

Treasure Valley Women's Lacrosse League (TVWLL) Rules and Regulations

The Mission of the Treasure Valley Women's Lacrosse League (TVWLL) is to provide high school girls with fundamental skills required to play lacrosse, as well as to promote the spirit and sportsmanship of the game. By providing a structured program the TVWLL Board partners with parents, coaches, officials, and players to ensure a safe, educational and competitive environment allowing players to develop skills and behavior consistent with a high standard of lacrosse.

The purpose of the Official Girls' Rules is to familiarize players with the sport of women's lacrosse by introducing them to the terms, the field, the playing positions, the concept of teamwork and the skills required to play the game safely and fairly. These rules were written by the US Lacrosse Women's Division. TVWLL will follow the USL rules.

Note: If there is a discrepancy between the TVWLL and USL rules regarding rules affecting game play, the USL Rules will take precedence.

These rules also provide a procedure for handling league questions and issues that may arise during the course of a season and serve to encourage coaches, players, officials and spectators to coach, play, officiate and watch within the spirit of the rules in all competition.

I. Season

- A. The season shall begin on February 1st and end with the State Championship.
- B. The Blackout Period will begin on the first Sunday of November and extend until February 1st. During this time there shall be no coaching of any kind by a head or assistant Coach and his or her Players
- C. Conditioning may take place at any time during the year. Coaches and assistant coaches are allowed to participate in conditioning
- D. There is a 25 game contest limitation, exclusive of Playoffs/State Championships. A team may not compete in more than 25 games at each level of competition.
- E. The schedule for Varsity and JV teams will be determined each year by the TVWLL. All contests beyond the scheduled season must be reported to the Board Record Manager for tracking purposes at least 2 weeks prior to play.
- F. In the event a team is found in violation of these rules, the TVWLL Executive Board will take appropriate action, which may include loss of playoff eligibility.
- G. The Executive Board will review any special requests involving opportunities to play out of state contests beyond the contest limits.

II. League Structure

The goal of the league structure is to promote two levels of lacrosse, Varsity and Junior Varsity. The League's responsibilities are to supervise, coordinate and facilitate all activities related to high school girl's lacrosse in the Treasure Valley.

A. Eligibility of Players. To be eligible to play on any team representing a program which is a member of the TVWLL a player must fall within the limits of all the following rules:

1. Meet the age/grade requirements for the team in which the player has registered to play for grades 9 - 12 in the Treasure Valley communities.
2. Be a current member of US Lacrosse.
3. Players must play for the school in which they reside/attend. In specific situations where no team exists in a school, the player can request membership with another school with a two-thirds majority vote of the Board. All player requests must be submitted February 1 to the TVWLL secretary.
4. May not have been recruited from another TVWLL team. Once a player has registered with a specific TVWLL team they may not participate in another TVWLL team during the same season unless approved by the Executive Board. A player may participate on another lacrosse team provided that team is not a member of TVWLL.
5. Should a player wish to transfer from a TVWLL team to another, they must submit an affiliation request to the Executive Board by February 1 of that season. A transfer shall not be allowed without approval by the Executive Board. Movement from one TVWLL team to another is highly discouraged and will only be approved in special circumstances.

B. Eligibility of Coaches. To be eligible to coach on any team representing a program which is a member of the TVWLL a coach must fall within the limits of all the following rules:

1. Be a current member of US Lacrosse.
2. Have attained Level I Certification by US Lacrosse
 - a. If due to timing a First Year Coach cannot get Level I certification in time, they still may Coach that season. However, they must obtain Level I certification prior to the start of the next season.

C. Level Determination

1. Each TVWLL team must have support from a host school (i.e., athletic director).

A. Proof of US Lacrosse membership of coaches and assistant coaches must be submitted to the TVWLL record keeper by Feb 23rd of that seasonal year. Proof of membership of the team players must be submitted to the TVWLL record keeper by February 23 in roster format. If any of this information is not received by the TVWLL record keeper, the games will be forfeited until such membership information is received.

B. TVWLL player fees are due by March 1. Any team that has not submitted all TVWLL player fees in full by the first scheduled game will be unable to participate and must forfeit that game and all others until the treasurer has received full payment.

C. Each team will submit to the TVWLL Secretary the name of their designated parent representative for the seasonal year no later than January 15. This member representative will be required to attend the annual league meeting held prior to the upcoming spring season and the end of the season wrap up meeting, for a total of two meetings.

