



2025 OGLA GAME DAY CLINIC



FEBRUARY 10, 2025

A grey line with a circular end point extends from the bottom right corner of the main text area towards the date.

AGENDA

- REVIEW
 - IMPORTANT DATES
 - COACHING CERTIFICATIONS
 - CONTACTING OGCLA
 - GAME SCHEDULING & CHANGES
 - PLAYER ELIGIBILITY
 - GAME PROTOCOLS
- OWLUA
 - CLOCK MANAGEMENT
- WEBSITE
 - ROSTERS
 - GAME SCORES
 - STATS



Important Dates – High School

FEBRUARY 10, 2025

Game Day Clinic

FEBRUARY 19, 2025

Coaching Certifications Due

FEBRUARY 21, 2025

*Rosters sent to OGLA &
USAL Memberships Verified*

MARCH 3, 2025

First Day of High School Season

MARCH 11, 2025

Stats Clinic

MARCH 15, 2025

JV Jamboree

MARCH 16, 2025

Varsity Jamboree

MARCH 17, 2025

First Contest Date

MAY 9, 2025

Last Day of Regular Season

MAY 14 - MAY 22

Playoffs



Coach Registration

- ALL High School Coaches must register on the website by February 19, 2025 (this includes volunteers)
- Only one (1) Head Coach per team
 - If there are co-head coaches, please designate a primary contact

[Managers register here](#)

[Coaches register here](#)



COACH CERTIFICATIONS

HIGH SCHOOL HEAD COACHES (V & JV)

- USA Lacrosse Member
 - USA Lacrosse BRONZE Certification
 - USA Lacrosse SILVER Certification (girls game)
 - Background Check
- Register on OGLA Website and review/accept the OGLA Coach Code of Conduct
- CPR and First Aid Certification
 - [Upload Here](#)

**CERTIFICATIONS COMPLETED BY
FEBRUARY 19, 2025**



COACH CERTIFICATIONS

HIGH SCHOOL ASSISTANT COACHES (V & JV)

- USA Lacrosse Member
 - USA Lacrosse BRONZE Certification
 - Background Check
- Register on OGLA Website and review/accept the OGLA Coach Code of Conduct

*Any Assistant Coach that will be solo coaching, MUST meet all head coach requirements


**USA Lacrosse Silver Certification and CPR & First Aid Certification are highly recommended

**CERTIFICATIONS COMPLETED BY
FEBRUARY 19, 2025**



USA LACROSSE: HOW TO

YOUR PROFILE



FAKE COACH



PLAYER COACH

MEMBERSHIP NUMBER:
000001234567

VALID THRU: 02/2025

DOB: 02/23/2025

BACKGROUND CHECK EXPIRES: 02/23/2025

ABUSE PREVENTION EXPIRES: 11/04/2025

CERTIFICATIONS:
GIRLS COACHES - SILVER CERTIFICATION

VIEW/EDIT PROFILE

AFFILIATIONS

BACKGROUND CHECK

ABUSE PREVENTION

MY TRANSCRIPT

Log into your
USA Lacrosse
account

The logo for the Oregon Girls Lacrosse Association (OGLA) features the letters 'O', 'G', 'L', and 'A' in a stylized font. Each letter contains a silhouette of a tree. Below the letters, the text 'OREGON GIRLS LACROSSE ASSOCIATION' is written in a smaller font.

USA Lacrosse Coaching
Certifications Guide

The USA Lacrosse logo features a shield with a stylized lacrosse stick in the center. The shield is decorated with stars and stripes, and the words 'USA LACROSSE' are written above it.












