



2010  
Reference Manual

# OGLA 2009 Reference Manual

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### 1.0 – League Contact Info

#### OGLA Board of Directors:

President	Lauren Anderson	<a href="mailto:gogreenla@gmail.com">gogreenla@gmail.com</a>	503-807-7634 (c)
VP	Carie Strahorn		
Treasurer	Duncan Haynes		
Secretary	Lenni Lanfranco		
At-Large	Tucker Pierson		
At-Large	Dara Kramer		
At-Large	Monette LeMay		

Please send all correspondence to [oregongirlslax@gmail.com](mailto:oregongirlslax@gmail.com). Secretary will forward to appropriate Board member for response.

**Any grievances should be submitted directly to the President.**

#### OGLA Key Contacts:

Scheduler	Any requests for changes must be submitted to OGLA for approval.		
Refs	Mike Clark	<a href="mailto:owlua@msn.com">owlua@msn.com</a>	President, OWLUA

#### Team Contacts:

All team contact information is available online at [www.oregonlax.com/ghs](http://www.oregonlax.com/ghs)

#### Reporting Your Scores:

Oregonian – 503-221-8161

Oregonlive.com – two options:

- ✓ Online: [http://www.oregonlive.com/highschool/scoreboard/score\\_form.ssf](http://www.oregonlive.com/highschool/scoreboard/score_form.ssf)
- ✓ Toll-free hotline: 1-888-GO-MY-SHO or 503-320-3033

Westsidelax.com

- ✓ Text score only to: 858-952-3277

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## 2.0 – League Requirements

### Head Coach Minimum Requirements (Varsity and JV)

- Must be 21 years of age or older
- Have intermediate level knowledge of lacrosse
- Be CPR and 1<sup>st</sup> Aid Certified (training class to be announced)
- Be a member of US Lacrosse
- Signed Code of Conduct on file with OGLA (required of **ALL** coaches)
- Complete USL Level 1 coaches training program ([www.uslacrosse.org](http://www.uslacrosse.org))
- **Proof of certifications and membership due TO LEAGUE REPS no later than Feb 1<sup>st</sup>.**

### Assistant Coach Minimum Requirements

- Must be a high school graduate
- Must be a member of US Lacrosse
- CPR and 1<sup>st</sup> Aid certification strongly encouraged but required if running practices alone
  - Signed Code of Conduct on file with OGLA (required of **ALL** coaches)
- **Proof of membership due TO LEAGUE REPS no later than Feb 1<sup>st</sup>.**

**\*Teams failing to submit paperwork to League Reps by Feb 1<sup>st</sup> will be subject to action by OGLA Board**

### Team Requirements

- Teams must pay League fees: \$325 fee per Varsity team – for returning teams, \$225 fee per Junior Varsity team – for returning team, and \$125 fee per first year teams – for new schools (JV Only - This does not apply to returning schools adding a new team.) \$450 is the cost to register Varsity Plus (see designation in Section 3.0 DUES). Registration via sPortability online – **Deposit (\$125 per team) due December 1<sup>st</sup> 2009. Balance due February 1<sup>st</sup> 2010.**
- Teams are required to pay a minimum salary of \$700 per full-time coach.
- Coaches must submit proof of US Lacrosse membership and CPR/1<sup>st</sup> aid certification to OGLA (via League Rep) prior to start of season by Feb 1<sup>st</sup>.
- All Coaches must sign OGLA Coaches' Code of Conduct by **Feb 1<sup>st</sup>**.
- Provide one (1) coach and one (1) non-coach per varsity team to participate as members of the League Representative Committee.
- Provide one (1) Parent/Volunteer assigned to JV Jamboree or State Tournament Committee.
- Must have uniforms that meet US Lacrosse requirements:
  - **Note: As of 2007, requirements will be 6-inch numbers on front and 8-inch numbers on back.**
  - Teams must have 2<sup>nd</sup> set of jerseys or regulation (numbered) pinnies available for use in the event of jersey conflicts. Home team is responsible for resolving conflicts.
  - **New uniform requirements will be announced to go into effect for the 2013 season. The requirements will be noted in every US Lacrosse rule book between now and the 2013 season.**
- Practice and game field availability. Game field MUST comply with USL Women's Rulebook.
- Comply with OGLA By-Laws and Rules.

