

SPRING 2008 FINAL (January 1, 2008)

Northern Virginia Youth Lacrosse League

LEAGUE OPERATIONAL RULES & REGULATIONS

(formerly Section 3 of the Bylaw)

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1.0.0 POLICY

1.0.1 The purpose of the Northern Virginia Youth Lacrosse League (NVYLL) is to provide the youth residing within the geographical boundaries of Northern Virginia a healthful, enjoyable leisure time activity and as a corollary to develop qualities that may help them in later life: sportsmanship, team play, and integrity.

1.0.2 All teams must be sponsored by an organization governed by a Board of Directors or other responsible body. New organizations must apply in writing to the NVYLL Board for approval by that body for assignment to appropriate divisions under these rules. All applications must be received no later than October 1st for consideration for play in the Spring of the following year. A positive vote by two-thirds majority of the NVYLL Council is required for admission to NVYLL. Organizations comprising the NVYLL must enter all players in all sponsored teams in this league within the grade and age limits established within these rules. Club colors of new applicants must be approved by a vote of the Board as well as existing clubs' wishing to change their colors.

1.0.3 NVYLL is a co-ed league. Each player shall participate in every game a minimum of 25% of the game. This policy shall not be cause for game protests. However, coaches found guilty by the Executive Committee for not complying with this policy will be brought before the full Board of Commissioners for possible disciplinary action under Rule 1.10.2.

1.0.4 Divisions shall be based on the following US Lacrosse Youth Council (USLYC) age definitions: Senior Division – Under 15; Junior Division – Under 13; Lightning Division – Under 11; and Bantam Division – Under 9. Ages shall be determined as of December 31, 2007 for the Spring 2008 season and as of December 31st in the year preceding future seasons. Players that are in the 9th grade, have not participated in a high school lacrosse program, and who are otherwise eligible to play in the U-15 division shall be permitted to play in the NVYLL. NVYLL requires all players to provide valid proof of age to their club commissioner at registration. Valid proof of age is limited to birth certificate, DMV youth ID card, current passport, or military dependent ID. Each club commissioner shall warrant the ages of all players of his or her club and shall include the following certifications which each player's parent/guardian must acknowledge and agree to as part of the club's registration process:

NVYLL Parent/Guardian Certification for Player Registration

1. I certify the birth date for my son/daughter on this registration is correct and that the address provided is for his/her primary residence.
2. I certify that my son/daughter has not played on a lacrosse team for any other NVYLL member program in the prior Spring season unless we have either moved our primary residence since then or obtained a waiver from NVYLL to move to a different program.
3. I understand that if I have certified to incorrect age, address, or playing information, whether intentionally or unintentionally, any team my son/daughter plays on may forfeit all games played and my son/daughter may be suspended from participating in any NVYLL activity.

1.0.4.a Both boys and girls divisions can be divided into levels based on club size. Unless changed by a vote of the NVYLL, Boys teams will be divided into A, B, and C levels at the U-15, U-13 and U-11 divisions and into "Full Field" and "Modified Field" levels at U-9. Girls divisions will be divided into A and B levels at the U-15, U-13 and U-11 divisions and a B level only at U-9.

1.0.4.b Scheduling will be done using the priorities as determined by the NVYLLC.

1.0.4.c When possible, teams from the same club that play in the same division and level shall not play each other.

1.0.4.d The Scheduling Committee shall place teams from the member clubs in divisions and levels as directed by the applicable "Club Matrix" from Appendix 1 and any approved waivers.

1.0.4.e A team may be excluded from the playoffs if, by recommendation of the Executive Committee and a quorum vote of the NVYLLC, it's been determined the team has been "stacked" with most of the good players from that age group and/or with players that belong at a higher level, particularly if a waiver has been requested and granted.

1.0.5 There shall be a maximum of 24 or a minimum of 16 players listed on a team roster except by approval of the Executive Committee. Programs with multiple entries within a division must have the same number of players plus or minus 2 per team. Waivers may be requested for more than 24 players; and in such cases that team may be moved from the B Conference to the A Conference, or from the C Conference to the B Conference whichever is applicable. The U-9B boys division teams and U-9 girls teams shall have a maximum of 18 and a minimum of 12 players listed on the team roster.

1.0.6 No new teams may be added to the league after March 1st of each year. Final rosters are to be turned in to the league Secretary the Wednesday before the first league game. Previously unregistered new players may be added to rosters up to the second game of the season with the NVYLL Commissioner's approval in advance. All player additions to these rosters will be sent to the league Secretary by Wednesday of the following week.

1.0.7 All field assignments shall be turned into the league no later than February 15. All field directions shall be provided by March 1.

1.0.8 All head coaches must complete the US Lacrosse Coaches Education Program – Level One Course (either online or at a certified clinic) to qualify them in the rules of the game, coaching fundamental techniques, player safety, care of injuries, and leadership of children and young people. Certificates of attendance shall be sent to the NVYLL Secretary by the Wednesday prior to the first league game. Assistant coaches are encouraged to complete the US Lacrosse Coaches Education Program – Level One Course. In addition, it is the goal of NVYLL to have all coaches attend a Positive Coaching Alliance (PCA) clinic.

1.0.9 Annual tryouts for teams shall be held by each Club to allow an equal opportunity to participants. Tryouts may begin after January 1st of each year.

1.0.10 Each club shall obtain insurance for each player on its roster on an annual basis. The League shall obtain coverage and make it available to all participants. A Club may choose to participate in the League insurance or they may secure their own insurance, which is of similar or equal amount and type. The NVYLL Board recommends that his/her personal physician give all players a physical examination before participating in lacrosse practice and/or games within three months of the start of the season. No player shall be allowed to participate in the NVYLL if a physician recommends non-play. It is the responsibility of parents and each respective organization to determine and monitor the health of individual players on a continuing basis.

1.0.11 The NVYLL Board of Commissioners, in keeping with the existing policy stated in Rule 1.1.1.a, has adopted the Virginia High School League (VHSL), "Infectious Disease Policy" for all participants. A copy of this policy as issued by the VHSL in 1992, is attached as Appendix 2 to these rules and is to be implemented by each NVYLL member organization effective IMMEDIATELY. For girls, the "Blood on Uniforms, Skin, Equipment Surfaces" policy is adopted, as printed in the U.S. Lacrosse Womens' Rules.

1.1.0 GENERAL

1.1.1.a. National Federation of State High School Associations (NFHS) Rules for Boys shall apply to all scheduled league games unless amended by US Lacrosse Youth Council (USLYC) and/or these Official League Rules. US Lacrosse rules as approved shall apply for the women's program unless amended by these Official NVYLL Rules. Annually the league will review these rules and provide exceptions which meets the needs of NVYLL.

1.1.1.b. Any questions not covered by the Official League Rules, official interpretation thereof, or any conflict not subject to protest shall be decided by the NVYLL Executive Committee.

1.1.2 Scheduled league games will be officiated by a recognized Lacrosse Officials Association.

1.1.2.a Scheduled league games will be overseen by a NVYLL trained Field Commissioner. The Field Commissioner shall be responsible for: (1) enforcing the rules regulations and Bylaws of NVYLL; (2) maintaining orderly conduct of all participants, coaches and fans; and (3) completing the "Game Summary Report forms" (see appendix) which may be revised annually, but shall include, at a minimum, teams, scores, injuries, disciplinary actions, expulsions, forfeits, and number of referees

1.1.3 League play will commence on a date established each year, for all divisions. The number of regular season games shall be at least eight. It is the intent to provide Girls and Boys the same amount of games.

1.1.4 Parity is the intent of this league, therefore, if clubs enter multiple teams within a given level, they will be required to conduct

a draft so that the players are equally distributed by talent and no team is “stacked” with a greater concentration of talented players. That is, each coach will in turn select a player from the roster of available players until the roster is exhausted with the intention of creating teams of equal ability. Each club commissioner shall warrant that multiple teams within a given level were formed by a draft that equally distributed talent among such teams.

1.1.5 Game Administration and Personnel – At least one week prior to the first official game of the season, each club shall designate an adult individual(s) Sideline Manager(s) and Auxiliary Official(s) as those terms are defined in the USLYC Boys Youth Rules Addendum for their home games. The Sideline Manager and Auxiliary Official shall be responsible for those duties set forth in the USLYC Boys Youth Rules Addendum. The NVYLL shall provide free annual training sessions to Auxiliary Officials that are members in good standing of US Lacrosse for the purpose of completing the US Lacrosse MDOC Level 1 (Youth) Training Program.

