

BLA Supplemental Rules and Regulations

Rule 1. Grievance Process (Updated: May 2026)

- 1.1 A grievance is any written complaint (further known as a “Grievance”) that is requesting some type of action/resolution.
- 1.2 Grievances will be handled directly by the Director of Sportsmanship in consultation with the BLA board. Grievances received will be reported at the monthly Board meeting.
- 1.3 Grievances must be in writing and submitted to the Director of Sportsmanship by the authorized BLA Club Representative.
- 1.4 The BLA Board will review, discuss and vote on a Grievance within 72 hours of receipt. If (for whatever reason) the Board is unable to act on a Grievance within that period, the Board will notify the Club Representative of the delay and the reasons for it. The Director of Sportsmanship will inform the Team Representative who submitted the grievance within 48 hours of the Board’s decision.
- 1.5 The Board can request any individual to attend a meeting to provide additional information or clarification on a Grievance.
- 1.6 Any decision made by the Board can be appealed by submitting the appeal (in writing) to the Board.
- 1.7 Referee notification: If there is a situation that occurs during a game that is reported by an official to the Referee Coordinator that may require additional disciplinary action, the Coordinator will report the situation to the BLA VP (Boys or Girls).

Rule 2. Gender Eligibility (Updated May 2026)

- 2.1 BLA complies with the US Lacrosse, Inc. [Transgender Participation Recommendations for Youth Athletes](#) dated March 17th, 2025. A youth athlete should be allowed to participate in lacrosse in accordance with their gender identity, irrespective of their gender assigned at birth. Team or league policies should not prevent a youth athlete from electing to participate in an activity according to their gender identity. This means a transgender youth athlete who is assigned female at birth but has a male gender identity should be allowed to participate in male events; a transgender youth athlete who has been assigned male at birth but has a female gender identity should be allowed to participate in female events; and youth athletes identifying as non-

binary can choose to participate in either game. These participation recommendations will be in place for USAL-run events (for 14U and younger) and is recommended for adoption by independent youth lacrosse leagues and events

Rule 3. Age Eligibility (Updated May 26)

- 3.1 BLA follows WLF and US Lacrosse established eligibility guidelines to promote the game of lacrosse among the youth in a safe and sportsmanlike environment. To best achieve this goal, BLA seeks to provide playing opportunities that, as much as possible, establish a "level playing field" among players of similar age, size, and ability.
- 3.2 BLA desires youth player play with other players in their community in their grade level. BLA member clubs should strive to limit the maximum age difference between players in a youth game to no more than twenty-four (24) months, and youth cannot be in high school. The following age groupings are determined:
 - U14: 7th & 8th grade
 - U12: 5th & 6th grade
 - U10: 3rd & 4th grade
 - U8: 1st & 2nd grade

Clubs do have the option of allowing kids to "play-up" if their skill and physical skills align to the play in the grouping. Each club should have their own procedures for reviewing and approving these situations.
- 3.3 BLA clubs can allow biological girls to play on boys team of their age level if there is no girls team in their community, or refer the biological girl to a neighboring BLA girls club if a club exists. This is at the discretion of each BLA club.
- 3.4 Youth Team Composition (Updated May 2026)
 - 3.4.1 When a BLA club has more than one team at any level, all teams at that level shall be created equal. A / B teams or first year / second year teams are not allowed on the BLA schedule.
 - 3.4.2 Scrimmages: Clubs may create alternate A and B teams to scrimmage, outside the BLA schedule.
 - 3.4.3 Substitutes: If a team is missing players for a specific game, they may borrow an equal number of age appropriate, substitute players from other teams. The substitute players should be of a similar skill level to the players they are replacing and the number of substitutes shall not

exceed 50% of the number of players on the field. (10v10 teams may have five substitutes from another team, 6v6 may have three, 4v4 may have two.)

- 3.4.4 Grievance procedure: Clubs may email a grievance to the Director of Sportsmanship if they believe that another club is violating these rules.
- 3.5 BLA recommends teams should consider physical, cognitive, and emotional maturity when grouping players.
- 3.6 At any U-age level, at the coach's discretion, in mindfulness of player safety, players may play up one U-age level, and only one U-age level. Players may not play at a U-age level lower than that based on this section. There are three exceptions to this rule.
 - 3.6.1 Players who are participating in any high-school level team during a BLA season are not be eligible for a youth team (U14, U12, U10 or U8) in the same season. This means that a player who is age-eligible for U14 but plays on a high school level team cannot concurrently play on a youth league team.
 - 3.6.2 Youth U-age players that play up a level will also be allowed to play in their U-age level based on their birthdate if necessary to allow the BLA member club to be able to field a team in that lower level.
 - 3.6.3 If a team is sanctioned by a school system, the team will follow the school district's rules.

Rule 4. Membership (Updated 2/17/26)

- 4.1 To be eligible to join BLA as a member, a regional lacrosse entity must meet the following requirements:
 - 4.1.1 The entity must be a member of US Lacrosse and have an organizational structure established by written bylaws and populated by persons who are responsible for the entity's actions.
 - 4.1.2 The entity must agree to follow BLA's bylaws and rules.
- 4.2 To be eligible to participate in the next BLA season, an entity must apply to join BLA no later than the preceding October 1st.

