

WSLA FALL LEAGUE MEETING

November 1st, 2025

AGENDA

- Lyn Porterfield – USA Lacrosse
- Overview of Updates
- Social Media Policy
- Board Structure & Conference Reps
- USA Lacrosse Convention Grant Application
- Aligning with WIAA
- Rostering on Crossbar
- 12U Update
- Out of Season Reminders
- Officials – Recruitment, Misconduct, Sideline managers, WWLOA Training Dates
- 2026 Season – Important dates, Registration fees, boundaries, scheduling
- Winter League Meeting – January 24th
- Communication
- Following the league meeting... Program Leader Summit w/ Lyn & MK

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WSLA Fall League Meeting

Lyn Porterfield/ November 1, 2025



RECOGNIZED SPORT
ORGANIZATION



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LACROSSE

OUR

As the governing body of lacrosse in the United States, USA Lacrosse fuels the growth, enriches the experience, and fields the best national teams.

OUR

We envision a future that offers everyone a lifelong opportunity to enjoy the sport of lacrosse.



When our sport thrives, so do futures.
Aspirations inspire accomplishments,
and athletes grow beyond goals on the field.

In lacrosse, our futures are united.
When we reach for a stick, we shake hands with history
and honor the sport's Native American roots.

We join a community with a joy for the game
at the core of our commitment.

From custom stringers to veteran coaches to
first-timers on the field, our strength lies in the breadth
of our experiences, and our evolution feels exponential.

As we grow, USA Lacrosse is the compass —
the voice to lead the charge.

We are better, safer and wiser together.

The feeling is universal, and our purpose should be too.
Our momentum will maintain integrity
as long as our collective wisdom carries weight,
and our players come first.

***For a future that includes everyone, we must reinvent endlessly,
improve together and celebrate as one.***



Spring 2026 is coming!

Season reminders as you start to plan...

Member Organization Agreement will be available first week of December

- ★ Required annually – submit and you'll receive the link to request Certificates of Insurance (COI) for field rentals
 - ★ Non-member events (intro clinics) also covered – see Lyn for form to use.

Updated version of Roster management tool available in December

- ★ This is where you'll track coach certification progress (Bronze for all, Silver for head coaches as required by WSLA).
 - ★ Age verification now required for all players – one and done process.
 - ★ Access memberships (\$10) still available for players who need financial assistance – see Lyn for details.

National Celebrate Lacrosse Week

16 host sites in Washington state this year!

<https://www.usalacrosse.com/national-celebrate-lacrosse-week>

- ★ North Seattle Lacrosse Nov 1
- ★ Ballard High School Nov 2
- ★ Bellarmine Prep Nov 2
- ★ Everett Lacrosse Club Nov 2
- ★ Kitsap Youth Lacrosse Nov 2
- ★ Kamiakin Youth Lacrosse Nov 2
- ★ Northshore Girls Nov 2
- ★ Seattle Wolfpack Nov 2
- ★ Spokane Big Cat Nov 2
- ★ Spokane Youth Nov 2
- ★ Washington United Lacrosse Nov 4
- ★ Emerald Ridge Lacrosse Nov 6
- ★ Skagit Valley Flyers Lacrosse Nov 8
- ★ Doublecrosse Nov 9
- ★ Juanita Lacrosse Nov 9
- ★ Lake Stevens Lacrosse Nov 9
- ★ Whatcom Girls Youth Jan 12



Lyn Porterfield

Regional Director – Pacific

lporterfield@usalacrosse.com

Call or text: 443-645-0919



RECOGNIZED SPORT
ORGANIZATION

USALACROSSE.COM

2026 September Board Planning & Updates

President: Tony Duck

Youth VP: Curtis Estes

Conference Representatives

Adult Referees: Each program must maintain at least ONE adult referee per year

USA Lacrosse Convention Grant

Aligning with WIAA: 7 practice minimum at High School

\$500 fine for failure to post rosters on crossbar – 12U through high school.

Misconduct: More protection of junior officials

Sideline Manager: Point of Emphasis

Stats will be available on the website! More to come in January.

