

SPRING 2010

NVYLL, Inc.

LEAGUE OPERATIONAL RULES & REGULATIONS

(formerly Section 3 of the By-Laws)

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1.0.0 POLICY

1.0.1 The purpose of NVYLL is to provide the youth residing within the geographical boundaries of Northern Virginia a healthful, enjoyable leisure time activity and as a corollary to develop qualities that may help them in later life: sportsmanship, team play, and integrity.

1.0.2 All teams must be sponsored by an organization governed by a Board of Directors or other responsible body. New organizations must apply in writing to the NVYLL Board for approval by that body for assignment to appropriate divisions under these rules. All applications must be received no later than October 1st for consideration for play in the spring of the following year. A positive vote by two-thirds majority of the NVYLL Council is required for admission to NVYLL. Organizations comprising the NVYLL must enter all players in all sponsored teams in this league within the grade and age limits established within these rules. Club colors of new applicants must be approved by a vote of the Board as well as existing clubs' wishing to change their colors.

1.0.3 NVYLL is a co-ed league. Each player shall participate in every game a minimum of 25% of the game. This policy shall not be cause for game protests. However, coaches found guilty by the Executive Committee for not complying with this policy will be brought before the full Board of Commissioners for possible disciplinary action under Rule 1.10.2.

1.0.4 Divisions shall be based on the following US Lacrosse Youth Council (USLYC) age definitions: High School Division -- U-17; Senior Division – Under 15; Junior Division – Under 13; Lightning Division – Under 11; and Bantam Division – Under 9. Ages shall be determined as of December 31, 2008 for the spring 2010 season and as of December 31st in the year preceding future seasons. NVYLL requires all players to provide valid proof of age to their club commissioner at registration. Valid proof of age is limited to birth certificate, DMV youth ID card, current passport, or military dependent ID. Each club commissioner shall warrant the ages of all players of his or her club and shall include the following certifications which each player's parent/guardian must acknowledge and agree to as part of the club's registration process:

NVYLL Parent/Guardian Certification for Player Registration

1. I certify the birth date for my son/daughter on this registration is correct and that the address provided is for his/her primary residence.
2. I certify that my son/daughter has not played on a lacrosse team for any other NVYLL member program in the prior spring season unless we have either moved our primary residence since then or obtained a waiver from NVYLL to move to a different program.
3. I understand that if I have certified to incorrect age, address, or playing information, whether intentionally or unintentionally, any team my son/daughter plays on may forfeit all games played and my son/daughter may be suspended from participating in any NVYLL activity.

1.0.4.a Both boys and girls divisions can be divided into levels based on club size. Unless changed by a vote of the NVYLL, Boys teams will be divided into A, B, and C levels at the U-15, U-13 and U-11 divisions and into "Full Field" and "Modified Field" levels at U-9. Girls divisions will be divided into A, B and C levels at the U-15 and U-13 divisions, A and B levels at the U-11 division and B and E levels at U-9. There will be only one division for both the boys and girls U-17 division.

1.0.4.b Scheduling will be done using the priorities as determined by the NVYLLC.

1.0.4.c The Scheduling Committee shall place teams from the member clubs in divisions and levels as

directed by the applicable "Club Matrix" from Appendix #1 and any approved waivers.

1.0.4.d A team may be excluded from the playoffs if, by recommendation of the Executive Committee and a quorum vote of the NVYLLC, it has been determined the team has been "stacked" with most of the good players from that age group and/or with players that belong at a higher level, particularly if a waiver has been requested and granted.

1.0.5 There shall be a maximum of 24 and a minimum of 16 players listed on a team roster except by approval of the Executive Committee. Programs with multiple entries within a division must have the same number of players plus or minus 2 per team. Waivers may be requested for more than 24 players and in such cases that team may be moved from the B Conference to the A Conference, or from the C Conference to the B Conference whichever is applicable. The U-9B boys division teams and U-9 B and E girls' teams shall have a maximum of 18 and a minimum of 12 players listed on the team roster.

1.0.6 No new teams may be added to the league after February 25, 2010 for the spring 2010 season. Final rosters are to be turned in to the league Chairman the Wednesday before the first league game. Previously unregistered new players may be added to rosters up to the second game of the season with the NVYLL Chairman's approval in advance. All player additions to these rosters will be sent to the league Chairman by Wednesday of the following week.

1.0.7 All field assignments and directions shall be turned into the league no later than February 25.

1.0.8 All head coaches must complete the US Lacrosse Coaches Education Program – Level One Course (either online or at a certified clinic) to qualify them in the rules of the game, coaching fundamental techniques, player safety, care of injuries, and leadership of children and young people. Assistant coaches are encouraged to complete the US Lacrosse Coaches Education Program – Level One Course. In addition, it is a goal of NVYLL to have all coaches attend a Positive Coaching Alliance (PCA) clinic.

1.0.8.a It is a goal of NVYLL to have all coaches achieve US Lacrosse Certification (for more information on certification see <http://www.uslacrosse.org/cep/certification.phtml>.) In order to attain that goal, between the date of publication of this rule and the completion of the spring 2010 season, NVYLL, in conjunction with the Potomac Chapter of US Lacrosse, will provide the following assistance to coaches interested in achieving US Lacrosse Certification:

- a. pay for or reimburse coaches for taking the Level One field clinic;
- b. provide certificates for coaches to take the Level One online course free of charge;
- c. provide opportunities to attend a free Positive Coaches Alliance clinic; and
- d. reimburse coaches for applying for US Lacrosse certification.

Coaches will need to become member of US Lacrosse to take advantage of these benefits.

1.0.9 Annual tryouts for teams shall be held by each Club to allow an equal opportunity to participants. Tryouts may begin after January 1st of each year.

1.0.10 Each club shall obtain insurance for each player on its roster on an annual basis. NVYLL shall obtain coverage and make it available to all participants except for U17 players. This insurance will provide year round coverage. Clubs may choose to participate in the League insurance or they may secure their own insurance, which is of similar or equal amount and type. The NVYLL Board recommends that his/her personal physician give all players a physical examination before participating in lacrosse practice and/or games within three months of the start of the season. No player shall be allowed to participate in the NVYLL if a physician recommends non-play. It is the responsibility of parents and each

respective organization to determine and monitor the health of individual players on a continuing basis.

1.0.11 The NVYLL Board of Commissioners, in keeping with the existing policy stated in Rule 1.1.1.a, has adopted the Virginia High School League (VHSL), "Infectious Disease Policy" for all participants. A copy of this policy as issued by the VHSL in 1992 is attached as Appendix #8 to these rules and is to be implemented by each NVYLL member organization effective IMMEDIATELY. For girls, the "Blood on Uniforms, Skin, Equipment Surfaces" policy is adopted, as printed in the U.S. Lacrosse Women's Rules.

1.1.0 GENERAL

1.1.1.a. National Federation of State High School Associations (NFHS) Rules for Boys shall apply to all scheduled league games unless amended by US Lacrosse Youth Council (USLYC) and/or these Official League Rules. US Lacrosse rules as approved shall apply for the women's program unless amended by these Official NVYLL Rules. Annually the league will review these rules and provide exceptions which meet the needs of NVYLL. This exceptions addendum will be called the Annual Rules Update for _____ year. See Appendix #2 for current boys' exceptions and Appendix #3 for current girls' exceptions.

1.1.1.b. Any questions not covered by the Official League Rules, official interpretation thereof, or any conflict not subject to protest shall be decided by the NVYLL Executive Committee.

1.1.2 Scheduled league games will be officiated by a recognized lacrosse officials association.

1.1.2.a Scheduled league games will be overseen by a Field Commissioner. The Field Commissioner shall be responsible for: (1) enforcing the rules regulations and Bylaws of NVYLL; (2) maintaining orderly conduct of all participants, coaches and fans; and (3) completing the "Game Summary Report forms" (see Appendix #4) which may be revised annually, but shall include, at a minimum, teams, scores, injuries, disciplinary actions, expulsions, forfeits and number of referees or umpires.

1.1.3 League play will commence on a date established each year, for all divisions. The number of scheduled regular season games shall be at least eight. It is the intent to provide Girls and Boys the same amount of games.

1.1.4 Parity is the intent of this league, therefore, if clubs enter multiple teams within a given level, they will be required to conduct a draft so that the players are equally distributed by talent and no team is "stacked" with a greater concentration of talented players. That is, each coach will in turn select a player from the roster of available players until the roster is exhausted with the intention of creating teams of equal ability. Each club commissioner shall warrant that multiple teams within a given level were formed by a draft that equally distributed talent among such teams.

1.1.5 The NVYLL shall provide free annual training sessions to Auxiliary Officials that are members in good standing of US Lacrosse for the purpose of completing the US Lacrosse MDOC Level 1 (Youth) Training Program.

1.2 ELIGIBILITY

1.2.1 The NVYLL will be composed of youth teams from its member clubs who compete in different divisions divided by gender and age as decided annually by the NVYLL. With the exception of the U17 level, no player who has played in a high school lacrosse program may participate in this league.. Only players who reside in Virginia are eligible for participation in NVYLL. Players who reside outside of Virginia but who have continuously since the 2004 spring both played in the NVYLL and attended school in Virginia (both conditions must be met) are "grandfathered" and will retain their eligibility to participate in the NVYLL.

1.2.2.a. Team rosters shall be supplied by each club for each team in the League in the prescribed format

approved by the league. (See Appendices #5 & #6 for official and exchange rosters)

1.2.2.b. A NVYLL team shall not change its roster for any game.

1.2.2.c. After the second game of the season, a program may request a waiver to allow a player to participate. The Executive Committee will determine this request.