1.2 ELIGIBILITY

1.2.1 The NVYLL will be composed of youth teams from its member clubs who compete in different divisions divided by gender and age as decided annually by the NVYLL. No player who has played in a high school lacrosse program may participate in this league. Only players who reside in Virginia are eligible for participation in NVYLL. Players who reside outside of Virginia but who have continuously since the 2004 spring both played in the NVYLL and attended school in Virginia (both conditions must be met) are “grandfathered” and will retain their eligibility to participate in the NVYLL.

1.2.2.a. Team rosters shall be supplied by each club for each team in the League in the prescribed format approved by the league. (See Appendix 4 for official and exchange rosters)

1.2.2.b. A NVYLL team shall not change its roster for any game.

1.2.2.c. After the second game of the season, a program may request a waiver to allow a player to participate. The Executive Committee will determine this request.

1.2.3 A player may play with only one member club and on only one team. To avoid a game cancellation, up to four players may play on another team temporarily. The addition of temporary player(s) in order to play the scheduled game requires agreement by the opposing coach or commissioner. The official result of the game shall be a forfeit by the team adding the temporary player(s).

1.2.4 All youth registered with one organization and a member of that organization's team roster cannot be transferred to another organization's team during the season or post-season.

1.2.5.a. A youth registered with one organization may move to another organization in the off-season only if he/she has moved residence, has sat out one full Spring season, or has been granted a waiver by the Boy's or Women's Eligibility Committee. The Commissioner of each member organization is responsible for verifying the eligibility of every player registered with his/her organization. Any team with an ineligible player may be barred from post-season play.

1.2.5.b. The NVYLL Commissioner will appoint the Eligibility Committees which will have at least three (3) members.

1.2.5.c. The Women's Eligibility Committee is empowered to establish Zip Code areas to determine player registration/eligibility.

1.2.6 Coaches are required to have all roster information, ie. both the Exchange and Official rosters, at all games.

1.3.0 EQUIPMENT

1.3.1.a. All clubs are required to have approved uniform color combinations at the beginning of each season. These approved colors shall be worn at games unless a conflict arises. Team colors shall be listed with the League. It is the home team responsibility to provide and wear an alternate color uniform or pennie if a conflict arises.

1.3.1.b. All players must be completely uniformed. Annually NVYLL will issue updated equipment and uniform requirements as the Addendum to rules. This addendum will be called the Annual Rules Update for _____ year. See Appendix 5 for current rules.

All equipment must meet VHSL and NFSHSA or U.S. Lacrosse Womens' standards to qualify for league use. Equipment violations may be subject to penalties as defined by the approved rules.

1.3.2 During the regular season, home teams will be responsible for the following: field location, field equipment including, but not limited to: goals, game clocks, penalty clocks, cones or pylons, horns, balls, end line markers, and lined field (to include penalty, coaching and team boxes). Field size shall be considered to meet rules, but conditions may dictate special field regulations. During the playoffs, the host club will be responsible for all field equipment.

1.3.3 Each team must have its own First Aid Kit at all practices and games.

1.4.0 PRACTICES

1.4.1 First regular team practices will commence no earlier than February 15th. This rule applies to any organized team events only. League and Club wide instruction such as skill sessions, clinics drills, group physical training, individual activity, such as conditioning for the first day of team practice is allowed. These types of activities shall be announced and made available to all participants. No physical contact will be allowed for any player during their first three days of practice. Tryouts for placement of a player within a level may begin after January 1st of each year.

1.4.2 Each commissioner must know all practice times and locations for teams sponsored by his organization.

1.4.3 The NVYLL allows the use of lighted practice sites.

1.4.4 Practices shall not exceed one two-hour period per day excluding team travel time. No more than four events per week for each team.

1.4.5 There will be no use of tobacco or alcohol products at any NVYLL practice or game site by anyone. The Field/Club Commissioner or Sideline Manager is responsible for enforcing this rule. If the individual is a Head Coach, Assistant Coach or any club official and refuses to cooperate, he/she will be warned that continued failure to comply with this rule will result in disciplinary action by the NVYLL Board in accordance with Rule 1.10.2. Refusal to cooperate by a spectator can result in a five minute game misconduct being assessed against the affiliated team.

1.4.6 No games, scrimmages nor practices will be held with or against High School teams/ programs.

1.5.0 GAMES

1.5.1 Effective 15 Minutes prior to the start of the first game and continuing until the end of the last game of the day, there will be no use of tobacco or alcohol products on the field or around the players. Playing fields will be considered drug and alcohol free zones. The Field/Club Commissioner is responsible for enforcing this rule. If the individual is a coach/assistant coach and refuses to cooperate, he will be warned that continued failure to comply with this rule will result in the forfeiture of the game by his team. If this occurs the coach is also subject to suspension for one game, if upheld by the NVYLL Board. If the individual is not a coach, and refuses to comply with this rule, he/she will be ejected from the playing field.

1.5.2 No game shall commence until team rosters have been exchanged between coaches. The coaches should check the rosters for accuracy and require that corrections be made if necessary prior to the start of the game and copies provided to the Field Commissioner. If a team refuses or is unable to provide a roster, that team shall forfeit the game. Coaches will be responsible for ensuring this rule is enforced. The Exchange Roster will include player's name and jersey number. Coaches must have available at every game the "official roster", a copy of which is turned in to the League with any approved additions noted by an asterisk. The "official roster" will contain each player's name, age, address, phone number, grade, school, and jersey number. Team rosters (official and exchange) shall be available for any commissioner upon request from the Executive Committee. Official Rosters shall be on an official NVYLL Roster Form (See Appendix 4 for a copy of the Official NVYLL Roster Form) or in the same format. Coaches may request to view a copy of the "official roster" of the opposing team in addition to the "exchange roster". Failure to provide the "official roster" prior to any game will result in game forfeiture.

1.5.3 The starting time for games will be that published by the NVYLL. Games can be started ahead of schedule, up to 15 minutes in advance, only upon agreement of both Coaches, Head Referee and Field Commissioner. A coach is under no obligation to start

a game ahead of schedule. A game may be delayed in starting based on unusual circumstances up to 15 minutes, if a subsequent game is scheduled to follow on the same field. The game may be delayed up to 30 minutes, if no other game is scheduled to follow.

1.5.4 Weather delay. More than 50% of a boys and 80% of a girls regulation time must have expired to be considered a complete game. In the event of lightning all players shall leave the field and seek shelter in enclosed motor vehicles or buildings for 30 minutes following the last sighting.

1.5.5 Teams that do not show for a game, within the time limits established in 1.5.3 will forfeit that game and will be held responsible for the cost of all Officials fees associated with that game. Teams/Clubs that wish to appeal this rule must submit in writing within 24 hours of the scheduled game time the reason for their appeal. The Executive Committee will review the reason(s) and make a decision based on this rule or set it aside for exceptional circumstances.

1.5.6 A maximum of four coaches will be permitted in the designated coaching area. Only players and coaches are permitted in the coaching and team area. Commissioners, Field Commissioners and Sideline Managers will be permitted in the table area and are NOT permitted to coach, root, cheer, etc., for either team. Each head coach is personally responsible for the behavior of all his/her coaches, players, parents and fans.

1.5.7 Spectator areas shall be provided on the opposite side of the field from the team boxes. Spectators will not be allowed on the players sidelines and end lines during games, unless field conditions prevent this or offer a fenced off area.

1.5.8 Coaches must be easily recognizable by appropriate wearing apparel, such as a cap, sweatshirt, or jacket identifying them with their organization and/or team.

1.5.9 Game officials shall check both teams' players for proper equipment, especially sticks, helmets and mouthpieces.

1.5.10 No jersey can be changed during the game unless deemed necessary by the officials.

1.5.11 Club commissioners or coaches shall be responsible for recording game scores and records.

1.5.11a Game results and records will be kept for Boys and Girls U-15, U-13, and U-11 Divisions. No game results, records, or standings will be kept for the U-9 Divisions (violation of this rule by a coach shall be considered a Code of Conduct infraction and will be referred to the Executive Committee for disciplinary action).

