**Girls Rules**



Preface and Game Day Policy

(Effective 2/7/18)

**Website:** [**www.MetroAtlantaLax.com**](http://www.MetroAtlantaLax.com/)

**Questions/Email:** [**AdminDirector@metroatlantalax.com**](mailto:AdminDirector@metroatlantalax.com)

**Game Day Requirements:**

* 7 minutes prior to the game the speaking coach from both teams and the referees will meet to discuss the following:
  + Identify the ‘***Speaking Coach’*** for that team
  + Teams are limited to a maximum of three (3) coaches on the bench sideline and only the Speaking Coach can communicate with referees.
  + Confirm that all players meet the roster/age requirements and discuss any dual roster or players on an age waiver.
  + Review the specific MAYLA rules for your age group and gain agreement from the referee on their enforcement. (Please reference the 2018 MAYLA Girls rules for the specific age group playing).
  + Discuss the requirements for sportsmanship agreeing that coaches, players and parents display the highest level of sportsmanship.
  + Agree that there will be no yelling at the referee and have the referee acknowledge that they have the right to call a Technical foul and as required unsportsmanlike penalties on the coaches and parents for unsportsmanlike conduct.
  + Ensure there is a person keeping score and validate the score at the end of each period with the referee. Confirm the table has a current copy of the MAYLA rules on hand.
  + Cover these items:
    - Notify the Speaking coach of both teams when a player has 2 yellow cards as the player is required to be ejected from the game.
    - The running clock is stopped for timeouts. Each coach gets 1 timeout per half.
    - Penalty time starts when play resumes and is stopped if a timeout is called.
  + Equipment check to be completed by officials for both teams.
* Coaches are encouraged to provide a roster (to the timers table) with player info:
  + Name
  + Number
  + Birth Date
  + Age/Grade
* Home team must provide:
  + White jerseys
  + Scorers table/equipment
    - Timer
    - Horn
    - Scoreboard
  + Properly lined field and cones
  + Properly strung goals
  + Balls on the end-line (keep replenished during the game)

**Hierarchy of Rules:**

1. National Federation of State High School Associations – **NFHS** [www.nfhs.org](http://www.nfhs.org)
   1. Governing body for rules
2. US Lacrosse – **USLAX** [www.uslacrosse.org](http://www.uslacrosse.org)
   1. Modifies NFHS rules for Youth Lacrosse
      * 1. Senior Division - U-15
        2. Junior Division - U-13
        3. Lightning Division - U-11
        4. Bantam Division - U-9
3. Metro Atlanta Youth Lacrosse Association- **MAYLA** [www.metroatlantalax.com](http://www.metroatlantalax.com)
   1. Modifies above for local league play

**Coaching Philosophy:**

*It is MAYLA policy to support the tenants of the Positive Coaching Alliance (PCA) and the philosophy of “Honor the Game” by teaching the tradition and fundamentals of the game through a building-block approach to coaching certification.*

**League Requirements:**

* Head coaches are encouraged to establish and maintain training certification as follows:
  + Bantam - Head Coach should be PCA Level 1 online certified
  + Lightning – Head coach should be USL CEP Level 1 online certified
  + Junior/Senior – Head Coach should be USL CEP Level 1 online and field certified
* Each team will provide a PCA trained Sideline Manager for every game
  + Identified and introduced
* Each team will provide one volunteer to assist at the Timer/Scorer table
  + These individuals augment the Officiating team and must remain outwardly impartial
* Teams will be limited to a maximum of three (3) coaches on the bench sideline
* Each team will be permitted only one ‘***Speaking Coach’*** authorized to interact or converse with the game officials at any time.

**Player Eligibility:**

To be eligible for play, a player must meet the grade requirement established by each division.

* Any exceptions to this rule are to be presented to the MAYLA Rules and Competition Committee as a Waiver Request AdminDirector@metroatlantalax.com 30 days prior to the start of any season.
* Any granted Waiver Requests shall be made available by the MAYLA Executive

Director or Secretary and are accessible by emailing [AdminDirector@metroatlantalax.com.](mailto:AdminDirector@metroatlantalax.com.)

* Ejections:
  + In the event that a Player or Coach is ejected from a game, the following MUST

transpire:

* + - Coaches will leave the team sideline and cease any and all coaching activities.
    - Players will remove all equipment and sit on team bench / sideline.
    - Coaches and/or Players will sit out the remainder of the game in which the violation occurred and one additional (immediately following) game. In the event that this is the last game of the season, the player will serve the suspension in the following season.
    - Any and all home field rules that require an ejected individual to leave the premises immediately must also be obeyed by the ejected Player and/or Coach.
    - In the event that the Player and/or Coach refuses to comply, the Officials may call an immediate end to the game and the field is to be cleared of play.
    - **Any ejections must be documented and communicated by the Head Coach of the team thus penalized.**
    - Notification will be sent to: MAYLA Rules and Competition Committee via [AdminDirector@metroatlantalax.com](mailto:AdminDirector@metroatlantalax.com) within 72 hours of the incident.
    - It is the offending program’s responsibility (not the Official’s) to notify MAYLA of any ejections.
    - **Failure to comply may result in additional suspensions and or disqualifications.**

**What Is Sportsmanship?**

**Good sportsmanship** is when teammates, opponents, coaches, and officials treat each other with respect. Kids learn the basics of **sportsmanship** from the adults in their lives, especially their parents and their coaches.

Sportsmanship is defined as:

* Playing fair
* Following the rules of the game
* Respecting the judgment of referees and officials
* Treating opponents with respect

Some people define good sportsmanship as the "golden rule" of sports — in other words, treating the people you play with and against as you'd like to be treated yourself. You demonstrate good sportsmanship when you show respect for yourself, your teammates, and your opponents, for the coaches on both sides, and for the referees, judges, and other officials.

**Practicing Good Sportsmanship**

So what does it take to demonstrate good sportsmanship in real-life situations? Here are some examples of things you can do:

* Learn as much as you can about your sport. Play by its rules. Show up for practice, work hard, and realize that on a team, everyone deserves a chance to play.
* Talk politely and act courteously toward everyone before, during, and after games and events. That includes your teammates, your opponents, your coaches and their coaches, the officials presiding over the game, and even spectators (who can sometimes be loud about their opinions).
* Stay cool. Even if others are losing their tempers, it doesn't mean you have to. Remind yourself that no matter how hard you've practiced and played, it is, after all, just a game.
* Avoid settling disputes with violence. If you're in a difficult situation or someone's threatening you, seek help immediately from your coach or from an official.
* Cheer your teammates on with positive statements — and avoid trash-talking the other team.
* Acknowledge and applaud good plays, even when someone on the other team makes them.
* When officials make a call, accept it gracefully even if it goes against you. Remember that referees may not be right every time — but they're people who are doing their best, just as you are.
* Whether you win or lose, congratulate your opponents on a game well played.