Ways to Collaborate With Us:

1. Tag Us in Posts:
 - a. Tag @wa_glax in your photo or reel.
 - b. We regularly review tags and may re-share your content to our story.
 - c. Great for: Game Day Posts; Content about Team WA, All-Conference, All-State, All-American or State Playoffs; Off-Season Club Team tournament results.
Content may be saved to Highlights.
2. Collaborate on Posts (Co-Authoring):
 - a. Select 'Invite Collaborator' when posting.
 - b. Send the collab invite to @wa_glax.
 - c. We'll review and accept if appropriate.
 - d. Great for: Off-Season opportunities a program puts on, such as Club Team tryouts, local tournaments, or TryLax clinics that are open to everyone.
3. Share Your Stories:
 - a. Mention @wa_glax in your story for a re-share.
 - b. Great for: game day photo/videos, game results, community service, Washington State Alumni playing lacrosse at any level in college. *Content may be saved to Highlights.*
 - c. Please note: the @wa_glax instagram may not be checked daily (especially in the off-season) so stories may get missed as they only last for 24 hours.

Photo/Video Guidelines

- All content must be appropriate and league-relevant.
- Submit only media with parental/photo use approval.
- Do not tag individual minors unless approved.

What We Won't Share - WSLA reserves the right to share/repost/collab on what is deemed appropriate.

- Profanity, unsportsmanlike conduct or negative behavior.
- Unrelated promotions/private team content.
- Program/Team-specific awards/stats focused only on an individual.

We're here to celebrate **all teams and athletes** in our league—not just the wins, but the effort, teamwork, and community. Let's keep our social media fun, fair, and focused on what youth sports are all about.

Social Media Policy

- Can be found on the website: [Washington State Girls Lacrosse | League Documents](#)
- Main things to note:
 - We will not go searching for your posts. Please tag or send via DM.
 - It may not be checked every 24 hours so tagged stories may be missed.
 - In general, we will reshare all posts but only collaborate on opportunities open to all. I.e. we will reshare any game day, awards, etc. & will collaborate on fall ball, trylax, etc.

Conference Rep – Will be emailed out & on website: [Washington State Girls Lacrosse | WSLA Board](#)

	Metro: Christy Neff	Independent: Claire Monsaas	Snoqualmie: Lyndsey Gillis	Nisqually: Curtis Estes	Peninsula: Ryan McCloskey	North Sound: Grace Hamilton	Eastern: Holly Whitman
	Contact: neffchristy@gmail.com	Contact: coachclairemonsaas@gmail.com	Contact: gillis.lyndsey@gmail.com	Contact: curtissmc@msn.com	Contact: mcclo100@gmail.com	Contact: gracehamilt@gmail.com	Contact: wicklax16@gmail.com
High School	Bainbridge Island	Bishop Blanchet	Bellevue	Auburn Riverside	Bellarmine Prep	Anacortes	Big Cat
	Ballard	Eastside Catholic	Eastlake	Graham-Kapowsin	Curtis	Northshore	Gonzaga Prep
	Garfield	Holy Names	ISD	Puyallup	Evergreen	SnoLax	Kamiakin
	Lincoln	Kennedy Catholic	Mercer Island	Sumner	Klahowya	Squalicum	Richland
	Nathan Hale/Ingraham	Lakeside	Mount Si	Tahoma	Peninsula SD	Stanwood	Sandpoint
	Roosevelt	Overlake	NSI	Bethel JV	Stadium	Woodinville	Spokane Stealth
	Shoreline	Seattle Academy					
	West Seattle	Seattle Prep					
Youth							
	Bainbridge Island	Eastside Crusaders Youth Lacrosse	Bellevue	Auburn	Gig Harbor	Anacortes	
	Doublecrosse		Eastlake	Lake Tapps	Kitsap Silvers	Northshore Girls Lacrosse	
	Quick Styx		Issaquah	Puyallup	Tacoma Tigers	Snolax Girls Black	
	Seattle Wolfpack		Lake Samm	Tahoma	Thurston County - Pending	Stanwood Spartans	
	Shoreline		Mercer Island		University Place	Whatcom Breakers	
	West Seattle		Mount Si			Woodinville Girls Lacrosse	
			NSI				

Conference Rep "Duties"



Some things your conference representative is there for...



Serve as the Primary Point of Contact for coaches within the conference regarding concerns, issues, or ideas.



Facilitate Communication between coaches, the league board, and other conference representatives to ensure consistency and fairness. They will bring to the appropriate committee or board members when necessary.



Advocate for Coaches and Teams by bringing their feedback, challenges, and suggestions to the league board.



