

## Introduction

This handbook contains a combination of principles, guidelines and mandates to allow more effective leadership and administration within the ULA High School Boys League. In a perfect world we could merely state a set of guiding principles and all members of the league would be able to determine their correct course of action and pursue it without conflict or attempt to gain advantage at the boundaries of the principle. In the real world we need to also state guidelines where there is some judgment and latitude in interpretation/implementation and also state certain mandates that are not negotiable. It is sincerely hoped that all members of the League will seek to understand the intent of items in the handbook and make decisions that honor the intent. Where there is potential for conflict with an item, it is the responsibility of the individual to discuss that item with league leadership prior to acting.

It is not possible to write mandates/procedures for every conceivable situation, nor is it necessary if most individuals are able to abide by the intent of a set of general principles. There will always be a certain amount of judgment involved in interpreting requirements along with coaching by League leadership in the application of the requirements. In most situations this is merely a learning process with all individuals doing their best to live to the requirements as they understand them.

In the unfortunate event that there are breaches of the principles, guidelines or mandates, League leadership has the responsibility to determine the severity and necessary mitigating actions to correct the situation. If a situation progresses far enough to merit this sort of adjudication it is seldom pleasant for anyone involved, but can be avoided through full understanding and compliance with the items herein along with open and honest communication.

## **1.0 Organization**

- 1.1** This is the official handbook of the Utah Lacrosse Association (ULA) High School Boys League. The guidelines contained in this handbook are subordinate to and subject to the approval of the ULA.

## **2.0 Goals and Guiding Principles of the ULA High School Boys League**

### **2.1 Goals**

- 2.1.1 Develop youth to be role models and leaders in our communities.
  - 2.1.1.1 Teach Life Lessons
  - 2.1.1.2 Teach Honor and Integrity
  - 2.1.1.3 Develop Athletic Achievement
  - 2.1.1.4 Develop Community Involvement
- 2.1.2 Develop Coaches as Educators of future leaders.
- 2.1.3 Develop a transforming culture in local youth sports through honoring the game by players, coaches, officials, parents, spectators and the general community.
- 2.1.4 Develop and advance the sport of lacrosse as a vehicle for positive community development.
  - 2.1.4.1 Continually advance the overall level of play
  - 2.1.4.2 Provide a multi-level (Divisional) competitive environment to maintain player and program motivation.
  - 2.1.4.3 Provide a positive, fun and physically and emotionally safe environment for players.

### **2.2 ULA High School Boys League Guiding Principles**

- 2.2.1 In concert with the ULA Code of Conduct, these principles form a model against which all actions, behavior and decisions shall be judged. These principles describe the expectations for all members of the ULA High School Boys League community (Players, Coaches, Team Management, ULA High School Boys League Management, Officials, Parents and Spectators.)
- 2.2.2 We exist to develop youth as role models and leaders in our communities.
- 2.2.3 We "Honor the Game" by:
  - 2.2.3.1 Honoring the letter and the intent of all "Rules", policies and guidelines. We never teach or encourage our players to bend or beat the rules or take unfair advantage of an opponent.
  - 2.2.3.2 Honoring our "Opponents" on the field and working cooperatively with other organizations in our communities.
  - 2.2.3.3 Honoring "Officials" on the field and leaders/managers in our organizations and communities who are appointed with authority for our activities.
  - 2.2.3.4 Honoring our "Teammates" and associates by supporting team and organizational goals in a positive, proactive and cooperative manner.
  - 2.2.3.5 Honoring "Self" by maintaining high standards of personal integrity, conduct and interpersonal interaction.
- 2.2.4 We follow a model that focuses on developing individual and team excellence, which ultimately leads to winning teams, but subordinate this goal to teaching life lessons and honoring the game to develop our youth for their future role in our communities.
- 2.2.5 We provide opportunities for youth to participate in Lacrosse at two levels:
  - 2.2.5.1 "Meritocratic" where a place on the team and playing time are determined by ability, performance and effort.
  - 2.2.5.2 "Developmental/Recreational" where players are guaranteed playing time if they adhere to basic behavioral standards.
- 2.2.6 We follow the PCA (Positive Coaching Alliance) "Positive Coach Mental Model" as an expectation for all coaches which:
  - 2.2.6.1 Redefines "Winner"
  - 2.2.6.2 Fills players' emotional tanks

- 2.2.6.3 Honors the game
- 2.2.7 We actively expect and engage parents and spectators in our Guiding Principles and behavioral expectations.
- 2.2.8 We actively engage our officials in our Guiding Principles and the development of our youth.
- 2.2.9 We hold adult leaders, coaches and officials to a very high standard of Honor, Personal Integrity/Ethics and Behavior on and off the field and in our communities. They are expected to be outstanding role models.
- 2.2.10 We value scholastic achievement, sportsmanship and individual life skill development for our youth above winning lacrosse games.
- 2.2.11 The physical and emotional safety of our players and members is important above all other considerations. Dangerous or demeaning behavior is unacceptable.
- 2.2.12 We win with class and character and we lose with honor and dignity. Through this higher standard we become winners regardless of the score of a particular contest.

