

WHSBLA Handbook

Policies and Rules

MISSION STATEMENT

To organize, develop, and promote boys high school lacrosse in Washington, and to honor the game by instilling the values of scholastic achievement, sportsmanship, and individual development, and fair play.

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**WHSBLA Board of Directors:**

**Catie Larsen, Executive Secretary**

**ODD Year Elects**

**At- Large 1 – Jason Carrell**

**At- Large 3 – Henry Valentine**

**Region 1 Rep – Ryan Jensen**

**Region 3 Rep – Dejon Hush**

**Region 5 Rep – Jeff Bambrick**

**EVEN Year Elects**

**At- Large 2 – Ian O’Hearn**

**Region 2 Rep – Brandon Fortier**

**Region 4 Rep – Nick Ortiz**

**Region 6 Rep – Chad Mitchell (President)**

## **1.0.0 WHSBLA HANDBOOK**

- 1.1.0** This is the official Handbook of the Washington High School Boys Lacrosse Association. It contains policies, directives, and guidelines for Members of our Association.

## **2.0.0 RESPONSIBILITIES of WHSBLA MEMBERS**

- 2.1.0** The responsibilities of each WHSBLA member are to organize, develop, and promote boys high school lacrosse within the scholastic setting in the state of Washington. Further, each member has a responsibility to supervise, regulate and manage all coaches, players and parents associated with their member program.

## **3.0.0 MEMBER QUALIFICATIONS**

- 3.1.0** **OVERSIGHT** – Each program will operate under direction of their designated school; i.e. AD and/or ASB oversight of the program – OR – Under a Board of Directors to oversee player/coach eligibility and conduct.

3.1.1 At minimum, a Board of Directors will include a President, Vice-President, Secretary/Treasurer. The board may also include other officers or representatives.

3.1.2 The varsity head coach may not hold one of the above named positions and may NOT be a voting member of this board.

### **3.2.0** **ACKNOWLEDGEMENT and CERTIFICATION-**

Ultimately it is the responsibility of each program's HEAD COACH and the person overseeing the program as outlined in Rule 3.1 above, to ensure that their program is abiding by all WHSBLA policies.

3.2.1 Each year it is the duty of the Head Coach to attend the mandatory coaches meeting (last Saturday in January)

3.2.2 Each year, prior to this meeting, the Head Coach and the person overseeing the program must electronically complete:

1. WHSBLA ACKNOWLEDGEMNT - Acknowledge review of and agreement abide by all WHSBLA By-laws and policies adopted in the WHSBLA Handbook
2. WHSBLA CERTIFICATION - Certify that own program meets all qualifications as outlined in Rule 3.1 and that all coaches in their program will meet all qualifications as outlined in Rule 4 of this handbook PRIOR to stepping on the field for the 1<sup>st</sup> day of Spring practice.

3.2.3 **FAILURE COMPLETE ACKNOWLEDGMENT and CERTIFICATION** – Failure of program to properly complete these PRIOR to the mandatory coaches meeting in January will result in a \$200 fine to the program.

### **3.3.0 MEMBERSHIP FEES**

- 3.3.1 Every member (Regular, Provisional and Probationary) must pay a Membership Fee each year to cover expenses needed to run the WHSBLA. They include, but are not limited to, costs for scheduling, maintaining the WHSBLA website, administration, public relations, WALOA, championship day, etc. as determined by the WHSBLA Board of Directors. This fee must be paid prior to the mandatory coaches meeting each January as part of the Pre-Season Coaches "Packet". **FAILURE TO PAY MEMBERSHIP FEES prior to the January Meeting will result in \$200 fine.**

### **3.4.0 GAME FEES**

- 3.4.1 Every member (Regular, Provisional and Probationary) must pay GAME FEES to Cover expenses for game officials for all scheduled HOME games. GAME FEES are determined through an M.O.U. between WHSBLA and the officials association (WALOA).

These fees will be collected twice:

1. Initial Game Fees must be paid PRIOR to March 1<sup>st</sup>. **FAILURE TO PAY INITIAL GAME FEES PRIOR to March 1st will result in \$200 fine.**
2. An invoice for non-league games added after initial fees and playoff games will be sent no later than Aug 1<sup>st</sup> and must be paid in full PRIOR to Sept 1<sup>st</sup>. Any conflicts preventing payment by stated deadlines requires a plan be arranged with the WHSBLA secretary/treasurer well prior to stated deadlines. **FAILURE TO PAY POST SEASON GAME FEES PRIOR to September 1st will result in \$200 fine.**

- 3.4.2 In the unfortunate event that a team must fold during the season, Membership Fees will be kept by the WHSBLA; unused GAME FEES will be returned to that program.

## **4.0.0 COACHES QUALIFICATION**

### **4.1.0 Program Head Coach Qualifications and Responsibilities:**

- 4.1.1 The Head Coach will be held responsible for knowing league rules and insuring that all those coaching and acting under, comply with these WHSBLA rules
- 4.1.2 Head Coach of a program shall be at least 21 years old and a high school graduate unless the Board, prior to the First Day of the Season, has granted a waiver to this qualification.

### **4.2.0 Qualifications and Responsibilities for ALL Coaches in Program:**

- 4.2.1 All members of the coaching staff must be First Aid certified and CPR qualified.
- 4.2.2 All members of the coaching staff must be, at minimum, Bronze level certified by US Lacrosse. This certification requires valid expiration dates (through the end of season) for the following:
- a. US Lacrosse membership and NCSI background check
  - b. Abuse Prevention course
  - c. Cultural Competency course
  - d. Concussion Awareness course

- e. Sudden Cardiac Arrest course
- f. Rules Exam

4.2.3 All Coaches shall read and agree to abide by the WHSBLA Code of Conduct.

## **5.0.0 WHSBLA COMPLIANCE**

**5.1.0 Compliance File** – Each program must submit a single electronic PDF, COMPLIANCE FILE no later than **five days prior** to the first day of spring practice. This file demonstrates proof that all requirements for players and coaches are in place.

