North Sound Youth Lacrosse Rules & Regulations
Effective April 4, 2026

MISSION
North Sound Youth Lacrosse (may be abbreviated "NSYL", "League", or "the League") supports youth lacrosse for boys in Kindergarten through 8th grade, serving the catchment areas of high schools that are members of the Wesco or Northwest Athletic Conferences as defined by the Washington High School Boys Lacrosse Association. Our mission is to prepare players to successfully transition to high school lacrosse while providing a positive coaching environment that builds skills, self-esteem, and sportsmanship. We promote the growth of lacrosse within clearly defined boundaries, honoring the game and fostering local community engagement.

1. LEAGUE RESPONSIBILITIES

1.1. The League shall:

1.1.1. Establish rules of competition appropriate to each age group.

1.1.2. Publish a schedule of games to be played involving member organizations.

1.1.3. Ensure certified referees are assigned to all home games, via the Washington Lacrosse Officials Association.

1.1.4. Pay all League expenses.

1.1.5. Promote the growth of Lacrosse in the area.

1.2. Personal Information

1.2.1. The League shall not share player or registrant contact information with any third party.

1.2.2. The League shall maintain a contact list to facilitate communication.

1.2.3. The League shall send all program and event information to the representatives of each member organization, not to players' families directly.

1.2.4. The League shall adopt and maintain a privacy policy which provides for the appropriate handling, protection, and disposal of personally identifiable information (PII), and shall take all necessary steps to ensure the League's compliance with such policy. The League disclaims responsibility for information collected or retained by member organizations.

2. ORGANIZATION REQUIREMENTS

2.1. Each member organization shall:

2.1.1. Operate independently, under direction from a host school or Board of Directors who oversees eligibility and conduct of players and coaches.

2.1.2. If operating under a Board of Directors, have at least an a) President, b) Vice President and c) Secretary and/or Treasurer on such a Board. Such a Board may include further officers at the member organization's discretion.

2.1.3. If operating under a Board of Directors, *not* have such a Board be composed entirely of coaches and coaches' relatives, in order to ensure there is oversight from non-coaches.

2.1.4. Comply with the League Bylaws, Rules and Regulations, and all League policies.

2.1.5. Require all players to have their registering parent/guardian acknowledge concussion and sudden cardiac arrest policies.

2.1.6. Have a written Code of Conduct for their players and parents.

2.1.7. Ensure that an appropriate first aid kit is present at the sideline of every practice and game.

2.1.8. Ensure that any field on which they play a game as the home team is properly maintained and lined for Lacrosse, and shall bear any associated expense with the same.

2.1.9. Name two Official Representatives to the League Board of Directors, who shall each commit to active participation in the governance of the League.

2.1.10. Notify the League Board of Directors of any change to their Official Representatives within 7 days.

2.1.11. Declare the number of teams they intend to field in each age division and the number of players they currently have registered in each by January 31.

3. COACH REQUIREMENTS

3.1. Each head coach shall be at least 21 years of age unless granted an exemption by the League Board of Directors prior to March 1.

3.2. All coaches shall hold at least USA Lacrosse Bronze Certification valid through at least May 31.

3.3. All coaches shall register with the League each year.

3.4. At least one coach from each team shall be certified in CPR and first aid by an appropriate organization.

3.5. Each head coach shall ensure that an appropriate first aid kit is present at the sideline of every practice and game.

3.6. Each head coach shall ensure that a method of contacting emergency services is readily available at every practice and game.

4. PLAYER REQUIREMENTS

4.1. Age Restrictions

4.1.1. Each member organization shall verify the age of each player it registers, and shall submit documentation supporting the same to the League as part of their compliance packet. If a player has completed age verification with USA Lacrosse, then the player's USA Lacrosse member number is sufficient documentation.

4.1.2. No player who is fifteen years of age or older as of March 1 or who is enrolled in ninth grade or above in the relevant school year shall be permitted to participate.

