

# Mount Pleasant Recreation Department

**M**otivate **P**romote **R**ecognize & **D**emonstrate

GOOD SPORTSMANSHIP



## LACROSSE MANUAL

Spring 2020



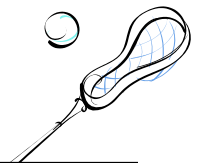
MT. PLEASANT RECREATION DEPARTMENT  
YOUTH LACROSSE MANUAL  
Spring 2019

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# Mt. Pleasant Recreation Department



**COACHES**  
**CODE OF ETHICS PLEDGE**

I hereby pledge to live up to the Mount Pleasant Recreation Department Code of Ethics as coach.

**I will** place the emotional and physical well being of my players ahead of any personal desire to win.

**I will** remember to treat each as an individual, remembering the large spread of emotional and physical development for the same age group.

**I will** do my very best to provide a safe playing situation for my players.

**I promise** to review and practice the necessary first aid principles needed to treat injuries of my players.

**I will** do my best to organize practices that are fun and challenging for all my players.

**I will** lead, by example, in demonstrating fair play and sportsmanship to all my players.

**I will** insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players.

**I will** use those coaching techniques appropriate for each of the skills that I teach.

**I will** remember that I am a youth coach, and that the game is for children and not adults.

Date: \_\_\_\_\_ Name: \_\_\_\_\_

(Please print)

Signature: \_\_\_\_\_



## MT. PLEASANT RECREATION DEPARTMENT

### INFECTIOUS DISEASE GUIDELINES

The Mount Pleasant Recreation Department has published these guidelines in an effort to minimize the possibility of transmission of any infectious disease during practices or games.

These guidelines primarily address blood-borne pathogens such as the Hepatitis B virus and the Human Immunodeficiency Virus (HIV). However, these guidelines also outline common sense precautions against the spread of less serious, but other contagious diseases. It is the intent and desire of the MPRD that all activity by the participants enrolled should be carried out with the safety of the environment. We encourage all volunteers who are part of these programs in any capacity to help us carry out these aims and objectives.

#### BLOOD-BORNE PATHOGENS

Blood borne pathogens such as Hepatitis B and HIV are serious infectious diseases, which are present in blood as well as other bodily fluids such as semen, vaginal fluids and breast milk. While there are a number of such diseases, Hepatitis B and HIV are the most common known.

Hepatitis B is a virus, which results in a dangerous inflammation of the liver. Its victims can suffer long-term consequences and recurrences and the disease can be deadly if not treated. HIV is the virus that causes AIDS or Acquired Immunodeficiency Syndrome, which weakens the immune system, thus making a person susceptible to infections their immune systems normally would fight off. AIDS is incurable and deadly.

When giving first-aid to others, an individual should wear protective gloves (such as rubber surgical gloves) any time blood, open wounds or mucous membranes are involved. The individual should wear clean gloves for each person treated or when treating the same person more than one time.

If the individual gets someone else's blood on his/her skin, protective gloves should be worn and the blood wiped off with a disposal alcohol swab.

**Note: If blood gets on a uniform during practice or a game, the uniform should be wiped with a disinfectant such as isopropyl alcohol (rubbing alcohol).**

If an individual begins to bleed during practice or a game, play must be stopped and the individual should be removed from the game. If there is blood on the floor and/or bench, the floor and/or bench should be cleaned using a disinfectant solution of household bleach and water. The recommended mixture is ten (10) parts water to one (1) part bleach. (Example: 1/2 bleach to one (1) gallon of water). The surface should then be rinsed with clean water to avoid participants getting the disinfectant in their eyes. The person doing this cleanup should wear protective gloves.



MT. PLEASANT RECREATION DEPARTMENT

**INFECTIOUS DISEASE GUIDELINES cont...**

The individual removed from practice or a game due to bleeding must have the bleeding stopped and any wound covered before being allowed to return to the practice or game. If the bleeding begins again, the practice or game should be stopped and the potentially contaminated surfaces cleaned. The manager or umpire/referee would be the judge as to the number of times the practice or game would be stopped before the individual is disqualified from further participation in that practice session or game.

The person who has treated an injury where there is blood present or has cleaned a potentially contaminated surface should wash their hands with soap and hot water whether or not protective gloves are worn.

Disposable towels should be used in all clean up. Towels, gloves and all protective materials used in the cleanup, as well as items used to stop the bleeding, should be placed in a sealed container lined with a plastic bag. These bags are not to be reused and should be disposed of on a daily basis.

Any official who gets blood on himself/herself should do the same as the participants in a practice or game. A disinfectant such as isopropyl alcohol (rubbing alcohol) should be used to wipe the blood from an area.

Although Hepatitis B is a much more common virus than HIV, it is HIV and AIDS more than any other disease that has served to heighten public concern over blood-borne pathogens.

It is most important to carry out suggested procedures in the interest of safety and the health of children who participate in our activity on a day-to-day basis. If this is done, parents and others can be assured that we are concerned about the total well being of the youngsters entrusted to our care.

The precise risk of HIV transmission during exposure of open wounds or mucous membranes such as eyes, ears, nose and mouth to contaminated blood are not known. However, evidence would suggest it is extremely low. In fact, the possibility of contracting HIV in this manner is much less than the possibility of contracting Hepatitis B or other blood-borne infections.

Everyone must understand that while it is theoretically possible for HIV to be transmitted by blood from one individual through the wound or mucous membrane of another individual, the probability of this occurring is extremely low. One must not assume, however, that the chance of transmission of HIV in this manner is zero. Proper and adequate precautions should be taken to ensure that no transmission could occur.

## **INFECTIOUS DISEASE GUIDELINES cont...**

### **WAYS TO PREVENT THE TRANSMISSION OF BLOOD-BORNE PATHOGENS**

If blood is present, positive steps can be taken that will lessen the possibility of transmission of blood-borne pathogens, such as Hepatitis B or HIV, if the person who is bleeding has such a disease.

It is most important that the adults who work with youngsters in youth activities are aware of what steps should be taken in the event an accident occurs and there is a presence of blood. If there is blood present, this situation should be treated with respect regarding its ability to transmit infectious disease.

If the participant has an open wound on their body, they should cover this wound prior to the start of a practice or game. When this is done, the participant will decrease the risk of transmission of a blood-borne pathogen from their open wound to the open wound or mucous membrane of another person or vice versa.

It is essential that good hygiene be used by all adults and youth participants. Towels, cups and water bottles should not be shared.

### **OTHER CONTAGIONS**

Respiratory secretions, saliva and nasal discharge generally transmit contagions such as the Influenza Virus, the Common Cold virus and the Mononucleosis virus. This occurs through the air when an infected person sneezes or coughs, or by oral inoculation from contaminated hands and surfaces. The possibility of becoming infected with one of these viruses is greater indoors than outdoors. If a person is infected with one of these viruses, they possibly will have an incubation period of a few hours or days. Colds and Influenza are usually known by the individual who may be affected and normal symptoms include: muscle aches, pains in joints, fever and chills. If an individual is affected, they should not be allowed to practice or play in a game due to the weakness that would be present from these viruses. It is important to observe sound hygienic practices when this occurs and towels, cups and water bottles should not be shared among participants.



# Mount Pleasant Recreation Department



391 EGYPT RD. , MOUNT PLEASANT, SC, 29464 PHONE: 884-2528 FAX: 849-2778 [www.townofmountpleasant.com](http://www.townofmountpleasant.com)

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**TITLE: LIGHTNING SAFETY**

**DATE: DECEMBER 15, 2007**

**REFERENCE NUMBER: NRPA RELATED STANDARD: 9.6 TOWN RELATED POLICY:**

**RESPONSIBLE AUTHORITY: ASSISTANT RECREATION DIRECTOR**

**PAGE 1 OF 3**

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**PURPOSE:** To insure as much as possible that the safety of participants is a priority and provide the proper procedure to mitigate the lightning hazard at any Mt. Pleasant Recreation Department's (MPRD) outside facilities and activities.