- 5.1.1 Compliance file must include:
  - a. Cover Page – checklist
  - b. Proof of Program Liability and Individual Player Medical Insurances
  - c. Proof of Acknowledgement for players/parents on Concussion and SCA
  - d. Proof of Program Code of Conduct
  - e. Proof that ALL COACHES are CPR AND First Aid Certified (BOTH)
  - f. Proof that ALL COACHES are at minimum, Bronze level certified per rule 4.2.2
- 5.1.2 Failure to properly submit a fully completed, single electronic PDF, COMPLIANCE FILE on FIRST submission AND five days PRIOR to the first day of Spring practice will result in fine(s).
  - a. A file incomplete on first submission will incur a \$100 fine
  - b. A fully completed file submitted late will incur a \$100 fine
  - c. An incomplete file submitted late will incur a \$200 fine
  - d. Should missing components be provided at least five days prior to Spring practice no further penalty shall be imposed
- 5.1.3 Failure to submit the fully completed file by the SUNDAY prior to the beginning of Spring practice will result in program being ineligible to practice on the first Monday of Spring practice. Program will continue to be ineligible for practice an additional day for every subsequent day late
- 5.1.4 Fines and/or ineligibility will not apply to any addendum sent for purpose of coach(es) added to staff AFTER the original submission
  - a. To add coach(es) to coaching staff after original submission, a single file PDF, addendum showing US Lax Membership Card with all valid certifications and proof of valid FIRST AID and CPR certifications must be submitted.
    - i. Any coach added to staff AFTER initial deadline is not eligible to be on the field the first day of practice at a minimum
    - ii. Not eligible to be on field until addendum is confirmed as valid by respective Region Rep

## 5.2.0 Rosters

- 5.2.1 Each program must submit (via email) an official PROGRAM ROSTER to their WHSBLA Region Rep no later than the 3<sup>rd</sup> Monday of each season. The roster will be completed using an official template to include NAME, ADDRESS, YR/GRADE in school and SCHOOL ATTENDING for every player in the program, Varsity and Sub-Varsity. **FAILURE to submit PROGRAM ROSTER by deadline will result in \$200 fine**
- 5.2.2 For any player(s) added after PROGRAM ROSTER is submitted, a new roster must be submitted highlighting any new player(s). Player(s) are not eligible for competition until the WHSBLA Region Rep confirms receipt of such addition(s).
- 5.2.3 To be eligible for post season play, all players must be confirmed as part of the official program roster prior to April 1<sup>st</sup> of the given season.
- 5.2.4 It is the responsibility of each program to ACCURATELY and fully post their VARSITY roster properly online via the WHSBLA mandated website (Sportability) at least 24 hours PRIOR to their first scheduled game of the season.
- 5.2.5 It is the responsibility of each program to accurately maintain this roster throughout the season. No player may appear in a Varsity contest without first being properly listed as part of online roster.
- 5.2.6 Any discrepancy as to jersey # from posted Varsity roster must be disclosed to the opposing Head Coach PRIOR to contest in which discrepancy is to occur.
- 5.2.7 FAILURE to disclose all information accurately on either roster may result in use of an ineligible player, likely resulting in forfeitures and/or suspensions.

## **6.0.0 NEW PROGRAMS, DESIGNATIONS and CONGLOMERATES**

- 6.1.0 New programs may apply for provisional membership providing they meet all the criteria in Article III.C.2.a-e of the WHSBLA By-laws.
- 6.2.0 A program must establish a designation to a single high school.
- 6.2.1 A program seeking to draw players from outside their designated high school may apply for membership as a conglomerate program.
- 6.2.2 Conglomerate programs will be classified and determined as follows:
- i. Combine – WHSBLA approved partnership allowing schools to combine provided the total enrollment of involved schools does not exceed the enrollment of the largest school in the classification in which they compete. This typically involves schools of 1A classification or smaller (1B or 2B).
  - ii. Conglomerate Program – Programs not meeting combine criteria may still be approved to participate in regular season play, but would be ineligible for postseason play (playoffs). Consideration will only be given if the total adjusted enrollment figures (per current WIAA classification cycle) of high schools involved does not exceed 3500 or a maximum of two high schools. In other words, a conglomerate will only be approved to participate with an enrollment total above 3500 by limiting to two high schools. NOTE: All games will be marked “non-league” so not to affect the playoff standings

- 6.2.3 Conglomerate programs are encouraged to develop into single-high-school programs as WHSBLA supports this type of change and growth. WHSBLA is unlikely to approve revisions to a conglomerate program that is switching the make-up of the schools included in their conglomerate program without spinning off single-high-school programs. Example: Year 1: WHSBLA approves high schools A, B, and C as a conglomerate program. Year 2: WHSBLA rejects proposed new conglomerate of A, B and D where C was not a spin-off, but rather just jettisoned by A and B.