### US Lacrosse Membership (check [www.uslacrosse.org](http://www.uslacrosse.org) for additional details and benefits):

- **All Coaches must be registered USLA members per OGLA rules.**
- Player Membership in the USLA is **strongly recommended** but not required for play during the 2010 season.
- **USLA membership will be required for individuals in the following instances:**
  - If participants do not have health insurance coverage in effect during the season\*.

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- If school district or high school requires U.S. Lacrosse membership.
- If player plans to participate in play outside of your high school lacrosse team, membership may be required, such events include: *trying out for WDNT Team, and participating in US Lacrosse events.*

\* USLA membership includes seasonal insurance coverage for players.

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### 3.0 – Important Deadlines/Dates

#### **2010 OGLA Dues:**

- \$325 per Varsity team
- \$450 per Varsity Plus team\*
- \$225 per JV team
  - JV and Varsity are considered separate teams, therefore a school with one (1) Varsity team and one (1) JV team will owe **\$550 total** to OGLA
- **FIRST YEAR JV PROGRAMS** pay \$125 - this applies to new school programs only, not programs adding a JV team. If an existing multi-school team splits, each of these teams will enter at Varsity standing. One team may be granted an additional year of JV standing if Board deems appropriate. Neither club will be entitled to the 1<sup>st</sup> yr discount.

\* **Varsity Plus teams** will be allowed to schedule a maximum of 9 games against JV teams. This designation is recommended for programs with approximately 24-30 players, and was created to allow developing players in programs that are not large enough to field a JV team to get game experience. Swing players will be allowed entry into a third half for these games only, with the intention being that they play the full JV game and play into one Varsity half as needed. OGLA recommends teams should be a min of 17 players.

#### **Deadlines:**

- **December 1, 2009 – deposit due**
  - Register and pay \$125 deposit via OGLA League website at [www.sportability.com/ogla](http://www.sportability.com/ogla).
- **Jan 5, 2010 ALL TEAM SCHEDULES DUE FROM LEAGUE REPS to OGLA.**
- **Feb 1, 2010 :**
  - Balance due on team fees via OGLA League website at [www.sportability.com/ogla](http://www.sportability.com/ogla).
  - ALL team documentation including CPR, 1<sup>st</sup> Aid Certification, Level 1 Coach training due to league reps.
  - Consult sPortability Handbook with any questions and further details.

#### **Important Dates (as of 10/1/09):**

- Dec 1 Deadline for team registrations
- Dec 15 Non-league contest opponents distributed by OGLA
- **Jan 5 ALL TEAM SCHEDULES DUE to OGLA (League Reps submit)**
- January 16-18 US Lacrosse National Convention (Baltimore)
- **February 1 League Rep Submission deadline (100% League compliance required)**
  - USLA membership and CPR certification documentation
  - Level 1 Coaching Certification
  - League Playoff berth procedure
- **Feb 5 FINAL schedules due to OGLA (incl. non league games) by League Reps**
- Feb 7 U of O 7v7 Tournament, presented by OGLA – coaches cannot organize!
- **February 22 Official start date for team practices (OSAA Spring Practice Start Date)**
- February TBD College Recruiting clinic
- March TBD Goalkeeper Clinic
- TBD Stats/Scoring Clinic
- March 6 OGLA JV Jamboree + Umpires on-field training
- March 13 Recommended Varsity Jamboree Day
- **March 15 First contest date**

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- May 14 Last contest date (including make up games)
- **May 18-27 Playoffs (May 18, 20, 24, & 27)**
- May 29-31 US Lacrosse WDNT
- Aug 1-7,2010 Moratorium Week (NO contact)
- Aug 23, 2010 Start of OSAA '10-11 season. Off-season practice rules in effect
  
- TBD OWLUA new umpires training (Portland & South locations)
- TBD CPR/First Aid recertification (renewals only)
- TBD Positive Coaching Alliance/Sportsmanship clinic
- TBD Tryouts for WDNT Team – will be posted on US Lacrosse web site Nov 1<sup>st</sup>.

