




WSLA 2026 Winter League Meeting

- Lyn Porterfield – USA Lacrosse
 - Coaching Requirement
 - Out of Season Reminders
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 - Game Day
 - Playoff – Championship Bracket & Rainier Cup
 - Awards
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USA[®]
LACROSSE



WSLA Winter League Meeting

Lyn Porterfield/ January 24, 2026



RECOGNIZED SPORT
ORGANIZATION



USA[®]
LACROSSE

OUR

As the governing body of lacrosse in the United States, USA Lacrosse fuels the growth, enriches the experience, and fields the best national teams.

OUR

We envision a future that offers everyone a lifelong opportunity to enjoy the sport of lacrosse.



Spring 2026 Member agreement + Insurance program

New process for 2026

Member Organization Agreement now found in your program account dashboard – login at www.usalacrosse.com/login , choose your program and look for the “Program Compliance” box in upper right.

- ★ Required annually – submit agreement (step 2) and you’ll be able to proceed to step 3 to request any Certificates of Insurance (COIs) that you need for 2026 field rentals
 - ★ Non-member events (intro clinics) still covered – see Lyn for new form to use.
 - ★ Contact Lyn or Reese if you need to be affiliated with your program.

Season/Roster Management tool new for 2026

Similar to Roster management from 2025 – find in your program account dashboard.

USE the NEW Season/Roster Management tool to verify coach background check status, Abuse prevention training and other certification requirements as well as verify membership and Age Verification for all players.

Go here for video + PDF tutorial:

<https://www.usalacrosse.com/season-roster-management>

- ★ This is where you'll track coach certification progress (Bronze for all, Silver for head coaches as required by WSLA)
 - ★ Age verification now required for all players – one and done process.
 - ★ Access memberships (\$10) still available for players who need financial assistance – see Lyn for details.

Growing your program...

It's never too late to recruit new players!

- ★ Host a TryLax clinic
- ★ Utilize existing player networks (other sports, GirlScouts, school) to spread the word.
- ★ Lacrosse in the Olympics in 2028 – lean into this and educate those in your community about the sport.
- ★ Consider offering Adaptive Lacrosse programming.
 - ★ Pilot program available in 2026 – equipment + resources
 - ★ Adaptive Resource library for all:
<https://www.usalacrosse.com/adaptive-lacrosse-resource-library>
- ★ **See Lyn for resources:**
 - ★ Sticks for clinics
 - ★ Non-member insurance
 - ★ Curriculums (PE/schools and clinics)
 - ★ Marketing + educational materials (lock up logos, videos, etc)



Lyn Porterfield

Regional Director – Pacific

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Call or text: 443-645-0919

Reese Jackson

Regional coordinator

rjackson@usalacrosse.com

Call or text: 443-774-1266



USALACROSSE.COM

Coaching Requirements – In addition to USA Lacrosse requirements

- All Coaches Must:
 - Have a USA Lacrosse coach-membership
 - Complete a criminal background check – this can be done through USA Lacrosse
 - All Coaches, paid or volunteer, shall be knowledgeable about the nature and risk of concussion and head injury including the risks of continuing to play after a concussion or head injury, in addition to Sudden Cardiac Arrest.
- All Head Coaches shall be:
 - certified in First Aid and CPR prior to the first day of In-Season.
 - at least 21 years old, However, an individual that is not 21 years old prior to the first day of In-Season may request a waiver from the appropriate committee to serve as a Head Coach.
 - Silver Level USA Lacrosse Coaching certified for the following levels: Varsity; JV; 14U; and 12U. For the avoidance of doubt, WSLA does not require Silver Level USA Coaching Certification for either 10U or 8U.