## **7.0.0    PLAYER ELIGIBILITY**

### **7.1.0    General Program Eligibility**

- 7.1.1 Only student-athletes attending a high school (or running start program connected to said high school) associated with a WHSBLA program are eligible to participate in the WHSBLA. In a district using junior high schools, only 9<sup>th</sup> graders are eligible to participate. Middle School level students are not eligible.
- 7.1.2 To be further eligible to participate in the WHSBLA, student-athletes must be enrolled in and attending school, and making progress toward graduation in meeting same academic eligibility requirements for all other student-athletes in their school.
1. Each program must have a process in place to monitor student attendance and academic progress.
  2. When questioned, program must be able to provide proof that student-athlete is eligible to participate.
- 7.1.3 Student-athletes attending a private school (without its own lacrosse program), an alternative school or home school are only eligible to participate should their resident address otherwise place them in a public school associated with a WHSBLA program.
- 7.1.4 When a new program is granted provisional membership, all players attending school(s) deemed within that new program's designated boundaries must play for the new program except for returning seniors who may, if allowed by original program, play their final season with said original program.

### **7.2.0    CONCURRENT SPORTS LIMITATIONS – WHSBLA SEASON**

**7.2.1** - During the WHSBLA high school season, starting with the first allowable practice date, through the WHSBLA state championships, WHSBLA athletes may not practice or play lacrosse with any outside team or program other than their WHSBLA program. This includes but is not limited to any showcase, tryout or clinic event. A WHSBLA athlete may coach or referee youth lacrosse during the WHSBLA season as this is not a violation.

**7.2.2** - During the WHSBLA high school season, starting with the first allowable practice date, through the WHSBLA state championships, WHSBLA athletes may not practice or play in any WIAA sport through their school. An exception is made for a student-athlete whom competes in an alternate sports season (Fall/Winter) and qualifies for the state tournament. Athlete may participate during the scheduled overlap of season to participate in practices and/or games associated with the state tournament.

### 7.3.0 TRANSFERRING STUDENTS

#### 7.3.1 Definitions:

- A. Resident Public School:** The public school that the student would normally attend based on the location of the residence within the public school service area and policies.
- B. School of Choice:** The school that is not the resident public school. The school of choice can be a public, private, alternative, charter, home school, or online school.
- C. Family Unit:** The adult(s) who has/have resided with, had legal custody, legal guardianship, or has/have acted in a parental capacity of the student and any siblings high school age or younger with whom the student resides for a period of at least one (1) year.
- D. Residence:** The place where the family unit has established its home and/or the place where the student is habitually present and to which, when departing, the student intends to return

- 7.3.2 Transferring Student.** If having already participated in the WHSBLA, any student-athlete transferring from one WHSBLA program to another must complete a WHSBLA Transfer Review Form. This form must be submitted no later than December 1<sup>st</sup>, prior to the upcoming Spring Season. Any Transfer Review Form filed after December 1<sup>st</sup> will automatically be ruled eligible for sub-varsity competition only.

NOTE: All Transfer Review Forms, regardless of the date they are submitted, will be reviewed by the WHSBLA between December 1<sup>st</sup> and December 31<sup>st</sup>. The eligibility decision will be communicated by WHSBLA to the student on or prior to January 2<sup>nd</sup>.

- 7.3.3 Transferring Student Eligibility.** In order to be eligible for varsity competition, transferring students must meet the requirements of Sections 7.3.4, 7.3.5, and 7.3.6 below.

- 7.3.4** Transferring students who are ineligible in a member school for WHSBLA competition may not become immediately eligible at another member school without completing the conditions of ineligibility.

- 7.3.5** The following students who are attending a member school shall be deemed to meet the transferring student rule requirements:

- A.** A student whose transfer is based on a bona fide change of residence to a new school (district) due to an actual physical relocation of and with the entire family unit to a different residence and preceded by termination of all occupancy of their previous residence.
- B.** A student attending a school outside of their residence district for one (1) calendar year or more is eligible thereafter at that school provided the enrollment/attendance is continuous.

- C. A student whose parent(s) or legal guardian(s) reside at different abodes as the result of a divorce or court approved legal separation is allowed one (1) transfer between parents or guardians after entering the ninth (9th) grade without being restricted to sub-varsity competition for one (1) year.
- D. A student who is under commitment to the Department of Social and Health Services, a student who is on juvenile parole status and a student who has been adjudicated as a ward of a juvenile court where residence is the result of assignment by the government entity charged with their care.
- E. A student who has a residence change because of the death of a member of the family unit or military deployment in order to reside with a relative.
- F. CHILDREN OF “MISSION OR KEY AND ESSENTIAL” MILITARY PERSONNEL – A military service member who is deemed by the Department of Defense or the Department of Homeland Security (US Coast Guard) as “mission/ or key and essential” and who is further required to live within the boundaries of the military base, may upon arrival, enroll their child(ren) in a school district the family chooses. Such child(ren) shall be considered immediately eligible provided all other eligibility rules are met. Should the child(ren) change schools, all eligibility rules, including transfer rules, must be met.

**7.3.6** A student attending a member school for one (1) calendar year or more is eligible in the same school/school district during subsequent attendance, so long as the enrollment/attendance is continuous.

**7.3.7** A transferring student who does not meet the requirements of Sections 7.3.4, 7.3.5, and 7.3.6 shall be ineligible for varsity competition. Ineligibility shall be effective for one (1) calendar year from the date of enrollment. This ineligible status only prohibits a student from competing at the varsity level.

**7.3.8** WHSBLA recognizes that there may be unique circumstances not covered under Section 7.3.5, above. WHSBLA retains discretion and authority to grant eligibility to a transferring student who provides sufficient and reliable information of such unique circumstances. Eligibility under this section shall not be granted where there is reason to believe that the decision to transfer between member programs was for athletic purposes.

#### **7.4.0 TRANSFERRING STUDENT APPEALS OF INELIGIBILITY**

**7.4.1 Purpose.** The purpose of the appeal process is to prescribe the procedure whereby a transferring student who wishes to contest the reasons for their alleged ineligibility to participate in a WHSBLA program shall be afforded a fair opportunity to appeal to the WHSBLA.