1.2.3 A player may play with only one member club and on only one team. To avoid a game cancellation, up to four players may play on another team temporarily. The addition of temporary player(s) in order to play the scheduled game requires agreement by the opposing coach or commissioner. The official result of the game shall be a forfeit by the team adding the temporary player(s).

1.2.4 All youth registered with one organization and a member of that organization's team roster cannot be transferred to another organization's team during the season or post-season.

1.2.5.a All players registered with a club in the Spring 2008 season are grandfathered to play with that club. Beginning with the Spring 2009 season, all players shall register with a NVYLL club that represents their locality or public high school pyramid as determined by their residence regardless of the actual school they attend. See Appendix #10 for a list of public high schools and their associated NVYLL club(s).

1.2.5.b. Permanent and One-Year Waivers may be granted for youth wishing to register with a NVYLL club that is not associated with their public high school pyramid.

One-Year Waivers may be granted if: (1) the home club cannot accommodate the player because registration is closed; (2) the appropriate age division is full at the home club; or, (3) the home Club is not fielding an "A" team for which the player qualifies.

Permanent Waivers may be granted for more compelling reasons.

1.2.5.c. A youth registered with one organization may move to another organization in the off-season only if he/she has moved residence or has been granted a waiver by the Boy's or Women's Eligibility Committee. The Commissioner of each member organization is responsible for verifying the eligibility of every player registered with his/her organization. Any team with an ineligible player may be barred from post-season play.

1.2.5.d. The NVYLL Chairman and Women' Coordinator will appoint the Eligibility Committees for the boys' and girls' leagues respectively which each will have at least three (3) members.

If the Eligibility Committee disapproves a Waiver Request and the player has played a game with the requesting club or the player has played a game before the Executive Committee has granted a Waiver Request, the official result of the game shall be a forfeit by the team adding the illegal player(s) and such team may be barred from post-season play.

1.2.6 Coaches are required to have all roster information, ie. both the Exchange and Official rosters, at all games.

1.3.0 EQUIPMENT

1.3.1.a. All clubs are required to have approved uniform color combinations at the beginning of each season. These approved colors shall be worn at games unless a conflict arises. Team colors shall be listed with the League. It is the home team responsibility to provide and wear an alternate color uniform or pennie if a conflict arises.

1.3.1.b. All players must be completely uniformed. All equipment must meet VHSL and NFSHSA or U.S. Lacrosse Women's standards to qualify for league use. Equipment violations may be subject to penalties as defined by the approved rules.

1.3.2 During the regular season, home teams will be responsible for the following: field location, field equipment including, but not limited to: goals, game clocks, penalty clocks, cones or pylons, horns, balls, end line markers, and lined field (to include penalty, coaching and team boxes). Field size shall be considered to meet rules, but conditions may dictate special field regulations. During the playoffs, the host club will be responsible for all field equipment. It is recommended that all home teams, or host clubs during the playoffs, have a defibrillator device available.

1.3.3 Each team must have its own First Aid Kit at all practices and games.

1.4.0 PRACTICES

1.4.1 First regular team practices will commence no earlier than the second Saturday in February. This rule applies to any organized team events only. League and Club wide instruction such as skill sessions, clinics drills, group physical training, individual activity, such as conditioning for the first day of team practice is allowed. These types of activities shall be announced and made available to all participants. No physical contact will be allowed for any player during their first three days of practice. Tryouts for placement of a player within a level may begin after January 1st of each year.

1.4.2 Each commissioner must know all practice times and locations for teams sponsored by his organization.

1.4.3 The NVYLL allows the use of lighted practice sites.

1.4.4 Practices shall not exceed one two-hour period per day excluding team travel time. No more than four events per week for each team.

1.4.5 There will be no use of tobacco or alcohol products at any NVYLL practice or game site by anyone. The Field/Club Commissioner or Sideline Manager is responsible for enforcing this rule. If the individual is a Head Coach, Assistant Coach or any club official and refuses to cooperate, he/she will be warned that continued failure to comply with this rule will result in disciplinary action by the NVYLL Board in accordance with Rule 1.10.2. Refusal to cooperate by a spectator can result in a five minute game misconduct being assessed against the affiliated team.

1.4.6 No games, scrimmages nor practices will be held with or against High School teams/ programs except for U-17 division teams.

1.5.0 GAMES

1.5.1 Effective 15 Minutes prior to the start of the first game and continuing until the end of the last game of the day, there will be no use of tobacco or alcohol products on the field or around the players. Playing fields will be considered drug and alcohol free zones. The Field/Club Commissioner is responsible for enforcing this rule. If the individual is a coach/assistant coach and refuses to cooperate, he will be warned that continued failure to comply with this rule will result in the forfeiture of the game by his team. If this occurs the coach is also subject to suspension for one game, if upheld by the NVYLL Board. If the individual is not a coach, and refuses to comply with this rule, he/she will be ejected from the playing field.

1.5.2 No game shall commence until team rosters have been exchanged between coaches. The coaches should check the rosters for accuracy and require that corrections be made if necessary prior to the start of the game and copies provided to the Field Commissioner. If a team refuses or is unable to provide a roster, that team shall forfeit the game. Coaches will be responsible for ensuring this rule is enforced. The Exchange Roster will include player's name and jersey number. Coaches must have

available at every game the "official roster", a copy of which is turned in to the League with any approved additions noted by an asterisk. The "official roster" will contain each player's name, age, address, phone number, grade, school, and jersey number. Team rosters (official and exchange) shall be available for any commissioner upon request from the Executive Committee. Official Rosters shall be on an official NVYLL Roster Form (See Appendix 4 for a copy of the Official NVYLL Roster Form) or in the same format. Coaches may request to view a copy of the "official roster" of the opposing team in addition to the "exchange roster". Failure to provide the "official roster" prior to any game will result in game forfeiture.

1.5.3 The starting time for games will be that published by the NVYLL. Games can be started ahead of schedule, up to 15 minutes in advance, only upon agreement of Coaches, Head Referee and Field Commissioner. A coach is under no obligation to start a game ahead of schedule. A game may be delayed in starting based on unusual circumstances up to 15 minutes, if a subsequent game is scheduled to follow on the same field. The game may be delayed up to 30 minutes, if no other game is scheduled to follow.

1.5.4 Weather delay. During the regular season, more than 50% of a boys and 80% of a girls regulation time must have expired to be considered a complete game. In the event of lightning all players shall leave the field and seek shelter in enclosed motor vehicles or buildings for 30 minutes following the last sighting. It is the intent of NVYLL that all post-season games be completed and cancellations and shortened games will take place only at the discretion of the Chairman in consultation with the scheduler and appropriate officiating association.

1.5.5 Teams that do not show for a game, within the time limits established in 1.5.3 will forfeit that game and will be held responsible for the cost of all Officials fees associated with that game. Teams/Clubs that wish to appeal this rule must submit in writing within 24 hours of the scheduled game time the reason for their appeal. The Executive Committee will review the reason(s) and make a decision based on this rule or set it aside for exceptional circumstances.

1.5.6 A maximum of four coaches will be permitted in the designated coaching area. Only players and coaches are permitted in the coaching and team area. Commissioners, Field Commissioners and Sideline Managers will be permitted in the table area and are NOT permitted to coach, root, cheer, etc., for either team. Each head coach is personally responsible for the behavior of all his/her coaches, players, parents and fans. A coach is defined as an individual who has signed and filed with NVYLL the NVYLL Coaches Code of Conduct (Appendix #7) and undergone a background check.

1.5.7 Spectator areas shall be provided on the opposite side of the field from the team boxes. Spectators will not be allowed on the players sidelines and end lines during games, unless field conditions prevent this or offer a fenced off area.

1.5.8 Coaches must be easily recognizable by appropriate wearing apparel, such as a cap, sweatshirt, or jacket identifying them with their organization and/or team.

1.5.9 Game officials shall check both teams' players for proper equipment, especially sticks, helmets and mouthpieces.

1.5.10 No jersey can be changed during the game unless deemed necessary by the officials.

1.5.11 Club commissioners or coaches shall be responsible for recording game scores and reviewing records.

1.5.11a Game results and records will be kept for Boys and Girls U-17, U-15, U-13, and U-11 Divisions. No game results, records, or standings will be kept for the U-9 Divisions (violation of this rule by a coach shall be considered a Code of Conduct infraction and will be referred to the Executive Committee for disciplinary action).

1.5.12 Games will be postponed in case of inclement weather. This decision to postpone games will be

made by the NVYLL Chairman or his designated representative. This information will be disseminated by use of the NVYLL web site. Postponed games, including a rain out, will be re-scheduled as necessary. Each eligible game shall be rescheduled as soon as possible after a cancellation and the appropriate commissioner(s) and referee coordinator shall be notified. Each game shall be rescheduled so as not to provide an unfair advantage to either team.

1.5.13 A point system will apply to determine league standings during official league play and league champions and runner-up at the conclusion of league play.

1.5.14 NVYLL will decide which teams advance to the playoffs according to the following format:

A rating scale has been developed for rating each team so that the top rated teams of each level will compete for the NVYLL Championship. To find the rating of a team, total the number of points it has earned in accordance with the following table.

WINS-3 points per win; TIES-1 point per tie; LOSS-0 points

1.5.15 In all levels, teams, as determined annually by the NVYLLC, shall advance to the NVYLL Playoffs according to the rating scale as described in Rule 1.5.16. The result of the same number of regular season games shall be used to compute the standings for all teams in a conference unless a team has not properly reported a game result. In case of ties involving teams advancing to the play-offs, they will be broken as follows:

A. If tied teams have played each other, the team that won in head to head competition shall be the winner.

B. If two or more teams (playoff candidates) tied that game or didn't play, go to a ranking system, which looks at the composite records of all the teams the two playoff candidates played. So you review the composite records (number of wins and losses) of every team both playoff candidates played. Whichever team's victorious composite record has the best winning percentage (total wins/total games) gets the higher seed. This ranking system rewards the team who has beaten the better teams with the better records.