Rule 5. Boys' Referees (Updated 2/17/26)

- 5.1 Adult referees shall be one year removed from any association with a

team they are to referee.

- 5.2 All youth referees must be at least a sophomore in high school.

Rule 6. Coaches' Certification/Qualification (Updated May 2026)

- 6.1. All coaches will submit the following documentation to Club Representatives:
 - 6.1.1 Copies of record of completion of required workshops and clinics or,
 - 6.1.2 Copy of US Lacrosse membership card w/certification on it.
- 6.2 All coaches, at all levels, will follow the Wisconsin Lacrosse Federation (WLF) qualifications requirements. The current WLF coaches' qualification requirements are attached hereto as Appendix A. The BLA president will monitor and report this information to the WLF.

Rule 7. Equipment (Adopted 3/3/10)

7.1 Youth Boys - Long Pole

- 7.1.1 Boys in 8U and 10U are not allowed to use long sticks.
- 7.1.2 Boys in 12U and 14U should first master the use of the standard stick before moving into the long (or defensive) stick. It is at the coach's discretion when this use is appropriate, safe and in the best interest of the game and its players.
- 7.1.3 If at any time, it is deemed by an official that a player does not have safe control of a long stick, the official may remove the stick from player's possession and the player shall use only a standard stick for the remainder of the game.

Rule 8: Rostering (Updated May 2026)

- 8.1 A youth lacrosse player should roster on the team in their school district or co-op districts if such a team (club) exists. If their school district does not have a team or established co-op, they should play with the nearest geographical team.
 - 8.1.1 A youth player that is home-schooled should play for the team associated with the school district in which the player resides. If no such team exists, then the player should participate on the team nearest geographically to the residing school district. Once the player

plays for this team, they should remain with that team throughout, unless the player joins a public or private school district, in which case refer to 9.1 above and 9.1.2 below.

- 8.1.2 A youth player that attends a private school outside their community can play with the club in which the private school is located, or the club where the youth resides.

Rule 9: Co-op and Non-Conforming Teams (Updated 2/17/26)

9.1 The organization or reorganization of any co-op team must be approved by the BLA board. A co-op team that is not approved by the BLA is a non-conforming team and is not eligible for conference play.

- 9.1.1 Youth level co-op teams can be created using any number of school districts to foster the growth of the sport. These co-ops can change year to year. The only requirement is that each co-op youth program declare their co-op districts to BLA before the first game of the season each year
- 9.1.2 Co-op teams shall be created and maintained solely for the purpose of providing opportunities for youth to play lacrosse when they otherwise would lack such opportunities. Such teams may not be created or maintained for the purpose of enhancing a team's competitiveness. BLA may require a co-op team to submit a plan for transitioning out of co-op. BLA may also create or reorganize co-op teams if doing so will improve the opportunities for youth to play lacrosse.
- 9.1.3 A new co-op team must apply to BLA for approval by the January 1st preceding the next season.

Rule 10. Reporting of Game Ejections & Red Cards

- 10.1 Within 12 hours of the end of the game, the referee (boys or girls) must file a game ejection report with the BLA Vice President Youth Boys, Youth Girls, as appropriate) and the BLA Referee Coordinator, as appropriate, in the event of an ejection of a player, coach or fan. This includes red cards issued to a player in a girl's game. Any player or coach ejected must miss a minimum of the team's next scheduled game.

APPENDIX A

WISCONSIN LACROSSE FEDERATION

COACHES' QUALIFICATION REQUIREMENTS POLICY – HIGH SCHOOL AND YOUTH, BOYS AND GIRLS ORIGINALLY ADOPTED IN 2007, REVISED MAY 22, 2012

All coaches involved with Wisconsin Lacrosse Federation (WLF) sanctioned programs must be members of US Lacrosse, with their membership valid through June 30 of the given season; must be of good standing with US Lacrosse, WLF and the Wisconsin Lacrosse Coaches Association; and their local league. Within 16 months of the first game coached, every coach, of every team, must be "Certified". "Certified" is defined as having obtained at least US Lacrosse CEP Level 1 Certification, which includes completion of the following requirements, applying to US Lacrosse, for certification and successful completion of the US Lacrosse background check:

1. US Lacrosse Level 1 CEP on-line course & test completion
2. US Lacrosse Level 1 CEP workshop attendance
3. PCA Double Goal Coach 1 workshop attendance or on-line

Every first-year coach, and those within the first sixteen (16) months of coaching, must be "Qualified" prior to the start of their season. "Qualified" is defined as meeting the following qualifications:

1. completing the US Lacrosse CEP Level 1 on-line test AND
2. completing the PCA Double Goal Coach 1 workshop (live or on line)

In every game, each team must have at least one coach in the coaching box that meets the applicable minimum qualifications outlined by this policy, for either "Certified" or "Qualified". Every coach that is in the coaches' box must at a minimum be "Qualified" as outlined above. Failure to comply with this policy will result in WLF sanctions.

All coaching certifications will be tracked and compiled annually for requirement compliance and enforcement as directed by WLF.