



Guideline Update 2018

Abstract

This document is designed to provide our member programs with the association's requirements of its member programs

Contact JGLA President or Rules Chair for More Information

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Jersey Girls Lacrosse Association Guidelines

2018 Update

The Jersey Girls Lacrosse Association (JGLA) was established as an organizing tool to assist Member Programs in the growth of girls' lacrosse and to facilitate communication and competition between those programs. We are the largest girls only youth lacrosse organization in the country and the 6th largest overall chapter with US Lacrosse nationally. We are extremely proud of the fact that we lead the nation in the number of certified level 1 coaches in the women's game.

The Association emphasizes that inter-town competition at the youth level be instructional and foster a positive experience for all involved. It is expected that each Member Program will support our mantra of "Honoring the Game" and stress a love for the game as well as skills and rules of play. Good sportsmanship on the part of all players, coaches and fans is always the standard.

This document addresses the JGLA administrative requirements. The Association strives to comply with the US Lacrosse Youth rules and we refer you to the **Women's Rule Book Official Rules for Girls and Women's Lacrosse**. Those rules also govern youth girls' lacrosse except where US Lacrosse has amended otherwise. Those amendments are based in part on exhaustive surveys of rules in leagues representing nearly 170,000 youth players and on research and published literature from the US Lacrosse Sports Science and Safety Committee, resulting in the development of age-appropriate playing rules and the annual publication of the "Youth Rules and Best Practices Guidebook for Girls." US Lacrosse has made some modifications.

Requirements for Member Programs

It is a JGLA requirement that all players, coaches and program administrators be members of US Lacrosse. Member Programs must submit names and US Lacrosse numbers of all coaches prior to the start of the game season, as further detailed below.

Each Member Program must send at least one (1) representative to the JGLA Annual Meeting (held in October / November) and to their respective Conference scheduling meeting (held in January / February).

All Member Program coaches must attend their conference Rules Interpretation Meeting prior to start of the season.

All game officials also must attend a rules interpretation meeting and can attend any one of the conference meetings.

All program administrators must provide each of their coaches with a copy of these JGLA Rules and each JGLA Member Program must annually certify that they comply with the JGLA Rules.

HOME TOWN PROGRAM PARTICIPATION

Players must participate in their hometown program. A player may participate in a program outside her own town only if her town does not offer a girls' lacrosse program in her age group or, a player attends a private school that is located in another town and she is going to play in the town where the school is located. For a player interested in playing and whose town does not provide a program, she must join a program in a contiguous town or, if none exists, in the program nearest to her hometown. JGLA Member Programs are instructed to respect the geographical boundaries of neighboring programs and player poaching is prohibited. JGLA Member Programs may release players to play for other JGLA programs at their discretion.

Annual Association Dues/Member Program Application and Agreement Form

By March 1 of each year Member Programs must pay the registration fees for the amount of teams registered and scheduled for under 12 games. Any games above this will be an additional team fee. The President or treasurer will notify members when the JGLA Member Program Application & Agreement Form is available. A representative from each JGLA Member Program must attest to the Board through their Conference President that their program is in compliance with all JGLA rules. The Application also requires the names of the coaches, their contact information including USL number (necessary for each coach each year) and Level 1 Certification compliance. It will also serve as the basis for the data that will be populated in the Member Programs section of the website. This is the ONLY way your town's information will be added or updated to the website for the upcoming season.

Divisions

Association play is divided into Divisions based upon grade groupings or by single grade levels. The age groupings are based on players that are within 2 years of age and fall within the following:

1. 7/8 grade- This group includes players that are in school grades 7th or 8th grade.
2. 5/6 grade- This group includes players in the 5th and 6th grade.
3. 3/4 grade – This group includes players in the 3rd or 4th grade.
4. 1/2 grade- This group includes players in the 1st or 2nd grade.

Under US Lacrosse Rules girls may “play up” to the next higher age group (i.e. a player who would qualify by age for the 5/6 grade group may play on a 7/8 team). Players are not permitted to “play down” (i.e. age groups are binding downwards).