**POLICY:** Lightning is the most consistent and significant weather hazard that may affect outdoor activities; therefore the following procedures are to be followed to help insure the safety of MPRD participants and spectators by monitoring how far away the lightning is occurring and how fast the storm is approaching, relative to the distance of a safe shelter.

**SPECIFIC PROCEDURES:**

1. MPRD has established a chain of command as to who monitors threatening weather and who makes the decision to remove a team or individuals from an outdoor site or event. The chain of command will be as follows:
  - a. Facility Supervisor assigned to site/event
  - b. Game Officials/Referees/Umpires
  - c. Recreation Coordinator/Specialist assigned to activity
  - d. Athletic/Program Division Chief
  - e. Assistant Director
  - f. Director
2. The Facility Supervisor assigned to the activity/site will be the MPRD's representative at the site in the absence of the Recreation Coordinator/Specialist. The Facility Supervisor will include in their daily procedures monitoring of the weather by visual, audio and electronic means.
3. MPRD will obtain a weather report each day prior to a practice or event. Staff will be aware of potential thunderstorms that may form during scheduled activities.
4. MPRD will monitor the weather reports and National Weather Service-issued (NWS) thunderstorm "watches" and "warnings" as well as signs of thunderstorms developing nearby.
  - a. A **watch** means that conditions are favorable for severe weather to develop in an area.
  - b. A **warning** means that severe weather has been reported in an area and for everyone to take proper precautions.
5. MPRD Staff will know where the closest "safe structure or location" is to the field/court or play area and will know how long it takes to get to that safe structure or location. Safe structure or location is defined as:

**LIGHTNING SAFETY PROCEDURES**

- a. Any building normally occupied or frequently used by people; ie., a building with plumbing and/or electrical wiring that acts to electrically ground the structure. Shower facilities are not to be used for safe shelter and **do not use** the showers or plumbing facilities during a thunderstorm
  - b. In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. The sides of the vehicle are not to be touched.
6. MPRD has designated the following areas as a “safe structure or location” for the sites listed below:
- a. R.L. Jones Center Complex – The R.L. Jones Center building, softball field press box with roll up windows closed or individual vehicles in parking lot.
  - b. Duffy Complex – The concession stand/storage building or individual vehicles in parking lot.
  - c. Patriots Point – Individual vehicles in parking lot.
  - d. Park West – MPRD Park West building, Park West gym, Pavilion building or individual vehicles in parking lot.
  - e. Whipple Road Complex – Tennis Center building or individual vehicles in parking lot.
  - f. Sloan Park - Individual vehicles in parking lot.
  - g. Moultrie Middle School - Individual vehicles in parking lot.
  - h. Town Hall Track & Field – Town Hall gym or individual vehicles in parking lot.
  - i. Old Wando Baseball Field- Press box or individual vehicles in parking lot.
  - j. Whitesides Elementary School - Individual vehicles in parking lot.
  - k. Reid & Speights Street Fields - Individual vehicles in parking lot.
  - l. Longpoint Soccer Field – Longpoint Amenities building or individual vehicles in parking lot.
  - m. Trident Academy Field – Individual vehicles in parking lot.
  - n. Cario Multipurpose Field - Individual vehicles in parking lot.
  - o. James B. Edwards Elementary School - Individual vehicles in parking lot.
  - p. Community Centers – Community center building or individual vehicles in parking lot.
  - q. Julian Weston Tennis Courts - Individual vehicles in parking lot.
  - r. G.M. Darby Building – The Darby building or individual vehicles in parking lot.
  - s. James B. Edwards Park - Individual vehicles in parking lot.
  - t. Alhambra Hall & Park – Alhambra Hall building or individual vehicles in parking lot.
  - u. Kearns Park and Pitt Street Bridge - Individual vehicles in parking lot.
7. Overhangs, toilet trailers, restroom buildings, picnic shelters, tents, dugouts or other areas not listed in section 6 are **not to be used** to avoid lightning.
8. It is the responsibility of MPRD Staff to be aware of how close lightning is occurring, by using a combination of the “flash-to-bang method” and issued lightning detectors. To use the “flash-to-bang method”, count the seconds from the time the lightning is sighted to when the clap of thunder is heard. Divide this number by five (5) to obtain how far away (in miles) the lightning is occurring. For example, if an individual counts 15 seconds between seeing the flash and hearing the bang, 15 divided by five (5) equals three (3); therefore, the lightning flash is approximately three (3) miles away.
9. Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, no matter how far away. The most important aspect to monitor is how far away the lightning is occurring and how fast the storm is approaching, relative to the distance of a safe shelter.
10. At a minimum, by the time the monitor obtains a “flash-to-bang” count of **30 seconds**, all individuals should have left the outdoor site and reached a safe structure or location.
11. When consideration is being given to resumption of outdoor activities, a 30 minute waiting period after the last flash of lightning or sound of thunder is recommended before returning to the field/area or activity.

\_\_\_\_\_  
Assistant Recreation Director

\_\_\_\_\_  
Recreation Director

**RELEASE OF CONFIDENTIAL INFORMATION**



The rosters that are provided to each coach contain important, yet confidential information. Each and every coach has the responsibility to insure that this information remains confidential. The MPRD has taken steps to abide by the wishes of many parents in keeping this information confidential.

Do not just randomly make copies of your roster to give to every parent on the team. Some parents do not want their phone numbers or child's birth date to be given out. Please respect everyone's wishes in this matter. If you want to form a phone tree or have a team mom/pop, ask the parents for their phone number/address. This way, if they do not want to participate in this manner, they have the option to say no.

Do not make multiple copies of the roster for convenience. The chances of leaving a copy somewhere on the field or in the dugout become greater with the more copies that you have.

**If anyone approaches you at the field requesting such information for a promotion, tell them no. Request their name and phone number and have them get in touch with the MPRD. Notify the Facility Supervisor or any MPRD personnel at the site. Call and notify the MPRD as soon as possible.**

When requesting a roster to be faxed to your office, make sure that you get the fax promptly and that no other copies are available or thrown in the trash.

Please take the extra time and steps to help insure that this information does not accidentally fall into the hands of people who do not need it. All of our children are precious to us. It's worth the extra effort to help keep them out of harms way.

## PERSONNEL

### Executive Staff

Steve Gergick, Director  
Jimmy Millar, Deputy Director  
Sarah Garner, Executive Office Manager  
Kristen Watson, Account Clerk  
Melissa Estrada, Administrative Clerk

### Athletic Division

Matt Hansen, Athletic Division Chief  
Terri Steed, Recreation Coordinator/ Volleyball/Basketball  
Jay Rhodes, Recreation Coordinator/Football/Track/Lacrosse/Cross Country  
Scott Koth, Recreation Coordinator/ Softball  
Diana Drake, Administrative Assistant  
Ryan Johnson, Recreation Coordinator/Baseball  
Ian Evans, Recreation Coordinator/Soccer  
Matt Blakeney, Recreation Specialist  
Danny Johnson, Recreation Specialist  
Garrett Heatherington, Recreation Coordinator, Fundamentals  
Shelli Davis, Recreation Coordinator/Tennis  
Haley Vaughn, Recreation Specialist/Tennis

### Program Division

Stacey Harrington, Program Division Chief  
Tina Carter, Program Coordinator  
Molly Hubbard, Aquatics Coordinator  
TBA, Recreation Specialist, Aquatics  
Anne Selner, Recreation Specialist  
Florine Russell, Recreation Specialist  
Mark Friedrich, Recreation Specialist  
Sherrie Pompei, Senior Program Coordinator  
TBA, Senior Program Recreation Specialist  
Gayle Broach, Administrative Assistant  
Rhea Pitts, Administrative Assistant  
TBA, Recreation Specialist, Aquatics

### Public Relations/Special Events

TBA, Public Relations  
Brad Eggert, Sponsor Coordinator

### Office Personnel

Karen Bedenbaugh, Office Manager  
Chris Braggs, Administrative Assistant  
Deborah Llaro, Administrative Assistant  
Tiffani Walker, Administrative Clerk  
Karen Washington, Administrative Clerk  
Mary Smith, Administrative Clerk



MT. PLEASANT RECREATION DEPARTMENT

## TOWN FACILITIES FOR LACROSSE

1. **Mt. Pleasant Recreation Complex at Park West** - 1251 Park West Boulevard, Mt. P
2. **Moultrie Middle School** - 645 Coleman Boulevard, Mt. Pleasant
3. **Cario Middle School** – 3500 Cario Blvd, Mt. Pleasant
4. **Town Hall** – 100 Ann Edwards Ln. Mt. Pleasant
5. **Whipple Road** – 889 Whipple Road, Mt. Pleasant
6. **Old Whitesides** – 1120 Rifle Range Road, Mt. Pleasant
7. **Jones Center** – 391 Egypt Road, Mt. Pleasant

**\*PLEASE NOTE:** Due to scheduling circumstances, there may be times when league games will be played at facilities other than those designated for a specific age group.