D. Each team must submit a Game schedule form to the TVWLL Secretary and league game scheduler by January 15.

2. Each team affiliated with a school will have only one Varsity team that will compete in the TVWLL. All subsequent teams established by the team affiliated with the same school will be established as Junior Varsity. A team affiliated with the same school may have up to three Junior Varsity teams. Each Varsity and Junior Varsity team shall have a minimum of 14 players on its respective roster, which roster shall be submitted to TVWLL before the first game of the regular season. A minimum of 28 players is required in order for a TVWLL member to field both a Varsity and one Junior Varsity team. If a team is unable to present a 14 player roster prior to the first Regular season game and still desires to field a team, it may apply to the TVWLL for a waiver of this requirement.

3. New first year teams will not be eligible as a varsity team. Special circumstances can be presented to the Executive Board who can rule on a new team becoming a varsity team. Teams will be expected to play varsity after two years in junior varsity play in the event there is no other varsity team affiliated with that school. A varsity team cannot move down to junior varsity without Executive Board approval.

4. No player on a varsity roster may play in a junior varsity game, but may play in scrimmages.

5. No more than six junior varsity players may play in the same varsity game. There is no limit to the number of varsity games a junior varsity player may play. Every junior varsity player who plays in a varsity game must be listed on the varsity game roster presented at game time and identified as a junior varsity player.

6. Any junior varsity player who plays in a varsity game may play in only one half (either the first or second half) of the varsity game. Once that player enters a varsity game they may play only in that half of the game. There is no limit to the minutes the player may play in that half of the game and they may leave the game and return, as long as they return only in the same half of the game.

Junior Varsity goalies are exempted from the above. A Junior Varsity Goalie may play in an entire Varsity Game, as a goalie.

III. Rosters and Forfeitures

A. Team rosters and TVWLL dues are due to the Treasurer on March 1. Before the first regular season game each team must designate its varsity and junior varsity rosters and so advise the TVWLL Records Manager.

B. Any team that has not submitted all TVWLL player fees in full by the first scheduled game will be unable to participate and must forfeit that game and all others until the treasurer has received full payment.

C. Rosters and verification of US Lacrosse membership of players is due to the TVWLL Records Manager by March 1.

D. Each team is allowed roster revisions prior to the third game of the current season. A player cannot make more than one team change in a season prior to the third game. The movement of players between teams requires Executive Board approval and is highly discouraged. A player cannot play on two TVWLL teams. Coaches may not borrow non-team members for purposes of an official game.

E. If a team does not have a sufficient number of players present at game time they shall forfeit the game. A sufficient number of players shall be defined as 12 players, subject to the following exception applicable only to regular season games:

1. A team may play an official game with 10 or 11 players on no more than two occasions during the regular season. The opposing team may play with 12 players. (In the interests of sportsmanship the opposing team should not be criticized for doing so as the players on that team should not be limited to less playing time due to the failure of their opponent to field 12 players.) After a team has played two official games during a season with less than 12 players, that team will be required to forfeit any later games in the event they have less than 12 players present at game time. The teams may scrimmage, but it will not be an official game.

2. Any official game played under this exception shall be subject to the full enforcement of the rules, including but not limited to enforcement of offensive and defensive off side rules.

3. At the conclusion of any official game played under this exception the official scorebook shall reflect any team which played with less than 12 players. The team playing with less than 12 players shall report that fact to the League Records Manager who shall post the score with an appropriate notation identifying that team. After a team has played two (2) official games under this exception, it shall be that team's obligation to advise its opponent in the event it is unable to field a team of at least 12 players at game time thereafter.

F. Any team who cannot field at least 10 players at game time shall be deemed to forfeit that game. The teams may scrimmage, but it will not be an official game.

G. Following agreement by both coaches that a forfeiture has occurred, coaches may dismiss their teams, or proceed with a non-official game and swap players as mutually agreed to in order to play the non-official game

H. All rosters should be typewritten and be presented to the scorekeeper/timekeeper before the start of the game.

IV. Game Play

For all league contests only eligible players who are on the roster of the TVWLL team for whom they are playing and for whom TVWLL has collected dues from the member organization shall be entitled to play. All contests between member teams shall be played under the Official Rules for Women's Lacrosse approved by US Lacrosse-Women's Division. All contests shall be officiated by officials assigned by the Idaho Women's Lacrosse Umpires Association, IWLUA.

