



Oregon High School Lacrosse Association

2026 Standard Operating Procedures

OHSLA Operating Principles:

The OHSLA operates under the guidelines/rules of the Oregon School Activities Association (OSAA) and the National Federation of State High School Associations (NFHS) current rule book, unless otherwise noted below in the Standard Operating Procedures (SOPs).

For OSAA guidelines, see: <https://www.osaa.org/governance/handbooks>

To purchase the current NFHS rule book, see:
<https://nfhs.com/products/2026-boys-lacrosse-rules-book>.

The same site includes the rules changes for the coming season, shown under “Sports”, see “Boys Lacrosse.”

OHSLA’s Mission Statement: To organize, develop, and promote boys lacrosse in Oregon and to honor the game by instilling the values of scholastic achievement, sportsmanship, and individual development.

OHSLA sportsmanship requirements can be found in the following:

- **Appendix A:** OHSLA Code of Conduct: All Coaches
- **Appendix B:** OHSLA Code of Ethics: All Coaches
- **Appendix C:** OHSLA Guidance: Sportsmanship
- **Appendix D:** OHSLA Guidance: Racist or Harassing Behavior

Governance: The OHSLA is governed by a Board of Directors drawn from across the State of Oregon to represent stakeholders with the greatest possible geographic diversity.

Coaches’ Reps: There are eight conferences in OHSLA, each composed of four-to-six teams. Each conference is responsible for assigning two coaches’ representatives to the OHSLA Coaches Committee to speak on behalf of their conference, to be a resource for the OHSLA Board, and to communicate pertinent information to their teams.

For OHSLA Contacts, see: <https://www.ohsla.net/info/contacts.asp>

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1. Coaching Certifications:

1.1 OHSLA is a USA Lacrosse entity, and all coaches must be USAL members.

1.2 All Coaches affiliated with a member school and have ANY contact with student athletes must be certified before such contact. For detail, please see: <https://www.usalacrosse.com/coach-certification>

1.3 Coaches are required to earn “Bronze” certification, which includes a valid membership in USAL, a successful background check, an annual rules test, and completion of the following courses:

- a. Abuse Prevention
- b. Cardiac Care
- c. Concussion
- d. Cultural Competency

1.4 Guest coaches, including alumni, who are supervised by the head coach and whose participation is limited to one week or less, are not required to be certified.

1.5 Any coach added to the coaching staff of a member school after the start of the season is required to acquire Bronze-level certification. A revised Team Certification must be submitted to OHSLA documenting the certification of the new coach before he/she may have contact with the team’s players.

1.6 Failure to comply with 1.5 above will result in the OHSLA canceling any scheduled contests until the requirements are met. A signed letter of certification completion for each team must be on file with OHSLA prior to the first official practice date or as noted on OHSLA calendar.

1.7 It is the responsibility of the head coach or his designee to maintain the completed certification documents on file in an electronic format that allow easy retrieval. These documents must be kept on file at the team location for a period of two calendar years.

2. Additional Coaches’ Responsibilities:

2.1 OHSLA convenes three governance meetings each year: one in pre-season, one post-season, and one in the fall. Travel stipends are available. Dates and attendance requirements are shown below:

- a. Pre-season: the first Saturday in February. This is for ALL COACHES.
- b. Post-season: the fourth Saturday in June. This is for Conference Reps.
- c. Fall: the last Saturday of September. This is for Conference Reps.

2.2 Each OHSLA member team will submit a team roster to the league before the first contest of the season using the OHSLA website (OHSLA.net). The form will include the player’s name, position, year/grade in school, school attending, and his USA Lacrosse Membership number. The roster should include all Varsity and JV players currently playing for that team.

2.3 OHSLA will monitor these rosters carefully to ensure that players are placed within the guidelines in Rule 5: “Where students may play.”

2.4 Coaches will share game film with the OHSLA and OLOA (Oregon Lacrosse Officials Association) as requested for periodic review and for the training of officials.

3. Insurance:

3.1 For 2026, every coach and player is required to be a member of USA Lacrosse. Membership includes insurance coverage at no additional premium. For coverage detail, see:

https://www.usalacrosse.com/sites/default/files/documents/Membership/2025_USAL_Member_Insurance_Full_Guide.pdf

3.2 Failure to enroll a team’s coaches and players will result in scheduled games being cancelled.

4. Academic Eligibility for Players:

All athletes must meet the GPA, attendance, and credit registration standards set by the Athletic Department of their school. If the school does not have such standards in place, then the minimum standards for all OSAA athletes must be met. See OSAA Eligibility Policies:

<https://osaa.org/docs/workshops/administrative-secretaries/2020-09-24/2B%20-%20School%20Representation%20Eligibility%20Certificate.pdf>

5. Where Students May Play:

To promote the growth of our sport in Oregon, we will strive to create and offer all student athletes from schools that do not offer lacrosse, an opportunity to play.

