



WSLA Youth Winter League Meeting

- 
- Meeting Agenda
 - Lyn Porterfield – USA Lacrosse
 - Out of Season Reminders
 - Program/Coach Requirements
 - Officials
 - Youth Boundaries
 - Registration/Scheduling
 - Game Day Conduct & Feedback
 - Youth Jamboree

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LACROSSE



WSLA Winter League Meeting

Lyn Porterfield/ January 24, 2026



RECOGNIZED SPORT
ORGANIZATION



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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>

<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

lporterfield@usalacrosse.com

Call or text: 443-645-0919

Reese Jackson

Regional coordinator

rjackson@usalacrosse.com


Call or text: 443-774-1266



USALACROSSE.COM

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 Captains Practices only under the following conditions:

No In season Coaches are in attendance or visible during any point of the Captains 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 Captains practice is ineligible to coach for the in season.

WSLA Program Requirements

- 100% of players and coaches verified USA Lacrosse members
 - Verification that all league coaching req are met
- League Meeting attendance (3/year)
- Official recruitment



Youth Coach Requirements

USA Lacrosse Coach membership
- Bronze Coaching Certification

ALL HEAD Coaches

- CPR/First Aid certified
- Youth NRI each year

HEAD coaches for 12U & 14U –
Silver Coaching Certification



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 post-season

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

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

A large teal circle is positioned on the left side of the slide, partially cut off by the edge.

MBO Program

The **WWLOA Mentor Bench Official Program** provides youth officials with real-time, in-game instructional support from a WWLOA-trained mentor, focusing on learning, confidence, and development.

Registration

- 3 Step Process –REGISTRATION of teams/FEE payment, SCHEDULING FORM, and COACH/TEAM ADMIN registration
- The person registering needs to be prepared to pay
- Registration CLOSES Tuesday, January 27th (This INCLUDES registration form to scheduler@wslax.org)

Youth Rules Summary

(On the website ->
Resources -> Rules &
WWLOA)

2026 GIRLS YOUTH RULES COMPARISON CHART

WSLA Specific rules in RED

Category	USL 6U & 8U	USL 10U	USL 12U	USL 14U
Cards	No cards, teams do not play short	No cards, teams do not play short, PLAYER IS SUBBED	NFHS Cards	NFHS Cards
Checking	No checking	No checking	Modified checking	Transitional checking, modified checking from behind
Contact	No stick to stick, body to body, or body to stick contact.	No stick to stick, body to body, or body to stick contact.	Stick to body contact initiated by defense prohibited. Incidental contact ok. NFHS body to body contact	Stick to body contact initiated by defense prohibited. Incidental contact ok. NFHS body to body contact
Covering Ball	No covering ball with stick or body	No covering ball with stick or body	No covering ball if opponent in playing distance	No covering ball if opponent in playing distance
Defending Goal	No defending goal by standing in the 5-yard space in front of goal unless marking	Shooting Space rule applies in 8m	Shooting Space rule applies in 8m	NFHS Shooting space rule applies
Deputies	Goalkeeper optional and not recommended for 6U. No deputy	No deputy	No deputy	Deputy allowed
Field Lines	Goal circle with 6' or 8.5' radius / No restraining line	Goal circle, 8m arc , half field line	Goal circle, 8m arc, half field line	NFHS field lines
Field Size	Small sided field	Small sided field	Small sided field	Full field
Goals	3'x3' or 4'x4'	6'x6'	6'x6'	6'x6'
Length of Game	4 x 10 -minute running clock / 5-minute halftime	4 x 10-minute running clock / 5-minute halftime	4 x 12 -minute running clock / up to 10-minute halftime	4 x 12-minute running clock / up to 10-min halftime
Mercy Rule	Not applicable	Not applicable	Not applicable	4-goal differential mercy rule is opted in/out by each coach at C&C meeting
Offsides	Not applicable	5 Field players in each end	5 Field players in each end	NFHS offside procedures
1 v 1 Defense	1v1 defense required	1v1 defense in midfield	Not required	Not required
Players	5v5 / No Goalkeeper	8v8 with goalkeeper	8v8 with goalkeepers	12v12 with goalkeeper
Restraining Line	None	Center Line	Center Line	NFHS
Start After Goal	Ball to defender at side of goal circle / Player self-starts	Goalkeeper clear, scoring team moves across midline prior to 10 second count	Goalkeeper clear, scoring team moves across midline prior to 10 second count	Draw
Sticks	Small stick / No pocket limits	Modified Pocket	NFHS stick and pocket	NFHS stick and pocket
3-Seconds Closely Guarded	3-Seconds closely guarded rule applies	3-Seconds closely guarded rule applies	3-Seconds closely guarded rule applies	Not applicable
3-Seconds in 8M Arc	Not Applicable	3- Seconds Applies	NFHS	NFHS
Timeouts	1 team timeout	1 team timeout	2 team timeouts	2 team timeouts
Minimum Pass Rule	One pass attempt prior to shot	One pass attempt prior to shot	One pass attempt prior to shot	Not applicable