The official league schedule will be sent via email from the League scheduler at the beginning of the season and then will be posted at the ILA website. All teams are encouraged to regularly check email and this site for game changes.

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

1. The host team administrator shall ensure that the playing field is in proper condition (lined correctly) and that a table is available for score keeping and timekeeping.
2. Each team shall provide its own First Aid kit and a working cell phone at the scorekeeper's table.
3. Each host team is responsible for providing a table, time clock, horn and scoreboard and coordinate volunteers to keep time and score.
4. Where possible, spectators should be seated on the sideline opposite the team bench and scorer's table.
5. The home team will provide a table, time clock, horn, timekeeper, scorekeeper and scoreboard. Ice and/or ice packs and a first Aid Kit should be provided.
6. If a field is unplayable the home team must inform the opposing coach and assigned officials, at least two hours prior to the starting time. An effort to reschedule should occur at that time, and all parties notified.
7. The host team is responsible for providing a safe site on which to play the game. The safety of the site is not subject to compromise. The decision of the referee in this respect is final.
8. Scorekeeper responsibilities: The host team scorebook is the official record of the game. Before the game both teams' names, game location, date, players' names and numbers, and umpires' names will be written into both the host and visiting books. Before the start of each game, each team will provide the opposing scorekeeper with a written roster of their players and player jersey numbers for that game. The final score of the game shall be entered and both umpires shall sign the host scorebook.

Records should be kept for goals, assists, goalie saves, shots on goal, ground ball control and caused turnovers.

9. Timekeeper responsibilities: See Duration of Play, Section I.

10. If there is a reason that the game needs to be temporally stopped that an Official hasn't noticed (injured player, Coach request for Time Out) yet, the Table shall blow the horn in order to alert the Officials to the situation.

11. The host team shall call or email the game scores and player statistics as instructed by the Records Committee at the start of the season.

12. Coaches are not permitted to cross in front of the opposing team's bench.

B. Equipment.

1. Goals and Nets – Regulation lacrosse goal cages as mandated by the US Lacrosse Rulebook are required. No open areas in nets.

2. Ball – Teams shall use a regulation yellow ball. Two Extra balls should be placed on boundary behind both goals.

3. Sticks - Players must use a regulation women's crosse with regular pocket. The US Lacrosse website at www.uslacrosse.org lists legal sticks and protective eyewear.

4. Protective equipment – Colored mouth guards shall be used and must cover all upper teeth. Protective eyewear meeting ASTM Standard Specifications F803 and tested at PECC certified lab is mandatory at all levels. Close fitting gloves and soft headgear are permitted. No hard helmets are allowed, except for the goalie who must wear helmet (requires NOCSAE certification), throat protector, chest protector, abdominal and pelvic protector, shin guards (some kind of leg padding), and goalie gloves . All protective devices used should be close fitting, padded where necessary, and not be of excessive weight. U S Lacrosse stipulates that the absence of a mouth guard and protective eyewear precludes a player from participating in a game. Officials are expected to uphold these rules. The Captain's and/or coach's responsibilities are to verbally certify to the umpires that any eye protection worn meets ASTM Standard Specification F803 for women's lacrosse for the appropriate level of play.

C. Uniforms

1. It is up to each team to ensure their uniform adheres to US Lacrosse Uniform rules. Once this is done, they will submit the uniform with approval to the board for final approval of use within the league. The league will only ensure the colors chosen do not conflict with another team within the league.
2. Home team is to wear light colored jerseys. Away team shall wear dark colored jerseys.

D. Playing Area. There are hard measured boundaries. Marked Lines will delineate what is in bounds and what is out of bounds. Restraining lines on sideline boundary, four corners of boundary and substitution areas should be marked with cones. Varsity & Junior Varsity - Desirable field length is 100 yards between goal lines, 10-20 yards behind each goal, and 70-80 yards wide. (Please refer to USL Rule Book.) The field should be marked according to US Lacrosse Women's Rules.

Directions on how to mark a field are located at the end of this document.

E. Start of the Game. The procedure for the start of the game/draw shall be the same as outlined in USL Women's Rule Book.