Coordinate and Share Best Practices among coaches to foster growth and development within the conference.



Monitor Sportsmanship and Conduct ensuring that teams, players, and coaches uphold league standards.



Please DO NOT go to you conference representative regarding waivers, petitions, game schedule/cancellation, etc. Those have not changed from previous seasons. When in doubt... email MK (admin@wslax.org)

USA Lacrosse Convention Grant Application

- USA Lacrosse hosts regional conventions, and they are returning to Denver this December. WSLA would like to help offset some of those fees for coaches. Please apply at the link below and we will be giving no less than \$300* to selected applicants. Proof of attendance will be required before grant is sent. **The last day to apply will be November 2, 2025.**

**The grant will be no less than \$300 but final amount will depend on number of applications.*

- More information on convention: [USA Lacrosse Academy - Denver | USA Lacrosse](#)
- Apply online: [Washington State Girls Lacrosse | League Documents](#)

-> Scroll down to 2026 Season -> USA Lacrosse Grant Application Form Button



Aligning with WIAA – High School Specific

Practice requirement before first game

- We are updating this from 10 practices to 7 before the first contest
- Compliance in this is based on an Honor System – we do not collect it, some schools may. This is for athlete readiness and safety.

Transfer Policy

- Example: I go to High School A and transfer to High School B after my freshman year. WIAA has a rule around a player being able to compete at the varsity level in their first year at the new school.
- We have not and DO NOT plan to put a transfer policy in place
- Your Athletic Director may ask your team to follow this transfer policy but that is a conversation between your team/AD & it may depend on how "school supported" you are

Rostering on Crossbar



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 prior to the first day of In-Season games shall be issued a \$500 fine.

12U Update

- WSLA held Town Halls in the summer that everyone should have received invites to where we heard your feedback
- Overall, folks felt like the format was conducive to player development. We will be KEEPING the 8v8 small sided format.
- We heard your concerns... so we will also be making a few tweaks
 - Play was almost TOO fast and coaches would like a "beat" after goals scored for subbing, coaching, etc.
 - Programs felt like there was no true "mercy rule"
- We are working with USA Lacrosse, WWLOA, and internally on what exactly this looks like and will have an update before the January meeting

Out of Season Reminders

Season	In-Season	Summer Season	Out-of-Season	***"Black Out" Period
Dates	Begins the first day of practice & ends the final day of WSLA sponsored games. (Typically late February through mid-May)	End of In-Season until Labor day	The day after Labor Day until the beginning of In-Season**	MLK Day to the beginning of In-Season
Allowed	Coaches may coach their teams and conduct team activities, and teams may practice and participate in games	Coaches may conduct lacrosse activities on their own, as individuals, or as part of a lacrosse program. Coaches may conduct lacrosse activities with players from their In-Season team and with players from other teams and programs.	Coaches may coach players that participate on teams that do not feed directly to the In-Season team they coach. 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. Coaches, paid or volunteer, may coach or conduct practices or conduct instructional clinics for present In-Season team members ONLY under the following conditions: 1. Any Out of Season team, skill clinic or other lacrosse opportunity is open to all players in WSLA and is published on the WSLA website; 2. Any Out of Season team, skill clinic or other lacrosse opportunity is published on the WSLA website at least 7 days before the event date;	Youth activities for the purpose of recruitment IF approved by WSLA. Players from a program may conduct Captain's Practices BUT no in season coaches are in attendance or visible during any point. Year-Round Conditioning is OK.
Not-Allowed	PLAYERS may not practice or play lacrosse with an outside team other than their WSLA program (allowable exceptions include: private lessons, spring break camps, or college recruiting visits that do not interfere with WSLA activity)	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	Participation by players in activities shall not be a requirement or condition of participation on a WSLA In-Season team	Coaching of players on in-season team
Where to find in the Handbook?	Page 19, Players - Page 22	Page 41	Page 41-43	Page 41-44

Officials & Recruitment

Year	New Adult	Total Adult	New Juniors	Total Juniors
2021	7	46	21	44
2022	6	49	37	50
2023	17	68	46	75
2024	7	59	30	78
2025	23	58	46	97