5.1 It is a fundamental rule of OHSLA that a student athlete must play lacrosse for the high school he attends if that school has a lacrosse program. If the school is a private school and does not have a lacrosse program, the student athlete is eligible to play for the public school he would attend (Home District School) based on where the Joint Residence of the student and the student’s parents are located. If the Home District School (HDS) does not have a lacrosse program, the student athlete would be eligible to play for the closest school geographically to the Joint Residence that does have a lacrosse program. In this last case, with the signed approval of the host school, represented by the athletic director or other representative designated by the school’s administrative team, the head coach, and a designated Parent Representative of the host school’s Lacrosse Team, and the OHSLA Executive Committee, a “Conglomerate Program” will be formed. Please refer to Section 6 for additional rules governing Conglomerate Programs.

5.2 Student athletes may seek a transfer to a different school under the rules of the relevant school district prior to the start of the OSAA Association Year (OAY), August 18, 2025 to May 25, 2026, and would then be eligible to play for that new school they attend without sanction. However, student athletes who transfer schools after the start date of the OAY, must sit out the upcoming lacrosse season, or apply for and receive a hardship waiver of this rule. Hardship waivers to this transfer rule will be granted only in consultation with the new school's administration and the original school's administration, and according to the hardship policies of each school. OHSLA is not an investigative body and will rely on the determination and confirmation of such hardship by both the original school's and the new school's administrations. Confirmation of the hardship by each school should be emailed directly to the OHSLA at: Board@ohsla.net.

- a. A transfer/residency requirement is about fairness and is designed to assist in the prevention of students switching schools in conjunction with the change of season for athletic or activities purposes; to discourage recruitment; and to reduce the opportunity for undue influence to be exerted by persons seeking to benefit from a student athlete's or activities participant's prowess.
- b. A transfer/residency requirement promotes stability and harmony among member schools by maintaining the amateur standing of high school activities participants; by disallowing individuals other than enrolled students to participate; and by upholding the principle that a student should play for his Home District School or the school he attends.
- c. This transfer/residency requirement restrains student athletes from displacing other students from athletic or activities opportunities.

5.3 The OHSLA Executive Board reserves the right to review all team rosters to determine that the OHSLA SOPs are being followed.

6. Conglomerate Programs:

6.1 OHSLA acknowledges that there are situations where players from multiple schools may end up on the same team as indicated above. Any team that has players from any other school (as listed in 5.1 above) than the school listed on the OHSLA schedule will be considered a conglomerate program.

6.2 OHSLA will monitor these rosters to ensure that players are placed within the guidelines in Rule 5.

6.3 Once a conglomerate program's roster has 10 or more of its players from schools other than the host school, efforts will be made to split the non-host schools off into their own team(s). The intention is to promote opportunities to play but not to allow the creation of "super teams." Such efforts should include the following:

- a. Identify a new host school
- b. Recruitment at the high school level in each non-host school
- c. Recruitment in the youth feeder schools of each non-host school

6.4 OHSLA will review and approve all applications for conglomerate programs that have the support of the host program administrator, head coach, and athletic director.

7. Co-op Agreements:

7.1 To promote the growth of lacrosse in Oregon, OHSLA will support co-op agreements, whereby two schools may combine to facilitate having a team in the league.

7.2 This is usually done to help a new school start a program, in combination with a school that already has an established lacrosse program.

7.3 Applications for cooperative agreements must be approved by the Executive Committee of OHSLA.

7.4 If approved, the duration of a co-op is two years/seasons. Both schools should consider from the outset how they will grow to two sustainable programs by the end of the co-op agreement.

7.5 Schools wishing to enter into a co-op agreement with OHSLA should submit the proper application form found on the OHSLA website. In addition, they should:

- a. Secure written approval from the athletic directors of both participating schools, i.e., the host school with the team and the co-op school currently lacking a team but with interested players.
- b. A written, reasonably detailed, plan should be presented, attached to the OHSLA application, describing how a new program will be established at the school joining the host school, at the end of the two-year term. The plan should include the following:
 - Connecting with the coaches' reps in the applicable conference to develop an action plan for mentoring of coaches, and for obtaining the support of parents and/or, if applicable, a board of directors.
 - Description of how current and future coaching resources will be developed to ensure solid coaching staffs at both schools at the end of the co-op period.
 - Description of how board leadership for the new program will be developed, including expectations for the role such a board would play.
 - Connecting with the local youth program to recruit and develop student athletes for the new high school lacrosse program. If a youth program has not yet been established, address how it would be.
 - The two schools should contribute to a plan showing how recruiting efforts will be cooperatively implemented to grow the number of student athletes sufficient to sustain two lacrosse programs.
- c. To be considered, co-op applications are to be submitted to the OHSLA board no later than January 1st for the coming season.

- d. Conglomerates and Co-ops will terminate in June following the end of the season of the expiration year.
- e. Requests for extensions of Co-ops are to be submitted to the OHSLA board not later than September 1st prior to the upcoming season. Such requests should include a description of the steps taken to build the second team and an action plan for steps to be taken during the extension year to achieve that goal.
- f. Co-ops are intended to have a limited lifespan, but OHSLA will evaluate renewal requests based on the likely success of both teams once separated, and the expected developmental opportunities for the players.

7.6 Applications for Co-op extensions will be considered by the OHSLA board on a case-by-case basis. At the end of their co-op term, teams which fail to file their extension applications by September 1st prior to the upcoming season, will not be eligible for post-season play.