### **3.0 League Governance**

#### **3.1 Coaches Council (Council)**

- 3.1.1 The Coaches Council is the governing body of the ULA High School Boys League and is subordinate and accountable to the Utah Lacrosse Association Board of Directors (Board), upholding the bylaws of the ULA and all decisions of the Board.
- 3.1.2 Members of the Coaches Council shall be at least 21 years of age and shall demonstrate behavior as role models in accordance with the Goals and Guiding Principles of the ULA High School Boys League.
- 3.1.3 Number and Term of Office
  - 3.1.3.1 The Council shall consist of 8 voting members. There shall be one current coach from each conference in the ULA High School Boys League comprising the voting members.
  - 3.1.3.2 The Council shall also have additional non-voting members consisting of the League Commissioner, ULA Executive Director, Officials Representative, Area Chairman and at-large members as selected by the Council from time to time.
  - 3.1.3.3 Coaches shall serve a 2-year term subject to election/reelection by the head coaches in their conference. At-large members shall serve a 2-year term subject to appointment/reappointment by the Council. Elections shall be by written ballot following alignment decisions for each Division.
  - 3.1.3.4 Each conference shall elect an alternate that shall perform duties on the Council in the absence of the primary member from that conference.
  - 3.1.3.5 The terms of office of coaches from DI South, DI North, DII Davis and DII Utah shall expire on odd years. Other terms of office shall expire on even years.
  - 3.1.3.6 The Council shall elect a Secretary from the voting members of the Council who shall keep accurate minutes of the proceedings and decisions of the Council. The Secretary shall be responsible for disseminating the minutes to Council members after each meeting and presentation for approval of the minutes from the previous meeting. The Executive Committee is responsible for disseminating decisions of the Council to League and Team Leadership through the League Commissioner. The term of office for the Secretary is one year, subject to reelection.
  - 3.1.3.7 Mid-term vacancies in the Council shall be filled by a vote of the Head Coaches for that conference for the unexpired term of the previous Council member.
- 3.1.4 Executive and Other Committees
  - 3.1.4.1 The Council shall appoint an Executive Committee consisting of three members of the Council, the ULA Executive Director and the League Commissioner. The role of the Executive Committee is to determine the business to be brought before the Council, set agendas and meeting administration and recommend general direction to the Council.
  - 3.1.4.2 The Council shall, from time to time as the need arises, appoint committees to accomplish specific tasks as determined by the Council such as, Awards, Rules and Officiating, Selection, etc..
- 3.1.5 Removal of Council Members shall be either by resignation or by a  $\frac{3}{4}$  vote of the council. Any voting member that misses three consecutive meetings is deemed to have resigned, subject to extenuating circumstances.

- 3.1.6 The contents of the ULA High School Boys League Handbook are the responsibility of the Council with review and approval of the ULA Executive Director and the Board of Directors.
- 3.1.7 There shall be no less than eight meetings of the Council per year (June – May). The number, time, duration and location of the meetings shall be determined by the Executive Committee. The Commissioner shall conduct meetings in accordance with Robert’s Rules of Order. Standard agenda items, subject to modification by the Executive Committee, are contained in the following table.

<b>Meeting Date</b>	<b>Standard Agenda Items</b>
June	Year in Review - Future Actions
	DI League Realignment (DI Final, DII Tentative)
	Initiate Council Elections
July	Council Realignment/Training for new members
	Committee Assignments
August	Review Senior’s Exit Poll results for action
	ULA Conference Input
September	Draft Conference Schedule Review - DI
	Annual Policy Review
October	Draft Budget
	Final Conference Schedule Review - DI
	DII League Alignment – Initiate Council Elections
	Draft Schedule Review - DII
	Points of Emphasis (NFHS and NCAA POE come out in Sept.)
	New Team Requests/Selection to Regular Membership Status
November	Final Budget Review
	Council Realignment/Training for new members
	Final Schedule Review - DII
	ULA Conference Review
	Final Review of Schedules and posting to the Assignor
December	Officials Annual Review
March	Mid-term Budget Review
	Awards Committee Review
	Post-Season Play Planning Review

- 3.1.8 Decision Making
- 3.1.8.1 All decisions made by the Council shall be in accordance with the Goals and Guiding Principles of the ULA High School Boys League and are subject to review by the Board of Directors.

- 3.1.8.2 General business decisions shall require a simple majority. Decisions on sanctions or removal shall require a three-quarters majority.
- 3.1.8.3 For purposes of casting a vote; members may be deemed to vote if the member grants a signed written or emailed proxy to the Executive Committee. The proxy must direct the Executive Committee regarding a vote to be cast with respect to a particular proposal that is described with reasonable specificity in the proxy. No other proxies, including general proxies, are allowed.
- 3.1.8.4 Each voting member shall vote either Yea, Nay or shall abstain with a specified reason for the abstention to the Council. Votes shall be considered final when a proposal is deemed either defeated or carried after the vote. After this point the only recourse of a voting member regarding their vote is to submit written notice to the Council prior to acceptance of the minutes of the meeting in which the vote was taken.
- 3.1.9 The Council selects a representative to serve as the US Lacrosse Area Chairman.
  - 3.1.9.1 The area chairman is elected to a two-year term by the Council and works under the direction of the Council.
  - 3.1.9.2 The duties of the Area Chairman are defined by US Lacrosse and can be found at [http://www.uslacrosse.org/mens\\_div/mdiv\\_hs.phtml](http://www.uslacrosse.org/mens_div/mdiv_hs.phtml).
  - 3.1.9.3 The ULA shall assist with the expenses of the Area Chairman to attend the National Convention in an amount not to exceed \$800 based on actual out-of-pocket expenses.

