

## COLORADO GIRLS LACROSSE ASSOCIATION

### ~~2007-2009~~ RULES

(latest revision: 4/18/02/6/097)

The Mission of the Colorado Girls' Lacrosse Association (CGLA) is to provide elementary and middle school girls with fundamental skills required to play lacrosse, as well as to promote the spirit and sportsmanship of the game. By providing a structured program, the CGLA Board partners with parents, coaches, officials, and players to ensure a safe, educational, and competitive environment allowing players to develop skills and behavior consistent with a high standard of lacrosse. (More information @ www.cglax.com .)

The purpose of the Official Girls Youth Rules is to familiarize young players with the sport of women's lacrosse by introducing them to the terms, the field, the playing positions, the concept of teamwork and the skills required to play the game safely and fairly. These rules were written by the US Lacrosse Women's Division and ratified by the US Lacrosse Youth Council in an effort to standardize youth rules for girls throughout the United States. The girls' youth rules are divided by levels (A, B, and C). Beginning teams/players would be expected to use Level B or C rules, which do not allow checking and do allow certain stick modifications to make throwing and catching easier. Players would then progress to Level A rules which allow modified checking and require the use of a regulation crosse and pocket. Unless specifically noted, CGLA ~~attempts to~~ follows the USL rules ~~as closely as possible~~.

**ALL COACHES AND PLAYERS SHOULD BE FAMILIAR WITH THE THE US LACROSSE RULES GOVERNING YOUTH PLAY. PLEASE MAKE SURE THAT YOU HAVE THE LATEST VERSION OF THE RULEBOOK.**

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New Rules For ~~2007~~2009

#### Rule 1 - Playing Area and Goals

A note announcing that for the foreseeable future, no changes to the field dimensions or field markings will be made.

#### Rule 2 – Equipment and Uniforms

1. As announced in previous rule books, the requirement to use a mouthpiece of any readily visible color other than clear or white goes into effect in the 2009 season.

Section 5 - In addition to the regular yellow ball, use of a slightly textured ball will be allowed. Also, use of a bright orange color ball will be legal. Home team will choose which ball to use, and the same color ball must be used throughout the game unless both coaches agree to change.

New uniform requirements will be announced to go into effect for the 2013 season. The requirements will be noted in every rule book between now and the 2013 season.

All shirts shall be of a single, solid color with the following trim specifications permitted:

a. Trim around the collar and waistband and at the cuff of the sleeve or around the arm opening if sleeveless shall not exceed 1 inch in width.

b. Side inserts (armpit to waistband) may be of contrasting color(s) but shall not exceed 3 inches in width. The inserts must be centered vertically below the armpit.

c. Numbers shall be centered vertically and horizontally and must be a minimum of eight inches tall on the back and a minimum of six inches tall on the front of the shirt.

d. Numbers must be of a solid color contrasting with the color of the shirt. The numbers may be trimmed in a contrasting color that shall not exceed 1 inch in width.

#### Rule 7 – Penalty Administration

Section 28-31 - A team will play short from the first card issued rather than waiting until the fourth card.

When referring to the penalty for a red card we will use the term "ejected" or "ejection" to differentiate the penalty for a yellow card (warning) or a second yellow card (suspension).

Any player or coach receiving a red card will be prohibited from participating in the team's next game.

#### Youth Rules

In addition to Level A, B, and C a new level for youth play (Level FC - Full Checking) has been adopted. Level FC will allow full checking for the 7th and 8th grade age group player if they and the league they play in meet all of the following criteria:

1. All players on the team must be in 7th or 8th grade, or on U15/U13 teams. No U12 players allowed. Players must average at least 3 years of playing experience.

2. All coaches of participating teams must have US Lacrosse Level 1 coaching certification.

3. The league/program must be in existence for at least 5 years, and must progress players through from Level B or C to Level A before playing Level FC.

4. Games must be officiated by two US Lacrosse rated officials, both of whom must have held a Local rating for a minimum of 2 years.