7.7 The OHSLA executive committee will periodically review co-op agreements and may terminate those no longer deemed appropriate, such termination to be effective on the last day of the current season.

8. New Teams and Programs:

8.1 With OHSLA approval, a new team may enter the league as a JV team if it is determined to be in the best interest of the team, its conference, and the league.

8.2 An existing program that is experiencing a decline in student athletes may petition OHSLA to play a JV schedule, either for the balance of the current season, or for the coming season. The petitioning team should present an action plan to address new recruitment efforts and a timeline to return to Varsity level play.

9. Games/Scrimmages and Opponents:

9.1 Play in OHSLA games and scrimmages is governed by the NFHS rulebook with two exceptions:

- a. JV games have a running clock
- b. Smaller JV teams may play 8 vs 8 or SIXES

9.2 OHSLA teams must conform to the first practice and first game dates shown on the OHSLA calendar: <https://www.ohsla.netinfo/calendar.asp>

- a. Scheduling. On the OHSLA calendar, the date marked, "Start of Season Scheduling," is the date teams may start entering their scheduled home games

and scrimmages into the OHSLA scheduling data base. This is usually during the New Year's holiday weekend.

- b. Practice. On the OHSLA calendar, the date marked, "Start of OSAA Spring Season," is the first date on which teams may begin practices under the in-season rules, meaning more than six hours per week, with full participation by the coaches. This is normally on the first Monday in March.
- c. Games. On the OHSLA calendar, the date marked, "Start of Regular Season," is the first date on which a scheduled game may be played. This is usually two weeks after in-season practices begin.

9.3 Each OHSLA member team, at either the varsity or JV level, may play a maximum of 20 games during the season, with an in-state maximum of 18 games. To schedule 20 games, at least two of them must be played out-of-state.

9.4 Play against non-OHSLA/out-of-state teams must be pre-approved by the OHSLA Commissioner. Coaches can simply send an email to: [Commissioner Will Harris \(will@ohsla.net\)](mailto:will@ohsla.net)

9.5 Post-season playoff games (State Championship and Cascade Cup) do not count toward the 18-game OHSLA limit. However, conference playoff games (a.k.a. seeding playoffs) DO COUNT toward the 18-game limitation and must be played before the end of the regular season, per the OHSLA calendar on the league website.

9.6 Each team (varsity or JV) may have one scrimmage game or combined practice per season. The following rules apply:

- a. To be held the week prior to either team's first game. Scrimmage games must be scheduled with the OHSLA and referees must be used.
- b. The host team will enter the game into the OHSLA schedule as a "Scrimmage" game, so OLOA officials can be assigned.
- c. Referees will be paid per the JV game fee schedule, with no travel fee.
- d. Time for a scrimmage game should not exceed that of a regular season varsity game.
- e. Coaches will determine how the scrimmage time is used.
- f. Scrimmage games DO COUNT toward each team's 18-game in-state limitation, and, if played against a non-OHSLA team, toward the over-all 20-game limit.
- g. Scrimmage games are not counted for ranking purposes.
- h. Scrimmages may not be scheduled on Tuesdays or Fridays.

10. JV Games:

10.1 All JV/JV2/JV3 games are to be played under running clock rules with quarters not exceeding 15 minutes.

10.2 Penalty time will be NFHS penalty time for the specific violation plus 50% (a one-minute penalty will be served for 90 seconds). Penalty time begins at the re-start of play following the violation.

10.3 Fouling Out. NFHS Rule 5-11 should be amended from five minutes to seven minutes of accumulated personal foul time.

10.4 JV2 and JV3 games may not be scheduled on Tuesdays or Fridays.

10.5 There is no overtime period in JV games.

11. Scheduling Games/Scrimmages:

11.1 Games and scrimmages should be scheduled using the OHSLA scheduling system on the website. Teams may begin entering their scheduled games into the OHSLA data base at “Start of Season Scheduling.”

11.2 Coaches scheduling 8v8 or SIXES must note them on the website calendar.

11.3 Varsity game scores must be reported using the Game Score Reporting (GSR) system on the OHSLA website: https://www.ohsla.net/BHS/GSR_login.asp Log in, and enter the names of the teams and the score. (See SOP #14 below)

11.4 After online varsity scheduling has closed, usually two weeks prior to the start of the season (JV scheduling closes the following week), all schedule changes should be performed using the Game Change Request (GCR) on the OHSLA website. Changes should be entered as soon as they are known, but in no case later than three days prior to the date the game was originally scheduled for.

11.5 Changes to game and scrimmage schedules require re-assignment of officials, and there is a cost to the league. If the OHSLA board determines that a team’s GCRs are excessive, i.e., four or more, they may charge the team a fee of \$25.00 for each game changed. There is no charge for a forfeit.

12. Game Cancellations/Delays:

12.1 The GCR system is used for game cancellations. Teams should give notice at least 24 hours prior to the scheduled start time, unless the cancellation is due to unexpected circumstances (12.4 below).

12.2 The canceling coach should promptly notify OHSLA and the opposing coach via phone and email, including the reason(s) for the cancellation.