Additionally, players who meet the Age criteria for playing in the 7/8 Division and are attending High School (9th Graders), are permitted to play on a JGLA Youth Team provided the following conditions are met:

- The player MUST satisfy the Age requirements.
- The player must have NO high school program in the town or school in which they attend.
- Member Programs, on behalf of their player(s) who meet the above criteria, must request a “waiver” from their Conference President to allow them to play on a U15 team. *All such requests must include accurate details regarding the date of birth, height, weight and level of experience.*

Levels

Association play is further sub-divided into three (3) Levels based on competitiveness of play.

Select (5/6 and 7/8)

This is the JGLA's most competitive level of play.

Single grade teams are permitted within the Grade Groupings 7/8 and 5/6 and can only schedule games vs other Select teams in their primary age grouping. This means a 6 grade team cannot schedule a game vs. a 5 grade team and a 4 grade team cannot schedule a games vs. a 3 grade team under any circumstance. Towns with multiple select teams within a grade group may roster their teams as A/B levels or as balanced rosters. With A/B levels it is important for that town to indicate their level when scheduling games.

7/8 Division Select Level teams will play US Lacrosse U14 Specific Rules with either Modified or Full Checking, based upon the availability of USL **Local** Rated Officials. 5/6 Select Level teams will play U12 Specific Rules with Modified Checking. **U12 is not permitted to play U14 Full Checking Rules under any circumstances.**

Full Checking games will be played in accordance with regular **US Lacrosse Women's Rules**, AND the following modifications:

- Any check to the head is a mandatory RED CARD. For a check to the head, the carded player will be suspended from participating in the remainder of the game in which she received the card AND she must sit out the team's next game. In addition the player's team will play down a player for 4 minutes from the time of the Red Card infraction.

JGLA and US Lacrosse Mandated Criteria for 7/8 SELECT Full Checking Play:

- Players MUST have mastered the basic skills of Women's Lacrosse.
- Playing time is earned through demonstrated skill, a positive attitude and regular attendance at practices and games.
- JGLA Member Programs wishing to have their 7/8 Division teams play Full Checking rules must have been in existence for at least five (5) years, and must have progressed their players through 1/2, 3/4 and 5/6 Specific Rules before playing Full Checking.
- All players on the team must average at least three (3) years of playing experience.
- There must be two qualified officials of which one (1) must be a USL Local Rated Umpire. If there is not a locally rated official available for a U15 Select game, Full Checking will NOT be played regardless of the game being played between Select teams.

All Select Level Coaches (head and assistants) must be prepared to present proof of their USL Level 1 (or higher) certification to the Officials prior to the start of each Select Level game.

There will be no exceptions by Officials to the Level I certification requirement.

7/8 Division Full Checking games will only be scheduled on Friday or Saturday evenings, or on Sundays – Modified Checking Rules will apply all other days of the week.

5/6 Division Select teams may play any day of the week.

Travel (All Divisions)

This level follows the traditional JGLA format and is not as competitive as the Select level.

- Teams must be grouped by their grade (e.g. 7/8 grades, 5/6 grades, 3/4 grades, and 1/2 grades). Single grade teams are permitted within the age groups as follows: 8, 7, 6, 5, 4, 3, 2, or 1 grade levels.
- A Member Program with multiple Travel teams in any Division **is expected to field skill balanced teams.** “A” and “B” teams are not allowed.
- 7/8: 25 minutes running (if coaches choose they stop under 2)
- 5/6: 20 minute halves (stop under 2) or 25 minutes running
- 3/4: 18 or 20 minute halves (maximum) Plays on a modified field with reduced number of players as 8 v 8
- Relatively equal playing time is mandated based on player practice participation.
- Running up scores is strongly discouraged and coaches are expected to keep games close. Teams should not win games by more than ten (10) goals.

It is important that this rule be followed to ensure a good playing experience for all of our Travel teams. **At any time during the season** when you notice a discrepancy in your own Travel teams, you must make roster changes going forward.

If you notice a discrepancy in another town’s Travel teams, the method to resolve the problem should be to first speak to the town’s representative to the Association. If the issue remains unresolved then follow the protocol for reporting **Sportsmanship Issues** outlined below.

