player, who receives a red card, will be suspended for the next full game.
- b. **Coach Misconduct** – Coaches are not permitted to leave the coaching box (coach’s half of field to endline), while a game is being played, without permission of the referee (i.e., injury). Coaches are not permitted to yell at players or coaches from the opposing team. Coaches are not allowed to encourage their players to hurt, harm, or injure players from other teams. Profanity by coaches, players and fans is not permitted. Coaches and players are not permitted to touch a referee, other coach, or player in an aggressive manner. If a coach violates these rules, he will receive a warning from the referee on the first offense, and a red card on the second offense. If a second offense (red card) occurs, the assistant coach will be asked by the referee to take over field duties for that team and the head coach shall leave the field. Following such an incident, the referees will write a report to the Board Chair, and the coach will not be permitted on the field until he has had a personal meeting with the Board Chair and 2 other members of the Board of Directors. This Board committee may discipline the coach by giving him/her/them anything from a warning to a 2 game suspension. If determined appropriate by the Board Committee who meets with the coach, any coach who receives a second red card in the same season will not be permitted to participate in a game sponsored by the League.
- c. **Fan Misconduct** – Fans are not permitted to run on the field during the game. Fans are not permitted to touch coaches, players, or referees. Fans are not permitted to verbally harass players, coaches, or referees. If a fan is abusive, the referee may stop the game, issue a warning to the team, and request the

coach to immediately talk to the fan. If this happens a second time, the referee may change possession of the ball, if he/she can determine what team the fan represents. Coaches shall take reasonable steps to monitor the conduct by the fans of his/her team.

**11. Substance Abuse:**

Substance abuse by coaches or players will not be tolerated. The first violation for substance abuse is a 2 game suspension; the program team is also permitted to assess any additional sanctions required by that program. The second abuse at a League sponsored game is a remaining season suspension. Any substance abuse incident should be reported by the referee/s and coach/es to the Board Chair. If a coach or a referee decides a player can not make a competent decision on the field (for whatever reason), the coach or the referee has the right to remove that player from the game.

**12. Adoption of Guidelines and Future Modification to Guidelines.**

These Guidelines will be submitted for approval by a majority vote of the Programs participating in the League Scheduling Meeting on January 15, 2009. Each Program will be entitled to one vote, regardless of the number of teams sponsored by the Program. Once approved by a majority vote of the Programs participating in the League Scheduling Meeting, any future amendment or modification of these Guidelines will require a majority vote of the Programs.

## **US Lacrosse Code of Conduct**

### **US Lacrosse and the Positive Coaching Alliance**

Lacrosse is the oldest American sport. Native Americans played lacrosse centuries ago, long before our colonies were settled. Through lacrosse, Native Americans celebrated and emphasized their spiritual and cultural values.

In an effort to promote appropriate values in the modern game, US lacrosse has partnered with the Positive Coaching Alliance to promote positive coaching and good sportsmanship for all levels of lacrosse. US Lacrosse has included the following “Lacrosse Code of Conduct” as part of its membership application to encourage and foster appropriate values in players, coaches, parents, officials and spectators. US Lacrosse believes that it should be a priority of every lacrosse player, team, program and league to “Honor the Game.”

### **US Lacrosse Code of Conduct**

Players, coaches, officials, parents and spectators are to conduct themselves in a manner that “Honors the Game” and demonstrates respect to other players, coaches, officials, parents spectators and fans. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this “Code of Conduct” are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of lacrosse, themselves, their team and their organization. It is only through such conduct that our sport can continue to earn and maintain a positive image and make its full contribution to amateur sports in the United States and around the world. U.S. Lacrosse supports the following behaviors for those who participate in the sport or are involved in any way with US Lacrosse. The following essential elements of the “Code of Conduct” must be followed:

- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field during practices and games
- The value of good sportsmanship, the concepts of fair play, and the skills of the game should always be placed above winning
- The safety and welfare of the players are of primary importance
- Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as adults.

- Coaches should always demonstrate positive behaviors and reinforce them to players, parents, officials and spectators alike. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials and spectators
- Players should always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators
- Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect to players/teammates. Coaches are also expected to educate their players as to the important role of lacrosse officials and reinforce the ideal of respect for the official to players/teammates
- Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants
- Officials are professionals and are therefore expected to conduct themselves as such and in a manner that demonstrates total impartiality, courtesy and fairness to all parties
- Spectators involved with the game must never permit anyone to openly or maliciously criticize, badger, harass or threaten an official, coach, player or opponent
- Coaches must be able to demonstrate a solid knowledge of the rules of lacrosse, and should adhere to the rules in both the letter and the spirit of the game
- Coaches should provide a basic knowledge of the rules to both players and spectators within his/her program. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considerable unacceptable conduct
- Eligibility requirements of all levels of the game must be followed. Rules and requirements such as age, previous level of participation, team transfers, etc. have been established to encourage and maximize participation, fair play and to promote safety