12.3 Failure to provide notice to OHSLA at least 24 hours prior to the scheduled game time will result in the canceling team being billed for the full cost of the scheduled game officials.

12.4 Unexpected Cancellations or Delays Due To Unsafe Weather Conditions. Weather conditions can change quickly, and safety should be the primary concern. Coaches should know before the game what the home school's Safe Response Policy is, so they can direct where the players and fans should go. If the visiting team cannot access the host school building, the coach should have a plan to get the players and fans to a safe shelter.

12.5 The following unsafe weather conditions may cause unexpected cancellations or delays due to safety concerns:

- a. The threat of lightning, thunderstorms, or hailstorms (usually part of a thunderstorm with ice pellets ranging from the size of a pea to a golf ball). See OSAA Lightning Safety Guidelines: <https://www.osaa.org/docs/handbooks/LightningSafetyBP.pdf>

The above site includes a link to: [NFHS Environmental Issues-Lightning Safety](#), which provides useful precautionary steps to take in anticipation of a lightning storm. All coaches and officials should read and be knowledgeable about the material presented. The crew chief of the game officials and both head coaches should meet to determine whether the game: (a) should have a delayed start; (b) should be interrupted with the goal of restarting play later in the day; or (c) if the game should be stopped and the options in 13.1 below followed. If the decision is to cancel and/or re-schedule, the teams will not be billed for the scheduled game officials. The coaches should inform their players, game staff and spectators of the decision. In each case above, if the decision calls for a delay of an hour or less, all personnel should seek shelter until the weather no longer constitutes a reasonable safety concern.

- b. Heavy rain showers. Heavy rains may cause unsafe playing conditions but usually do not last for more than half an hour. The two head coaches should confer and decide if the game should be delayed, interrupted, or, as a last resort, canceled. See (a.) above.
- c. Unhealthy Air Quality. Unhealthy air quality due to smoke or other pollution, can cause serious injury to players, coaches, and others present, especially those with asthma or other lung or heart conditions.
- d. High Temperatures. Excessive heat can be dangerous, and OSAA provides practical information and guidance: <https://www.osaa.org/heatindex>. Surface temperatures on synthetic turf fields can reach dangerous levels, which can cause heat illness and burns to exposed skin.

13. Interrupted Games:

13.1 If a game is interrupted because of events beyond the control of the responsible authorities, including unsafe weather conditions (See 12.5 above) or a facility lighting delay, it shall be continued

from the point of interruption. Both teams are permitted to make roster changes. By mutual agreement of the opposing coaches and approval of the referee, any period may be shortened or the game terminated.

13.2 If such an interruption occurs after three quarters of play, and is expected to last more than 30 minutes, the game is considered complete with the score at the moment of disruption being the final game score.

14. Reporting of Game Scores:

14.1 The host head coach is responsible for ensuring correct scores are entered into the GSR on the OHSLA website immediately following the game. Scrimmage scores are not required to be reported.

14.2 For games against non-OHSLA teams, the head coach of the OHSLA team is responsible for entering the score into the GSR.

14.3 Game score reporting is used to calculate the relative ranking of teams for playoff seeding purposes, using the laxnumbers.com website. The OHSLA site automatically submits scores to that site daily.

15. Game Facilities:

15.1 The home team should have a representative at the game site one hour prior to game time.

15.2 The home team is responsible for providing equal access for both teams to water, benches, locker rooms, and warm-up space for the visiting team, except that, at a neutral facility, the home team will not be responsible for the visiting team.

15.3 The home team should make every effort to provide one hour of warm-up time for both teams. When the host team cannot provide such warm-up time, this must be communicated to the opposing head coach at scheduling or as soon as it is known.

15.4 Game fields should meet NFHS specifications. See Section 17, Game Administration, below.

15.5 The home team is responsible for paying the referees, a deposit for which is required through the season team assessment to the OHSLA. The OHSLA is responsible for making payment to each referee of an appropriately scheduled OHSLA game.

16. Coaching Box:

16.1 There is no maximum number of coaches in the coaching box, however the following rules apply:

- a. Only the head coach is authorized to speak to the officials.

- b. The head coach is responsible for maintaining proper decorum and conduct in the coaching box.
- c. Officials are instructed to penalize the head coach for unsportsmanlike conduct or disruptive behavior in the coaching box.
- d. Only coaches who have successfully met the OHSLA Certified Coaching Requirements are permitted in the coaching box area.
- e. Parents and other non-certified personnel are NOT permitted in the coaching box.
- f. Trainers are exempt from this section.

17. Game Administration:

17.1 Prior to the start of the game, the home team should provide a score book, scorer's table, chairs (up to five), an accurate timing device, a working air horn, and nine soft flexible plastic cones or pylons of red or orange color. Failure to provide any of the items above will result in the home team being penalized for illegal procedure.

17.2 Cones/pylons should be placed at the prescribed locations (see NFHS 2026 Boys Lacrosse Rules Book, Section 2, Art. 7 through 10). The Rules Book includes a field diagram showing proper cone/pylon placement and the layout for the table area.