Out of Season Reminder

During Out-of-Season, coaches, paid or volunteer, may coach or conduct practices or conduct instructional clinics for present In-Season team members ONLY under the following conditions:

1. Any Out of Season team, skill clinic or other lacrosse opportunity is open to all players in WSLA and is published on the WSLA website;
2. Any Out of Season team, skill clinic or other lacrosse opportunity is published on the WSLA website at least 7 days before the event date;
3. Regular Participants (defined as those attending 3 or more practice sessions or events for the Out of Season Opportunity) are identified by program on the WSLA website;
4. All Out of Season High School Opportunities are concluded no later than the Martin Luther King Holiday of any given year. Youth activities for the purpose of team recruitment may be held if approved by WSLA.

Players from a program may conduct Captain's Practices only under the following conditions:

No In season Coaches are in attendance or visible during any point of the Captain's Practice
Failure to follow this rule may result in consequences that at the sole discretion of the appropriate WSLA committee. These consequences may include a determination that any Coach in attendance or visible at a Captain's practice is ineligible to coach for the in season.

YEAR ROUND CONDITIONING IS OK

A program or coach may organize and conduct a year-around conditioning program to include weight training, running and exercising provided all of the following conditions are met:

- Participation is not a requirement or condition of participation on a WSLA High School League or Youth League In-Season team,
- The conditioning program is open to all interested participants, and
- The conditioning program does not include instruction in or practice of lacrosse skills.

Our Officials



OFFICIALS RECRUITMENT REQUIREMENTS

- Requirement is proportional to the number of teams fielded
 - 1-3 Teams – 1 Official
 - 4-6 Teams – 2 Officials
 - 7-9 Teams – 3 Officials
 - 10 Teams – 4 Officials
- Each 10U team counts as $\frac{1}{2}$ a team for these purposes

IND YOUTH	ADULT	2 ND YR ADULT
Rated + 10	Rated + 5	Rated + 8

\$200 fine pre-season. Will be reimbursed post-season if meet requirement

WWLOA Training Dates

WWLOA
YOUTH OFFICIALS
TRAINING DATES

All youth officials must attend one classroom AND field training date

CLASSROOM TRAINING

SAT 1/10/26	SPOKANE, WA 8:30am-4:30pm
SUN 1/25/26	EASTIDE CATHOLIC HIGH SCHOOL, SAMMAMISH 8:30am-4:30pm
SAT 2/7/26	BELLARMINE PREP SCHOOL, TACOMA 8:30am-4:30pm
SAT 2/21/26	SEATTLE PREP SCHOOL, SEATTLE 8:30am-4:30pm
SAT 2/28/26	SNOHOMISH PUD, EVERETT 9:30am-5:30pm

FIELD TRAINING

3/14 & 3/15	LOCATION TBD (ONLY NEED TO ATTEND ONE DAY)
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MORE INFORMATION AT WWLOA.ORG

WWLOA
ADULT OFFICIALS
TRAINING DATES

All NEW adult and LEVEL 1 officials must attend one classroom AND field training date

CLASSROOM TRAINING

SAT 1/10/26	SPOKANE, WA
SUN 1/25/26	EASTIDE CATHOLIC HIGH SCHOOL, SAMMAMISH
SAT 2/7/26	BELLARMINE PREP SCHOOL, TACOMA
SAT 2/21/26	SEATTLE PREP SCHOOL, SEATTLE

ALL CLASSROOM SESSIONS ARE 8:30AM - 4:30PM

FIELD TRAINING

3/7 & 3/8	LOCATION TBD (ONLY NEED TO ATTEND ONE DAY)
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MORE INFORMATION AT WWLOA.ORG

- OPEN TO COACHES!
- Small fee of \$15 to cover trainers, facilities, & food.
- Form sent via email & online
- Reach out to wwloaeducation@gmail.com with any questions

New Rules/Scoring & Timing

New Rules Interpretation

- Mandatory for coaches each year
- Last Chance – via Zoom Friday, March 6th at 8pm
- USA Lacrosse Rules Interp Webinar

Scorer/Timer Clinics

- Mandatory that 1 rep from each program attend
- Wed, February 25 7pm via Teams



HS Varsity Pre-Season Officials Rating Jamboree

March 7th & 8th

Locations: Marymoor, Meadowdale, Lakeside, and Sumner

30 teams, \$300 registration fee

Registration Opens Sunday, Feb 1 (9am)