1.5.12 Games will be postponed in case of inclement weather. This decision to postpone games will be made by the NVYLL Chairman or his designated representative. This information will be disseminated by use of the NVYLL web site. Postponed games, including a rain out, will be re-scheduled as necessary. Each eligible game shall be rescheduled as soon as possible after a cancellation and the appropriate commissioner(s) and referee coordinator shall be notified. Each game shall be rescheduled so as not to provide an unfair advantage to either team.

1.5.13 A point system will apply to determine league standings during official league play and league champions and runner-up at the conclusion of league play.

1.5.14 NVYLL will decide which teams advance to the playoffs according to the following format:

A rating scale has been developed for rating each team so that the top rated teams of each level will compete for the NVYLL Championship. To find the rating of a team, total the number of points it has earned in accordance with the following table.
WINS-3 points per win; TIES-1 point per tie; LOSS-0 points

1.5.15 In all levels, teams, as determined annually by the NVYLLC, shall advance to the NVYLL Playoffs according to the rating scale as described in Rule 1.5.16. The result of the same number of regular season games shall be used to compute the standings for all teams in a conference unless a team has not properly reported a game result. In case of ties involving teams advancing to the play-offs, they will be broken as follows:

A. If tied teams have played each other, the team that won in head to head competition shall be the winner.

B. If two or more teams (playoff candidates) tied that game or didn't play, go to a ranking system, which looks at the composite records of all the teams the two playoff candidates played. So you review the composite records (number of wins and losses) of every team both playoff candidates played. Whichever team's victorious composite record has the best winning percentage (total wins/total games) gets the higher seed. This ranking system rewards the team who has beaten the better teams with the better records.

See example:

Playoff Candidate			
Opponents	Win	loss	tie
Fp	0	6	0
My1	0	7	0
Cy1	1	6	0
Cy2	1	6	0
Sy	2	5	0
Vy	3	4	0
Sw	1	6	0
	8	40	0.166667

C. If two or more teams at the end of the regular season tie in accordance with the playoff points, assume a ranking point system as noted above. If the ranking system results in a tie, hold a draw. The team that wins the draw shall be seeded in the highest position available and the other two teams have a playoff game for the final spot.

D. PLAYOFF FORMAT:

First Round			
Game 1	Seed 1	vs	Seed 8
Game 2	Seed 2	vs	Seed 7
Game 3	Seed 3	vs	Seed 6
Game 4	Seed 4	vs	Seed 5
Second Round:			
#1	Game 1 winner	vs	Game 4 winner
#2	Game 2 winner	vs	Game 3 winner
Championship Game			
#1 Game winner vs #2 Game winner			

1.6.0 AMENDMENTS TO NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS RULES

1.6.1 There will be no restrictions as to jersey numbers by player positions.

1.6.2 MCR Rule for all Boys Divisions. A mandatory application of a modified competition rule (MCR) will be in effect when any team gains a five-goal lead. Mandatory application of the MCR shall be as follows:

After the score that makes the five (or more) point difference, the losing team will be given possession of the ball at the mid-field line in lieu of a face-off.

NOTE: This MCR does not eliminate the quarter face-offs for boys which will occur regardless of point differential.

1.7.0 CONDUCT

1.7.1 Unless otherwise specified, penalties for violations of this section shall be decided and imposed by the NVYLL Executive Committee. The NVYLL Executive Committee may also impose additional penalties, beyond those specified, if deemed appropriate (i.e. game forfeiture, post season ineligibility, game suspension, year suspension).

1.7.2.a. If at any time the Executive Committee finds the conduct of any player or member of the coaching staff to be detrimental and contrary to the best interest of his program, such individual may be suspended by the NVYLL Board of Commissioners by a majority vote, from further participation for whatever period of time may be deemed reasonable and proper.

1.7.2.b. Each local commissioner should investigate any detrimental conduct by any player or member of the coaching staff of his/her local club.

1.7.2.c. All investigations of detrimental conduct, and penalties imposed, handled by the local club commissioner shall be reported in writing within 48 hours of the incident and sent by fax and/or email to the NVYLL Executive Committee.

1.7.3 Field commissioners and coaches shall be responsible for the conduct of all players, members of the coaching staff and spectators. Improper conduct, in the judgment of the game officials, on the part of the players, coaches or spectators may result in penalties, expulsion, and suspension and or forfeiture of the game.

1.7.4 The local club commissioner or field commissioner shall have the responsibility to assist the game officials in maintaining proper conduct of players, coaching staff and spectators.

1.7.5.a. Any coach, moving from one club to another, is restricted from taking any players, except their own children.

1.7.5.b. No Head Coach, Assistant Coach, or any other club official shall recruit or otherwise solicit players from another lacrosse club. Any coach so accused shall be required to appear before the Executive Committee. If said accused is not a Head Coach, then the Head Coach will also appear. This meeting will take place within 5 days from the reported infraction. Penalty - Immediate Suspension for one year from all NVYLL events.

1.7.5.c. Any player or member of the coaching staff who is ejected from a game for unsportsmanlike conduct will be suspended for the following game:

- (1) Any player allowed by game officials to return to a game shall not be considered as being ejected from a game.
- (2) A player or member of the coaching staff removed from the game on the final play of the game shall be considered ejected from the game and will be suspended for the following game.
- (3) Game officials shall notify the Field Commissioner of any ejections. Commissioners shall notify the NVYLL Executive Committee of any ejection, as soon as possible.
- (4) Use of an illegal player will constitute an immediate forfeit and a one-year suspension of the coach.

1.7.5.d. Any player or member of the coaching staff who uses abusive, disrespectful, or profane language or who otherwise exhibits unsportsmanlike conduct before, during, or after any ball game will be suspended for the following game after review by the Executive Committee.

1.7.5.e. Any member of the coaching staff who is involved in a fight before or after any game or is ejected from a game for fighting will be suspended for one year. The suspension must be reviewed by the Executive Committee who may confirm, increase, or decrease the length of the suspension.

1.7.5.f. Any player or member of the coaching staff who repeats any of the aforementioned offenses will be suspended for the

remainder of the season.

1.7.6 All Coaches of the NVYLL must read, understand, and sign the "NVYLL CODE OF CONDUCT" form. (See Appendix 6). The completed Code of Conduct form is due to League no later than the Thursday before the first (1) game of the season. The Code of Conduct form may be sent to the League by facsimile, with the organizational Commissioner maintaining the original with the club's official rosters.

1.8.0 PROTEST

1.8.1.a. The Executive Committee is formed in an effort to foster all tenets of good sportsmanship, conduct, and in the best interest of the sport. Its primary function is to uphold the rules and regulations of this program and to levy fair and reasonable disciplinary action should such be necessary. All members of the Executive Committee may succeed themselves on that committee.

The Executive Committee shall be granted the following authority:

- (1) To forfeit any game as a committee without formal protest if violation is found.
- (2) To require selected home Field Commissioner to collect all exchanged rosters of home and visiting teams on a selected game day and send them with each game summary to the Executive Committee by the following Tuesday noon, for a roster check. If a team does not provide this information at the prescribed time, that team may have games forfeited for that weekend.
- (3) To require a letter of confirmation of a player's eligibility from the Commissioner and if it is later found that the player is ineligible, a \$500.00 fine will be assessed to the Club in addition to other required penalties.

1.8.1.b. The only valid game protest that will be accepted by the Executive Committee shall be for eligibility reasons in the following categories:

- (1) Over-age
- (2) Fraudulent address of residence
- (3) Incorrect and/or incomplete roster
- (4) Playing of ineligible players
- (5) Playing of suspended player
- (6) Coaching by suspended coaches
- (7) Non participant problem and unsportsmanlike activities by (parents and spectators)

In order to get a complaint on the agenda, it is required that the plaintiff commissioner notify, by telephone, a member of the Executive Committee.

1.8.2 Protests concerning Rules 1.8.1.a & 1.8.1.b above can be made at any time during the season. Commissioners should report all violations suspected to the Executive Committee. Names of witnesses and evidence must be furnished.

1.8.3 Game protests, filed under Rules 1.8.1.b that are upheld, shall result in forfeiture of all games in which the ineligible player or players participated. Additional penalties in the form of suspension of players, coaches, or other officials involved may be imposed.

