Washington State Lacrosse Association

WSLA

HANDBOOK

November 2026

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I. MISSION STATEMENT

WSLA's mission is to coordinate and facilitate activities related to the sport of girls' youth and high school lacrosse in Washington; to promote and facilitate a safe environment for players to play girls' lacrosse; to promote the growth of the sport; and to honor the game by instilling the values of scholastic achievement, sportsmanship, teamwork, and individual development.

A. WSLA is a developmental, athletic organization that aspires to provide a high-quality experience to each and every participating athlete. A high-quality experience is one in which each and every athlete:

1. Has fun playing the game;

2. Feels like an important member of the team;

3. Learns "life lessons" that have value beyond the playing field;

4. Learns the skills, tactics and strategies of lacrosse and improves as a player.

B. WSLA is committed to creating a positive culture in which coaches, parents, fans, umpires and athletes work together to achieve this mission.

II. NAME AND RESPONSIBILITIES OF THE ORGANIZATION

A. The name of this organization shall be the "WSLA", and this document shall be its official Handbook.

B. The responsibilities of WSLA shall be to organize, develop, and promote the sport of girls' lacrosse for athletes in primary or secondary educational settings in the State of Washington.

C. WSLA is a nonprofit organization doing business in the State of Washington and a Federally recognized 501(c)(3) tax exempt non-profit organization.

III. GOVERNANCE AND MEMBERSHIP

A. Governance

1. Board of Trustees

a. The affairs, property, and operation of WSLA shall be governed and administered by a Board of Trustees (hereinafter "Board").

b. The Board shall determine the appropriate League structure for WSLA and may add or change the configuration of Leagues as is appropriate

to the Mission of WSLA. The WSLA Board is solely responsible for the creation of Leagues within WSLA. The Board may constitute leagues beyond those identified here and is responsible for defining the parameters of the League.

c. It shall be the responsibility of the Board, as fiduciary's for WSLA, to set the strategic plan, budget, vision and objectives of WSLA, to ensure the fiscal responsibility of WSLA by financial forecasting to ensure strong communication with each League and each member of WSLA, and to administer and execute on all policies and tasks necessary to effectively administer each League consistent with the Mission Statement of WSLA and this handbook.

d. The Board shall publish a single Handbook that will govern all of WSLA.

(1) The Handbook shall be approved by a two-thirds vote of the Board.

(2) Handbook revisions shall be presented to the WSLA Membership at least two months before being effective.

(3) The Board recognizes that changes to the Handbook can affect the Members and therefore will identify changes, if any, in a summary form and will, as soon as practicable, identify changes on the league website.

f. The Board is responsible for the hiring and firing of administrative staff, consistent with its fiduciary responsibilities for management and stability of WSLA.

(1) Until such a time that WSLA hires an Executive Director, the hiring and firing and the responsibility for outlining the scope of work of any paid staff shall belong to the Board.

(2) Upon the hiring of an Executive Director, the Executive Director will be responsible for the hiring and firing of all paid staff, and the Board shall be solely responsible for the hiring and firing of the Executive Director.

g. The Board may from time to time congregate a task force to evaluate a specific issue, policy, or task.

h. Amendments to WSLA Bylaws shall require a two-thirds vote of the full Board.

2. Board Membership and Officers

a. The operation and adherence to WSLA Handbook shall be the responsibility of the Board. The administration of the league shall be consistent with the WSLA Mission and strategic vision and policies.

(1) The Board shall be comprised of at least a President, Vice-president of each League, Secretary, Treasurer, and Division representatives.

a. The election of officers shall be effective upon a simple majority of the Board.

b. The term of each officer is one year.

(2) The Board shall be comprised of no less than 9 members and no more than 25 members.

a. A member will be elected to the Board by gaining a two-thirds vote in favor of his/her election amongst all Board members. A member may vote in abstentia by notifying the President of the member's favor or disfavor in advance of any motion properly brought before the Board.

b. The term of office for a member is 3 years.

c. A member may not serve for more than 3 consecutive terms.

(i) A member may serve one additional consecutive term by the unanimous vote of all members of the Board.

(4) The Board may, at its own discretion and a simple majority vote, appoint at large or task specific Board members. The Board will make clear at the outset whether these additional members will have voting or non-voting rights.

3. Board Committees and Task Forces.

a. The Board shall have the following standing committees: Executive, Finance, Operations, Strategic Planning, Board Membership and Rules.

b. The Board may establish committees to do the work of WSLA, which committees may consist of, but are not limited to, events, fundraising, communications, and any other committee the Board deems is in the best interests of WSLA and its Mission and Strategic Vision ("Committee").

(1) Each Committee may convene a subcommittee to accomplish the work of the committee. The creation of a subcommittee will be presented to the Board and approved by a simple majority of Board members present so long as a majority of Board members are present.

(c) The Board may from time to time convene a task force to evaluate a specific task.

B. Membership

1. WSLA is a voluntary organization.

2. WSLA Membership is open to girls' lacrosse programs that serve primary and secondary students in the State of Washington. Every member program must accept and agree to comply with the philosophy, rules and regulations stipulated in the WSLA Mission, Handbook and Bylaws. Furthermore, all member program activities shall comply with the rules and regulations stipulated in the WSLA Handbook and Bylaws.

3. Attendance at General Membership Meetings

a. General Membership meetings shall be held 3 times a year. These meetings are designated as the Planning Meeting (usually in the October preceding the Season), Pre-Season (usually held in late January or early February preceding the Season) and Post-Season (usually held the first week of June following the last event of the In Season). Dates and locations shall be determined by WSLA and communicated through the League communication process.

(1) At least one designated representative of each program is required to attend the WSLA General Membership Meetings of each appropriate league.

a. Programs may attend electronically if:

(i) The program requests electronic attendance at least 5 business days prior to the General Membership Meeting; and,

(ii) WSLA is able to accommodate these requests technologically. If WSLA cannot accommodate all requests it will give priority to those whose home field is furthest from the General Membership Meeting location.

(2) Programs are responsible for and will be held accountable for all information disseminated at the General Membership Meetings.

IV. LEAGUE CONFIGURATION

WSLA, in its sole discretion, may establish Leagues for the furtherance of its Mission and Strategic Vision and the Board retains the obligation to adapt and create Leagues to be consistent with the Mission and to further the strategic vision of WSLA.

Currently, WSLA has two Leagues: The High School League and the Youth League.

A. High School League

1. Divisions

a. Varsity Teams

(1) Varsity teams are intended to be the highest level of play in the program and to be capable of competing with other Varsity teams.

(2) Varsity teams must be approved by the Board.

b. Junior Varsity Teams

(1) Junior Varsity teams are intended to be a developmental path of athletes toward Varsity participation.

c. Junior Varsity C Teams

(1) Junior Varsity C teams are intended to be an entry level for those high school players who are emerging in their skills or are new to the sport.

(2) The existence of this division is at the discretion of the Board.

d. Provisional Teams

(1) Provisional Teams are teams who are not able to make a commitment to play a full schedule for whatever reason.

(2) The existence of this division is at the discretion of the Board.

2. Conferences

a. Varsity Programs will be classified into conferences.

b. The Board is solely responsible for placement of programs and teams into conferences and takes into consideration the following factors in the following priority:

(1) Geographic Grouping

(2) Strength of Conference Members

(3) Historic Rivalries

(4) Anticipation of Growth

c. While it is the intention of the Board to have the Junior Varsity teams, Junior Varsity C teams and Provisional teams placed along the same conference lines as the Varsity teams, it is within the Board's discretion. It is possible that Varsity, Junior Varsity, Junior Varsity C and Provisional Teams in the same Program may be in separate conferences.