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### 4.0 - RULES

The Oregon Girls Lacrosse Association follows OSAA guidelines, with the additions and exceptions noted below which have been developed by the Board to encourage the growth of the Game. **Rules of play are defined by US Lacrosse.** League Rules are as follows:

#### ***Contest Limitations***

##### ***SEASON - Defined***

The season shall begin on February 22, 2010 and end with the State Championship on May 27, 2010. There is a 18 in-state game contest limitation, 20 total games, exclusive of Playoffs / State Championships. A Team may not compete in more than 18 games at each level of competition. Varsity teams will play a league schedule length determined by each League in 2010. OGLA will assign non-league match ups, to be scheduled by teams and played during the initial weeks of the season. All contests beyond the officially scheduled season (league and non-league games) must be reported to the Board for tracking purposes at least two (2) weeks prior to play.

*Q. Can my team compete in an in-season tournament (such as Western States)?*

A. Yes, as long as the Board is notified and approves. These games count towards the season 20-game limit.

*Q. Can my team scrimmage other teams?*

A. Yes, you are encouraged to scrimmage other HS programs! As with in-season tournaments, please notify the Board for tracking purposes as **scrimmages are CONTESTS and count against the 20-game limit.**

*Q: Can my team play games against college, alumni or club teams?*

A. No.

*Q: Do special events such as clinics and team events sponsored by the University of Oregon, OGLA and US Lacrosse count towards the contest limit?*

A. No. OGLA will notify the Community of such Special Events.

##### ***JAMBOREE - Defined***

Each school may compete in one Jamboree at the Varsity level and one at the JV level (if JV1 and JV2 teams exist, both may compete at JV Jamboree); this does not count against their contest limit. A Jamboree is defined as an event in which three or more teams gather to compete in non-tournament format, and each school may not play an opponent more than once. A Jamboree can only be held in the first six (6) weeks of the season. A team may play any number of mini-games on that day, **but no more than 120 total minutes of play.** Scores may be kept, but championship events are not allowed. **A fee may be charged to cover event costs (officials, field rental), however teams cannot use the event to profit from other teams in the League.**

- In the event that a team elects to participate in an out-of-state Jamboree, they must notify OGLA for tracking purposes.

In the event that a team is found in violation of these contest limitation rules, the Board will take appropriate action, which may include the loss of playoff eligibility for that team.

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### **GAME PLAY**

1. For all league contests, only bona fide players of the member organization shall be entitled to play. A player may play for only one team during the year. For good cause, and after notice to the Board of Directors, the Board may grant exceptions to this rule.
2. All contests shall be played under the Official Rules for Women's Lacrosse approved by US Lacrosse-Women's Division unless outlined differently in this rule section.
3. All contests shall be officiated by referees assigned by the Oregon Women's Lacrosse Umpires Association, OWLUA.
4. OGLA permission must be granted for any games or scrimmages against non-OGLA member teams.

### **TEAM RESPONSIBILITIES**

1. Each team is responsible to have appropriate uniforms and equipment in accordance with the Official Rules for Women's Lacrosse approved by US Lacrosse-Women's Division and preferably shall include two sets of numbered game shirts with different colors. (Dark colors for away games and light colors for home games). In the event of a conflict, the home team shall be responsible for changing shirts to avoid the conflict or shall be responsible for providing AND WEARING numbered pinnies or vests.
2. It shall be the responsibility of the home team to provide the goals and playing field, appropriately marked along with a table area for each game. In addition, the home team shall be responsible for providing a score book, timing devices, balls, timekeeper and scorekeeper, and pay all of the agreed fees and costs of the officials unless other arrangements are made. The home team shall be responsible for reporting the game scores to the designated league scoring official.
3. Score reporting. All game scores must be reported in sPortability. Both teams are responsible for entering game scores. **BOTH TEAMS MUST ENTER THE GAME SCORE BEFORE THE SCORE WILL BE CONSIDERED OFFICIAL.** Once the score is verified, the score will be published to the site. Should the scores entered by both teams not match, the Scheduler will be notified by the web site and contact the Home Team to resolve the discrepancy. The HOME TEAM scorebook is considered the game's official record and should be signed by both referees before they leave the field. Home team must report scores to Oregonian / oregonlive.com & West Side Lax.

### ***'League' Committee & League Rep Committee***

**'League' Committee** is composed of two representatives from each team/program, including one (1) coach and one (1) non-coach. We encourage you to seek school administration (e.g. Athletic Director) participation for this non-coach role. Each League Committee is responsible for:

- 1) Setting League game schedules
- 2) Establishing League playoff berth procedure, including final league ranking and tie-breaking procedures
- 3) All-League voting

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**League Rep Committee** – Two (2) League Reps will be selected from each of the five League Committees to form the League Rep Committee. One (1) coach and one (1) non-coach from *different* programs in each League will be selected to represent each League on this Committee, and will run the League Committee meetings with guidance and direction from OGLA.