BRONZE CERTIFICATION

Click on
“My Transcript”



GIRLS COACHES - BRONZE
CERTIFICATION (2024)
(CCHBRZG)

Completed 

WATCH THIS OPTIONAL VIDEO TO LEARN ABOUT OUR NEW E-LEARNING PLATFORM		
 eLearning Users Guide (Comp-9087)	—	Incomplete
 Abuse Prevention Training (Comp-2394)	✓	Completed: 11/04/2023 
 Cultural Competency (Comp-2236)	✓	Completed: 02/11/2024 
 All Coaches - Concussion Awareness (Comp-9036)	✓	Completed: 02/11/2024 
 All Coaches - Sudden Cardiac Arrest (Comp-9037)	✓	Completed: 02/11/2024 
 Girls Coaches - 2024 Rules Exam (Comp-9076)	✓	Completed: 02/11/2024 

OPTIONAL COURSES	
 All Coaches - Your Role as a Coach (Comp-9055)	— Incomplete
 All Coaches - Elevating Your Coaching IQ (Comp-9043)	— Incomplete
 All Coaches - Effectively Coaching Gen Z (Comp-9056)	— Incomplete



USA
LACROSSE



SILVER CERTIFICATION



**GIRLS COACHES - SILVER
CERTIFICATION**
(CCHSLVG)

Completed

COMPLETE THE REQUIRED COURSE BELOW

Complete 1 from list below:

[Girls Coaches - Safe & Legal Defense](#)
(Comp-2061)

Incomplete

COMPLETE AT LEAST FOUR OF THE COURSES BELOW TO EARN YOUR SILVER CERTIFICATION

Complete 4 from list below:

[All Coaches - How to Coach Kids](#)
(Comp-2431)

Incomplete

[All Coaches - Developing the Individual
Athlete](#)
(Comp-2248)

Incomplete

[Girls Coaches - How to Coach Girls](#)
(Comp-9011)

Incomplete

[Girls Coaches - Dodging and Shooting
Drills](#)
(Comp-9084)

Incomplete

[Girls Coaches - Drills for your Toolbox](#)
(Comp-9058)

Incomplete

[Girls Coaches - Defensive Cone Drills](#)
(Comp-9057)

Incomplete

[Girls Coaches - Goalie Warmups](#)
(Comp-9073)

Incomplete

[Girls Coaches - Deceptive Shooting](#)
(Comp-9083)

Incomplete



**USA
LACROSSE**



A FEW NOTES...

- **NCSI Background check:** Good for two years – renew as indicated on your dashboard/membership card. Coaches can renew up to 60 days prior to expiration.
- **Abuse Prevention course:** Good for two years – renew as indicated on your dashboard/membership card.
- **Cultural competency course:** Complete it once – no expiration.
- **Concussion Awareness course:** Complete it once -- expiration TBD (Lyn indicated they may make this renewable every two years).
- **Sudden Cardiac Arrest course:** Same as Concussion.
- **Annual rules exam:** No new test for 2025, so if completed the 2024 version coaches are good to go.



Scheduling

LEAGUES HAVE ALREADY SUBMITTED
HIGH SCHOOL SCHEDULES TO OGLA.

Any changes made to the schedule after being
submitted to OGLA need to be emailed to OGLA
directly.

****Please always notify your opponent directly of
any changes to the schedule**



5th & 6th Quarter

FOR LARGER VARSITY TEAMS WITH JV LEVEL PLAYERS, THERE IS STILL AN OPPORTUNITY TO PLAY THE FORMERLY KNOWN “3RD HALF” AFTER THE VARSITY GAME.

THIS WILL NOW BE REFERRED TO AS THE 5TH & 6TH QUARTER.



Adding Games

**THE LAST DAY TO ADD GAMES TO THE
SCHEDULE IS MARCH 2, 2025.**

Any requests to add games are subject to umpire availability.

Please check that you have at least 12 OGLA varsity games to be eligible as a league champion and to participate in playoffs.