See example:

Playoff Candidate			
Opponents	Win	loss	tie
Fp	0	6	0
My1	0	7	0
Cy1	1	6	0
Cy2	1	6	0
Sy	2	5	0
Vy	3	4	0
Sw	1	6	0
	8	40	0.166667

C. If two or more teams at the end of the regular season tie in accordance with the playoff points, assume a ranking point system as noted above. If the ranking system results in a tie, hold a draw. The team that wins the draw shall be seeded in the highest position available and the other two teams have a playoff game for the final spot.

D. PLAYOFF FORMAT:

First Round			
Game 1	Seed 1	vs	Seed 8
Game 2	Seed 2	vs	Seed 7
Game 3	Seed 3	vs	Seed 6
Game 4	Seed 4	vs	Seed 5
Second Round:			
#1	Game 1 winner	vs	Game 4 winner
#2	Game 2 winner	vs	Game 3 winner
Championship Game			
#1 Game winner vs #2 Game winner			

1.6.0 AMENDMENTS TO NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS RULES

1.6.1 There will be no restrictions as to jersey numbers by player positions.

1.6.2 MCR Rule for all Boys Divisions. A mandatory application of a modified competition rule (MCR) will be in effect when any team gains a five-goal lead. Mandatory application of the MCR shall be as follows:

After the score that makes the five (or more) point difference, the losing team will be given possession of the ball at the mid-field line in lieu of a face-off.

NOTE: This MCR does not eliminate the quarter face-offs for boys which will occur regardless of point differential.

1.7.0 CONDUCT

1.7.1 Unless otherwise specified, penalties for violations of this section shall be decided and imposed by the NVYLL Executive Committee. The NVYLL Executive Committee may also impose additional penalties, beyond those specified, if deemed appropriate (i.e. game forfeiture, post season ineligibility, game suspension, year suspension).

1.7.2.a. If at any time the Executive Committee finds the conduct of any player or member of the coaching staff to be detrimental and contrary to the best interest of his program, such individual may be suspended by the NVYLL Board of Commissioners by a majority vote, from further participation for whatever period of time may be deemed reasonable and proper.

1.7.2.b. Each local commissioner should investigate any detrimental conduct by any player or member of the coaching staff of his/her local club.

1.7.2.c. All investigations of detrimental conduct, and penalties imposed, handled by the local club commissioner shall be reported in writing within 48 hours of the incident and sent by fax and/or email to the NVYLL Executive Committee.

1.7.3 Field commissioners and coaches shall be responsible for the conduct of all players, members of the coaching staff and spectators. Improper conduct, in the judgment of the game officials, on the part of the players, coaches or spectators may result in penalties, expulsion, and suspension and or forfeiture of the game.

1.7.4 The local club commissioner or field commissioner shall have the responsibility to assist the game officials in maintaining proper conduct of players, coaching staff and spectators.

1.7.5.a. Any coach, moving from one club to another, is restricted from taking any players, except their own children.

1.7.5.b. No Head Coach, Assistant Coach, or any other club official shall recruit or otherwise solicit players from another lacrosse club. Any coach so accused shall be required to appear before the Executive Committee. If said accused is not a Head Coach, then the Head Coach will also appear. This meeting will take place within 5 days from the reported infraction. Penalty - Immediate Suspension for one year from all NVYLL events.

1.7.5.c. Any player or member of the coaching staff who is ejected from a game for unsportsmanlike conduct will be suspended for the following game:

(1) Any player allowed by game officials to return to a game shall not be considered as being ejected from a game.

(2) A player or member of the coaching staff removed from the game on the final play of the game shall be considered ejected from the game and will be suspended for the following game.

(3) Game officials shall notify the Field Commissioner of any ejections. Commissioners shall notify the NVYLL Executive Committee of any ejection, as soon as possible.

(4) Use of an illegal player will constitute an immediate forfeit and a one-year suspension of the coach.

1.7.5.d. Any player or member of the coaching staff who uses abusive, disrespectful, or profane language or who otherwise exhibits unsportsmanlike conduct before, during, or after any ball game will be suspended for the following game after review by the Executive Committee.

1.7.5.e. Any member of the coaching staff who is involved in a fight before or after any game or is ejected from a game for fighting will be suspended for one year. The suspension must be reviewed by the Executive Committee who may confirm, increase, or decrease the length of the suspension.

1.7.5.f. Any player or member of the coaching staff who repeats any of the aforementioned offenses will be suspended for the remainder of the season.

1.7.6 All Coaches of the NVYLL must read, understand, and sign the on-line "NVYLL CODE OF CONDUCT" form. (See Appendix 6). The completed Code of Conduct form is due to League no later than the Thursday before the first (1) game of the season.

1.8.0 PROTEST

1.8.1.a. The Executive Committee is formed in an effort to foster all tenets of good sportsmanship, conduct, and in the best interest of the sport. Its primary function is to uphold the rules and regulations of this program and to levy fair and reasonable disciplinary action should such be necessary. All members of the Executive Committee may succeed themselves on that committee.

The Executive Committee shall be granted the following authority:

(1) To forfeit any game as a committee without formal protest if violation is found.

(2) To require selected home Field Commissioner to collect all exchanged rosters of home and visiting teams on a selected game day and send them with each game summary to the Executive Committee by

the following Tuesday noon, for a roster check. If a team does not provide this information at the prescribed time, that team may have games forfeited for that weekend.

(3) To require a letter of confirmation of a player's eligibility from the Commissioner and if it is later found that the player is ineligible, a \$500.00 fine will be assessed to the Club in addition to other required penalties.

1.8.1.b. The only valid game protest that will be accepted by the Executive Committee shall be for eligibility reasons in the following categories:

- (1) Over-age
- (2) Fraudulent address of residence
- (3) Incorrect and/or incomplete roster
- (4) Playing of ineligible players
- (5) Playing of suspended player
- (6) Coaching by suspended coaches
- (7) Non participant problem and unsportsmanlike activities by (parents and spectators)

In order to get a complaint on the agenda, it is required that the plaintiff commissioner notify, by telephone, a member of the Executive Committee.

1.8.2 Protests concerning Rules 1.8.1.a & 1.8.1.b above can be made at any time during the season. Commissioners should report all violations suspected to the Executive Committee. Names of witnesses and evidence must be furnished.

1.8.3 Game protests, filed under Rules 1.8.1.b that are upheld, shall result in forfeiture of all games in which the ineligible player or players participated. Additional penalties in the form of suspension of players, coaches, or other officials involved may be imposed.

1.8.4 Appeals from decisions of the Executive Committee shall be made in writing to the Chairman of the Board within three working days from the date of the protest decision. The Chairman of the Board may approve or disapprove the decision of the Executive Committee which action will be final unless the plaintiff or defendant commissioner requires in writing that the Committee reviews the matter. If this occurs, the Chairman will render a final decision in the matter of majority consent. There will be no further appeals.

1.10.0 PENALTIES

1.10.1 Where penalties for rule violations are not specified, the Executive Committee will decide them.

1.10.2 Where penalties for rule violations are not specified and for other matters that may be complained of, penalties if deemed appropriate, may be assessed as follows: (Appeals Fee \$50.00)

- A. Letter of reprimand
- B. Probation of individuals * see note *
- C. Suspension of individuals
- D. Forfeiture of a game or games

* Note * Would only apply for one year unless extended by two-thirds majority vote of the NVYLLC.

1.10.3 The penalty for an over-age player's participating in games, if discovered, (whether protested or not) and processed through the Executive Committee will result in forfeiture of all games in which the illegal player participated and that player's expulsion from any further league activities for the current season.

1.10.4 The penalty for a player who participates in a game and did not register as required, with both the

member club and league, if discovered (whether protested or not) and processed through the Executive Committee will result in forfeiture of all games in which the illegal player participated. Further, this player and coach must receive written approval to continue to play, from the Executive Committee.

1.10.5 Coaches shall trade exchange rosters ten (10) minutes prior to the game. No game shall commence until team rosters have been exchanged.

PENALTY: Forfeiture of game and the organization in violation of this rule shall pay for the officials scheduled for the game.

Note: these Rules were approved at the December 2009 meeting.

APPENDIX # 1 -- CLUB MATRIX

A. Boys' and Girls' Teams from each member club shall be assigned and scheduled based on the following matrix whenever A, B and C levels of play are available within a division:

# Teams in Division	Level A	Level B	Level C
One team		1	
Two teams		1	1
Three teams	1	1	1
Four teams	1	2	1
Five teams	1	2	2
Six teams	1	3	2
Seven teams	1	3	3

B. Boys' and Girls' Teams from each member club shall be assigned and scheduled based on the following matrix whenever only A & B levels of play are available within a division:

# Teams in Division	Level A	Level B
One team		1
Two teams	1	1
Three teams	1	2
Four teams	1	3
Five teams	1	4
Six teams	2	4
Seven teams	2	5

C. Waivers to the above matrixes are to be discouraged and will be granted by the NVYLL Executive Committee only when compelling, special circumstances are present (compelling reasons would include a new/first year club, an unusually large number of documented first year players, etc.). Clubs must provide compelling, written documentation with their petition to the NVYLL Executive Committee for special placement into a lower level. The Executive Committee shall review each request and make a recommendation to the council for a vote. A Club may, without approval, choose to play up a Level.