1.8.4 Appeals from decisions of the Executive Committee shall be made in writing to the Chairman of the Board within three working days from the date of the protest decision. The Chairman of the Board may approve or disapprove the decision of the Executive Committee which action will be final unless the plaintiff or defendant commissioner requires in writing that the Committee reviews the matter. If this occurs, the Chairman will render a final decision in the matter of majority consent. There will be no further appeals.

1.10.0 PENALTIES

1.10.1 Where penalties for rule violations are not specified, the Executive Committee will decide them.

1.10.2 Where penalties for rule violations are not specified and for other matters that may be complained of, penalties if deemed

appropriate, may be assessed as follows: (Appeals Fee \$50.00)

- A. Letter of reprimand
- B. Probation of individuals * see note *
- C. Suspension of individuals
- D. Forfeiture of a game or games

* Note * Would only apply for one year unless extended by two-thirds majority vote of the NVYLLC.

1.10.3 The penalty for an over-age player's participating in games, if discovered, (whether protested or not) and processed through the Executive Committee will result in forfeiture of all games in which the illegal player participated and that player's expulsion from any further league activities for the current season.

1.10.4 The penalty for a player who participates in a game and did not register as required, with both the member club and league, if discovered (whether protested or not) and processed through the Executive Committee will result in forfeiture of all games in which the illegal player participated. Further, this player and coach must receive written approval to continue to play, from the Executive Committee.

1.10.5 Coaches shall trade exchange rosters ten (10) minutes prior to the game. No game shall commence until team rosters have been exchanged.

PENALTY: Forfeiture of game and the organization in violation of this rule shall pay for the officials scheduled for the game.

Note: these Rules were approved at the 2000 January meeting.

Note: these Rules were amended at the 2000 December meeting.

Note: these Rules were amended at the 2001 October meeting.

Note: These rules were amended prior to the spring 2005, 2006, 2007, and 2008 season.

APPENDIX # 1 CLUB MATRIX

- A. Boys' and Girls' Teams from each member club shall be assigned and scheduled based on the following matrix whenever A, B and C levels of play are available within a division:

# Teams in Division	Level A	Level B	Level C
One team		1	
Two teams	1	1	
Three teams	1	1	1
Four teams	1	2	1
Five teams	1	2	2
Six teams	2	2	2
Seven teams	3	2	2

- B. Boys' and Girls' Teams from each member club shall be assigned and scheduled based on the following matrix whenever only A & B levels of play are available within a division:

# Teams in Division	Level A	Level B
One team		1
Two teams	1	1
Three teams	1	2
Four teams	2	2
Five teams	2	3
Six teams	3	3
Seven teams	3	4

- C. Waivers to the above matrixes are to be discouraged and will be granted by the NVYLL Executive Committee only when compelling, special circumstances are present (compelling reasons would include a new/first year club, an unusually large number of documented first year players, etc.). Clubs must provide compelling, written documentation with their petition to the NVYLL Executive Committee for special placement into a lower level. The Executive Committee shall review each request and make a recommendation to the council for a vote. A Club may, without approval, choose to play up a Level.
- D. The above matrix's are not to be applied to U9 boys or girls. In the U9 boys Division, clubs may field three (3) "Modified Field" level teams before they are required to field a U9 "Full Field" team. A club's fourth U9 boys' team must be a "Full Field" team. A club is not required to field more than one U9 "Full Field" team. All girls' U9 teams will play on a "Modified Field."

APPENDIX #2 INFECTIOUS DISEASE POLICY

INFECTIOUS DISEASE POLICY OF THE VIRGINIA HIGH SCHOOL LEAGUE (VHSL)

The Virginia High School League Board of Directors has adopted these policies upon the recommendation of the Sports Medicine Advisory Committee to the League. Our goal is to minimize the possibility of transmission of any infectious disease from one athlete to another during practice or competition. The development of this policy is in keeping with the commitment of the VHSL to make

athletic participation safer for the athletes in the Commonwealth of Virginia by responding to new information that suggests potential risks.

What are infectious diseases?

Infectious diseases are illnesses that are caused by an organism, usually a virus, bacteria, or fungus. Many of these diseases are contagious, meaning they can be spread from one person to another. For purposes of our athletes, we will consider three types of contagious infectious diseases.

1. Usual viral illnesses like colds, intestinal flu viruses, and influenza are generally spread through airborne transmission of the virus or through direct contact. Hand washing and covering sneezes and coughs are considered reasonable techniques for reducing the spread of these types of illnesses. They are actually more likely to be spread in a closed classroom than an open gym or athletic field except for those sports with close contact like wrestling.

2. Skin lesion such as impetigo (a skin infection), athlete's foot, and non-genital Herpes can also be spread by close contact and should be covered to allow participation. These skin disorders can also be harmful to the individual with the skin lesions by serving as a portal of entry for other kinds of infections. Thus, again, they should be covered or participation should not be allowed.

3. The most serious infectious and contagious diseases in question here are the blood-borne pathogens. These are spread through contact with blood (as well as other bodily fluids such as semen and vaginal fluids) and most notably include Hepatitis B and Human Immunodeficiency Virus (HIV). No reports of transmission from sweat or saliva have been reported with HIV infection. To date, there have been no substantiated reports of these being transmitted through athletic participation and the risk of this happening is very low but theoretically it is NOT ZERO. The rest of this policy is designed with HIV and Hepatitis B in mind. Proper handling of injuries where blood is present can even further reduce the very low risk of transmitting these diseases in the school and playing field arena.

Hepatitis B is a viral infection of the liver that can vary from mild inflammation to a severe life threatening disease. AIDS is a disease of the immune system caused by Human Immunodeficiency Virus. The individual may not develop any symptoms of disease for many years after contracting the virus. Both of these disorders are transmitted through sexual conduct or exposure to infected blood components.

Which sports are most likely to spread AIDS or Hepatitis B?

As stated, neither of these has been reported to be transmitted through sports. The theoretical risk is low but would be greater where there is greater likelihood of blood and close contact. Thus, football, basketball, lacrosse, ice hockey, and wrestling would be most likely to produce this environment. However, any sport could have the potential for blood exposure and thus theoretical risk for exposure.

Should athletes all be tested for these disorders? Mandatory testing has not been advocated by any medial organizations monitoring these disorders. The testing could produce a false sense of security with a negative test during the time between inoculation of an individual and the ability to recognize the presence of the virus. Thus, an individual could be contagious and still have a negative test. The screening tests are not 100% reliable and false positives and negatives have been reported. Additionally, there is concern about infringement of individual rights and the question of what to do if a positive test is obtained. Testing is not a feasible approach to prevention, however, athletes and others involved in interscholastic athletics should have available to them information on where they may obtain private and confidential HIV counseling and testing.

If an athlete is positive, who should be told and should he/she be prevented from participation in sports? The athlete's HIV or Hepatitis B status is confidential information between patient and physician. No one else, including school officials can be told without the individual's permission. The athlete with one of these disorders should be encouraged to choose a sport with less contact and opportunity for bleeding than wrestling, for example. The athlete should also be instructed to take proper precautions with skin lesions, bleeding, etc. However, he/she can not be forbidden from participating in whatever sports he/she desires. The decision concerning participation is a personal recommendation could certainly change in the future if any evidence for transmission via sports is documented.

How can we protect our athletes, trainers, and coaches from exposure to one of these blood-borne diseases? There is an effective and safe vaccine available for Hepatitis B. One of the targeted groups to receive this vaccine would be those where the risk of exposure to blood is increased. Thus, any trainer or coach, who frequently deals with an injury with blood, is at potential risk. Strong consideration should be given to having one these individuals receive this immunization.

Blood and other bodily fluids should be handled using "Universal Precautions" as is done in all hospitals and most other health care facilities. This procedure follows. This is the safest approach as one uses techniques that would be preventive in all patients whether they have a disease or not.

