



# 2012 Reference Manual

## OGLA 2012 Reference Manual

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### 1.0 – League Contact Info

#### OGLA Board of Directors:

President	Tucker Pierson	<a href="mailto:tuckerpierson@gmail.com">tuckerpierson@gmail.com</a>	503-310-2134 (c)
VP	Dara Kramer		
Treasurer	Thomlyn Binnett	<a href="mailto:treasurer@oregongirlslax.com">treasurer@oregongirlslax.com</a>	
Secretary	Lenni Lanfranco		
At-Large (1yr)	Monette LeMay		
At-Large (2yr)	Erin Wright		
At-Large (2yr)	Sarah Tomlinson		
At-Large (1yr)	Kolis Crier		
At-Large (2yr)	Duncan Haynes		

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

**Grievances should be submitted directly to OGLA** by downloading the form from our website, filling it out, and sending it to us: [oregongirlslax@gmail.com](mailto:oregongirlslax@gmail.com).

All validated grievances, formal and informal, will be considered in making Executive Board decisions regarding offending people and/or programs. The grievance shall be reviewed by the Executive Board, the parties will be consulted, and the Board's action will be final.

**Download form here:** [http://www.oregongirlslax.com/Forms\\_and\\_Manuals.html](http://www.oregongirlslax.com/Forms_and_Manuals.html)

#### Team Contacts:

All team contact information is available online:

Varsity: Link will be updated when Sportability opens the 2013 season

JV: Link will be updated when Sportability opens the 2013 season

#### Reporting Your Scores:

Official Game Score Entry Here (Required by 10 AM the day after the game): <http://www.sportability.com/spx/leagues/Client.asp?ClientID=341>

Oregonian – 503-221-8161

Salem Statesman Journal-- 503-399-6706

Eugene Register-Guard-- 541-687-6674

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

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[www.westsidelax.com](http://www.westsidelax.com): Text /call score only to: 858-952-3277

### 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 First Aid Certified before **Feb. 1**
- Be certified in Concussion Training before **Feb. 1\*\***
- Be a member of US Lacrosse (USL) before **Feb. 1**
- Complete all 3 sections of USL Level 1 Coaches Education Program (CEP)
- Sign the Coaches' Code of Conduct for OGLA (required of **ALL** coaches)
- Proof of certifications and membership due no later than **Feb. 1**

#### Assistant Coach Minimum Requirements

- Must be a high school graduate
- CPR and First Aid certification strongly encouraged
- Be certified in Concussion Training before **Feb. 1**
- Must be a member of US Lacrosse (USL) before **Feb. 1**
- Signed Code of Conduct on file with OGLA (required of **ALL** coaches)
- If an assistant coach is ever running practices alone, they must meet all of the head coach requirements.
- Proof of certifications and membership due no later than **Feb. 1**.

\*Teams failing to submit by February 1<sup>st</sup> will be subject to action by OGLA Board

**\*\*CONCUSSIONS AND CONCUSSION MANAGEMENT-- Oregon State Law, as of July 2009**

This further expands on the new NFHS rule 4-28-7 which states:

Any player that exhibits signs of a concussion:

- 1) Shall be immediately removed from the game
- 2) Shall not return to play until cleared by an appropriate health care professional

B. Oregon State law 336.485.3a states:

(3)(a) A coach may not allow a member of a school athletic team to participate in any athletic event or training on the same day that the member:

(A) Exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body; or

(B) Has been diagnosed with a concussion.

(b) A coach may allow a member of a school athletic team who is prohibited from participating in an athletic event or training, as described in paragraph (a) of this subsection, to participate in an athletic event or training no sooner than the day after the member experienced a blow to the head or body and only after the member:

(A) No longer exhibits signs, symptoms or behaviors consistent with a concussion; and

(B) Receives a medical release form from a health care professional.

[2009 c.661 §1]

FREE online Concussion Training Course here: <http://activecoach.orcasinc.com/> .