CONTACT US



971-678-7166



admin@oregongirlslax.com



www.oregongirlslax.com



**7325 NE Imbrie Drive, PMB 257
Hillsboro, Oregon 97124**



Comms

- Email communication:
 - Non-urgent requests
 - Questions
 - Schedule changes
- Phone Call:
 - No umpires at the field
 - Urgent schedule issue (forfeit)
- Text:
 - Follow-up to phone call or voicemail
 - Updates on situation if necessary



Schedule Changes

- Email OGLA and copy your opponent
 - It is your responsibility as the HOME team to ensure your opponent is aware of any schedule changes
 - *On the flip side* Review your schedule in its entirety to ensure all HOME and AWAY dates/times are correct
- OGLA will notify OWLUA and make necessary changes on the website



Refund Policy

- Notify OGLA ...
 - ~~on/before January 31~~ - ~~Full Refund of Team Registration Fee~~
 - **on/before March 14** - Refund of Team Registration Fee less \$100
 - **on/before March 15** - No refund
- If this is the case for you, please communicate the situation to OGLA so we can help and prepare to make any changes



SIX QUARTERS RULE

- *A player should not participate in more than six (6) quarters of play per day*
- The six (6) quarters can be split between JV and Varsity contests
- Any time played in a quarter = 1 quarter
 - Thus, a JV player may swing up and play in two (2) quarters of the Varsity game after competing in all four quarters of the JV game.
- Teams should not play more than two (2) games per day, players not to exceed twelve (12) quarters per day.



Transfers

- Any player that does not attend the school that your team represents **MUST** submit a Transfer Request
- OGLA tracks transfers year-to-year
- You must submit a Transfer Request **EVERY YEAR**
 - Example: Transfer Request was submitted for "Player A" in 2024 in their sophomore year. A Transfer Request must again be submitted in advance of the 2025 season.
- Transfer Requests are due to OGLA by February 21st, 2025

HS TRANSFER REQUEST



GAME DAY PROTOCOLS

PRE-GAME CLOCK MANAGEMENT - HIGH SCHOOL

- Scoreboard to count down to 10 minutes prior to game time
 - 10 min to game time - Captains Meeting / Clear Field
 - 5 minutes to game time - Stick Check
 - 3 minutes to game time - National Anthem
- If rosters are being announced, please ensure this is completed prior to game time



GAME DAY PROTOCOLS

GAME TIMER RESPONSIBILITIES - HIGH SCHOOL

Timer's Duties:

1. Find out the length of halftime from the officials prior to the start of the game. Halftime is 5 minutes for JV games and 10 minutes for Varsity unless the officials tell you otherwise.
2. Time of quarters:
 - Four, 12-minute quarters.
 - **Under 1 minute in each quarter**
 - **Stop** the clock on every whistle **in the CSA**
 - **Restart** the clock on the subsequent whistle
 - Exception – clock does not stop with a 10 or more goal differential
3. **Stop** the clock at the **official's** whistle and arm signal after a goal.
4. **Stop** the clock at the **official's** whistle and arm signal for timeout.
5. **Start** the clock on the whistle for the first draw, and each subsequent draw throughout the game.
6. **Start** the clock on the whistle after a timeout.
7. Notify the table-side official when there is 1 minute remaining in each quarter of the game.



GOAL



TIME OUT



OWLUA

Partnership with OGLA



OWLUA.UMPIRES@GMAIL.COM



OWLUA

Partnership with OGLA

*ANY FORMAL GRIEVANCES MUST BE SUBMITTED TO
OWLUA BY THE HEAD COACH.*

*Please feel free to reach out to OGLA and/or OWLUA with rule
questions.*



OWLUA

Partnership with OGLA

*Each program is required to contribute one (1)
ADULT official to the umpire pool for the 2025 season.*

Individuals must complete classroom and on-field training. There is no minimum game requirement at this time, but we encourage these new officials to pick up games as they can.

The intent of this rule is to reduce the number of cancelled and rescheduled games throughout the season.

*Click here to become
an umpire today!*



OGLA WEBSITE

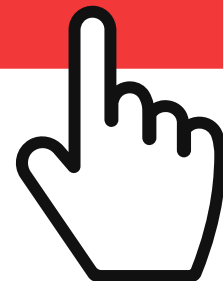
You will need to be registered as a coach or manager for the team to gain access to Roster information.

