

WHSBLA Handbook

Policies and Rules

Rev. 7/7/2026

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.

WHSBLA Board of Directors

ODD Year Elects	EVEN Year Elects
At-Large 1 – Kyle Mack	At-Large 2 – Ian O’Hearn
At-Large 3 – Henry Valentine	
Region 1 Rep – Ryan Jensen (President)	Region 2 Rep – Brandon Fortier
Region 3 Rep – Dejon Hush	Region 4 Rep – Nick Ortiz
Region 5 Rep – Kevin Leary	Region 6 Rep – Wyatt Schafer

Executive Secretary: Catie Larsen

1.0.0 WHSBLA HANDBOOK

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

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:

A. **WHSBLA ACKNOWLEDGEMENT** – Acknowledge review of and agreement to abide by all WHSBLA By-laws and policies adopted in the WHSBLA Handbook.

B. **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 1st day of Spring practice.

3.2.3 FAILURE TO 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. Fees include, but are not limited to, costs for scheduling, maintaining the WHSBLA website, administration, public relations, championship day, etc. as determined by the WHSBLA Board of Directors. Fee must be paid no later than **December 1st** each year. **FAILURE TO PAY MEMBERSHIP FEES by deadline will result in \$100 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 each year:

A. Initial Game Fees must be paid **PRIOR to March 1st**. **FAILURE TO PAY INITIAL GAME FEES PRIOR to March 1st will result in \$200 fine** added to season end invoice.

B. An invoice for non-league games added after initial fees and playoff games will be sent no later than Aug 1st and must be paid in full PRIOR to Sept 1st. 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 ensuring 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. Incomplete on first submission will incur a **\$100 fine**
- b. Complete, but submitted within 48 hours late will incur a **\$100 fine**
- c. An incomplete file submitted within 48 late will incur a **\$200 fine**
- d. If missing components provided at least 24 hours prior to first practice no further penalty
- e. Failure to submit the fully completed at least 24 hours prior to first 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 24 hours late.

- 5.1.3** Fines and/or ineligibility will not apply to any addendum sent for purpose of coach(es) added to staff AFTER the original submission. 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. Further, any coach added after initial submission is NOT eligible to be on the field until addendum is confirmed as valid by respective Region Representative

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 **3rd 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 1st** 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, CLASSIFICATIONS

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. This school will be considered the "home" base for the program and the name of this school will be used to refer to the program for membership, league standings, etc.

6.3.0 Each Program is classified as follows using the adjusted enrollment figures per the current WIAA classification cycle as one of the baseline factors:

- **PRIVATE** – A program established for student-athletes at a single private school. Student-athletes that do not attend the actual private school are not eligible for that program.
- **OPEN** – A single public school where one or more rostered student-athletes reside outside of the school district due to the allowance of open enrollment or variance waivers from outside one's residential boundaries.
- **INNER DISTRICT** – A single public school where all rostered student-athletes reside within the single school district and attend the same public school. This also includes student-athletes attending private/alternative school without an established lacrosse program or home school, whom default to the public school program associated with their resident address.

NOTE: Student-athletes whom reside outside of district, but prove continual enrollment within district from prior to 6th grade based on parent/guardian employment in the district, older sibling's previous matriculation in the district or previous residence in the district are considered to be established inner-district members.

- **COMBINE** – Combine of two schools, approved on the basis of total enrollment figures being under a cap for the classification level in which they compete.
- **CONGLOMERATE** – Programs not meeting stipulations for any classifications above are otherwise classified as a conglomerate and ineligible for the playoffs.

NOTE: Playoff eligible conglomerates from the 2026 season will be eligible for the 4A playoffs for the 2027 season. NO conglomerates will be eligible after the 2027 season.

