

Montana High School Lacrosse Association Rules Handbook

Team Handbook of Policies and Rules adopted by the MHSLA Board of Directors

MISSION STATEMENT

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

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Board of Directors:

- Matt Rizzolo: President
- Tina Drain: Vice President
- Kris Fears: Treasurer
- Jeff Craig: Member At Large
- Shawn Skinner: Member At Large
- Lance Weppler: Member At Large
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- Mike Flaherty: Member At Large
- Stephen Amish: Member At Large
- Sheryll Stewart: Member At Large
- Chris Fraser: Member At Large
- Executive Secretary: Blake Wahrlich

Programs represented by the MHSLA for the 2021 Season

- **Boys**

- Glacier
- Whitefish
- Big Sky
- Hellgate
- Sentinel
- Butte
- Great Falls
- Helena
- Billings Bearcats
- Billings West
- Bozeman
- Cody

- **Girls**

- Glacier
- Sentinel/Big Sky
- Hellgate
- Helena
- Rimrock Lacrosse
- Bozeman
- Jackson, WY

1.0.0 MHSLA RULES HANDBOOK

- 1.1.0 This is the official Handbook of the Montana High School Lacrosse Association (MHSLA). It contains policies, directives, and guidelines for Members of our Association.

2.0.0 RESPONSIBILITIES OF THE MHSLA

- 2.1.0 The responsibilities of the MHSLA will be to organize, develop, and promote high school lacrosse in Montana. It will further be the responsibility of MHSLA to supervise and administer boy's and girl's high school lacrosse in Montana.

3.0.0 TEAM QUALIFICATIONS

- 3.1.0 OVERSIGHT – Each program will operate under a Board of Directors representing a single school who oversee eligibility and coaches/player conduct.
 - 3.1.1 Teams newly admitted to the MHSLA must establish a Board of Directors by the November meeting following their first season of Division I play as a provisional member.
 - 3.1.2 At minimum, the Board of Directors will include a President, Vice-President, Secretary/Treasurer. The board may also include other officers or representatives.
 - 3.1.3 The Division I boy's or girl's head coach may not hold one of the above named positions and may NOT be a voting member of this board, unless approved by the MHSLA board. New programs are exempt from 3.1.3 until their third season.
 - 3.1.4 High School Programs must operate as a 501c.3 and be separate from youth programs. A single 501c.3 program can cover Boys and Girls high school programs.
- 3.2.0 ACKNOWLEDGEMENT and CERTIFICATION (COACH'S PACKET) – Ultimately it is the responsibility of each program's HEAD COACH(es) and the person overseeing the program as outlined in Rule 3.1.0 above, to ensure that their program is abiding by all MHSLA policies.
 - 3.2.1 Each year it is the duty of the Head Coach(es) to attend the mandatory coaches meeting and submit a properly completed Coach's Packet at this meeting.
 - 3.2.2 In the Coach's Packet, each program director and their Head Coach(es) must acknowledge that they have reviewed and will abide by all MHSLA By-laws and policies adopted in the MHSLA handbook and addendum.
 - 3.2.3 Each program director or Head Coach will certify that their program will have in place all Team Qualifications as outlined in Rule 3.0.0 of this handbook and that their coaches will meet all qualifications as outlined in Rule 4.0.0 of this handbook PRIOR to stepping on the field for the 1st day of Spring practice.

- 3.2.4 Each program must have at least one certified official associated with their program.
- 3.2.5 FAILURE TO SUBMIT COACH'S PACKET – Failure of the Head Coach to attend the mandatory coaches meeting and properly submit a fully completed Coach's Packet will result in a \$200 fine to the program.
- 3.3.0 INSURANCE – Proof that each player has medical insurance AND the program has liability insurance from the First Day of Season through championship weekend. This may be obtained by registering your program with US Lacrosse and ensuring all your players have a membership valid through the entire season.
- 3.4.0 CONCUSSIONS and SUDDEN CARDIAC ARREST - Each program will certify and have proof showing all players and parents in the program have reviewed, signed and returned a concussion/head injury and sudden cardiac arrest (SCA) acknowledgment form.
- 3.5.0 CODE of CONDUCT AND POLICIES FOR VIDEOTAPING, CYBER CASTING, TELECASTING AND PHOTOGRAPHY OF MHSLA EVENTS
 - 3.5.1 Every program will certify and have available a written player's Code of Conduct in place.
 - 3.5.2 Every Program will certify and have available a written photo release in place granting the MHSLA the right to photograph and/or videotape them, their child or ward and further display and use name, face, likeness, voice and appearance as deemed appropriate in all media (known or hereafter) in perpetuity within community standards. Release will also state all photographs captured of them by MHSLA volunteers and/or their officially contracted event photographers/videographers will forever be the property of MHSLA and may be used as deemed appropriate by the Association to include, but not be limited to: event organization publications, training/education materials, websites, promotional materials, and/or advertisements.
- 3.6.0 MEMBERSHIP AND GAME FEES
 - 3.6.1 Every Provisional and Regular Membership team will pay a Membership Fee to be determined by the Board. This Membership Fee must be paid by the Winter membership meeting. These fees are in place to cover expenses needed to run the MHSLA. They include, but are not limited to, costs for scheduling, maintaining the MHSLA website, administration, public relations, Montana Lacrosse Officials Association (MT-LOA), championship day, etc. FAILURE TO PAY FEE by the Winter meeting will result in \$200 fine.
 - 3.6.2 Every Provisional and Regular Member will pay GAME FEES to cover referee expenses for all scheduled home games. These fees are determined by contract between the MHSLA and the referee association MT-LOA. These fees will be collected twice. An invoice for all initial MHSLA scheduled games will be sent