### **3.2 League Commissioner**

- 3.2.1 The League Commissioner shall have general supervision and implementation accountability over the activities and operations of the ULA High School Boys League subject to the guidance and approval of the Coaches Council. The authority of the Commissioner comes from the Council. The Council makes policy decisions and the Commissioner communicates and implements those decisions.
- 3.2.2 The League Commissioner is the primary conduit for communication with Programs and their Head Coaches for the implementation and assurance that the policies of the ULA High School Boys League are effectively implemented.
- 3.2.3 The League Commissioner works in close cooperation with the Boys Program Coordinator to ensure that there is effective communication and cooperation with other leagues and the ULA.
- 3.2.4 The League Commissioner prepares the annual calendar of activities for the League for approval by the Council and maintains a record of activities, actions and decisions for their term of office.
- 3.2.5 The League Commissioner shall conduct the meetings of the Council and other mandatory meetings in accordance with Robert's Rules of order and with the assent of the Council. The Commissioner creates the agenda for these meetings in accordance with paragraphs 3.1.7 and 4.2.2 and other necessary business for the effective management of the League, and prepares the background necessary for the Council to effectively formulate decisions.
- 3.2.6 Issues and requests regarding League management and adjudication are coordinated and communicated through the Commissioner. Council members shall not engage in activities that could be construed as ruling on interpretations of League policy. Giving personal opinions with guidance to work through the Commissioner is appropriate.
  - 3.2.6.1 Council members or other individuals in the League who become aware of issues regarding policy interpretation or necessary adjudication shall forward those issues to the Commissioner for appropriate discussion with the Council and action.

- 3.2.6.2 Individuals with issues to bring before the Council (e.g. requests for relief from a policy, transfer requests, rulings/advice on intended actions, reports of violations, suggestions for policy modifications, etc.) shall use the Feedback form and shall route it to the ULA High School Boys League Commissioner.
- 3.2.6.3 The Commissioner shall research each issue and prepare the necessary background and recommendation for Council action and shall forward this information to Council members for discussion and action.
- 3.2.6.4 Once actions are formulated and approved by the Council, the Commissioner prepares communications to affected parties for approval by the council and delivers those communications with a copy to all Council members.

## **4.0 League Participation**

### **4.1 Program /Team Requirements**

#### **4.1.1 Program Governance**

- 4.1.1.1 Each program will operate under direction from a host school; e.g. AD oversight of the program – OR – If no support from a host school, then under a Board of Directors who oversees eligibility, coaches/player conduct and general management.
- 4.1.1.2 Teams newly admitted to the ULA High School Boys League and not working under direction of a host school should establish a Board of Directors by the October following their first season of play as a provisional member.
- 4.1.1.3 At minimum, the Board of Directors will include a President, Vice-President, Secretary and Treasurer. The board may also include other officers or representatives.
- 4.1.1.4 The varsity head coach may NOT be a voting member of this board.

#### **4.1.2 Participating Teams**

- 4.1.2.1 Each program may have only one Varsity team to compete in either Division I or Division II. All subsequent teams established from the same program will be established as Junior Varsity or Freshman/Sophomore teams.
- 4.1.2.2 Junior Varsity will be comprised of players from 9<sup>th</sup> – 12<sup>th</sup> grade.
- 4.1.2.3 Freshman/Sophomore teams will be comprised of 9<sup>th</sup> – 11<sup>th</sup> grade players.
- 4.1.2.4 After fielding (1) a varsity, (2) a junior varsity and (3) a freshman/sophomore team, programs may choose to field either another junior varsity or freshman/sophomore level team.
- 4.1.2.5 To field a varsity team requires a minimum of 18 registered players. To field a junior varsity team requires a minimum of 33 registered players (total number in the varsity and junior varsity). To field a freshman/sophomore team requires a minimum of 51 total registered players and to field an additional team requires a minimum of 70 total registered players.

#### **4.1.3 League Mandated Items**

- 4.1.3.1 All players, coaches and parents shall have signed the appropriate codes of conduct and medical releases prior to player participation in any ULA High School Boys League contest. These documents shall be present at each game.
  - 4.1.3.1.1 No student shall be eligible to compete in any athletic contest sponsored by the ULA High School Boys League unless they have a physician's certificate stating that they are physically able to compete in inter-school athletic contests.
- 4.1.3.2 All players shall be registered with the Utah Lacrosse Association prior to participation in League play.
- 4.1.3.3 Dues
  - 4.1.3.3.1 Every Provisional and Regular Membership team will pay league registration fees to be determined by the Board.

Specific dates will be determined and communicated each year.

- 4.1.3.3.2 In the unfortunate event that a team must fold during the season, the league dues will be kept by the league.

#### **4.1.4 Admission of New Teams**

4.1.4.1 New teams will enter the League as a Division II Provisional member providing they meet the following criteria:

- 4.1.4.1.1 Application for Provisional Membership prior to 30 September.
- 4.1.4.1.2 Agreement to abide by ULA bylaws and ULA High School Boys League Handbook provisions.
- 4.1.4.1.3 A home field for hosting games.
- 4.1.4.1.4 A coach meeting qualifications established by the ULA High School Boys League Coaches Council.
- 4.1.4.1.5 Sufficient organizational support to convince the Council that the new team will be viable for the ensuing season.
- 4.1.4.1.6 Desire to enter as a Varsity team.
- 4.1.4.1.7 A team not meeting the criteria above may play a JV schedule or schedule exhibition games on their own. After one year, the Council shall determine if Regular Membership status is warranted.

##### **4.1.4.2 Player Assignment**

- 4.1.4.2.1 When a new team forms, all players attending schools deemed within that new team's designated boundaries must play for the new team with the exception of seniors who may play their final season for their original team.

#### **4.1.5 Transportation to Games**

- 4.1.5.1 Teams are responsible for their own transportation to games and are cautioned to follow all applicable laws and ordinances to ensure the safety of their staff and players.
- 4.1.5.2 Teams are encouraged to ensure that all drivers are adults and that any player riding with a person other than his parent/guardian has specific permission to do so.

#### **4.1.6 Finances**

- 4.1.6.1 Teams are encouraged to ensure detailed oversight of all monetary transactions and accounting for any monetary disbursement. Following all applicable local, state and federal laws, including IRS regulations is critical. Going above and beyond the regulations to ensure totally transparent financial dealings will help protect all members of an organization.