Coach/Team Game Feedback Form

Use this form for feedback about a specific coach or team



Feedback Form on Game Officials

Use this form for feedback about a specific official

New Rules/Scoring & Timing

New Rules Interpretation

- Last Chance via Zoom, Friday, March 6th at 8pm
- Mandatory for all HEAD coaches each year, recommend for all coaches
- USA Lacrosse New Rules Interp

Scorer/Timer Clinics

- Wed Feb 25 7pm – virtual thru TEAMS
- Mandatory that 1 rep from each program attend

Youth Boundaries

Know your boundaries and WSLA assignment rules

Post your boundaries on your website

Know where your players are coming from

- Collect residential addresses and schools attended
- Be sure to vet registration and reroute players to appropriate program BEFORE practices start

WSLA reserves the right to ask for rosters and home addresses


Registration

- 3 Step Process –REGISTRATION of teams/FEE payment, SCHEDULING FORM, and COACH/TEAM ADMIN registration
- The person registering needs to be prepared to pay
- Registration CLOSES Tuesday, January 27th (This INCLUDES registration form to scheduler@wslax.org)


Accepting Invite & Inviting Coaches

- Whoever registered your team was instructed to add coaches to the platform. You must **ACCEPT** your invite to gain access to the site but more importantly, so we have the coaches USA Lacrosse number. If you have already accepted the invite, you may have to navigate to “TEAMS” on the left side and it should show your invite with a way to accept.

You're invited to the staff of Bellarmine Prep External Inbox x

 **Washington State Girls Lacrosse** <notifications@wslax.org> Mon, Dec 2, 2024, 6:38 PM ☆ ↩ ⋮


to me ▾




Hello!


The Washington State Girls Lacrosse have added you as a Head Coach of the Bellarmine Prep.


[Click here to accept invite!](#)


 Refer A Friend


Washington State Girls Lacrosse - PO Box 1089, Bothell, WA 98041
Log into wslax.org to change your email notification settings


 PARTICIPANTS


 **TEAMS**


 VOLUNTEER

 BILLING


 SETTINGS

 NOTIFICATIONS

 PAGES

 LOG OUT

MY TEAMS

 REGISTER

Team	Season	
Bellarmine Prep	Washington State HS Lacrosse / Spring 2025	TEAM PAGE →
Bellarmine Prep JV	Washington State HS Lacrosse / Spring 2025	TEAM PAGE →

Scheduling Dates & Process

- All Updates/Changes to **Scheduling** forms must be made by contacting scheduler@wslax.com
- Changes to **Registration** made by emailing admin@wslax.org
- Jan 27 – REGISTRATION, FEES and SCHEDULING FORM WITH BLACKOUT DATES DUE
- Feb 16 – Home Game Dates/Times and Opponents Distributed
- Feb 23 – Home Game Changes and Locations DUE to Scheduler
- Mar 4 – Final Schedule Loaded