**7.4.2 Notice of Ineligibility.** In accordance Section 7.3.2 of this Handbook, the WHSBLA will review all Transfer Eligibility Forms between December 1<sup>st</sup> and December 31<sup>st</sup> (prior to the upcoming Spring Season). WHSBLA’s eligibility decision will be communicated by WHSBLA to the student on or prior to January 2<sup>nd</sup>. The decision will also be communicated to the Head Coach and/or Program Admin of the involved program. For transferring students deemed ineligible, the



notice shall specify the reason(s) for the alleged ineligibility and the rule being violated. The notice shall also advise the student of their opportunity under Section 7.4.0 of this Handbook to appeal the determination.

- 7.4.3 **Appeal Procedure.** Any student and/or their parent(s)/family unit may request a hearing before a WHSBLA Eligibility Panel in order to contest the reason(s) for any alleged ineligibility under the standards established by the WHSBLA. The person(s) requesting such a hearing shall be known as the Petitioner. A request for a hearing in the form and manner described herein shall be known as a Petition. A Petition shall: (a) be written; (b) set forth the specific eligibility; (c) be signed by the Petitioner(s); and (d) be submitted to the WHSBLA via email to [whsbla@googlegroups.com](mailto:whsbla@googlegroups.com) within seven (7) days of notification as to ineligibility. Failure to request a hearing in the manner described herein within seven (7) days of notification as to ineligibility shall waive the right to a hearing and the appeal procedure described herein. Unless otherwise provided, any student declared ineligible to participate shall remain ineligible until a decision to the contrary is made as provided for in this Article of the WHSBLA Handbook.
- 7.4.4 **WHSBLA Eligibility Panel.** In the event of an appeal, the WHSBLA Board shall enact a three-member panel who have knowledge and experience in the history of the WHSBLA to serve as the WHSBLA Eligibility Panel. The panel members may include coaches, but shall not include any member from the same region as the involved school(s). The panel shall not include any current WHSBLA Board members.
- 7.4.5 **Eligibility Panel Hearing.** Upon the receipt of a Petition properly submitted in the manner described above, the WHSBLA Eligibility Panel shall schedule a hearing as expeditiously as possible, but in no case later than seven (7) days prior to the first full contest that is the subject of the Petition, or within a reasonable time thereafter in cases of emergency including, but not limited to, an unforeseeable late student enrollment. The hearing shall be conducted remotely (*i.e.*, via Zoom or similar videoconferencing platform), unless otherwise agreed to by the parties. Written notice of the time, information necessary to access the hearing, and location if necessary of the hearing shall be provided to the Petitioner no later than five (5) days prior to the date of the hearing. All hearings shall be closed to the public.
- A. The Petitioner may represent themselves or be represented by such other person, as they may desire. The Petitioner shall have the opportunity to testify, present and cross-examine witnesses, as well as to introduce affidavits, exhibits, and other such evidence as may be deemed relevant and material by the WHSBLA Eligibility Panel.
  - B. The WHSBLA Eligibility Panel may continue the hearing for a reasonable period of time when in the judgment of the panel such a continuance is determined to be necessary to a fair and proper disposition of the Petition.
  - C. A tape recording or verbatim record of the hearing shall be made in connection with each Petition considered by the WHSBLA Eligibility Panel.
- 7.4.6 **Eligibility Panel Decision.** At the conclusion of the hearing and after a full and complete consideration of the evidence presented in support of the Petition, the WHSBLA Eligibility Panel shall issue a written decision that either (a) grants the petition, or (b) denies the petition. The decision of the Eligibility Panel shall be

based solely upon the facts and arguments presented during the hearing. The written decision must include specific findings and conclusions that support the particular determination. If the Eligibility Panel denies the Petition for eligibility, the written decision must also include notice of the Petitioners opportunity under Section 7.4.0 of this Handbook to appeal the Eligibility Panel decision to a Hearing Officer designated by the WHSBLA Board. A copy of the decision of the Eligibility Panel shall be sent to the Petitioner and to Head Coach and/or Program Admin of the involved program within seven (7) days following the date of the conclusion of the hearing. If the Eligibility Panel denies the Petition, the student remains ineligible for WHSBLA competition, pending further appeal.