First Come First Serve - usually fills within 24 hours
(Last Year it filled in 2 hours)

\$50 discount for hosting – contact MK if interested
(Need Marymoor and Meadowdale host)

JV Team Withdrawal Deadline



Jan 28 is the last day to withdraw your team for a refund (minus the \$350 deposit)



Withdrawals after Jan 28 will result in a forfeiture of registration fees

Schedule Changes

*Teams should communicate to each other and find a mutually agreeable solution to a change from the published schedule **and then** submit the change request to scheduler@wslax.org*

- **All HS Game changes are due 1/28**
 - Continued field issues, let us know
- Email agreed upon changes in this format (OR utilize the "reschedule" button on Crossbar)
 - Include admin@wslax.org and all relevant parties on the email
 - **SUBJECT: HS SCHEDULE CHANGE**
 - **Current Game as Scheduled** include home team, away team, date, time and location
 - **New Game Change** date, time and location
- In-Season game changes must be communicated to the scheduler@wslax.org NO LATER than 7 business days before scheduled game
- **PLEASE DOUBLE CHECK YOUR SCHEDULES OFTEN ON THE WEBSITE – It happens more at youth but sometimes the schedule is transferred to another site (i.e. TeamSnap) and never gets updated after the change.**
- If you are going to be short numbers for a game (typically happens at JV), please communicate with your opponent EARLY. It is not fair for a team that has ample numbers to find out as they step on the field that you may be asking to play down/borrow players. Referees are willing to work with coaches – they are already being paid to be there :)

Non-League Game

- Rules & responsibilities: Teams are only allowed four (4) non-league games per season. The teams are responsible for getting and paying their own referees. Please see WWLOA.org for the process in getting referees assigned. **IT IS YOUR RESPONSIBILITY TO FOLLOW UP WITH WWLOA TO MAKE SURE YOU HAVE REFEREES ASSIGNED.** All WSLA rules must still be followed for non-league games (l.e. only having your rostered players).
- MUST submit completed non-league game form to MK & Allison. Form has been emailed out and is on the website
 - The purpose of this form is so the scheduler is aware of the game to 1) ensure they do not schedule another game for either team on this day and 2) limit the number of other games on this day for referee purposes.)

Fines for Games Cancelled (or rescheduled) within 48 hours



WSLA pays officials for games that are cancelled within 48 hours of the game start by contractual agreement with WWLOA (this includes RESCHEDULES within 48 hours).