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### Team Requirements

- Teams must pay League Dues by December 1<sup>st</sup> 2011.
  - **\$375** fee per Varsity team – for returning teams,
  - **\$275** fee per Junior Varsity team – for returning team, and
  - **\$175** fee for first year teams – for new schools (JV Only - This does not apply to returning schools adding a new team.)
  - **\$500** for a Varsity+ (24-35 players). See details about Varsity+ below.
  - Registration payment via sPortability online – If your school does not allow credit card purchases, checks may be sent to OGLA Treasurer at: **3525 SW 91st Ave. Portland, OR 97225**
- 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 prior to start of season by **February 1<sup>st</sup>**.
- All Coaches must sign OGLA Coaches' Code of Conduct by **February 1<sup>st</sup>**.
- All Head Coaches must have completed concussion training certificates on file with OGLA by **February 1<sup>st</sup>**.
- **Teams MUST enter one (1) coach and one (1) non-coach per team (Varsity and JV) to be official OGLA Contacts.**
- **Teams must designate one adult to be a US Lacrosse membership "Team Registrar." This individual will be in charge of entering and maintaining US Lacrosse membership numbers and expiration dates in our Sportability database. Teams may forfeit games, and may incur other OGLA sanctions, if a player or coach is found to be participating without a current US Lacrosse Membership.**
- Provide one (1) Parent/Volunteer to help with OGLA events.
- Teams must send a coach or parent representative to the Annual Membership Meeting in October. Failure to participate in mandatory OGLA meetings may disqualify the team and its players from league benefits, including all league honors, playoff eligibility, and OGLA membership, depending on the situation and up to the discretion of the board.
- Must have uniforms that meet USL requirements:
  - As of 2007, requirements state 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. Home teams are designated with light colors; away teams are designated as dark colors.
  - 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.
- **All players and coaches must be members of US Lacrosse.**
- Comply with OGLA By-Laws and Rules: [http://oregongirlslax.com/OGLA\\_Manual.html](http://oregongirlslax.com/OGLA_Manual.html) .

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

- All Coaches must be registered USL members for the duration of the 2012 season.
- **All Players must be registered USL members for the duration of the 2012 season.**
- **Coach and Player membership numbers and expiration dates must be entered in Sportability prior to the first day of practice (February 27, 2012). If any players join the team after the first day of practice, they must provide proof of membership (input to Sportability) before they begin practicing with the team.**
- **Download insurance Team Registrar details on our website: "Member Team Guidelines" on**

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our “Forms and Handouts” page

- US Lacrosse and PCA are partners in a nationwide endeavor to “Honor the Game” by making lacrosse a positive, character-building experience for every athlete and to make the experience a more successful one for coaches, parents, fans and officials. OGLA is committed to this goal. Excellent coaches create a positive organizational culture which requires getting all constituents (parent board, players, parents and fans) in our league on board to work together. OGLA believes PCA is a vehicle to help foster this positive culture and will help create the quality lacrosse programs we all desire in this state. Please have your team administrators, players and parents study the PCA philosophy and be familiar with “Honoring the Game.” The head coach is responsible for the total conduct of the program.

OGLA expects all individuals associated with our programs to strive for excellence in all phases of their endeavors, and to conduct themselves at all times in a manner befitting “ambassadors” of OGLA and USL. If OGLA receives information that teams aren’t participating in a positive manner, thoughtful action will be taken by the OGLA board. Sanctions can include hosting a Positive Coaching Alliance clinic for the OGLA community, probation, and/or a playoff ban. <http://www.positivecoach.org/>

### **LEAGUE REPRESENTATIVES**

**Each league will elect two individuals as their LEAGUE REPRESENTATIVES.** We encourage you to seek school administration (e.g. Athletic Director) for participation in this non-coach role. League Representatives will:

- 1) Set League game schedules
- 2) Establish League Standard Operating Procedures (SOPs): playoff berth procedure, including final league rankings, and tie-breaking procedures
- 3) Coordinate All-League voting meeting

## **3.0 – Important Deadlines/Dates**

### **2012 OGLA Dues:**

- \$375 per Varsity team
- \$500 per Varsity Plus team\*
- \$275 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 **\$650 total** to OGLA.
- **FIRST YEAR JV PROGRAMS** pay \$175 - this applies to new school programs only, not programs adding a JV team. First-year JV teams may apply to OGLA for an additional year of JV status before going to varsity. OGLA Board must approve this action.
- 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 the Board deems it appropriate.

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Neither club will be entitled to the 1<sup>st</sup> year discount.

\* **Varsity Plus teams** will be allowed to schedule a maximum of 9 games against JV teams. This designation is recommended for programs with 25-35 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 Varsity Plus teams should be a minimum of 23 players. Programs that have more than 35 players must field two teams: a regular Varsity AND a regular JV team.