All Head Coaches at the Travel Level must be prepared to present proof of their USL Level 1 (or higher) certification to the Officials prior to the start of each Travel Level game.

Rec (All Divisions)

This is a level for “in town” or “house” programs consisting of teams that rarely, if ever, play out of town teams. The JGLA gives Member Programs wide latitude with regard to how Rec programs are run but makes the following recommendations:

- Emphasis should be on learning, fun and participation.
- Relatively equal playing time should be mandated.
- Multiple teams in a given Division should be skill balanced.
- Coaches should be Level I certified.
- Rec teams may play some games, not to exceed four (4) in total, against JGLA Travel level teams or participate in tournaments or play days.

Requirements for Coaches

All coaches must read and sign a JGLA Coach's Code of Conduct form and submit it to their program administrator. This form is available electronically on the Association website under the "Resources" tab.

All coaches must familiarize themselves with the **Official Rules for Girls & Women's Lacrosse** available from US Lacrosse at.

All coaches should participate in a **Rules Interpretation** session each year. This can be done by attending any one of the conference rules meetings held prior to our season start. Every attending coach will receive their Rules Interpretation card along with a lanyard that are to be worn at all JGLA games. The lanyard will allow you to have your US Lacrosse certification card on the other side. The rules card will be required for coaches to be on the coaching sideline.

Each year all coaches should attend one (1) **Coaching Clinic** run by the JGLA, US Lacrosse or other approved local lacrosse organization.

EXCEPTION: If you have already become US Lacrosse Level 1 or Level 2 certified, AND you maintain your certification through US Lacrosse (usually in September of the previous year), you are EXEMPT from the annual coaching clinic requirement. If you are committed to, or anticipate that you will continue coaching for more than just one (1) year, we strongly suggest that you become Level 1 certified early in your coaching career, saving yourself time and money in the long run.

All coaches must undergo background checks prior to the start of the season. US Lacrosse has negotiated a reduced rate for Member Programs with The National Center for Safety Initiatives. Please visit their web site for more information at: www.ncsisafe.com JGLA Member Programs may choose to use NCSI, their local police department or any other organization or vendor who offers background check services.

US Lacrosse Level I Certification

The JGLA Board encourages all coaches at all levels to complete the US Lacrosse Level I Certification process and to move on to Level 2 Certification. US Lacrosse has introduced a Level 3 program that will be another level for coaches to work towards.

Requirements for Level 1 Certification include: successful completion of US Lacrosse Level I Online course, attendance at a Level I Instructional Clinic, completion of Positive Coaching Alliance Double Goal training (online or in person) and a background check by the National Center for Safety Initiatives. Please visit www.uslacrosse.org for more information on the Level I Certification process. Please note that US Lacrosse no longer is charging for the Online course for Level 1 and the JGLA is subsidizing 50% of the Level 1 Instructional Clinic which is provided when registering on the US Lacrosse web site. To realize the discount you must be logged in with your US Lacrosse account as that will reflect you are from a JGLA based program and when the discount is applied.

7/8 grade: All coaches for 7/8 grade Select level teams must be US Lacrosse Level I Certified. Head coaches for Travel level teams must be US Lacrosse Level I Certified. For Rec level teams we recommend but do not require US Lacrosse Level 1 Certification.

5/6: All coaches for 5/6 Select level teams must be US Lacrosse Level I Certified. Head coaches for Travel level teams must be US Lacrosse Level I Certified. For Rec level teams we recommend but do not require US Lacrosse Level 1 Certification.

3/4: We recommend but do not require US Lacrosse Level 1 Certification.

1/2: We recommend but do not require US Lacrosse Level 1 Certification.

JGLA Rules Interpretation Certification

Every year a person is a coach they must attend a rules interpretation provided by the JGLA.

1. Two coaches on sideline: one coach must have ID card to prove attendance of rules interpretation
2. Three coaches on sideline: two coaches must have ID card to prove attendance of rules interpretation

Sportsmanship Issues

Good sportsmanship is at the very core of the ROOTS to Honoring the Game and the foundation by which we operate as a group:

Rules: We don't bend the rules to win.