### **FACILITY SUPERVISORS**

There will be a facility supervisor at each game identifiable by a purple T-shirt or sweatshirt. They are Recreation Department employees, and as such, represent the final authority for each situation not handled by the referee.

Please familiarize yourself with these people. They are athletes themselves with expert credentials for being supervisors. If you have any concerns, suggestions, or information, please tell one of our facility supervisors. They have a Game Summary Form that they are required to complete at the conclusion of the contests at a particular site. This form is used to pass information on to the Athletic Division Chief on a daily basis.

### **PROTESTS**

Protests will be allowed; however, judgment calls by the officials cannot be protested. The proper procedure for filing a protest is as follows:

1. All protests, including player eligibility, must be initially filed with the head official at the game site by the protesting manager and entered on the score sheet at the time of the incident that prompts the protest. **Failure to do this will result in the protest not being recognized.**
2. The official protest form must be completed and submitted with a check for **\$50.00** by noon on the next business day (Mon-Fri) after the protest is made on the field, with the Athletic Division. Protest forms will be available at all sites.
3. The form must be properly filled out and include the following: 1. Coach's name filing protest. 2. Team and age division. 3. Date of protest. 4. League that game was played in. 5. Content to include date and time. 6. Recreation Supervisor(s) present. 7. Game Official(s) present. 8. Protest described in detail to include rule being protested and the point of the game that the rule is protested.
4. The Protest Committee will make a recommendation on the outcome of a protest to the Athletic Division Chief. The Athletic Division Chief will have the final decision on the outcome of the protest.
5. The \$50.00 protest fee will be returned only if the protest is upheld by the Athletic Division Chief.
6. Managers will be notified and may be on hand to answer questions concerning protests as needed by the Athletic Division Staff.

MT. PLEASANT RECREATION DEPARTMENT

# SPORTS PROTEST FORM

Date Received: \_\_\_\_\_

Initials: \_\_\_\_\_

Protest Fee: \_\_\_\_\_

YES  
Returned

NO  
Kept

1. Coaches Name: \_\_\_\_\_

2. Team/ Age Division: \_\_\_\_\_

3. Date of Protest: \_\_\_\_\_

4. Contest: \_\_\_\_\_

5. MPRD Supervisors Present: \_\_\_\_\_

6. Game Officials Present: \_\_\_\_\_

7. PROTEST (Describe in Detail)

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Outcome of Protest: \_\_\_\_\_

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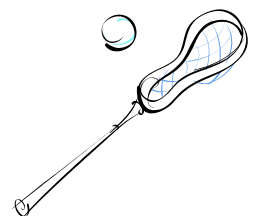
Athletic Division Chief: \_\_\_\_\_ Date: \_\_\_\_\_

MT. PLEASANT RECREATION DEPARTMENT

# **LACROSSE CRITICAL DATES**

January 6 – January 21	Registration
Sunday, February 10 <sup>th</sup>	Wando HS Clinic – FREE 1pm-3pm at PW
Week of February 11th	Coaches Meeting/Clinic  Evaluations (Schools that have multiple teams)
Week of February 18th	Practices Begin
Week of March 11th	Games Begin

MT. PLEASANT RECREATION DEPARTMENT



## PLAYER ELIGIBILITY

All players must fill out a registration form and pay a fee in order to participate in the MPRD Lacrosse program. Scholarships are available on an individual basis. Contact the Athletic Division Staff for assistance concerning the scholarship program.

Each child must have a copy of his/her birth certificate or other acceptable document proving date of birth on file at the Recreation Department. First time participants must provide original documentation.

If a player is found to be ineligible because of a knowledgeable violation, all games in which that player participated will be declared forfeits.

Players on high school rosters are not eligible to play

## PLACEMENT OF PLAYERS ON TEAMS

The goal of our Recreation Department is to have all the teams in each league divided equally according to talent. Since we have no way of knowing the talent level of ALL PLAYERS, the only way that we can insure that no team “loads up” on the talent is to have evaluations and drafts if necessary due to location difficulties. The method used to divide teams is as follows:

1. The head coach’s child/children will be allowed to be on the same team that their parents coach.
2. Siblings will play on the same team if their age allows them to unless parents request that they play on separate teams.
3. A player evaluation will be conducted if necessary. This evaluation will help insure more balance among teams in each respective league. Players not present for evaluations will be randomly placed on a team.
4. Parent volunteer coaches may select an assistant coach **after** the draft/evaluation process.
5. Teams are formed by schools, multiple schools may be combined if needed.

Team assignments will be made after the registration period. **The Athletic Division, not by coaches, will make all deletions and additions to the team roster. NO TRADES WILL BE ALLOWED.** Sponsors may wish to sponsor the team that their child is randomly selected to. Sponsors WILL NOT BE permitted to choose which coach their child will play for prior to the team selection. **NO PLAYER WILL BE ALLOWED TO PLAY UNLESS THEY ARE REGISTERED THROUGH THE MT. PLEASANT RECREATION DEPARTMENT.** A player can not be drafted by a coach if he/she does not attend evaluations.

## PRACTICES

**No players are to be left unattended after practices have ended. An adult must stay until the last player has left the premises.**

All practice schedules must be strictly followed. In the event a coach cannot make a scheduled practice, all players must be notified by the coach. Please also notify us if any changes must occur.

More than one (1) team will be scheduled to practice on a field at one time. All coaches must share the space in an amicable manner.

Practices will be scheduled for 5:30 and 7:00 time slots only. After the allotted time is up, the practice must end immediately. Courtesy and consideration are paramount to satisfying everyone's requirements.

Teams are **not allowed** to practice when it is thundering or when lightning is present. Refer to the MPRD Athletic Division Policy, AO-400.01 **Lightning Safety Procedures**, for further information regarding lightning safety. This policy is located in the front of the manual right after Infectious Disease Guidelines.

## SCHEDULES

Due to weather and outside issues with fields teams may have Friday night and Saturday make-up games scheduled. Make-up games may include doubleheaders.

Schedules will be made up by the Mt. Pleasant Recreation Department. All games must be played at the time, day, and location outlined in the schedule or will result in forfeit unless MPRD has an extenuating circumstance.

The Recreation Department will reschedule any games that are postponed because of rainouts or reasons beyond the Rec. Dept. control. All league games will be rescheduled on the next available date.

The official team name is the sponsor's name. That name will appear on the game schedule. If the team does not have a sponsor; they will be given a name.

## RECREATION HOTLINE INFORMATION

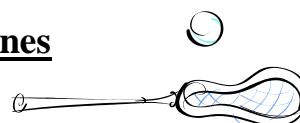
Register at [www.RainedOut.com](http://www.RainedOut.com) to get an update on the playing status of games when inclement weather exists. The Recreation Department and officials will determine if a game is rained out. However, "when in doubt, dress out."