4.1.3. Players shall be classified into age group divisions based on the USA Lacrosse 12-month age group chart[1].

4.1.4. Players may play in an older division ("play up") if and when permitted by the member organization, but in no event may a player "play up" by more than one division, i.e. a K/2 player may not play above 3/4, and a 3/4 player may not play above 5/6, and in no event may a Kindergarten or 1st Grade player play up.

4.1.5. Under no circumstances may a player play in a lower division than their age or grade level indicates.

4.2. Rosters and Swing Players

4.2.1. A player may be on only one team's regular roster.

4.2.2. Each team shall provide a roster to the scorers' table before each game and make note of any players who are not part of the regular roster for that team (a "swing player"). The roster must include at least each player's first name, last initial, jersey number, and grade level.

4.2.3. The "swing cap" is 16 for a 10v10 game, 11 for a 7v7 game.

4.2.4. Swing players shall only be used by a team that has fewer players suited up than the swing cap.

4.2.4.1. The team may only use as many swing players as necessary to bring their suited player count up to the *lesser* of the number of suited players for their opponent or the swing cap.

4.2.4.2. Swing players are not permitted in post-season tournament play.

4.3. Players shall play for the member organization determined by the Boundaries and Play-For Rules established in this document.

4.4. If the Executive Committee determines an ineligible player has participated in a game, the following sanctions shall be imposed:

[1] https://www.usalacrosse.com/sites/default/files/documents/Games/USAL-AgeGroupChart-12-month-2025-26pdf.pdf

4.4.1. First Offense in a Season:

4.4.1.1. The game shall be forfeited.

4.4.1.2. The member organization shall be fined $100.

4.4.1.3. The head coach shall be suspended for their next League game.

4.4.2. Subsequent Offenses in a Season (per offense):

4.4.2.1. The game shall be forfeited.

4.4.2.2. The member organization shall be fined $200.

4.4.2.3. The head coach shall be suspended for their next two League games.

5. BOUNDARIES AND PLAY-FOR RULES

5.1. The default mapping of High School to Member Organization shall be:

High School	**Member Organization**
Anacortes	Anacortes
Arlington	Arlington
Bellingham	Bellingham
Blaine	North County
Burlington-Edison	Skagit Valley
Cascade	Everett
Concrete	Skagit Valley
Coupeville	Anacortes or Mukilteo
Darrington	Arlington
Edmonds-Woodway	Mukilteo
Everett	Everett
Ferndale	North County
Friday Harbor	Anacortes
Granite Falls	Lake Stevens
Jackson	Everett
Kamiak	Mukilteo
La Conner	Anacortes or Skagit Valley
Lake Stevens	Lake Stevens
Lakewood	Arlington
Lopez Island	Anacortes
Lummi Nation	Bellingham
Lynden	North County
Lynnwood	Mukilteo
Mariner	Mukilteo
Marysville-Getchell	Marysville
Marysville-Pilchuck	Marysville

Meadowdale	Mukilteo
Meridian	North County
Monroe	Monroe
Mount Baker	North County
Mount Vernon	Skagit Valley
Nooksack Valley	North County
Oak Harbor	Anacortes
Orcas Island	Anacortes
Sedro-Wooley	Skagit Valley
Sehome	Bellingham
Skykomish	Monroe
Snohomish	Snohomish
South Whidbey	Mukilteo
Squalicum	Bellingham
Stanwood	Stanwood
Sultan	Monroe
Tulalip Heritage	Marysville

5.2. A player shall be eligible to play for, in descending order of precedence:

5.2.1. The member organization associated with the high school they would attend if they attended public school and were of age to attend high school (their "residence public high school")

5.2.1.1. Exception: If the player holds an active school transfer variance or open enrollment agreement to attend a different public school, they may instead choose to play for the member organization associated with that variance school or the high school that variance school feeds.

5.2.2. The nearest member organization to them, if their residence public high school has no associated youth lacrosse organization. The Board shall mediate among the relevant member organizations to determine the optimal placement of players in such situations.

5.3. A player whose residence public high school has an affiliated youth lacrosse organization that is a member of a different league is not eligible to play for a team in the League.