Opponents: A worthy opponent is a gift that forces us to play to our highest potential.

Officials: We treat officials with respect even when we disagree.

Teammates: We never do anything that would embarrass our team on or off the field.

Self: We live up to our own standards regardless of what others do.

Visit www.positivecoach.org for more information

Unsportsmanlike behavior on the part of any player, coach and/or parent MUST be reported to the Association within 48 hours of the incident.

Reporting of unsportsmanlike conduct should follow this protocol:

- Send e-mail to your Conference President with CC to President@jerseygirlslacrosse.org and Umpire@jerseygirlslacrosse.org.
- Indicate the Arbiter Game # (if known), date, location and teams involved in the incident.
- Provide a sufficient amount of detail to describe the unsportsmanlike behavior and what you did to address it in a positive manner or to diffuse the situation.
- If the incident is unable to be resolved locally it may be elevated to the Association's Grievance Committee.

Please see the Association's website for a complete description of the JGLA Sportsmanship Policy at <http://www.jerseygirlslacrosse.org/rules-guidelines/sportsmanship/>.

It is critical that all coaches on the sideline maintain composure and do not encourage or recognize rough play. Coaches must realize their role and responsibility for safe and proper play for their teams. "Winning at all costs" is not a philosophy or standard that accepted by the JGLA. We do not officially track wins/losses and realize every competitor is looking to win the games they play. But at the same time respecting the game, opponents and officials should NEVER be compromised.

Game Season Start Date

For the most seasons, the Board has approved the season usually begins the first Friday of April.

The Association's Umpire Assignor for teams in Conferences A, B, C, D, E and F will not schedule officials for regular Association games scheduled prior to the above noted date.

Programs are encouraged to contact the Association's Umpire Assignor (Umpire@jerseygirlslacrosse.org) if they wish to host preseason scrimmages or play days to facilitate the pre-season umpire rating/certification process.

Scheduling Games

Each Conference will hold a scheduling meeting for teams to arrange games against other teams in their Conference, usually in the month of January. **Contact your Conference President or check the Association website for more details.**

Each town should attempt to schedule at least four (4) home and four (4) away games with other towns in their Conference. Additional out of Conference games may also be scheduled.

Town representatives are also encouraged to contact representatives from teams in other Conferences to fill out their schedules.

Umpire Scheduling

The home team is responsible for obtaining, confirming, and paying officials. At least one (1) US Lacrosse-rated umpire must officiate any grade 7/8 Travel Level, 5/6 Select Level or U13 Travel Level game. At least two (2) qualified US Lacrosse officials, one of whom has a Local Rating, are required to officiate Full Checking games in the 7/8 grade group. The Umpire Assignor will make every effort to assign two (2) officials to all 7/8 Travel Level, 5/6 Select Level and one (1) official 3/4 Travel Level games.

The following rules apply to teams in Conferences A, B, C, D, E and F.

Arbiter.net is our web-based game scheduling program. Log-in information and details for inputting games will be provided to Member Programs in February. **Home games only** MUST be input no later than March 1.

PLEASE NOTE: Naming conventions are used for games input in the Arbiter in order to differentiate between Select and Travel team games. Full instructions will be provided by the Association's Umpire Assignor.

Games during the week cannot be scheduled before 6:00 PM and on Saturdays games should not be scheduled before 1:00 PM. Starting on the third Saturday each May games may be scheduled on Saturdays before 1:00 PM and on weekdays before 6:00PM.

Scheduling Fees

Member Programs scheduling officials through the Association's Umpire Assignor will pay a \$125 per year per team fee for the 7/8, 5/6 and the 3/4 age groups. Each team will be entitled to schedule twelve (12) games per \$125 fee. If you require more games than twelve (12) per team an additional fee per team is required.

The Association's Umpire Assignor *can* schedule officials for 1/2 if programs choose but this is not required.

Cancellation Fees

Member programs cancelling a game under 48 hours due to non-weather related issues, will owe a \$60 fee. This fee will be charged to the program who cancelled.