## **4.2 Requirements of Head Coach / Coaching Staff**

- 4.2.1 The Head Coach of each program in the League will be held responsible for knowing the rules and ensuring that all those coaching and acting under the Head Coach comply with the rules of the ULA High School Boys League and the ULA. The Varsity Head Coach, along with program leadership/Board of Directors

is responsible for all teams within their particular program (Varsity, Junior Varsity, Freshman/Sophomore, Youth (if applicable)).

4.2.1.1 Rules/Policies training shall be provided for all coaches. This training shall be a one-time requirement with updates as directed by the Council.

4.2.2 Head coaches and Team Organization heads/Parent Reps shall attend several mandatory meetings each year as determined by the Council.

Meeting Month	Standard Agenda Items	Required Attendance
December	ULA Conference	Head Coaches, Organization Heads
	Policies and Procedures	
January (early)	Rules Update	Head Coaches, Organization Heads
	Points of Emphasis	
February	Timer/Scorer Training	Head Coaches, Timers/Scorers
May (early)	Awards Selection	Head Coaches
	Post Season Details	

#### 4.2.3 Minimum Qualifications

4.2.3.1 The Head Coach of a program shall be at least 21 years old.

4.2.3.2 All Coaches shall be members of US Lacrosse.

4.2.3.3 All Head Coaches must be First Aid certified and CPR qualified. It is recommended that there be a certified individual at all practices, scrimmages and games immediately available to respond to an emergency. It is recommended that all members of the coaching staff be First Aid certified and CPR qualified.

4.2.3.4 The ULA High School Boys League shall pay for one individual from each high school program to attend First Aid and CPR training.

4.2.3.5 All members of the coaching staff must undergo a ULA approved background check prior to any contact with participants and shall have their badge in their possession to be able to be present in the Coaches Box at any game. Failure to have coaches with badges in the coaches box shall result in game forfeiture prior to starting play.

4.2.3.6 All Coaches shall read and agree to abide by the Code of Conduct for Coaches.

4.2.3.7 All Coaches are encouraged to complete US Lacrosse Level I and Level II On-line and Clinic training.

4.2.3.8 All Head Coaches shall complete Positive Coaching Alliance (PCA) training prior to the first game of their first season as a coach.

4.2.4 Coaches, staff and volunteers become role models for others in the ULA and community. These individuals often play major roles in establishing standards of acceptable behavior in the community, and establishing and maintaining the reputation of the ULA and the level of community confidence and support afforded the ULA. It is of the utmost importance that those involved in ULA activities comply with the letter and intent of all applicable laws and rules of behavior and conduct themselves at all times in a manner befitting their positions and responsibilities. This includes a prohibition on the use of foul, abusive, or

profane language while engaged in ULA related activities and strict adherence to the Drug, Alcohol and Tobacco policy.

### **4.3 Player Requirements**

#### **4.3.1 Age Restrictions**

- 4.3.1.1 No player shall participate in program activities who has reached nineteen years of age prior to the first day of September of the school year in which such participation is intended.
- 4.3.1.2 Players must be in at least 9<sup>th</sup> grade to participate in the ULA High School Boys League.
- 4.3.1.3 A player must be a member of US Lacrosse prior to participating in any league or team practice or game. A team may perform introductory sessions with prospective players that do not include any physical contact. Individuals participating in introductory sessions shall wear eye and mouth protection if they are participating in throwing/catching activities.

#### **4.3.2 Student Status**

- 4.3.2.1 No player shall compete in any ULA High School Boys League activity who is a graduate of a regular four-year high school or who is a graduate of a secondary school which has the same requirements for graduation as a regular four-year high school. However, a student who finishes the required number of credits for graduation in fewer semesters than are normally required and is doing college undergraduate work shall not be barred from competition to which he would otherwise have been eligible until the termination of so many semester as normally would have been available for such a student's eligibility or participation as long as they are still considered a student at the high school they are playing for.
- 4.3.2.2 At the time a student first enters the ninth grade, or an equivalent level of education in any other system, that student shall have four consecutive years of eligibility.
- 4.3.2.3 Students who do not attend school or who fail to, or are deemed ineligible to participate shall forfeit their eligibility during that period and shall not be provided any additional period of eligibility except as may be provided through the appeal process.

#### **4.3.3 Academic Eligibility**

- 4.3.3.1 A player cannot fail any subject in the preceding grading period.
- 4.3.3.2 A player must have obtained a minimum grade point average (GPA) of 2.0 or its equivalent in the preceding grading period.
- 4.3.3.3 A student who has failed to meet the minimum requirements set forth shall be ineligible for participation throughout the next grading period. Incompletes (I), No Grades (NG) and No Credits (NC) are considered failures until made up and prevent eligibility until that time.
- 4.3.3.4 Eligibility under this rule is determined when grades are posted. Teams shall require players to submit their grades to the Head Coach or Team Organization representative to determine eligibility.
- 4.3.3.5 Teams may institute higher academic eligibility standards at their discretion for their team.
- 4.3.3.6 Decisions by parents/legal guardians to raise academic eligibility standards for their player shall be accepted with full support.