Procedures to be followed by coaches, trainers, and officials:

1. A student-athlete should render first aid to himself and cover his own wounds whenever possible. Again, this reduces the risk of transmission from blood-borne pathogen from one person to another.
2. If a bleeding wound occurs, the individual's participation should be interrupted until the bleeding has been stopped and the wound is both cleansed with antiseptic and covered securely or occluded. If bleeding resumes, the practice or contest must be stopped again until bleeding is stopped and contaminated surfaces are cleaned. It is up to the discretion of the official in charge of the competition as to how many times the competition should be stopped due to a student-athlete's bleeding before disqualification occurs.
3. Skin exposed to blood or other body fluids contaminated with blood should be cleaned as promptly as is practical, preferably with soap and warm water. Skin antiseptics (e.g., alcohol) or moist towelettes may be used if sap and water are not available.
4. Even though good hand washing is an adequate precaution, water-impervious gloves should be available for staff to use when handling blood or other body fluids. Gloves are especially important in individuals with not-intact skin. Hands should be washed after glove removal. If gloves are not available, a bulky towel may be used to cover the wound until an off-the field location is reached where gloves can be used during more definitive treatment. Disposable towels should be used in all clean up. Towels, protective gloves, and other materials used in clean up, as well as any cotton used to stem bleeding, should be placed in a container lined with a plastic bag.
5. If blood or blood-contaminated bodily fluids are present on a surface, the object should be cleansed with fresh household bleach solution made for that event by adding one part of bleach to 10 parts of water. Such items as wrestling mats should be cleaned, rinsed, and allowed to dry before resuming action. This solution should be made fresh daily when needed.
6. If any blood gets on an opponent's uniform during competition or on a teammate's uniform during practice, it is necessary to clean the uniform at that point by wiping it with a disinfectant such isopropyl alcohol. This should be done whether or not the opponent or teammate has an open cut or unskilled area on the body, or where or not the blood is on part of the uniform which might come in contact with mucous membranes. If there is substantial saturation of the uniform with blood such that it is dripping, will rub off easily, or drips if squeezed; the uniform must be changed.
7. All soiled linen such as uniforms and towels should be placed in plastic bags and washed in hot soapy water. Any detergent that contains bleach is appropriate.
8. All coaches, officials, and student-athletes should practice good hygiene. Towels, cups and water bottles should not be shared. Also, student athletes should take a shower using a liberal amount of soap and hot water after each practice and competition.
9. It is the responsibility of each team to provide their respective members paper towels, appropriate cleaning solutions, plastic bags, gloves, and any other first aid materials necessary to comply with these regulations.
10. At this time, no cure exists for AIDS, which is a preventable disease. In addition to the aforementioned techniques, education and emphasis on prevention must be an integral part of our athletic programs for all.

According to Dr. David E. Rogers, considered by many to be the foremost expert on the transmission of the HIV Virus, (AIDS), the chances of the virus being transmitted during athletic contests are extremely small. In fact, there is not one documented case of the virus being transmitted in this manner.

The possibility of transmitting AIDS in this manner is much less than the possibility of transmitting other very dangerous blood borne viral infections such as Hepatitis B. However, the chance of transmitting the AIDS virus is not zero. Therefore, precautions- the same as those taken in health care institutions- should be taken to insure that no transmission could occur.

Proper handling of these situations by coaches, officials and competitors will greatly reduce the possibility of any transmission of

AIDS, if indeed the athlete who is bleeding is infected by the disease.

These precautions (applicable to wrestling) also can be utilized in other interscholastic activities at any time that a bleeding problem exists:

If an athlete sustains a minor bleeding problem- most result from minor injuries in the nose area- all play should be stopped, the bleeding stemmed, and any blood on the playing surface should be wiped off using bleach in a 10 to 1 solution- 10 parts water and one part bleach. This same solution should be used to wipe any blood off the opponent's skin. It should be noted that there are also many other disinfectants that are very successful in combating the HIV virus (such as isopropyl alcohol).

If any of the blood has gotten on the opponent's uniform, unless the opponent has an open cut or open skin area on his/her body, it is not necessary to clean the uniform at this point. If there is an open cut or an open skin area, then the uniform also should be wiped with the bleach solution.

If an official gets blood on him/her, (s)he should do the same as the competitors (as indicated above).

It is important that any time blood is present, it is treated with respect regarding its ability to transmit infectious disease(s).

Regardless of the activity, if the bleeding problem is severe enough, then the competitor should not be permitted to continue- not only from the standpoint of possible disease transmission, but also for the health and safety of the injured competitor.

ISSUED BY THE VIRGINIA HIGH SCHOOL LEAGUE- JULY 1992

APPENDIX #3 NVYLL GAME SUMMARY REPORT

Date & Time:	Location:	Field Commissioner:	
Home Team:		Final Score:	
Visiting Team:		Final Score:	
Injuries (names & details)		Disciplinary Actions(names & details)	
Referee Name (printed):		Referee Name (printed):	
Referee Signature:		Referee Signature:	

APPENDIX #5a NVYLL ANNUAL RULES UPDATE-2008-Boys

All games will be officiated according to NFHS and USLYC Rules as amended with the following additional exceptions:

- **Game and field conduct is the responsibility of the Home team, Game officials and Field Commissioner.**
- **Keep all parents on the opposite side of player area and away from the endlines.**
- **Penalty enforcement is served while the ball is in play. Stop and start time is enforced for penalties while game time is a running clock. The game clock will stop on all whistles during the last two (2) minutes of all U15, U13, and U11 games and during the last two (2) minutes of any overtime period (overtime applies to U15 and U13 only). Except in the case when the five goal rule applies.**
- **Failure to exchange rosters and provide to the Field Commissioner prior to the start of the game is an immediate forfeiture.**
- **Code of Conduct shall be adhered to and enforced fully by the game officials and Field Commissioner.**
- **Sportsmanship is paramount during all NVYLL play.**

SENIOR DIVISION (Under 15A and Under 15B)

1. Advancement of the ball rules shall be enforced.
2. 12 minute running time Quarters. The game clock will stop on all whistles during the last two (2) minutes of the fourth quarter and the last two (2) minutes of any overtime period. Complete game within the prescribed time.
3. Five (5) Goal Rule: any team behind by five (5) goals or more shall get the ball at the center of the field after the scoring of a goal instead of a face-off. There will be a face off at the start of each quarter and half, regardless of score.
4. All fields are assumed to be legal for league games. There shall be no penalties assessed for illegal field specifications.
5. There shall be one 4-minute "sudden victory" period for any tie game. If no goal is scored in the "sudden victory" period, the game will end in a tie.
6. Goalie Penalty, in home to serve personal fouls to exclude unsportsmanlike or expulsion.
7. Two officials.
8. Time outs shall be 4, limited to two (2) per half.
9. Goalies may wear soccer style shin-guards under their socks or hard-plastic shin-guards (such as used in baseball and field hockey) over their socks. Goalies are required to wear shoulder pads and are encouraged to wear arm pads.
10. Players on a team are not required to wear helmets of the same color.
11. Take-out body checks are permitted as long as the player uses reasonable force and no attempt to injure the opposing player is made. Body checks made with the intent to injure the opposing player or where unnecessary/excessive force is utilized are not permitted. Players are not permitted to lower their head while delivering a body check.
12. White or clear mouth protectors are permitted for the 2008 season.

SENIOR DIVISION (Under 15C)

All rules are the same as those used in Senior Division (U15A and U15B) except for:

1. Advancement of the ball rules are not to be enforced.

JUNIOR DIVISION (Under 13)

All rules are the same as those used in Senior Division (U15C) except for:

1. 10 minute running time quarters. The game clock will stop on all whistles during the last two (2) minutes of the fourth quarter and the last two (2) minutes of any overtime period.
2. Goalies must wear arm pads.

LIGHTNING DIVISION (Under 11A)

All rules are the same as those used in Junior Division (U13) with the following exceptions:

1. All Stick lengths shall be between 36" - 42".
2. Upright Body checking is allowed however no take-out body checks (checks delivered to take out or put the other player on the ground) are permitted by any player.
3. No overtime (sudden victory) periods will be held for regular season games. Tie games will end after regulation time expires.

LIGHTNING DIVISION (Under 11B and U11C)

All rules are the same as those used in Lightning Division A (U11A) with the following exceptions:

1. Stalling shall not be called in the last two minutes.
2. Official's control of the game: stick checks must be controlled checks. No body checks. If the ball is not moving the referee will start play following the alternate possession rule.
3. 1-Pass rule in offensive end of the field. Legitimate passes include any attempt, either completed or attempted in the air or on the ground, towards a teammate. Once one pass is completed or attempted in the offensive end, no other restriction on the offensive team will be in effect until a change of possession or timeout has occurred after which the 1 pass count starts over. If a goal is scored without one pass attempt, the goal SHALL NOT count and the ball shall be awarded to the opposing team at mid-field line. Clarifications: Both the player attempting the pass and the player receiving the pass must be on the offensive side of the field for the one pass count to be satisfied. A pass or clear made from the defensive end of the field into the offensive end of the field does not satisfy the one pass count. A change of possession is considered to have occurred if the goalie has made a save or any defender has obtained control of the ball. Deflected shots or passes are not considered a change of possession. A penalty does not reset the count.