Umpire Fees

The officials are required to be paid *before* the game begins by either cash, check or voucher, there are no exceptions.

Select Level – 7/8

Two (2) officials at a game - \$60 per person per game net of any fees / taxes

If only one (1) umpire is on the game regardless of their rating, due to last minute circumstances beyond anyone's control (i.e. sickness, accident, traffic, etc...), the game will be played with Modified Checking and the fees for one (1) umpire per game of \$90 will apply, as noted below.

Travel Level – 7/8 and 5/6 and Select Level 5/6

Two (2) officials at game - \$60 per person per game net of any fees / taxes

One (1) umpire at game - \$90 per game net of any fees / taxes

3/4 - \$50 per game net of any fees/ taxes.

US Lacrosse Rules and JGLA Modifications to the US Lacrosse Youth Rules

The Association seeks to comply with all US Lacrosse rules as provided by Official Rules for Girls Youth Lacrosse in the Women's Rule Book as well as the Youth Rule book. The Association requests that all coaches pay special attention to the Rules Changes discussed in the Girl's Rule Book.

The Association has a small number of modifications and additions with which all Member Programs must comply. These additions are written with the safety of all players being of utmost importance. Girls' lacrosse should be fun, challenging and safe.

Modifications - General Rules for all Age Groups

The player bench areas must be located on the opposite side of the field from the spectators. Coaches are responsible for ensuring the parents of their players are seated on the opposite side of the field from the players.

Coaches must work to ensure a positive experience for all involved with youth lacrosse by encouraging team play.

Travel and Rec level teams at all divisions are strongly discouraged from running up scores. Under no conditions should goal differentials be greater than ten (10) goals. Before hitting a ten (10) goal differential the dominant team should add additional passes before going to goal, have players play with their non-dominant hand, remove high scorers from game, etc.

Each home team is required to provide an Official Timer and Scorer who will be responsible for the game clock and tracking yellow and red card penalty times. Coaches should track the uniform numbers of players receiving cards.

When a player is assessed a Red Card for a dangerous check to the head, the head coach of that player's team is responsible to make sure the player who received the card understands the negative consequence of their foul and is responsible for making sure that the player remains out of the current game and must sit out the next game. If it is determined that the coach does not enforce the next game suspension the coach will be suspended from coaching and they along with their Program Direction will be required to have a hearing with the JGLA Board.

JGLA Conduct Rules

Good sportsmanship on the part of all players, coaches and fans is always the standard. Each town must ensure that their coaches/players/fans abide by the standards of good behavior outlined by the Association. The following Code of Conduct and Association administrative rules are expected to be followed by all towns participating in the Association.

Rules:

Each team (home and away) will provide a Sideline Administrator (SA) for each game. The SA is responsible for maintaining the following rules on any non-participant. Details on the SA role including instructions on using “Blue Cards” are available on the US Lacrosse website.

All (Players, Coaches, Fans)

1. Be respectful
2. No profanity
3. No threatening behavior
4. No interference (physical or verbal) with play
5. Clean up after yourselves at game sites

Players

1. Good sportsmanship is expected
2. Do not make derogatory comments about other players, coaches, or officials
3. Do not argue with the officials
4. Do not throw equipment
5. Be responsible for you stick and actions at all times

Coaches

1. Coach with positive techniques rather than negative ones
2. Remember this is youth lacrosse – not the NCAA finals - put things in perspective and relax
3. Understand that many times youth lacrosse is where inexperienced refs and cadets gain experience – do not expect perfection – do not verbally attack the officials
4. Do not make derogatory comments about players, coaches, or officials
5. Do not encourage or reward players for fouls or physical play. Players receiving Yellow Cards or Red Cards should not be getting high five’s when they come to the sideline.
6. All coaches should know the rules of women’s / youth lacrosse

Fans

1. No berating officials, players or coaches
2. All fans must be on the opposite side of the field from the players
3. Do not approach the coaches during the game
4. Do not approach officials before or after the game
5. Try not to coach your kids from the sidelines – what you are telling them might be contrary to the coaches’ instructions

Enforcement

1. All coaches, players and parents must read and agree to the Conduct Rules.
2. Coaches will be responsible for their players and fans.