#### 4.3.4 Program / Team Participation

- 4.3.4.1 A player must play for the team affiliated with the school that he attends.
- 4.3.4.2 A player attending a public school without a lacrosse program is eligible to play for the team determined by the Team Boundary Document on the ULA website.
- 4.3.4.3 A full-time student in a private or charter school not offering lacrosse and home-based instruction students shall participate at the resident public school that the student would normally attend.
- 4.3.4.4 A player determined to be ineligible for a given program, is not eligible to compete for that program at any level.
- 4.3.4.5 A player may be determined eligible for a given program, but not immediately eligible to compete at the Varsity level unless meeting the requirements of the Residence Rule and/or Transfer Rule.
- 4.3.4.6 Residence Rule
  - 4.3.4.6.1 A student enrolling in high school for the first time will be residentially eligible for participation in the ULA High School Boys League even if that first entry is at a school not within the player's residential area. This rule recognizes the prevailing law encouraging open enrollment. After establishing eligibility, a player transferring to a member school shall be eligible to participate in the ULA High School Boys League at the school to which he transfers provided there is a corresponding change of residence of the parent(s) or guardian(s) and they meet the requirements for transfer in paragraph 4.3.5. If a player's parents move, the student may remain eligible at the school where he has established eligibility. The recruiting of players by a school, program, coach/staff or affiliated individuals/boosters is considered a serious violation of ULA High School Boys League principles and will be dealt with through investigation and appropriate individual and/or team/program sanctions. Attendance at program/team or coach sponsored camps or participation together on a "super-league," "all-star," "select" or other traveling or combined team where there is an attempt to establish eligibility at a school which is outside the residential area of any of those player's will be prima facie evidence of recruiting.

#### 4.3.5 Transferring Students

- 4.3.5.1 The Transfer Rule is preventative in nature and is intended to eliminate the incentive to transfer schools when the motivation is for lacrosse purposes after a student has initially chosen the school of his choice. The Transfer Rule protects students who have previously participated in competition at a school from being replaced by students who transfer for lacrosse purposes and further protects students from "team-shopping" by students and recruiting by other teams.
- 4.3.5.2 Any student transferring from one high school to another shall lose eligibility for participation in lacrosse for twelve months from the day of attendance at the new school under the following circumstances:
  - (a) The transfer resulted from the student's intent or purpose to participate in athletics at the transferee school.
  - (b) The transfer does not otherwise comply with the rules of the State Board of Education.

- (c) The student does not receive confirmation from the Council that the transfer meets the conditions of paragraphs (a) and (b) of this rule.
- (d) The transfer was mandated by a school district for disciplinary reasons.

#### 4.3.6 **Hardship**

- 4.3.6.1 The Council can make specific exceptions to the player eligibility regulations contained in this document and amended as necessary; provided, such exceptions are based upon hardship conditions.
- 4.3.6.2 Any waiver of eligibility regulations shall be based upon extenuating circumstances, beyond the student's, or where applicable, the parents' or legal guardian's control, that are deemed to have significantly influenced or contributed to the cause of the student's non-compliance with the eligibility regulation(s) involved. The following criteria shall be used to determine if a hardship exists:
  - A. A hardship exists only when some unique circumstances concerning the student's physical or emotional status exist and only when such circumstances are not the result of acts or actions by the student or family unit.
  - B. The circumstances must be totally different from those that exist for the majority or even a small minority of students.
  - C. There must be no reason to believe that the decision and/or the execution of the decision concerning the student's academic status were for athletic purposes.
  - D. The burden of providing evidence that a hardship exists shall be borne by the student.
  - E. There shall be a direct, causal relationship between the alleged hardship and the student's inability to meet the specific eligibility rule(s).

## **5.0 League Rules and Regulations**

### **5.1 Divisional Philosophy / League Alignment**

- 5.1.1 The Divisional structure is critical to the development and advancement of lacrosse in the ULA. Each Division has a specific purpose that supports ULA and ULA High School Boys League goals and guiding principles.
  - 5.1.1.1 Division I is intended to be a fully competitive environment for teams that have fully sustainable management, coaching and youth feeder structures.
  - 5.1.1.2 Division II is intended to provide a competitive environment for teams that are not yet fully sustainable for the future and are developing the skills and structures to advance in the future.
- 5.1.2 League alignment will be determined by the Council with input from coaches.
- 5.1.3 The Council will re-evaluate the alignment of the League and team assignments within each Division each year.
- 5.1.4 Criteria considered in the re-alignment of teams between divisions: Competitiveness, Management Structure, Coaching Continuity, Size of Program, Feeder Program and strength of JV teams.

### **5.2 Practice Regulations**

#### **5.2.1 Lacrosse Season**

- 5.2.1.1 The lacrosse season shall extend from the Monday three weeks prior to Presidents Day to the end of the final championship game.
- 5.2.1.2 The non-conference competition season shall commence the first Monday in March and the conference competition season shall commence the second Monday of March. There shall be no competition with other teams to include scrimmages prior to these times.
  - 5.2.1.2.1 No member of a high school team may participate with an outside lacrosse team during the lacrosse season.

#### **5.2.2 Pre-competition practice**

- 5.2.2.1 Teams shall only perform conditioning (no sticks or pads) from the start of the season to Presidents' Day. Specific dates shall be posted on the ULA website on an annual basis.

#### **5.2.3 Out of Season Participation**

- 5.2.3.1 There shall be black-out periods during the months of August, November and December when there shall be no coach-to-player contact related to lacrosse which includes not observing players perform in lacrosse. The following will not take place during the black-out periods.
  - 5.2.3.1.1 Coaching or observing by any coach (paid or non-paid) or volunteer who make up the programs immediate past, current or projected (intended) future coaching staff. A coach may observe only if his/her child is participating or if acting as a registered official assigned to that specific contest or in a purely spectator capacity. When acting as a spectator, no effort to coach, either via verbal or non-verbal cues, will be tolerated and no notes or observations may be made that would constitute scouting.

- 5.2.3.1.2 Organized practice, camp or competition at any level with or organized by any coach, parent or volunteer as described above. This includes "Captain's Practices", but does not limit individuals or groups getting together for "pick-up" play without organization by staff, parents or captains.
  - 5.2.3.1.3 Meetings that have any element of coaching, game review or X's and O's. Parent's organizational meetings are appropriate.
  - 5.2.3.1.4 2-day tryouts for varsity and/or junior varsity teams may be held after notification of the Commissioner.
- 5.2.3.2 Out-of-Season participation shall be voluntary and will not be prerequisite to membership or participation on any team. This includes the time in January prior to the start of the lacrosse season, but excludes the try-outs discussed above.