If you have not done this yet,

[Managers register here](#)

[Coaches register here](#)

REGISTER NOW >



USA LACROSSE MEMBERSHIP CHECK

- Each program will verify their players' USA Lacrosse Memberships using the LMS Portal
- Don't have a portal? Let us know!
- **Once your roster is finalized, you will email it to the OGLA Admin (admin@oregongirlslax.com)**
- All players listed on your roster should match the website roster.



**ROSTERS EMAILED TO OGLA BY
FEBRUARY 21, 2025**

PLAYER ROSTERS

- Preview on how to upload rosters...
- Detailed instructions will follow on how/where to upload your team roster(s)
- Many systems now require players to have their own profile in the system.
 - Add player/parent email address to the spreadsheet. They will receive an invite to the team (joining is optional).



**ROSTERS NEED TO BE UPLOADED BY
MARCH 14, 2025**

JERSEY NUMBERS & GRAD YEAR

- Jersey number is optional for bulk upload
- Jersey numbers must be added by March 14th, 2025
- Please utilize “Position” field to add grad years
 - 2025 = 25
 - 2026 = 26
 - 2027 = 27
 - 2028 = 28



**#’S AND GRAD YEARS NEED TO
BE ADDED BY MARCH 14, 2025**

Entering Scores

- The Home team is **REQUIRED** to enter the score of a game by midnight on the evening of the contest
- As the visiting team, please verify that the entered score is correct

*If no score has been entered 48 hours after the game, the away team may submit the score



Entering Scores

- Visit oregongirlslax.com and log in using your email/password from OGLA registration.
- You must be registered as a coach or manager to see your team's information.
- Click on Account>Teams>Team Page>Games
- Select "Score" on the game you would like to update.



Entering Stats

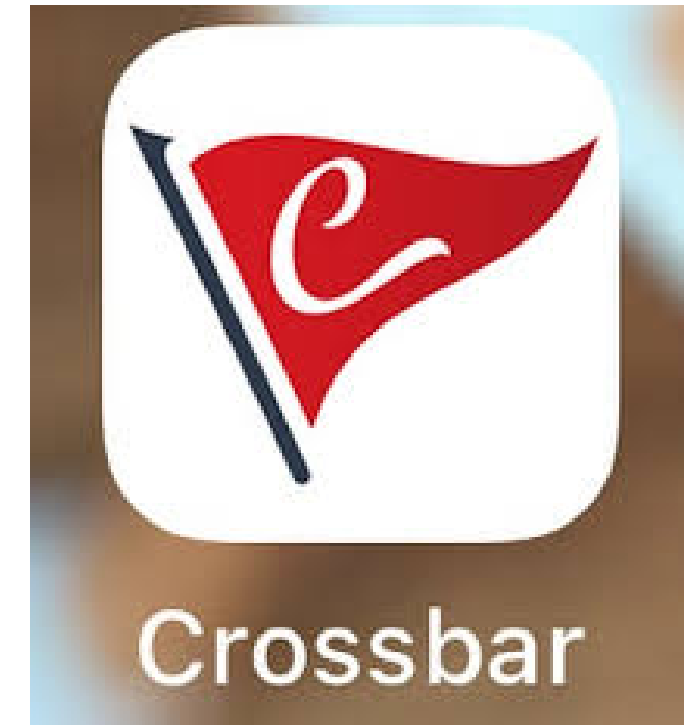
- Keeping statistics is REQUIRED
- **Stat Keeping Clinic will take place on March 11th, 2025 at 7:00 pm at OES**

**Workflow on entering stats is changing due to website updates



Mobile Access

- Download the Crossbar app on your phone for convenient access to schedules and team contact information.



- Log in using your email/password from OGLA registration
- You must be registered as a coach or manager to see your team's information.



WEBSITE FUNCTIONALITY

- **Please DO NOT add/edit games or events**
 - OGLA is not notified when this occurs
 - It could result in not having umpires for a game
 - It could result in your opponent not being aware of a change
- **Please DO NOT add coaches or admins to your Roster**
 - This will be done manually by OGLA



QUESTIONS?