5. The league must receive approval from the local umpiring board chair that there are sufficient numbers of qualified umpires to adequately cover the games.

6. Any check to the head in a Level FC game will be penalized with a mandatory red card.

#### Editorial / Wording Changes

##### Rule 5 – Play of the Game

Section 22 – Wording was changed to clarify that substitutes entering the game must only be in the team substitution area when a substitution is imminent. No change to the rule on substitutions was made.

##### Umpire Procedural Change

A number of years ago the procedures on how to deal with off-setting versus subsequent fouls were changed in hopes of providing greater clarity for officials when handling these situations. The change in procedures has not had the intended outcome, and there has been inconsistency with how penalties are administered. While this will not be a rule change per se, there will be revisions to the Umpires Manual on how to administer penalties in these two situations. For example:

a. Blue team player with the ball is fouled. Red player is moved behind. Before play restarts the umpire notices the Blue player is wearing jewelry. Old procedure – red player would get the ball. New procedure – throw.

b. Blue team moves downfield and crosses the restraining line on attack. Red player is called for a foul, and then the umpires discovers Blue is offsides. Old procedure – penalty would depend on if the umpire discovered the offsides before or after the other foul was called. New procedure – throw.

c. Blue player with the ball is fouled by the red player. Blue is awarded the free position, but the Blue player verbally taunts the red player before play begins. This is considered a subsequent foul and would be a red free position.

d. Red player is on her way to goal when Blue defender fouls her. Umpire raises her flag allowing the Red player to continue to goal however before a shot is taken the Red player charges. No change in procedure. This will continue to be a throw.

e. Red player is going to goal, Blue defender fouls her, and a flag is raised. Red player shoots and the flag is lowered but then Red steps into the goal circle. Subsequent foul and the goalie is awarded the ball on the goal circle violation.

~~• Hard boundaries.~~

~~• Physicality: A player must not initiate crosse to body or body to crosse contact (major foul).~~

~~"Defenders may no longer check with their crosse any part of the ball carrier's body. And, a ball carrier may no longer plow through a defender who has established a legal guarding position in the ball carrier's path in an attempt to draw a foul on that defender."~~

~~• Goalies must wear padded gloves and padding on shins and thighs.~~

~~• Two time outs allowed after any goal. Table keeps track.~~

~~• Each substitute must pass through the substitution area in front of the scorers table. The player exiting the field has the right of way.~~

~~• Mark corners of the field with cones or corner flags.~~

~~• Mouth piece MUST fully cover the teeth.~~

~~• Uniforms: Numbers are 6 inches centered on the front (at chest level) and 8 inches on the back.~~

~~• On a re-draw, Call time out and re-draw. No throw.~~

~~• After the 3 rd card (any combination) the carded team will play short for 3 minutes.~~

## League Structure

The goal of the league structure is to promote parity and choice. The league structure is three levels- A, B, and C.

## Level Determination

The current grade of the girl will determine on which team the girl will play.

Level C Third and Fourth Grade

Level B Fifth Grade

Sixth Grade Silver

Level A Sixth Grade Gold

Seventh Grade Silver/Gold

Eighth Grade Silver/Gold

### ~~LEVEL A SPECIFICS~~

- ~~1. Eleven field players, one goal keeper.~~
- ~~2. Field size: 100-yds. X 70-yds. is recommended.~~
- ~~3. Regular field markings, including restraining line.~~
- ~~4. Regular women's crosse, regulation pocket.~~
- ~~5. Modified checking only.~~
- ~~6. 25-minute halves (max.), running time.~~
- ~~7. May shoot from direct free positions.~~

### ~~LEVEL B SPECIFICS~~

- ~~1. Eleven field players, one goal keeper.~~
- ~~2. Field size: 90-yds. X 50-yds. is recommended.~~
- ~~3. Regular field markings, including restraining line.~~
- ~~4. Regular women's crosse, modified pocket allowed.~~
- ~~5. No checking.~~
- ~~6. 25-minute halves (max.), running time.~~
- ~~7. May shoot from direct free positions.~~