#### **5.2.4 Practice Regulations**

- 5.2.4.1 Players must complete 8 practices before participating in an organized competition, including exhibition games, scrimmages or tournaments against an opponent outside of one's own program. For the purposes of this rule, there can be only one practice per day.
- 5.2.4.2 For the purpose of meeting the pre-contest practice requirements, practice is defined as a regularly scheduled team physical activity designed for the preparation of athletes for the ensuing lacrosse season and must be conducted under the supervision of the head coach or an assistant coach.
- 5.2.4.3 Practice days are considered to be Monday through Saturday. Neither Sunday practices nor practices on game days may count towards meeting minimum practice requirements.
- 5.2.4.4 An individual who participates in any level of UHSSA sanctioned post season play-offs and thus cannot meet the minimum practice requirements for the succeeding lacrosse season will be allowed to waive up to a maximum of one-half (4) of the required eight (8) practices only if the available team practice days for the individual involved in the preceding play-offs are insufficient to meet the minimum requirement before a scheduled contest.
- 5.2.4.5 For purposes of meeting the pre-contest practice requirement, a player may not begin counting practices until they are cleared and listed as an official roster member of the program for which they intend to compete.

#### **5.3 Game Regulations**

- 5.3.1 All ULA High School Boys League-sponsored play shall be governed by the current NFHS rules/situations & rulings, MDOC Training Manual and interpretations and the NCAA Statistician's Manual and situations & rulings with the following exceptions:
  - A. Goal Specifications: In-ground or flat-bar goals are recommended but not required.
  - B. Field Specifications: There shall be flexibility on field size; however, all field lines and markers (cones) must be present; furthermore, goals must be positioned a minimum of 15 yards from each end line and dimensions of the restraining boxes must be legal (35 yds X 40 yds).
- 5.3.2 A player shall play no more than six (6) regulation quarters per day except in the case of an abbreviated game tournament as defined in rule 5.3.4.3. Goalies can

be excluded from this requirement. The intent of this rule is to protect players from excessive exertion. There are situations within this rule that prudence would dictate less play. A player is determined to have played a quarter if at any point, for any duration, he is on the field of play during a non-dead ball period.

5.3.3 Based on amateur status rules, high school players will forfeit their season eligibility if they play with any men's club team.

5.3.4 **Regular Season Contest Limit**

5.3.4.1 18 Games plus post season play during the lacrosse season.

5.3.4.2 A game is defined as four 12 minute quarters with at least one official present.

5.3.4.3 Abbreviated contests played as part of a tournament – The games played in one day are considered one game for the purposes of the 18 game limit.

5.3.5 **Scheduling**

5.3.5.1 Conference games are scheduled by the Council.

5.3.5.2 Games scheduled individually by coaches outside of conference play are considered Non-Conference games. Such games do not count toward conference standings, but will be conducted and played under league rules and can count toward post-season seeding decisions. These games are scheduled at the discretion of the coaches involved and ULA/ULA High School Boys League guidance.

5.3.5.3 Any change to a scheduled game must be agreed upon between coaches of both teams.

5.3.5.4 Changes to a scheduled game are handled in accordance with procedures of the Assignor.

5.3.5.5 The ULA Refusal to Play Policy applies to the ULA High School Boys League. The Council shall adjudicate issues related to this policy and shall ensure that consideration is given to the willingness of teams to cooperate in reacting to situations where a team could not reasonably be expected to play a particular game due to circumstances beyond their immediate control and/or ability to predict.

5.3.5.6 Once all Conference and non-Conference games have been scheduled (due date determined by the Council), the Council shall forward those schedules to the Assignor for inclusion in the Officials Scheduling process.

5.3.5.7 Changes to the schedule shall be coordinated through the Council and the Assignor.

5.3.5.8 If a team chooses to schedule multiple games with an in-conference opponent, the last game played shall be used to determine conference standings.

5.3.5.9 Head coaches are responsible for inputting scheduled games into the ULA High School Boys League/ULA website.

5.4 **Statistics**

5.4.1 At every game there shall be a certified person from each team at the scorer's table, supervising table activities. Violation of this requirement shall result in the offending team forfeiting that game. Certification consists of successfully completing league-sponsored annual training/testing. All other individuals working at the table shall have read the standard league-provided training package and Handbook for their assigned duties, but do not have to be certified.

Certification training will cover all aspects of table duties with video simulations of game situations and is highly recommended for all table personnel. Head Coaches shall be certified, but can only satisfy the requirements of this policy by being present at the table rather than in the coaches box. The certified person shall sign each score sheet. Signed score sheets from each game shall be maintained until 30 days after the end of the season. In accordance with NFHS rules, the home team scorer maintains the official record of the game, but both teams shall keep scoring, assist, penalty and goalie save statistics for both teams. Table duties and guidelines are contained in the Utah High School Lacrosse League Scoring Handbook and shall be followed for all ULA High School Boys League sponsored games and tournaments. Certified individuals and league trainers shall be noted on the ULA High School Boys League website and shall have their league-provided badge at each game.

- 5.4.2 The following statistics will be kept by each team for each League game and reported to the League via UtahLax.org by 24 hours after the end of each contest:
- A. Goals
  - B. Assists
  - C. Groundballs
  - D. Goalie Saves
  - E. Number of Time-Serving Penalties by player
  - F. Number of Penalty Minutes by player
  - G. Number of conduct and USC penalties for the coaching staff and spectators.

## **5.5 Reciprocal Policy**

- 5.5.1 Disciplinary actions taken by another entity within ULA, US Lacrosse or local schools against players, coaches, parents or fans shall be upheld.