F. Start/Stop Play. All play is started and stopped with the whistle. All players must stop and stand when the whistle blows (to stop play). All may move again when the next whistle blows. Upon injury of field player, all players on field shall "take a knee" and remain in their positions.

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

H. Substitution. Substitution is unlimited and the substitution procedure should be the same as outlined in Rule 9 of the US Lacrosse Women's Rules (i.e. substitute any time during play, after goals, and at halftime.) Each substitute must pass through her team's substitution area.

I. Duration of Play.

1. Varsity Teams will play 50 minute games comprised of two 25 minute stop clock halves. The clock is stopped between goals and the next draw, except if a team is ahead by ten goals or more. If the score is tied at the end of the game, the tie-breaking procedures below shall be followed. Halftime shall be between 3 and 10 minutes (or an amount of time agreed to between coaches and referees).

2. JV teams will play 50 minute games comprised of two 25 minute running clock halves. If the score is tied at the end of the game, the tie-breaking procedures below shall be followed.

3. The clock will be stopped on every whistle (to stop play) in the last two minutes of each half for Varsity games but not for JV. There is no stop clock in the last two minutes if a team is ahead by ten or more goals.

J. Tie-Breaking Procedures.

1. Tie-breaking procedures for league regular season games are as follows:

- A.. When the score is tied at the end of regular play time both teams will have a five minute rest and then will toss a coin for choice of ends.

- B. There is a six minute "sudden death" and no timeouts are permitted. All regular game rules are enforced. If there is still a tie after six minutes the game will stand as

a tie during the regular season. In post- season play if the there is still a tie after 6 minutes of overtime play, teams will switch sides and continue with 6-minutes of "sudden death" play. This will continue until a team has scored. Officials may determine if teams may take a time-out between six minutes of play.

2. Tie-breaking procedures for Championship playoff standings. In the event multiple teams have the same record during the regular season the tie-breaking process will head to head results. If the teams are still tied, then the team with the least goals against will be deemed the higher rank. If the teams are still tied, then the team with the most goals scored will be deemed the higher rank. If the teams are still tied, a coin flip will determine the higher seeded team.

K. Game Changes, Delays, Cancellations, Forfeits, & Interrupted Games. Each team must play each scheduled league contest. The failure to do so or the failure to appropriately notify the opposing team of cancellation shall be referred to the Executive Board for review and appropriate action, which may result in a forfeit

1. If a contest is cancelled due to inclement weather or other reasons, the contest is declared official if at least 80% of the game has been played.

2. If lightning is observed the game shall be stopped immediately and may not be resumed until 30 minutes after the last visible sign of lightning/audible thunder. Officials shall make the final decision. School regulations governing waiting time take precedence. Games shall be delayed for no more than one hour per day. If weather does not allow a game to resume within one hour the game will either be cancelled or rescheduled depending on the time that the game was interrupted.

3. If there is a weather related game change prior to the start of a game, the following procedures apply:

a. Game changes made due to inclement weather shall be made by 12:00, noon, the day of the game. The host team's coach/representative shall notify the visiting team's coach/representative, the referees, and the referee assigner, all by telephone. The referee association may charge the TVWLL if the referees have not been given reasonable advance notice of the cancellation.

b. If the host team determines that their field is unplayable or that a contest cannot be safely played on that day, then a representative from the home team shall contact the IWLUA assigning official by telephone to discuss the situation. The IWLUA is the only entity who shall determine whether the game will be officially postponed or cancelled. If the game is postponed or cancelled the IWLUA assigning official will contact the assigned referees. The host team shall be responsible to contact the visiting team's coach/representative by telephone and the TVWLL president by telephone or email.

c. If there is a non-weather/field related change, the team desiring to make the change shall contact the other team as soon as possible, but at least 1 week prior to the scheduled game and notify the IWULA assigning official. The canceling team will be responsible to coordinate and communicate with the IWLUA assigning official and other team regarding a make-up game.

L. Red Card Policy & Player Suspensions. A player who receives a single red card for misconduct, unsportsmanlike behavior, rough and dangerous play, deliberately endangering another player, or any foul listed in Rule 18E of USL Rules and regulations shall be suspended from the remainder of that game and from the next game (according to US Lacrosse rules).

The player suspension will be reported to the Official Coordinator and TVWLL Board President by the game head official. The coach of the suspended player is responsible for enforcing the suspension.