### ~~LEVEL C SPECIFICS~~

- ~~1. Seven field players, use of a goal keeper is optional~~
- ~~2. Field size: 50-yds. x 25-yds. is required. All C-level teams will play on an abbreviated field.~~
- ~~3. 8m arc, no 12m fan, no restraining line, center line (no circle).~~
- ~~4. Youth sticks (mesh allowed) or regular women's crosse, modified pocket.~~
- ~~5. No checking.~~
- ~~6. 20-minute halves (max.), running time.~~
- ~~7. May shoot from any free position, provided there is a goalie and/or modified goal opening.~~

~~8. Coaches may stand on the field to coach.~~

### **Playing Down and Playing Up**

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Girls may not "play down". Regarding "playing up", the Board discourages such practice. Because U.S. Lacrosse is opposed to checking at the lower levels, they have agreed to allow sixth graders to modify check. The CGLA Board and admins voted to allow sixth grade GOLD (only) to modify check. Girls should play at their grade level, but when necessary 6 th graders playing on a 7 th or 8 th grade checking team can modify check if they are at the sixth GOLD level of ability.

### **Rosters**

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Team rosters (submitted to ED) and CGLA Club Dues submitted to the Treasurer prior to receiving a game schedule. Rosters (due March 13) and Club Dues submitted by February 24 the for the current year. If dues are not received by the February date outlined in the calendar of events, a team will not be included in the schedule.

### **Roster Revisions**

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Each team is allowed roster revisions prior to the third game of the current season. A player cannot make more than one team change in a season prior to the third game.

~~The movement of 4 or more players between clubs requires board approval.~~

During the season, **players may not be "borrowed" between teams** (See Eligibility). If a team does not have a sufficient number of players present at game time ~~they shall forfeit the game.~~ Coaches may ~~not~~ borrow non-team members for purposes of an official game. Following agreement by both coaches ~~that a forfeiture has occurred, coaches may dismiss their teams, or proceed with a non-official game and teams may~~ swap players as mutually agreed to in order to play the ~~non-official~~ game.

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### **A player cannot play on two CGLA teams.**

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If a player is found playing on two CGLA teams and/or falsifying birth date information, the player will be:

- Benched for the rest of the season
- Lose eligibility for Team Colorado/Colorado Select try-outs.

### **Host Field and Home Team Responsibilities**

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As not each team has a home field, the term used here is "host" field. A "home" team is indicated on the schedule. Most, but not all, home teams will be host team.

- The host team administrator shall insure that the playing field is in proper condition (**Jined correctly**), and a table is available for score keeping and timekeeping.

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- Each team shall provide its own 1 st aid kit.

- Each home team is responsible for providing a table and coordinate volunteers to keep time and score. (Please note that USL does not require referees to keep score or time- this is a joint team responsibility.)

- **Where possible, spectators should be seated on the sideline opposite the team bench and scorer's table.**

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- The home team will provide a table, time clock, and scoreboard. Ice would be nice.

- **Shall a field be unplayable; the home team must inform the opposing coach and officials. An effort to reschedule should occur at that time, and all parties notified.**

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- The host team is responsible for providing a safe site on which to play the game. The safety of the site is not subject to compromise. The decision of the referee in this respect is final.

Please note that while HS coaches are not be permitted to cross midfield (2004), the USL Youth Rules Subcommittee ruled that this will not apply to the youth where teaching is so critical. At the A, B, and C levels, coaches are permitted onto the other end of the field. Do not cross in front of the opposing team's bench; please be respectful and walk behind the opposing team's bench.