D. The above matrix's are not to be applied to U9 boys or girls. In the U9 boys Division, clubs may field three (3) "Modified Field" level teams before they are required to field a U9 "Full Field" team. A club's fourth U9 boys' team must be a "Full Field" team. A club is not required to field more than one

APPENDIX #2 – BOYS' NVYLL ANNUAL RULES UPDATE -- 2010

All games will be officiated according to NFHS and USLYC Rules as amended with the following additional exceptions:

- **Game and field conduct is the responsibility of the Home team, Game officials and Field Commissioner.**
- **Keep all parents on the opposite side of player area and away from the endlines.**
- **Penalty enforcement is served while the ball is in play. Stop and start time is enforced for penalties while game time is a running clock. The game clock will stop on all whistles during the last two (2) minutes of all U17, U15, U13, and U11 games and during the last two (2) minutes of any overtime period (overtime applies to U17, U15 and U13 only). Except in the case when the five goal rule applies.**
- **Failure to exchange rosters and provide to the Field Commissioner prior to the start of the game is an immediate forfeiture.**
- **Code of Conduct shall be adhered to and enforced fully by the game officials and Field Commissioner.**
- **Sportsmanship is paramount during all NVYLL play.**

High School Division (Under 17)

1. Advancement of the ball rules shall be enforced.
2. 12 minute running time Quarters. The game clock will stop on all whistles during the last two (2) minutes of the fourth quarter and the last two (2) minutes of any overtime period. Complete game within the prescribed time.
3. Five (5) Goal Rule: any team behind by five (5) goals or more shall get the ball at the center of the field after the scoring of a goal instead of a face-off. There will be a face off at the start of each quarter and half, regardless of score.
4. All fields are assumed to be legal for league games. There shall be no penalties assessed for illegal field specifications.
5. There shall be one 4-minute "sudden victory" period for any tie game. If no goal is scored in the "sudden victory" period, the game will end in a tie.
6. Goalie Penalty, in home to serve personal fouls to exclude unsportsmanlike or expulsion.
7. Two officials.
8. A team shall be limited to four team nonconsecutive time-outs per game with no more than two to be taken in any half, and one per sudden-victory period.
9. Goalies may wear soccer style shin-guards under their socks or hard-plastic shin-guards (such as used in baseball and field hockey) over their socks. Goalies are required to wear shoulder pads and are encouraged to wear arm pads.
10. Players on a team are not required to wear equipment of the same color.
11. Take-out body checks are permitted as long as the player uses reasonable force and no attempt to injure the opposing player is made. Body checks made with the intent to injure the opposing

12. White or clear mouth protectors are permitted for the 2010 season.
13. Games may be played against High School teams.
14. Players must be members of US Lacrosse.

SENIOR DIVISION (Under 15A and Under 15B)

All rules are the same as those used in High School Division (U17) except for:

1. No games or practices may be held with High School teams.
2. Though suggested, players need not be members of US Lacrosse, unless required by their Club.

SENIOR DIVISION (Under 15C)

All rules are the same as those used in Senior Division (U15A and U15B) except for:

1. Advancement of the ball rules are not to be enforced.

JUNIOR DIVISION (Under 13)

All rules are the same as those used in Senior Division (U15C) except for:

1. 10 minute running time quarters. The game clock will stop on all whistles during the last two (2) minutes of the fourth quarter and the last two (2) minutes of any overtime period.
2. Goalies must wear arm pads.

LIGHTNING DIVISION (Under 11A)

All rules are the same as those used in Junior Division (U13) with the following exceptions:

1. Teams have the option to have up to but no more than 3 "long sticks" on the field. Long sticks must be between 42" and 60". All other stick lengths shall be between 36" - 42"
2. Upright Body checking is allowed however no take-out body checks (checks delivered to take out or put the other player on the ground) are permitted by any player.
3. No overtime (sudden victory) periods will be held for regular season games. Tie games will end after regulation time expires.

LIGHTNING DIVISION (Under 11B and U11C)

All rules are the same as those used in Lightning Division A (U11A) with the following exceptions:

1. Stalling shall not be called in the last two minutes.
2. Official's control of the game: stick checks must be controlled checks. No body checks. If the ball is not moving the referee will start play following the alternate possession rule.
3. 1-Pass rule in offensive end of the field. Legitimate passes include any attempt, either completed or attempted in the air or on the ground, towards a teammate. Once one pass is completed or attempted in the offensive end, no other restriction on the offensive team will be in effect until a change of possession or timeout has occurred after which the 1 pass count starts over. If a goal is scored without one pass attempt, the goal SHALL NOT count and the ball shall be awarded to the opposing team at mid-field line. Clarifications: Both the player attempting the pass and the player receiving the pass must be on the offensive side of the field for the one pass count to be satisfied. A pass or clear made from the defensive end of the field into the offensive end of the field does not satisfy the one pass count. A change of possession is considered to have occurred if the goalie has made a save or any defender has obtained control of the ball. Deflected shots or passes are not considered a change of possession. A penalty does not reset the count.
4. All sticks must be between 36" and 42" in length. No long sticks at U11B and U11C.

BANTAM DIVISION (Under 9 Full Field)

All rules are the same as those used in Lightning Division (U11B and U11C) with the following exceptions:

1. One (1) coach per team shall be allowed on the field along the team sideline and outside the restraining area during play. Coaches on the field not permitted to cross the midfield line; may never cross in front of opposing team bench, and must stay on their side of the midfield line.
2. No scores are reported. No standings are kept. No playoffs will be held. This is a non-competitive division devoted to player development.
3. Timeouts are limited to two - one (1) per half.
4. Penalties do not create a man-down situation. The player who committed the penalty will be required to leave the field but may be substituted for so that the teams remain at equal strength. The ball will be awarded to the team that was fouled at the spot of the foul. The player who committed the foul must remain on the sidelines until at least one minute of running time has elapsed.
5. The game clock does not stop during the last (2) minutes of play. Entire game is a running clock with 10 minute quarters.

BANTAM DIVISION (Under 9 Modified Field)

All rules are the same as those used in Bantam Division (U9 Full Field) with the following exceptions:

1. Fields shall be approximately a minimum of 60 yards long and 35 yards wide with a painted end-line and mid-field line. Fields may be set up to run across ½ of an existing NFHS full size regulation field. Creases will be designated 5 yards from each baseline.
2. Teams will be limited to eight (8) players on the field at a time (ie. 8 vs 8). The 8 players will be 2 attack, 3 midfielders, 2 defensemen, and a goalie. To remain onsidies, a team must have a total of three (3) players on the defensive end and two (2) players on the offensive end of the field. Teams have the option to play with a goalie or without one, but may not use a shooting barrier in place of a goalie.
3. 2-Pass rule is in effect anywhere on the field by any player including the goalie. Legitimate passes include any attempt, either completed or attempted in the air or on the ground, towards a teammate.

4. Coaches are encouraged to play with a goalie and rotate goalies at half time with each player on the team playing at least one half in goal during the season.

APPENDIX # 3 -- GIRLS' ANNUAL RULES UPDATE -- 2010

Required Coaches' Meeting: There will be a mandatory coaches' meeting to go over the rules with the umpires before the start of the season. Each team identified to participate in the upcoming NVYLL season must send at least 1 coach (preferably the head coach) to the designated meetings. Any team that does not send at least 1 coach to the mandatory rules meetings will be fined \$100.00.

Forfeitures: For U17, U15, U13, & U11 Divisions – The starting time for games will be that published by NVYLL. A team with less than 9 properly registered players that is not ready to take the field within 5 minutes after the scheduled game time or when the umpire is ready to start the game, whichever is later, shall forfeit the game. The score shall be recorded as 1-0 (Forfeit). The teams shall then play a scrimmage under the guidelines of section 3 or 4, below.

If a team is otherwise properly equipped to play, but has between 9 and 11 properly registered players available, they may:

1. Ask the opposing team coach to voluntarily play with fewer players. No coach or team is obligated to do so. If the coaches agree to do so, however, the game score shall be recorded and count to the record of each team. Either coach may add properly registered players at any time as long as proper substitution rules are observed;
2. Play "down" with fewer players, provided they have at least 9 properly registered players. The game score shall be recorded and count to the record of each team. Any team playing down may add properly registered players at any time as long as proper substitution rules are observed;
3. Offer to forfeit the game and play it as a scrimmage with each team using fewer players. The opposing team is requested to participate in this circumstance. The final score shall be officially recorded as 1-0 (Forfeit); or,
4. Offer to forfeit the game and use up to 4 players from another of its teams in the same division or from the opposing team and play the game as a scrimmage. The opposing team shall participate in this circumstance. The final score will be 1-0 (Forfeit).

Coaches Yellow Card: If a coach receives a yellow card, the opposing team will be given a free position at the 8 meter center hash. The player closest to that position, as determined by the umpire, will be given the ball. Besides the designated shooter, only the goalkeeper will be allowed to move prior to the resumption of play.

NVYLL GIRLS SPECIAL RULES

All games will be played in accordance with the intent and letter of the 2010 Women's Rules Official Rules for Women's Lacrosse by US Lacrosse with the following modifications. (The rulebook may be obtained from US Lacrosse 1-800-486-5530. All coaches are responsible to be familiar with the rules.