3. Officials will file complaints regarding players, coaches, and parents with the Association. Infractions will be disciplined.
4. Players ejected from games must sit out the immediate next JGLA game they are to play in. If the next game is rained out that does not count towards the player's game suspension. It is important that players fulfill the suspension so that future players are deterred to not commit and or be more responsible for their sticks and checking attempts .
5. Coaches (both teams) and officials are required to meet just prior to games to go over credentials for rules interpretation and US Lacrosse certification. In addition the coaches and officials will confirm the association rules of the game format (modified checking and or if a 7/8 game with qualifying teams full checking) and any grounds issues that may apply. This is also where coaches will agree to half time length as well as for the home team to introduce their Sideline Administrator to the Officials and opposing team coach.
6. You cannot request a game to be full checking for 7/8 travel if the game was not scheduled as such.

The following language is repeated here to reinforce the JGLA's focus on good behavior and proper conduct both on and off the field of play. The form itself can be found under the "Resources" tab, Forms section.

JGLA Coach's Code of Conduct

I acknowledge that I am familiar with both the rules of girls'/women's lacrosse and the rules of the JGLA. I will honor both the spirit and letter of rules and insist that my players, their parents and our fans do the same.

I understand that at all times I must lead by example and that I must be a positive role model for my players and their parents. I know that the way my team conducts itself can also have an influence, for better or worse, on those we compete against. Each year and throughout the course of the season I will explain my expectations regarding acceptable behavior, sportsmanship and conduct to my players and their parents.

I understand that the true measure of success for a youth lacrosse coach is player enjoyment and improvement. I will concentrate on my players' enjoyment of the game and their overall, long-term development as athletes and young women.

I pledge to use Positive Coaching Alliance Double Goal Coaching techniques, including:

- 1) Modeling and teaching my players to Honor the Game through ROOTS (Respect for Rules, Opponents, Officials, Teammates and Self)
- 2) I will help my players to redefine what it means to be a "winner" in terms of mastery, not just the scoreboard. I will reward effort and team play, not just good outcomes.
- 3) I will fill my players Emotional Tanks using the 5:1 magic ratio of positive reinforcements to each criticism/correction.

I acknowledge that making mistakes and losing are part of life. I pledge that I will be tolerant of the mistakes of players, coaches, officials and others. I recognize that mistakes lead to coachable

moments. I understand that my success is not measured by winning but through teaching life lessons and providing a safe, positive learning environment for all of my players regardless of their skill level.

I will do my best to treat all my players fairly. I acknowledge that lacrosse is a team sport and I will encourage my girls play as a team. I pledge that I will commit to promoting an atmosphere of healthy competition to ensure fun for all participants. I will not run up scores against weaker opponents or novice teams. I understand that the JGLA is concerned about a limited number of players dominating game play. I will use my dominant players creatively by encouraging them to work on all aspects of their game and to do what they need to do to make their teammates improve and have a positive experience.

I understand that girls' youth lacrosse has changed and evolved rapidly in recent years due to both rule and equipment changes. I am committed to teaching my players the basic stick skills and advanced team concepts they will need to play lacrosse safely and to succeed in the modern game. I pledge to continue to grow and learn as a coach by embracing modern coaching techniques and will do my best to prepare my players for success at the next level.

I will show respect for all involved in the game of lacrosse and I will demand that everyone associated with my team do the same. Before, during and after games I will be responsible for the conduct of my players, their parents and our fans. Prior to each game I will introduce myself to the opposing coaches and officials to go over Association rules and any ground rules that may apply. I will report any misconduct by coaches, players, parents or officials to the Association's Sportsmanship Committee so that it can be dealt with appropriately.

I understand that youth lacrosse is where inexperienced officials gain valuable experience. I will never expect perfection. I will never verbally attack the officials nor will I ever make critical or derogatory comments about them. After each game I will thank the officials and ask my players and their parents to do the same.