

LaxOps Committee Rules - Boys/CoEd

Committee Members:

Jake Sailor, Varsity Head Coach	Nate Keller, Coach	(Evin Haukos, Coach)
	RaeAnn Green	Nick Corrieri

Note. Committee meets BEFORE the season to discuss rules. Do not contact them throughout the season. Rules are set before for the season, and are static for 2021. If no changes are made to rules, these shall be used in future seasons.

Player Quick Overview

- All players are to be respectful. Positive sidelines, on field, to coaches, officials, and fans. Disciplinary Protocols will follow as Coach / Board sees fit.
- Support each other at all times. Help each other. Don't complain, explain.
- Pockets that prevent solid crisp passes must be fixed or restrung. No "whippy" pockets that require a sidearm to slingshot it out.
- Unsafe play, harassment, or bigotry will lead to removal.
- Coach has control over rosters and lineups.

Skill Standards

All players are expected to develop at different stages, but targets are as follows:

14U Standards & Goals:

- dominant hand Catching on move
- passing accurately at a fast jog
- ability to hit a 2' square at a full sprint
- Accuracy with over hand pass, $\frac{3}{4}$ pass/shots, and bounce shots.
- Discourage sidearm in practice or underhand.
- Cradling at a full sprint: 2 handed & 1 handed
- basic dodges
- 60% proficiency of the above with Off hand.
- 100% of all drill reps must be done evenly with both hands.
- Individual Stats Kept - Coach's eyes only (*at coach discretion)

12U Standards and Goals

- 12U capable at catching stationary, 50% proficiency at a jog.
- 70% consistency passing accurately at a jog.
- Face dodge proficiency; Split dodge adequate.
- Ground ball proficiency dominant hand at a fast jog
- Focus on solid foundational understandings of Clears, Rides, and Slides.
- 50% of all drill reps must be done with off hand (20 dominant, 10 non dominant)
- Focus on solid foundational understandings of Clears, Rides, and Slides.
- Learn 2 plays from the varsity playbook.
- Team Stats Kept (G, Assist, GB, PA/Pass Completions, Steals, Clears)

10U Standards and Goals

- Develop solid technique and Form for cradling, passing, and shooting.
- Good form for ground ball drills and able to pickup groundballs at a slow jog
- able to sprint a 10U field and cradle with dominant hand
- Focus on man defense, ball down & release communication, Boxing out, and ball movement through the air.
- Middle of season wacky hand practices where we do 8U training with only our non dominant hands.
- Use consistent direction for terms for Lax placement, positions, that are derived from the HS Coaches.
- Cumulative Team Stats Kept (G, Assist, Ball Down, GB, Pass Completions)

8U Standards and Goals

- Fun, smiles every day. LOTS AND LOTS of mini games.
- Good form and proper mechanics for Scoop, Pass, Catch, Shoot (Overhand and 3-4 shots only)
- Wacky Hand Days where we play games with off hand (encourage scrimmage where other team does the same)
- Emphasize and cheer for good passes, good looks, and groundballs. Louder cheers for fundamentals vs goals.
- Team Stats kept (Ball Down, GB, Pass Completions)

Coach Expectations

- All teams must have a US Lacrosse certified level 1 coach.
- Each team will have a head coach, 1 voice on field
- Use consistency. Do not let kids misbehave, talk back, or act out. If the kids are just not there, end practice on your terms with a drill you know they can do quickly, then YOU choose the game.
- Please do not let them ask you for things outside specific, controlled events. Such as, ask for volunteers for a position, ask for suggestions for practice. Please do not let them ask outside those windows. An appropriate venue for kids 10U+ is to learn to ask after a game or practice. The player should ask HOW whenever they want, but discourage and prohibit a Begging environment (like, Can I play attack, can i take next faceoff, etc).

Parent Conduct

- Parents are to support the growth of the player, and avoid coaching from sidelines.
- All incentives for players are prohibited. Do not pay them for goals scored, etc.
- Be respectful of officials, and support the team with positive emphasis.
- Focus on the development of the player, and the growth of the team.

League and Team Structure

- 10U balanced rotation. Everyone gets to do everything. However, Coach sets the order
 - Rotate players when possible in a conveyor belt type of rotation, or, whole teams.
 - If whole team subs, change their position at half times.
 - Ensure balance of athletic players and split up those to avoid 2v7
 - Impose pass attempt counts if needed to avoid run and gun situations.
 - Use Faceoffs as a reward for being a good teammate, and alertness in sub lines
 - Sub to Attack Attack to Mid, Mid to D, and ensure players are fairly balanced when possible.
- 12U Balanced teams - rotate all positions (set lineups before game day).
 - If no dedicated goalie, everyone must rotate in net.
 - Avoid rotation of just middies, and teach D / A how to sub out through mid.
 - Competitive lineup for final tournament if team elects to do so.
- 14U semi balanced teams
 - Weeks 1-4 encourage rotation of positions. Coach's placement Weeks 5+
 - Coach Assign Sub Goalie in advance if no goalie.
 - Avoid subs of just middies, rotate D/A as well
 - Award Faceoff positions based on effort and skill in practices

Discipline and Standards

- Laps are not punishment. All conditioning is training. Taking a Knee is punishment.
- Practices are mandatory. Absences may be excused. Have a conversation with the athlete as to why they missed or are late.
- If effort isn't full, coaches may employ two methods of encouragement:
 - Take a seat, take a knee, take a hike (5m knee, 15m knee, leave practice)
 - Restrict playing time for first game (up to one half)
 - Restrictions must be served on the bench, not at home on xbox.
- Coaches may dismiss player from practice. If the coach feels necessary, they may suspend the player for the week. Coach will communicate that to the Board.
- If a player fails to correct disrespectful, unsafe, or bullying behavior, their actions will result in removal from the team. All team suspensions will be voted on by the board, and no refunds will be issued.
- Parents also agree to allow Board and SSRLAX to share player suspension information with outside associations and clubs, including reason of suspension.
- Parents agree that Coaches can only teach the technique and sport of lacrosse, and will not be able to meet each individual's learning needs. It is encouraged parents and guardians volunteer to help cover the individual's needs. However, should that individual's needs or challenges create an unsafe or unsportsmanlike environment for the players, the individual may be restricted from participation.

Team Composition

- Blended teams, balanced. Rebalanced mid season if needed (unless league mandates).
- Fluid teams, adjusted in each age bracket as needed.
- End of Season "tournament" group may be formed at 14U to encourage in season growth. Tryouts 100% on coaches (not board).
- SSR will run a challenging schedule for 14U that will mirror HS experience. 12U will have 1-2 weekends of scheduled adversity. Else, local B.
- Pictures of the team will be by age of the division. Not by color of team.
- League rules dictate gender and age policies.
- Age waivers are discouraged for all except 14U who are playing "down" due to them being in 8th grade, thus ineligible for HS play. Else, follow USLax age guidelines.
- Coach has complete control over A/B/C lineup, roster, and starting positions.

Evaluations (Preseason and Postseason)

Coaches shall, when possible, evaluate Players, and give them an assessment at the start and the finish of the season. This evaluation method should be consistent, and simplified. The intent is to find ways to quantify their growth, as well as encourage self initiative between seasons.

STATUS OF RULES: Draft submitted by NC. Seeking feedback / approval