- 7.4.7 **Notice of Appeal to Hearing Officer.** An aggrieved student wishing to appeal the decision of the WHSBLA Eligibility Panel shall submit a written notice of appeal to the WHSBLA Board via email to [whsbla@googlegroups.com](mailto:whsbla@googlegroups.com) on or before the tenth (10<sup>th</sup>) day following the date of receipt of the written decision of the WHSBLA Eligibility Panel denying the Petition. The notice of appeal shall (a) be written, (b) be signed by the Petitioner, and (c) set forth the specific alleged error(s) that form the basis of appeal. Failure to submit a notice of appeal in the manner described herein shall waive the right to further appeal and the decision rendered by the Eligibility Panel shall constitute the final determination in the case.
- 7.4.8 **Designation of Hearing Officer & Timing of Hearing.** Upon receipt of an appeal in the manner set forth in Section 7.4.7 above, the WHSBLA Board shall designate a Hearing Officer to hear the appeal. The hearing shall commence on or before the fourteenth (14<sup>th</sup>) day following the date of receipt of the written notice of appeal, unless otherwise agreed to by the parties. The hearing shall be conducted remotely (*i.e.*, via Zoom or similar videoconferencing platform), unless otherwise agreed to by the parties. Written notice of the time, information necessary to access the hearing, and location if necessary of the hearing shall be provided to the Petitioner no later than five (5) days prior to the date of the hearing.
- 7.4.9 **Hearing Officer Procedure & Hearing.** The hearing before the designated Hearing Officer shall be limited to a review of the record of the hearing conducted before the WHSBLA Eligibility Panel and any additional relevant evidence. In the review of the record, the findings and recommendations of the Hearing Officer shall be based solely upon the record of the hearing conducted by the WHSBLA Eligibility Panel and may include additional evidence, oral or written, when in the opinion of the Hearing Officer, such evidence is deemed relevant and material to a fair and proper disposition of the appeal. Upon receipt of additional evidence by the Hearing Officer, the parties shall be afforded a reasonable opportunity to contest such evidence. A tape recording or verbatim record shall be made of the hearing.
- 7.4.10 **Hearing Officer Recommendation.** After the hearing set out in Section 7.4.9 above, the Hearing Officer shall issue a written recommendation to the WHSBLA Board no later than seven (7) days following the date of the conclusion of the hearing. The written recommendation shall include specific findings and conclusions that support the particular recommendations. The recommended decisions shall either affirm or reverse the decision of the WHSBLA Eligibility Panel.
- 7.4.11 **WHSBLA Board Final Determination.** The WHSBLA Board shall review the findings and recommendation of the Hearing Officer and shall either affirm or deny the recommendation by simple majority vote. The decision rendered by the WHSBLA Board shall be written and shall include the findings and conclusions that support the particular determination. The decision may include conditions for

granting eligibility. The WHSBLA Board shall send a copy of its written decision to the Petitioner no later than five (5) days after receiving the Hearing Officer's written recommendations. The decision of the WHSBLA Board is final. Any student who remains aggrieved by a decision of the WHSBLA Board may appeal to the Superior Court pursuant to RCW 28A.645.010 through RCW 28A.645.030, as now or hereafter amended.

## **8.0.0 LEAGUE ALIGNMENT**

- 8.1.1 The current structure of the WHSBLA is four classifications to support four championships: 4A, 3A, 1A/2A and Private. A structure of four classifications will remain in place unless the Board is given authority by the general membership per Article IV of the By-laws to change the number of classifications/championships.
- 8.1.2 The Board, per the By-laws, has authority to reclassify programs as deemed necessary due to the dynamic nature of growth in the WHSBLA.
- 8.1.3 It is the duty of the Board to create and structure conferences as deemed best by the Board to manage regular season and post-season play.

## **9.0.0 GAME SCHEDULING**

- 9.1.0 Games counting toward playoff standings are scheduled by an assigned scheduler.
- 9.2.0 Contests (any interaction with an opponent: game, practice, scrimmage, jamboree, etc.) scheduled individually by coaches outside of scheduled WHSBLA play are marked as Non-League games. Such games do not count towards WHSBLA standings, but will be conducted and played under WHSBLA rules when appropriate (and rules of respective leagues when played outside the WHSBLA's jurisdiction). These contests are scheduled at the discretion of the coaches. However, all contests must be reported to the WHSBLA Scheduler so they can be added to the master WHSBLA schedule to assign officials and/or comply with the limit on number of contests as defined in rule 11.0.
- 9.3.0 During the WHSBLA season only contests scheduled against WHSBLA Sanctioned teams or out-of-state teams recognized by the WHSBLA as sanctioned by their state's lacrosse sanctioning body are permissible.
- 9.4.0 Changes to scheduled game must be agreed upon between both coaches.
- 9.5.0** Changes to a scheduled game must be reported to the WHSBLA scheduler at least 48 hours prior to the originally scheduled date and time. **Notice of less than forty-eight (48) hours may require full payment for officials regardless of whether game is played or not.**  
  
WALOA will in good faith make every effort to re-assign officials and consider extenuating circumstances beyond control of teams involved.
- 9.6.0 No games will be scheduled past an 8:00pm start time Monday through Thursday. Regardless of issues delaying the start of a game, no game will start after 8:30pm

if being played on a Monday through Thursday. Any JV game must be adjusted per rule 9.7.0 to allow play of the varsity game per schedule.

- 9.7.0 Doubleheaders scheduled at the same location will be scheduled to start 2 hours apart. However, should the first game run long, teams will be given no less than 20 minutes to warm up, otherwise the 2<sup>nd</sup> game will start at scheduled time. With a Varsity/JV doubleheader, the play of the JV game will be adjusted (shorten duration, cancel or reschedule) so the varsity game is played per rule. When possible, adjustments should be agreed upon prior to the start of the first game of the doubleheader.
- 9.8.0 Except for JV games scheduled as part of initial WHSBLA schedule, no games will be added to the schedule to be played after the beginning of the playoffs with the exception of 9.9.0 below.
- 9.9.0 Teams qualifying for the post season but earning a BYE and therefore not scheduled to play for more than a week past the last day of the regular season as defined by league calendar in given year, may schedule one additional non-league game to fill this gap. This additional game may only be scheduled against a similar WHSBLA program that has also earned this same BYE or against an out-of-state opponent (per rule 9.3), with the understanding that these games will be given last priority for referees.