- HS teams are responsible for recruiting adult officials for the HS league (1 per year)
 - NEW THIS YEAR: It does not have to be a NEW referee every year. WWLOA will ask the referees which program they are part of & we will verify at the end of season.
- \$200 Fine for not meeting recruitment requirements (details on next slide)
 - HS fine will be BUILT into registration. Last year, our bookkeeper had to chase down 40+ teams. If you meet the requirement than
- Recruitment of adult officials is essential so that games will not be cancelled – there are many Seattle referees that will be reaching their retirement soon so we need to continue to recruit even in areas that feel like they have a good number of referees

Official Recruitment Requirements

- Requirement is proportional to the number of teams fielded
 - 1-3 teams = 1 requirement
 - 4-6 teams = 2 requirements
 - 7-9 teams = 3 requirements
 - 10 teams = 4 requirements
 - Each 10U team counts as ½ a team for these purposes

IND Youth	ADULT	2 nd Year Adult
Rated + 5**	Rated + 5	Rated + 8

***Dependent on availability of games. The past 2 seasons we have had youth referees wanting more games than we can schedule them for.*

Misconduct & Sideline Managers

- Misconduct: Further enforcement to protect junior referees
 - If we receive a report following a game (even if a yellow card was not issued during the game)... the following sanctions will be considered.
 - 1st Yellow: Official Warning
 - 2nd Yellow, 1st Red: 1 game suspension; Call with WSLA Sportsmanship committee, player, coach, and club
 - 3rd Yellow, 2nd Red: Mandatory 2 game suspension; Face to face WSLA Sportsmanship Committee hearing to determine severity of penalty which could include further game suspension, possible minimum 4 game suspension, possible suspension from remainder of the season (possible to carry over to next season); possible Club fine and sanctions.
 - If escalation is necessary, we will ask the appropriate parties to fill out a Conduct Feedback Form where further sanctions could take place.
- Point of Emphasis: Sideline Managers
 - More to come at the January meeting. We are going to continue with our sideline managers this year but hope programs will put more of an emphasis/importance behind it.

WWLOA Training Dates

<https://wwloa.org/>

- Saturday, January 10th: Spokane, WA
 - Specific time & location TBD
- Sunday, January 25th: Eastside Catholic (Sammamish, WA)
 - Full Day ALL Junior Officials (New and Returning) 8:30am-4:30pm
 - Full Day Adult Officials (New and Returning Level 1) 8:30am-4:30pm
- Saturday, February 7th: Bellarmine Prep (Tacoma, WA)
 - Full Day ALL Junior Officials (New and Returning) 8:30am-4:30pm
 - Full Day Adult Officials (New and Returning Level 1) 8:30am-4:30pm
- Saturday, February 21st: Seattle Prep (Seattle, WA)
 - Full Day ALL Junior Officials (New and Returning) 8:30am-4:30pm
 - Full Day Adult Officials (New and Returning Level 1) 8:30am-4:30pm
- Saturday, February 28th: Snohomish PUD (Everett, WA)
 - Full Day ALL Junior Officials (New and Returning) 9:30am-5:30pm
 - NO ADULT TRAINING HERE
- Additionally: Adult Officials Level 2 & 3 VIRTUAL
 - Dates/Times TBD – Will offer 2 options

Rating Jamborees

High School – March 7 & 8, 2026 (Saturday – Meadowdale & Sumner MS. Sunday – Marymoor & Lakeside)

7 Mar. and 8 Mar.

14 Mar. and 15 Mar.

Youth – March 14 & 15, 2025 (Saturday – Mercer Island & South Sound field. Sunday - Meadowdale & Marymoor)

This year we will be increasing the fee of the high school rating jamboree to \$300 to offset a rise in WWLOA rating fees & field fees

2026 Season Dates



Youth and HS Calendar Dates are available under About -> Important Dates



HS Registration: November 1st – November 15th



Youth Registration: January 15th – January 27th



Season Begins February 23, 2026

Registration Fees 2025

Fee	2022	2023	2024	2025	2026	Change 25-26
V	1500	1500	1630	1850	2050	10.81%
JV	1400	1400	1520	1700	1850	8.82%
14U	900	900	980	1100	1200	9.09%
12U	700	700	765	875	925	5.71%
10U	400	400	445	525	575	9.52%
8U	100	100	115	150	150	0

Registration

Gaining Access

- Registration in a league website powered by Crossbar requires being invited as a club administer by a representative of the league. If you have not received that invitation, please contact your league before attempting to register.

Accepting Invitation

- Once you receive your invitation, simply click on the link in the league. If you already have a Crossbar account with another organization, log in with your existing account. If not, create and verify a new account. Once you log in, accept the invitation.