17.3 The scorer's table should be placed at least six yards from the sideline at the center line. Two lines shall be drawn on either side of the center line five yards from the center line and extending six yards from the sideline. The area bounded by the sideline, the two lines perpendicular to the sideline and the scorer's table shall be referred to as the table area.

17.4 Players serving penalty time, players ready to substitute on the fly, the chief bench official, and official scorers and timers are allowed in the table area. A player or coach may temporarily enter the table area to exchange a crosse with a player on the field and during a dead ball to seek information from the timer or scorekeeper.

17.5 The home team may have up to three representatives at the scorer's table, and the visiting team may have up to two. Table personnel are considered part of the officiating crew and must remain neutral in all respects during the game. Table personnel are to treat all players, coaches, and game officials with respect, and are in turn to be treated respectfully by the players, coaches, and game officials.

17.6 Each head coach is responsible for maintaining proper decorum and conduct of his team's personnel, and officials are instructed to flag/penalize the respective head coach for unsportsmanlike or disruptive conduct on the part of his team's personnel in the table area. [See Appendix A and Appendix B.](#)

17.7 Game commentary from the press box should be limited to neutral descriptions of the game and the players. Additionally, the use of facilities, such as the scoreboard or field lights to celebrate only one team and not the other, is not allowed, and may result in a penalty for unsportsmanlike conduct being assessed against the offending team's head coach.

18. Concussions and Concussion Management:

18.1 As required by NFHS rules, players who exhibit signs of a concussion must be examined for other injuries (broken leg, etc.) that may make it unsafe to move him without medical supervision. If the player can be moved safely, he should be removed from the field immediately, whether the player was in a game or a practice. Once removed from the field, protocols for a player's resumption of participation, as documented in the required annual NFHS Concussion Training class, must be followed. See: <https://nfhslearn.com/courses/concussion-in-sports-2>

19. Crowd Control:

19.1 The home team's head coach is responsible for security (as needed), for crowd control, and the players bench area.

19.2 The visiting team's head coach is responsible for his team, students, and fans. It is recommended that each team have at least one designated crowd monitor to ensure that spectators follow proper lacrosse etiquette. Crowd monitors should be on the field at least 20 minutes prior to the game starting time to meet with coaches and officials.

19.3 Each team's monitor's responsibilities include stopping the crowd from berating the officials, making offensive remarks about the other team and/or its coaches, or encouraging rough play or take-out tactics by either team. **See Appendices C and D.**

19.4. The home team should make every effort to keep spectators in the stands or behind designated limit lines.

19.5 In no case should any spectator be allowed to encroach on the playing field past the track or limit lines during the game.

19.6 Spectator presence behind the bench area(s) should be limited. When possible, the players' bench areas should be on the opposite side of the field from the spectator seating area. If that is not feasible, then the space behind the players bench area should be roped or flagged off to limit access by spectators.

19.7 Head coaches should review their game management plans and revise as appropriate to address issues that may come up before, during, or after the game. Some "best practice" tips that teams have utilized include:

- a. Crowd Monitor to assist in maintaining proper lacrosse etiquette, i.e., good sportsmanship.
- b. Provide a designated parking area for game officials. If in a remote area, designate an escort to accompany officials to and from the parking area.
- c. OHSLA practice is to have the following sportsmanship announcement read over the public address system prior to the start of each game:

“Good evening, Lacrosse fans! (Name of Home Team) and the (Name of Conference) promote good sportsmanship by participants and fans at all athletic events. Sportsmanship is about respect for opponents, officials, teammates, coaches, and especially for the game itself. Booing, negative cheers, or derogatory comments directed at individual players, officials, or coaches is prohibited. We welcome our guests from (Name of Visiting High School) and look forward to tonight’s contest.

“Now the Starting Lineup for the visiting (Name of Opponent and Mascot): (read lineup)

“And now the Starting Lineup for the (Name of Home team and Mascot): (read lineup)”

- d. All announcements and playing of the National Anthem should be **COMPLETED** not later than one minute prior to game time.

20. Ejections:

20.1 Ejections are accumulated per team/program. Any player or coach ejection counts against the team, and in the case of programs fielding a varsity team plus a JV team, against the entire program. The first ejection of a coach or player from a game will result in a \$300 fine against his team, and the offender(s) cannot participate in the next game.

20.2 If the program, whether it is a varsity team, JV, JV2, or JV3, has a second ejection during the season, the fine will increase to \$500.

20.3 A third ejection charged to any team in that same program will result in a \$1,000 fine and the varsity head coach must contact the OHSLA Commissioner and provide him with a written plan to prevent future ejections.

20.4 A fourth ejection may result in the remaining games being cancelled for the team or the entire program.

20.5 A player who is ejected more than twice during the season will be suspended from play for the remainder of the season.

21. Appeals of Ejections:

21.1 Only the varsity team's head coach may appeal an ejection, even if the ejection involved a JV team from the same program.

21.2 The appeal should be filed (using the online form accessed from the coach's Ejection Report, on the OHSLA website) with the OHSLA Commissioner within 24 hours of notification of the ejection taking place.

21.3 The appeal must include the specific NFHS rule number that the appellant believes to have been mis-applied, along with a specific description of how the rule was not properly applied. Video or other supporting evidence should be included with the original appeal. OHSLA may reject the appeal if it does not meet the timeline or format required.