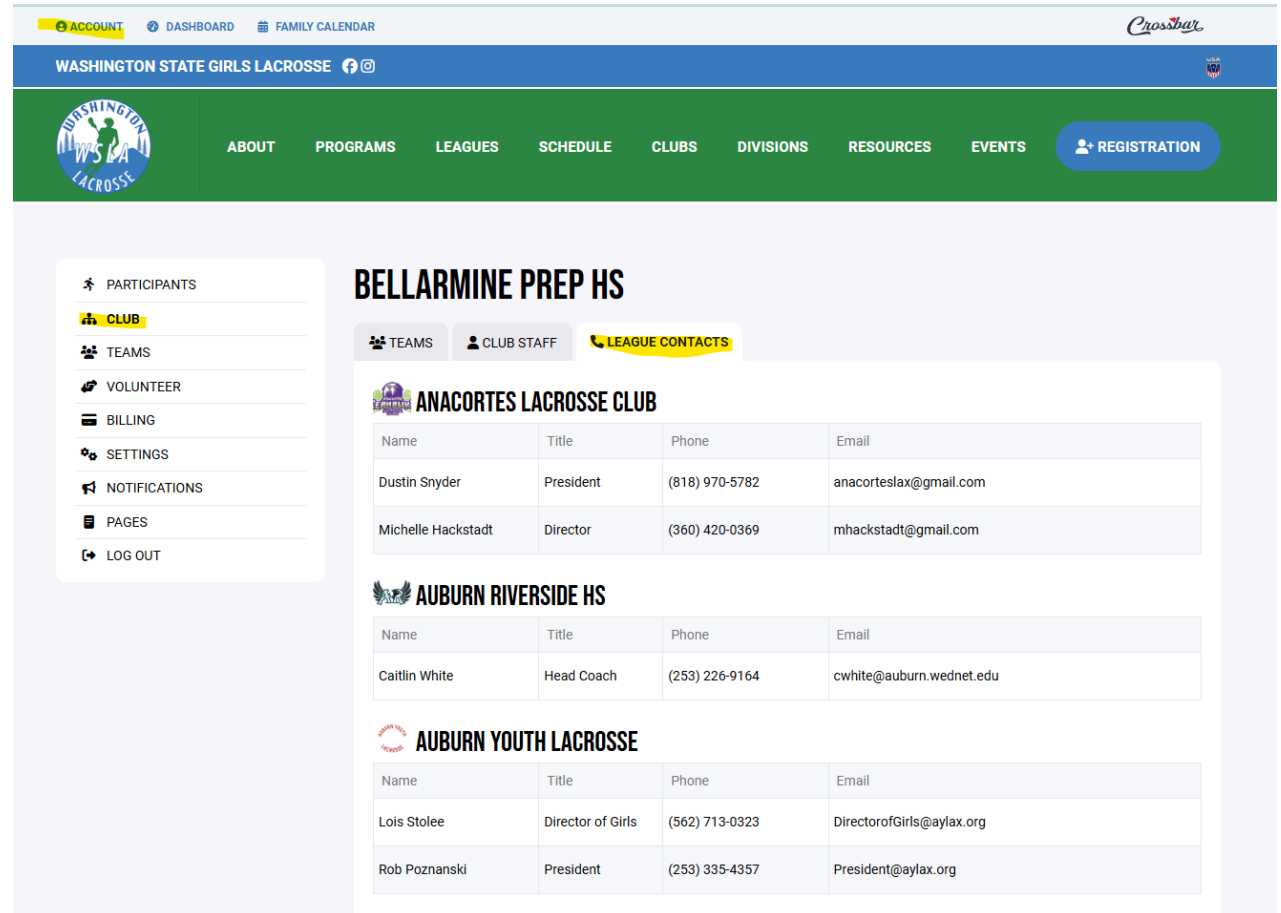


\$200 fine to program when games are cancelled within 48 hours

Where to Find League Contacts

- Navigate to your account in the top left corner
- Navigate to "Club" on the left hand side
- Select the tab for "League Contacts"

**If someone has not accepted an invite to join a club, they will not show up here.*



The screenshot shows the Washington State Girls Lacrosse website. The top navigation bar includes links for ACCOUNT, DASHBOARD, and FAMILY CALENDAR. The main header features the Washington State Girls Lacrosse logo and a menu with options: ABOUT, PROGRAMS, LEAGUES, SCHEDULE, CLUBS, DIVISIONS, RESOURCES, EVENTS, and a REGISTRATION button. A left sidebar contains a menu with options: PARTICIPANTS, CLUB (highlighted), TEAMS, VOLUNTEER, BILLING, SETTINGS, NOTIFICATIONS, PAGES, and LOG OUT. The main content area is titled 'BELLARMINE PREP HS' and has three tabs: TEAMS, CLUB STAFF, and LEAGUE CONTACTS (highlighted). Under the LEAGUE CONTACTS tab, there are three sections: ANACORTES LACROSSE CLUB, AUBURN RIVERSIDE HS, and AUBURN YOUTH LACROSSE. Each section contains a table with contact information for club members.

Name	Title	Phone	Email
Dustin Snyder	President	(818) 970-5782	anacorteslax@gmail.com
Michelle Hackstadt	Director	(360) 420-0369	mhackstadt@gmail.com

Name	Title	Phone	Email
Caitlin White	Head Coach	(253) 226-9164	cwhite@auburn.wednet.edu

Name	Title	Phone	Email
Lois Stolee	Director of Girls	(562) 713-0323	DirectorofGirls@aylax.org
Rob Poznanski	President	(253) 335-4357	President@aylax.org

Game Day Conduct

Sideline Manager

- Each team (home and away) will provide a sideline manager whose duty shall be to control the actions of spectators to standards of proper conduct

Home Team Pre-Game Announcement

- The home team is required to read a pre-game announcement directed at the sidelines. We will provide one but if your school already provides a similar one, that works too.