#### Equipment

~~Goals – regulation lacrosse goal cages; smaller (street hockey type) cages may be used for indoor play and for Level C playing outdoors.~~

~~Ball – may use a regulation ball, or a "soft" ball. It is highly recommended that new or beginner programs use the soft ball until players have developed their throwing and catching skills. If a soft ball is used, it should be approximately the same size as a regulation ball. A regulation ball may be used for indoor play, however a "no bounce" ball is recommended.~~

**Sticks**—Level C may use a youth stick with mesh or traditional stringing or regulation women's crosse and may have a modified pocket. With a modified pocket, only half the ball may fall below the bottom of the sidewall. Level B must use a regulation women's crosse with either a regular or modified pocket. Level A must use a regulation women's crosse with regular pocket. The U-S Lacrosse website [www.uslacrosse.org](http://www.uslacrosse.org) lists legal sticks and protective eyewear.

**Protective equipment**—Mouthguards (must fully cover all upper teeth) and protective eyewear (meeting ASTM Standard Specifications F803 and tested at PECC certified lab) are mandatory at all levels; mouthguards and eyewear are mandatory at all levels. Close fitting gloves are permitted, as is soft headgear; no hard helmets except the goalie. Goalie must wear helmet (requires NOCSAE certification), throat protector, chest protector, abdominal and pelvic protector, goalie gloves, shin and thigh protectors required. Protection for the abdominal area for goalies is strongly recommended. All protective devices used should be close fitting, padded where necessary, and not be of excessive weight.

U-S Lacrosse stipulates that the absence of a mouthguard and protective eyewear precludes a player from participating in a game. Officials are expected to uphold these rules. The Captain's and/or coach's responsibilities are to verbally certify to the umpires that any eye protection worn meets ASTM Standard Specification F803 for women's lacrosse for the appropriate level of play.

#### **Playing Area**

There are hard measured boundaries. Lines will delineate what is in bounds and what is out of bounds. A team causing the ball to go out of bounds will lose possession.

#### **Women's Lacrosse Field Measurements**

**Level A**—desirable field length is 100 yds. between goal lines, 10 yds. behind each goal, and 70 yds. wide. Field should be marked according to US Lacrosse Women's Rules including a restraining line. (See Rule 3 of USL Rule Book)

**Level B**—desirable field length is 90 yds. between goal lines, 10 yds. behind each goal, and 50 yds. wide. Field should be marked according to US Lacrosse Women's Rules including a restraining line.

**Level C**—desirable field length is 50 yds. between goal lines, 10 yds. behind each goal, and 25 yds. wide. Field markings should include two goal circles (radius 2m) with a goal line in each, an 8m arc around each goal circle and a center line.

~~Prior to Each Game Before the start of each game, each coach will provide the opposing coach with a written roster of their players and player jersey numbers for that game (See Roster Revision and Forfeiture Sections of these Rules).~~

~~Start of the Game The procedure for the start of the game/draw shall be the same as outlined in Rule 10 of the US Lacrosse Women's Rules with the following modification: for all levels, a free position will be taken at the center by the team with fewer goals if a four or more goal differential exists. When this occurs positioning for the draw will apply.~~

~~Start/Stop Play All play is started and stopped with the whistle. All players must stop and stand when the whistle blows (to stop play). All may move again when the next whistle blows.~~

~~Scoring A goal is scored when the ball passes completely over the goal line and into the goal cage. Scoring must be by an attacker's crosse, and not off the body of an attack player. A goal may be scored off the defender's body or crosse.~~

~~Substitution Substitution is unlimited and the substitution procedure should be the same as outlined in the US Lacrosse Women's Rules, i.e. substitute any time during play, after goals, and at halftime. Each substitute must pass through the substitution area in front of the scorers table. The exiting player from the field has the right of way.~~

#### ~~Duration of Play~~

~~Level A – 25 minutes running time per half (maximum)~~

~~Level B – 25 minutes running time per half (maximum)~~

~~Level C – 20 minutes running time per half (maximum)~~

~~It is strongly recommended that at least one qualified umpire be assigned to Level C games, and two qualified umpires be assigned to Level A and B games.~~