22. Uniforms and Tooth and Mouth Protectors:

22.1 The home team should wear white uniforms. All uniforms should conform to NFHS regulations. The head coach should check the following link before ordering team uniforms:

https://assets.nfhs.org/umbraco/media/869200/nfhs_boys_lacrosse_uniforms.pdf

Note: for 2026 the rule for players uniforms has been modified by decreasing the minimum height of the numbers on the back of the jersey to eight inches, matching the height requirement on the front of the jersey.

22.2 Also for 2026, the restrictions on color of Tooth and Mouth Protectors have been eliminated, but prohibits items attached to the tooth and mouth protector that do not support the function of protecting the teeth and/or mouth. "Invisalign" mouthpieces, clear mouthpieces, and "binkies" are not allowed.

23. Quarter Limitation Rule:

This rule limits the practice of varsity players dropping down to fortify JV teams and secure wins at the JV level. OHSLA's five quarter rule is intended to eliminate the abuse of this practice.

23.1 The five-quarter limitation rule applies when a player participates against the same opposing program in two contests in one day (Example: varsity-JV double header) or within 48 hours. Participation is defined as stepping on the field in any quarter, regardless of the duration of his play. This rule applies to so-called "swing players" in the following situations:

- a. Two contests against the same school/program in one day, such as a varsity-JV double header. A player may play in both games but with a five-quarter limit, i.e., he may not play more than five quarters in total between the two games.
- b. Two contests, either varsity or JV, against the same school/program within 48 hours (not a double header). Again, a player may play in both contests with the same five quarter limit.

- c. If his team plays two games within 48 hours against the same school/program at the same level (varsity vs. varsity or JV vs. JV), the five-quarter limitation does not apply.

23.2 The penalty for violation is a fine of \$100 and forfeiture of the game in which the five-quarter violation occurred.

23.3 A varsity player who participates in a JV contest, including non-OHSLA tournament play during the season, will not be eligible for post-season honors above Conference Honorable Mention. OHSLA board may review score books and game video to investigate any potential violations of this rule.

23.4 Some exceptional JV players may develop their skills sufficiently during the season to become varsity-level players and potentially play well enough at that level to be recognized beyond Honorable Mention. Eligible cases may be considered by the Conference Coaches when selecting All-Conference teams.

24. Rule Violations:

24.1 Teams in violation of league policies, OHSLA SOPs, or other directives may be sanctioned in any or all of the following ways, at the discretion of the OHSLA board:

- a. Player suspension
- b. Coach, including head coach, suspension
- c. Monetary fines
- d. Disqualification of either a player or coach, or both, from post-season honors
- e. Game forfeiture
- f. Team disqualification from post-season play
- g. Suspension from the league

25. Parent Complaints:

Complaints by parents should be directed to the team's head coach or the school's athletic director, who are the only persons who may file a formal complaint with the OHSLA.

26. Off-Season Practices:

Coaches may spend time with players during the lacrosse off-season. There are two periods with differing limitations for coaches during the off-season.

26.1 Closed Period. There are two six-week periods during which conditioning is the only activity where coaches may supervise their players, and the sessions must be voluntary. Coaches may not conduct skills development with any players during this period, hence the term “closed.” For the 2025/26 season, the Closed Periods are: 8/18/25-9/28/25, and 11/17/25-12/28/25.

26.2 Open Period. For 2025/26, the Open Periods run for six weeks from the end of the Closed Period. For 2025/26, the Open Periods are 9/29/25-11/16/25 and 12/29/25-3/1/26. The start of the OSAA spring season is 3/2/26. During the Open Period, an unlimited number of players may participate in skills development sessions run by the coaching staff. These practices are limited to six hours per week and must be voluntary. To support growth of the sport and connection to Home School Districts, OHSLA will allow coaches to supervise joint practices with another program during the off-season Open Period, provided they not exceed the six hours per week limitation and are voluntary. Additionally, OHSLA teams may play one competitive contest as an OHSLA team under their OHSLA coach’s supervision, once per Open Period. Such contests must be pre-approved by OHSLA, and do NOT count as part of the 18-game limit in (9) above. A weekend tournament would be considered “one contest” in the context of this rule.

26.3 Summer. In summer 2026, except during the designated Moratorium Week (7/26 to 8/1), coaches can coach their teams without restrictions.

26.4 OHSLA does not govern club programs, such as Team Oregon, nor the engagement of OHSLA coaches in club programs. There is no OHSLA limitation on the number of club players from his OHSLA team that an OHSLA coach may work with in a club program, provided that no club team should be comprised of only that coach’s players. OHSLA reserves the right to monitor and change this approach as it sees fit.

27. Playoffs:

27.1 OHSLA hosts two playoff brackets: the State Championship and the Cascade Cup.

In the State Championship bracket 24 teams will compete: the First Place Team from each of the eight conferences and sixteen teams determined by the [LaxNumbers.com](https://www.laxnumbers.com) ranking system at the close of the regular season. Cascade Cup participants will include the next top 16 teams that are not included in the State Championship Bracket, as ranked by [LaxNumbers.com](https://www.laxnumbers.com).