BANTAM DIVISION (Under 9 Full Field)

All rules are the same as those used in Lightning Division (U11B and U11C) with the following exceptions:

1. One (1) coach per team shall be allowed on the field along the team sideline and outside the restraining area during play. Coaches on the field not permitted to cross the midfield line; may never cross in front of opposing team bench, and must stay on their side of the midfield line.
2. No scores are reported. No standings are kept. No playoffs will be held. This is a non-competitive division devoted to player development.
3. Timeouts are limited to two - one (1) per half.
4. Penalties do not create a man-down situation. The player who committed the penalty will be required to leave the field but may be substituted for so that the teams remain at equal strength. The ball will be awarded to the team that was fouled at the spot of the foul. The player who committed the foul must remain on the sidelines until at least one minute of running time has elapsed.

5. The game clock does not stop during the last (2) minutes of play. Entire game is a running clock with 10 minute quarters.

BANTAM DIVISION (Under 9 Modified Field)

All rules are the same as those used in Bantam Division (U9 Full Field) with the following exceptions:

1. Fields shall be approximately a minimum of 60 yards long and 35 yards wide with a painted end-line and mid-field line. Fields may be set up to run across $\frac{1}{2}$ of an existing NFHS full size regulation field. Creases will be designated 5 yards from each baseline.
2. Teams will be limited to eight (8) players on the field at a time (ie. 8 vs 8). The 8 players will be 2 attack, 3 midfielders, 2 defensemen, and a goalie. To remain onsiders, a team must have a total of three (3) players on the defensive end and two (2) players on the offensive end of the field. Note: A U9 Modified Field coach may elect to use a goalie or a league approved shooting target/barrier (Hector) by informing the officials and opposing coach before the start of the game. Teams electing to use a shooting barrier in place of a goalie would play with 7 players, and must have at least two players on the defensive half of the field to remain onsiders.
3. 2-Pass rule is in effect anywhere on the field by any player including the goalie. Legitimate passes include any attempt, either completed or attempted in the air or on the ground, towards a teammate. Once two passes are completed, no other restriction on the offensive team will be in effect until a change of possession or timeout has occurred after which the 2 pass count starts over. If a goal is scored without two pass attempts, the goal SHALL NOT count and the ball shall be awarded to the opposing team at mid-field line. Clarification: At U9B, the player attempting the pass and the player receiving the pass may be anywhere on the field for the pass count to be satisfied. A pass or clear made in or from the defensive end of the field (including from the goalie) counts as a legitimate pass. A change of possession is considered to have occurred if the goalie has made a save or any defender has obtained control of the ball. Deflected shots or passes are not considered a change of possession. A penalty does not reset the count.

APPENDIX #5b ANNUAL RULES UPDATE-Girls 2008

All games will be played in accordance with the intent and letter of the 2008 Women's Rules Official Rules for Women's Lacrosse by US Lacrosse with the following modifications. (The rulebook may be obtained from US Lacrosse 1-800-486-5530. All coaches are responsible to be familiar with the rules. **NOTE: See pages of the 2008 rulebook identified as the "Official Rules for Girls Youth Lacrosse"**. U15 plays by Level 'A' rules, U13 by level 'B' rules and U11 & U9 by level 'C' rules.)

(New for 2008) Required Coaches' Meeting

There will be a mandatory coaches' meeting to go over the rules with the umpires before the start of the season. Each team identified to participate in the upcoming NVYLL season must send at least 1 coach (preferably the head coach) to one of two designated meetings. Any team that does not send at least 1 coach to one of the two mandatory rules meetings will forfeit its first game of the season.

All games/teams:

- **Time Limits:** Games will be played in 20 minute halves, or such other periods as the umpires may determine necessary. Clock stops on all whistles in the last 2 minutes of any period. U-9 will play 4 10-minute quarters with 2 minutes between quarters and 5 minutes between halves with NO stoppage of the clock.
- **'Substantial Advantage' Rule:** At any draw opportunity, if one team is leading by 4 or more goals, or in the playoffs if one team is leading by 6 or more goals, the opposing team shall be given a Free Position at the center of midfield. Other players can stand anywhere on the field permitted by the U.S. Lacrosse rules. Play starts with the umpire's whistle. The player taking the Free Position may run or pass, but may not shoot until another player has ***played*** the ball on the offensive side of the field.

For clarification, "played" shall mean:

1. Pass to a teammate.
 2. Lose control of ball momentarily but regain possession if an opposing player has an equal opportunity to gain possession.
 3. Stick checked by defender but maintained or regained control of the ball (U15 (**New for 2008**) and U13 Divisions only). Stick contact above the shoulder initiated by the attack player shall not constitute being "played".
- **Tie Games**

Regular season: There will be one 3-minute ‘sudden victory’ (sudden death) overtime period if the game ends in a tie for U15, U13 and U11 Divisions. There will be no rest time. Teams will defend the same goal as in the 2nd half of the game. Clock will stop on all whistles in overtime. The game shall be over upon the first score. If the score is still tied at the end of the 3-minute period, the game will be recorded as a tie.

Playoffs: Overtime(s) will determine the winner. Teams will begin overtime by defending the same goal as in the 2nd half. A fixed overtime period of 3 minutes will be played. Clock will stop on all whistles in overtime. A team may call a time out in overtime if the team’s allocation of 2 time outs per game has not been exhausted. If either team is ahead at the end of the three minute overtime period, the game is over. If the game is still tied, the teams will change ends and a second fixed overtime period of 3 minutes will be played. If either team is ahead at the end of that period, the game is over. If still tied, teams will change sides and a 3-minute ‘sudden victory’ (sudden death) overtime period will be played. The winner will be the first team to score. As many ‘sudden victory’ periods as needed with teams changing sides each time shall be played until a winning goal is scored.

- **Home Team Requirements:** Home Team must provide a timekeeper/scorer, a game clock or stopwatch, a horn and an individual to monitor the team substitution area. Home team must provide and wear pinnys if umpires require their use. **(New for 2008)** This requirement applies regardless of whether the game is played on a team’s natural home field or at a neutral site. In either case, the team designated as the “home” team (in the playoffs, this will be the higher seeded team) must supply these items.
- **Checking :** U.S. Lacrosse Youth Rules govern unless modified by NVYLL. U15 & **(New for 2008)** U13 Divisions - ‘Modified Checking’ permitted (no stick checking above the shoulder nor over the shoulder); Player must not “initiate crosse to body or body to crosse contact;” For U11, and U9 Divisions - NO stick checking permitted.
- **3-second 'Held Ball' rule used at all levels:** If any offensive player shall carry the ball so that her stick is legally checkable by the defense for more than 3 continuous seconds, and the defensive player, with BOTH hands on her stick, is in proper position to legally check the offensive player if she were permitted to check, the ball will be turned over to the defense. For U15 and U13A this may occur when an offensive player has her stick above the shoulder; for U11 and U9, this may occur when the stick is in any legal checking position.
- **Forfeitures:** For U15, U13, & U11 Divisions - If a team is not ready to take the field within 5 minutes of the scheduled game time or when the umpire is ready to start the game, whichever is later, or if they do not have at least 9 properly registered players, they shall forfeit the game. The score shall be recorded as 1-0 (Forfeit). The teams shall then play a scrimmage under the guidelines of section 3. or 4., below.

If a team is otherwise properly equipped to play, but has between 9 and 11 properly registered players available, they may:

1. Ask the opposing team coach to voluntarily play with fewer players. No coach or team is obligated to do so. If the coaches agree to do so, however, the game score shall be recorded and count to the record of each team. Either coach may add properly registered players at any time as long as proper substitution rules are observed.
2. Play “down” with fewer players, provided they have at least 9 properly registered players. The game score shall be recorded and count to the record of each team. Any team playing down may add properly registered players at any time as long as proper substitution rules are observed.