### Deadlines:

- **December 1, 2011 – program dues (V and JV Teams) paid to OGLA**
  - Pay via OGLA League website at [www.sportability.com/ogla](http://www.sportability.com/ogla) or mail checks directly to:  
OGLA Treasurer c/o Thomlyn Binnett 3525 SW 91st Ave. Portland, OR 97225
- **January 6, 2012-- ALL TEAM SCHEDULES DUE TO LEAGUE REPS.**
- **Janury 13, 2012-- ALL TEAM SCHEDULES DUE FROM LEAGUE REPS TO OGLA** via template with drop-down tabs.
- **January 27, 2012--** All changes to game schedule made and confirmed by both programs.
- **February 1, 2012:**
  - ALL coaches' required documentation: CPR/1<sup>st</sup> Aid Certification, Level 1 CEP training, US Lax Membership, Concussion Training, and OGLA Coach Conduct agreement.
  - Schedule is finalized and posted at [www.oregonirlslax.com](http://www.oregonirlslax.com)

### Important Dates (as of 10/18/11):

- **Oct. 22** **Mandatory Annual Membership Meeting at OES**
- **Dec. 1** **Deadline for team registrations & program dues to OGLA**  
No-Play Dates reported to your League Representative
- Dec. 3 US Lacrosse Level 2 CEP offered in Seattle area
- **Jan. TBD** **CPR/1st Aid recertification class (renewals only)**
- Jan. TBD Positive Sportsmanship Clinic
- **Jan. 6** **Coaches turn in completed schedules (League & Non League) to**
- Jan. 13-15 US Lacrosse National Convention (for Coaches, in Philadelphia)
- **Jan. 13** **League Reps turn in Completed Schedules to OGLA (via template w/drop-down menu)**
- Jan. 20 Schedule is posted on Sportability. Any changes to be made in one week with agreement from both teams.
- Jan. 27 OGLA Game Schedule is Finalized.
- **Feb. 1** **Coach Certification Submission Deadline: enter info. to Sportability**
  - USL membership and CPR/1<sup>st</sup> Aid & Concussion certification documentation
  - USL Level 1 Coaching Certification (CEP)
- **Feb. 1** **League Representatives submit SOPs to OGLA**
- **Feb. 26** **US Lacrosse numbers/expiration dates entered in Sportability for all**

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### players and coaches in the school program

- **Feb. 27 Date)** Official start date for team practices (OSAA Spring Practice Start
- Feb. TBD College Recruiting clinic
- Feb./March TBD Rules Interpretation Clinic, with OWLUA
- March TBD Home Team Responsibilities Clinic
- **March 12** **First contest date**
- April 7 WDNT Tryouts (Women's Division National Tournament)
- May 10 Last contest date (including make up games)
- **May 14-24** **Playoff Weeks**
- **May 21** **Semi-finals (Hillsboro Stadium)**
- **May 24** **Finals (Hillsboro Stadium)**
- May 25-27 US Lacrosse WDNT (OR players travel to WDNT tournament in Baltimore)
- Jul 29-Aug 4 Moratorium Week (No contact between coaches and players)
- Aug 20 Start of OSAA 2012-2013 season. Off-season practice rules in effect

## 4.0 - RULES

The Oregon Girls Lacrosse Association generally follows OSAA guidelines, including but not limited to the additions and exceptions noted below. These additions and exceptions have been developed by the Board to encourage the growth of the Game. Rules of game play are defined by US Lacrosse. League Rules are as follows:

### ***Contest Limitations***

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

The season shall begin on February 27, 2012 and end with the State Championship on May 24, 2012. 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 2012. 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?*

A. Yes, as long as the Board is notified and approves. These games count towards the season 20-game (18 in-state) 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. You are responsible for contacting umpires for those scrimmages.

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

A: No.

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

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

*Q: Can my team play a contest or participate in a jamboree before the First Contest Date?*

A: No.

### **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.
- If you would like to host a varsity jamboree, please submit a request to OGLA. OGLA will need to check on umpire availability before approving your request.

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.

### **GAME SCHEDULES**

1. SCHEDULING will be done by the Leagues. **Teams will schedule their own non-league games.** FINAL LEAGUE/NON-LEAGUE SCHEDULES ARE DUE BY January 6, 2012 to your league rep.
2. The official league schedule will be posted on the Sportability. All teams are encouraged to regularly check the official schedule to assure alignment in game times, locations and assigned referees: Sportability is the official schedule of record. [www.sportability.com/ogla](http://www.sportability.com/ogla)

### **GAME PLAY**

1. For all league contests, only bona fide players (see "Individual Eligibility") 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 OWLUA umpires and assigned by the OGLA assignor.
4. OGLA permission must be granted for any games or scrimmages against non-OGLA member teams.
5. **Senior Night Ceremonies: Senior night tributes or ceremonies are prohibited before or during league or state playoff games.**

### **DURATION OF PLAY**

1. **VARSITY TEAMS** will play **50-minute games (two 25 minutes halves) with stop-time after**

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**goals.** If the score is tied at the end of the 50-minute game, the US Lacrosse tie-breaking procedures below shall be followed.