\*Sign up for the main MPRD page, not the "sports specific" only page



MT. PLEASANT RECREATION DEPARTMENT

League Rules and Guidelines



# Boys U7 & U9 League

**U7 & U9 Leagues is an instructional non-competitive league. It is our hope to focus on handling and skill. Lacrosse fundamentals, skills development, sportsmanship and enjoyment of the game are the primary objectives; winning is not. Playing time must be equitable for all players regardless of skill level.**

**Player Eligibility:** Players U7 and U9 must be 5 and 6 or 7 and 8 as of the cutoff of August 31<sup>st</sup>, of the previous year.

**Field:** Small Field: The length of the field will be 60yds from End line to End line. The Width of the field will be 45yds from sideline to sideline.

**Equipment:** This league utilizes a standard lacrosse goal. U7 no goalies, and U9 goalies allowed. Full protective gear is required for players. (Helmet, gloves, shoulder pads, arm pads and mouth-guard). Defense (Long) sticks are not allowed. Metal Cleats are not allowed.  
\*\*\*\* *No player may practice or play without their equipment*\*\*\*\*

**Time Factors and Scoring:**

- \*Four 8 minute quarters; running time clock.
- \*1 minutes between quarters and a 5-minute halftime.
- \*All substitutions on the fly.
- \*2 one minute timeouts.
- \*No overtime; no tiebreakers **WE DO NOT KEEP SCORE**

**Rules of Play:** NFHS rules, US Lacrosse, and LLYL rules/guidelines. *Coaches must be familiar with both the NFHS rulebook rules and exceptions, including:*

- Face Off by age starting with younger than older. Players are not allowed in the neutral area (inside girls center circle) until a player gains possession of the ball in a face off.
- Mercy rule after 4 goals the opposite team starts with possession of the ball at center until deficit is less than 4 goals. A coach can waive this off.
- Coaches Officiate (one from each team allowed on the field)
- 1 completed/attempted pass before allowed to go to cage and shoot, ball can drop as long as team possession is maintained. **(if team is up by three goals, increase the pass rule)**
- Players- 6v6, 2 attack, 2 middies, and 2 defense (no long poles) U9 has a goalie
- No roaming, coaches make sure you teach them this, just place the kids back on sides.
- We will use regulation sized goals and creases, no one is allowed in the crease at all in U7, and U9 goalies are allowed in the crease only, no deputy of any kind.
- Substitutions will be made on all major fouls, including helmet hits & intent to danger.
- Checking (keep it to a minimum & under control/ or else no checking “coach control”)
  - Only stick head to stick head checking, no body at all
  - All checks must be two hands on the stick
  - No hits above the shoulders
  - No hitting from behind

Continued on next page...



**League Rules and Guidelines Continued**  
**Boys U7 & U9 League**

**Penalties**

- \* There will be NO time serving penalties in this league.
  - a. Only if there is a personal or unsportsmanlike penalty then they will be substituted for.
- \* Players may still be ejected from games for two unsportsmanlike penalties.
- \* Penalties whether personal or technical in nature will still be called by coaches/officials however the enforcement of these penalties will result in:
  - a. The player committing the infraction will leave the field of play and be appropriately substituted for.
- \* All penalties will still be appropriately called and relayed to table area and coaches.
- \* Play may begin once infractioned team is ready for restart, this will encourage timely substitutions and not provide stalling situation or advantage to team who committed foul.

**Takeout checks:** *Checks in which the player lowers his head or shoulder with the force and intent to take out (put on the ground) the other player.* Any contact where a player extends his arms or gains unnecessary momentum to knock another player to the ground is a takeout check. Points of emphasis for the official making the call are force and intent. Hip checking from the side, bodying up, stick checks and boxing out the opponent are all legal contact. A body check from the front is legal if the player initiating contact does not lower his helmet or shoulder, and the official deems that the force is not excessive. The body checked opponent leaving his feet is usually, but not always, evidence of excessive force; the body checked opponent being legally pushed out of the play is not. A player who trips or falls after coming in contact with another player is not necessarily a victim of a takeout check. It is potentially incidental contact, and therefore a no-call.

**Prohibitions:**

- 3 Coaches and players are the only people allowed at the player bench during games.
- Non registered persons are not allowed to practice, assist or help during practices or games.
- Teams are only allowed **three coaches** and all coaches must have filled out a Recreation Department volunteer application and must submit to a background check.

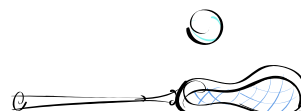
**Special Note:**

- This League may be officiated by high school aged players and up, but mostly coaches as officials.
- All coaches must sign and abide by the Coaches Code of Ethics
- Teams must respect home field rules and policies and pick up after themselves.

**ABSOLUTELY NO SMOKING OR USE OF ANY TYPE OF TOBACCO OR ALCOHOL PRODUCTS WILL BE PERMITTED BY COACHES, PLAYERS, GAME OFFICIALS, OR REFEREES WHILE AT PRACTICES OR GAMES.**

All rules not covered by these policies will be governed by US Lacrosse Association – Laws of the Game.

**Awards:** Everyone in this league will receive a participation trophy.



## League Rules and Guidelines

### **Boys U11 League**

**This league is an instructional yet competitive league with body contact and stick checking allowed and taught as an integral part of the sport of Lacrosse. Teams can play to win, but not at the expense of sportsmanship and playing time for new or less-skilled players.**

**Number of Players:** 10 per side on the field (9 field players and 1 goalie).

**Player Eligibility:** Players 9 and 10 years of age at season registration cutoff of August 31<sup>st</sup>, of the previous year. The Recreation Coordinator/Specialist reserves the right to combine age groups if there are not enough players to form the above-mentioned divisions.

**Field:** The field dimensions will be 100 x 60 yards. \*\* High School Regulation field is 110 by 60 yards\*\*

**Equipment:** This league utilizes a standard lacrosse goal with goalies. Sticks will be 37-42” in length, **No long sticks.** Full protective gear is required for players. (Helmet, gloves, shoulder pads, arm pads and mouth-guard). Metal Cleats are not allowed. **Goalies are required to wear a protective cup.**  
\*\*\*\* No player may practice or play without their equipment\*\*\*\*

**Playing Requirement:** Coaches are to play all players equally. As long as there isn't a pre-existing reason that a player should be held out i.e. missing practices, unsportsmanlike conduct, etc, but this must be brought to a purple shirts attention prior to the game.

#### **Time Factors and Scoring:**

- Four 10 minute quarters; running time clock besides the clock will stop on goals.
- Two (1 minute) timeouts per game
- 1 minutes between quarters and a 5-minute halftime.
- All penalties are **substitution** or play-ons at this level.
- All substitutions on the fly and at officials whistles for substitutions.
- The 20 sec defensive count or 10 sec offensive count **WILL NOT** be used.
- If the game is tied, there will be over time of one 5 minute sudden victory, then end in a tie, unless in playoffs. **(no Timeouts in OT)**
- Mercy rule – When there is a 4 goal deficit the trailing team gets possession of the ball at the “x” with no face off after any goal is scored until the deficit of goals is less then six. The trailing team may chose not to accept the mercy rule and continue to have face-offs. The clock will run continuously until the deficit is less than the 4 goals again.
- Foul out- any player who accumulates **3 personal fouls**, regardless of the penalty time accrued, shall be disqualified from the game.

#### **Prohibitions:**

- Non registered persons are not allowed to practice, assist or help during practices or games.
- Teams are only allowed **FOUR coaches** and all coaches must have filled out a Recreation Department volunteer application and must submit to a background check.

#### **Special Note:**

- \* All coaches must sign and abide by the Coaches Code of Ethics
- \* Teams must respect home field rules and policies and pick up after themselves.