Youth Schedule Form

WSLA 2026 Season YOUTH Schedule Form Please send completed form to scheduler@wslax.org Forms are due January 27th - NO EXCEPTIONS				
CONTACT INFORMATION				
Club	Designated Scheduler	Email Address	Cell Phone	
Team	Age Group (i.e. 14U, 12U, 10U, 8U)	Head Coach	Email Address	Cellphone
<i>*You may add rows to accomodate more teams</i>				
BLACKOUT DATES - Dates that your coaching staff/team cannot play home OR away (i.e. Holidays, School Retreat, Spring Break, etc)				
Team(s) Affected	Date	Comments		
<i>*You may add more rows if needed. Please note, excessive number of weekends off will LIMIT your teams games</i>				

There is an **EXAMPLE** tab to look at if you need help filling this out or reach out to scheduler@wslax.org

- The more weekend you take off, the less Allison can work with your team's schedule!
- 8U teams are likely to start before spring break just based on team's spring break dates alignment since we are adding a game this season!

Home Field Availability - Recommended amount of time allotted for games: 14U & 12U 1.5 hours // 10U & 8U 1 hour					
DATE: 3/21	Yes/No		Field Name	From:	To:
Home field Availability		Field 1			
		Field 2			
DATE: 3/22	Yes/No		Field Name	From:	To:
Home field Availability		Field 1			
		Field 2			
DATE: 3/28			Field Name	From:	To:
Home field Availability		Field 1			
		Field 2			
DATE: 3/29			Field Name	From:	To:
Home field Availability		Field 1			
		Field 2			
DATE: 4/4			Field Name	From:	To:
Home field Availability		Field 1			
		Field 2			
DATE: 4/5			Field Name	From:	To:
Home field Availability		Field 1			
		Field 2			
DATE: 4/11			Field Name	From:	To:
Home field Availability		Field 1			
		Field 2			
DATE: 4/12			Field Name	From:	To:
Home field Availability		Field 1			
		Field 2			
DATE: 4/18			Field Name	From:	To:

In-Season Schedule Change Dates

March 6 – ALL MARCH Schedule Changes due

March 13 - ALL APRIL Schedule Changes due

March 27 – ALL MAY Schedule Changes due

NO EXCEPTIONS

Any games needing to be cancelled (or rescheduled) within 48 hours – please contact WSLA ED MK Benshoof by PHONE or TEXT. Do not just email.

Schedule Changes

- Schedule Change Request
 - ***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
 - Please add your schedulers to EACH team on Crossbar. This will ensure they receive communication re: schedule changes
 - Email agreed upon changes in this format
 - Include admin@wslax.org and all relevant parties on the email
 - **SUBJECT: YOUTH SCHEDULE CHANGE**
 - **Current Game as Scheduled** include home team, away team, date, time and location
 - **New Game Change** include date, time and location
- OR utilize the "reschedule" button on Crossbar that will auto email the opposing team + Allison

CHECK YOUR SCHEDULES OFTEN!!



Please check your schedules OFTEN. Last year we had teams who would have someone upload their schedule to another platform (i.e. Team Snap) and it would not get changed there...



If your team is on Crossbar, it should all be automatically connecting to your calendar. If it is not, please reach out to myself & your Crossbar customer service rep so we can make sure the correct email is on your club page on our end

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)



\$125 fine to program when games are cancelled within 48 hours

Game Day Prep: Rostering on Crossbar



1. Youth League 14U and 12U Division teams shall post an Official Roster on the WSLA designated scheduling website by the day prior to the first day of In-Season games for that league.



2. Official Scheduling website Rosters shall identify the first initial and last name, number and position of each player on the team.



3. Modifications to a Youth League Official Scheduling website Roster may be made at any time.



4. High School League teams and Youth League 14U and 12U Division teams that fail to submit and post a complete and accurate Official Roster prior to the first day of In-Season games shall be issued a \$500 fine.