3. Offer to forfeit the game and play it as a scrimmage with each team using fewer players. The opposing team is requested to participate in this circumstance. The final score shall be officially recorded as 1-0 (Forfeit).
4. Offer to forfeit the game and use up to 4 players from another of its teams in the same division or from the opposing team and play the game as a scrimmage. The opposing team shall participate in this circumstance. The final score will be 1-0 (Forfeit).

Girls Official Rosters and Waiver Requests Procedures

1. Players should be assigned to divisions consistent with their age and skill. Players may "play up" in the next older age division, but may not "play down"
2. Zip codes have been associated with each club as the basis for determining this geographic area of player residence.
3. Clubs who have one or more players on their roster whose zip code (residence) is not among those associated with their respective club should notify the Eligibility Committee as soon as possible, but no later than the final Official Roster due date. Club Commissioners shall notify the Eligibility Committee by emailing the Official Roster and Waiver Request spreadsheet to the Eligibility Committee Chair. Consistent with NVYLL Rules and Regulations 1.0.6, Official Rosters with Waiver Requests are due to the Eligibility Committee Chair no later than the Wednesday before the first league game.

The Official Roster and Waiver Request shall contain the requested information and explanation for having such a player(s) on the roster. The Waiver Request shall contain the following information:

Club Requesting Waiver	Players Last Name	Players First Name	Division	Players Zip Code	Other Clubs Affected	Played with NVYLL Previously? (Yes or No)	Club with whom Player Played Previously	# of Years Played with Previous Club	Justification for Waiver

4. Do not include player(s) whose zip codes are shared with your club unless they are changing clubs_(**New for 2008**) (i.e., they played on a different club the previous NVYLL season).
5. The Eligibility Committee will review the eligibility of the players, and share Waiver Requests with the affected Club Commissioners. The affected Club Commissioner shall respond before the first official game. The Eligibility Committee shall notify the requesting Club as soon as possible.
6. The Eligibility Committee will review Waiver Requests favorably:
 - 6.1. If player(s) who resides within Virginia but outside the NVYLL region and does not have a girl's lacrosse program will be allowed to play in the NVYLL club nearest to residence;
 - 6.2. If player(s) played in the immediate preceding year, or in two or more years previously with the requesting club;
 - 6.3. If requesting club accepted player(s) who attempted to register in their "home" club but "home" club registration was closed;
 - 6.4. If requesting club offers an A team or other unique program unavailable in "home" club (e.g., no U9 team); or
 - 6.5. When affected club concurs with waiver request.
7. If the Eligibility Committee disapproves a Waiver Request and the player has played a game with the requesting club (**New for 2008**) or the player has played a game before the Executive Committee has granted a Waiver Request, the official result of the game shall be a forfeit by the team adding the illegal player(s) and such team may be barred from post-season play.

NVYLL Women's Council Approved Zip Codes

CLUB	APPROVED ZIP CODES
Alexandria	22301, 22302, 22304, 22314, 22202, 22204, 22206, 22303, 22305,
Annandale	22003, 22032, 22041, 22042, 22044, 22151, 22310, 22311, 22312
Arlington	20001, 20004, 22031, 22041, 22044, 22201, 22202, 22203, 22204,
Braddock Road	20111, 20124, 22003, 22015, 22030, 22032, 22039, 22151, 22152,
Chantilly	20120, 20151, 20152, 20153, 20166, 20170, 20171, 20191, 22033,
Eastern Loudoun	20101, 20102, 20103, 20104, 20105, 20107, 20146, 20147, 20148,
Fairfax Police	22003, 22030, 22031, 22032, 22033, 22035, 22124, 22181
Falls Church	22041, 22042, 22043, 22044, 22046, 22205,
Fauquier	20115, 20116, 20119, 20130, 20137, 20138, 20139, 20140, 20144,
Fort Hunt	22060, 22121, 22206, 22303, 22306, 22307, 22308, 22309, 22310,
Great Falls	20146, 20147, 20163, 20164, 20165, 20190, 20194, 22066, 22101,
Herndon	20147, 20163, 20164, 20165, 20166, 20167, 20170, 20171, 20172,
Manassas	20105, 20108, 20109, 20110, 20111, 20112, 20113, 20119, 20120,
McLean	22043, 22066, 22101, 22102, 22205, 22207
Prince William	20110, 20111, 20112, 20181, 22025, 22026, 22125, 22134, 22172,
South West	20111, 20120, 20121, 20122, 20124, 20143, 20151, 20152, 22030,
Springfield	22039, 22060, 22079, 22122, 22125, 22150, 22151, 22152, 22153,
Stafford	22401, 22405, 22406, 22407, 22408, 22463, 22471, 22534, 22553,

	22554, 22556, 22565
Vienna	22031, 22042, 22043, 22102, 22124, 22180, 22181, 22182
Western Loudoun	20105, 20117, 20118, 20129, 20131, 20132, 20134, 20135, 20141, 20142, 20158, 20159, 20160, 20175, 20176, 20177, 20178, 20180, 20184, 20197, 20198

NVYLL Girls Special Rules for U15

- **Modified Checking:** No stick checking above the shoulder nor over the shoulder.
- **3-Second 'Held Ball' Rule:** May occur at U15 level when a defender who is in legal checking position with both hands on her stick is closely guarding an offensive player who is holding the ball above her shoulder. Violation is a minor foul with possession surrendered to defender.
- **Fast Break Limitation Rule does not apply at the U15 level:** A player who gains possession of the ball on her defensive half of the field may shoot on goal without the ball being played on the offensive side of the field. (New for 2008) Similarly, a player who gains possession of a draw on her defensive half of the field may shoot on goal without the ball being played on the offensive side of the field.

NVYLL Girls Special Rules for U13, U11 & U9:

- **Checking:** Modified Checking (No stick checking above the shoulder nor over the shoulder) is permitted at the U13 level only. No checking is permitted at the U11 or U9 levels.
- **Fast Break Limitation Rule -** A player who gains possession of the ball on her defensive half of the field may run or pass, but may not shoot until another player has *played* the ball on the offensive side of the field.

Possession gained on the defensive side of the field as a direct result of a draw will require the ball be *played* under this rule.

- **Penalty for violation.** Shooting on goal **without the ball being played** will be considered a major foul. The defensive team will get a free position at the spot of the foul, no closer than 8m to the goal circle. The offending player will stand 4 meters directly behind the ball carrier.
- **Rationale:** Many U13, U11 & U9 Division players are new to the game of lacrosse. Our experience in this league over the last several years has verified there are always a few exceptional athletes who develop stick and ball handling skills very quickly. This disparity is very evident in Fast Break situations, when most defensive players are out of position. The exceptional athlete frequently drives to the goal unimpeded and scores repeatedly with little effort and little help. Passing skills are not developed and less skilled players don't get the opportunity to handle the ball or participate meaningfully in play.

Girls U11 Division

Summary:

1. Full strength teams -- 11 field players + Goalkeeper
2. Regular field markings – Restraining/Offsides lines will be enforced
4. Regulation women's sticks recommended with 'modified' pocket and length permitted
5. No stick checking
6. 20 minute halves, clock stops in last 2 minutes of each half
7. Players may shoot from an 8m Free Position after a foul if a goalie or modified goal is used
8. Coaches are not permitted on the field.

Sticks: Recommend use of regulation women's stick with modified pocket (half the ball may fall below the bottom of the sidewall). Sticks may be of shortened length proportionate to player's size.

Equipment: Same as other levels - mouth guards and goggles or other approved protective eyewear required

Substantial Goal Advantage Rule: No draw when one team has a 4 goal lead; ball awarded to team down by 4 goals. (In the playoffs, the goal differential increases to 6 goals before there is no draw and the losing team is awarded the ball.)

Substitutions: On the fly

Playing time: 20 minute halves, stop clock in last 2 minutes

Fouls: - U.S. Lacrosse Women's Youth Level C Rules apply, unless modified

Fast Break Limitation Rule used in U11 Division: The ball must be played on the offensive side of the field before a shot on goal if possession of the ball is obtained in a team's defensive half of the field. Violation is a major foul with change of possession.

Shots allowed on 8m free positions.

No stick checking

No holding ball for more than 3 seconds when closely guarded and defender is in legal checking position **and has both hands on her stick.** Violation is a minor foul with possession surrendered to defender.