Responsibilities of the League Rep Committee will include, but not be limited to, the following:

- 1) Coordinate and conduct all League meetings to ensure League deadlines are met for:
  - Scheduling
  - All-League Voting
  - Etc.
- 2) Track and submit to OGLA all necessary coach / program compliance items including:
  - CPR, USL membership, Level 1 Coaching Certification and Code of Conduct forms
  - Team Schedules
  - Final All-League honors
- 3) Determine Playoff Brackets

### **GAME CHANGES, DELAYS, CANCELLATIONS, & FORFEITS**

1. Each team must play each contest for which they are scheduled. Failure to play a scheduled game or to appropriately notify the opposing team of cancellation within 24 hours is grounds for review by the OGLA Board. Appropriate action for not playing a scheduled contest may include forfeiture of the unplayed game. **Game changes will only be approved for extraordinary circumstances once the schedule is finalized (Feb 15<sup>th</sup>), and only with OGLA approval.**
2. **Weather-related game changes** – The following procedures shall be followed when there is inclement weather.
  - a. Game changes made due to inclement weather shall be made prior to 12:00 the day of the game. If the game is postponed or cancelled, then the OWLUA assigning official will contact the assigned referees.
  - b. **UNPLAYABLE FIELD:** If the home team determines that their field is unplayable or that a contest cannot be safely played on that day, then a representative from the home team shall contact (via telephone) the OWLUA assigning official to discuss the situation. A contact phone number for the OWLUA assigning official will be issued prior to the start of the season.
  - c. **AT THE FIELD:** The OWLUA is the only entity who shall determine that the game is officially postponed or cancelled.
  - d. In the event that the home team fails to notify the OWLUA assigning official with sufficient time to avoid travel by the assigned officials, then the OWLUA may charge the home team for no more than ½ the referee's normal fee. For games that are cancelled or postponed due to inclement weather, as long as the OWLUA assigning official is properly notified, there will be no cancellation fee
3. **ALL Non-weather related changes MUST BE APPROVED BY OGLA on a case by case basis. Such changes will only be granted with extraordinary circumstances.**
4. If a team cancels or forfeits a game (unrelated to weather) within 24 hours of the scheduled game time, the team will be required to pay a cancellation fee determined by the OWLUA. On a case-by-case basis a violating team may have to pay costs incurred to the visiting team for travel as approved by OGLA.

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5. A team may choose to play a game with a minimum of nine (9) field players, however if they have less than nine (9) players available to play at the start of the game, they shall forfeit the game.
6. The start of a game will be delayed for no more than 15 minutes awaiting either the home or visiting team's readiness.

### **MEMBER CONDUCT**

1. In the event that any player team or person associated with a member organization shall commit any act considered excessively unsportsmanlike or otherwise detrimental to the purposes of the League, such behavior or action may be reported by any member coach, team delegate or official in writing to the Board of Directors via use of the official grievance process. The Board will investigate and take appropriate action.
2. ALL fans and supporters will abide by all OSAA rules concerning conduct, use of alcohol, parking or other rules required or requested by the host team or host institution. Please refer to 2008-2009 OSAA rules ([www.osaa.org](http://www.osaa.org)).
3. OGLA Grievance procedure. (Please print Online from our website – OGLA Forms, page 2 of 3 [http://www.oregonlax.com/GHS/OGLA\\_reference\\_manual.asp](http://www.oregonlax.com/GHS/OGLA_reference_manual.asp))
4. All players and parents are **STRONGLY** encouraged to sign a Code of Conduct regarding their behaviour at all contests and events. Respect for all participants in the game is paramount to the viability and growth of the sport. A sample Code of Conduct can be found on the OGLA web site.

### **INDIVIDUAL ELIGIBILITY**

1. A student must play for the team of the school in which she is enrolled. If the student's school does not have a team that participates in OGLA, she may play for the school closest to where she resides, with approval of said school. If the student attends a private school that does not field an OGLA team, then she must play for the public school that she would have attended. If a student is a senior and her family moves to a different school district, or a new team is started at her school, this senior may continue to play with her current club if she desires; this option is available for seniors only. All such situations must be brought to the attention of OGLA or team may risk game forfeitures.
2. Transfer students – All OSAA rules apply. In the event this is a situation with your club, please consult your Athletic Director regarding eligibility. Confirmation of eligibility from the school must be brought to the attention of OGLA or team may risk game forfeitures.
3. NEW TEAM CLARIFICATION – Since each new program starts at the JV level, any player who has played and been a contributor on a varsity roster at another school in the prior season may continue with that team. When their school team moves to Varsity level in year two, all non-senior players must play with new Varsity program at the school they attend. Only Seniors will be “grandfathered in” and allowed to play with their current club.