Game Day Prep: Communication

- If a Youth League team determines its team does not have enough players to participate in a game, the team shall notify the designated representative of the opposing team at least 24 hours prior to the game. The opposing team may:
 - (1) Play the game with an equivalent number of players on the field from both teams, or
 - (2) Allow players from the opposing team to participate on the team that lacks players, or
 - (3) Allow the team that lacks players to use players from its own program that are at the same age division of the team that lacks players, or
 - (4) Accept cancellation of the game.

b. A Youth League team that does not have enough players to participate in games on a regular basis may be required by the Youth League Board to forfeit future games during the current In-Season

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 menu lists: 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 of contact information.

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 effectively the actions of spectators not in conformity with the standards of proper conduct.
- Sideline Manager will attend the Coach meeting with the official's pre-game.

Home Team Pre-Game Announcement

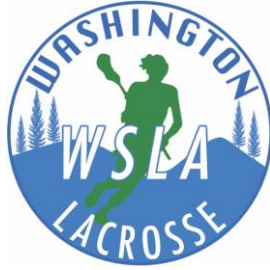
- The home team is required to read a pre-game announcement directed at the sidelines. We will provide one (in 2026 WSLA Game Rules online) but if your school already provides a similar one, that works too.

MISCONDUCT Yellow Card Protocol

- **Sanction Protocol:**
 - 1st Yellow/Misconduct Report: Official warning to player, coach and club
 - 2nd Yellow/Misconduct Report; 1st Red: Mandatory 1 game suspension; Call with WSLA Sportsmanship committee, player, coach and club
 - 3rd Yellow/Misconduct Report; 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
- Submit official feedback form WWLOA.ORG
- Both positive and negative feedback



WOULD LIKE TO REMIND YOU:

These are **KIDS**

This is a **GAME**

Coaches are **VOLUNTEERS**

Officials are **HUMAN**

NO College Scholarships
will be handed out today

12U & 10U Update

Rule Change: AFTER A GOAL at 10U & 12U

- The scoring team retreats to the midline
- The goalie's 10 second count begins once players are over the midline
- Upon a goalie clear, all players are released from midline
- Goalie clear = ball leaves the goalie stick or goalie leaves their goal circle

Scenarios to consider:

- Goalie save = play continues like normal
- At 10U: the option for a goalie to clear OR defender to take possession on GLE becomes a moot point.
- The team that was scored on can choose to clear the ball quickly (i.e., push fast break), but in that case, the opposing team can play the ball or steal the ball once the ball is cleared out of the goal circle
- This new rule will create a pause for teams to sub during the OFFENSIVE transition

Game Day Notes

Game Report

- Any team that would like to comment positively or negatively about game or conduct on the field please fill out.
- The report will be available on the website and sent out closer to the start of games
- Executive Director, President, and VP of Youth sees the reports and follows up as appropriate

Please RESPECT youth officials

Officials will report any Misconduct, Yellow, or Red cards to WSLA ED

Honor the Game Pins



Pin exchange each game at all levels



2 pins awarded to
opponent players after
the game

Players decide, coach
has input



Please pickup your pins today



More information on Honor the Game is on
the website. Resources -> For Players ->
Honor the Game

Youth Jamboree Dates

- March 14th & 15th – Sumner MS, Marymoor Park, Meadowdale Park, Mercer Island
- Registration will open for the jamboree on Sunday, Feb 1 (9 AM) – An email will go out, and it will be on the website under registration
- First come, first serve for **location** – Ideally, all teams participate! (only 12U & 14U). If you feel like you do not have enough players, please let MK know we could do a combo team (ONLY FOR JAMBOREE)
- Need volunteer programs at ALL locations to man central clock/bring gear for field set up – please contact MK if interested (will get you priority in registration) Locations with multiple fields are open to multiple program volunteers

Communications

GAME REPORTS (WSLA MANAGEMENT TOOL)

WEBSITE

SOCIAL MEDIA

- Instagram -- wa_glax
- Facebook --- Washington Girls Lacrosse
- Twitter -- @WA_GLAX
- LinkedIn – Washington Schoolgirls Lacrosse Association

Stories – report to pr@wslax.org

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