

2021 GIRLS LACROSSE

MSLAX - MARCH 21

9:00-11:00AM

Coaches &
Admin Meeting
Spring Season



Housekeeping

- Please use the link we have placed in Chat to sign in to register your attendance
- Any questions during this presentation can be posted in the chat
- Any questions after the session can be sent to development@msslax.net



Agenda

- Introductions
- 2021 Youth Rules Changes and Gear Updates
 - USL 2020-21 Rules
 - MSLax Supplemental Rules
- Coaching Certification
- Policy & Procedure Updates
- Game Format/Game Schedule Update
- COVID Playing Rules
- Team Roster & Game Score Results
- Website Content Updates
- Lacrosse Development Recap
- MN LaxCon Event



USL 2020-21 Rules

- Rules video:
 - [2021 USL Girls' Youth Rules Interpretation](#)
- Q & A

MSLax Supplemental Rules

- [NOCSAE Approved Goalie Chest Protector](#)
- [MSLax Youth Rule Changes](#)
- Additional Rules Supplements:
 - [FAQ - Boundaries](#)
 - [FAQ - Free Movement](#)
 - [FAQ - Self Start](#)

Coaching Certification

- US Lacrosse Requirements
 - Current US Lacrosse membership
 - Current “Green Light” NCSI Background check
 - Safesport Training - now Abuse Prevention Training
 - Level 1 Fundamentals of Coaching (online course)
 - Developing the Individual Athlete Clinic or Athlete Centered Coaching Virtual Workshop
 - PCA “Double Goal Coach 1: Coaching for Winning and Life Lessons” (Non-game specific)



Coaching Certification (cont'd)

- Additional certification information can be found [here](#)
- MSLax/GNLL/YLM all coordinating a central listing of certified coaches

Policies & Procedures

- Policies & Procedures
 - No waiver needed to play up
 - Waiver needed to play down, based on age, limited skill level or grade level in school
 - Community waiver needed to play in a surrounding community



Game Format & Schedule

- Full team vs 7v7 Play options
- Teams should be flexible in # of players playing each game
- Equitable travel time factored into matchup scheduling
- Spring season team matchups will be available Monday March 22nd
 - Google sheets used to manage online scheduling

COVID Playing Rules

- Universal masking rules
 - EVERYONE is masked ALL the time
- Maintain at least 6 feet social distancing as much as possible



Team Rosters

- Players & Coaches sign-up on new COVID waiver & roster form individually
 - The Player/Coach Rostering form will be posted by April 1st on Forms page of MSLax.net
- Used to send filtered messages to segmented profiles

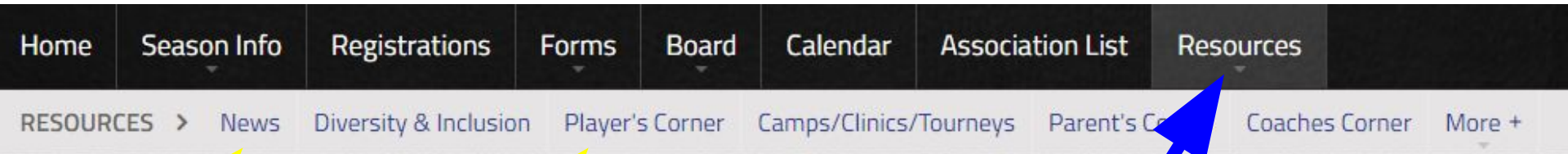


Game Score Results

- Team representatives will enter game scores directly into MSLax website
- Request access [here](#)



Website Content Updates



Development Programs

- Summer '20
 - Free Virtual Clinics with Pro Players: [Kylie Ohlmiller, Gussie Johns, Lydia Sutton, and Marie McCool](#)
- Fall '20
 - Free HS Clinics (Orono)
 - HS Clinics in (Orono)
- Winter '20-'21
 - Free Virtual Clinics with Kylie Ohlmiller and Rachel Busch (link above)
 - Winter Clinics and HS Intensives (Orono)

MSLax Coach and Referee Expectations

Expectations for Coaches	Expectations for Referees
<p>Arrive on time and fully prepared.</p> <p>Review age specific rules during pre-game <u>meeting</u>.</p> <p>Maintain professional and positive attitudes throughout pre, during, and post-game.</p> <p><i>(Remember we are all working together to provide fair, safe, and fun playing opportunities for our athletes!)</i></p>	
Teach players to respect their ROOTS (Rules, Officials, Opponents, Team, Self).	Review score table and timekeeper responsibilities with the parent volunteers pre-game.
Fully understand the rules of lacrosse, including the age specific rules for your team.	Fully understand the rules and foul administration of lacrosse, including the age specific rules for any levels you will officiate.
Accept and respect the calls of the official.	Call the game safely, fairly, and accurately according to the age specific rules.
Ask questions respectfully and remember to take allotted time outs for longer discussions.	Answer coach questions/clarifications respectfully and as thoroughly as time allows.
Assign Chill Manager(s) for the game and assist with sideline management as necessary.	Offer Q&A to parents/fans during halftime as time allows (prioritize any questions from players/coaches before fans).
<p>Send any rules questions/clarifications or coach/referee feedback to both MLUA and MSLax representatives:</p> <p style="text-align: center;">Kip Kilen: Ckk2ref@gmail.com Emily Muelken: development@msslax.net</p>	



MNLaxCon

Coming Soon!

- Another “Great Minnesota Get Together” targeted for ALL lacrosse enthusiasts
- Relevant themes and curriculum to encourage lacrosse growth
- College exhibition games

Thank You!

- Send further questions to appropriate board members.
- Email addresses can be found [here](#)



**SPRING
2021
LET'S....**