## League Rules and Guidelines Continued

### **Boys U11 League**

**Rules of Play:** NFHS rules, US Lacrosse and LLYL rules/guidelines. *Coaches must be familiar with both the NFHS rulebook and all LLYL rules and exceptions, including:*

- Players not registered with the Town of Mount Pleasant may not play/practice or supplement a roster at any time.
- 4 second goalie count
- No one-handed stick checks (substitution penalty)
- A coach receiving two or more 1-minute penalties for unsportsmanlike conduct will be ejected, with an automatic next-game suspension.
- No takeout checks.
- Body checking will be permitted with a Maximum of two (2) running strides or (3) yards prior to the delivery of the check, and must be made from front or the side, not from behind to only a player with possession of the ball or within 3 yards from a loose ball or in flight.

*\* Penalties will be served by pulling the player out of the game for that play and substituting another player in his position. During this time coaches are to instruct players what they did wrong. This will be required to do next to the scorers table. If fouls start to run rampant then we will institute the 45/90 second penalty rule. This can be initiated at any time (during, before, after games) by the league organizer (MPRD staff).*

Takeout checks: Checks in which the player lowers his head or shoulder with the force and intent to take out (put on the ground) the other player. Any contact where a player extends his arms or gains unnecessary momentum to knock another player to the ground is a takeout check. Points of emphasis for the official making the call are force and intent. Hip checking from the side, bodying up, stick checks and boxing out the opponent are all legal contact. A body check from the front is legal if the player initiating contact does not lower his helmet or shoulder, and the official deems that the force is not excessive. The body checked opponent leaving his feet is usually, but not always, evidence of excessive force; the body checked opponent being legally pushed out of the play is not. A player who trips or falls after coming in contact with another player is not necessarily a victim of a takeout check. It is potentially incidental contact, and therefore a no-call.

**Spectators/parents:** Coaches are responsible for the conduct and behavior of their parents and fans. Spectators should view the game on the opposite side of the field from the teams. Any behavior of spectators/parents that is harassing or unsportsmanlike (as determined by officials) may result in penalties for the team involved or the suspension of play.

**ABSOLUTELY NO SMOKING OR USE OF ANY TYPE OF TOBACCO OR ALCOHOL PRODUCTS WILL BE PERMITTED BY COACHES, PLAYERS, GAME OFFICIALS, OR REFEREES WHILE AT PRACTICES OR GAMES.**

All rules not covered by these policies will be governed by US Lacrosse Association – Laws of the Game.

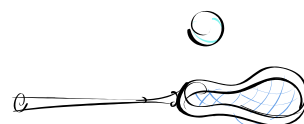
**Awards:** In all leagues the regular season champions will receive individual trophies and runner up will receive team trophies. Post Season will ONLY be Mount Pleasant Registered teams, and a winner and runner up will be given trophies.

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MT. PLEASANT RECREATION DEPARTMENT

League Rules and Guidelines



# Boys U13 & U15 League

**This league is an instructional yet competitive league with body contact and stick checking allowed and taught as an integral part of the sport of Lacrosse. Teams can play to win, but not at the expense of sportsmanship and playing time for new or less-skilled players.**

**Number of Players:** 10 per side on the field (9 field players and 1 goalie).

**Player Eligibility:** Players 11 & 12 or 13 & 14 years of age at season registration cutoff of August 31<sup>st</sup>, of the previous year. The Recreation Coordinator/Specialist reserves the right to combine age groups if there are not enough players to form the above-mentioned divisions.

**Field:** The field dimensions will be 100 x 60 yards. \*\* High School Regulation field is 110 by 60 yards\*\*

**Equipment:** The middle school league utilizes a standard lacrosse goal with a goalie. Full protective gear is required for players. (Helmet, gloves, shoulder pads, arm pads and mouth-guard). (4)Defense sticks are allowed, and short sticks may be cut down to a shorter length of 37 to 72 inches under NFHS Youth Boys rules. **Goalies are required to wear a protective cup** and their stick is between 40-72". Metal Cleats are not allowed. \*\*\*\* No player may practice or play without their equipment\*\*\*\*

**Playing Requirement:** Coaches are to play all players equally. As long as there isn't a pre-existing reason that a player should be held out i.e. missing practices, unsportsmanlike conduct, etc, but this must be brought to a purple shirts attention prior to the game.

## **Time Factors and Scoring:**

- Four 11 minute quarters; running time clock besides the clock will stop on goals.
- Two (1 minute) timeouts per game
- 1 minutes between quarters and a 5-minute halftime.
- All penalties are penalties (man-up & man-down) at this level.
- All substitutions on the fly and at officials whistles for substitutions.
- If the game is tied, there will be over time of one 5 minute sudden victory, then end in a tie, unless during playoffs. (No TO in OT)
- Mercy rule – When there is a four goal deficit, the trailing team gets possession of the ball at the “x” with no face off after any goal is scored until the deficit of goals is less then four. The trailing team may chose not to accept the mercy rule and continue to have face-offs. The clock will run continuously until the deficit is less than 4 goals again.
- Foul out- any player who accumulates four personal fouls, regardless of the penalty time accrued, shall be disqualified from the game
- 4 second goalie count
- 20-second over half field count.
- 10 second into the offensive box count
- 2 minute “get it in-keep it in” rule applies @ end of game for the winning team

## **Prohibitions:**

- Non registered persons are not allowed to practice, assist or help during practices or games.
- Teams are only allowed FOUR coaches and all coaches must have filled out a Recreation Department volunteer application and must submit to a background check.

MT. PLEASANT RECREATION DEPARTMENT

**League Rules and Guidelines Continued**

**Boys U13 & U15 League**

**Special Note:**

- \* Practices may not exceed 3 per week.
- \* All coaches must sign and abide by the Coaches Code of Ethics
- \* Teams must respect home field rules and policies and pick up after themselves.

**Rules of Play:** NFHS rules and LLYL rules/guidelines. *Coaches must be familiar with both the NFHS rulebook and all LLYL rules and exceptions, including:*

- Players not registered with the Town of Mount Pleasant may not play/practice or supplement a roster at any time.
- A coach receiving two or more 1-minute penalties for unsportsmanlike conduct will be ejected, with an automatic next-game suspension.
- No takeout checks.

**Takeout checks:** *Checks in which the player lowers his head or shoulder with the force and intent to take out (put on the ground) the other player.* Any contact where a player extends his arms or gains unnecessary momentum to knock another player to the ground is a takeout check. Points of emphasis for the official making the call are force and intent. Hip checking from the side, bodying up, stick checks and boxing out the opponent are all legal contact. A body check from the front is legal if the player initiating contact does not lower his helmet or shoulder, and the official deems that the force is not excessive. The body checked opponent leaving his feet is usually, but not always, evidence of excessive force; the body checked opponent being legally pushed out of the play is not. A player who trips or falls after coming in contact with another player is not necessarily a victim of a takeout check. It is potentially incidental contact, and therefore a no-call.

**Spectators/parents:** Coaches are responsible for the conduct and behavior of their parents and fans. Spectators should view the game on the opposite side of the field from the teams. Any behavior of spectators/parents that is harassing or unsportsmanlike (as determined by officials) may result in penalties for the team involved or the suspension of play and/or the removal of the spectator from the premises.

**ABSOLUTELY NO SMOKING OR USE OF ANY TYPE OF TOBACCO OR ALCOHOL PRODUCTS WILL BE PERMITTED BY COACHES, PLAYERS, GAME OFFICIALS, OR REFEREES WHILE AT PRACTICES OR GAMES.**

All rules not covered by these policies will be governed by US Lacrosse Association – Laws of the Game.

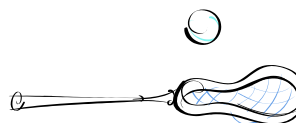
**Awards:** In all leagues the regular season champions will receive individual trophies and runner up will receive team trophies. Post Season will ONLY be Mount Pleasant Registered teams, and a winner and runner up will be given trophies.