U17 Division:

1. Games to be played by US Lacrosse rules except for game time and ties.
2. Game Time: Games will be played in 20 minute halves, or such other periods as the umpires may determine necessary, with 5 minutes between halves. In addition to official time outs, the clock stops on all whistles in the last 2 minutes of any period.
3. Tie Games:
 - a. Regular season: There will be one 3-minute 'sudden victory' overtime period if the game ends in a tie for U17, U15, U13 and U11 Divisions. There will be no rest time. Teams will defend the same goal as in the 2nd half of the game. The clock will stop on all whistles in overtime. The game shall be over upon the first score. If the score is still tied at the end of the 3-minute period, the game will be recorded as a tie. A team may call a time out in overtime if the team's allocation of 2 time outs per game has not been exhausted.
 - b. Playoffs: Teams will begin overtime by defending the same goal as in the 2nd half. A fixed overtime period of 3 minutes will be played. Clock will stop on all whistles in overtime. A team may call a time out in overtime if the team's allocation of 2 time outs per game has not been exhausted. If either team is ahead at the end of the three minute overtime period, the game is over. If the game is still tied, the teams will change ends and a second fixed overtime period of 3 minutes will be played. If either team is ahead at the end of that period, the game is over. If still tied, teams will change sides and a 3-minute 'sudden victory' overtime period will be played. The winner will be the first team to score. As many 'sudden victory' periods as needed with teams changing sides each time shall be played until a winning goal is scored.
4. All games will officiated by High School rated officials.
5. All games will be scheduled at a rotating central location.
6. All participants will be members of US Lacrosse (NVYLL will not provide insurance for these participants).

U15A Division:

1. 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. 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.
4. Any check to the head will be penalized with a mandatory red card.
5. All Games will be scheduled at a rotating central location.
 - a. Each team will be responsible for supplying a representative to work at the official's table. The representatives will carry out the duties of official timer and official scorer.

b. The host field will supply the game administrator as specified in the 2010 US Lacrosse Rules.

6. Coaches are only allowed on their bench end of the field and may not enter the field or the substitution box.

7. **Substantial Advantage Rule:** At any draw opportunity, if one team is leading by 4 or more goals or in the playoffs if one team is leading by 6 or more goals, the opposing team shall be given a Free Position at the center of midfield. Other players can stand anywhere on the field permitted by the U.S. Lacrosse rules. Play starts with the umpire's whistle. The player taking the Free Position may run or pass, but may not shoot until another player has played the ball on the offensive side of the field.

For clarification, "played" shall mean:

- a. Pass to a teammate;
- b. Lose control of ball momentarily but regain possession if an opposing player has an equal opportunity to gain possession; or
- c. Stick checked by defender but maintained or regained control of the ball (U15 and U13 Divisions only). Stick contact above the shoulder initiated by the attack player shall not constitute being "played."

U15B and U15C Divisions:

All rules are the same as those used in the U15A Division except for:

1. **Modified Checking:** No stick checking above the shoulder nor over the shoulder.
2. **3-Second 'Held Ball' Rule:** Occurs when a defender who is in legal checking position with both hands on her stick is closely guarding an offensive player who is holding the ball above her shoulder. Violation is a minor foul with possession surrendered to defender.
3. Game locations will not be centralized and the home team is responsible for supplying representatives to the official's table.

U13A, U13B and U13C Divisions:

All rules are the same as those used in the U15B and U15C Divisions except for:

1. **Fast Break Limitation Rule:** A player who gains possession of the ball on her defensive half of the field may run or pass, but may not shoot until another player has played the ball on the offensive side of the field.

Possession gained on the defensive side of the field as a direct result of a draw will require the ball be played under this rule.

- **Penalty for violation.** Shooting on goal without the ball being played will be considered a major foul. The defensive team will get a free position at the spot of the foul, no closer than 8m to the goal circle. The offending player will stand 4 meters directly behind the ball carrier.

U11A and U11B Division:

All rules are the same as those used in the U13A, U13B and U13C Divisions except for:

1. **Sticks:** Recommend use of regulation women's' stick with modified pocket (half the ball may fall below the bottom of the sidewall). Sticks may be of shortened length proportionate to player's size.
2. No stick checking.

U9 & U9 E Division:

All rules are the same as those used in the U11A and U11B Divisions except for:

1. No score will be kept or discussed.
2. Reduced size teams: 7 field players + option for Goalkeeper.
3. Goal/Goalkeeper: Each Head Coach will have the option of playing a goalie or inverting the goal with the triangular base, 'teepee,' serving as the goal mouth. Coaches are encouraged to play with a goalie and rotate goalies at half time with each player on the team playing at least one half in goal during the season. Any player judged to be afraid to play goalie by a referee will be removed from the field of play and the goal will be inverted. If a team elects to invert the goal, they will not be allowed another player on the field.
4. Midfield Restraining/Offsides line will be enforced, 2 players back and any goalkeeper.
5. Reduced Field & Modified Field markings: Fields shall be approximately a minimum of 60 yards long and 35 yards wide with painted end lines, mid-field line, and 8m arc. The 12m fan is not required. Fields may be set up to run across ½ of an existing full size regulation field. If possible, there should be 10 yards behind each goal.
6. Players may shoot from an 8m Free Position after a foul on goal.
7. Limited on-field coaching permitted: One coach from each team will be permitted to be on the field during play provided he or she:
 - a. does not interfere with play in any way;
 - b. communicates only with his/her team's players;
 - c. does not stand in close proximity to the opposing team's bench or sideline location;
 - d. does not carry a lacrosse stick; and,
 - e. generally stays within approximately 5 yards of the bench-side sideline.

If it becomes necessary for a coach to enter the mid or far part of the field to provide coaching or direction to a player, the coach must immediately move toward the bench-side sideline upon completion.

If a referee determines that a coach has interfered with play, the ball will be awarded to the opposing team and the coach may be asked to remain on the sidelines.

8. Game Time: Games will be 4 10-minute quarters with 2 minutes between quarters and 5 minutes between halves with NO stoppage of the clock, except for official time outs.

NVYLL Women's Lacrosse Timekeeper Instructions

The game will be timed in 2 halves of 20 minutes each for U15, U13, and U11 Divisions. The game will be timed in 4 quarters of 10 minutes each for the U9 Division. Start the game clock on the umpire's whistle for the Draw to begin each half or period. Let time run until the first whistle inside of the last 2 minutes of play of the period. From that time on, except for U9, stop the clock on all whistles by the umpire and restart the clock on the whistle restarting play. Time will continue to run after goals except in the last 2 minutes of play when it will stop on the umpire's whistle signifying a goal and restart with umpire's whistle for the subsequent Draw. The clock will run continuously for U9 games except for called Time Outs by an umpire.

Please stop the game clock on a Time Out signal from an umpire (crossed arms overhead). Umpires can signal for a stopped clock for a variety of situations including a time out, injury time out, equipment problem, request for a stick check, administration of a Yellow/Red card, etc. Restart the clock in these situations when the umpire restarts play with his/her whistle. Tell the umpire closest to you on the field when 2 minutes remain in the half or period, and announce the remaining time every 30 seconds thereafter to the umpire.

Although unlikely, determine whether there is a visible clock for fans (like a permanent scoreboard). Usually, the official clock in a women's lacrosse game is maintained at field level for ease of administration and communication with game officials. If a clock is displayed at another location, it may be best to stop that clock at the 2 minute mark and announce to the audience that the official time is being kept at the scorer's table. Please disconnect any automatic horn that might sound with the scoreboard clock if it inadvertently goes to 0:00.

Other timekeeper tasks:

Yellow Card penalties: Any player who receives a Yellow Card will be excluded from play for 3 minutes of running game time. You should assist the official scorer by giving him/her the time reading at the penalty to mark in the scorebook. If less than 3 minutes remain in the period, the player's time exclusion continues into the next half or any overtime period. If possible, please help the official scorer and notify the coach of the penalized player when her time exclusion is up. If the umpire asks you, please time team Time Outs. The time permitted is 2 minutes from when all the players are gathered together on the sideline with normal pace. Sound the horn when 1:45 has elapsed.

You are also responsible for timing the five- minute half time, sounding the horn when 1 minute remains. For U9 games you will also be responsible for timing the two minute period between quarters.

You might inquire and inform the umpires and coaches of any special rules of the league or age division.

APPENDIX #7 -- 6 NVYLL COACHES CODE OF CONDUCT

I. Policy Statement

The Northern Virginia Youth Lacrosse League (NVYLL) is committed to the exhibition of sportsmanship and ethical behaviors in and around all athletic contests played under its sanction. All contests must be safe, fair, controlled and orderly for all athletes, officials, and fans alike.

It is the intent of the NVYLL that unsportsmanlike behavior and violence in any form is not to be tolerated in athletic contests or practices under the jurisdiction of the NVYLL. In order to enforce this policy, the NVYLL has implemented regulations in cooperation with appropriate coaches and club commissioners, who set forth the manner of implementation and enforcement of this policy, and the penalties incurred when violations of this policy occur. The rules and regulations shall focus upon the responsibility of the coach to teach and demand high standards of conduct and to enforce personally the rules and regulations set forth by the NVYLL.

The NVYLL requires that the following code of ethics and disclosure be issued to and signed by each head and assistant coach, each season, as a guide to govern their behavior. The penalty for failing to sign a copy of this policy will be to restrict the coach from participating in NVYLL programs

II. Code of Conduct for Coaches

- Be courteous at all times with players, opponents, game officials and fans.
- Exercise self-control on the field before, during and after contests.
- Be responsible for the sportsmanlike conduct of his or her players on the team.
- Explain to the parents that they are to respect the decisions of the referees and the play of both teams in a sportsmanlike manner.
- There shall be no use of foul and abusive language.
- Be familiar with all rules of the contest.
- Respect the integrity and judgment of game officials.
- There shall be no use of tobacco products, alcoholic beverages, or illegal drugs at NVYLL programs.
- There shall be no recruitment of players from other teams or clubs.
- Win with character, lose with dignity.