5.4. No member organization shall actively "recruit" players who have or would otherwise play for other member organizations. The Board shall adjudicate whether recruiting has occurred as needed.

5.5. Each member organization shall include player home address documentation for each player in their compliance packet.

5.6. Each member organization shall ensure that their players' parents/guardians are aware of the boundaries and play-for rules.

5.7. **Variances.**

5.7.1. Variances shall only be granted when any of the following are true:

5.7.1.1. The two involved member organizations both agree to the variance.

5.7.1.2. The Board determines a documented hardship exists which would prevent a player from participating with any organization if the variance were to be denied. A preference is not a documented hardship.

5.7.2. Any variance shall be for one season only, and must be renewed annually to remain in force.

5.7.3. All variances must be submitted for consideration or agreed to by the involved member organizations no later than January 31st.

6. DIVISIONS

6.1. The league shall have 4 divisions of play subject to player eligibility rules:

6.1.1. K-2, generally for players in Kindergarten through second grade.

6.1.2. 3/4, generally for players in third or fourth grade.

6.1.3. 5/6, generally for players in fifth or sixth grade.

6.1.4. 7/8, generally for players in seventh or eighth grade.

7. CONFERENCES

7.1. The league shall have conferences defined in such a way as to promote local competition.

7.2. The Board shall determine to which conference each club is assigned.

8. COMPLIANCE PACKET

8.1. A Director of Compliance shall be appointed, and shall be responsible for verifying the eligibility of all players and coaches.

8.2. Each member organization shall submit a compliance packet to the Director of Compliance by March 1 of each year.

8.3. If a player or coach is added after the initial compliance packet is sent, a supplemental compliance packet containing only the new coaches or players shall be sent to the Director of Compliance before the coach or player is eligible to participate in a game.

8.4. The compliance packet shall include:

8.4.1. An attestation that the organization has read and agrees to act in accordance with the League Bylaws, Rules and Regulations, and any other published League policies.

8.4.2. An attestation that the organization meets the requirements for organizational eligibility as defined in this document.

8.4.3. An attestation that all coaches meet the requirements for eligibility specified in this document.

8.4.4. An attestation that the organization has an insurance policy covering all Lacrosse activities of the organization.

8.4.5. For each coach, head or assistant:

8.4.5.1. First and Last Name

8.4.5.2. USA Lacrosse member number

8.4.6. For each rostered player:

8.4.6.1. First and Last Name

8.4.6.2. USA Lacrosse member number

8.4.6.3. Grade Level

8.4.6.4. Division of Play (this is where a player “playing up” would be indicated)

8.4.6.5. Team (only relevant if there is more than one team in a division)

8.4.6.6. Confirmation that the player’s home address has been verified by the member organization and lies within their boundaries or the player has an approved variance.

9. GAME REGULATIONS

9.1. Each member organization shall provide their home field and provide for its proper marking and supervision.

9.2. The home team shall ensure that restroom facilities are available on site for games.

9.2.1. Portable restrooms are acceptable.

9.3. The home team shall wear a light jersey, and the visiting team shall wear a dark jersey.

9.4. Drones shall not be permitted at League events.

9.5. Game Balls

9.5.1. The home team shall ensure sufficient game balls are available for each game.

9.5.2. Game balls shall comply with NFHS rules.

9.5.3. For K/2 and 3/4 divisions, the home team shall either place balls on the end lines, or ensure that the home coach always has a replacement ball immediately available.

9.5.4. For 5/6 and 7/8 divisions, the home team shall place at least 4 balls behind each end line and shall replace such balls as necessary so that at least 4 balls are present behind each end line at the beginning of every quarter of play.

9.6. Scoring Table

9.6.1. The home team shall provide one or more accurate timekeeping devices.

9.6.2. The home team shall provide a working horn.

9.6.3. Each team shall provide two competent volunteers to the scoring table at each game, at least one of which shall be an adult. These volunteers may organize the work of the scoring table however they see fit, but in the event of any disagreement:

9.6.3.1. The home team scorers shall be responsible for the official scorebook and all timekeeping

9.6.3.2. The visiting team scorers shall be responsible for spotting and their own scorebook.

9.6.4. All persons at the scoring table shall be neutral participants and speak to game participants only in their official capacity as table staff.