B. Youth League Configuration

1. Currently the Youth League governs players from 2nd grade to 8th grade. It is envisioned that at some point it will be appropriate to have the Youth League divided into a Middle School League that would manage the play of the 5th through 8th grade play and a Youth League that would manage the play of the 2nd through 4th grade play.

2. Divisions:

a. The Youth League is comprised of the following Divisions:

(1) 14U is comprised of players who are in the 7th or 8th grade;

(2) 12U is comprised of players who are in the 5th or 6th grade;

(3) 10U is comprised of players who are in the 3rd or 4th grade;

(4) 8U is comprised of players who are in the 2nd grade;

b. Provisional teams are members of WSLA that play a limited schedule and can be in any division.

3. The Youth League may classify programs and/or teams into conferences or ability designations that are appropriate for developmental play. Consistent with the Youth League Mission Statement, the Board may consider the

following additional factors, which are listed below in no particular order of priority:

a. Developmental Appropriateness

b. Geographic Grouping

c. Strength of Program and Conference

d. Historical Rivalries

e. Anticipation of Growth

V. PROGRAMS

A. Program Requirements

1. A Program is defined as an organization that supports and administers one or more teams associated with its organization.

2. The Program shall be governed from a host school or from a non-school Board of Directors or other governing committee.

3. The host school or non-school Board of Directors shall be responsible for monitoring and administering coaches, player eligibility, player conduct, fan behavior and adherence to WSLA rules and policies.

4. Programs must be admitted to WSLA through a petition and acceptance by the Board.

5. Programs that fail to abide by the rules and policies of WSLA may have their membership put under probation, curtailed, revoked and or terminated at the sole discretion of the Board.

B. Player Safety Requirements

1. From time to time, Washington State enacts laws that are aimed at protecting youth participating in organized sports and events. It is the responsibility and obligation of each Program to know and comply with such laws.
2. Criminal Background Check

3. a. Each WSLA League Program shall certify prior to the first day of In-Season that all members of the coaching staff, paid and volunteer, have completed a criminal background check in compliance with RCW 43.43.830 through 43.43.845.

(1) Certification shall be provided by the individual with overall responsibility for the program on the appropriate certification form.

b. Teams shall not participate in League games until certification of all members of the coaching staff have been submitted to WSLA.

C. Insurance Requirements

1. Each WSLA League Program shall require all players and coaches to be members of USA Lacrosse.

a. Each WSLA League Program will be required to certify that each player and coach is a member of USA Lacrosse at least one week before the commencement of the In Season Date (the date set by the Board defining the start of current WSLA lacrosse season) or before participation in any WSLA sponsored event.

D. Photo Release Of WSLA Events

1. Each player, coach, umpire, spectator or other person participating in any WSLA event implicitly authorizes WSLA to use any photos, video or other means of capturing the event for the use by WSLA in print, online, or video based marketing materials, as well as other WSLA publication. Each player, coach, umpire, spectator, or other participant acknowledges that such participation is voluntary and that they are not entitled to financial compensation of any type associated with the taking or publication of any photo, video or other means of capturing the event.

VI. TEAMS

A. Team Definition

A Team is defined as an organized and established squad of players that is supported and administered by a WSLA Program.

B. High School League Teams

1. The High School League is comprised of three Divisions (when feasible) and Provisional teams as defined above. These designations may change from time to time at the discretion of the Board.

2. High School programs may have as many teams as they can support within their Program Boundaries.

3. Programs with two teams must have a Varsity and Junior Varsity Division Team.

4. Varsity teams must have a minimum of 14 players on their roster.

5. If a program wishes to field more than two teams, it may have one Varsity team and more than one Junior Varsity team. Division of the athletes between the Junior Varsity teams is at the program's discretion.

6. If a program wishes to field more than two Varsity teams, it may do so only after going through the Petition for New Team process identified in Section VII.

7. A program may have a Provisional Team at the same time that it also sponsors a Varsity and/or a Junior Varsity team.

8. Programs may, with a petition to the Board, combine for the purposes of creating a one season Provisional or Junior Varsity or Varsity Team. To create a combination team for a particular season, programs must outline: (a) Joint Statement requesting such a team, (b) Reasons for such a joint team with particular emphasis on how it will benefit players, growth of the sport and the individual programs, and (c) any other factors affecting this decision.

9. High school conglomerate programs comprised of players from more than one high school or school district, also known as a combined team, club team or district program will be required to submit rosters with the following information to WSLA Executive Director at admin@wslax.org at the end of each season, after May 1st and before June 1st:

- Rosters for 5th-8th graders will identify: first and last name of player, school, projected HS – the HS determined by residential address, and HS graduation year
- Rosters for 9th-12th graders will identify: first and last name of player, JV or Varsity, HS school attended, and HS graduation year
- Criteria used to determine if a program is ready to split include size of program, sustainability, and program infrastructure. This information will help WSLA identify teams needing to split into multiple programs for future seasons. Programs identified as such will be given notification in June of that year of a 2-year time frame to reorganize accordingly. WSLA encourages all programs anticipating a split prior to notification by the league to communicate this information to admin@wslax.org.

- C. Youth League Teams

1. The Youth League is comprised of four Divisions and Provisional teams as defined above. These designations may change from time to time at the discretion of the Board.

2. Youth programs may have more than one team competing in each Division.

3. Youth Players may not play up.

a. *EXCEPTION*: Programs that only offer a 14U Division may include 6th graders on their teams.

4. Programs may, with a petition to the Board, combine for the purposes of creating a one season Team at any Division. To create a combination team for a particular season, programs must outline: (a) Joint Statement requesting such a team, (b) Reasons for such a joint team with particular emphasis on how it will benefit players, growth of the sport and the individual programs, and (c) any other factors affecting this decision.

D. Provisional Teams

1. Provisional teams are teams that do not play a full schedule in any league.

2. These teams exist only for a season

3. The participation parameters of a Provisional Team are set by the Board.

VII. NEW PROGRAMS AND NEW TEAMS

A. New Programs

1. A New Program is a Program that is joining WSLA with a team for the first time. New Programs may petition to join WSLA if they agree to abide by the WSLA Handbook and Bylaws, have sufficient organizational support to conduct team and league business in a manner acceptable to the Executive Council, and meet any other criteria established by the Executive Council.

2. It is strongly encouraged that the decision to add a New Program be discussed with the Executive Director of the appropriate League prior to submission of the Petition for New Program. Planning should be done in the spring prior to Oct 1 submission deadline to ensure that any identified potential issue can be sufficiently addressed by such New Program prior to the submittal the Petition for New Program.

3. A Petition for New Program shall be submitted to the President of the Board, with an electronic copy directed to the Vice President of the appropriate League and the Executive Director.

4. A Petition for New Program shall be evaluated then granted as submitted, or granted with conditions, or declined by the appropriate committee of the Board.

5. Any such New Program that wishes to join the High School League shall submit its Petition for New Program by October 1 prior to the season in which the New Program wishes to begin participation.

6. Any New Program that wishes to join the Youth League level shall submit its Petition for New Program by January 1 prior to the season in which the New Program wishes to begin participation.

a. If a New Program does not meet the deadline established here, then the admission of the New Program is at the sole discretion of the appropriate committee of the Board and is not appealable.

7. All decisions, except as noted, relating to the outcome of a Petition for New Program shall be appealable to the WSLA Board if done within 10 days of notice of said decision.

B. New Teams

1. It is strongly encouraged that the decision to add a New Team be discussed with an Officer of the appropriate League prior to submission of the Petition for New Team or Notice of New Team.