between January 1st and January 15th and must be paid in full by March 1st. An invoice for all late added non-MHSLA and playoff games will be sent by May 1st and must be paid in full by June 1st. Any conflicts preventing MHSLA payment by stated deadlines requires a plan be arranged with the MHSLA secretary/treasurer PRIOR to stated deadlines. FAILURE TO PAY INITIAL GAME FEE by March 1st will result in \$200 fine and program put on probation until balance is brought current.

3.6.3 In the unfortunate event that a team must fold during the season, the Membership Fee will be kept by the MHSLA but unused GAME FEES will be returned to that Program.

3.6.4 Programs will be notified by email one week prior to any and all fee deadlines.

4.0.0 COACHES QUALIFICATION

4.1.0 Qualifications and Responsibilities for Coaches in Program:

4.1.1 One member of the coaching staff for each team must be First Aid certified and CPR qualified.

4.1.2 All members of the coaching staff must undergo a national scope background check prior to any contact with participants.

4.1.3 All Coaches shall read and agree to abide by the MHSLA Code of Conduct.

4.1.4 All coaches for the boy's and girl's game must complete the Concussion in Sports and Sudden Cardiac Arrest courses online through NFHS every three years.

4.1.5 Proof of Safesport certification

4.2.0 Program Head Coach Qualifications and Responsibilities:

4.2.1 The Head Coach will be held responsible for knowing the rules and ensuring that all those coaching and acting under the Head Coach comply with the rules of the MHSLA.

4.2.2 The Head Coach of a program shall be at least 21 years old unless the Board, prior to the First Day of the Season, has granted a waiver.

4.2.3 The Head Coach shall be a member of US Lacrosse. Coaches should attend the yearly clinics provided by US Lacrosse Montana Chapter.

4.2.4 If having coached in the MHSLA for less than 10 years, The Head Coach of the program must provide the following documentation/proof:

A) Completion of the US Lacrosse Level I ONLINE Course: Fundamentals of Coaching Men's Lacrosse OR Completion of the National Federation of State

High School Associations (NFHS) course: Coaching Boy's Lacrosse,
Coaching Girls Lacrosse AND

- B) Completion of the Positive Coaching Alliance (PCA) Double Goal Coach 1
ONLINE Course: Coaching for Winning and Life Lessons.

5.0.0 MHSLA COMPLIANCE

5.1.0 Compliance File – Each program must submit an electronic COMPLIANCE FILE at least five days prior to the first day of spring practice. This file demonstrates proof that all requirements for players and coaches are in place.

5.1.1 Compliance file must include:

- A) Cover Page – checklist
- B) Proof of Program Liability and Individual Player USL numbers
- C) Proof of Compliance with Concussions/SCA for players/parents and coaches
- D) Proof of Program Code of Conduct
- E) Proof of national scope Background Check for ALL Coaches
- F) Proof that 1 COACH for girl's and boy's teams is CPR AND First Aid Certified (BOTH)
- G) Proof that ALL COACHES are members of US Lacrosse
- H) Proof that HEAD COACH(es) is/are certified or exempt per Rule 4.2.4
- I) Proof of completion of Safesport certification for ALL Coaches

5.1.2 Failure to properly submit a fully completed electronic COMPLIANCE FILE by the deadline (FIVE days PRIOR to first day of Spring Practice) will cause:

- A) \$200 fine (an additional \$200 fine for every subsequent resubmission);
NOTE: Fines will not apply to a resubmission for purpose of submitting updated information in regards to players and/or coaches added to roster or staff AFTER the original submission deadline.
- B) Non-compliance by first day of practice will delay the program's first allowable practice day (day for a day).