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MT. PLEASANT RECREATION DEPARTMENT

**League Rules and Guidelines**  
**Girls League**



**Number of Players:** 12 per side on the field (11 field players and 1 goalie).

**Player Eligibility:** Players u9, u11, and u15 at season registration cutoff of August 31<sup>st</sup>, of the previous year. The Recreation Coordinator/Specialist reserves the right to combine age groups if there are not enough players to form the above-mentioned divisions.

**Field:** The field dimensions will be 100 x 60 yards. \*\* High School Regulation field is 110 by 60 yards\*\*

**Equipment:** The league utilizes a standard lacrosse goal with a goalie. Sticks must be 35 ½ to 43 ¼ inches long. Goggles and mouth piece is required for players. Goalies must wear helmet, mouth-guard, throat protector, gloves, chest protector, pelvis protection, and leg padding. Metal Cleats are not allowed.  
\*\*\*\* No player may practice or play without their equipment\*\*\*\*

**Team Responsibilities:**

Each team may provide a table official to help oversee timing and penalties or to keep stats.

**Time Factors and Scoring:**

- Two 20 minute halves, running clock for the u15 age group.
- Two 18 minute halves, running clock for the u11 age group
- Overtime- in event of a tie, one 5 minute sudden victory periods will be played with no timeouts.
- U11 – no timeouts except injuries
- U15 - one timeout per game (2 minute) not usable in Overtime.
- Mercy Rule – when there is a four goal deficit the trailing team gets possession of the ball at the “X” with no center-draw after any goal is scored until the deficit of goals is less then four. The trailing team may choose to not accept the mercy rule and continue to have center draws. The clock will run continuously until the deficit is less than 4 goals again.

**Rules of Play:** *We will be playing US Lacrosse Level A rules and MPRD restrictions:*

- Sticks- must be regulation with regulation pocket guidelines followed. 35 ½-43 ¼” inch field stick and 35 ½ - 48” for a goalie stick
- 10-second count for goalies applies.
- Checking-
  - U11 girls = NO CHECKING
  - U15 girls = MODIFIED CHECKING
- Check- to the head is an automatic yellow card and they will be out for the rest of the game. U11 will be a substitution, u15 will play man down.
- Crease- A Field player must not enter or have any part of her body or crosse on or in the goal circle at any time. (Minor Foul)
- Good Defense Award- No holding of the ball for more than 3 seconds when closely guarded/marked and the defense has both hands on her stick and is in position to legally check where checking is allowed. (Minor Foul)
- No deputy for a Goalie

Continued on next page...

MT. PLEASANT RECREATION DEPARTMENT

**League Rules and Guidelines Continued**  
**Girls League**

**Playing Requirement:** Coaches are to play all players equally. As long as there isn't a pre-existing reason that a player should be held out i.e. missing practices, unsportsmanlike conduct, etc, but this must be brought to a purple shirts attention prior to the game.

**Prohibitions:**

- Non registered persons are not allowed to practice, assist or help during practices or games.
- Teams are only allowed three coaches and all coaches must have filled out a Recreation Department volunteer application and must submit to a background check.

**Special Note:**

- \* Practices may not exceed 3 per week.
- \* All coaches must sign and abide by the Coaches Code of Ethics
- \* Teams must respect home field rules and policies and pick up after themselves.

**Spectators/parents:** Coaches are responsible for the conduct and behavior of their parents and fans. Spectators should view the game on the opposite side of the field from the teams. Any behavior of spectators/parents that is harassing or unsportsmanlike (as determined by officials) may result in penalties for the team involved or the suspension of play and/or the removal of the spectator from the premises.

**ABSOLUTELY NO SMOKING OR USE OF ANY TYPE OF TOBACCO OR ALCOHOL PRODUCTS WILL BE PERMITTED BY COACHES, PLAYERS, GAME OFFICIALS, OR REFEREES WHILE AT PRACTICES OR GAMES.**

All rules not covered by these policies will be governed by US Lacrosse Association – Laws of the Game.

**Awards:** In all leagues the regular season champions will receive individual trophies and runner up will receive team trophies. Post Season will ONLY be Mount Pleasant Registered teams, and a winner and runner up will be given trophies.

**GIRLS 9-10 YR. OLD (U11)**  
**7v7 LACROSSE RULES**  
**ONLY for 7v7**

**Number of Players:** 7 per side on the field (2 attack, 2 midfield, 2 defense and 1 goalie).

**Field:** Side to side using the center of the boys field

**Equipment:** The league utilizes a standard lacrosse goal with a goalie. Sticks must be 35 ½ to 43 ¼ inches long. Goggles and mouth piece is required for players. Goalies must wear helmet, mouth-guard, throat protector, gloves, chest protector, pelvis protection, and leg padding. Metal Cleats are not allowed.  
\*\*\*\* No player may practice or play without their equipment\*\*\*\*

**Time Factors and Scoring:**

- Two 18 minute halves, running clock for the u11. 5 minute halftime
- Overtime- in event of a tie, one 5 minute sudden victory periods will be played with no timeouts.
- No timeouts except injuries
- Mercy Rule – when there is a four goal deficit the trailing team gets possession of the ball at the “X” with no center-draw after any goal is scored until the deficit of goals is less than four. The trailing team may choose to not accept the mercy rule and continue to have center draws. The clock will run continuously until the deficit is less than 4 goals again.

**Rules of Play:** *We will be playing US Lacrosse Level A rules and MPRD restrictions:*

- Sticks- must be regulation with regulation pocket guidelines followed. 35 ½-43 ¼” inch field stick and 35 ½ - 48” for a goalie stick
- 10-second count for goalies applies.
- Checking-
  - U11 girls = NO CHECKING
- Check- to the head is an automatic yellow card and they will be out for the rest of the game. U11 will be a substitution, u15 will play man down.
- Crease- A Field player must not enter or have any part of her body or cross on or in the goal circle at any time. (Minor Foul)
- Good Defense Award- No holding of the ball for more than 3 seconds when closely guarded/marked and the defense has both hands on her stick and is in position to legally check where checking is allowed. (Minor Foul)
- No offsides in 7v7
- Draws: Play shall be started at the beginning of each period and after each goal by facing the ball at the Center
- One attempted pass before being allowed to go to goal between field players. (Doesn't include GK Clear)
  - If there is a shot/reflection off cage or goalie happens, team can reshoot don't need another pass

MT. PLEASANT RECREATION DEPARTMENT

**EQUIPMENT AND UNIFORMS**

The complete uniform consists of reversible, shorts, cleats, and lacrosse pads (BOYS: helmet, mouth guard, shoulder pads, and arm pads. Girls: Goggles and mouth guards. GOALIES: (see age group). MPRD will provide reversibles as the only game jersey that the team will be permitted to wear on the field during a game. If a team chooses to wear any other jersey that is not approved by the Coordinator or Specialist the game will be a forfeit. Everything besides the reversible game jersey is the responsibility of the participant. A ball bucket with balls and cones will be provided to each coach for practice and game use. Coordinator or Specialist will collect all equipment after the last scheduled game. Equipment (balls and cones) necessary for practices and games will be issued by the Recreation Department to the coaches and accounted for. Any equipment issued by the Recreation Department that becomes damaged or broken must be exchanged immediately for good equipment. Any lost/missing



equipment must be reported as such immediately to the Recreation Department. The appropriate report of lost/missing equipment form must be completed at this time. During games the coach must share any Recreation Department equipment with the other teams if it is necessary.

### CONDUCT

All players must remain on the sidelines during the game except when substituting and time-outs.

Coaches are only given 50 yards to roam. This is the end of the field that their team bench is on.

At no time during or after a game may a coach or players argue a call of a referee.

**At no time**, before, during, or after a game, shall a coach or players yell or raise his or her voice at a referee, scorekeeper or Recreation Department personnel.

No smoking or use of any type of tobacco or alcohol products will be permitted by coaches or players while at practices or games.

Absolutely no fighting will be permitted by any player or players. Violators will automatically be suspended from further league participation.