2. Each program must either Petition for a New Team or Provide Notice of a New Team in the manner outlined below.

3. Required Petitions for New Team shall be evaluated then granted as submitted, or granted with conditions, or declined by the appropriate committee as determined by the Board.

4. Required Notices of a New Team shall be deemed accepted unless the appropriate WSLA League Board notifies the program within 21 days after submission that it is not accepted.

a. The time for consideration may be extended by the appropriate League by written notice from the League to the Petitioner/Individual submitting the Notice of New Team.

5. All decisions relating to the outcome of a Petition for a New Team or denial of a Notice of New Team shall be appealable to the Board, if done within 10 days of date of the Notice of Decision.

6. Requirements for Varsity Teams

a. If a Program wishes to register a Varsity team to its Program, the Program must:

(1) Submit a Petition for New Team by October 1 prior to the Season in which it intends to participate.

(2) Identify 3 new adult officials (1 may be a parent) that will be trained and rated.

(3) Present objective, fixed criteria for determining the eligibility of a player to play for a Varsity program. For purposes of clarification only, an objective fixed criteria may be school attendance lines or an immutable geographic distinction.

(a) The objective fixed criteria must be presented and approved by the appropriate committee as determined by the Board.

(b) Once the objective, fixed criteria is established, it cannot be reconsidered or changed for a period of at least five years.

(4) Varsity teams must have a minimum of 14 players on their roster and a documented expectation to have at least 14 players for the next 3 seasons.

b. Admission of a team into the Varsity Division is at the discretion of the appropriate Board committee.

(1) Admission of a team into the Varsity Division is based on the following criteria: sustainability of such High School team/s, infrastructure of program, and providing 3 adult officials to the league. Once a team is admitted into the Varsity Division, it is expected to remain in the Varsity Division. The team is not allowed to register as Junior Varsity team without the approval of the Board.

(2) The appropriate committee may consult with the Board in making this decision

c. Determination of the Petition will be made no later than November 1 prior to the In Season Date.

7. Requirements for Junior Varsity Teams

a. A Program that does not currently have any HS team, must follow the petition rules immediately above (VII, B, 6) when adding its first HS team, either at Varsity or JV.

b. A Program that has a Varsity team and wishes to add a Junior Varsity team or a Program that already has a Varsity team and a Junior Varsity team and want to register an additional Junior Varsity team must:

(1) Notify the Executive Director no later than the scheduling deadline.

(2) Each notice will be deemed accepted unless the appropriate WSLA League Board notifies the program that it is not accepted.

8. 14U Teams

a. Any Program that wishes to add a 14U team(s) must:

b. Submit a Petition for a New Team for each team that it wants register in a WSLA League to the Vice President of the Youth League with a copy sent electronically to the Executive Director by December 1 prior to the season in which it wants to participate.

c. Determination of a Petition to add a 14U team will be made by the appropriate committee by February 1 prior to the In Season Date.

9. 12U and 10U Teams

a. Any Program that wishes to add a 12U and/or 10U team(s) must:

(1) Electronically notify the Vice President of the Youth League with a copy sent electronically to the Executive Director no later than February 1 prior to the In Season Date.

10. 8U Teams

a. Any Program that wishes to add an 8U team(s) must:

(1) Electronically notify the Vice President of the Youth League with a copy sent electronically to the Executive Director no later than April 15 following the In Season Date.

11. Provisional Teams

a. Any Program that wishes to add a Provisional Team at any level must:

(1) Contact the Executive Director to discuss requirements of such participation and the process of submitting an application for such participation.

C. Form of Petition or Notice

1. A Petition for a New Program, or Petition of a New Team, shall be submitted by the individual from the program with primary responsibility for the program.

2. Petitions for New Program, Petition for New Team or a Notice of a New Team shall:

a. Clearly state at the top of the submission what type of form is being submitted (Petition or Notice);

b. Identify the name and location of the New Program or the Program in which the New Team is being created;

c. Provide the contact information for the individual submitting Petition/Notice;

d. Identify the name of host school or non-school supporting such organization;

e. Provide the contact information for each program representative;

f. Provide the contact information for each team representative;

g. State the date of proposed season when membership would begin;

h. State the proposed League and Division that each new program or team would join;

i. Identify the type and extent of support structure;

j. Address how the program will be funded;

k. Identify any feeder programs, or programs that the New Program and/or New Team will feed into;

l. Identify the field location(s) for games and any issues that will affect field availability;

m. List the estimated number of players for each team that will participate in its first season of anticipated participation;

n. Outline the plan for sustainability for future seasons;

o. Discuss what volunteers support the new program or team will receive;

p. Identify the plan for umpire recruitment;

q. Specify the potential impact on other existing league teams;

r. Submit any other relevant information in support of its petition.

VIII. ROSTERS

A. Rosters

1. Each League team shall submit a Final Roster to Executive Director in a manner set forth by the Executive Director no later than the third Monday following the start of the current season in the manner directed by WSLA.

2. A separate, Final Roster shall be submitted for each team within a program.

3. The Final Roster shall identify the name, uniform number, school, graduation year, USAL Number (if appropriate), number of years with the program, home address of each player and email address of each player on the team.

4. The Final Roster shall identify at least the number of eligible players required to play a girls lacrosse game for its respective Division.

B. Rosters Posted to Scheduling Website

1. High School League teams and 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 by

the third Monday of the In-Season period shall forfeit League games until a complete and accurate Official Roster is submitted and posted to the appropriate website.

5. High School League teams that fail to post an accurate Official Roster by the third Monday of the In-Season shall pay a $500 fine at the end of the season.

IX. FEES

A. League Fees

1. Programs shall submit League Fees for each Team as directed by the WSLA Treasurer.

2. The Team Fee will be determined by the Board and will be published no later than the October membership Meeting prior to the In-Season Date.

3. WSLA may assess other fees as is appropriate, but must always provide 30 days notice of the fee. WSLA acknowledges that it is in the best interests of the WSLA Mission and league management to not have "surprise" fees.

B. Payment

1. At the time the Request for Games Schedule Form is submitted, each team is required to make a non-refundable deposit. The amount of this deposit will be no more than one-half of the Team Fee and will be set by the Board and published at the October Membership Meeting prior to the In Season Date.

2. All remaining Team Fees for each team are due in full no later than March 1 for In-Season play.

C. Refunds

1. Refunds for Team Fees will not be considered except in extraordinary situations and the sole discretion of the Board.

X. IN-SEASON

A. In-Season for the High School League begins the first day of practice and ends the final day of WSLA sponsored games. Unless specifically identified by WSLA, the first day of practice shall be as identified in the current WIAA Handbook for the spring sport season.

B. During In-Season, coaches may coach their teams and conduct team activities, and teams may practice and participate in games as allowed by the WSLA Handbook and any other applicable rules.

XI. COACHES

A. Rule Compliance

1. High School League and Youth League coaches and other individuals serving in a coaching capacity for a WSLA team shall know and comply with the WSLA Handbook, the current USA Lacrosse Official Rules for Girl's & Women's Lacrosse Rule Book, and other applicable rules (for example, division specific League rules to the extent such specific rules exist).

2. The Head Coach of each team shall be responsible for ensuring that each individual coaching or acting under the direction or supervision of the Head Coach shall know and comply with all applicable rules.

3. Each year, all coaches from each High School League Team and head coaches for each 14U, 12U and 10U Youth League Team shall attend a New Rules Interpretation Session provided by USA Lacrosse or the Washington Women's Lacrosse Officials Association. All other coaches are encouraged to attend.

B. Qualifications

1. All Coaches must be a coach-member of USA Lacrosse.

2. All Coaches shall comply with all State Regulations applicable to youth sports. For example, RCW 28A.600.190: Youth sports - Concussions and head injury guidelines - Injured athlete restrictions.

