

**KANSAS CITY METRO GIRLS LACROSSE ASSOCIATION
YOUTH - OPERATING POLICIES**

A. Youth League Members

Members of the Kansas City Metro Girls Lacrosse Association (“KCMGLA” or the “League”) Youth 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.

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.

The Youth Division will use the Official Rules for Girls Youth Lacrosse as published in the Official Rules for Girls and Women’s Lacrosse by US Lacrosse with the League modifications as outlined in detail below.

B. Division Structure

The Youth Girl’s Division structures team conferences using the following categories:

1. 7th /8th Grade
2. 5th /6th Grade
3. 3rd /4th Grade

The makeup of the division structure listed above may be modified by the KCMGLA. Changes should support the needs and of the member teams. (i.e.: 3rd/4th/5th Grade and 6th/7th/8th Grade)

C. Grade Determination

Players will be placed on the appropriate team based on the grade of the player when final team rosters are turned into the League or posted on the League website at the start of the season. (e.g., a player in 8th grade at the start of the season will play on a 7th/8th grade team). Players may not play up at the next level (e.g. grade 6 playing on grade 7 level) unless a club only has only one team at the higher level and a lower grade player is needed to meet minimum team count of 16 players. Playing up in the Youth Division requires the approval of the coach and parent. Programs may form single grade teams if they play in the appropriate league. Grade 3 and 4 may not play up to upper divisions under any circumstances.

D. Entry Requirements

1. Any KCMGLA member team/club program may enter teams in the age appropriate Youth Girl’s Division.
2. If practical, the 3rd/4th, 5th/6th, and 7th/8th Divisions shall be divided into brackets with the strongest teams in the A bracket, next strongest B and the least strong C. Programs should recommend a bracket when registering their teams. If the division only has one bracket, A will be the default.

E. Coaching Requirements

1. All coaches are required to adhere to the KCMGLA Bylaws.
2. All coaches are required to be US Lacrosse Level One Certified prior to the start of the first game. All head coaches must complete the online coaching course prior to the start of the season. The member team/club is responsible for the enforcement of this requirement.
2. Head coaches for youth teams must be at least 21 years of age.

F. Officials

All league games shall be refereed by US Lacrosse certified officials.

G. Rosters

1. All players shall be members of US Lacrosse. Rosters must be available online at the KCMGLA website prior to the game or available for exchange with opposing coaches prior to each game. It is the responsibility of the program to have rosters. The roster should include player's name, grade and uniform number. Failure to provide a roster will result in a free position at the start of the game and repeat offenders will be subjected to a fee enforced by the League.
2. If a team has been found to use an ineligible player, the game will be forfeited.

H. Playing Field Responsibilities – Game Day

1. The League leases fields for use for game day and does not own or operate any fields used during the season. The League is not responsible for the upkeep or maintenance of the leased fields. However, the League will ensure that the playing field is prepared for lacrosse play (lined correctly) and is upon visual inspection safe for the players.
2. The League will provide a table, scorebook, and a clock.
3. Game Day Field Manager – on game days, a field manager will be on-site to monitor the day's games and to keep the teams on schedule. The field manager will be provided by the League.
4. A parent from each team is required to sit at the scoring table for each game to keep time and the score. The scoring parent **MUST** arrive at least 15 minutes before the start of the game.
5. Scores will be recorded on a score sheet at the score table for each field. Both coaches and the referees must sign the score sheet at the end of the game.
6. Scores will be posted on the League website by the winning team. These scores will be used to rank teams for the tournament play.
7. An Athletic Trainer will be provided by the League for all Youth games. The Athletic Trainer will have first aid and ice for players and spectators.

8. Should a field be or become unplayable; the League will inform all parties (teams and game officials) as soon as possible. The Youth League Director is responsible for rescheduling cancelled games if possible.

J. Equipment

All US Lacrosse Official Rules for Girls Youth Lacrosse rules apply. Specifically:

1. All teams should have uniforms in compliance with US Lacrosse Official Rules.
2. Non-clear and non-white mouth guards are mandatory at all levels.
3. Eye protection is mandatory at all levels.
4. Goalies must wear a helmet with face mask, attached throat protector, chest protector, abdominal and pelvic protection, goalie gloves, and leg padding on the shins and thighs. The goalkeeper must wear a shirt or uniform of the same color as her team over her protective equipment.