After the bracket selections have been made, teams will be seeded by Lax Number ranking.

In the Championship bracket, the top eight teams seeded by their Lax Number ranking will get first round byes and will be the host teams in the second round. If a conference winner is not ranked in the top eight, that team will host its first-round game regardless of Lax Number rank.

- a. To be eligible for post-season play, a team must abide by the SOPs of both OHSLA and their respective conference.

- b. Conference Playoffs may be used to determine the conference winner, but such contests will count toward the in-state 18 game limit.
- c. Conference Playoff games must be completed prior to the end of the regular season (usually the second Saturday in May).
- d. Each conference, prior to the start of the Regular Season in March, should submit their protocols for determining conference placements and their tie-breaker process.

28. Admission to Playoff Games:

28.1 Admission is charged for all playoff games in both brackets (State Championship and Cascade Cup), starting with the first round of play. Ticket sales, revenue accounting, and cash controls are the responsibility of the home team. The OHSLA executive board will determine admission rates and advise all teams. For playoff revenues and costs, see:

<https://www.ohsla.net/Archives/2026/Playoffs.asp>

- a. Gate Revenue:
For playoff games (excluding Championship Semi-Finals (Wed) and Finals (Sat) split will be 50/50 between OHSLA and the host school after approved host expenses are subtracted from the total.
For Championship Semi-Final (Wed) and Finals (Sat) split is different: (see: <https://www.ohsla.net/Archives/2026/Playoffs.asp>)
- b. A copy of the gate accounting and appropriate expense receipts should be submitted to the OHSLA Treasurer not later than seven days after the game.
- c. Failure to perform the tasks enumerated below on a timely basis will result in the host team being fined \$250 plus the average gate share received by OHSLA from teams in a similar round of the playoffs.
 - Charge admission at the specified rate(s)
 - Submit completed accounting forms, signed by an authorized adult
 - Fund OHSLA's 50/50 share with a check. Requests for variance should be sent to the OHSLA Commissioner and the Treasurer at least 48 hours prior to the start of the game.

29. Semi-Finals and Finals Games: (State Championship and Cascade Cup):

Admission will be charged at the rate determined by the OHSLA executive board. The total gate fees for these games will be shared between OHSLA, the host/volunteer school and participating teams, after approved host expenses are subtracted from the total. OHSLA will receive 55% and the host

school 20%. Championship Final four teams will each receive a 5% share and two Cascade Cup Final Teams will each received 2.5%, to be paid by OHSLA.

30. Honors: All-Conference; All-State; All-American:

30.1 The head coaches of the teams in each conference are responsible for the selection of All-Conference honors, according to their conference SOPs with the following exceptions:

- a. Players who have played in JV games are not eligible for post-season awards above Conference Honorable Mention.
- b. All-Conference teams are to include players both in common positions (4 attackmen, 6 midfielders, 4 defensemen, and 2 goalies) as well as specialty positions (2 LSM, 2 Face-Off, and 2 Short-Stick Defensive Midfielders).

30.2 The Coaches' Representatives of each conference are responsible for the selection of All-State and All-American honors. Nominated players must be in good standing with their teams and with OHSLA at the time of nomination.

- a. First Team All-State nominees must have received First Team All-Conference honors.
- b. All-American nominees will be chosen from among First Team All-State nominees.
- c. All-State team eligibility includes players both in common positions (attack, midfield, defense, goalie) as well as specialty positions (LSM, Face-Off, Short Stick Defensive Midfielder).
- d. Players who have received more than a single ejection, or more than two penalties for unsportsmanlike conduct, are not eligible for All-State honors.

Appendix A: OHSLA Code of Conduct: All Coaches

Lacrosse has rich historical, cultural, and spiritual roots. Native Americans played the game as early as 1100 AD, and many tribes knew it either as the “Creator’s Game,” conveying a spiritual sense, or “baggataway,” meaning “little brother of war.” Games could be played to heal the sick or show appreciation to the Creator, and often served to resolve conflicts between tribes, the contests sometimes lasting for days. Lacrosse (the word derives from the French word for a shepherd’s crook) has been played at the high school level in the United States since 1882, when three boarding schools (Exeter, Andover, and Lawrenceville) formed teams. An appreciation of this rich history underlies the sense of community among those who play, coach, and support our unique sport. To honor the game, we as coaches and administrators are responsible, not only for how we conduct ourselves, but for setting appropriate expectations for our players and fans, on and off the field.

Expectations for Coaches (includes the head coach and assistant coaches):

- a. Coaches are role models for players and fans, and should always conduct themselves professionally, exemplifying the highest qualities of good sportsmanship, personal integrity, and good, clean competition.
- b. Coaches should know and adhere to the letter and spirit of all the rules of the game as written and directed by the National Federation of State High School Associations (NFHS) and the OHSLA.
- c. Coaches should ensure that their players all understand and adhere to the letter and spirit of the rules of the game.
- d. Coaches should recognize that officials are a vital part of the game. No coach should exhibit or tolerate behavior from other coaches or players, verbal or otherwise, that may reflect poorly on an official. There are approved methods for a coach to comment on an official’s performance through OHSLA. Public displays of displeasure, at any time, are not among them.
- e. Coaches should always win or lose with grace and dignity.