3. 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.

4. High School League and Youth League coaches and other individuals serving in a coaching capacity with a WSLA team shall complete a Criminal Background check in compliance with RCW 43.43.830 through 43.43.845 prior to In-Season contact with team members or other youths associated with the team.

6. All Head Coaches shall be:

a. certified in First Aid and CPR prior to the first day of In-Season.

b. 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.

c. 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.

C. Code of Conduct

1. WSLA embraces the principles established by the Positive Coaching Alliance and shall look to Coaches to adhere to the following Code of Ethics:

a. Coaches shall be aware that they have a tremendous influence, of either good or ill, on the players and, thus shall never place the value of winning above the value of instilling the highest ideals of character.

b. Coaches shall uphold the honor and dignity of the profession. In all personal contact with players, umpires, athletic directors, school administrators, league representatives, the state high school athletic association, the media, and the public, coaches shall strive to set an example of the highest ethical and moral conduct.

c. Coaches shall not use alcohol, marijuana, or tobacco products when in the presence of lacrosse players.

d. Coaches shall strive to master the contest rules for all applicable lacrosse competitions and shall teach such rules to their team members. Coaches shall not seek an advantage by circumvention of the spirit or letter of the applicable rules.

e. Coaches shall exert their influence to enhance sportsmanship by spectators, both directly and by working closely with booster clubs, support organizations, and school administrators.

f. Before and after contests, coaches for the competing teams shall meet and exchange cordial greetings to set the correct tone for the event.

2. Coaches that do not abide by these guidelines will be subjected to league discipline, which may include banning the coach from league participation.

XII. PLAYERS

A. Player Eligibility

1. A Player must meet the following eligibility criteria to play in WSLA.

a. Enrollment

(1) Players shall be enrolled and in regular attendance half time or more in a school or a registered home-based instruction student in order to participate on any High School team

b. Grade Eligibility:

(1) High School players shall be grade 9, 10, 11 or 12.

(2) 14U Division players shall be in grade 7 or 8.

(a) If a Youth League program does not have a 12U Division team, a player in 6th grade may practice and play in games with a 14U Division team.

(3) 12U Division players shall be in grade 5 or 6.

(4) 10U Division players shall be in grade 3 or 4

(5) 8U Division players shall be in grade 2.

c. Consistent with USA Lacrosse Best Practices Guidelines, any request for a waiver to have a player play at a level other than designated above is strongly discouraged and will only be considered in the event of extra-ordinary circumstances at the sole discretion of the Board or its designee.

d. During the WSLA season, starting with the first allowable practice date, through the HS state championships (HS) and last scheduled youth game (Youth), unless approved by the Board, WSLA athletes may not practice or play lacrosse with any outside team or program other than their WSLA program. Allowable exceptions include private lessons, spring break camps or college recruiting visits that do not interfere with any WSLA activity.

e. Any WSLA player participating **in any unapproved lacrosse activities** with an outside program during the WSLA season may face suspension up to becoming fully ineligible for WSLA play for the remainder of the season as well as for any post season awards.

B. HS Player Assignment

1. A player is only eligible to play for the player's assigned program.

a. Players who attend a non-public school shall play for the program affiliated with the school in which they are enrolled. A school-affiliated program is a program that is officially associated with, or supported in any manner, or appears to be supported in any manner by the school and is recognized as such by WSLA.

b. Only players enrolled in the non-public school with the school affiliated program (as defined above) shall be eligible to participate on school-affiliated team(s).

c. Players who attend a public school shall play for the program affiliated with the school or school district in which they are enrolled.

d. If a player attends a public school, which does not have a school-affiliated program, then the player shall play with the program closest to the player's residence. Program closest to residence is determined based on distance to the closest public school district or public school that has a program associated with it.

e. If a player attends a non-public school, and that school does not have a school-affiliated program, then the player shall play for the program closest to the player's residence. Program closest to residence is determined based on distance to the closest public school district or public school that has a program associated with it.

2. A High School League player cut from a program may play for another program by submitting a written Player Waiver Request to the appropriate committee as determined by the Board.

a. A Player Waiver of this type must be received before one week of the season has expired and will be acted upon by the appropriate committee as soon as possible.

b. The appropriate committee will confirm the circumstances surrounding the Player Waiver Request and inform the player which new program will be assigned.

3. If a New Program is established and the new program boundaries assigns players from an existing program to a new program, players with the original program in grade 11 or 12 shall be exempt from the new assignment and may continue to

participate with the original program or may participate with the new program, at the player's election. This exception is only allowed if the new program elects to enter the league as a JV team. If the new program either elects to start at varsity, or is able to field both Varsity and JV their first year this exception is not allowed.

C. Youth Player Assignment

1. A player is only eligible to play for the player's assigned program.

a. Players who attend a non-public school shall play for the program affiliated with the school in which they are enrolled. A school-affiliated program is a program that is officially associated with, or supported in any manner, or appears to be supported in any manner by the school and is recognized as such by WSLA.

b. Only players enrolled in the non-public school with the school affiliated program (as defined above) shall be eligible to participate on school-affiliated team(s).

c. Players shall play for the program affiliated with their residential school district (the school district associated with the player's home address) or, for those school districts with multiple youth programs, the program designated by residential boundaries as outlined by WSLA.

d. If a player's school or school district does not have a program affiliated with it, then the player shall play with the program closest to the player's residence. Program closest to residence is determined based on distance to the closest public school district that has a program associated with it.

e. If a player attends a non-public school, and that school does not have a school-affiliated program, then the player shall play with the program closest to the player's residence. Program closest to residence is determined based on distance to the closest public school district that has a program associated with it.

2. A youth player cut from a program may play for another program by submitting a written Player Waiver Request to the appropriate committee as determined by the Board.

a. A Player Waiver of this type must be received before one week of the season has expired and will be acted upon by the appropriate committee as determined by the Board as soon as possible.

b. The appropriate committee will confirm the circumstances surrounding the Player Waiver Request and inform the player which new program will be assigned.

3. If a New Program is established and the new program boundaries assigns players from an existing program to a new program, players with the original program and all new players shall participate with the new program.

a. EXCEPTION: If a New Program is established and the new Program Boundaries assigns players from an existing program to a New Program, players with the original program in grades 8 shall be exempt from the new assignment and may continue to participate with the original program or may participate with the New Program, at the player's election. The player's decision will then be final for the remainder of their youth career for 8th graders. Youth players electing to stay with their original program will, however, be required to comply with these rules for their playing assignment for their High School program placement.

D. Playing Time and Swing Players

1. High School League

a. The maximum number of quarters of In-Season games that a player may participate in is equal to the number of League games scheduled for the player's team times four.

(1) Exception – Swing Players: To help programs increase playing time opportunities when the total number of players make having two (or three) teams difficult, additional playing time will be allowed for swing players. If the per-team roster size for a program is less than 17 players (see definition of roster size below), non-varsity players may participate in up to 72 quarters of In-Season games, under the following conditions:

(a) This provision only applies when a high school program has more than one team.

(b) Roster size is determined by taking the total number of high school players, divided by the number of high school teams registered with WSLA. For example, a program with 33 high school players that make up a varsity and JV team may utilize the Swing Player rule, while a program with 34 or more high school players, fielding two teams may not utilize swing players).

(c) If injuries, sickness or other extenuating circumstances are cause for a drop in roster numbers, the swing player rule may be utilized considering all provisions in this section.

(d) If roster sizes are too large to utilize the swing player rule, players may still swing but are limited to participating in up to 48 quarters in a season.

(e) Goalies are defined as a "player".