K. Girls Youth Rule Level

1. The Youth Girls League will follow US Lacrosse Official Rules for Girls Youth Lacrosse.
2. **U 15 - 7th/8th Grade** (All brackets): Level A with the following modifications:
 - a. Checking consistent with high school rules.
 - b. 4 Goal Differential Rule: If score is kept, possession will be taken at the center by the team with fewer goals if a four or more-goal differential exists unless waived by the coach of the trailing team. When this occurs positioning for the draw will apply with the defender standing 4m away at a 45-degree angle and all other players must stand. The player taking possession may run or pass but may not shoot until another player has played the ball.
3. **U 13 - 5th/6th Grade** (All brackets): Level B with the following modifications:
 - a. Modified Checking.
 - b. 3 Pass Rule: A team must not take a shot on goal until three passes, including the goalkeeper's clear, are completed or attempted. Umpires have the final say in determining 3-pass completion/attempts and will count passes out loud. Once the offense has fulfilled the three-pass requirement, a new three pass count is not necessary if the ball has remained within the offensive half of the field (even if the defense plays the ball).
4. **U9 - 3rd/4th Grade** (All brackets): Level C with the following modifications:
 - a. 3 Pass Rule: A team must not take a shot on goal until three passes, including the goalkeeper's clear, are completed or attempted. Umpires have the final say in determining 3-pass completion/attempts and will count passes out loud. Once the offense has fulfilled the three-pass requirement, a new three pass count is not

necessary if the ball has remained within the offensive half of the field (even if the defense plays the ball).

b. Coaches may be on the field of play and participate if agreed upon by both teams.

L. Duration of Play

Due to facilities and scheduling limitations, all teams at all levels will use the following timing guidelines:

1. 20-minute running halves MAXIMUM (no clock stoppage except for time-outs and last min of each half).
2. 5 minutes for halftime.
3. 1 two-minute time-out per half.
4. All regular season games will end on their scheduled time regardless of the amount of time played.
5. Overtime - Only post-season games will go into overtime. Overtime will use the "sudden victory" procedures as outlined in the US Lacrosse Official Rules for Girls and Women's Lacrosse.

M. Rescheduling of Games

Games will be rescheduled if time and fields permit.

N. Minimum Play

1. Players must participate (if not hurt) in at least the equivalent of one quarter of every game (~5min). The coach is responsible for carrying out this rule. Failure to do so results in forfeiture of the game and continual breaking of the rule could result in the field or dropping the team from the league.
2. If a coach feels, after half time, that the other team has players who have not participated at least 5 min, he/she may check with the opposing coach regarding the players in question.
3. The League Executive Committee shall investigate any reported violation of the minimum play rule and enforcing the forfeiture penalty.
4. This rule remains in effect during the playoffs and championship games.

O. Fees

KCMGLA will establish Youth League fees for each year. The fees will be intended to cover operating costs and will typically have a team fee and then cost per game. The fee will cover all game related expenses including umpires, field rental, field manager and insurance. The fees will be shared at the annual meeting. Payment is due to the League Treasurer prior to the first game. Failure to pay will result in game forfeits.

P. Post-Season Play

Each team playing in the League will have an opportunity to play in the League tournament with the exception of the development leagues (grades 3 and 4). Each Division will host a tournament by bracket. Teams will be seeded according to their regular season record. The tournament schedule will be published the week after the last regular season game once the final seeds are determined. The tournament will result in determining a champion for each conference bracket.

8TH Grade All-Star Game: At the conclusion of the season prior to the post season tournament, Coaches can nominate 8th grade players to play in the All-Star Game. The teams will be determined based upon number of players and set by the Vice President of Youth Lacrosse. The All-Star game will be played annually on the same day of the High School Championship game.

Q. 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.

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.

If an issue arises with an umpire the President of the local umpire league should be contacted.

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