**9.10.0 FAILURE TO REPORT TOTAL CONTESTS** – A contest is any such activity involving an opponent (including jamborees, controlled scrimmages, practices, non-WHSBLA games and out-of-state play). ALL contests must be reported to the WHSBLA Scheduler for inclusion on the master WHSBLA schedule PRIOR to that contest being played and/or to track each program’s allowable contest limit. **Failure to report total contests may place the program on probation and/or result in sanctions placed against the program and/or coach.**

**10.0.0 STATISTICS**

- 10.1.0 It is the responsibility of the home team to keep the official scorebook. The official home scorebook must be kept throughout the entirety of the WHSBLA season should the league need to request to verify any information needed.
- 10.2.0 These statistics will be kept by each team for each WHSBLA league game and must reported via Sportability.com within 24 hours of each contest’s completion:
  - A. Goals
  - B. Assists
  - C. Groundballs
  - D. Shots on Goal
  - E. Goalie Saves
- 10.3.0 Failure to report statistics accurately and by the deadline will result in:
  - 1) First Offense - program put on notice and given warning;
  - 2) Second Offense - \$50 fine
  - 3) All subsequent offenses - \$50 fine
- 10.4.0 These definitions (per NCAA) will be used in recording WHSBLA statistics:
  - A. Goalkeeper saves - A save is recorded any time a ball is stopped or deflected by the goalkeeper’s body or crosse in such a manner that

had the ball not been stopped or deflected, it would have entered the goal.

- B. Assists - Any one direct pass by a player to a teammate who then scores a goal without having to dodge or evade an opponent, other than the goalkeeper in the crease, is recorded as an assist. There can be only one assist on any goal scored.
- C. Ground balls - Any ball not in the possession of one team that comes into the possession of the other team in live-ball play can be a ground ball. This may occur on an intercepted pass (the ball need not hit the ground) or from a ball checked loose onto the ground. Further, the ball must be obtained under pressure (another opposing player must be within 5 yards of the loose ball). When such a ground ball is obtained, the player gaining the ground ball must be able to perform immediately the normal functions of possession (shoot, pass, cradle). Should any of these conditions not be met, a ground ball may not be awarded. A player cannot drop the ball of his own volition, pick it up again, and be credited with a ground ball. Ground balls should be awarded as part of the face-off play; however, a ground ball is not always awarded when an official signals possession on a face-off play, since his definition of possession does not rise to the standard of that of a ground ball.

## **11.0 PRACTICE and GAME SPECIFIC RULES AND REGULATIONS**

**Minimum Practice Days Per Individual Prior to Jamboree: 8**  
**Minimum Practice Days Per Individual Prior to Regulation Contest: 10**  
**Regular Season Contest Limit: 20 + Jamboree**

**11.1 PRACTICE** - defined to include physical activity/conditioning, teaching of lacrosse specific rules, strategies and/or skills and must last the duration of at least 1 hour.

11.1.1 – For purposes of the minimum days required above, only one practice may be counted per day and Sundays may not be counted

11.1.2 – Warm Ups prior to a contest do not count as a practice. Though a separate practice could be held prior to warm ups of a contest, this practice could not be counted to meet the minimum practice days required to then participate in contest that same day.

**11.2 CONTEST RULES** - except as stated below, the National Federation of State High School Associations (NFHS) lacrosse rules for high school boys lacrosse will apply.

### **11.3 NFHS RULE EXEMPTIONS**

**A. Goal Specifications:** In-ground or flat-bar goals are recommended but not required.

**B. Uniforms:** Helmets and gloves should be uniform for all programs. This means that the color scheme must match. Helmets and gloves need not be the same model or brand. Regarding helmets, the shell of each must be the same base color and any accent colors must be team colors or neutral (black/white). Regarding gloves, all should be team colors or neutral. WHSBLA has waived “home team must wear white” rule.

**11.4 PHILISOPHY OF JAMBOREES:** The purpose of a jamboree is to provide game-like conditions in a controlled setting so that special emphasis can be placed on safety and the preparation of every student athlete for regular season contests. Jamborees have also

been developed to provide an opportunity for participants, coaches, and spectators to learn contest rules from officials.

**DEFINITION** - A jamboree is an abbreviated interscholastic contest during which each player and each squad may play up to 100 minutes of **running** clock. Each squad and each player is limited to schedule and participate in only one (1) jamboree.

- 11.4.1 A student must meet all eligibility rules in order to participate in a jamboree.
- 11.4.2 A student may participate in a jamboree the day following eight (8) days of practice.
- 11.4.3 Participation in a jamboree hosted on Friday or Saturday may be counted toward the minimum practice requirement. However, participation in a jamboree hosted on Sunday may NOT count towards the minimum practice requirement.
- 11.4.4 All jamborees are limited to one (1) day.
- 11.4.5 All jamborees are limited to the 2nd weekend of the season.
- 11.4.6 Participation in any jamboree must be reported to the WHSBLA scheduler (prior to participation) so that WHSBLA can ensure that each program is within the limits of rule 12.0. The reporting of participation in a jamboree must include the schedule of dates, times and opponents.
- 11.4.7 Jamborees will NOT be posted as part of the master WHSBLA schedule.
- 11.4.8 Scores may be kept, but championship events are not allowed. Registered official(s) will officiate the event and shall be given the opportunity to present information about contest and season rules to coaches, players and spectators.

## 11.5 SQUAD AND CONTEST LIMITATIONS

**11.5.1** - Each squad (Varsity or Sub-Varsity) may schedule up to twenty (20) contests and one jamboree.

**11.5.2** - Each squad may schedule and therefore each player may participate in only one (1) contest per day. One regulation contest is defined as:  
 4 quarters, WHABLA league or non-league scheduled game  
 OR 1 Jamboree day (up to 3 shortened running clock games)  
 OR a controlled scrimmage and/or practice with an opponent

**11.5.3** – Each squad may schedule and participate in maximum of 4 contests per calendar week

**11.5.4** - Each contest played must be credited as a contest to one definitive squad (Varsity or Sub-Varsity).

**11.6 PLAYER CONTEST LIMITATION** – Each player may play in twenty (20) contests. In doing so may not exceed eighty (80) quarters. Any appearance in a quarter, regardless of the time played, will be considered as one (1) quarter. This is interpreted as meaning when a player steps onto the field and the ball becomes live, that player has played in that quarter.

