

**KANSAS CITY METRO GIRLS LACROSSE ASSOCIATION
HIGH SCHOOL - OPERATING POLICIES**

A. High School League Members

Members of the Kansas City Metro Girls Lacrosse Association (“KCMGLA” or the “League”) High School division include teams that are approved and accepted into the KCMGLA and in good standing with the League, abide by the League Bylaws and are fully paid on all dues and/or fees. As members of the High School league, teams will be part of spring scheduling and compete to be in the KC Area Championship. The League also operates a High School fall season. Other High School leagues (Summer) may be established as approved by the Executive Committee.

Teams, including players, coaches, parents, spectators, fans, and guests will honor the game of lacrosse, adhere code of ethics as presented in the US Lacrosse guidelines, and promote good sportsmanship at all times. All KCMGLA members are required to with all applicable laws governing discrimination, harassment, and/or retaliation.

B. Team Playing Requirements and Details

1. All High School League teams must play each of the other teams in their designated division.

2. Teams may play as many games as they choose and can play any team, in any state. Teams can play Club or School sanctioned teams.

3. League Game Length

a. Varsity games will be four (4) twelve (12) minute running quarters with a stop clock in the last two (2) minutes of each quarter. Clock will stop after each goal unless a team is ahead by 10 goals, then the clock will not stop after goals or in the final two (2) minutes of the game.

b. Junior Varsity games and any lower level (C, Developmental, Freshman) will be four (4) ten (10) minute running quarters with a stop clock in the last two (2) minutes of each quarter. During the end of season Championship, the game duration will be increased to the varsity game times.

c. All games will have a two (2) minute intermission between quarters. (2-minutes between quarter one and two; 2-minutes between quarters three and four).

d. All games will have a five (5) minute half time.

e. Two (2) – two (2) minute timeouts per game are allowed for each team.

4. League Overtime Procedures

When the score is tied at the end of regular playing time and overtime is to be played, both teams will have a 3-minute rest and toss a coin (visiting captain calls) for choice of ends. The alternate possession shall continue from regulation. The game will be restarted by a center draw. The winner will be decided by “sudden victory.” The team scoring the first goal wins the game.

Each overtime period will be no more than five (5) minutes in length of stop-clock time (clock stops on every whistle). If the teams are still tied after five (5) minutes have elapsed, the teams will have a three (3) minute rest and change ends. Overtime periods are limited to two (2) per game. If no “sudden victory” winner is determined after 2-overtime periods, the game will be recorded as a tie.

C. Player Eligibility

1. Players must be in 9th-12th grade and in good standing (not on out of school suspension or expelled) at a local (Kansas City Metro Area) high school. Players attending alternative education programs (i.e. home schooled) are eligible with age appropriate designation of grade level.
2. All players are required to be members of US Lacrosse and must register on the League Website.
3. All players must be of the appropriate grade to play in any league sanctioned by the KCMGLA. Players of the 8th grade level or lower will not be allowed to participate in the High School division. There are no exceptions.
4. Players should play for their enrolled high school team (or club) if available. Should their high school not have a team, players should then play for the nearest proximity team (based on the player’s primary residence address). Proximity is the team that has the closest distance between the player’s primary residence and an active high school level lacrosse team. If the closest proximity team is at capacity the coach of that team should contact the next team that is second closest to the primary residence of the player. Should there be a dispute, the head coaches of the teams will resolve the issue, if not possible, the decision will be presented to and decided, by the Executive Committee of the KCMGLA.
5. A player cut from one team may try out for another team in the League, preferably using the close proximity rule above. A cut-player joining another team that is not the nearest in proximity to the player’s primary residence must be approved by both team’s coaches.
6. Players are allowed lacrosse participation in accordance with his or her gender identity, irrespective of the gender listed on the player’s birth certificate or other records and regardless of whether the player has undergone any medical treatment. Team or league policies should not prevent a player from electing to participate in an activity according to his or her gender identity.

D. Code of Conduct

1. KCMGLA strictly adheres to the US Lacrosse code of ethics and conduct and the Bylaws of the KCMGLA. All KCMGLA members, including players, coaches, officials, parents, spectators, fans and guests are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other players, coaches, officials, parents, spectators, fans and guests.
2. Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect to players and their teammates.

3. Coaches are also expected to educate their players as to the important role of lacrosse officials and reinforce the ideal of respect for the official to players/teammates.
4. Coaches are responsible for the sportsmanship of their players and teams. Team violations of the Code of Conduct and/or ethics can result in a loss of Voting Membership eligibility as defined by the League Bylaws.
5. Umpires will enforce conduct through the use of yellow and red cards.
6. Failure to abide by the Code of Conduct and/or ethics can result in suspension, fines, disqualification from play, and/or dismissal from KCMGLA at the sole discretion of the Executive Committee of the KCMGLA.

E. Schedules

1. The League will provide a High School League Director to assign all League games.
2. Teams will turn in the required game availability information by the due date set by the League. Failure to do so may lead to a fee and/or loss of games being scheduled.
3. All teams will review the draft schedule and provide comments by the date set by the League. Once the schedule is final, no changes will be allowed.
4. If a team cancels a game within 24 hours of the originally scheduled time, that team will reimburse any and all costs associated with the game including, field rental, umpires, etc. If the game cannot be rescheduled, that team will receive a forfeit. For Fall ball, repeat cancelations or the inability to field a full roster will result in fines from the KCMGLA.