6.4.0 For playoffs and state championship competition each program is assigned a division:

Division	Eligibility Criteria
PV/OP	1. Private school with enrollment 325+ 2. OPEN programs
4A	1. Inner District programs with enrollment total 1225+ 2. Combine with total enrollment between 1225–2200 3. Inner District program under 1225, but designated by league to 4A
3A	1. Inner District Program with enrollment between 900–1224. 2. Combine with total enrollment between 900–1224 3. Inner District program with enrollment between 900–1224, but designated by league.
2A	1. Inner District Program with enrollment under 900 2. Combine with total enrollment under 900 3. Inner District over 900, but designated by league to 2A 4. Private school with enrollment under 325

6.5.0 The determination for each program's assigned division will be established by **October 31**, four months prior to the start of the Spring season.

6.5.1 When rosters are submitted each March, if program roster shows that program has players rostered that would otherwise establish a designation different than their assigned division in October, program becomes ineligible for post-season. In other words, a program's assigned division will not be changed after October 31.

6.5.2 Any request to change a program's default classification from "Open" to "Inner-District" or vice versa must be made prior to the Fall General Membership meeting. The request must come with proof of continual enrollment since prior to 6th grade and proof as to reason for exemption:

- a. Guardian employment in district
- b. Older sibling previous enrollment
- c. Previous residence in district

7.0.0 PLAYER ELIGIBILITY

7.1.0 General Program Eligibility

7.1.1 Only student-athletes attending a high school (or running start, alternative school, home school program connected to respective high school) associated with a WHSBLA program are eligible to participate in the WHSBLA. In a district using junior high schools, only 9th graders are eligible to participate. Middle School level students are not eligible.

Student-athletes attending a private school (without its own lacrosse program), an alternative school, a running start program or home school are only eligible to participate should their resident address otherwise place them in a public school associated with a WHSBLA program.

7.1.2 To be further eligible to participate in the WHSBLA, student-athletes must be enrolled, attending and making progress toward graduation in meeting same academic eligibility requirements for all other student-athletes in their school.

- i. Each program must have process in place to monitor attendance and academic progress.
- ii. If questioned, program must be able to provide proof of student-athlete eligibility

7.1.3 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 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 1st**, prior to the upcoming Spring Season. Any Transfer Review Form filed after December 1st 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 1st and December 31st. The eligibility decision will be communicated by WHSBLA to the student on or prior to January 2nd.

7.3.3 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 ownership and occupancy of their previous residence. The change in residence must dictate the transfer of schools, public to public, choice to choice or choice to public, based on proximity. A change in residence never dictates a move from a public school to a choice school as by definition, that is a choice.

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) provided the change in residence between parents also then requires a transfer of schools based on the new residence.

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 1st and December 31st (prior to the upcoming Spring Season). WHSBLA’s eligibility decision will be communicated by WHSBLA to the student on or prior

to January 2nd. 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. 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 within **seven (7) days** of notification as to ineligibility. Failure to request a hearing within seven (7) days shall waive the right to a hearing.

7.4.4 WHSBLA Eligibility Panel. In the event of an appeal, the WHSBLA Board shall enact a three-member 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. 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. The hearing shall be conducted remotely (Zoom or similar), unless otherwise agreed. Written notice 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.

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 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. The WHSBLA Eligibility Panel shall issue a written decision that either (a) grants the petition, or (b) denies the petition. The written decision must include specific findings and conclusions. A copy of the decision shall be sent to the Petitioner within **seven (7) days** following the conclusion of the hearing.

7.4.7 Notice of Appeal to Hearing Officer. An aggrieved student wishing to appeal the Eligibility Panel's decision shall submit a written notice of appeal to the WHSBLA Board via whsbla@googlegroups.com on or before the **tenth (10th) day** following receipt of the written decision.

7.4.8 Designation of Hearing Officer. The WHSBLA Board shall designate a Hearing Officer. The hearing shall commence on or before the **fourteenth (14th) day** following receipt of the written notice of appeal.

7.4.9 Hearing Officer Procedure. 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.

7.4.10 Hearing Officer Recommendation. The Hearing Officer shall issue a written recommendation to the WHSBLA Board no later than **seven (7) days** following the conclusion of the hearing. 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 either affirm or deny the recommendation by simple majority vote. 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 may appeal to the Superior Court pursuant to RCW 28A.645.010 through RCW 28A.645.030.