5.2.0 Rosters

5.2.1 Each program must submit an official PROGRAM ROSTER to the MHSLA (via email) by the 3rd Monday of each season. The roster will be completed using an official template to include NAME, ADDRESS, YR/GRADE in school and SCHOOL ATTENDING for every player in the program, Division I Division II.

5.2.2 FAILURE to submit PROGRAM ROSTER by deadline will result in \$200 fine.

5.2.3 If any player(s) are added after PROGRAM ROSTER is submitted, a new roster must be submitted with a note of new player(s). Player(s) are not eligible for competition until the MHSLA confirms receipt of late addition(s) and status.

- 5.2.4 It is the responsibility of each program to ACCURATELY and fully post their Division I and Division II rosters properly online via the MHSLA mandated website (Sportsengine) at least one (1) day PRIOR to first scheduled game of the season.
- 5.2.5 Further, no player may appear in a Division I contest without first being properly listed as part of online roster.
- 5.2.6 Any discrepancy from a posted Division I roster must be disclosed to the opposing Head Coach PRIOR to contest in which discrepancy is to occur.
- 5.2.7 FAILURE to disclose all information accurately on either roster may result in use of an ineligible player and could cause forfeitures and/or suspensions.

6.0.0 PLAYER ELIGIBILITY

To be eligible to participate in an Association Contest, a student shall meet all of the following criteria:

- 6.1.0 A student must be enrolled in twenty hours per week and in regular attendance in ten hours per week at the school where the student participates. Regular attendance is defined as actual physical presence in the building (bricks and mortar.)
- 6.2.0 Students must be in grades 9-12.
- 6.3.0 A homeschool student is eligible to play for whatever program boundary their home address falls in provided they prove:
 - 6.3.1 the student does not create a safety risk to other players, and
 - 6.3.2 the student's participation will not result in the exclusion of other eligible players, and
 - 6.3.3 the student meets all other criteria necessary for participation in MHSLA activities.
- 6.4.0 In the case of conglomerate programs, a student enrolled as a student and otherwise satisfying eligibility requirements would be eligible to participate.
- 6.5.0 No student may establish eligibility concurrently at two member programs. Dual enrollment is not recognized for the purpose of eligibility in MHSLA activities.

6.6.0 GRADUATE STUDENTS

- 6.6.1 Any student who meets any of the following criteria shall be ineligible to participate in any Association Activity:
 - A) The student is a graduate of a regular four-year high school.
 - B) The student is a graduate of a secondary school which has the same requirements for graduation as a regular four-year high school.
 - C) The student has earned enough credits to entitle him/her to be graduated from the high school and has completed eight semesters of high school.
 - D) The student has received a high school equivalency diploma (e.g. GED/HiSET).

6.7.0 STUDENTS BELOW NINTH GRADE

- 6.7.1 No student who is enrolled in a grade below the ninth shall be eligible to participate in an Association contest.

6.8.0 PARTICIPATION ABOVE SECONDARY SYSTEM

- 6.8.1 No student who has ever participated in athletics in an institution of learning higher than secondary rank shall be eligible to play under the rules of this Association.
- 6.8.2 No student is eligible to participate in an Association contest who has become nineteen (19) years old on or before midnight, August 31, of a given year. Therefore, a student who becomes nineteen (19) years old after midnight, August 31, of a given year, will be permitted to compete in all Association contests throughout that school year, under the provisions of this section.
- 6.8.3 A student who is ineligible by reason of this age rule may seek a waiver from the MHSLA under the following conditions and procedures. The student, his/her school, parent/guardian or other representative shall submit a written application for a waiver. The application shall be submitted at least 60 days prior to the first activity for which he/she seeks the Waiver.
- 6.8.4 If a team has a DI and DII program and intends to have seniors play on DII, they must notify the league of who these players are and why they are playing DII 2 weeks before their first scheduled league game of the season. .
- 6.8.5 DII only programs should not prevent seniors from playing. They must notify the league 2 weeks before their first scheduled league game of the season

7.0.0 ADMISSION OF NEW TEAMS

- 7.1.0 New teams may apply for provisional membership providing they meet all the criteria in Article H.b of the MHSLA By-laws.
- 7.2.0 When forming, a new program must establish and name itself around a single high school. Program may then submit request to the board to draw from other surrounding high schools.
 - 7.2.1 Once boundaries are determined, the MHSLA boundary documents will be updated accordingly.
- 7.3.0 New teams must have at least one (1) new official(s) register with MT-LOA. The official must not hold the position of head coach and must be available to officiate games.
- 7.4.0 CONGLOMERATE PROGRAMS (CPs)
 - 7.4.1 A conglomerate program is a program that pulls players from multiple schools.