## **5.6 Culture Keepers**

- 5.6.1 Each team will have an assigned "Culture Keeper" at each game actively administering and promoting the US Lacrosse Sportsmanship Card Program.

## **5.7 Drug, Alcohol and Tobacco Policy**

- 5.7.1 Every effort shall be made at all levels of the ULA High School Boys League to eradicate the promotion, use or abuse of alcohol, drugs and tobacco to include performance-enhancing substances.
- 5.7.2 Limitation for participation of players regarding the use of alcohol, tobacco products and other drugs during a sports season, as defined in the Utah Code are:
- 5.7.2.1 First offense: Suspension from two consecutive games. Practice may be continued following a personal assessment of the student by a licensed substance abuse intervention or treatment program and/or participation in an intervention program.
  - 5.7.2.2 Second offense: A six-week suspension from games and mandatory completion of an intervention program prior to reinstatement.
  - 5.7.2.3 Third offense: An eighteen-week suspension from games and mandatory completion of an intervention program prior to reinstatement. A fourth offense shall end future participation.
- 5.7.3 Teams may institute more stringent requirements.
- 5.7.4 Program staff and coaches shall fully support the elements of this policy in their behavior when interacting with players in all situations.

## **5.8 Procedure for petition to play for another program**

A petition to move programs must be in writing and submitted by the **player** (not the coach or parent) in the form of a Petition to the Council. The Petition shall:

- (1) Be written.
- (2) Set forth all the circumstances surrounding the appeal.
- (3) Be submitted to the Council through the League Commissioner.

The Council will review the Petition and either:

- (1) Grant the Petition.
- (2) Deny the Petition, or
- (3) Request more information from the player before making a decision.

The decision of the Council shall be in writing and shall be delivered to the player in a reasonable period of time. Any Council member who is involved with the circumstances surrounding a specific eligibility issue will not participate in any vote of the Council concerning that issue.

If a player is attempting to transfer to a given program to play lacrosse and the petition is denied by the Council, the player shall not be allowed to play for that program at any level.

## **5.9 Incident Reporting**

5.9.1 All incidents associated with the League that may affect the effective management of the League, cause harm to the reputation of the League or present the possibility of legal liability to the League shall be reported.

5.9.1.1 Injuries, to include all suspected concussions and any injury requiring professional interaction/evaluation and any injury that may result in professional interaction/evaluation in the future shall be reported to the ULA Executive Director with the Injury Report Form.

5.9.1.2 Unsportsmanlike Conduct, fights, conflicts with officials, spectator incidents, conflicts with field owners or community infrastructure, forfeits, significant arguments, or any incident reflecting poorly on our goals and principles shall be reported to the ULA Executive Director with the Feedback Form.

## **6.0 Rule Violations and Penalties**

6.1 The strength of the ULA High School Boys League lies in the willingness and ability of the membership to support the goals, guidelines, rules and regulations adopted and, if necessary, to support the penalties placed upon members, if it is determined that those same guidelines, rules and regulations have been violated. Violation of ULA/ULA High School Boys League By-Laws, policies, rules and regulations can result in, but is not limited to, sanctions placed upon individual players, coaches, program leadership, spectators, officials and/or programs as a whole. Sanctions can include but are not limited to game suspension, season suspension, forfeiture of games, forfeiture of post-season play (playoffs), fines, probation and expulsion from the League. Each situation is unique and will be handled at the discretion of the Council. Multiple, repeated infractions, those deemed to intentionally defy league policy, those that represent lapses in integrity/ethics, those that place individuals at physical or emotional risk, and those that potentially do significant harm to the Honor of the Game will result in stiffer sanctions.

### **6.2 Use of an ineligible player**

6.2.1 The use of an ineligible player shall result in forfeiture of all games in which that player took part.

6.2.2 An ineligible player "takes part" in a game when he steps onto the playing field during competition of a contest in which he is ineligible. Coaches are strongly

encouraged to keep ineligible players distinctly away from the sideline area of a contest for which they are ineligible.

- 6.2.3 Intentional or knowing violations of this policy shall be treated as an integrity violation which affronts the Honor of the Game and shall result in severe penalties for the individuals and/or the coaches/team/program.

### **6.3 Failure to post team rosters**

- 6.3.1 The failure of a team to post accurate and complete schedules and varsity rosters (including player name, number and year) on ULA High School Boys League website prior to the first game of the season may cause that team to forfeit each game until the information is posted. All games and tournaments that figure into the 18 game limit shall be posted.

### **6.4 Misconduct by Players and Spectators**

- 6.4.1 Ejection from a game carries an automatic one-game suspension as a minimum additional penalty. Ejection for Unsportsmanlike Conduct or Flagrant Misconduct or for a second ejection shall carry an automatic two-game suspension with additional review by the Council for further action as deemed necessary to maintain the Honor of the game. A third ejection, or second ejection for Flagrant Misconduct in the same season shall result in suspension for the remainder of the season and review by the Council for additional action deemed necessary. Violations of policy or actions that dishonor the game or the ULA/ULA High School Boys League by Coaches or other Team Leadership shall be reviewed by the Council for appropriate sanctions to the individual and/or the Team and is, in general, considered more serious than a violation by a player. Teams or individuals in gross or continual violation of policies or rules, including multiple ejections, may be suspended from the ULA High School Boys League with the requirement to formally request reinstatement from the Coaches Council at the end of the suspension. Ejections shall incur a \$50 penalty to the team coaches stipend for each occurrence whether by player or coach.

- 6.4.2 Coaches are responsible for controlling their parents, players, and fans. Coaches will work with game officials to control the players and crowd as necessary to ensure a safe event and to honor the game.
- A. Spectators are not allowed immediately behind the bench areas or within or immediately behind the penalty box and table area. If permanent bleachers are present, all spectators and parents are to be located in those bleachers.
  - B. Where permanent bleachers are not present, teams shall be located on the opposite sidelines from the spectators and parents.