(f) All other provisions of this section still apply.

b. Participation during a quarter of a game is defined as being on the field at any time during playing time during one half of the game.

c. A starting player on a Varsity team may not participate on a lower division team. A starting player is defined as a player on the team who generally starts or plays in the majority of the Varsity League games during the current In-Season.

2. Youth League

a. 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

E. Ineligible Player

1. All players shall comply with the rules and regulations of the WSLA Handbook and the applicable rules stated in USAL Women's Rules book to be eligible to participate in League games.

2. The penalty for the use of an ineligible player shall be:

a. Forfeiture of League games in which the ineligible player participated.

b. Adjustment of the ineligible player's team's standing in League and tournament games to account for the forfeiture of games.

c. Return of individual and team awards by the ineligible player and her team if the awards were based upon victories in games that are forfeited because of an ineligible player.

d. Forfeiture of the League game following the game in which the ineligible player participated.

c. If the team or program continues to use ineligible players, the program could be suspended from further WSLA participation.

XIII PRACTICE

A. Practice Regulations

1. A practice is defined as:

a. A regularly scheduled team physical activity designed for preparation of a player for the ensuing lacrosse season, or

b. An attempt by or action of a coach of a team, paid or volunteer, to teach a phase of lacrosse or activity to their team or have their team or part of their team engage in drills under the supervision of that coach, or from directions provided by that coach.

B. High School

1. High School League teams shall not conduct practices more than six days per calendar week during In-Season.

2. High School League players shall participate in at least seven (7) pre-contest practices before participating in a League game. For the purposes meeting the pre-contest practice requirements:

a. A player shall participate in the majority of a designated practice time,

b. One day is equal to one practice,

c. Practices on a game day shall not allow a player to become eligible for competition on that day,

d. Participation in a pre-contest warm up shall not count as a required pre contest practice, and

e. A player that participates in any level of WIAA sanctioned post-season playoffs during the winter season that cannot meet the minimum pre-contest practice requirements for the spring lacrosse season, shall be allowed to waive up to a maximum of one-half of the required pre-contest practices.

f. A player who participates with an out of season team may not use practices for this team to count toward their 10-practice minimum.

C. Youth League

1. Youth League teams shall not conduct team practices more than six hours per calendar week and not more than two hours in one day during In-Season.

2. It is encouraged that youth league players participate in at least two-thirds of practices occurring before the start of games before being played in a game setting.

XIV CONTEST RULES

A. Scheduling

1. All In-Season High School League games, Youth League games, and post-season play off games, League tournament games, WSLA sponsored jamboree games or other games, clinics or events shall be scheduled by WSLA.

2. The date, time or location of In-Season League games scheduled by WSLA may only be changed under the following conditions:

a. A game field is closed by the local field authority, or

b. Umpires are not available,

(1) If umpires are not available and the home team has not met its Umpire Recruiting obligations stated below, then the

home team alone is responsible for all fees associated with the cancellation of this game.

c. An emergency event has occurred that the appropriate League Administrator determines is a justifiable reason to change the date, time or location of a game.

d. As soon as a team is aware of a field closure or emergency event that affects the date, time or location of a League game, a team representative shall immediately notify the opposing coach, the League Administrator and their respective League President and request approval to change the date, time or location of a game. Once such approval has been received, the team representative who notifies the League is responsible for notifying the opposing team. Rescheduling of the game is the responsibility of the home team or team experiencing the emergency event.

3. Exhibition Events shall be scheduled directly by coaches or team representatives, subject to below qualifications.

B. Home Team Obligations

1. Fields

a. The home team shall be responsible for providing a field, game lines and game equipment in proper condition for safe play and in compliance with either the USAL appropriate Women's Lacrosse Rules or Girls Youth Lacrosse Rules and, where appropriate WSLA adopted rules.

(1) Where field dimension requirements are not or cannot be met due to field space limitations, a game may take place if the visiting team has been notified in writing prior to the day of the game and both participating teams agree to accept the field dimensions. However, the minimum distance of 10 yards of space from the goal line to the end line shall be provided at the High School level.

(2) If the home team does not have the field ready by the scheduled game time, the home team shall be assessed a delay of game card and the opposing team shall begin the game with a free position.

(3) If the home team does not have the field ready within 20 minutes after the scheduled start time of the game, the home team shall forfeit the game, unless the start of the game is delayed by use of the field by an earlier contest that finished later than scheduled.

2. Scorer and Timer

a. Each Home Team's shall provide an official scorer, an official timer, and scoring and timing equipment in compliance with the USAL Women's Rules book.

b. The Scorer and Timer will have attended a Scorer/Timer Clinic or been directly trained by a club representative who has attended the appropriate clinic.

c. The Scorer and Timer will undertake their jobs as an official of the game and be neutral in their presentation.

d. The score of the game shall be kept publicly displayed and easily identified from anywhere on the field.

e. When the score is tied at the end of regular playing time for a regular season League game, the game shall end and there shall be no overtime play.

f. When the score is tied at the end of regular playing time for a post-season High School League game, overtime procedures shall be followed in compliance with the USA Lacrosse Women's Rules Book.

g. All League game scores shall be reported by the Home team the same day of the contest.

C. Participating Teams Obligation

1. Roster

a. Each team shall provide the official scorer with a roster of the names and numbers of the players on their team and identification of the starting players at least 10 minutes prior to the scheduled start of the game.

b. The player's name and uniform number provided to the official scorer shall be the same as listed on the Official Roster unless a coach notifies the scorer table and the opposing coach of a change in uniform number prior to the game and the reason for the uniform number change.

c. If a team does not provide the official scorer with a roster of the names and numbers of the players and identification of the starting players at least 10 minutes prior to the scheduled start of the game, the team shall be assessed a delay of game card and the opposing team shall begin the game with a free position.

2. Statistics

a. Statistics will be kept for all High School League games. Statistics may be kept at other divisions.

b. The statistician for both teams are encouraged to work together.

c. The Statistician will have attended a Scorer/Timer/Statistics Clinic in the previous 24 months and certify that he or she has read the most recent version of the Statistics Guide posted on the USA Lacrosse website and will be responsible for the knowledge posted there.

d. The Statistician will undertake their job as an official of the game and be neutral in their presentation.

e. The Statistician will record the following statistics for each team member for each League game: names of players participating in the game, goals, assists, caused turnover, ground balls, draw control and goalie saves and cards issued.

f. Game statistics for High School League shall be reported to

(i). WSLA Scheduling website

(ii). To appointed media outlet, as is directed by WSLA.

g. Game Statistics shall be reported by the Home Team Statistician as soon as practicable but in no event later than 12 hours of the end of the contest.

h. In the event that a uniform number is changed for a player, for any reason, the Statistics will be kept at the game and the home team statistician, after conferring with the visiting player statistician will ensure that the statistics entered in the WSLA Scheduling website tracks to the player who changed their uniform number for a particular game.

3. Sideline Management

a. Head Coaches shall be in control of and responsible for the actions of any and all persons officially connected with their team.

(1) Coaches shall assist the umpires in keeping the game under control.

(2) Coaches shall effectively control actions of spectators not in conformity with standards of proper conduct.

b. Each team shall provide and identify a Sideline Manager whose duty shall be to effectively control the actions of spectators not in conformity with standards of proper conduct.

(1) Teams shall identify their Sideline Manager to the umpires prior to the game.

(2) If a team does not provide a Sideline Manager prior to the game, the team shall be assessed a delay of game card and the opposing team shall begin the game with a free position.

(3) If a team does not provide a Sideline Manager prior to the start of the second half of the game, the team shall be assessed a delay of game card and the opposing team shall begin the second half with a free position.