## 11.7 COUNTING QUARTERS AND CONTESTS:

11.7.1 Four (4) quarters played against same squad, same day is one (1) contest.

11.7.2 Four (4) quarters played against the same program, same day, different squads (i.e., varsity and junior varsity squads) is one (1) contest.

- 11.7.3 Four (4) quarters played against the same program, different days during the same week, different squads (i.e., varsity on Tuesday, junior varsity on Thursday) is one (1) contest. If a player exceeds four (4) quarters, that player is considered to have participated in two (2) contests (one (1) contest on each day).
- 11.7.4 A total of four (4) quarters played against two (2) different programs, same day, different squads is one (1) contest.
- 11.7.5 One (1) or more quarters played against two (2) different programs, different days during the same week, different squads would be two (2) contests.
- 11.7.6 Postseason games do not count against the game or quarterly season limitation.

## **11.8 GAME OFFICIALS:**

- 11.8.1 If no officials are assigned to or fail to show for a WHSBLA League Scheduled Varsity game (playoff counting), the game must be postponed and rescheduled.
- 11.8.2 If no officials are assigned to or fail to show for any Sub-Varsity game or any Non-League Varsity game, at the discretion of the coaches the contest may continue as a scrimmage. As a scrimmage, no official score or statistics will be posted.

## **12.0 PLAYOFFS and TIE-BREAKS:**

### **12.1 HOSTING PLAYOFF GAMES – HOME FIELD**

- 12.1.1 For Play-In and first level playoff games, the host is predetermined (Please reference posted brackets)
- 12.1.2 For games involving two teams that have each advanced beyond their initial predetermined place in the bracket, the higher seed # will host. If teams carry equal # seeds then the team listed on top is the HOST.
- 12.1.3 For any tie-break games or any other unforeseen issues arise, the host team will be determined by Highest rated team via LaxNumbers.com
- 12.1.4 Unless agreed upon by traveling opponent, no Saturday playoff game will start before 12:00pm (noon) to accommodate for travel time. In cases where further travel is involved the league may mandate start time be pushed later to accommodate such travel.
- 12.1.5 Playoff games will occur on dates listed on respective brackets unless there is mutual agreement from both teams to move it. However, it may only be moved to the other date being used for games in that given round as a unique date is not acceptable in fairness to all other playoff participants.
- 12.1.6 For a playoff game, the host (home) team must provide a field with all required lacrosse lines. This includes the end lines, sidelines, restraining box lines, wing lines and creases. These lines must either be painted, taped or part of the permanent lines on the field. Portable creases and cones do not suffice. The home team may exhaust all options to provide a

field up to 48 hours prior to the scheduled start. If field cannot be provided the visiting team should host.

**12.2 Two Team Tie-Breaks:**

1. Head-to-Head
  2. Head-to-Head Goal Differential
  3. Overall Least Goals Allowed (in WHSBLA League scheduled games only)
- \*No team will be eliminated from playoffs on tie-breakers beyond head-to-head (#1). These will be used only when determining seeding for teams already assured a playoff berth. If teams have split regular season series and are tied for last playoff berth then tie-break game must be had.

**12.3 Three Team Tie-Breaks:**

1. Head-to-head (best win-loss percentage in games among teams involved)
2. Head-to-Head GD (best GD in games among the teams involved)
3. Overall Least Goals Allowed (in WHSBLA games only)

\*No team will be eliminated from playoffs on tie-breakers beyond head-to-head (#1). These will be used only when determining seeding for teams already assured a playoff berth. If any teams involved are not assured a playoff berth, a three-way tie occurs and tie is not broken by head-to-head (#1) then a three-team mini-playoff will occur.

**12.3.1 THREE TEAM MINI-PLAYOFF:** Each team plays a half; (two twelve min. quarters) against each of other teams involved.

1. Mini-playoff will be played at location determined by WHSBLA
2. Coin Flip will determine which team sits first. Each team flips coin, odd man out sits first
3. Winner of first game has option to sit or play back to back.
4. Teams will be allotted a 15 minute warm-up/rest period between each mini-game.
5. If tied after 24 minutes of play, teams will play sudden-victory (4 min periods) until tie is broken.
6. WINNER:
  - A) If tie-break is for ONE playoff berth
    - I. team winning both of its mini-games advances
    - II. if all 3 still tied (beat each other in a circle), then best GD wins
    - III. if still tied, least GA wins
  - B) If tie-break is for TWO playoff berths
    - I. team winning both of its mini-games is top seed, team finishing 1-1 is next
    - II. If all 3 tied (beat each other in a circle), then worst GD is out
    - III. If still tied, most GA is out
    - IV. head-to-head result of mini game between teams advancing determines seeds

**13.0.0 POST SEASON AWARDS**

- 13.1.0 ALL-CONFERENCE –** The Head Coaches in each region/conference will select All-Conference teams through a nomination and voting process led by the Region Rep for that conference



- 13.1.1 Each All-Conference Team may contain a maximum of 13 players defined by: three (3) attack, three (3) midfield, one FOGO, one SSDM, one LSM, three (3) defense and one goalie – total 13.
- 13.1.2 A single All-Conference Team will be selected for any conference with 6 teams or less.
- 13.1.3 A FIRST Team and a SECOND Team will be selected for any conference with 7 teams or more.
- 13.1.4 Honorable Mention selections are reserved for those narrowly missing being named by a single vote or point, or clearly separated from the rest of the field of nominees. Each conference's results will be reviewed to determine any Honorable Mention.