8.0.0 LEAGUE ALIGNMENT

8.1.1 The current structure of the WHSBLA is four classifications to support four championships, currently named 4A, 3A, 2A and Private/Open. 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 league 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, 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 a 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. ARCOS 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 2nd 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 Upon conclusion of the regular season (on a Saturday each year), teams NOT qualifying for the playoffs may schedule additional game(s) within the immediate five-day window (Sunday – Thursday) of the following week, prior to the true start of the first round of the WHSBLA playoff on Friday, provided that this still falls within the allowable 20 games. No other games may be added to the schedule after this start 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 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 be reported via Sportability.com within **24 hours** of each contest's completion:

- A. Goals
- B. Assists
- C. Groundballs
- D. Goalie Saves
- E. Minutes played for each Goalie

10.3.0 Failure to report statistics accurately within 24 hours, will result in:

1. First Offense – program put on notice and given warning
2. Second Offense – **\$25 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

Rule	Requirement
Minimum Practice Days Per Individual prior to contest	8
Maximum Consecutive Participation Days	6*
First allowable date for any Jamboree or regulation contest	2nd Friday of season
Regular Season Contest Limit	20 + Jamboree

*May not hold games or practices more than 6 consecutive days, players afforded a day off

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: WHSBLA has waived the home team must wear “white” rule as some have other light colors such as grey, silver or gold.

C. Center Line: Due to several HS fields with center logos, the field is not required to have a full center line. There is no penalty for not having a full centerline across midfield.

D. Helmets, Gloves and Undergarments – For all Varsity competition color schemes must match uniform/team colors or be neutral (black/white/gray). More specifically:

i. Helmets – need not be the same make/model, but shell of each helmet for all players must be the same base color and any accent colors must be team colors or neutral.

ii. Gloves – need not be the same make/model, but base (majority color) of each glove for all players must be the same and any accent colors must be team colors or neutral.

iii. Undergarments – all undergarments worn must be team colors or neutral.

A coach may request a check of an active player on the field when they would be able to request, or meet the requirements for, a time-out.

- Excludes live ball change of possession as a result of a technical foul.
- If discovered that the player is in violation, a technical foul is awarded, and the improper equipment must be removed from the game.
- If the illegal equipment returns onto the field, the player will be assessed an unsportsmanlike penalty.

Assuming no violations were found in a previous request, if a head coach makes a subsequent inspection request in which no violations are found, that head coach's team will be penalized by the loss of a time-out or with a technical foul if no time-outs remain.

11.4 PHILOSOPHY 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 All jamborees are limited to one (1) day.

11.4.3 All jamborees are limited to the 2nd weekend of the season.

11.4.4 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 11.5. The reporting of participation in a jamboree must include the schedule of dates, times and opponents.

11.4.5 Jamborees will NOT be posted as part of the master WHSBLA schedule.

11.4.6 Scores may be kept, but championship events are not allowed.

11.4.7 Any jamborees that are scheduled and billed through WHSBLA for purposes of having assigned officials, will be billed at the agreed upon Jamboree rate for 50 minutes of running clock for two officials.

11.5 SQUAD AND CONTEST LIMITATIONS

11.5.1 Each squad (Varsity or Sub-Varsity) may schedule up to twenty 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, WHSBLA league or non-league scheduled game; OR
- 1 Jamboree day (100 minutes of running clock games); OR
- 1 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 will 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, they 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 Contest are counted as follows:

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

- d. A total of four (4) quarters played against two (2) different programs, same day, different squads is one (1) contest.
- e. One (1) or more quarters played against two (2) different programs, different days during the same week, different squads would be two (2) contests.

11.7.2 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 Play-In and first level playoff games, host is predetermined (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 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 League 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 (2x12 min. quarters) against each of the 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.

12.4 Any program choosing to forfeit a playoff game will automatically deem themselves ineligible for the playoffs the following year.

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 as: 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 finals and/or final four in each of the four classifications state playoffs.
- ii. Player must be 1st 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 are 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 must complete a WHSBLA Ejection Report through 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**

14.2.4 A third ejection will result in **suspension from the rest of the season** and may lead to further suspension into the following season.

14.2.5 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 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.

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**