- 7.4.2 Conglomerate programs will be restricted by the Association Boundary Documents
- 7.4.3 The Boundary Documents will be created by the Board using existing registration numbers, school proximity, and school enrollment numbers to create:
 - A) Player pools large enough to maintain Division II programs designed to attract and develop new athletes to the sport of lacrosse.
 - B) A more level playing field by creating similar player pools using school enrollment.
 - C) Reasonable travel times to practices for players coming from non-host schools.
- 7.4.4 Conglomerate programs will be classified as follows:
 - A. CP0 - MHSLA Approved partnership
 - B. CP1 - 2 years, then must split or remove additional schools for boys and 4 years for girls
 - C. CP2 - already had 2 years, granted waiver for one year for boys and 3 years for girls
 - D. CP3 - ineligible (see #3)
- 7.4.5 When a conglomerate program splits and either one or both resulting, new programs are by definition still a conglomerate program, then they by default are classified as a CP1 with a new 2 year window.
- 7.4.6 A program must split (regardless of their classification) when their program consists of at least 36 players for a boy's program, 18 of which represent a single school, and at least 18 players representing one or more schools; or 40 players for a girl's program, 20 of which represent a single school, and at least 20 players representing one or more schools.
- 7.4.7 Conglomerate programs may not set a roster size, prohibit registration from certain schools, hold cuts, or otherwise artificially limit the number of players registering.
- 7.4.8 Any program that does not split when mandated (or receive waiver from the MHSLA Board classified as CP2) becomes a CP3 and subject to:
 - A. Team is not eligible for post-season play.
 - B. Players are not eligible for All-Conference or All-State recognition.
- 7.5.0 **PLAYER ELIGIBILITY FOR NEW TEAMS**
 - 7.5.1 When a new team forms, all players attending schools deemed within that new team's designated boundaries must play for the new team except for returning seniors who may, but are not required to, play their final season for their original team.

7.5.2 When a team divides and a new team is formed, only returning seniors will be grandfathered to the old team. Juniors, sophomores, freshmen and new players (including new seniors), must play with the new team.

7.5.3 Further, general eligibility rules per MHSLA Policy with Q/A will be followed.

8.0.0 ALIGNMENT

8.1.0 The current structure of the MHSLA is one classification and one championship. A structure of one classification will remain in place unless the Board is given authority by the general membership per Article E of the By-laws to change the number of classifications/championships.

8.2.0 The Board, per the By-laws, has authority to reclassify programs as deemed necessary due to the dynamic nature of growth in the MHSLA. The status of CPs will be re-evaluated yearly by the Board.

8.3.0 It is the duty of the Board to create and structure conferences as deemed best by the Board to manage regular season and post-season play.

9.0.0 SCHEDULING

9.1.0 Games counting toward playoff standings are scheduled by an assigned scheduler.

9.2.0 Contests (any interaction with an opponent: game, practice, scrimmage, jamboree, etc.) scheduled individually by coaches outside of scheduled MHSLA play are Non-MHSLA games. Such games do not count towards MHSLA standings, but will be conducted and played under MHSLA rules when appropriate (and rules of respective leagues when played outside the MHSLA's jurisdiction). These contests are scheduled at the discretion of the coaches. However, all contests must be reported to the MHSLA Scheduler so they can be added to the master MHSLA schedule to assign referees and/or complying with the number of contests limit as defined in rule 12.0.

9.3.0 No Association Contest may be played before the starting date of the first allowable competition, the 2nd Friday of March. No association shall hold practices before January 1st.

9.4.0 During the MHSLA season only contests scheduled against MHSLA sanctioned teams or teams sanctioned by their state's lacrosse sanctioning body are permissible.

9.4.1 The High School commissioner may schedule non-sanctioned games so long as it is in the best interest of growing the game.

9.5.0 Changes to scheduled game must be agreed upon between both coaches.

9.6.0 Changes to a scheduled game must be reported to the MHSLA scheduler at least 48 hours prior to the originally scheduled date and time. Notice of less than forty-eight (48) hours change of time or location played will result in one of these two scenarios:

- A. Games played within the same forty-eight (48) hour time frame will cause a charge to the offending team of \$100.00 payable to MHSLA. The payment will be split between MT-LOA and MHSLA. Exception to this rule is if game field is closed by city or school.
 - B. Games played outside of the same forty-eight (48) hour time frame will require full payment to the assigned officials unless officials can be re-assigned. MT-LOA will make a good faith effort to re-assign officials and will consider extenuating circumstances beyond the control of the teams involved.
- 9.6.1 All rescheduled games will be made up on one of the three (3) Sundays following the original scheduled date and time of the game. Game date, time, and location will be based on official availability, field availability, and offended team's availability.
- 9.6.2 If a canceled game between two teams was to occur at a neutral site the offended team will be given the first choice to host the make-up game on their home field.
- 9.7.0 No games will be scheduled past an 8:00pm start time Monday through Thursday.
- 9.8.0 Doubleheaders scheduled at the same location will be scheduled to start 2 hours apart. However, should the first game run long, teams will be given no less than 20 minutes to warm up, otherwise the 2nd game will start at scheduled time. With a Division I/Division II doubleheader, the play of the Divisions II game will be adjusted (shorten duration, cancel or reschedule) so the Division I game is played per rule. When possible, adjustments should be agreed upon prior to the start of the first game of the doubleheader.
- 9.9.0 Games scheduled Monday through Thursday have a drop dead start time of 8:30pm. No game will start after 8:30pm if being played on a Monday through Friday. Any Division II game must be adjusted per rule 9.8.0 to allow play of the Division I game per schedule.
- 9.10.0 Except for games scheduled as part of initial MHSLA schedule, no games will be added to the schedule to be played after the beginning of the playoffs.
- 9.11.0 FAILURE TO REPORT TOTAL CONTESTS – A contest is any such activity involving an opponent (including jamborees, controlled scrimmages, practices, non-MHSLA games and out-of-state play). ALL contests must be reported to the MHSLA Scheduler for inclusion on the master MHSLA schedule PRIOR to that contest being played and/or to track each program's allowable contest limit. Failure to report total contests may place the program on probation and/or result in sanctions placed against the program and/or coach.

10.0.0 STATISTICS

10.1.0 It is the responsibility of the home team to keep the official scorebook.

10.2.0 CERTIFIED STATISTICIANS

10.2.1 Each team must have two certified statisticians prior to March 1st.

10.2.2 In order to become certified each team statistician must attend a scorekeeper and statistician class and then pass an online assessment administered by the MHSLA.

10.3.0 These statistics will be kept by each team for each MHSLA game and reported to the MHSLA via leagueathletics.com by the first Monday after each contest's completion.

A. Boy's game statistics:

- i. Goals
- ii. Assists
- iii. Ground Balls
- iv. Shots on Goal
- v. Goalie Saves

B. Girls Game Statistics:

- i. Goals
- ii. Assists
- iii. Shots on Goals
- iv. Groundballs
- v. Caused Turnovers
- vi. Draw Controls
- vii. Cards Issued

10.3.1 Failure to report statistics accurately and by the deadline will result in the following:

- A. First Offense - program put on notice and given warning;
- B. Second Offense - \$100 fine;
- C. Third Offense - Players are no longer eligible for all-conference and all-state nomination.

10.4.0 The most up-to-date statistic definitions provided by US Lacrosse for the boys and girls will be used in recording MHSLA statistics.

11.0.0 AWARDS

11.1.0 ALL-STATE - The Head Coaches of the League will select an All-State team through a nomination and voting process. The voting process and criteria shall be set no later than the first day of In-Season. The criteria and process will be posted on the MHSLA website and distributed to the membership.

11.1.1 Boys' 1st Team and 2nd Team All-State team may each contain a maximum of 12 players defined by:

- A. Three (3) attack
- B. Three (3) midfield
- C. One (1) face off-get off
- D. One (1) long stick midfield
- E. Three (3) defense

- F. One (1) goalie
- 11.1.2 The Girls 1st Team and 2nd Team All-State team may each have a maximum of 14 players defined by:

- A. One (1) goalie
- B. Four (4) defenders
- C. Three (3) midfielders
- D. Four (4) attackers
- E. Two (2) players from any position.

11.2.0 COACHES AWARDS

12.0.0 RULE VIOLATIONS AND PENALTIES

The strength of the Montana High School Lacrosse Association lies in the willingness and ability of the membership to support the rules and regulations adopted and to support the penalties placed upon members, if it is determined those same rules and regulations have been violated. Violation of MHSLA By-Laws, policies, rules and regulations can cause, but is not limited to, sanctions placed upon individual players, coaches and/or programs. Sanctions can include but are not limited to fines, game suspension, season suspension, forfeiture of games, forfeiture of post-season play (playoffs), probation, and expulsion from the Association. Each situation is unique and will be handled at the discretion of the Board. Multiple, repeated infractions and/or those deemed to intentionally defy MHSLA policy will cause stiffer sanctions. Members must cooperate in any investigation of a possible violation of MHSLA By-laws, policies, or directives. See By-laws A.c.i.

- 12.1.0 USE OF INELIGIBLE PLAYER – The use of an ineligible player will result in forfeiture of all games in which that player participated, except as noted in 11.1.2

- 12.1.1 An ineligible player “takes part” in a game when he/she steps onto the playing field during competition of a contest in which he/she is ineligible.
- 12.1.2 The Board may determine that the ineligible player’s participation did not affect the result of that contest. In such a case, the Board may rule to let the result of the game stand and impose sanctions on the coach and/or ineligible player.
- 12.1.3 Eligibility is measured from the start of the game through the conclusion of the game, even when that game is finished at a later date.