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### **DURATION OF PLAY**

1. VARSITY TEAMS will play **50-minute games (two 25-minute halves) with stop-time after goals**. If the score is tied at the end of the 50-minute game, the US Lacrosse tie-breaking procedures below shall be followed.
2. JUNIOR VARSITY teams will play for **50 minutes [two 25 minute running time halves]**. Junior varsity teams will not play overtime. **This is also true for JV v Varsity Plus games.**
3. All other duration of play rules shall follow the Women's Lacrosse Rule Book.

### **PARTICIPATION LIMITATIONS**

1. A student shall not participate in more than two (2) halves of play per day. For the purposes of this rule, participation during the same day in two (2) halves at different levels (varsity or JV) shall be considered participation in one (1) game. **ANY time played in half = half played**. Thus a JV player may swing up to varsity and a varsity player may swing down to JV, but the total sum of their game playing time may not be more than a total of two (2) halves.

*Q: Can a player play 10 minutes of JV and 40 minutes of Varsity game?*

A: NO. If a player plays even one minute of half, that means a half has been played.

NOTE: The intent of this rule is to allow those players with skills that are on the borderline of Varsity and JV levels the ability to experience both levels of play. A team shall not purposely swing down a clearly experienced Varsity player to a JV game with the intent of dominating that JV game. Any team who feels the intent of this rule has been violated shall submit a formal complaint following the existing OGLA Grievance Procedure.

2. EXCEPTIONS: The participation limitation rule does not apply for games in which OGLA has scheduled more than one game per day. **When multiple games are scheduled, the rule will be 2 halves per opponent. The only other exception is for teams on Varsity Plus game days. On these days only, players will be allowed to participate in three (3) halves.**

### **CONTEST TIE-BREAKING PROCEDURES**

1. Tie-breaking procedures for league games are as follows:
  - When the score is tied at the end of regular playing time, both teams will have a five (5) minute rest and then will toss a coin for choice of ends.
  - Six minutes (two x three (3) minute periods) of stop clock overtime will be played. The clock will be stopped after three (3) minutes of play in order for teams to change ends with no delay for coaching. The game will be restarted by a center draw. The team that is ahead at the end of six minutes wins the game.
  - If the teams are still tied after six minutes has elapsed, the teams will have a three (3) minute rest and change ends.

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- The winner will then be decided on a 'sudden victory' stop-clock overtime of no more than six minutes in length with the teams changing ends after three minutes. The game will be restarted by a center draw. The team scoring the first goal wins the game.
- Play will continue with 'sudden victory' stop-clock overtime periods of six minutes in length with change of ends half way through the period (with no delay for coaching) until a winning goal is scored. There will be a rest of three (3) minutes in between each period.
- If daylight is a factor, it is recommended that the first six minute overtime be omitted and the teams go directly into 'sudden victory'.

### **INTERRUPTED CONTESTS**

1. Umpires shall have the authority to interrupt or suspend the game due to dangerous weather or field conditions. The umpire's decision is final. A game is considered legal and complete if 80% of playing time has elapsed. If a suspended game (one in which less than 80% of playing time has elapsed) is replayed on another day, it must be replayed from the beginning. An interrupted game continued on the same day shall be restarted from its point of interruption. **NOTE: If 80% of the playing time has elapsed and the game is tied, game is recorded as a tie, and League SOPs will define any impact of such tie. (USL Rule 4 section 5).**
2. A guideline for resuming a game after a lightning/thunder storm is to wait 30 minutes after the last visible sign of lightning and/or audible sound of thunder. The officials should consult with the coaches, athletic trainer or other school officials to determine their lightning policy. School regulations and guidelines governing waiting time take precedence.