9.6.5. Only table staff, officials, and member organization board members shall be permitted in the table area.

9.7. Sidelines and End lines

9.7.1. Spectators shall be restricted to the side of the field opposite the team benches, and may span the entire length of the field. Spectators shall remain 6 yards away (3 yards for small-sided games) from the sideline, or if insufficient space exists, as far away from the sideline as practical.

9.7.2. Spectators shall not be permitted behind the end lines, or on or inside the curve of a track.

9.7.3. Only players and coaches shall be permitted in the team area, except when a player is receiving medical attention.

10. PLAYING RULES

10.1. USA Lacrosse Concussion Recognition Tool 5 shall be used to identify suspected/possible concussions.

10.2. NFHS policies on inclement weather, including lightning, shall be the League's weather policy.

10.3. USA Lacrosse's most currently published Boys' Youth rules shall govern, with the following exceptions and clarifications:

10.3.1. All Divisions:

10.3.1.1. Teams may use portable creases 18 feet in diameter.

10.3.1.2. Coaches are permitted one "free" equipment check per game, when play is stopped. If the equipment is found to be legal, they must call a timeout to request any subsequent equipment check.

10.3.1.3. If the goal differential is 6 goals or more in the second half:

10.3.1.3.1. The trailing coach may elect to have a running clock. If so elected, the clock shall return to stopping clock if the goal differential returns to 5 or fewer.

10.3.1.3.2. The trailing coach may elect to start with possession in lieu of a faceoff. Normal faceoffs will resume if the goal differential returns to 5 or fewer.

10.3.1.4. Regular season games shall not have overtime, and may therefore end in a tie.

10.3.2. K-2 Division

10.3.2.1. Games are 6v6, but there is no goalie or crease defender.

10.3.2.2. Goals may be 3'x3', 4'x4', or 6'x6' flipped down.Coaches may roam the sideline from the edge of the table area to the end line.

10.3.2.3. Coaches may be on the field if they are serving as a referee.

10.3.2.4. Game duration shall be 4 quarters, each quarter being 12 minutes long, with a running clock.

10.3.2.5. Teams shall switch goals at half-time.

10.3.2.6. The clock shall stop for timeouts (team timeouts and referees' timeouts).

10.3.2.7. Each team shall have two timeouts per half.

10.3.3. 3/4 Division

10.3.3.1. Games shall be played 7v7.Coaches may roam the sideline from the edge of the table area to the end line.

10.3.3.2. Game duration shall be 4 quarters, each quarter being ~~10~~12 minutes long, with a ~~stopping~~running clock.

10.3.3.3. Teams shall switch goals at half-time.

10.3.3.4. Each team shall have two timeouts per half.

10.3.3.5. Penalties shall be straight time, **not** time-and-a-half, with the time starting when play resumes after the penalty is reported to the table.

10.3.3.6. The clock shall stop for timeouts (team timeouts and referees' timeouts).

10.3.4. 5/6 Division

10.3.4.1. Games shall be played 10v10.

10.3.5. 7/8 Division: No changes

11. SCHEDULING

11.1. A Director of Scheduling shall be appointed, shall chair the schedule committee, and shall be responsible for creating and keeping updated the season schedule.

11.2. Scheduling goals/priorities include:

11.2.1. An approximately even split between home and away games.

11.2.2. Minimization of repeat opponents, especially playing the same opponent more than twice.

11.2.3. Preference for playing in-conference opponents over out-of-conference opponents

11.2.4. Minimization of long and/or repetitive travel, especially on subsequent weekends.

11.2.4.1. Round-robins between three teams at a more central location should be considered to reduce travel burden, e.g. Everett, Skagit Valley, and North County playing a round robin in Burlington.

11.2.5. Avoidance of weeknight games, due to referee availability.

11.3. Each member organization shall name one person to the schedule committee. This person need not be a representative of the organization in any other capacity.