**13.2.0 US LACROSSE/WASHINGTON CHAPTER** – under the US Lacrosse Guidelines, the Secondary Schools Area Representative for USL coordinates the selection (with input from the coaches) and presentation of these awards: **Coach of the Year; All Americans; and Academic All American.**

- 13.2.1 ALL-AMERICANS will be selected by a vote of each Region's set of coaches given the following criteria:
  - i. Each region will be allocated a number of All-Americans based upon strength of region as determined by the final four in each of the four classifications state playoffs
  - ii. Player must have been voted 1<sup>st</sup> Team All-Conference in their region to be considered for All-American

**14.0.0 RULE VIOLATIONS AND PENALTIES**

The strength of the Washington High School Boys Lacrosse Association lies in the willingness and ability of the membership to support the rules and regulations. In any document, one can find loopholes or ways to get around rules. It is the responsibility of each member organization to operate with the highest degree of ethical conduct and to police themselves so not to break the spirit of the rules and regulations adopted.

If determined the rules and regulations have been violated, it is the responsibility of member organizations to support the penalties placed upon these violations.

Violation of WHSBLA By-Laws, policies, rules and regulations can cause, but is not limited to, sanctions placed upon individual players, coaches and/or program as a whole. Sanctions can include but are not limited to fines, game suspension, season suspension, forfeiture of games, forfeiture of post-season play (playoffs), probation and even expulsion from the Association.

Each situation is unique and will be handled as such by the WHSBLA Board of Directors. Members must cooperate in any investigation of a possible violation of WHSBLA By-laws, policies, or directives. See By-laws §III.A.3.a,

**14.1.0 USE OF INELIGIBLE PLAYER** – The use of an ineligible player will result in forfeiture of all games in which that player participated, except as noted in 14.1.2

- 14.1.1 An ineligible player “takes part” in a game when they step onto the playing field during competition of a contest for which they is ineligible (knowingly or unknowingly).
- 14.1.2 The Board may determine that the ineligible player's participation did not affect

result of that contest. In unique cases, the Board may rule to let result of the game stand and impose sanctions on the coach and/or ineligible player.

14.1.3 Eligibility is measured from the start of the game through the conclusion of the game, even when that game is finished at a later date.

14.1.4 Head Coach may be further suspended for fielding ineligible player

#### **14.2.0 EJECTIONS - MISCONDUCT BY PLAYERS and/or COACHES**

14.2.1 Upon ANY ejection, the Head Coach of the penalized team complete a WHSBLA Ejection Report via the WHSBLA website within 12 hours of the ejection. Failure to properly report ejection in a timely manner may cause further suspension of the player and/or coach.

NOTE: An ejection should not be confused with a disqualification for accumulating 5 minutes of personal fouls in a contest.

14.2.2 An ejection carries an automatic 1 game suspension at the level in which the ejection occurred. Participant is ineligible for all contests (at any level) until suspension has been served. This means, for example, that if suspended from a JV contest, participant is ineligible for all contests (Varsity included) until suspension is served during the next JV contest.

14.2.3 A second ejection during the same season will result in an automatic 3 game suspension whereas a third ejection will result in suspension from the rest of the season and may lead to further suspension into the following season.

14.2.4 In addition to the one game suspension, any coach ejected from a contest may not return to the field until they have provided results of taking the USL Officials Rules Test.

14.2.5 A suspension levied during the season will be for the next game(s) as listed on the schedule at the time suspension is levied. If the next game(s) are Non-League and must be rescheduled or cancelled the suspension will shift to the next game(s) in order on schedule. If the suspension is to be served during a league game and that game must be rescheduled, the suspension is carried to that game.

14.2.6 Any suspension levied prior to the season (or to be served the following season) must be served during the first league game.

14.2.7 A suspended player may NOT be suited up, nor participate in any manner (including warm ups) in a game for which they are suspended. They may be on the sidelines with their team, in street clothes.

14.2.8 A suspended coach may not be in the facility in any manner from the beginning of warm-ups through the conclusion of the contest.

#### **14.3.0 APPEAL OF FORFEITURE or SUSPENSION**

14.3.1 Any initial appeal of a forfeiture or suspension must be presented via email to the WHSBLA Board of Directors at [whsbla@googlegroups.com](mailto:whsbla@googlegroups.com)

14.3.2 Suspension as result of ejection may only be appealed if properly reported within 12 hour window AND video evidence is provided.

- 14.3.3 Appeal will be reviewed and ruled upon by 5 of 6 Regional Reps that serve on the WHSBLA Board. The Region Rep associated with the region from which the appellant belongs will not participate.

#### **14.4.0 CONTESTING BOARD POLICY DECISIONS**

Any decision of the Board may be further appealed to the General Membership under the provisions of the WHSBLA By-laws IV.F.

#### **15.0 COACHING CONTACT - OPEN PERIODS vs OUT of SEASON**

Outside of the official WHSBLA Spring Season, coaching contact is only allowed during approved Open Periods. Coaching contact is considered any lacrosse specific coaching with members or future members (9-12 grade prospective athletes in a given year) of your high school team including, but not limited to practices, scrimmages, individual work, alumni games, jamborees and/or tournament play.

These contact days can in no way be made mandatory for any squad members. Rather they are optional opportunities to work with current squad members in efforts to recruit new players, give those not involved in other sports a chance to stay active and help those interested in fall recruiting events

**15.1 SUMMER OPEN PERIOD** – Memorial Day through July 31, no limits

**15.2 FALL OPEN PERIOD** - first Friday in November through the first full weekend (Saturday/Sunday) in December within the stipulations set below.

- i. Total contact days: 12
- ii. Maximum contact days per calendar week: 4