~~At all levels, the clock will be stopped on every whistle (to stop play) in the last two minutes of each half. Teams may choose to play four quarters, but total playing time should not exceed the maximum time for each level. The clock will stop on every whistle (to stop play) in the last minute of each quarter.~~

#### ~~Fouls~~

~~Fouls shall be the same as those outlined in Rule 18 of the US Lacrosse Women's Rules with the following modifications:~~

- ~~—1. May shoot on free position if goalies are present (Level C)~~
- ~~—2. No checking (Level B and C). (Major Foul)~~
- ~~—3. Modified checking only (see definitions) (Level A). (Major Foul)~~

~~—4. No holding the ball for more than 3 seconds when closely guarded/checked (see definitions) and the defense has both hands on her stick and is in position to legally check were checking allowed. (All levels). (Minor Foul)~~

~~Note: If the player with the ball takes the stick to the other side of her body and thus away from the defender making a legal check impossible, the 3-second count would be over. If the defender adjusts her position to where a legal check could be made, the count starts again. If another teammate joins the defender and that second defender is in good position to check, the count starts again. The umpire will give an audible 3-second count. The purpose of this rule is to encourage good defensive positioning and to make the offensive player aware of her defender. The attack player must try to keep the stick away from the defender, and, if she does not she will be forced to pass or she will lose the ball. Even when the defender may not check, if she is in good defensive position she will force the attack player to pass. This will give her team a chance for a play on the ball either by interception, by blocking the attempted pass, or by forcing a bad pass and causing a ground ball.~~

#### ~~Penalties for Fouls~~

~~The penalty for fouls is a free position with all players, including the offender, moving 4m away from the player with the ball. For specifics on major, minor, and goal circle fouls and carding, see Rule 19 in the US Lacrosse Women's Rules. A 3-second violation is considered a minor foul with the closest defender to the ball carrier being awarded the ball. The only modification for these youth rules is in Level C, where all free positions are indirect (i.e., the player with the ball may never shoot directly from the free position).~~

#### ~~Definition of Terms~~

~~Closely Guarded: Player with the ball has an opponent within a stick's length.~~

~~Free Position: Penalty awarded for a foul. Player who has been fouled gets the ball and all others must move 4m away.~~

~~Indirect Free Position: No shot on goal may be made until the player with the ball passes the ball to another player.~~

~~Modified Checking: Checking the stick only if it is below shoulder level. The check must be in a downward direction and away from the body.~~

~~Pass: Exchange of the ball through the air from one teammate's crosse to another.~~

~~Possession: A player has the ball in their crosse.~~

~~Position to Check: Player has an opportunity to legally check the stick without fouling (the 3-second count starts when the umpire deems that the player with the ball could be checked legally if checking were permitted.)~~

#### ~~Guidance -- No Checking/Modified Checking~~

~~US Lacrosse is attempting to send a consistent message regarding checking to youth players, whether they are using the regular women's lacrosse rules or following the girls' rules. Players below the sixth (gold) grade level should not be~~

stick checking. It is the hope of the Rules Committee that mandating no checking will allow the beginning player to work on the basic fundamentals of the game—passing, catching, footwork, proper positioning, and marking—before they are introduced to the more advanced skill of stick checking.

Once players have mastered the basic fundamentals, coaches will want to introduce stick checking. Players on 7th and 8th grade teams will be allowed to use modified checking as an intermediate step towards full checking. Modified checking is defined as checking the stick if it is below shoulder level, using a downward motion away from the other player's body. Use of modified checking will allow the older youth player to learn proper checking skills, while at the same time encouraging good cradling and stick handling skills for the attack player. Umpires and coaches should strictly enforce this rule, never allowing checks near a player's head or face.

It should be noted that stick-to-stick contact is not necessarily a violation of the no checking/modified checking rule. A defender who is holding her stick in good defensive position may force the attack player to cradle into her stick causing contact. This is not considered a stick check, as the attack player initiated the contact, not the defender. A similar situation would exist when the defender puts her stick up in an attempt to block or intercept a pass and the attacker makes contact while in the act of passing or catching the ball.