11.4. Each member organization shall submit their blackout dates to the schedule committee no later than January 31.

11.5. The schedule committee shall send a draft schedule no later than two weeks prior to the first game of the season.

11.6. The schedule committee shall lock the schedule one week prior to the first game of the season (generally the day of the pre-season Jamboree).

11.7. A team shall play at least 6 games against League opponents, at least 4 of which shall be against conference opponents in order to be eligible for post-season honors.

11.7.1. Exception: If for any given division, there are fewer than 5 teams in the conference, or fewer than 7 teams in the league, the number of conference or league games required

for eligibility for post-season honors shall be equal to the number of opponents in the conference or league, respectively.

11.8. A member organization refusing to compete against another member organization shall not be eligible for post-season honors.

11.9. Once the schedule is locked, any subsequent changes shall be coordinated between the member organizations involved, resulting in an email sent that includes the Director of Officials, the Director of Scheduling, and the Official Representatives of both organizations at least 72 hours prior to the scheduled game.

11.9.1. The notice of change shall include the details of any game being added, cancelled, or changed, including division, date, time, location, and competitors, and in the case of a change or addition the *new* date, time, location, and competitors.

11.9.2. Any changes made closer to the originally scheduled time may result in:

11.9.2.1. Not having referees assigned, in which case the teams involved are responsible for providing for referees themselves.

11.9.2.2. Being held responsible for referee fees for the originally scheduled game.

11.9.3. The Director of Scheduling shall, subject to Board review, determine whether a schedule change is mutual or the responsibility of one organization for the purpose of any referee fees that may be billed for the originally scheduled game.

11.9.3.1. If the change is mutual, any such fees shall be split evenly among the competing organizations.

11.9.3.2. If the change is the responsibility of one of the organizations, e.g. field conflict, player shortage, etc, that organization shall be liable for the entire referee fee for the original game.

11.10. Member organizations may schedule exhibition games or non-league games at their discretion.

11.10.1. Such games shall not be scheduled such that they interfere with scheduled League games.

11.10.2. Member organizations shall notify the Director of Scheduling and the Director of Officials at least 7 days in advance.

11.11. Recognized Leagues. The League recognizes several other Leagues in Washington who serve to build and govern the sport in their areas:

11.11.1. North Sound Youth Lacrosse

11.11.2. Greater Eastside Lacrosse League

11.11.3. Seattle Metro Youth Lacrosse League

11.11.4. South Sound Youth Lacrosse Association

11.11.5. Central Washington Lacrosse League

11.12. Any game scheduled against a team that is not a member of a recognized league shall be considered unsanctioned by the League, and shall not receive any support from the League, including but not limited to scheduling games, assigning and paying referees, and such games shall not be considered for League standings.

12. CHAMPIONSHIP

12.1. A Director of Events shall be appointed, who may be, but is not required to be a member of the Board in any other capacity, and shall chair the events committee, and shall be responsible for the planning of the pre-season jamboree and end of season tournament.

12.2. If a season champion is to be determined, it shall be done by way of a single-elimination tournament of teams eligible for the Championship.

12.2.1. Seeding shall be determined by Conference in descending order of precedence:

12.2.1.1. Points per Conference game, where 3 points are earned per win, 1 point per tie, and 0 points per loss.

12.2.1.2. Points per League game, according to the same points schedule.

12.2.1.3. Total points earned in League games, according to the same points schedule.

12.2.1.4. Head-to-head record between tied teams.

12.2.1.5. Aggregate goal differential in League games (maximum of 6 goals considered per game).

12.2.1.6. Coin toss.

12.2.2. The tournament bracket shall follow the top vs bottom format, across conferences (e.g. Conference A #1 vs Conference B #8), with first round byes being given to top seeds as needed, depending on the number of teams.

12.3. While Championship eligibility criteria and the methodology of determining a champion may be modified by simple majority vote of the Board, it shall only be effective for the current or immediately upcoming season if such change is approved either a) prior to March 1, or b) by a 2/3 majority vote of the Board.