MISCONDUCT Yellow Card Protocol

- Sanction Protocol:
 - 1st Yellow: Official warning to player, coach and club
 - 2nd Yellow; 1st Red: Mandatory 1 game suspension; Call with WSLA Sportsmanship committee, player, coach and club
 - 3rd Yellow; 2nd Red: Mandatory 2 game suspension; Face to face WSLA Sportsmanship Committee hearing to determine severity of penalty which could include further game suspension, possible minimum 4 game suspension, possible suspension from remainder of the season (possible to carry over to next season); possible Club fine and sanctions.

Official Feedback

- Officials Feedback Form WWLOA.org
- Send email to MK – admin@wslax.org
- Looking for all feedback. WSLA provides direct feedback to WWLOA for selection of playoff umpires

Scores, Stats & Card Reporting

Upload Scores to WSLAX.ORG

- Due as soon after game as possible – must be same day as the contest
- Yellow and Red cards reported with game stats
- Officials will report Yellow/Red cards for **Misconduct** to WSLA ED

Stats

- Each team is required to upload their OWN stats by game within 12 hours of the end of the game

Game Summaries and Stories

- Send to pr@wslax.org
- Tag us on Instagram!

High School Championship Week



Rainier Cup May 9th &
10th

location TBD



Semi Final event
Tuesday May 12

Starfire Sports
Complex



Championship Game
Friday May 15

Starfire Sports
Complex





Championship Games plan to be streamed



Playoff Process- Rainier Cup


8 teams - PR 17-24

- May 9th & 10th
 - Conference winners w/PR less than 16 can choose to play in the Rainier Cup
 - Seeding based on Power Rankings
 - Tournament style – neutral site TBD
 - 3rd place game
 - **IF THERE IS ANY CONCERN WITH YOUR TEAM BEING AVAILABLE FOR RAINIER CUP PLEASE LET MK KNOW BEFORE SEASON STARTS
- 



Playoff Process- Championship Bracket

Top 16 teams

- Winner of Conference Automatically Qualifies for Championship Bracket
 - Eastern Conference winner will be 16th seed
 - Remainder of Playoff Qualifiers will be based on Power Rankings
 - 1st Round May 4th & 5th, 2nd Round May 7th & 8th
- 

Updates Varsity All- Conference Process

- What worked well with new format
 - Players recognized in correct positions
 - Better use of coaches' knowledge of their own players
 - Internal process improvement (though still room for gains there)
 - Increased participation (both in nomination and voting)
- What we're looking to keep improving
 - Conferences with a multitude of highly ranked teams having best talent recognized
 - Teams with a multitude of talented players having kids properly recognized
 - Bigger conferences (in team count) having same number of roster slots

New for 2026

- Proportion size of All-Conference Roster to number of teams in conference
 - +1 roster spot per team above baseline conference size (lowest number of teams in a given year)
 - Added player to be in At-Large category
 - For reference: 5 Teams = Nisqually, North Sound. 6 = Eastern, Peninsula, Snoqualmie. 8 = Metro, Independent.
 - Ex. Nisqually All-Conference Team has 2 At-Large spots and the Eastern All-Conference Team has 3 At-Large spots.
- Teams in Top 16 receive +1 vote per position (Attack, Mid, Defense, Goalie, At-Large)
 - Based on the most recent Power Ranking at the time the voting form is sent out (April 27)

Updates Varsity All- Conference Process

- One-time form submission, coach nominates:
 - 6 of their players (2 per Attack, Midfield, & Defense)
 - up to 4 standout players from conference opponents
 - up to 2 standout goalies from the conference
- Nominations will include a written statement
- Form submission between April 6 – April 13
 - Tiered reminder system for any coach who doesn't participate
- Final Voting form submission between April 27 – May 4
 - Any coach who did not submit will NOT be eligible to vote