M. Fouls. Fouls shall be the same as those outlined in the US Lacrosse Women's Rules.

N. Penalties for Fouls. Penalties shall be applied as those outlined in the US Lacrosse Women's Rules.

V. Officials

The Idaho Woman's Lacrosse Umpires Association (IWLUA) is the USL affiliated organization of Women's Lacrosse Officials in Idaho. IWLUA may present a contract to provide officials for TVWLL games, Jamborees, Tournaments and Play Dates on a year to year basis. IWLUA maintains close contact with TVWLL by having a non-voting representative to facilitate communication between the two organizations who work together to provide Lacrosse opportunities for High School Woman in Idaho. Additionally the Idaho officials provide opportunities for support with respect to the understanding of rules of the game to TVWLL players and coaches to support Women's Lacrosse in Idaho.

IWLUA (Idaho Women's Lacrosse Umpires' Association) will be responsible for training a pool of U.S. Lacrosse certified referees for purposes of officiating at TVWLL games.

VI. Grievance Procedure

In the event any coach or team representative has any bona fide dispute with another member of the TVWLL due to an act or inaction of that organization, she/he may request in writing that the dispute be resolved by the league. Such dispute shall be referred to the TVWLL Board of Directors for investigation and resolution. The resolution made by the TVWLL Board is final and cannot be decided on by any other lacrosse association or affiliations. All decisions are final. In the event a member of the Board is associated with a dispute, such Board member shall exclude her/him self and the remaining Board of Directors will resolve the grievance. Grievances shall be submitted to the TVWLL Board President.

A grievance shall address the following: Date, name of person submitting the grievance and team affiliation, description of action or inaction causing said grievance, and bylaw section or rule that was violated, if applicable.

VII. Referee & Coach Review

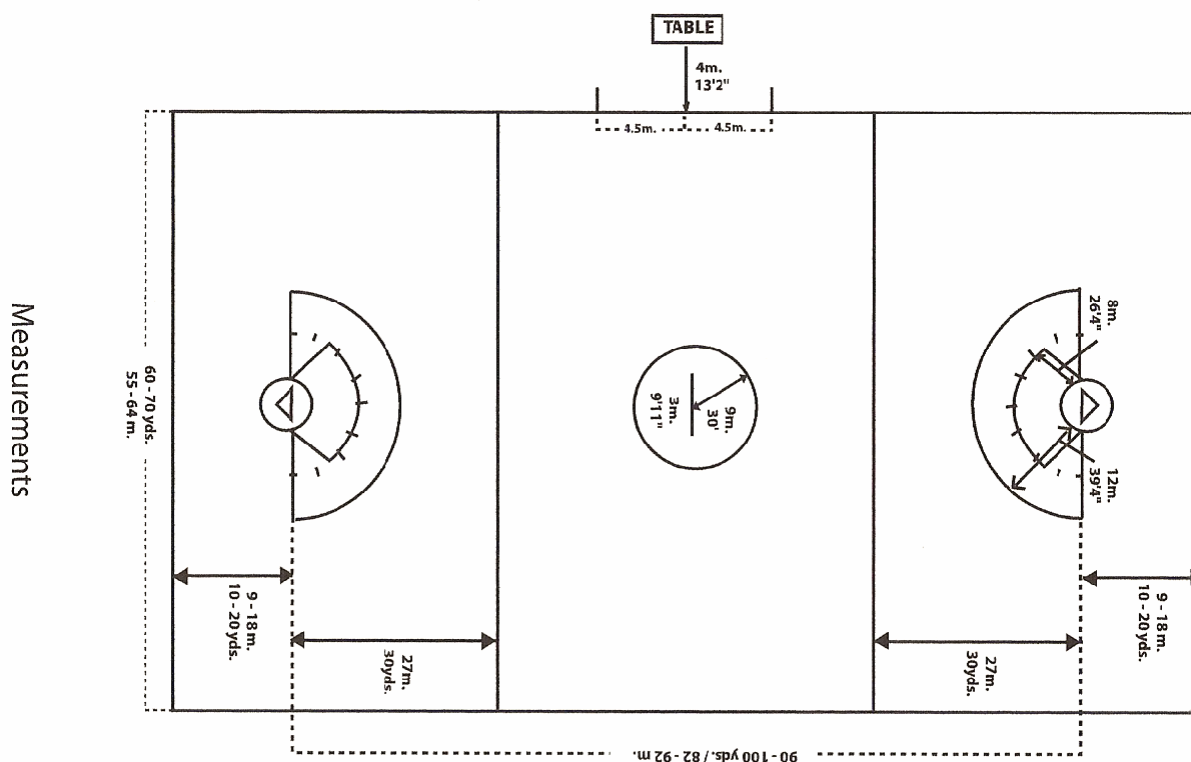
In the event any TVWLL member would like to recognize a coach or referee for outstanding leadership or voice any constructive criticism towards a coach or referee, the following information should be completed and emailed to the TVWLL Board President (for a coach) and the ILA Quality Assurance Committee (for a referee).