13. REFEREES

13.1. A Director of Officials shall be appointed, who may be, but is not required to be a member of the Board in any other capacity, and shall be responsible for coordinating training of referees, managing the game schedule in Arbiter, processing referee payments, and receiving feedback about referees.

13.2. Each member organization shall provide at least three certified referees who collectively work at least 6 games during the season, and shall be assessed a fee of $100 per referee they fail to provide, up to $300.

13.3. Referees shall have a valid USA Lacrosse referee certification for the current season.

13.4. K-2 Division: Head coaches or other designees shall act as referees on the field, one from each team.

13.5. 3/4 Division: Two referees, or one referee and one mentor official, should be assigned to each game.

13.6. 5/6 Division: Two referees, or one referee and one mentor official should be assigned to each game.

13.7. 7/8 Division: Three referees, or two referees and one mentor official should be assigned to each game.

13.8. If no referees appear at a League game, the program directors or coaches shall determine whether a game shall be played. If a game is played, it shall be considered an exhibition and not counted in League standings.

13.9. If any assigned referee does not appear, the home organization shall notify the Director of Officials and the Treasurer by email, including the date, time, location, teams competing, and which referees appeared.

13.10. Feedback about referee performance shall be submitted by an online form developed by the League. Such feedback shall be reviewed by the Director of Officials.

14. VERTICAL INTEGRATION

14.1. A Director of Vertical Integration shall be appointed, who may be, but is not required to be a member of the Board in any other capacity, and shall be responsible for advising not-yet-vertically-integrated member organizations on strategies to grow their organizations toward a vertically integrated structure.

15. CONDUCT

15.1. Each member organization shall be responsible for the conduct of their coaches, players, and spectators. Any player, coach, or spectator who is ejected from a game must follow all League rules regarding ejection.

15.1.1. In addition to the explicit one game suspension, and any extension that may be added by the Board, any coach that is ejected from a game shall not return to the field until they

have provided to the Board results of having taken the USA Lacrosse Officials Youth Rules Exam.

15.2. Honor The Game

15.2.1. Each member organization shall be responsible for conducting an “honor the game” ceremony after each game.

15.2.2. Each team shall be prepared to provide at least two stickers recognizing players who honored the game.

15.2.3. Honor the game shall be conducted at a location that does not interfere with subsequent games which may be scheduled on the same field, after having removed any obstructions from the bench area which may impair any subsequent games.

15.3. Each organization may choose a nickname at their discretion, colors, team size, number of teams, and home field, and must conduct themselves in a manner consistent with the spirit of the rules of the League.

15.3.1. Names must be in good taste, in the judgment of the Board.

15.4. Sideline Manager:

15.4.1. Each member organization shall designate a sideline manager for each game, both home and away, who shall be conspicuously dressed so as to be identifiable at a distance, and shall be introduced to the referees by the head coaches before the game.

15.4.2. The sideline managers shall have the authority to remove any spectator from the premises.

15.4.3. If any spectator refuses to leave after having been directed to do so by the Sideline Manager, the Sideline Manager shall request the scoring table to alert the officials (a double-tap of the horn at a stoppage in play), the officials shall terminate the game, the game shall be recorded as a forfeit for the team of the spectator who refused to leave, and the Executive Committee shall review the situation as an ejection for any further action.

15.5. Every parent, player, and coach shall be provided a Code of Conduct which explains the expectations for their behavior, and shall be signed by each coach, parent, and player and submitted with registration.

15.6. Altercations, whether physical or verbal, before, during, or after a game by a player, coach, official, or spectator shall result in the ejection of that person from the premises by the Sideline Manager or Officials. Such ejection shall result in the person being prohibited from participating in any League function for one week, and the next scheduled League game. The matter shall then be referred to the Executive Committee as a disciplinary proceeding.

15.6.1. During the suspension period, the Executive Committee shall review the incident and determine if additional sanctions are warranted. The Executive Committee may suspend participation for up to one month. The Executive Committee may refer the matter to the Board, who may take action up to and including permanent suspension. If an offense is upheld and the person reoffends, they shall be suspended for the remainder of the season. Representatives from the member organizations involved in the altercations are not eligible to vote regarding sanctions.