12.2.0 EJECTIONS - MISCONDUCT BY PLAYERS and/or COACHES

- 12.2.1 Upon ANY ejection, the Head Coach of the penalized team shall report to the Board by email (MHSLApresident@gmail.com) within 12 hours of the ejection.
- 12.2.2 Failure to report any ejection may cause further suspensions of coach and/or Player.

12.3.0 PENALTY FOR A PLAYER ASSAULTING AN OFFICIAL

- 12.3.1 Any athlete who makes physical contact of an insulting or provoking nature with the sports official or causes reasonable apprehension of bodily injury to the sports official in connection with an Association Contest shall immediately become

ineligible for further interscholastic competition. It shall be the responsibility of the tournament manager or president of the program hosting the event to notify as soon as possible the MHSLA board of the incident. The official involved must report the incident in writing to the MHSLA office within three days of its occurrence.

- 12.3.2 The coach of the player involved is responsible for keeping that player from further league participation, pending a ruling by the Executive Board of the MHSLA. The Executive Board shall have the power to suspend the violating participant from further league competition for a period not to exceed 365 days from the date of the infraction.

12.4.0 RECRUITING PROHIBITED

- 12.4.1 Programs, or any representative, or other person or entity associated with that program, are prohibited from engaging in any activity intended to induce a player (either directly or through the parents or guardians of the player) to remain in his/her current school or transfer to another school for reasons relating to athletic participation.

- 12.4.2 Violations of this rule may subject the student involved to be declared ineligible from the date of the infraction and may subject the program to penalties.

12.5.0 CONTESTING SANCTIONS. Any decision of the Board may be appealed to the General Membership under the provision of the MHSLA By-law § A.c.

12.6.0 Crowd Control

INTRODUCTORY NOTE: One of the prime functions of league competition is to foster the traits of good sportsmanship. The MHSLA strongly urges program officials and coaches to stress to their athletes and fans the importance of sportsmanship during all Association Contests, and to make them aware of MHSLA rules, policies and by-laws concerning crowd control.

- 12.6.1 Program Duties. The MHSLA recognizes the primary obligation incumbent upon the administrators of member programs to control their players, staff members and fans at all Association Contests.

- 12.6.2 Crowd Control Violations. When a violation of the principles of good sportsmanship occurs so as to endanger the personal safety of any individuals involved, hinder the normal progress of an Association Contest or create situations that may lead to restriction or discontinuance of League competition, the Executive Board of the MHSLA shall contact the administration of the program(s) involved to discuss the situation and attempt to cooperatively formulate a solution to the problem.

- 12.6.3 If the violation is flagrant or the situation persists, the Executive Board shall have the power to invoke penalties upon the member Program(s). The penalties that may be imposed against the program may consist of those listed in the Code of Conduct.

12.6.4 Prohibited Items and Events

- A. External sound-playing devices, alcoholic beverages, and other items or events of the same nature are banned from the premises of any MHSLA event.

13.0.0 SEXUAL HARASSMENT POLICY

13.1.0 The MHSLA believes that all individuals should be treated with respect and dignity. Students should be able to participate in MHSLA sponsored activities in an environment that is free from sexual harassment and sexual violence. Each member program is responsible for taking such action and enacting such policies as may be necessary to address incidents of sexual harassment and sexual violence and to ensure that an environment free of such prohibited conduct is maintained. Any member program which sponsors or tolerates such activity is subject to expulsion from the MHSLA.

14.0.0 DRUG/ALCOHOL POLICY

14.1.0 The MHSLA prohibits any use and/or possession of tobacco, alcohol, mood altering or illegal drugs during competition. Violation will cause the coach or participant to be disqualified from further participation in that event.

15.0.0 CONCUSSIONS/SERIOUS INJURY REQUIREMENTS AND RETURN TO PLAY

15.1.0 Return to Play:

In accordance with the Dylan Steigers Protection of Youth Athletes Act, an athletic trainer, coach, or official shall remove a youth athlete from participation in any organized youth athletic activity at the time the youth exhibits signs, symptoms, or behaviors consistent with a concussion. The youth cannot return to play until he/she is evaluated by a licensed health care professional and receives written clearance to return to play from the licensed health care professional.

15.1.1 In addition, the MHSLA also requires that an athletic trainer, coach, or official shall remove a student-athlete from participation in any MHSLA activity at the time the student exhibits signs, symptoms, or behaviors consistent with a serious injury.

15.1.2 The student cannot return to play until he/she is evaluated by a licensed health care professional and is cleared by a licensed health care professional, although written clearance is not required for serious injury other than concussion.