### **6.5 Video Policy**

- 6.5.1 When a question arises from an action during a ULA High School Boys League sanctioned game where video of the action is available, the head coaches of both teams, where possible, shall make the video available to the Commissioner/Council for review. If the action in question involves an official's call, the video will be used for educational purposes. No official's call will be overturned. If the situation involves actions by a player, coach, parent or fan, the Commissioner shall review the video and recommend appropriate disciplinary action to the Council.

### **6.6 Contesting Sanctions**

6.6.1 Any decision of the Commissioner or the Council may be appealed in writing to the Council through the League Commissioner.

**6.7 Sanction Carry-Over**

6.7.1 Sanctions imposed in one season, which have not been fully served by the end of the season, shall be carried over into the next season.

## **7.0 Post-Season Awards**

### **7.1 ALL-CONFERENCE TEAMS**

- 7.1.1 First and Second teams will be selected for each conference and will each be comprised of the following: Four (4) attack, four (4) midfield, four (4) defense, one (1) face-off specialist, one (1) LSM and one (1) goalie – total 15. Slight modifications to the distribution of these numbers can be made by assent of the coaches in the conference without exceeding the total of 15. For the purposes of All-State voting, only the originally defined numbers of players at each position on the first team shall be considered.
- 7.1.2 Honorable Mention selections will be left to the discretion of the coaches in a given year.
- 7.1.3 Nominations shall be made by head coaches to their Council representative with the name of the player, their statistics (not including play-offs as known on May 1<sup>st</sup>) and a 50-word biography on May 1<sup>st</sup>. Each conference shall elect a total of no more than 30 players.
- 7.1.4 Voting shall be complete prior to the final coaches meeting of the year.
- 7.1.5 1<sup>st</sup> Team All-Conference players are eligible for All-State voting in the final coaches meeting.

### **7.2 ALL-STATE TEAMS**

- 7.2.1 First and Second teams will be selected and will each be comprised of the following: Four (4) attack, four (4) midfield, one (1) face-off specialist, four (4) defense, one (1) LSM and one (1) goalie – total 15.
- 7.2.2 Voting for All-State teams shall be accomplished in the final coaches meeting by written ballot.
- 7.2.3 First team All-State players are eligible for All-American voting.

### **7.3 ALL AMERICAN PLAYERS**

- 7.3.1 There shall be four players chosen as All-Americans. Voting is accomplished at the final coaches meeting by the head coaches coordinated by the Council with support from the Area Chairman.
- 7.3.2 Voting is by written ballot.
- 7.3.3 Eligibility and process requirements are specified by US Lacrosse at [http://www.uslacrosse.org/mens\\_div/hs\\_aa\\_process.phtml](http://www.uslacrosse.org/mens_div/hs_aa_process.phtml).

### **7.4 ACADEMIC ALL AMERICAN PLAYERS**

- 7.4.1 There shall be two players chosen by written ballot. These players shall be high school seniors.
- 7.4.2 Nominations shall be emailed to the respective coaches council representatives by May 4<sup>th</sup> with the name of the player, their cumulative grades, class standing, a 50-word biography and what University or College they will be attending, if known.
- 7.4.3 Voting is accomplished by the head coaches at the final coaches meeting coordinated by the Council with support from the Area Chairman.
- 7.4.4 Selection criteria for AULA High School Boys League Academic All-Americans are base on the following:
  - 7.4.4.1 Academic accomplishment
  - 7.4.4.2 Character and sportsmanship

7.4.5 Other eligibility requirements and process are specified by US Lacrosse at [http://www.uslacrosse.org/mens\\_div/hs\\_academic\\_aaprocess.phtml](http://www.uslacrosse.org/mens_div/hs_academic_aaprocess.phtml).

## **7.5 ALL-STAR PLAYERS**

7.5.1 There shall be three players and an alternate chosen from each team. All players must be high school seniors.

7.5.2 Head coaches shall email nominations to the Commissioner, including the name of the player, their statistics as of May 1<sup>st</sup> and a 50-word biography by May 6<sup>th</sup>.

7.5.3 The Commissioner shall recommend two All-Star teams (North and South) for each Division to the Council for approval.

## **7.6 COACHES OF THE YEAR**

7.6.1 A Coach of the Year and an Assistant Coach of the year shall be selected for each Division by the head coaches of the respective divisions at the final coaches meeting by written ballot.

7.6.2 The assembled head coaches shall select from these coaches, a US Lacrosse Coach and Assistant Coach of the Year by written ballot. The Area Chairman supports the Council as they coordinate the voting.

7.6.3 Other criteria and eligibility requirements are specified by US Lacrosse at [http://www.uslacrosse.org/mens\\_div/hs\\_coy\\_process.phtml](http://www.uslacrosse.org/mens_div/hs_coy_process.phtml).

## **7.7 US LACROSSE PERSON OF THE YEAR**

7.7.1 Voting for the US Lacrosse Person of the Year shall be accomplished by the head coaches as coordinated by the Council with support from the Area Chairman.

7.7.2 Other criteria and eligibility requirements are specified by US Lacrosse at [http://www.uslacrosse.org/mens\\_div/hs\\_moy\\_process.phtml](http://www.uslacrosse.org/mens_div/hs_moy_process.phtml).

## **7.8 US LACROSSE/UTAH CHAPTER**

7.8.1 In accordance with the US Lacrosse guidelines the Area Chairman is responsible for supporting the selection and presentation of the following awards with the Council:

- All Americans
- Academic All American
- Coach of the Year
- Assistant Coach of the Year
- Person of the Year