Play should be as continuous as possible and any foul which does not gain an advantage for the offender or her team should result in a 'held' whistle whenever possible.

Rules parallel 'Level C' Youth Rules - U.S. Lacrosse Rulebook

Girls U9 Division

Summary:

1. Reduced size teams -- 7 field players + option for Goalkeeper.
2. Goals will be of regulation size with an approved, uniform shooting target (i.e., hector). A U9 coach may elect to use a goalie instead of a shooting target/hector by informing the officials and opposing coach before the start of the game. One or both U9 teams may use a goalie instead of the shooting target/hector. In other words, two opposing U9 teams can use a hector; one U9 team can use a goalie and the opposing U9 team can use a hector; or both teams can use goalies.
3. Midfield Restraining/Offsides line will be enforced, 2 players back.
4. Reduced Field & Modified Field markings – **(New for 2008)** Fields shall be approximately a minimum of 60 yards long and 35 yards wide with painted end lines, mid-field line, and 8m arc. The 12m fan is not required. **(New for 2008)** Fields may be set up to run across ½ of an existing full size regulation field. If possible, there should be 10 yards behind each goal.
5. Regulation women's sticks recommended with 'modified' pocket and length permitted
6. No stick checking.
7. 10 minute quarters, continuous running clock – no stoppage of clock during last two minutes of a quarter.
8. Players **may shoot** from an 8m Free Position after a foul on goal.
9. Limited on-field coaching permitted – 1 coach per team allowed on the field.

Sticks: Recommend use of regulation women's stick with modified pocket (half the ball may fall below the bottom of the sidewall). Sticks may be of shortened length proportionate to player's size.

Equipment: Same as other levels - mouth guards and goggles or other approved protective eyewear required. Each U9 team must provide one approved, uniform shooting target (i.e., hector) for each game.

No Score Keeping

Substitutions: On the fly

Playing time: 10 minute quarters, 2 minutes between quarters, 5 minutes between halves; continuous running clock.

Coaching: One coach from each team will be permitted to be on the field during play provided he or she: 1.) does not interfere with play in any way; 2.) communicates only with his/her team's players and 3.) does not stand in close proximity to the opposing team's bench or sideline location. Coaches are reminded to leave their sticks at the bench area and to stay close to the sidelines as much as possible. **(New for 2008)** The coach should generally stay within approximately 5 yards of the bench-side sideline. If it becomes necessary for a coach to enter the mid or far part of the field to provide coaching or direction to a player, the coach **(New for 2008)** must ~~should~~ immediately move toward the bench-side sideline upon completion. If a referee determines that a coach has interfered with play, the ball will be awarded to the opposing team and the coach may be asked to remain on the sidelines.

Fouls: - U.S. Lacrosse Women's Youth Level C Rules apply, unless modified

Fast Break Limitation Rule used in U9 Division (The ball must be played on the offensive side of the field before a shot on goal if possession of the ball is obtained in a team's defensive half of the field. Violation is a major foul with

change of possession.)

Shots allowed on 8m free positions on goal with approved shooting target (i.e., hector) or goalie where a coach elects to use a goalie.

No stick checking

No holding ball for more than 3 seconds when closely guarded and defender is in legal checking position **and has both hands on her stick**. Violation is a minor foul with possession surrendered to defender.

Play should be as continuous as possible and any foul which does not gain an advantage for the offender or her team should result in a 'held' whistle whenever possible.

Rules parallel 'Level C' Youth Rules - U.S. Lacrosse Rulebook

NVYLL Women's Lacrosse Timekeeper Instructions

The game will be timed in 2 halves of 20 minutes each for U15, U13, and U11 Divisions. The game will be timed in 4 quarters of 10 minutes each for the U9 Division. Start the game clock on the umpire's whistle for the Draw to begin each half or period. Let time run until the first whistle inside of the last 2 minutes of play of the period. From that time on, except for U9, stop the clock on all umpire's whistles and restart the clock on the whistle restarting play. Time will continue to run after goals except in the last 2 minutes of play when it will stop on the umpire's whistle signifying a goal and restart with umpire's whistle for the subsequent Draw. The clock will run continuously for U9 games except for called Time Outs by an umpire.

Please stop the game clock on a Time Out signal from an umpire (crossed arms overhead). Umpires can signal for a stopped clock for a variety of situations including a time out, injury time out, equipment problem, request for a stick check, administration of a Yellow/Red card, etc. Restart the clock in these situations when the umpire restarts play with his/her whistle.

Tell the umpire closest to you on the field when 2 minutes remain in the half or period, and announce the remaining time every 30 seconds thereafter to the umpire. **COUNT THE FINAL 10 SECONDS OUT LOUD AND SOUND THE HORN ON "0"**.

Although unlikely, determine whether there is a visible clock for fans (like a permanent scoreboard). Usually, the official clock in a women's lacrosse game is maintained at field level for ease of administration and communication with game officials. If a clock is displayed at another location, it may be best to stop that clock at the 2 minute mark and

announce to the audience that the official time is being kept at the scorer's table. Please disconnect any automatic horn that might sound with the scoreboard clock if it inadvertently goes to 0:00.

Other timekeeper tasks:

Yellow Card penalties: Any player who receives a Yellow Card will be excluded from play for 3 minutes of running game time. You should assist the official scorer by giving him/her the time reading at the penalty to mark in the scorebook. If less than 3 minutes remain in the period, the player's time exclusion continues into the next half or any overtime period. If possible, please help the official scorer and notify the coach of the penalized player when her time exclusion is up.

If the umpire asks you, please time team Time Outs. The time permitted is 2 minutes from when all the players are gathered together on the sideline with normal pace. Sound the horn when 1:45 has elapsed.

You may also be asked to time the halftime. If so, the umpires will tell you how long to make it (usually 5 or 10 minutes), (for U9 - 2 minutes between quarters and 5 minutes between halves). Sound the horn when 1 minute remains.

You might inquire and inform the umpires and coaches of any special rules of the league or age division.

APPENDIX #6 NVYLL COACHES CODE OF CONDUCT

I. Policy Statement

The Northern Virginia Youth Lacrosse League (NVYLL) is committed to the exhibition of sportsmanship and ethical behaviors in and around all athletic contests played under its sanction. All contests must be safe, fair, controlled and orderly for all athletes, officials, and fans alike.

It is the intent of the NVYLL that unsportsmanlike behavior and violence in any form is not to be tolerated in athletic contests or practices under the jurisdiction of the NVYLL. In order to enforce this policy, the NVYLL has implemented regulations in cooperation with appropriate coaches and club commissioners, who set forth the manner of implementation and enforcement of this policy, and the penalties incurred when violations of this policy occur. The rules and regulations shall focus upon the responsibility of the coach to teach and demand high standards of conduct and to enforce personally the rules and regulations set forth by the NVYLL.

The NVYLL requires that the following code of ethics and disclosure be issued to and signed by each head and assistant coach, each season, as a guide to govern their behavior. The penalty for failing to sign a copy of this policy will be to restrict the coach from participating in NVYLL programs

II. Code of Conduct for Coaches

- Be courteous at all times with players, opponents, game officials and fans.
- Exercise self-control on the field before, during and after contests.
- Be responsible for the sportsmanlike conduct of his or her players on the team.
- Explain to the parents that they are to respect the decisions of the referees and the play of both teams in a sportsmanlike manner.
- There shall be no use of foul and abusive language.
- Be familiar with all rules of the contest.
- Respect the integrity and judgment of game officials.
- There shall be no use of tobacco products, alcoholic beverages, or illegal drugs at NVYLL programs.
- There shall be no recruitment of players from other teams or clubs.
- Win with character, lose with dignity.

I have read and understood the Policy Statement and Code of Conduct for Coaches, and the violations and penalties of the "Code of Conduct Policy". I have also read and understood the rules and regulations of the NVYLL, specifically Section 1.7 "Conduct" and Section 1.10 "Penalties".

I agree to abide by the policy while participating in NVYLL athletics regardless of contest site or jurisdiction.

Signature: _____ Date: _____

Coach Name: _____ Telephone: _____

Youth Program: _____ Email: _____

Position: Head Coach Assistant Coach

Division: U-15 / Div. I U-13 / Div. II U-11 / Div. III U-9 / Div. IV

(Level): A B C