### **DOUBLE YELLOW, RED CARD POLICY AND PLAYER SUSPENSIONS**

1. Any player who receives a double yellow game suspension must be reported to OGLA no later than 10 am on the day after game misconduct occurs. Coach of player receiving suspension must notify OGLA. Any player who receives two (2) such suspensions in a single season may be subject to review and discipline from the OGLA board.
2. A player who receives a single red card for misconduct, unsportsmanlike behavior, rough and dangerous play, deliberately endangering another player, or any foul listed in RULE 18-E of US Lacrosse Rules & Regulations (Misconduct and Suspensions) will be suspended from the remainder of that game and from the next game. Coach is responsible for reporting **ALL** red cards to OGLA. OGLA will contact opposing coach of next game to notify of suspensions. Additionally, the umpires will report **ALL** red cards to the OWLUA Commissioner, who will report to OGLA Board. Any player who receives two (2) such suspensions in a single season will be subject to review and discipline from the OGLA board.
3. All school suspension and subsequent eligibility issues shall be handled according to OSAA and the school's disciplinary policy. In the event a player is disciplined or suspended from school, that team is responsible for contacting the school administration and obtaining all policy information pertaining to such suspension or disciplinary action, and must communicate in written form (via fax or email) to the OGLA President within 24 hours. All decisions regarding the suspension (i.e. length and conditions) will be made by the school administration. OGLA will then communicate to any relevant opposing coaches the necessary information.

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### **COACH / TEAM PERSONNEL CARDS**

1. Umpires will report any and all cards issued to coaches or team personnel to OGLA. Any team which receives two (2) or more cards in a single season will be subject to review and potentially disciplinary action from the OGLA board.

### **GAME SCHEDULES**

1. SCHEDULING will be done by the Leagues. Non-league opponents will be assigned, but not scheduled, and distributed to teams by OGLA by Dec 15, 2009. **FINAL LEAGUE SCHEDULES ARE DUE BY January 15th 2010 to OGLA. FULL FINAL SCHEDULE including non-league games is due February 15, 2010.**
2. The official league schedule will be posted on the league's website. All teams are encouraged to regularly check the official schedule to assure alignment in game times, locations and assigned referees.

### **OFF-SEASON PRACTICE RULES (not including Summer)**

1. Off-season practice rules will follow the OSAA Practice Limitation Rule. The following off-season practice rules will apply from **August 24<sup>th</sup> 2009 through February 21, 2010**. The mission of OSAA is to "foster well rounded individuals. The purpose of interscholastic athletes is to help educate boys and girls and not to prepare students for college athletics, which is a by-product of interscholastic competition available to a very small percentage of high school athletes. For most students, specialization in a single athletic activity is not in their best long-term interests. Students should be encouraged by coaches, administrators, and parents to participate in a variety of school activities, including more than one sport during the school year." This OSAA rule also states that "schools should not allow use of school equipment and facilities by non-school organizations that promote a philosophy contrary to the above statements."
  - a. The spirit of the off-season practice rules is to ensure that all OGLA members have the same opportunity to practice prior to their first game.
  - b. A team may not make any attempt to gather more than two (2) members of the same high school program together per day outside the defined lacrosse season to receive specialized athletic instruction from any coach associated with the high school program (paid or volunteer). [All coaches in a program are collectively allowed to work with no more than two (2) students from that program on any given day (e.g., it is not acceptable for the varsity coach to work with two (2) students, and the assistant coach to work with two (2) more students)] OSAA Rule Policy 60.

*Q: Can a team travel to an out of season tournament (e.g. winter tournaments)?*

A: No. Coach cannot have out of season contact with team.

- c. Attempts to circumvent the rule by encouraging team members to attend out-of-season practices or camps, other than through general dissemination of information, shall be considered a violation of this rule. **Board will take appropriate action if such violation occurs.**

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- d. Coaches may conduct off-season conditioning sessions, however no sticks / balls are allowed. Participation in conditioning activities must be optional. Conditioning is defined as a session where players work on physical fitness and conditioning by use of weights, running, and/or exercises. Conditioning does not allow for the use of individualized sports equipment.
- e. The off-season practice rules do not apply during the summer. Summer begins following the State Championship game.

f. Teams MAY NOT conduct any activity during Moratorium Week (Aug 1-7, 2010).

- g. A school coach may work for a lacrosse organization (Lacrosse Northwest, etc.) as long as the school coach is not involved in directly and deliberately coaching more than two (2) players from his or her school program on any given day (in accordance to OSAA Rule 60). **Tryouts** for Club teams are deemed exempt from this provision. Club teams may not hold practices or participate in tournaments during the Athletic Calendar Year if Rule of 2 is violated.