15.7. Any suspension lasting longer than the time remaining in the season shall roll over and apply to the beginning of the subsequent season.

16. GRIEVANCES AND DISCPLINE

16.1. Disciplinary proceedings

16.1.1. All altercations, ejections, and any other offense which the Executive Committee deems appropriate, shall be reviewed by the Executive Committee for potential action.

16.1.2. The Executive Committee shall review the evidence, including but not limited to statements from officials, coaches, and other eyewitnesses, while being wary of potential bias, and determine whether any additional discipline is warranted.

16.1.3. By majority vote, the Executive Committee may (subject to Board review) suspend a person from participation for up to one month.

16.1.4. The Executive Committee may elect to refer the matter to the full Board. If they do so, the Board may take action up to and including permanently suspending the person from participation.

16.1.5. If a player has been suspended from the member organization they are ordinarily eligible to play for, the Board may declare them ineligible to play for any club within the League by a majority vote. The player is otherwise eligible to play for any club in the League that is willing to accept them.

16.2. Grievances

16.2.1. Grievances should be addressed at the “lowest” level possible. For instance, if a coach has concerns about another coach’s conduct, they should attempt to address it with that coach directly. Failing that, program directors, Presidents, or Official Representatives should attempt to mediate the issue with one another. Only if these attempts fail to resolve the grievance should the grievance be escalated according to the procedure in this subsection.

16.2.2. Escalation

16.2.2.1. Grievance escalations unable to be resolved directly shall be sent to the Executive Committee in writing, and shall include as much detail as possible to contextualize the issue, what attempts have been made to resolve the issue already, and the results of those attempts.

16.2.2.2. The Executive Committee shall seek evidence in a manner that seems to them to be most appropriate, including but not limited to soliciting written statements, and inviting relevant persons to appear in a hearing.

16.2.2.3. After examining the evidence, the Executive Committee shall vote on whether to issue a “strike” to the offending member organization. Three strikes accumulated in a single season shall result in suspension of the member organization for the remainder of the season.

16.2.2.4. If a member organization is suspended according to rule 12.2.2.2, they shall be on probation for the entirety of the following season. During this period, they shall not have voting rights on the Board, and any single strike shall result in indefinite suspension pending further review by the Board.

16.2.2.5. The Executive Committee may refer the matter to the Board, calling an Emergency Meeting if necessary, if they believe more severe consequences are warranted.

17. ETHICS

17.1. In any document one can find loopholes or ways to get around a rule. Individual organizations shall police themselves so as not to break the spirit of the rules. An organization is only as good as the people in it. The League exists to bring together strong independent youth Lacrosse organizations that are willing to work within an environment of mutual cooperation in which the advancement of Lacrosse and not just the individual organization are the main priority. The dynamics of youth lacrosse demands that a youth lacrosse league be operated in this manner. This allows the community in which the organization resides to better serve that area, grow with the area and have a sense of ownership with the community.

17.2. Member organizations are expected to induce a spirit of high ideals in their teams. Member organizations are to practice the highest standards of sportsmanship and coaching ethics.

17.3. The highest degree of ethical conduct is expected of all that participate in the League. This includes strict adherence to both the letter and the spirit of the rules and regulations.

17.4. The use of alcohol, illegal drugs, tobacco products, and the use of inappropriate language during practice or games are prohibited.

17.5. Violent conduct, provocative holding or touching of the facemask, or verbal abuse towards any player, coach, official or parent will not be tolerated and is prohibited.

18. DEFINITIONS

18.1. **Team.** A team is a collection of players within a single club and a single division, led by a head coach and, optionally, one or more assistant coaches, which plays or intends to play games during the season.

18.2. **Post-season honors.** Any event or recognition subsequent or resultant from the regular season which would reasonably be considered a reward or honor, including but not limited to eligibility for the championship, all-star nominations, league MVP, player of the year, coach of the year, or similar.

Adopted October 6, 2025
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