F. Officials

All League games shall be refereed by US Lacrosse certified officials (if available) and current lacrosse rules will be followed with the only exceptions being listed in these operating procedures. During a game, the head coach may request a conference with the officials during stoppage of play only. Outside of games coaches may contact the head referee to discuss questions, issues, or assignments.

G. Rosters

1. Rosters must be available on the League or team websites prior to the first game of the season. The roster should include player's name, grade, US Lacrosse ID number and uniform number. Failure to have a posted roster available to the League will result in a forfeit of all games played until a roster is available.
2. Players are allowed to play in two (2) different levels of games on the same day (varsity and JV or JV and a developmental) however, they must be at an in-between skill level and cannot play in more than two-quarters of each game, until they are moved up or down a level. (Two-quarters of a game will be defined as the appearance of the player in that quarter, not duration of time). Teams should play in the honor of the game and not allow better players to play down. An exception is allowed if a team is unable to field a team due to illness or conflicts. This rule is designed to be on the honor system. If there is a concern that the teams are not adhering to this rule the coach should contact and Officer of the KCMGLA.

3. Final rosters for both JV and Varsity must be set the week before the playoffs are to begin. Once playoffs begin, no team will be allowed to swing a player between teams. Each team will be required to submit final rosters to the High School League Director. Any team found to have violated this process by allowing a player to play on more than one roster will forfeit the game in question and not be permitted to continue on in the playoffs with either team.

H. Playing Field Responsibilities

1. The home team should ensure that the playing field is in proper condition, lined correctly, and safe for the players. Cones or flags should be placed in the four corners. Teams should provide a way to display the score, a way to track game time, stop watches for timing timeouts and/or penalties, and provide two individuals to run the time and score table.
2. The home team should provide at least three (3) US Lacrosse approved game balls. Teams are responsible for tracking their own statistics and keeping their own scoring book. It is the responsibility of the winning team to update the KCMGLA website or High School League Director within 24 hours the results of the game.
3. The home team shall provide a trainer for all games.
4. The home team will provide an Official Scoring Book at the scorer's table that will contain: goals scored, the final score, list of all players who received yellow or red cards, and signatures of both head coaches and umpires.

I. Weather Related Issues

Games will be played as scheduled unless there is severe weather with thunder and/or lighting or the field is closed. If a game is to be canceled this decision should try to be made prior to 2pm (for weeknight games) and as soon as possible for weekend games. If teams are traveling from out of the area a decision should try to be made the night before.

When a game needs to be canceled, the home team should contact the High School League Director and the opposing team contact immediately. They should also contact the assigned referees and head umpire.

A game is considered complete if two thirds of the game has been played prior to being called. If at least half of the game is finished when being called for weather, the two coaches can decide if they would like to reschedule.

J. Championship Eligibility

Championship eligibility and playoff guidelines will be established each year by the High School League Director and any changes presented during the annual meeting of the Voting Membership.

K. KCMGLA Dues

All Clubs must pay 80% of fees to the League prior to the first game of the season. The remaining balance will be required at a later date established by the League Treasurer. The League will set the fees at the beginning of each season as determined by the Executive Committee of the KCMGLA.

L. Umpire Fees

1. Umpire fees will be set in coordination with the Umpire Board and the teams will be notified prior to the beginning of each season.
2. Each team pays for half of the umpire fees for each of the games.
3. Umpire Fee Payment for cancelled League games:
 - a. If the game is cancelled at least one hour prior to the scheduled start time then no fee shall be paid.
 - b. If the game is cancelled less than one hour prior to the scheduled start time then the umpire shall be paid half of the game fee. If the umpire had to travel more than the 30 miles then they will be paid the mileage as well.
 - c. If the decision to cancel a game is made after the start of the game for any reason, then the umpire shall be paid the full game fee and the full ground travel fee if applicable. If a previously negotiated arrangement for hotel accommodations and/or per diem was made with an umpire, then such arrangements must be honored.

M. All American/All Metro Committee

A committee will be designated each year by the League to address the process for selection.

Each year, high school coaches will meet to discuss and vote on the All-Metro Team(s) and the All-American players awards. The High School VP will determine the rules and processes prior to the meeting.

N. Disputes

Not all situations or issues can be covered in these operating policies. In other situations, the coaches, umpires, and/or KCMGLA Executive Committee should make the best decision to honor the game well as a decision that is as fair as possible. If an issue arises that coaches or umpires cannot resolve the President or Vice President of the KCMGLA should be contacted. The President in their sole discretion can resolve the complaint or refer it to the Executive Committee for review and vote. If an issue arises with an umpire the President of the local umpire league should be contacted.

Complaints about the KCMGLA President can be taken to any Executive Committee Officer. Complaints unable to be resolved through the Executive Committee process are subject to the Mutual Arbitration and Dispute Resolution agreements, required as a condition of KCMGLA membership.

Amended: (December 19, 2021)
(January 20, 2024)