Note: Teams may request an exemption from OGLA to attend a recruiting tournament, and permission may be granted with restrictions on practice contact during this off-season.

- h. A coach may allow a parent to coach the team in an out-of-season program as long as the high school coach does not organize or require members of the team to participate in the session.
- i. A coach may work with 8<sup>th</sup> graders before they enter high school. OGLA only governs 9<sup>th</sup> through 12<sup>th</sup> graders.
- j. Open facilities are allowed. The basic philosophy of an open facility is that it is a recreational opportunity open to anyone and that no instruction is occurring

3. In the event a Team is found in violation of these rules, the Board will take appropriate action, which may include Team losing playoff eligibility.

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### **2010 US Lacrosse Rules (Changes Synopsis) Posted after National Convention (Jan 15-17, 2010)**

The following are some of the US Lacrosse rules changes for the upcoming season. These rules, along with a few other rules dealing with procedural issues, will be in effect for the season and will be covered in depth for coaches and umpires at pre-season clinics and meetings. The completely revamped US Lacrosse Official Rules for Girls and Women's Lacrosse rule book will be available for purchase after from USLA. (Source: <http://www.uslacrosse.org/news/2007/rulechangewomen.phtml> (10-14-07)).

**TBD – US Lacrosse Association Changes**

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### 5.0 – Playoff Format & Dates

**LEAGUE STRUCTURE** (New Varsity teams in **BOLD**.)

<b>Metro</b>	<b>Northwest OR</b>	<b>TRL</b>	<b>PIL</b>	<b>South</b>
Aloha	Century	Clackamas	Cleveland	Bend
Beaverton	Glencoe	Lake Oswego	Grant	Corvallis
Jesuit	Hillsboro	Lakeridge	Hood River	Crescent Valley
Southridge	Liberty	Oregon City	Lincoln	Marist
Sunset	Sherwood	Riverdale	OES	Roseburg
Tigard	Tualatin	West Linn	St Mary's	Sheldon
Westview	Wilsonville	<b>Putnam/Milwaukie</b>	Wilson	South Eugene
	<b>Newberg</b>			West Salem
	Forest Grove			

Canby (jv)

### ***PLAYOFF STRUCTURE***

***16 Teams will qualify***

- League games ONLY will be used to determine playoff berths.
- Three (3) teams from each League, and one (1) Wild Card team comprise the 16 team field.
- The Wild Card berth will be awarded to the League representing the previous year's State Champion. (2010 – TRL will have four playoff berths)
- Each League will determine how berths are awarded and league rankings. All League Playoff Policies, including selection and tie-breaking procedures, must be on file with OGLA by February 1, 2010.
- Bracket will be posted by NOON on May 15, 2010.
- No League winner will play another League winner in the Opening Round. A 1v2 first round match up should be avoided wherever possible.
- Priority is that Leagues are distributed across the brackets, no more than two (2) teams from any league will be in one arm of the bracket.

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### 2010 Season Playoff Dates

Opening round games: May 18<sup>th</sup>, 2010 – Game hosted by higher seed

Quarter Finals: May 20, 2010 – Game hosted by higher seed

Semi-Finals: May 24, 2010 – THPRD (TBC)

Finals: May 27, 2010 – THPRD (TBC)

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### 8.0 – Growth of the League

The Oregon Girls Lacrosse Association strives to promote the sport of lacrosse and to further expand the 'fastest sport on two feet' into new high schools in Oregon. We encourage all members of OGLA to be ambassadors for the sport and to help market lacrosse to high schools in Oregon that do not have teams.

Equally, if not more important, is to encourage the growth of Middle School programs as this will strengthen your High School program.

To start a new team, contact:

High School (OGLA): OGLA at [oregongirlslax@gmail.com](mailto:oregongirlslax@gmail.com)

Middle School / Youth: Jane Newman ([jane.newman@lexisnexis.com](mailto:jane.newman@lexisnexis.com))

Please see New Team Packet for more details.

**Going forward, each new team will be required to contribute to our pool of umpires. Every team will need to provide at least two (2) candidates to attend the umpire training program and be available to referee games. In the event a team does not provide such resources, OWULA reserves the right to request from OGLA that these teams are not allowed to host home games.**