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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 US Lacrosse Rule Book.

### **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, OGLA, and OWLUA of cancellation at least 24 hours before the scheduled contest 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 1st), and only with OGLA approval.
2. **Weather-related game changes** – The following procedures shall be followed when there is inclement weather. **Phone the assignor, OGLA and OWLUA first thing and then follow with an email to all three entities.** Contact information for all three will be sent via email before the start of the season. Game changes made due to inclement weather shall be made prior to 12:00 PM the day of the game. If the game is postponed or cancelled, then the assigning official will contact the assigned referees.
  - a. **UNPLAYABLE FIELD:** If the home team determines that their field is unplayable or that a contest cannot be safely played on that day because of the weather, then a representative from the home team shall contact (via telephone) the assignor to discuss the situation. **AT THE FIELD:** The OWLUA is the only entity who shall determine that the game is officially postponed or cancelled.
  - b. In the event that the home team fails to notify the assignor with sufficient time to avoid travel by the assigned officials, then OGLA 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 assignor 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 without notifying OGLA, OWLUA or the assignor then the team will be required to pay a cancellation fee. 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.**
5. A team may choose to start 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.

### **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 with 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.

The winner will then be decided on a 'sudden victory' stop-clock overtime of no more than six

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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.

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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 umpires' 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, the 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.

### **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.
3. Score reporting. All game scores must be reported in Sportability before 10 AM on the day following the game. 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 score book is considered the game's official record and should be signed by both umpires before they leave the field. Home team reports scores to Oregonian / [www.oregonlive.com](http://www.oregonlive.com) & West Side Lax.

### **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.

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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 2011-2012 OSAA rules (<http://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 behavior 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. Positive Coaching Alliance link: <http://www.positivecoach.org/>

### **INDIVIDUAL ELIGIBILITY**

1. A student must play for the team of the school in which she is enrolled.
  - a. If a player's school has a team, they **MUST** play for that team. The only exceptions are as follows. If the player is a senior, and her school starts a new JV team her senior year, she is allowed to play for the team she has been with in previous seasons. Also, a player who has been on varsity at a previous school cannot be forced to play for a JV team during the *first year* her home school starts a program.
  - b. If a player attends a PRIVATE school that does not field a team, that player must play for the school she would attend according to her residence. If that school does not have a team, she must play for the nearest school with a team to her home address, giving preference to schools within the same district (if applicable).
  - c. If a player's PUBLIC school does not have a team, she must play for the nearest school with a team, giving preference to schools within the same district (if applicable).
2. OGLA may grant an exception to the OSAA Player Representation Rule, but exceptions must be made in writing. OGLA must be notified by the Head Coach or Team Delegate of any players who play for a school which they do not attend. All such situations must be brought to the attention of OGLA or team may risk game forfeitures. Please see Transfer Form on OGLA website. Submit your team's transfer forms to OGLA by February 1, 2012.
3. Transfer students – All OSAA rules apply. In the event this is a situation with your club, please consult your Athletic Director or the OGLA president regarding eligibility. Confirmation of eligibility from the school must be brought to the attention of OGLA or team may risk game forfeitures.
4. Undue Influence– All OSAA rules apply. In the event this is a situation with your club, please consult your Athletic Director or the OGLA president regarding eligibility. Confirmation of eligibility from the school must be brought to the attention of OGLA or team may risk game forfeitures.
5. 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.
6. **Academic Eligibility: Players are required to meet their school's academic requirements to be eligible to practice or play with the team. All OSAA rules apply.**

### **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.

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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:

- a. When multiple games (no more than 2) are scheduled on one day, the rule will be 2 halves per opponent, with a player participating in no more than 4 halves in total. Multiple games per day must be approved by OGLA before final schedule is submitted.
- b. 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 per opponent.

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

1. Any player or coach who receives two yellow cards will be suspended from the remainder of that game.
2. A player or coach who receives a single red card will be suspended from the remainder of that game and from the next game.

Carded coach or coach of player receiving red card suspension must notify OGLA (via email: [oregongirlslax@gmail.com](mailto:oregongirlslax@gmail.com)) of this suspension no later than 10 am on the day after game suspension occurs. This is IN ADDITION to reporting the red card in sPortability. OGLA will contact opposing coaches of next game to notify of suspensions. Additionally, the umpires will report red card suspensions 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.

## **COACH / TEAM PERSONNEL CARDS**

1. The head coach will be responsible for the behavior of personnel affiliated with his/her team, including all assistant coaches, fans, and players, and will receive any cards related to lack of bench decorum. 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. Teams must report all cards given to the coach/team via email to OGLA by 10 am the next day.