15.2.0 Coach Education and Awareness:

Each MHSLA coach must complete the NFHS Concussion in Sports course each year. The course is available at www.nfhslearn.com. The course must be viewed before the coach has contact with student-athletes and viewed after January 1st for the subsequent season. The program should restrict any coach from coaching until the course is completed.

15.3.0 Officials' Education and Awareness:

Each MT-LOA official who works MHSLA contests must take the NFHS Concussion in Sports course each year. That course must be taken after June 1st for the subsequent season and must be completed before officiating scrimmages or contests. Programs using non-MT-LOA officials for sub Division I games must verify those officials have completed training.

16.0.0 COACHING/PRACTICE REGULATIONS

Introductory Note: The intent of having rules and regulations which govern coaching and practice sessions are:

- A. To afford all players the same and equal opportunity for development of skills.
- B. To provide an equity basis for all team competition.
- C. To provide the opportunity for players to experience diversified activities exposure of their choice.
- D. To allow players to choose their own out of season activities.

16.1.0 Only players who meet all MHSLA eligibility requirements are eligible to practice with and participate on member school teams.

16.2.0 Regular season practice is defined as a potential player(s) reporting to the practice field or court, with or without uniforms, under the supervision of a program-approved coach, and receiving coaching in game skills and techniques. The following are recommended pre-season and regular season practice guidelines:

- A. If a practice lasts two hours or less the athlete must have two hours of rest between practices.
- B. If a practice is more than two hours the athlete must have three hours of rest between practices.
- C. Practices should last a maximum of 2 1/2 hours in length, but if a team chooses to have one practice per day that practice shall be no longer than three hours in length.
- D. There should be no more than five hours of practice per day.

17.0.0 SPECIFIC MHSLA LACROSSE RULES AND REGULATIONS

Minimum Practice Days Per Individual Prior to Contest: 3 Regular Season Contest Limit End Season: 20 + Jamboree

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

17.2.0 NFHS RULE EXEMPTIONS

17.2.1 Division I and Division II

- A. Division II games will consist of an 8v8 game format.
 - (i) Division II games may be played as 10v10 for boys or 12v12 for girls provided both teams agree to play standard number games
- B. Interdivision games between Division I and Division II teams are allowed.
 - (i) Interdivision games will be defaulted to an 8v8 format unless both teams agree to play 10 v 10 for boys and 12v12 for girls.

- C. Programs are allowed only one (1) Division I team but may have more than one (1) Division II team.
- D. Players of programs that have both a Division I and Division II are eligible to move between both Division I and Division II.
 - (i) Players lose DII eligibility if they play in 4 DI games. Play defined as being listed on a Scoresheet.
- E. Division II programs may be a conglomerate team that feeds multiple individual Division I teams so long as the program's structure allows for it.

17.2.2 Equipment

- A) Goal Specifications: In-ground or flat-bar goals are recommended but not required.
- B) Boys' Uniforms: Helmets. This means that the color scheme must match. Boys helmets or girls goggles or headgear need not be the same model or brand. Regarding helmets, the shell of each must be the same base color and any accent colors must be team colors or neutral (black/white). NOTE:
- C) Team's gloves should be team colors or neutral. One-year waiver for brand new teams.

17.3.0 ADDITIONAL RULE ADOPTIONS

17.3.1 Size of Field

- A) Prior to the start of each season, each program will designate what size field(s) (within rule when able) that their matches will be held on. This information will be posted on each program's page of the MHSLA website.
- B) If a program's field dimensions cannot meet the NFHS standards they will line their boys' field such that the offensive/defensive box measurements remain legal and their girls' field such that the 8-meter arc, 12-meter fan, center circle, and restraining lines remain legal. It will be noted, posted and known amongst the MHSLA of these modifications.

17.4.0 SQUAD AND CONTEST LIMITATIONS -- Each squad (Division I or Division II) may schedule up to twenty (20) contests.

17.5.0 ADDITIONAL CONTEST ALLOWED

17.5.1 Each squad may schedule and participate in only two (2) regulation contest per day. One boys' regulation contest is defined as: 4 quarter, MHSLA or non-MHSLA scheduled game OR a controlled scrimmage and/or practice with an opponent. Overtime quarters will not be taken into account. One girls' regulation is defined as: 2 half, MHSLA or non MHSLA scheduled game or a controlled scrimmage and/or practice with an opponent. Overtime halves will not be taken into account.