The following information shall be included: Date, name of person submitting the comment, the game for which the comment is made (if applicable), the identity of the Coach or referee, and the comment.

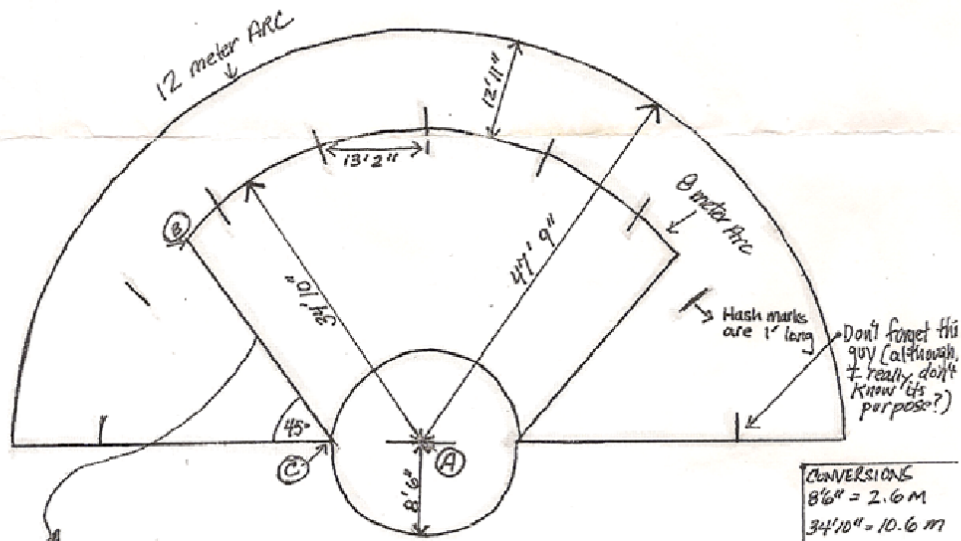
Marking a Field:

Lining the 8M and 12M arcs:

1. Locate the center of the goal line (Point A) and assure that:
 - You have adequate room behind the goal line (10 yards minimum), and
 - The center of the goal line is in alignment with the opposite end of the field.
2. Mark the crease at an **8'6" radius** from the center of the goal line.
3. Mark the goal line 6' long. (It does not run the full diameter of the crease.)
4. Mark the 12M arc and the end lines, all at **47'9"** from Point A (center of the goal line).



5. Mark only the top of the 8M arc (do not mark the sides yet) at **34'10"** from Point A (center of goal line).
6. Mark the hashes. Start with the center hash. Make sure it aligns with Point A, center of goal line. Mark three (3) hashes on both sides of the center, all at **13'2"** apart.
7. Locate the midpoint between the 3rd and 4th hash, Point B. Extend this line to where the end-line meets the crease, Point C. Mark lines for both sides of the 8M arc.
8. Double check the distance between the 2 arcs. It should be **13'11"**



NOTE: The side of the 8' meter arc should intersect the goal line at a 45° angle, but the easiest way to mark this line is to eyeball it at half way inbetween the last two hashes.

OTE: There are additional lining instructions in the women's rule book, but they can be confusing + misleading.

CONVERSIONS	
8'6"	= 2.6 m
34'10"	= 10.6 m
47'9"	= 14.6 m
1'0"	= 30.5 cm

Revision History:

Rev 5: March 2017 Clarifying Running Clock for JV Games

Rev 4: January 2017 Added in Coaching requirements

Rev 3: November 2016 Updated with minor edits (10 Second Count down, Overtime Rules, Table responsibilities, Season/Training Dates)

Rev 2: November 2015 Updated with significant overall

Rev 1: August 2010 Original Created