**Umpires will report any and all cards issued to coaches or team personnel to OGLA.**

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

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1. Off season practice rules will follow the OSAA Practice Limitation Rule. The following off-season practice rules will apply from August 22, 2011 through February 26, 2012. 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.
- 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. The summer season begins following the State Championship game.
- f. Teams MAY NOT conduct any activity during Moratorium Week (July 29-Aug.4, 2012).
- g. A school coach may work for a lacrosse club organization (e.g. Lacrosse Northwest, Rhino) 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 non-school Club teams are **not** 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 (Rule of 2 compliance).

- 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

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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 a team losing playoff eligibility.

### **IN-SEASON RESTRICTIONS (club teams)**

OGLA coaches who also coach club teams may not hold tryouts during the school year.

OSAA Manual (Section 58--Practice Limitation Rules):

*Q: Under the Practice Limitation Rule, may a high school coach conduct club team tryouts prior to the end of the association year?*

A: No

\*The WDNT team does not fall under this rule. It is not a club team (business or non-profit). It is directly organized by U.S. Lacrosse.

## **2012 US Lacrosse Rules (Synopsis of Changes)**

**A summary of the major changes and points of emphasis for high school girls' and non-varsity college women's lacrosse rules:**

### **Checking**

- A player may not check towards the body. (In 2011, checks towards the body were allowed as long as the check was deemed controlled and did not cause the crosse or ball to go into the sphere, which is defined as the roughly 7-inch perimeter around a player's head).

### **Sphere**

- Defensive players may not reach into the sphere to make a check.
- Offensive players will not be permitted to hold their crosses in the sphere so that a check cannot be made. (This is not a rule change, but a change in emphasis).

### **Cross Checking**

- A point of emphasis in 2012 will be that the use of a player's shaft to hit, push or displace an opponent will not be permitted. (Previously, this foul was included under the Illegal Use of the Crosse section, but will now be stressed in its own category.)

### **Carding Changes**

- Any player or coach receiving two yellow cards will be suspended from the rest of the game. They may both participate in the next game. (Under the 2011 rules, anyone receiving two yellow cards would have been ineligible to participate in the team's next game).
- A suspended player must remain in her team's bench area for the entire game, including on-field, pregame, game or postgame activities. If a player is suspended from her team's next game because of a red card, that player may not be dressed in her game uniform for the next game. (Previously, a two-game suspension was served for a red card.)
- When a card has been issued, a player must leave the field for two minutes. Her team must play short in both the offensive and defensive ends of the field. This penalty is non-releasable.

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• Upon receiving a fourth yellow card, a team must play short in both their offensive and defensive ends of the field for the remainder of the game. (Previously, a team played short upon receiving a third yellow card.)

### Team Foul for Offsides

• When the offensive team commits an offsides violation, the defender closest to the ball will be awarded a free position at that spot (no closer than 8 meters to the goal circle). The attack player that had the ball will go 4 meters behind, and the attacker closest to the restraining line will move back outside. Previously, the defensive team was awarded the ball 4 meters outside of the restraining line.

For more information about girls' and women's lacrosse rules, including a PDF listing all rule changes, visit <http://www.uslacrosse.org/TopNav2Right/Rule/WomensRules.aspx>.

US Lacrosse encourages member coaches and umpires to attend the annual rules interpretation meeting, a part of a comprehensive lineup of educational sessions at the US Lacrosse National Convention, presented by Champion, Jan. 13-15, 2012, in Philadelphia. For more information or to register, visit <http://www.uslacrosse.org/2012convention>.

## 5.0 – Playoff Format & Dates

**LEAGUE STRUCTURE** (New Varsity teams in **Pink** /JV Only Teams in **Green**.)

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

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				South Salem
				Sisters
				W. Albany

### **PLAYOFF STRUCTURE**

#### **16 Teams will qualify**

ONLY league games 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. (2012 – 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, 2012.

Bracket is posted on [www.oregongirlslax.com](http://www.oregongirlslax.com).

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.

### **2011 Season Playoff Dates**

Opening round games: May 15-16, 2012 – Game hosted by higher seed

Quarter Finals: May 17-18, 2012 – Game hosted by higher seed

Semi-Finals: May 21, 2012 – Location TBD

Finals: May 24, 2012 – Location TBD

### **6.0 – 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

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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: <http://www.ogyla.org/>

Download New Team Packet: [http://oregongirlslax.com/Forms\\_and\\_Manuals.html](http://oregongirlslax.com/Forms_and_Manuals.html)

**Each team, new and established, is highly encouraged to contribute people who are willing and able to be trained as umpires.**