4. Uniforms

a. Players' uniforms shall comply with the requirements of USAL Women's Rule Book current for the In Season.

b. A player's uniform number shall be the same number that is submitted to the official scorer prior to the game.

c. A player's uniform number shall be the same number that is listed on the team's Official Roster posted on WSLA Scheduling website unless a coach notifies the opposing coach of a change in uniform number prior to the game.

(1) If possible, the home team is to wear the lighter color.

d. If both teams have uniforms shirts of the same or similar color, the home team shall change or wear numbered shirts, pinnies or vests of contrasting color.

(1) The contrasting color vests, pinnies or shirts must be numbered or the uniform number must be visible through the pinnies, vests or shirts.

e. The game roster submitted to the scorer table must be updated to reflect the pinnie, vest or shirt number being worn by the home team player and approved by the head umpire.

f. All components of the uniform should not be distracting from the presentation of the team.

(1) Whether or not a uniform deviance is distracting is within the sole discretion of the umpire team officiating the game.

g. No jewelry or decorative adornment of any kind may be worn by a player during a game.

5. Protective Equipment

a. Players must wear protective eye gear and colored mouth guards at all times during play. Clear or white mouthpieces are not allowed.

b. Players may wear close-fitting gloves, nose guards and soft headgear.

c. Further protective devices necessitated on genuine medical grounds may be used by players, providing the umpires agree that they do not endanger any player. All protective devices shall be close fitting, padded where necessary, and not be of excessive weight.

d. No equipment, including protective devices, may be used unless it complies with the rules or manufacturers' specifications and is deemed by the umpires to be not dangerous to any player.

E. Rules

1. WSLA teams shall abide by the relevant Official Rules for Girls & Women's Lacrosse as provided by USA Lacrosse.

2. Official Rules for Girls and Women's Lacrosse are published annually by USA Lacrosse (USAL) in the form of a Women's Rule Book, and specific to the level of play.

3. WSLA teams shall abide by the current edition of the USAL Women's Rule Book.

4. WSLA League teams shall further abide by the current WSLA League Rules adopted by the appropriate Board, which may modify the USAL Women's Rule Book.

5. All League and Exhibition Events shall be officiated by a certified girls' lacrosse umpire.

a. *EXCEPTION*: League Games at the 8U level are to be "officiated" by a coach of each team with an emphasis on enforcing safe play.

F. Start of Game

1. If a team is not ready to play within 30 minutes after the scheduled start time of the game, the team shall forfeit the game unless the team has been delayed because of circumstances beyond their control.

a. If a team that has been delayed because of circumstances beyond its control and is ready to play more than 30 minutes after the scheduled start time of the game, the game shall be played if the field remains available and conditions are suitable for execution of a game of regulation time.

b. If a team that has been delayed because of circumstances beyond its control, is ready to play more than 30 minutes after the scheduled start time of the game, but the field is not available or conditions are not suitable for execution of a game of regulation time, then the game may be rescheduled if approved by the respective League Board. If the respective League Board determines the game will not be rescheduled, the Board, at its discretion, shall cancel the game or assign a forfeit to the team that was not ready to play within 30 minutes after the scheduled start time of the game.

G. Game Forfeiture

1. Teams shall forfeit games when required to do so under the rules and regulations of the WSLA Handbook.

a. Unreasonable forfeits shall reflect a score of 7-0 in the Power Rankings. A good faith effort must be made to reschedule to avoid the forfeit.

2. Teams may challenge a forfeit of games or games by submitting an appeal to the President of the appropriate League Board respective League Board.

3. Appeals shall be submitted no more than five (5) days after the forfeiture is posted to the WSLA Scheduling website to the President of the High School League Board.

4. Appeals shall be submitted in writing and appeal information shall identify the following:

a. Name, contact information and team of the individual submitting the appeal.

b. Game or games that the team was required to forfeit.

c. The event or events that caused the game or games to be forfeited.

d. The team's request for modification or rescission of the forfeited game or games.

e. The team's justification for modification or rescission of the forfeited game or games.

f. All relevant information must be included in the initial appeal submission.

g. Appeals shall be evaluated then granted as submitted, or granted with conditions, or denied by the respective Board.

5. The decision of the appropriate League Board may be appealed to the Executive Council within 10 days of the decision of the appropriate board.

H. Misconduct Yellow Cards

1. WSLA Sportsmanship Committee will record and review all reported incidents; including but not limited to, yellow cards and red cards for misconduct. Examples of misconduct include, but are not limited to: unsportsman like conduct, fighting or intentionally injuring a player/coach/umpire, cheating, disrespecting officials/coaches/players or refusing to follow game rules.

2. Recommended 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 the severity of the penalty, which could include further game suspension, possible minimum 4-game suspension, possible suspension from the remainder of the season (possible to carry over to next season), and possible club fines and sanctions.

- For egregious behavior, as determined by the Sportsmanship Committee or the Board, other penalties, including suspension from further participation in WSLA-sanctioned events, may be assessed.XV. POST SEASON PLAY

A. The High School League shall establish a post-season play off period for Varsity Divisional League member teams.

a. WSLA expects all Varsity teams that are eligible for Post Season Play will play in any game for which is it eligible.

i. At the sole discretion of the Board, refusal or forfeiture by a Team to play a Post Season Play Off game may result in consequences for the Team. These consequences may include the removal of the team from Varsity play for the following year(s).

B. Other Leagues may establish a post-season play off period for Divisional League member teams.

C. The number of teams who will participate in post-season play shall be determined by the appropriate League.

D. Other than at the Varsity Division, the decision to hold post-season play-offs is at the sole discretion of the appropriate league.

1. *EXCEPTION*. In no event will post-season playoffs be held at the 10U or 8U level.

E. TEAM STANDINGS

1. Teams may qualify for post-season play through either conference standings or league standings.

2. Two Types of Standings will be kept by WSLA: Conference Standings and League Standings

3. Conference Standings

a. Each team shall play each team in their conference.

b. The top team in each conference shall qualify for play in the post-season.

c. Regular season conference standings shall be determined on a point system. Teams shall receive two points for each win (even if by forfeit), one point for a tie, and no points for a loss or forfeit.

(1) The score of a game that has been forfeited shall be recorded as 1 to 0 loss for the forfeiting team and win for the opposing team.

d. If there are teams that are tied in the number of points earned in conference play then conference standing will be determined using the following criteria in the following order:

(1) Outcome of head-to-head competition

(i) Forfeitures are deemed as a loss for the forfeiting team.

(2) Least number of goals scored against them in conference play.

(i)Teams that have forfeited a game will be determined to be the lower seeding between teams of equal numbers of goals against.

(3) Highest number of points calculated based upon the non-conference common opponents of the tied teams

(4) Goals scored against each team against the non-conference common opponents of the tied teams.

(i)Teams that have forfeited a game will be determined to be the lower seeding between teams of equal numbers of goals against.

(5) The Board will exercise its discretion to determine conference standing

4. League Standings

a. Each team will not play every team in the League, and thus league standings will be determined by using the WSLA Power Rankings.

b. Teams who did not qualify for Post Season play by being the top team in their conference may qualify for Post Season play by their ranking in league standings.

c. League standing based on the Power Rankings will also be used to determine seeding for the number of teams specified by the appropriate league board.

5. Vacant Play off Position.

a. If, for any reason, a team does not participate in post season play, the team may be replaced by the next eligible team according to League Standings set forth above.

XVI AWARDS

A. High School All-Conference Teams

1. An All-Conference Team shall be selected for each conference in the High School League Varsity Division. Each team shall have 14 members comprised of the following positions: 1 goalie, 3 defenders, 5 midfielders, 3 attack and two players from any position.

a. The Board may change the number or players allowed to be elected to the All-Conference team by providing the membership of notice of this change at the January Membership Meeting prior to the In-Season.