Any player or coach ejected from a game must leave the playing area immediately. The game will not be allowed to continue until the offender has left. A player or coach suspended will serve a one game suspension and will not be permitted to play until a meeting is held with the Recreation Department Athletic Division Chief.

Any coach who pulls his or her team from the field before the contest has ended will be suspended for the remainder of the season.

All coaches will conduct themselves according to socially accepted standards and the Coaches Code of Ethics Pledge. Violators may be suspended by the Athletic Division Chief after a meeting has been held.

Do not contact the sponsors for additional money.

Any player using inappropriate language will be removed from the game. Multiple violations will result in the player being removed from the league. A meeting with the Athletic Division Chief will have to occur before the player can be reinstated to the league.

The Athletic Division Chief has the authority to, and will, dismiss any coach who does not conduct themselves according to any of the above policies, or in any manner that is not deemed appropriate by MPRD.

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### The Mt. Pleasant Recreation Department has established the following Code of Conduct for all players, spectators, coaches, managers, and umpires to follow.

- **Any coach/player using inappropriate language will be removed from the game. Multiple violations will result in the removal from the league. The Recreation Department reserves the right to dismiss any coach or player who does not conduct themselves according to any of the above policies.**
- No player, manager, coach, spectator, or umpire under the influence of alcohol or drugs shall be allowed in the facility. **NO ALCOHOL OR DRUGS WILL BE ALLOWED IN THE PARKING LOT.** In addition, the facility supervisor **WILL** notify the police to respond to the facility in case such is noticed.
- Any team allowing the consumption of alcohol or drugs in/on the facility and adjacent grounds by their players shall forfeit the game and shall be removed from the league immediately for the remainder of the season and

**ABSOLUTELY NO REFUND ON ANY FEES THAT HAVE BEEN PAID BY THE TEAM AND/OR PLAYERS.**

- Any coach allowing an illegal player to participate will receive no less than a one year ban from participating in any Mt. Pleasant Recreation Department League.
- Players suspended for flagrant violation of rules cannot play again until reinstated by the Athletic Division Chief. A player will not be reinstated until **AFTER** a meeting with the Athletic Division Chief.
- Switching jerseys during the game is not allowed and will result in **ALL** players switching jerseys removed from the game and suspended for the next game.
- All persons that are on the sideline area of a team shall be considered as part of the team and treated as such. **Only players on the official team roster are allowed on the sidelines.**
- Any player ejected from a game will automatically be suspended for the next game, regular season or post season game.

Additional disciplinary action for players, coaches, managers, and fans will be as follows:

<u>OFFENSE</u>	<u>1ST OFFENSE</u>	<u>2ND OFFENSE</u>
1. Abusive/offensive language said out loud, but not directed at anyone	Current game plus 1 additional game suspension.	Current season suspension.*
2. Abusive/offensive language directed at officials, staff, players or spectators	Current game plus 3 additional game suspension.	Current season suspension.*
3. Threat of physical abuse directed at officials, staff players or spectators.	Suspension for current season plus 1 year probation.	During probationary period suspension for remainder of probation period plus 2 years probation.
4. Fighting with teammates, fans, officials, staff, or opposing team.	Suspension for current and next season plus 2 year probation.	Permanent suspension from all sports.
5. Defacing, damaging, or destroying Town property or equipment. and repair/replacement cost).	1 game suspension up to permanent suspension (depending on circumstances	Current season suspension up to permanent.

\*If suspension occurs at last game of regular season, suspension will carry over into any post season tournament. If suspension occurs during post season tournament, suspension will carry over into next regular season that player participates in.

**\*\*3<sup>RD</sup> OFFENSE** or more, disciplinary action will be at the discretion of the Athletic Division Chief.

Additional disciplinary action for any violation or offense not specified will be at the discretion of the Athletic Division Chief. There are no further appeals to the Athletic Division Chief's decision.

RECEIVED BY \_\_\_\_\_  
 DATE REC. \_\_\_\_\_  
 REQUEST(S) CONF. YES NO

NOTES: \_\_\_\_\_

\_\_\_\_\_  
 STAFF USE ONLY

LACROSSE COACHING STAFF INFORMATION

TEAM NAME: \_\_\_\_\_ AGE GROUP \_\_\_\_\_

HEAD COACH: NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: CELL: \_\_\_\_\_ HOME: \_\_\_\_\_

PLEASE LIST IN PRIORITY THE PRACTICE TIMES AND DAYS THAT YOU WOULD LIKE TO PRACTICE WITH YOUR TEAM.

1st Priority Day \_\_\_\_\_ Time \_\_\_\_\_ Location \_\_\_\_\_

2nd Priority Day \_\_\_\_\_ Time \_\_\_\_\_ Location \_\_\_\_\_

3rd Priority Day \_\_\_\_\_ Time \_\_\_\_\_ Location \_\_\_\_\_

4th Priority Day \_\_\_\_\_ Time \_\_\_\_\_ Location \_\_\_\_\_

5th Priority Day \_\_\_\_\_ Time \_\_\_\_\_ Location \_\_\_\_\_

6th Priority Day \_\_\_\_\_ Time \_\_\_\_\_ Location \_\_\_\_\_

NOTES: \_\_\_\_\_  
\_\_\_\_\_

**TIEBREAKER SCENARIOS**

If two (2) or more teams have identical win-loss records at the end of the season, the following criteria will be used to break ties IF DEEMED NECESSARY.

**1. IF TWO (2) TEAMS ARE TIED:**

1st Tie Breaker - Head to head play with the best record against each other will be used.

2nd Tie Breaker - If teams split even number of games against each other, then the highest point spread total of games against each other will be utilized.

3rd. Tie Breaker - If teams are still tied or did not play during the regular season, then a coin toss will take place.

## 2. IF THREE (3) OR MORE TEAMS ARE TIED:

1st Tie Breaker - Head to head play with the best record against each other will be used.

2nd Tie Breaker - If teams split even number of games against each other, then the highest point spread total of games against each other will be utilized.

3rd. Tie Breaker - If teams are still tied or did not play during the regular season, then a coin toss will take place

## **ORGANIZING GOOD PRACTICES WITH LIMITED TIME AND SPACE**

1. Be organized.
2. Have a well thought out plan.
3. Develop a pre-season calendar.
  - a. Determine what must be taught before the first game.
  - b. Set-up a daily schedule to make sure it gets completed.
  - c. Be adjustable when necessary.
4. Develop a detailed practice plan prior to each practice.
  - a. Stretching and warm-up (Can it be done before you begin actual practice?).
  - b. Fundamentals – Always include shooting.
  - c. Conditioning.
  - d. Team strategies and game-like situations.
5. **If you have assistant coaches, try to include them in the planning stages. Use assistants in practice. Make sure you teach them ahead of time. They should know what you expect.**
6. If you are teaching something new, be sure to work it out on the floor before going to practice. It is easy to get confused.
7. Use your time and space wisely. (Space, you might have 1 team on the field one day and 4 teams on a field the next, do full field drills when you have the full field.) Give good explanation and correction. Avoid too much standing. If you have players on the sideline, either give them something to work on or make sure they are paying attention.
8. Stick to the basics. Remember, fundamentals are important. The best offensive plays in the world will not help you be successful if your players do not know how to execute the fundamentals.
9. Evaluate each practice as soon as you finish. Include your assistant coaches. Determine what worked. What did not work. What you will need to do next.
10. Refer to your pre-season calendar whenever you make changes in practice plans. Try to stay on track as much as possible.
11. Be a good communicator. Find the easiest, most effective way to get your points and concepts across to players.

### **Communication – Including Parents as a Part of the Plan**

1. **Meet with Parents at the beginning of the season.**
2. Communicate to them those things which are important:
  - a. **Player expectations and team rules.**
  - b. League rules.
  - c. Practice and game schedules.
  - d. Injuries – procedures, etc.
  - e. Your philosophy of coaching the team.
  - f. Role of the parent.