Registering Your Teams

- Log into your league website.
- Click Account at the top of the page.
- Click on Teams
- Click on Register
- Select the appropriate league. If there are not any leagues listed, then registration for the league is not open or your club is not eligible for the leagues with the open registration. Contact your league for assistance.
- Select the appropriate division.
- If your club's website is powered by Crossbar, at this time you will be presented with a list of your active teams. Selecting a team here will sync team staff and league games between your league and club websites. If a team is missing, return to your club's website and add the team. Once completed, return to the league website and refresh the page. If the team is already created but still is not showing, make sure that the season's end date is set correctly.
- Enter your team details. Make sure the team display name you enter follows the league's naming standards. For non-Crossbar clubs you can enter Coach and Team Manager information here if determined. If not, it can be added later.
- Continue through the registration process. Once completed, click Register Another Team to add your next team. Repeat these steps until all of your teams are registered.

WASHINGTON STATE GIRLS LACROSSE		
ABOUT	PROGRAMS	LEAGUES
SCHEDULE	CLUBS	DIVISIONS
RESOURCES	EVENTS	
 Anacortes Lacrosse Club	 Auburn Youth Lacrosse	 Bainbridge Island
 Ballard High School	 Bellarmine Prep HS	 Bellevue Girls Lacrosse
 Bethel High School	 Big Cats Lacrosse	 Bishop Blanchet
 Curtis High School	 Doublecrosse	 Eastlake Lacrosse
 Eastside Catholic	 Evergreen SD	 Garfield Girls Lacrosse Club
 Gig Harbor Lacrosse	 Gonzaga Prep	 Graham-Kapowsin
 Holy Names Academy	 Issaquah School District	 Kamiakin Lacrosse
 Kennedy Catholic	 Kitsap Youth Lacrosse Association	 Klahowya Secondary School
 Lake Tapps Lacrosse	 Lakeside HS	 Lincoln Lacrosse
 Mercer Island Lacrosse Club	 Mount Si Lacrosse	 Nathan Hale/Ingraham
 Northshore	 NSI	 Overlake Owls
 PSD Riptides	 Puyallup Panthers	 Queen Anne Quick Styx Lacrosse
 Richland High School	 Roosevelt Girls Lacrosse Club	 Sandpoint High School
 Seattle Academy	 Seattle Prep	 Seattle Wolfpack
 Shoreline Lacrosse Club	 Snolax Girls Lacrosse	 Spokane Stealth
 Stadium High School	 Stanwood Lacrosse Club	 Sumner Bonney Lake
 Tacoma Tigers Lacrosse	 Tahoma Girls Lacrosse	 University Place Lacrosse Club

Boundaries & Player Assignments

Know your boundaries/Know your players

- Post boundaries on homepage of program website
- Boundaries should be clear within registration
- Verify participant addresses long before practices start

Youth & HS assignment charts on WSLAX.org

Player assignment rules in the handbook – questions ask MK

Youth Scheduling Dates



11/20/2025 Scheduling Point of Contact due to admin@wslax.org



1/15/2026 Registration Opens



Schedule Forms should be filled out **WITH** coaches



ONLY 2 BLACKOUT weekends allowed, more than that reduces the # of games you will be scheduled



1/27/2025 DEADLINE for Registration, Fees in FULL & Scheduling Forms



Programs pay in FULL at time of registration with credit card or e-check.



Schedule Change Deadlines – if they are not met games will not be rescheduled, NO EXCEPTIONS. Programs are responsible for knowing the deadlines

Youth Scheduling

Be sure to be reserving fields now

14U, 12U, 10U will be scheduled 8 games; 8U will be scheduled 5 games.