2. The All-Conference team will be selected through a process and on criteria identified no later than the first day of In-Season.

a. The process and criteria will be posted at the WSLA website and will be distributed to the membership.

B. High School All-State Team

1. An All-State Team shall be selected for the High School League Varsity Division. This team shall have 18 members comprised of the following positions: 1 goalie, 4 defenders, 7 midfielders, and 4 attack players and 2 players who may be from any position.

a. The Board may change the number or players allowed to be elected to the All-State team by providing the membership of notice of this change at the January Membership Meeting prior to the In-Season.

b. The All-State team will be selected through a process and on criteria identified no later than the first day of In-Season.

(1) The process and criteria will be posted at the WSLA website and will be distributed to the membership.

C. Team Sportsmanship Award

1. Each Conference shall nominate one team from their conference to receive the League Team Sportsmanship Award.

2. The Team Sportsmanship award will be selected through a process and on criteria identified no later than the first day of In-Season.

a. The process and criteria will be posted at the WSLA website and will be distributed to the membership.

D. High School Division State Academic Champion Award

1. A State Academic Champion shall be awarded for the Varsity High School League programs.

2. A State Academic Champion may be awarded for the Junior Varsity High School League programs

3. State Academic Champion(s) shall be selected by the High School League Board. Selection shall be based upon the highest unweighted average grade point average (GPA) achieved during the last completed semester or trimester of school of all team members that participated in a program's highest Division team during the current season. The GPA shall be based upon the GPA achieved for the semester or trimester, and not the players' cumulative GPA. A team shall have at least 12 players to be eligible for consideration.

4. High School League teams that are eligible for consideration shall have a State Academic Champion Form or Forms submitted to the League administrator as follows:

a. A representative of the team shall identify, on a State Academic Champion Form or Forms, the name and year of graduation of each player that participated on the program's team during the current season, then submit the form to the Registrar at the schools attended by the team members. The State Academic Champion Form will be posted at the WSLA website.

b. The Registrar shall identify, on the State Academic Champion Form, the unweighted GPA achieved by each team member listed during the last completed semester or trimester of school, then mail a signed copy directly to the league administrator by April 15 of the In-Season.

c. The League administrator shall receive and compile information submitted by Registrars for the State Academic Champion Award.

E. Coach-Of-The-Year Awards

1. Coach-of-the-Year Awards will be awarded for the Varsity Division.

a. A Varsity Division Coach of the year shall be selected by a vote of all Varsity coaches. The League administrator shall collect and compile the votes for the High School Coach-of-Year Awards.

2. Coach-of-the Year Awards may be awarded for each High School Varsity Division Conference, as decided by the Board prior to the start of the season.

3. Coach-of-the-Year Awards may be awarded for any other Division that participated in a full season, as decided by the Board prior to the start of the season.

4. The following criteria shall be considered in selection of Coach-of-the-Year Awards: a coach's sportsmanship; a coach's rapport with umpires and other coaches; a coach's rapport with players on his or her team; and a coach's team record for the current season.

F. All American and All Academic American Honors – Varsity Only

1. High School All-American and Academic All-American player honors shall be awarded for High School League Varsity players.

a. WSLA will facilitate All American and All Academic American in accordance with USA Lacrosse guidelines.

XVII. EXHIBITION EVENTS

A. An Exhibition Event is defined as a single non-league game, a one-day jamboree, a one-day play day, or participation in a tournament that a team participates in during In-Season.

B. Exhibition Event games are not included or considered in League standings.

C. Exhibition Event games shall be officiated by certified girls' lacrosse umpires.

1. Exhibition Event fees, including umpire scheduling and officiating fees, shall be the sole responsibility of the teams participating.

a. All payments for Exhibition Events shall be separate from and in addition to regular and post fees, including umpire fees.

D. Teams may participate in up to four Exhibition Events each season,

1. League sponsored Jamborees are not an Exhibition event.

2. Intra-program scrimmages are not an Exhibition Event.

E. High School League Provisional teams are not limited in number of Exhibition Events in which they may participate in during In-Season.

XVIII. REGIONAL TEAMS

A. WSLA may sponsor team(s) to attend a national USA Lacrosse event as representatives of WSLA.

1. The determination of whether to field such a team, how such a team will be selected, responsibility for selection and funding determinations will be at the sole discretion of the Board.

XIX. LEAGUE PARTICIPATION REQUIREMENTS

A. Umpire Recruiting

1. Each calendar year, each WSLA League Program shall recruit new umpires as is determined by the respective League board and as is presented at the Membership Meeting prior to the Season. Each new umpire shall complete umpire training provided by the Washington Women's Lacrosse Umpire Association and shall earn certification as a girls' lacrosse umpire. New umpires shall officiate at least five In-Season games to comply with appropriate League recruiting requirements.

2. High School League programs that have a returning referee that meets the requirements laid out at the Membership Meeting will count in place of recruiting a new umpire.

3. High School League and Youth League programs that fail to recruit new umpires as defined shall be at risk to have their games cancelled in the event of the lack of umpire availability. WSLA will have no obligation to reschedule or refund game fees for games cancelled due to lack of umpires when the home team program has failed to provide new umpires as required.

4. Further, High School League programs will pay a $200.00 fee to WSLA at the beginning of the season and be reimbursed at the end of the season if they meet umpire requirements.

5. Youth League programs that fail to recruit new umpires shall pay a $200.00 fee to WSLA at the end of In-Season.

6. Teams that meet WSLA Umpire Recruiting rules will be given priority when umpire shortages require the cancellation of games.

B. Attendance at League Membership Meetings and Clinics

1. It is mandatory that each program send a representative to each league Membership Meeting in which I has a team participating.

2. It is mandatory that every coach, or assistant coach, for each High School Team attend the New Rules Interpretation clinic offered by WSLA or its designee.

3. It is mandatory that each head coach for each Youth League team attends the New Rules Interpretation clinic offered by WSLA or its designee.

4. It is mandatory that each team at the High School League level have a representative attend the Scorer and Timer clinic at least every two years.

5. It is mandatory that every program at the Youth League level have a representative attend the Scorer and Timer clinic each Season.

6. Each League may establish other participation requirements that will be announced no later than the October Membership Meeting prior to the In Season.

XX. SUMMER SEASON

A. Summer Season shall be from the end of In-Season until Labor Day.

B. During Summer Season, coaches may conduct lacrosse activities on their own, as individuals, or as part of a lacrosse program.

C. During Summer Season, coaches may conduct lacrosse activities with players from their In-Season team and with players from other teams and programs.

D. Participation by players in Summer Season activities or on a Summer Season team shall not be a requirement or condition of participation on a WSLA In-Season team.

XXI. OUT-OF-SEASON

A. Out-of-Season shall be from the day after Labor Day until the beginning of In-Season.

B. During Out-of-Season, coaches may coach players that participate on teams that do not feed directly to the In-Season team they coach.

C. During Out-of-Season, High School coaches, may coach, conduct practices or instructional clinics for youth players that feed directly into the In-Season team they coach as long as all out of season opportunities are concluded no later than MLK Holiday of any given year.

D. 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 at least 7 days before the event date;

2. 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.