I have read and understood the Policy Statement and Code of Conduct for Coaches, and the violations and penalties of the "Code of Conduct Policy". I have also read and understood the rules and regulations of the NVYLL, specifically Section 1.7 "Conduct" and Section 1.10 "Penalties".

I agree to abide by the policy while participating in NVYLL athletics regardless of contest site or jurisdiction.

Signature: _____ Date: _____

Coach Name: _____ Telephone: _____

Position: Head Coach Assistant Coach

Division: U-17 U-15 U-13 U-11 U-9

Level: A B C

APPENDIX #8 -- INFECTIOUS DISEASE POLICY

INFECTIOUS DISEASE POLICY OF THE VIRGINIA HIGH SCHOOL LEAGUE (VHSL)

The Virginia High School League Board of Directors has adopted these policies upon the recommendation of the Sports Medicine Advisory Committee to the League. Our goal is to minimize the possibility of transmission of any infectious disease from one athlete to another during practice or competition. The development of this policy is in keeping with the commitment of the VHSL to make athletic participation safer for the athletes in the Commonwealth of Virginia by responding to new information that suggests potential risks.

What are infectious diseases?

Infectious diseases are illnesses that are caused by an organism, usually a virus, bacteria, or fungus. Many of these diseases are contagious, meaning they can be spread from one person to another. For purposes of our athletes, we will consider three types of contagious infectious diseases.

1. Usual viral illnesses like colds, intestinal flu viruses, and influenza are generally spread through airborne transmission of the virus or through direct contact. Hand washing and covering sneezes and coughs are considered reasonable techniques for reducing the spread of these types of illnesses. They are actually more likely to be spread in a closed classroom than an open gym or athletic field except for those sports with close contact like wrestling.
2. Skin lesion such as impetigo (a skin infection), athlete's foot, and non-genital Herpes can also be spread by close contact and should be covered to allow participation. These skin disorders can also be harmful to the individual with the skin lesions by serving as a portal of entry for other kinds of infections. Thus, again, they should be covered or participation should not be allowed.
3. The most serious infectious and contagious diseases in question here are the blood-borne pathogens. These are spread through contact with blood (as well as other bodily fluids such as semen and vaginal fluids) and most notably include Hepatitis B and Human Immunodeficiency Virus (HIV). No reports of transmission from sweat or saliva have been reported with HIV infection. To date, there have been no substantiated reports of these being transmitted through athletic participation and the risk of this happening is very low but theoretically it is NOT ZERO. The rest of this policy is designed with HIV and Hepatitis B in mind. Proper handling of injuries where blood is present can even further reduce the very low risk of transmitting these diseases in the school and playing field arena.

Hepatitis B is a viral infection of the liver that can vary from mild inflammation to a severe life threatening disease. AIDS is a disease of the immune system caused by Human Immunodeficiency Virus. The individual may not develop any symptoms of disease for many years after contracting the virus. Both of these disorders are transmitted through sexual conduct or exposure to infected blood components.

Which sports are most likely to spread AIDS or Hepatitis B?

As stated, neither of these has been reported to be transmitted through sports. The theoretical risk is low but would be greater where there is greater likelihood of blood and close contact. Thus, football, basketball, lacrosse, ice hockey, and wrestling would be most likely to produce this environment. However, any sport could have the potential for blood exposure and thus theoretical risk for exposure.

Should athletes all be tested for these disorders? Mandatory testing has not been advocated by any medial organizations monitoring these disorders. The testing could produce a false sense of security with a negative test during the time between inoculation of an individual and the ability to recognize the presence of the virus. Thus, an individual could be contagious and still have a negative test. The screening tests are not 100% reliable and false positives and negatives have been reported. Additionally, there is concern about infringement of individual rights and the question of what to do if a positive test is obtained. Testing is not a feasible approach to prevention, however, athletes and others involved in interscholastic athletics should have available to them information on where they may obtain private and confidential HIV counseling and testing.

If an athlete is positive, who should be told and should he/she be prevented from participation in sports? The athlete's HIV or Hepatitis B status is confidential information between patient and physician. No one else, including school officials can be told without the individual's permission. The athlete with one of these disorders should be encouraged to choose a sport with less contact and opportunity for bleeding than wrestling, for example. The athlete should also be instructed to take proper precautions with skin lesions, bleeding, etc. However, he/she can not be forbidden from participating in whatever sports he/she desires. The decision concerning participation is a personal recommendation could certainly change in the future if any evidence for transmission via sports is documented.

How can we protect our athletes, trainers, and coaches from exposure to one of these blood-borne diseases? There is an effective and safe vaccine available for Hepatitis B. One of the targeted groups to receive this vaccine would be those where the risk of exposure to blood is increased. Thus, any trainer or coach, who frequently deals with an injury with blood, is at potential risk. Strong consideration should be given to having one these individuals receive this immunization.

Blood and other bodily fluids should be handled using "Universal Precautions" as is done in all hospitals and most other health care facilities. This procedure follows. This is the safest approach as one uses techniques that would be preventive in all patients whether they have a disease or not.

Procedures to be followed by coaches, trainers, and officials:

1. A student-athlete should render first aid to himself and cover his own wounds whenever possible. Again, this reduces the risk of transmission from blood-borne pathogen from one person to another.
2. If a bleeding wound occurs, the individual's participation should be interrupted until the bleeding has been stopped and the wound is both cleansed with antiseptic and covered securely or occluded. If bleeding resumes, the practice or contest must be stopped again until bleeding is stopped and contaminated surfaces are cleaned. It is up to the discretion of the official in charge of the competition as to how many times the competition should be stopped due to a student-athlete's bleeding before disqualification occurs.
3. Skin exposed to blood or other body fluids contaminated with blood should be cleaned as promptly as is practical, preferably with soap and warm water. Skin antiseptics (e.g., alcohol) or moist towelettes may be used if soap and water are not available.
4. Even though good hand washing is an adequate precaution, water-impervious gloves should be available for staff to use when handling blood or other body fluids. Gloves are especially important in individuals with not-intact skin. Hands should be washed after glove removal. If gloves are not available, a bulky towel may be used to cover the wound until an off-the field location is reached where gloves can be used during more definitive treatment. Disposable towels should be used in all clean up. Towels, protective gloves, and other materials used in clean up, as well as any cotton used to stem bleeding, should be placed in a container lined with a plastic bag.
5. If blood or blood-contaminated bodily fluids are present on a surface, the object should be cleansed with fresh household bleach solution made for that event by adding one part of bleach to 10 parts of water. Such items as wrestling mats should be cleaned, rinsed, and allowed to dry before resuming action. This solution should be made fresh daily when needed.
6. If any blood gets on an opponent's uniform during competition or on a teammate's uniform during practice, it is necessary to clean the uniform at that point by wiping it with a disinfectant such isopropyl alcohol. This should be done whether or not the opponent or teammate has an open cut or unskinned area on the body, or where or not the blood is on part of the uniform which might come in contact with mucous membranes. If there is substantial saturation of the uniform with blood such that it is dripping, will rub off easily, or drips if squeezed; the uniform must be changed.
7. All soiled linen such as uniforms and towels should be placed in plastic bags and washed in hot soapy water. Any detergent that contains bleach is appropriate.
8. All coaches, officials, and student-athletes should practice good hygiene. Towels, cups and water bottles should not be shared. Also, student athletes should take a shower using a liberal amount of soap and hot water after each practice and competition.
9. It is the responsibility of each team to provide their respective members paper towels, appropriate cleaning solutions, plastic bags, gloves, and any other first aid materials necessary to comply with these regulations.

10. At this time, no cure exists for AIDS, which is a preventable disease. In addition to the aforementioned techniques, education and emphasis on prevention must be an integral part of our athletic programs for all.

According to Dr. David E. Rogers, considered by many to be the foremost expert on the transmission of the HIV Virus, (AIDS), the chances of the virus being transmitted during athletic contests are extremely small. In fact, there is not one documented case of the virus being transmitted in this manner.

The possibility of transmitting AIDS in this manner is much less than the possibility of transmitting other very dangerous blood borne viral infections such as Hepatitis B. However, the chance of transmitting the AIDS virus is not zero. Therefore, precautions- the same as those taken in health care institutions- should be taken to insure that no transmission could occur.

Proper handling of these situations by coaches, officials and competitors will greatly reduce the possibility of any transmission of AIDS, if indeed the athlete who is bleeding is infected by the disease.

These precautions (applicable to wrestling) also can be utilized in other interscholastic activities at any time that a bleeding problem exists:

If an athlete sustains a minor bleeding problem- most result from minor injuries in the nose area- all play should be stopped, the bleeding stemmed, and any blood on the playing surface should be wiped off using bleach in a 10 to 1 solution- 10 parts water and one part bleach. This same solution should be used to wipe any blood off the opponent's skin. It should be noted that there are also many other disinfectants that are very successful in combating the HIV virus (such as isopropyl alcohol).

If any of the blood has gotten on the opponent's uniform, unless the opponent has an open cut or open skin area on his/her body, it is not necessary to clean the uniform at this point. If there is an open cut or an open skin area, then the uniform also should be wiped with the bleach solution.

If an official gets blood on him/her, (s)he should do the same as the competitors (as indicated above).

It is important that any time blood is present, it is treated with respect regarding its ability to transmit infectious disease(s).

Regardless of the activity, if the bleeding problem is severe enough, then the competitor should not be permitted to continue- not only from the standpoint of possible disease transmission, but also for the health and safety of the injured competitor.