- g. Transportation problems and organization.
  - h. Remind them that a Parents Code of Conduct was signed for a player.
3. **Some general tips:**
- a. **Be congenial, courteous, and communicative.**
  - b. Let them know you are the one who is in the position to make team decisions.
  - c. Whenever problems or questions arise, talk to them only about their own child. Do not talk to them about other players on the team.
  - d. Make parents your supporters, not your adversaries.

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## **Check Sheet for Fundamental Skill Work**

### 1. STICK SKILLS

- a. Craddeling- Straight up/Out front/One hand, Change of speed run/walk,
- b. Switching hands
- c. Faking- change levels, high/low
- d. Stick Trix-

### 2. PASSING- Feet Moving, step opposite foot, soft hands, arms away from body, Stick off back hip, Communication, Keep it interesting (add a new one at the end of each practice), Give feedback walk around and talk to a new kids each day.

#### a. Stationary Partner Passing

- i. Right hand
- ii. Left Hand
- iii. Over the Shoulder R&L
- iv. Long Passes R&L
- v. Quick Stick R&L
- vi. 1 Handed catch & Throw (challenge by moving hand further down)
- vii. Jump Pass (get off the ground like a jump shot)
- viii. BTB R&L
- ix. ATW R&L
- x. Mini Hands (for in tight spaces)
- xi. Bounce passes
- xii. Bad passes
- xiii. Where they ask for it (target)
- xiv. Ground balls
- xv. Between the legs
- xvi. Flick Passes
- xvii. Risers
- xviii. Worm Burners
- xix. GET CREATIVE- you see it, practice it!!!

#### b. On the Move-

- i. Weaves 3 person
- ii. 2 person back and forth (upfield hand & Back field hand, right hand, and left hand)

#### c. Partner Passing On the Move\*\*\*

- i. Switch it up R to L both partners
- ii. Back to Back- Over the shoulder catch, turn and low flick / turn and over the shoulder

#### d. Shuttle lines

- i. Right
- ii. Left
- iii. Over the Shoulder

- iv. Ground Balls to and away
- 3. CATCHING
  - a. Create a target, keep it in the “sweet spot”
- 4. DODGING
  - a. Face Dodge- keep it in same hand, use body to protect, pull to opposite side of body
  - b. Switch Dodge- pull across the face and switch hands
- 5. GROUND BALLS- Knuckles on the ground, Pick up & pull in tight, Ball Down Calls
  - a. Right & Left
  - b. Hockey (flick away from opponent to open space)
  - c. Kick for BOYS ONLY, switch for girls which protects the ball
- 6. SHOOTING- BEEF (Balance, Eyes, Elbow, Follow Through)
- 7. PROTECTING YOUR STICK DRILLS
- 8. FORMATIONS
- 9. DRAWS/FACEOFFS
- 10. CHECKING
- 11. GOALIES- “don’t neglect your goalies, they are the most important part of your team.”
- 12. CLEARS
  - a. Spider out
  - b. Long/Short
  - c. Cuts
  - d. Trails
- 13. RIDES
- 14. DEFENSE
  - a. Get Low
  - b. Move your feet
  - c. Body Up
  - d. Using your stick
  - e.
- 15. OFFENSE
  - a. Balance
  - b. Movement- ball & people
  - c. Read what the defense is giving you
- 16. MOVEMENTS WITH OUT THE BALL
  - a. V-Cuts, C-Cuts, L-Cuts
  - b. Backdoors, “Barbie dolls”
  - c. Cut Throughs
  - d. Screens
  - e. Picks
- 17. FUN DRILLS- to get attention focused back to where it should be
- 18. PLAYS

#### INDIVIDUAL DEFENSE

Stance – balance, butt down, palms open and up, head up, shoulders back

Step – slide, feet wide

Drop step – 45 degree angles

Advance step

On ball defense – spacing, drop and slide whenever ball drops down, head on ball, cut off dribble, make offense change direction.

## BASIC DEFENSIVE CONCEPTS

- Close-outs – send to corner, not middle
- Ball – me-you
- Jump to the ball
- Bumping cutters
- Help and recover
- Helpside Defense
- Defending the backdoor cut

## FAST BREAK CONCEPTS

- Offense begins with defensive rebound
- Filling lanes
- Get ball down the floor as quickly as possible
- Ball side block
- Trailers
- Floor balance
- Options

MORE TO COME!!!!

# **Darkness To Light**

A prevention and response  
program for children



# Learn the facts and understand the risks.

## Realities, Not Trust, Should Influence Your Decisions Regarding Children.

- Experts estimate that **1 in 4 girls** and **1 in 6 boys** are sexually abused before their 18th birthdays.
- Nearly **40%** are abused by older or larger children.
- In more than **90%** of sexual abuse cases the child and the child's family know and trust the abuser.
- Sexual abusers are drawn to settings where they can gain easy access to children, such as sports leagues, faith centers, clubs, and schools.
- Approximately **70%** of sexual offenders of children have between **1 & 9** victims; **20-25%** have between **10 to 40** victims.
- Serial child molesters may have as many as **400** victims in their lifetimes.
- Most child victims never report the abuse.
- It is estimated that only **4-8%** of child sexual abuse reports are fabricated. Most of the fabricated reports are made by adults involved in custody disputes or by adolescents.

# **Minimize Opportunity**

## **If You Eliminate or Reduce One-Adult/One-Child Situations, You'll Dramatically Lower the Risk of Sexual Abuse for Children.**

- **Think carefully about the safety of any 1-adult/1-child situations. Choose group situations when possible.**
- **Drop in unexpectedly when the child is alone with any adult.**
- **Make sure outings are observable, if not by you, then by others.**
- **Ask the adult about the specifics of the planned activities before the child leaves your care. Notice the adult's ability to be specific.**
- **Talk with the child when he or she returns. Notice the child's mood and whether the child can tell you with confidence how the time was spent.**
- **Ensure that all one adult-one child activities can be interrupted and observed.**
- **Think carefully about the safety of situations in which older youth have access to younger children. Make sure that multiple adults are present who can supervise.**

# Talk About It

## Children Often Keep Abuse a Secret, but Barriers Can Be Broken Down by Talking Openly About It

- The abuser shames the child, points out that the child let it happen, or tells the child that his or her parents will be angry.
- The abuser is often manipulative and may try to confuse the child about what is right and wrong.
- The abuser sometimes threatens the child or a family member.
- Children are afraid of disappointing their parents and disrupting the family.
- Many abusers tell children the abuse is "okay" or a "game".
- Be proactive. If a child seems uncomfortable or resistant to being with a particular adult, ask why.
- Children who disclose sexual abuse often tell a trusted adult other than a parent. For this reason, training for people who work with children is especially important.

# **Learn the Signs: Stay Alert**

## **Don't Expect Obvious Signs When a Child is Being Sexually Abused. Signs Are Often There But You've Got to Spot Them**

- **Physical signs of sexual abuse are not common.**
- **Redness, rashes or swelling in the genital area, urinary tract infections, or other such symptoms should be carefully investigated.**
- **Physical problems associated with anxiety, such as chronic stomach pain or headaches, may occur.**
- **Emotional/behavioral signals are more common, such as acting "perfect", withdrawal, depression, unexplained anger, & rebellion.**
- **Sexual behavior and language that are not age-appropriate can be a red flag.**
- **Be aware that in some children there are no signs whatsoever.**

# **Make A Plan**

## **Learn Where to Go, Whom to Call, and How to React**

- **Believe the child and make sure the child knows it. Very few reported incidents are false.**
- **Encourage the child to talk but don't ask leading questions about details.**
- **Know the agencies that handle reports of abuse.**
- **2 agencies handle most reports of child abuse:**
- **DSS: Child Protective Services**
- **Law Enforcement**
- **Darkness2Light Helpline:**

### **1-866-FOR-LIGHT**

- **Childhelp USA National Child Abuse Hotline:**

### **1-800-4-A-CHILD**