Teams will be scheduled regionally

May potentially play the same team more than once

**You can indicate on your schedule form if you PREFER to stay regionally or play more competitively which may mean more travel for your families.*

HS Scheduling Dates



JV 10 games



Varsity 12 games



11/1/2025 JV & Varsity Registration Opens



11/15/2025 JV & Varsity Registration Deadline



12/15/2025 HS Registration League Fees Due in Full



1/28/2026 Last Day to Drop a JV team for a refund
less the \$350 deposit

Varsity Scheduling

Play Everyone in your Conference

- Eastern conference 2x

Out of Conference games will consider

- Power Rankings
- Availability and Travel
- Requests – Both teams need to make request to have it placed on the schedule

Reserve field time for playoffs (games must be 5:30pm or later)

1st Round May 4th & 5th | 2nd Round May 7th & 8th

Rainier Cup May 10th & 11th | Neutral Site | 2 games Saturday, 3rd place & Championship game Sunday

- More to come for location

Semi-Finals May 12, State Championships May 15 - Starfire



Forfeits

Due to unreasonable forfeits over the last few seasons... we have to add a stipulation at the High School level

Currently there is no "consequence" in our handbook for forfeiting an out-of-conference game

We are adding... Unreasonable forfeits will reflect in a score of 7-0 on the power rankings. A good faith effort must be made to reschedule to avoid the forfeit.

Reminders: HS changes due January 28th, Referee fine for games cancelled/rescheduled within 48 hours

WSLA Winter League Meeting

- January 24, 2026
- Seattle Pacific University
- Otto Miller Hall room 109

Reminders:

- 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.

Sample Schedule – Subject to Change as we are finalizing.
Working with WLL to have coach education sessions (Maddy Morrissey and/or Lindsay Munday)

Time	Room	Details
9:00am - 10:30 am	Otto Miller Hall 109	League Meeting for HS
9:00am - 10:30 am	Classroom 127	NRI for YOUTH
10:30am - 12pm	Otto Miller Hall 109	League Meeting for Youth
10:30am - 12pm	Classroom 127	NRI HS
TBD	Otto Miller Hall 109	Break out sessions: Coach TBD

Program Leader Summit



Discussing Recruitment



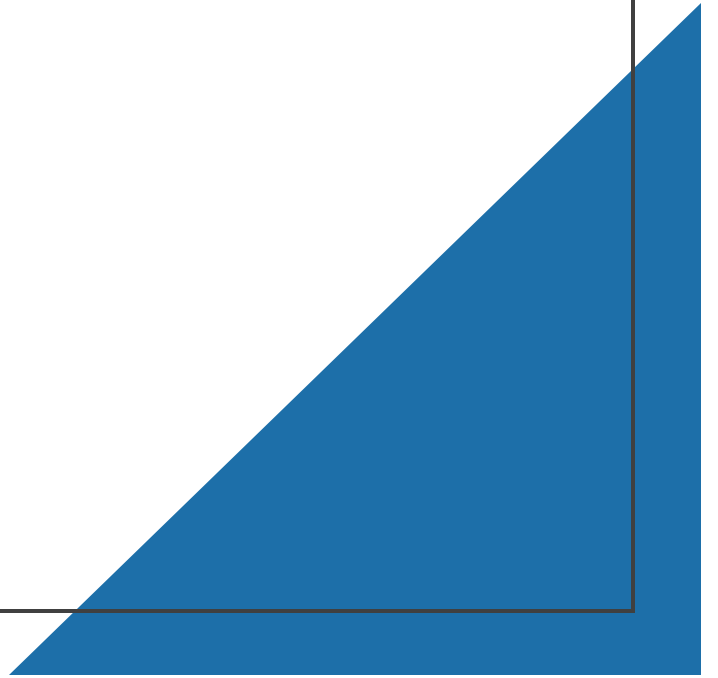
Today in this room after the meeting



We encourage all to stay – even if they are not youth program leaders

Communications

- Website – wslax.org
- Social Media
 - Instagram – [wa_glax](https://www.instagram.com/wa_glax)
 - Facebook – Washington Girls Lacrosse
 - LinkedIn – Washington Schoolgirls Lacrosse Association
- Stories
 - Successes, Players, College commitments
 - Out of season, clinics
 - We want them all!!



MK "Out of Office" Update

- Due date end of December
 - I may be slow to respond – Out of office email will begin on December 15th to be safe. If it takes more than 48 hours to get back to you, especially during the week, please follow up with the appropriate person
- Schedule needs: Allison Estes scheduler@wslax.org
- President: Tony Duck
- High School VP: Grace Hamilton
- Youth VP: Curtis Estes
- USA Lacrosse: Lyn Porterfield
- WWLOA: wwloaboardchair@gmail.com // wwloa.youth.chair@gmail.com
- If something feels very urgent, please text OR leave a voicemail. This will be easier to follow up but may still be delayed.

Email: mk.benshoof@wslax.org // admin@wslax.org

Cell: (425)583-8947