ISSUED BY THE VIRGINIA HIGH SCHOOL LEAGUE- JULY 1992

Appendix #9 -- NVYLL Heat Guidelines

Heat-Related Injuries ~ Prevention and Treatment

One of the biggest concerns for summer lacrosse players is preventing heat injuries. Heat related injuries, such as heat exhaustion or heat stroke are emergency conditions that need immediate treatment and medical care. However, such incidents can be prevented with a few simple steps, which are described in this article to keep coaches, players and officials in the game.

What are Heat-related Injuries?

Normally, bodies produce a tremendous amount of internal heat, which is cooled by sweating and expelling heat through the skin. When there is extreme heat, high humidity or vigorous activity in the hot sun, this cooling system may begin to fail, and allow heat to build up to dangerous levels. Heat injuries manifest themselves in a number of forms, from mild symptoms to life-threatening conditions.

- **Heat Cramps:** Heat cramps are muscle contractions, usually occurring in the calf or hamstring muscles. These contractions are forceful and painful. They are typically related to heat, dehydration, and poor conditioning. Treatment for cramps is simple: rest; drink water; and, a cool environment.
- **Heat Exhaustion:** Heat exhaustion stems from excessive heat and dehydration. Its symptoms can be detected in the appearance and activities of players during practice or a game. The range of symptoms includes nausea, dizziness, weakness, headache, heavy perspiration, normal or low body temperature, weak pulse, dilated pupils, disorientation, and fainting spells. Treat heat exhaustion by getting the person to a cool or shady environment, drinking liquids and applying cool water or ice to the body. Most people respond to these treatments, but prompt attention is necessary in order to prevent the condition from progressing to heat stroke. More severely heat-exhausted patients may need IV fluids, especially if vomiting keeps them from drinking enough.
- **Heat Stroke:** Heat stroke, the most serious form of all heat-related conditions, is a life-threatening medical emergency. A person with heat stroke usually has a very high temperature (over 104 degrees) and along with the other symptoms above, may be delirious, unconscious or having seizures. These patients need to reduce their temperature quickly and must also be given IV fluids for re-hydration. Take them to a hospital as quickly as possible – although cooling treatments need to be started immediately and continue until emergency medical personnel can take over. In addition to applying ice, another effective form of cooling in this case is “evaporative cooling” where the person is sponged or misted with cool water, and fans are used to circulate the air around the person to encourage rapid evaporation.

Lacrosse Players are Vulnerable

Because lacrosse is a warm-weather running sport, lacrosse participants are at risk for heat illnesses. Coaches can take a number of steps to prevent heat-related injuries among their players:

1. Recognize the dangers of playing in the heat.
2. Schedule regular fluid breaks during practice and games. Players should be hydrated prior to the start of games or practices and to continue to drink eight ounces of fluid every 20 minutes during the activity with water or sports drinks.
3. Players should avoid soda, caffeine drinks and alcohol before or during games, as these can promote dehydration.
4. Make player substitutions more frequently in the heat.
5. Have players wear light-colored, “breathable” clothing.
6. For boys & men, take “helmet breaks” every 30 minutes to ensure that heat in the helmets gets released. Just as your mother told you to wear a hat in winter so “90% of the heat would not be lost through the top of your head,” the converse is true in summer – wearing a helmet keeps in a great deal of heat that the body is trying to expel.
7. Use misting water sprays to keep players cool.
8. In the early part of the season, particularly in warm, humid climates, acclimate players slowly to the heat. Play at cooler times of day, and build up players’ tolerance to heat a little more each day. If you are attending a camp or tournament in a climate that is hotter than you are used to, go early (if possible) to help the team adapt and be vigilant about enforcing preventative measures.
9. And always, respond quickly if heat-related injuries occur.

For more information on safety and risk management, please visit the US Lacrosse Insurance and Risk Management web site at www.BollingerLax.com.

Lori Windolf Crispo, CPCU is the Executive Vice President in charge of Bollinger’s Sports Insurance Division. Bollinger is the insurance administrator for US Lacrosse. Contact her at Lori@BollingerInsurance.com.

<http://www.bollingerlax.com/BollingerLax/PDF/Ins101HeatStroke.pdf>

Environmental factors:

Ambient air temperature and humidity have a direct effect on the ability for a body to cool itself through the evaporation of sweat. When the air temperature is above 90, and/or the relative humidity is high, the body is at a higher risk to not effectively stay cool, which may be compounded by the level of dehydration of the body’s fluids.

The following chart is a simple method to determine the amount of increased risk with variations of heat and humidity, and subsequent suggestions to modify participation in physical activities.

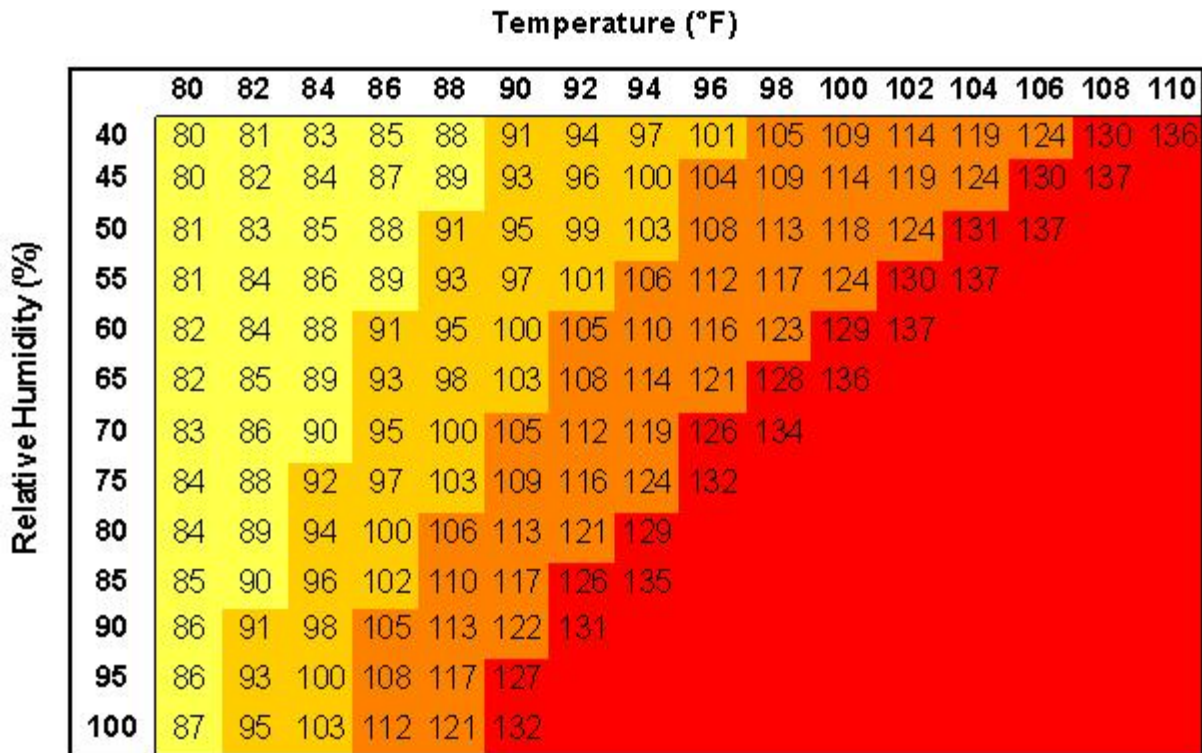
The chart below can be used by inputting the temperature and humidity available via local radio

stations, Internet locations, or local field measurements. Simply cross-reference the relative humidity with the temperature to determine the apparent temperature. NVYLL member clubs practice in the evening and the ambient conditions progressively improve as we move into the evening, however, reasonable cautions need to be implemented as the conditions warrant. At a minimum, commissioners should implement the following guidelines as outlined below when a particular field condition exists.

A number of factors will make each club's environmental conditions unique to their home fields. NVYLL fields are spread over an approximately 2400 square mile area in Northern Virginia. On any given day the temperature and humidity can vary significantly across the many different NVYLL fields. Additionally, whether a field has natural or artificial turf (AT) can make a significant difference to the conditions a player experiences. AT surfaces have been reported to be 10 to 50 degrees hotter than similar natural turf fields. It is recommended that Clubs with AT fields use local field measurements utilizing a Sling Psychrometer* to determine temperatures and humidity levels players will experience.

* Sling Psychrometers may be purchased on-line from various scientific instrument vendors. Prices range from \$60- \$150.

APPARENT TEMPERATURE CHART



Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

■ Caution
 ■ Extreme Caution
 ■ Danger
 ■ Extreme Danger

<http://www.weather.gov/om/heat/index.shtml>

APPARENT TEMPERATURE -- NVYLL RECOMMENDATIONS

- 105° and up:** Recommend no outside activities. At a minimum, individual clubs must implement heat injury risk mitigation measures.
- 95° to 104°:** Recommend no equipment except helmets be used during practice. For games, additional non-chargeable time-outs should be called by the officials to allow for additional hydration opportunities. Shade should be made available for players if possible.
- 90° to 94°:** Recommend equipment (helmet at a minimum) be removed as often as possible (during rest breaks, on sideline, etc). Careful monitor all athletes for signs of heat problems.
- Below 89°:** Recommend adequate water supply at all practices and games with breaks

every 20

to 30 minutes for re-hydration.

EXCESSIVE HEAT DURING GAMES

Water breaks of no greater than 1:30 minutes in length will be incorporated into each game if, in the opinion of attending medical personnel, referees and/or the Field Commissioner, they become necessary. In women's play, those breaks will be taken as close to the mid-point of each half as possible after a goal or during a dead ball situation. In men's play, those breaks will be taken as close to the mid-point of each quarter as possible after a goal or during a dead ball situation.