17.5.2 Each interscholastic contest played must be credited as a contest to a definite squad.

17.6.0 PLAYER LIMITATION – Each player may play in twenty (20) contests, but in doing so may not exceed eighty (80) quarters (boys) or forty (40) halves (girls). Any appearance in a quarter/half, regardless of the time played, will be considered as one (1) quarter/half. This is interpreted as meaning when a player steps onto the field and the ball becomes alive, that the player has played in one (1) quarter/half. Overtime quarters/halves will not be taken into account.

17.6.1 Four (4) quarters or two (2) halves played against the same squad is one (1) contest.

17.6.2 Four (4) quarters or two (2) halves played against the same program, same day, different squads (i.e., Division I and junior Division I squads) is one (1) contest.

17.6.3 Four (4) quarters or two (2) halves played against the same program, different days during the same week, different squads (i.e., Division I on Tuesday, junior Division I on Thursday) is one (1) contest. If a player exceeds four (4) quarters or two (2) halves, that player is considered to have participated in two (2) contests (one (1) contest on each day).

17.6.4 A total of four (4) quarters or two (2) halves played against two (2) different programs, same day, different squads is one (1) contest.

17.6.5 One (1) or more quarters/halves played against two (2) different programs, different days during the same week, different squads would be two (2) contests.

17.6.6 Postseason games do not count against the game or quarterly season limitation.

17.7.0 OFFICIALS:

17.7.1 If no officials are assigned to or fail to show for a MHSLA Scheduled Division I game, the game must be postponed and rescheduled.

17.7.2 If no officials are assigned to or fail to show for a Sub-Division I game (JV or C) the game may be played at the discretion of the coaches and officiated by an agreed upon assistant coach(es) or other program administrator(s.)

17.8.0 TIE--BREAKERS FOR CHAMPIONSHIP STANDINGS:

17.8.1 Two Team Tie-Breaks:

- A. Head-to-head (best win-loss percentage in games between the teams involved).
- B. Head-to-Head Goal Differential (best GD in games between the teams involved).
- C. Overall Least Goals Allowed (in MHSLA scheduled games only)

18.0.0 CHAMPIONSHIP WEEKEND

18.1.0 CHAMPIONSHIP LOCATION

- 18.1.1 MHSLA will determine which program(s) will host Championship Weekend for Division I and Division II through a bidding process. The hosts will be on a rotating schedule.
- 18.1.2 MHSLA is responsible for applying for all TBID grants, booking hotel blocks, providing an information tent, securing field space and requisite facilities, acquiring a state apparel vendor, and working with local food vendors.
- 18.1.3 MHSLA will use the host program as a local resource to aid in hosting states.

18.2.0 DISTRIBUTION OF NET PROFIT

- 18.2.1 Any net profit, after allowable expenses and charges have been deducted, will be divided as follows: 15% will be distributed to the host program. The remaining 85% will be divided among the remaining teams participating in championship weekend.

18.3.0 CHAMPIONSHIP ELIGIBILITY

- 18.3.1 In order for a player to be eligible for the State Championship the player must participate in at least four (4) regular Division I or Division II season in-league games. The four (4) required games may be a combination of both Division I and Division II games.
- 18.3.2 Championship weekend rosters will be capped at 26 total players for boys and 31 total players for girls unless the roster at the beginning of the season is already over 26 boys and 31 girls players.
- 18.3.3 Teams must play each team in their division at least once to qualify for the State Championship.
- 18.3.4 If a program has both a Division I and a Division II team, players must be rostered on a respective team one (1) week prior to State Championship Weekend.
 - A. If a player has played four (4) or more games at Division I they must be rostered on their Division 1 team for State Championship weekend

18.4.0 CHAMPIONSHIP FORMAT AND SEEDINGS

- 18.4.1 Division I State Championship Weekend games must be played 10 v 10 for boys and 12 v 12 for girls.
- 18.4.2 Division II State Championship Weekend games will be played in a 8 v 8 format.
- 18.4.3 Teams will be seeded and participate in a single elimination tournament.
- 18.4.4 Teams will be seeded by their Divisional record.

18.5.0 End of season playoffs and tournament.

18.5.1 Division I teams must have a minimum of 10 Division I games played during the regular season to qualify for playoffs.

18.5.2 Division I and Division II teams must have played all teams in their respective division at least once.

18.5.3 Teams will be seeded and participate in a double elimination tournament.

19.0.0 RULEBOOK APPROVAL

19.1.0 The Board shall publish a single Rule that will govern all MHSLA.

19.2.0 The handbook shall be approved by a two-thirds vote of the board.

19.3.0 Rulebook revisions shall be presented to the MHSLA membership 1 month prior to the November General membership Meeting.

19.4.0 The Board recognizes that changes to the rulebook can affect the members and therefor will identify changes, if any, in a summary form and will, as soon as practicable, identify changes on the league website.

19.5.0 The Board may from time to time congregate a task force to evaluate a specific issue, policy, or task.