All State Award Process

- State Champion head coach will lead a selection committee comprised of all conference winning head coaches, state runner up head coach, semi-final coaches and a member of the WSLA board or WSLA ED
- 18 players selected – 1 goalie, 4 defenders, 3 midfielders, 4 attack players and 6 players who may be from any position
- All State Players will be announced within 10 days after the championship game
- Player awards are intended to reflect the best players in the state and may or may not reflect proportionally across all conferences.
- All-State Call will be Wed May 20



All American, All Academic, and Jackie Pitts

USA Lacrosse guidelines/ rules

WSLA will tentatively get 7 slots for BOTH AA and AAA

All American criteria will be sent to all coaches

Coach Nominations DUE May 1

HS Coaches vote for winners – PLEASE PARTICIPATE!

Start working on this EARLY to gather information & transcripts





2025 Team Washington

Women's National Tournament

Team WA Coaches

- Last years coaches of the year will be taking this years National Team to Chicago. Congrats Amanda & Chelsea!
- We will be taking 2 Coaches, 20 players, 2 Chaperones

U19 Regional Team

- March 4 – Player Nominations due
- March 18 – Tryout Registration Deadline
- March 22 Tryout 9 am - 12 pm
Marymoor Park Soccer #5 & #6
- Practices May 17 & 19
- Trip is May 24 & 25 in Chicago

Conference Reps Intro

	Metro: Christy Neff Contact: neffchristy@gmail.com	Independent: Claire Monsaas Contact: coachclairemonsaas@gmail.com	Snoqualmie: Lyndsey Gillis Contact: gillis.lyndsey@gmail.com	Nisqually: Curtis Estes Contact: curtissmc@msn.com	Peninsula: Ryan McCloskey Contact: mcclo100@gmail.com	North Sound: Grace Hamilton Contact: gracechamilt@gmail.com	Eastern: Holly Whitman Contact: wicklax16@gmail.com
High School	Bainbridge Island	Bishop Blanchet	Bellevue	Auburn Riverside	Bellarmine Prep	Anacortes	Big Cat
	Ballard	Eastside Catholic	Eastlake	Graham-Kapowsin	Curtis	Northshore	Gonzaga Prep
	Garfield	Holy Names	ISD	Puyallup	Evergreen	SnoLax	Kamiakin
	Lincoln	Kennedy Catholic	Mercer Island	Sumner	Klahowya	Squalicum	Richland
	Nathan Hale/Ingraham	Lakeside	Mount Si	Tahoma	Peninsula SD	Stanwood	Sandpoint
	Roosevelt	Overlake	NSI	Bethel JV	Stadium	Woodinville	Spokane Stealth
	Shoreline	Seattle Academy					
	West Seattle	Seattle Prep					
Youth	Bainbridge Island	Eastside Crusaders Youth Lacrosse	Bellevue	Auburn	Gig Harbor	Anacortes	
	Doublecrosse		Eastlake	Lake Tapps	Kitsap Silvers	Northshore Girls Lacrosse	
	Quick Styx		Issaquah	Puyallup	Tacoma Tigers	Snolax Girls Black	
	Seattle Wolfpack		Lake Samm	Tahoma	Thurston County - Pending	Stanwood Spartans	
	Shoreline		Mercer Island		University Place	Whatcom Breakers	
	West Seattle		Mount Si			Woodinville Girls Lacrosse	
			NSI				

Communications

GAME REPORTS (WSLA MANAGEMENT TOOL)

WEBSITE

SOCIAL MEDIA

- Instagram -- wa_glax
- Facebook --- Washington Girls Lacrosse
- Twitter -- @WA_GLAX

Stories – report to pr@wslax.org

- Successes (team, player, program), Moments, Character Building, Commits,
- Out of Season, Clinics
- WE WANT THEM ALL