<http://www.bollingerlax.com/BollingerLax/PDF/LIGHTNINGGUIDELINESFORLACROSSE.pdf>

National Athletic Trainers Association's Recommendations on Fluid Replacement:

- Educate athletes on the effects of dehydration on physical performance.
- Inform athletes on how to monitor hydration status.
- Convince athletes to participate in their own hydration protocols based on sweat rate, drinking preferences, and personal responses to different fluid quantities.
- Encourage coaches to mandate re-hydration during practices and competitions, just as they require other drills and conditioning activities.
- Have a scale accessible to assist athletes in monitoring weight before, during, and after activity.
- Provide the optimal oral re-hydration solution (water, CHOs, electrolytes) before, during, and after exercise.
- Implement the hydration protocol during all practices and games, and adapt it as needed.
- Finally, encourage event scheduling and rule modifications to minimize the risks associated with exercise in the heat.

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Full text can be found on NATA's website: www.nata.org

Acclimatization to Heat:

Another way to help prevent heat stress is to become acclimatized to the weather.

Acclimatization means becoming adapted to the weather or climate. The process takes 7 to 12 days. Studies have shown adolescents take longer to acclimatize to heat than adults. As a result of acclimatization, the sweating mechanism of a person is enhanced:

- onset of perspiration occurs earlier
- perspiration increases
- increase in blood volume with the more training an individual does
- improves supply of oxygen to the muscles
- heart rate decreases
- core body temperature does not rise as high during exercise

Other facts about heat illnesses and exercising in the heat:

- Dehydration of 1% to 2% of body weight begins to impact athletic performance
- Dehydration greater than 3% of body weight may increase an athlete's risk of heat illness.

- Sports drinks should contain less than 8% carbohydrate. Carbohydrate content greater than 8% compromises the rate of gastric emptying and should be avoided.
- Wear light weight and light colored clothing
- Avoid wearing articles that prevent water absorption
- Early morning commonly produces a humid environment and lower temperatures. Usually, as the sun rises, the temperature will increase and the humidity decreases. As the evening hours approach, the temperature decreases and the humidity will rise. Often, the most critical times to monitor athletes ability to exercise in hot weather occurs when the temperature rises quickly during the early morning prior to the sun burning off the humidity, or during storms when the humidity remains high due to cloud cover, etc.
- A mild breeze can reduce the humidity on a particular field, as well as improve the evaporative process.
- Field watering after practice sessions are complete can help reduce the ambient humidity on or near an athletic field, thus reducing the heat stress on athletes.

EXTREME HOT AND HUMID WEATHER TIPS for ADJUSTING PRACTICES

Duration	Attire	Fluid Consumption	Recommendations
2 hours	Full gear	Insist that adequate water be ingested	Never restrict water consumption
2 hours	Full gear	Insist that adequate water be ingested	Provide minimum of 2 water breaks per hour
2 hours	Full gear	Insist that 4 – 6 oz minimum water be ingested every 20 minutes	Provide minimum of 3 water breaks per hour
2 hours, every 45 minutes of work > 15 minutes of rest each hour	Remove helmets unless active in drill	Insist that 8 – 10 oz water be ingested every 15 minutes	Remove helmet unless active in drill
2 hours, every 45 minutes of work > 15 minutes of rest each hour	Protective equipment removed for non-contact drills	Insist that 8 – 10 oz water be ingested every 15 minutes	Removal of helmet unless active in drill, removal of pads (ie: shoulder pads) when teaching or non-contact portions of practice exceed 10 minutes in length

RECOMMENDATIONS:

Fluid replacement should be at a rate of 24 oz for every pound of body weight lost after exercise.

- Light colored, loose clothing is suggested during activity in hot weather.

- Athletes are encouraged to wear sunscreen on exposed skin during hot, sunny conditions.
- Adequate fluid supply should be readily available at all times during activity in hot weather.
- Individuals poorly acclimatized or poorly conditioned are at increased risk for heat related illness/injury and should be monitored closely or placed on a modified participation schedule.
- Athletes having a pre-existing dehydrated state (recent fever or gastro-intestinal illness) or pre-existing heat injury are at a much higher risk for heat related illness/injury and should be monitored closely or placed on a modified participation schedule.
- Medications including diuretics, antihistamines, beta-blockers and anti-cholinergics increase the risk of heat illness/injury.
- Overweight athletes are at increased risk for heat illness/injury and should be monitored closely.
- Energy, ergogenic, and dietary supplements such as Creatine may cause an increase in dehydration and heat related illness and/or injury.
- Providing shade on the sidelines is a way to allow players to more effectively cool off during time off the field.
- Commissioners may allow extra support personnel to be present on the sidelines in order to better hydrate players and monitor their physical condition.

Appendix #10 -- High School Pyramid Chart for new registrants

Each potential NVYLL lacrosse player is assigned to a public high school pyramid based on the address of their residence. This high school, whether the player attends or plans to attend this public school, shall be used to direct new players to a NVYLL member lacrosse club. The table is to be used for new registrants to NVYLL lacrosse. Once a player has selected a NVYLL club, that club will be his or her home club. Players may not switch from their home club unless the player physically moves residence to another member club, has sat out one full spring season, or has been granted a waiver by the NVYLL Eligibility Committee. If more than one NVYLL club is listed with a high school, then the player may select from any NVYLL club associated with that high school.

If you are having trouble identifying your high school, please visit the appropriate web site:

Fairfax County: <http://boundary.fcps.edu/boundary/>

Prince William County: <http://www.pwcs.edu/planning/School/SchoolSearch.aspx>

Loudoun County: http://webinter.loudoun.k12.va.us/Lcps_Locate/

High School	High School Area	County	Club
Annandale	Annandale	Fairfax	Annandale
Battlefield	Haymarket	Prince William	Manassas Battlefield
Brentsville District	Nokesville	Prince William	Manassas Battlefield, Prince William
Briar Woods	Ashburn	Loudoun	Dulles South
Broad Run	Ashburn	Loudoun	Ashburn
Brooke Point	Stafford	Stafford	Stafford
Centerville	Clifton	Fairfax	Southwestern
Chancellor	Fredericksburg	Spotsylvania	Spotsylvania
Chantilly	Chantilly	Fairfax	Chantilly
Colonial Forge	Stafford	Stafford	Stafford
Courtland	Spotsylvania	Spotsylvania	Spotsylvania
Dominion	Sterling	Loudoun	Algonkian
Edison	Alexandria	Fairfax	Springfield, Fort Hunt
Fairfax	Fairfax	Fairfax	Fairfax Police
Falls Church	Falls Church	Fairfax	Falls Church, Annandale
Fauquier	Warrenton	Fauquier	Fauquier
Forest Park	Woodbridge	Prince William	Prince William
Freedom	South Ridge	Loudoun	Dulles South
Freedom	Woodbridge	Prince William	Prince William
Gar-Field	Woodbridge	Prince William	Prince William
George Mason	Falls Church	None	Falls Church
Hayfield	Alexandria	Fairfax	Springfield, Fort Hunt, South County
Heritage	Leesburg	Loudoun	Western Loudoun
Herndon	Herndon	Fairfax	Herndon
Hylton	Woodbridge	Prince William	Prince William
J.E.B. Stuart	Falls Church	Fairfax	Annandale, Falls Church
Kettle Run	Nokesville	Fauquier	Fauquier
Lake Braddock	Burke	Fairfax	Braddock Road
Langley	McLean	Fairfax	Great Falls, McLean
Lee	Springfield	Fairfax	Springfield
Liberty	Bealeton	Fauquier	Fauquier
Loudoun County	Leesburg	Loudoun	Western Loudoun
Loudoun Valley	Purcellville	Loudoun	Western Loudoun
Madison	Vienna	Fairfax	Vienna
Manassas Park	Manassas Park	None	Manassas Battlefield, Prince William
Marshall	Falls Church	Fairfax	Vienna
Massaponax	Fredericksburg	Spotsylvania	Spotsylvania
McLean	McLean	Fairfax	McLean, Great Falls
Mount Vernon	Alexandria	Fairfax	Fort Hunt
Mountain View	Stafford	Stafford	Stafford
North Stafford	Stafford	Stafford	Stafford
Oakton	Vienna	Fairfax	Vienna, Fairfax Police, Chantilly
Osborn	Manassas	None	Manassas Battlefield, Prince William
Osborn Park	Manassas	Prince William	Manassas Battlefield, Prince William
Park View	Sterling	Loudoun	Algonkian
Potomac	Dumfries	Prince William	Prince William

Potomac Falls	Sterling	Loudoun	Algonkian
Riverbend	Fredericksburg	Stafford	Spotsylvania
Robinson	Fairfax	Fairfax	Braddock Road
South County	Lorton	Fairfax	South County
South Lakes	Reston	Fairfax	Herndon
Spotsylvania	Spotsylvania	Spotsylvania	Spotsylvania
Stafford	Fredericksburg	Stafford	Stafford
Stone Bridge	Ashburn	Loudoun	Ashburn
Stonewall Jackson	Manassas	Prince William	Manassas Battlefield
TC Williams	Alexandria	None	Alexandria
Wakefield	Arlington	Arlington	Arlington
Washington-Lee	Arlington	Arlington	Arlington
West Potomac	Alexandria	Fairfax	Fort Hunt
West Springfield	Springfield	Fairfax	Springfield
Westfield	Chantilly	Fairfax	Southwestern
Woodbridge	Woodbridge	Prince William	Prince William
Woodson	Fairfax	Fairfax	Braddock Road, Fairfax Police
Yorktown	Arlington	Arlington	Arlington