Please note that it will be left to individual school districts, counties, and leagues to decide what they consider a seventh grade team and an eighth grade team.

Modified checking is defined (2004) as checking the stick if the entire stick is below shoulder level.

#### Holding the Ball /3-Second Rule:

No holding the ball for more than three seconds when closely guarded/checked (see definitions) and the defense is in position to legally check were checking allowed. (All levels). Official will count the 3 second out loud. Note: If the player with the ball takes the stick to the other side of her body and thus away from the defender making a legal check impossible, the 3-second count would be over. If the defender adjusts her position to where a legal check could be made, the count starts again. If another teammate joins the defender and that second defender is in good position to check, the count starts again. The purpose of this rule is to encourage good defensive positioning and to make the offensive player aware of her defender. The attack player must try to keep the stick away from the defender, and, if she does not she will be forced to pass or she will lose the ball. Even when the defender may not check, if she is in good defensive position she will force the attack player to pass. This will give her team a chance for a play on the ball either by interception, by blocking the attempted pass, or by forcing a bad pass and causing a ground ball.

## Penalties For Fouls

The penalty for fouls is a free position with all players, including the offender, moving 4m away from the player with the ball. For specifics on major, minor, and goal circle fouls and carding, see Rule 19 in the US Lacrosse Women's Rules. If a CGLA player or coach receives a Red Card, that individual shall be immediately suspended for the remainder of the game, as well as for the entire next scheduled game. A 3-second violation is considered a minor foul with the closest defender to the ball carrier being awarded the ball. The only modification for these youth rules is in Level C, where all free positions are indirect (i.e., the player with the ball may never shoot directly from the free position).

## Officials

### 1. Schedule

CWLOA (CO Women's Lacrosse Officials Assoc.) will be responsible for training a pool of <sup>7<sup>th</sup></sup> and <sup>8<sup>th</sup></sup> grade, and high school referees for purposes of officiating at <sup>3<sup>rd</sup></sup>~~4<sup>th</sup>~~ through <sup>8<sup>th</sup></sup>~~-th~~ grade games. These referees will be selected based upon their personal lacrosse experience and maturity and must pass the USL official's test (annual certification).

Hilary Patterson ([pattersh@comcast.net](mailto:pattersh@comcast.net)) is the CWLOA Youth Co-ordinator. Kim Wallace ([fivewallaroos@yahoo.com](mailto:fivewallaroos@yahoo.com)) will schedule or oversee the scheduling of the referees for all CGLA games [in Denver, and Michelle Secor in Colorado Springs](#). The officials' schedule is updated regularly and is accessible via email from Kim Wallace. Assigned officials must be contacted by the home coach, in the event of a game cancellation.

These rules were written with the safety of all the players being of utmost importance. Youth lacrosse should be fun, challenging and safe. To that end, the officials shall have the authority to penalize any foul, unsafe play, or unacceptable behavior not covered specifically in these rules. Play should be as continuous as possible, and any foul which does not gain an advantage for the offender or her team should result in a "held" whistle whenever possible.

### 2. Official Fees

The CGLA treasurer will pay officials at the end of April and following the last game in May. Compensation is on a sliding scale, based upon years of experience. Vouchers must be submitted to the Assignor by deadlines to collect fees. Officials will be paid on site for their work at the Festival.

### Eligibility

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To be eligible to play on any team representing a program, which is a member of the Association, a player must fall within the limits of all the following rules:

a. Meet the age/grade requirements for the Team in which the player has registered to play.

- Be a current member of U S Lacrosse
- May not have been recruited from another Club. Once a player has registered with a specific Club in our Association, they may not participate in another Club during the same season. A player may participate on another lacrosse team, provided that team is not a member of our Association.