E. If an Out of Season Opportunity is for the purpose of establishing a team to compete in a specific tournament or competition (hereafter called "Tournament Team") then the sponsors of the Tournament Team will be responsible for the following:

1. Identification of Intent: The organizer of the Tournament Team will send an email to theExecutive Director fourteen days (14) prior to the creation of the team that states the following:

2. Identification of the Coaches that will be involved in coaching a Tournament Team;

3. Contact information, including program affiliation of coaches, for each coach;

4. Information and form of flyer or other tool for dissemination of information about the process for player participation on the Tournament Team;

5. Purpose of Tournament Team (e.g., tournament to be entered, event, other)

F. Tournament Teams may be formed only under the following conditions:

1. Compliance with Out-of-Season Rules: Tournament Teams must adhere to all applicable Out-of-Season rules outlined in Section XXI of this handbook.
2. Roster Submission: If more than 50% of a Tournament Team's players are athletes from the sponsoring coach's current in-season team or its feeder program, the coach must submit a roster to WSLA prior to the tournament or competition. The roster must include each player's name, grade, and school.

G. Nothing in the proceeding rules requires Out of Season Opportunities to be geographically equal to all potential players.

H. League Programs may conduct two organizational meetings during Out-of-Season to issue equipment and to explain such issues as insurance, physical examinations, season's plans, training regulations and any other pertinent information deemed necessary by the coach.

I. Programs and teams may have fundraising meetings during the Out-of-Season period subject to the approval and rules of their affiliated schools and support organizations.

J. Coaches may conduct two organizational meetings during Out-of-Season to issue equipment and to explain such issues as insurance, physical examinations, season's plans, training regulations and any other pertinent information deemed necessary by the coach.

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

1. No In season Coaches are in attendance or visible during any point of the Captain's Practice;

a. 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.

XXII. YEAR-ROUND CONDITIONING

A. 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:

B. Participation is not a requirement or condition of participation on a WSLA High School League or Youth League In-Season team,

C. The conditioning program is open to all interested participants, and

D. The conditioning program does not include instruction in or practice of lacrosse skills.

XXIII. WAIVERS

A. Request for Waiver of WSLA Handbook Rules

1. Program

a. A Program Waiver Request shall identify the following information: Name of person making request, position in Program, name of secondary Program representative supporting request and their position, email and phone contact and a detailed description of the request being made including all supporting information necessary to make a full review of the request.

b. The Program Waiver Request shall be submitted to the League Board President of the appropriate League.

c. Program Waiver Requests shall be evaluated then granted as submitted, or granted with conditions, or declined by the appropriate League Board.

d. Determinations of a Program Wavier Request are appealable to the Executive Council if submitted within ten (10) days of the date of communication of the decision.

2. Player Waiver Request

a. Player Waiver Requests are discouraged and will only be granted in extraordinary circumstances.

b. Player waiver request forms will be available on the appropriate league's website.

c. A Player Waiver Requests shall identify the name, home address, email address and telephone number of the player and her parent or legal guardian; player's grade level, school and school district; lacrosse experience and past teams; reasons for waiver; and other information in support of the waiver including *all* supporting information necessary to make a full review of the request.

(1) All relevant information must be included in any waiver request submission.

d. Player Waiver Requests for players in the High School League shall be submitted by the player and parent or legal guardian by January 30 prior to the In-Season.

e. Player Waiver Requests for players in the Youth League shall be submitted by the player and parent or legal guardian no later than January 30 prior to the In-Season.

f. Player Waiver Requests shall be evaluated then granted as submitted, or granted with conditions, or declined by the appropriate League Board.

XXIV. APPEALS

A. All Appeals of WSLA committee or other decisions shall be filed with the WSLA Secretary with a digital copy of the appeal sent to the Executive Director and President of the appropriate League.

1. Waivers regarding player assignment, age waiver or uniforms are within the sole discretion of the League to whom they are made and are not reviewable.

B. Any Appeal must be made within 10 days following the decision granting with conditions or denying the waiver request.

1. Appeals shall be submitted in writing and the appeal information shall identify the following:

a. Name, contact information and program of the individual submitting the appeal.

b. The program's request for modification or rescission of an action.

c. The team's justification for modification or rescission of an action.

d. Appeals shall be evaluated then granted as submitted, or granted with conditions, or denied by the Board.

XXV. CONDUCT FEEDBACK

A. Coaches, players, spectators, and WWLOA officials may comment on the performance and behavior of a coach, player, spectator or umpire, by submitting a Conduct Feedback Form. The Conduct Feedback Form may be used to report incidents of concern as well as observations of exemplary positive behavior.

B. Conduct Feedback Forms shall be submitted within 7 days of the when the incident or observation occurred.

C. Conduct Feedback Forms may be submitted using the Conduct Feedback Form available at the WSLA website or by submitting a form that identifies the following information:

1. Date when the form is submitted.

2. Name, address, telephone number and email address of the individual submitting the form.

3. Date, time and location of the contest or lacrosse activity where the incident or observation occurred.

4. Name of the individual or individuals whose performance or behavior is being reported.

5. Name of the team and coach associated with the individual or individuals being reported.

6. Names of the umpires present.

7. Detailed description of the incident or observation.

D. Conduct Feedback forms shall be submitted to the Executive Director.

E. The respective Board President shall acknowledge receipt of a Conduct Feedback Form within 7 days to the individual who submitted the form. After reviewing a Conduct Feedback Form, the respective Board President or Board shall take action as they deem appropriate.

XXVI. VIOLATIONS AND PENALTIES

A. The strength of the Washington State Lacrosse Association lies in the willingness and ability of the membership to support the rules and regulations adopted and, if necessary, to support the penalties placed upon members, if it is determined that those same rules and regulations have been violated.

B. Violation of rules or regulations defined in the WSLA Handbook or Bylaws may result in, but is not limited to, sanctions placed upon players, coaches, teams, programs and spectators. Sanctions may include, but are not limited to, game suspension, game forfeiture, season suspension, and probation or expulsion from WSLA. Sanctions shall be determined by and at the discretion of the Executive Council.

C. It is mandatory that all programs send a representative to our league Membership Meetings. Any Program that fails to have a designated representative attend a General Membership Meeting shall be assessed an $100.00 fee payable to WSLA for each of the June and October meetings that a designated representative fails to attend; and shall pay $250.00 for failing to attend the January Membership meeting. Failure to attend two consecutive meetings may impact a Program's status as a WSLA member or other consequences.

D. Violation for failing to provide an appropriate representative to the Scorer and Timer clinic and for failing to send all required coaches to the New Rules Interpretation clinic shall be $50.00 per non-attending participant.

E. Violation for failing to recruit a New Umpire as established by League rules shall be $200.00 for each New Umpire not recruited.

F. Violation for failing to upload a complete roster to the league site shall be $500.00 per missing roster.

F. All fines assessed to a program must be paid in full before any team from that program can participate in a WSLA game. Any game missed under this rule shall be deemed a forfeiture.

G. Consistent and repeated violation of WSLA Handbook and Policies may result in the suspension or expulsion of the Program from WSLA.

XXVII. CODE OF CONDUCT, SOCIAL MEDIA and ANTI-HARASSMENT & DISCRIMINATION POLICY

A. WSLA follows the USA Lacrosse Code of Conduct and Anti-Harassment & Discrimination Policy. The essential elements of which are Honesty and Integrity. WSLA adds the following exceptions:

B. Any player, parent, family member, official or coach that posts on social media including, but not limited to, comments, written posts, photos or videos that are demeaning, derogatory or with the intention to hurt, humiliate or intimidate, another player, the program they are affiliated with, coach, official, parent, family member, or WSLA and its administrators, may be subject to being banned from participating or attending further league activities. This policy is not meant to supersede any school district or club policy

C. Furthermore, any player or coach that posts on social media any comments, photos or videos that are demeaning, derogatory or with the intention to hurt, humiliate or intimidate another player, the program they are affiliated with, coach, official, parent, family member, or WSLA and its administrators, may be banned and/or removed from any honorary All Conference/ All State or other USAL awards.