Appendix B: OHSLA Code of Ethics: All Coaches

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic athletic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student-athlete should be treated as though he were the coach's own son, and his welfare should be uppermost at all times. Accordingly, the following ethics guidelines have been adopted by the OHSLA Board of Directors:

- a. A coach should be aware that he has much influence, for good or ill, on the education and character development of his players, and should never place the value of winning above developing strong character in his athletes.
- b. A coach should uphold the honor and dignity of his position. In all personal contact with student-athletes, officials, athletic directors, school administrators, OHSLA, OSAA, the media, and the public, a coach should exemplify the highest level of moral and ethical conduct.
- c. A coach should actively discourage the abuse of illegal or performance-enhancing drugs, alcohol, and tobacco, and should avoid the use of same when in contact with players.
- d. A coach should promote the entire interscholastic program of the school and direct his program in harmony with the overall school program.
- e. A coach should master the rules of lacrosse and teach them to all team members. No coach should seek an advantage by circumvention of the letter or spirit of the rules.
- f. A coach should use his influence to encourage good behavior and sportsmanship on the part of spectators, in coordination with parent groups, and administrators.
- g. A coach must respect and support game officials and not indulge in conduct which could incite players or spectators against the officials. Public criticism of officials is unethical.
- h. Before and after a contest, coaches and the competing teams should meet and exchange cordial greetings to set the right tone for the event.
- i. A coach should not exert pressure on faculty members to give student-athletes special consideration.
- j. A coach should not scout opponents by any means other than those adopted by OHSLA or OSAA.

Appendix C: OHSLA Guidance: Sportsmanship

Expectations:

Good sportsmanship should characterize all lacrosse games, scrimmages, and other activities. Each team is responsible for the sportsmanlike behavior of its coaches, players, and supporters. Prior to each game or scrimmage, the head coach and a designated member of the parents' organization will be responsible for encouraging good sportsmanship on the part of its team members and fans. Cheers, comments, and actions should be in support of one's team, and derogatory language or behavior directed at another team or game officials, is not allowed. No player may be singled out, either by name, number, or position, with negative comments of any kind.

Infractions:

In the event of behavior in violation of the expectations above, a written petition should be prepared, describing the incident and the party(ies) involved. The petition should be directed to the team's head coach, who will forward it, with any relevant testimony or comments, to the OHSLA Commissioner for action. Such action may include postponing, rescheduling, or canceling a pending event, or imposing conditions on how such an event is to be conducted. If deemed warranted, OHSLA may determine the incident constitutes an incident of Unsportsmanlike Conduct (USC).

Physical Infractions:

In cases of disorder or infliction of damage to persons or property, or instances of rioting, fighting, pilfering, painting, or any other such Unsportsmanlike Conduct of a physical nature, by a program's coaches, players, students, supporters, or staff, that program is subject to a penalty of \$500.

Consequences for USC Infractions:

For any team with more than one USC at a single event, or with multiple USCs over the course of the lacrosse season, one or more designated representative(s), including the head coach and/or a representative of the parents organization, will meet at a scheduled time and place with the OHSLA Commissioner and such other members of the Board of Directors as he shall appoint (the OHSLA Committee), to discuss the team's written action plan to improve its sportsmanship and avoid future USCs. Such action plan should include a code of conduct for the team and its coaches, and once approved by the OHSLA Committee, must be adhered to. If the OHSLA Committee deems the issues serious enough, the Committee may suspend the head coach, assistant coaches, or any offending player(s) from competition, either for a specified number of games, or for the remainder of the season.

Appendix D: OHSLA Guidance: Racist or Harassing Behavior

Racism in any form, and harassment of any kind, are prohibited and have no place in High School lacrosse, or any other sport or activity. If a racist or discriminatory incident, or if harassing behavior or language, is observed at a game or scrimmage, and is witnessed by or reported to a coach, an official, or event management, the lead official is to be notified, and he will interrupt the contest and relay the information to the other officials.

Action Steps by Officials:

- a. Send the teams to their benches and bring coaches together to relay what was reported to, or directly observed by, the officials.
- b. Share any identifying information available (name, number, position, etc.) with the coaches.
- c. Confirm the information with the coaches and other officials.
 1. If the information is NOT confirmed, send the coaches back to their teams to explain what happened and stress OHSLA's zero tolerance policy against racism and harassment of any kind. The official should then re-start the contest.
 2. If the information IS confirmed, send the coaches back to their teams to explain what happened and stress OHSLA's zero tolerance policy against racism and harassment of any kind. The officials should then apply appropriate penalties, which shall include ejection of the offending player(s) or coach(es) from the contest. The official should then re-start the contest and notify the athletic director of the offending teams of the specifics of the incident and the name(s) of the offending individual(s). He should also provide a written incident report to OHSLA describing the event and the action taken.
- d. A confirmed incident of racism or harassment constitutes Unsportsmanlike Conduct (USC), and the lead official should report it to the OHSLA Commissioner.