~~• Should a player wish to transfer from a CGLA Club to another, they must obtain a release from the former Club, and present the release to the new Club with a copy to the Executive Director. This release must state that the player has not been recruited by the new Club.~~

~~If a player is found playing on two CGLA teams and/or falsifying birth date information, the player will be:~~

- ~~• Benched for the rest of the season~~
- ~~• Lose eligibility for Team Colorado try-outs.~~

#### **Forfeiture/default of contests**

• Forfeitures of games in advance by teams is highly discouraged. In the event of an unavoidable date or time conflict that is known in advance, both coaches should make every effort to re-schedule their game.

~~• At game time, if a team does not have a sufficient number of players present to play the game, their team forfeits the game. Coaches may not "borrow" non-team members for purposes of an official game. Following agreement by both coaches that a forfeiture has occurred, coaches may dismiss their teams, or proceed with a non-official game and swap players as mutually agreed to in order to play the non-official game.~~

- ~~6.~~ If a coach or player is ejected from a sanctioned contest, they may appoint a representative to replace them. If a representative is not available, the contest may be declared a default and result in a loss for the team. The referee has the power to suspend from a game, or send from the field, a player, coach, or fan found guilty of flagrant or repeated misconduct, or using abusive language. The coach or player must sit out the next sanctioned game.

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- The ED and/or Board of Directors can declare a default, shall they deem necessary due to the rule infractions by an offending team.

#### **Observance of eligibility rules**

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~~• No program may waive any rule in favor of another, and a mutual violation of any or all of these rules shall result in the contest in question being cast out altogether and replayed subject to the rules as specified.~~

- The deliberate/continued violation of the Association rules shall be sufficient cause for suspension or expulsion.

**• Suspension and/or expulsion shall take place upon a three-fourths vote of a quorum of the Board members present at a Board meeting with proper notice.**

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- The provisions of these eligibility rules shall be complied within all contests between members of the CGLA.

#### ~~Penalties for Violation of Eligibility Rules~~

~~The advertent or inadvertent violations of any or all of the eligibility rules or any other rules shall be sufficient cause for: a) the suspension of the player or coaches found guilty for a period of twelve months from the date such violations were brought to the attention of the chairperson of rules committee. A second violation by the same player or coach shall be cause for suspension for a period of two years. b) the forfeiture of all contests participated in by the violator to the opponents of the program guilty of the violation. A violation must be brought to the attention of the Association for any infraction of the Association By-Laws or Rules, at or before, the next Board meeting.~~

#### **Administration of eligibility rules**

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The interpretation and the applications of these Rules rest with the Board of Directors. The decisions of any Executive Officer or of the Board or the Rules Committee may be appealed at a regular meeting to the Association sitting as a court of Review, and may, by a majority vote, be approved or reversed. The appeal must be presented in writing to the Association Executive Director, prior to the next scheduled Board meeting.

- Any protest that involves the By Laws or Rules should be referred to the Executive Director and/or the Board of Directors.
- Under no circumstances shall a decision rendered by a referee, umpire, or any other official in charge of the playing of a contest be the basis of a protest.

## Grievances

Any petition for redress of any grievances arising from any rules of the CGLA should be directed to the Executive Board, for timely resolution.

## CODE of CONDUCT

Players, coaches, spectators, and parents are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other players, coaches, officials and spectators. In being a member of the Lacrosse Community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in the Code of Conduct are:

Honesty

Integrity

Respect

Responsibility

Doing Your Best

Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of Lacrosse, themselves, their teams, and their organization.

Enforcement of Violations of the Code of Conduct.

- If a player or coach receives a RED CARD, they will be removed from the game. This infraction must be reported to the ED and CWLOA rep. The player/coach will not be permitted to play or coach in the next scheduled game.
- Unsportsmanlike Conduct by spectators will be handled by the Sideline Manager and Sportsmanship Card.
- A player, coach, team official and/or spectator berating or abusing an official or another coach, player, or spectator will be barred from participating in the remainder of the game. The offender must leave the game area. The ED will be notified and consequences will occur on severity of the offense.