



Indiana Girl's Lacrosse Association
2019 High School Competition Rules
Coaches Compliance and Guidelines

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2019 Competition Rules and Coaches Compliance and Guidelines

Indiana Girl's Lacrosse Association (INGLA) operates and manages the Indiana high school girl's state league and annual state tournament. The competition rules and coaches guidelines as defined in this document will govern all high school play for the 2019 high school competition season.

Article 1 – Governing Body

The INGLA shall play under the authority of US Lacrosse and as such shall be a recognized girl's high school league for the State of Indiana.

Article 2 – Competition Rules

The INGLA shall operate a state girl's high school league playing under the US Lacrosse 2018-2019 Women's Rules with the following additions, modifications, exceptions:

Visible Undergarments

Section 15. All visible undergarments worn under the kilts/shorts/shirts must be of one solid color, and must be white, gray, black or one of that team's uniform colors. All team members who choose to wear visible undergarments must wear the same color. This does not apply to medical sleeves.

INGLA EXCEPTION – All team members are required to comply with the solid color requirement but do not have to all be the same color.

Uniform rules shall apply to varsity team uniforms. JV uniforms may be exempt from the uniform rules if they are previous year(s) varsity or JV uniforms. Any NEW JV uniforms must comply with the US Lacrosse Uniform Rules.

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Points of Emphasis for 2019

This section highlights areas of the game that the US Lacrosse Rules Subcommittee believes warrant continued attention by placing a stronger emphasis on existing rules. The committee requests that players, officials, and coaches concentrate on the following areas:

Dangerous Contact

A new mandatory yellow card has been added. Dangerous Contact is defined as any action that thrusts or shoves a player with or without the ball who is in a defenseless position. This includes but is not limited to: head down, from out of the visual field, in the air or out of balance especially in the kidneys, ribs, lower back, shoulder blades or aimed at the neck or head.

While some body contact will occur during normal play, there is no justification for deliberate and violent collision by any player especially intentional player-to-player collisions with defenseless players. The increase in the severity of the penalty is intended to send a strong message that this type of play is unacceptable. All participants must work together to reduce or eliminate such violent collisions from the game.

- Officials must apply this collision rule and utilize the more severe penalty
- Coaches must teach players to avoid excessive or illegal contact, and support the officials when they penalize such contact
- Players need to consider the consequences of this illegal action for the opponent and themselves and choose a legal action to play within the rules of the game.

Game Management

Being a good official is more than calling fouls and setting up penalties. Each game has its own ebb and flow and good officials recognize that and call the game within the rules while maintaining safety. Game management is the sum of all parts of the umpires use of her tools to control a game—confident posture; use of mandatory cards; making the necessary calls to keep the game safe; upgrading penalties when warranted; partner/player/coach communication with signals, whistle, voice and calm demeanor; appropriate holding versus whistling of fouls; ability to anticipate and diffuse dangerous situations; and understanding the importance of safety and how it applies to aggressive versus reckless play.

Attack Fouls

Officials must be vigilant to watch for and penalize offensive player fouls that lead to dangerous play. During midfield transition and/or when going to goal watch for attack players who force themselves through the defense or hold their stick too close to the body and/or sphere making a safe and legal check impossible. If a safe check cannot be made by a defender in a legal defensive position, this is a foul on the attack. When body contact occurs, officials must determine who established position first and who initiated the illegal contact to make a fair call. An attack player who jumps to shoot over the top of defender(s) or follows through with or without body contact may create a dangerous situation. She does not need to make contact to be called for dangerous and/or intimidating play.

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Officials and Fees

All officials are required to be assigned by the designated INGLA official's assignor.

It shall be the host school's responsibility to pay for the umpire fees for the games. For schools that do not have home fields, an agreement may be reached between schools to split the payment of umpire fees.

Fee schedule is submitted by local board and approved by the INGLA Board of Directors each playing season.

- a. EXCEPTION – During Regional play of the INGLA State tournament, each team is responsible for paying one official for each game they play.
- b. EXCEPTION – All official's fees for State Championship weekend shall be paid by the INGLA.
- c. EXCEPTION – Any 3rd assigned official during the season will be paid by the INGLA unless a coach requests to have a 3rd official on a certain game.

	2 Officials	3 Officials
Varsity	\$75 each	\$50 each
Junior Varsity	\$65 each	\$43 each

Weather Conditions

In the event of rain/lightening/or other dangerous playing conditions, it shall be the rule of the INGLA that a game will be played ONLY under the following conditions:

- No lightening has been sighted for 30 minutes.
- The game management/trainer/school personnel feel that conditions will change in enough time to allow the game to be completed.

A game is considered to be complete if the weather prevents the completion of the game and **more than 80% of the game has been completed. (Forty (40) minutes and one (1) second)** If a suspended game (one in which 80% or less of playing time has elapsed) is replayed on another day, it must be played from the point of interruption. A suspended game may be terminated and considered complete by mutual agreement of the opposing coaches. The score at the point of termination will be the official score of the game.

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Conduct – Honor the Game

Unsportsmanlike conduct by anyone connected with a program is the responsibility of the head coach and extends to assistants, fans, and other team personnel. Such conduct could lead to penalties as a consequence for the head coach and/or team. Game management and a safe environment for all are stressed as paramount. Any violation of conduct or unsportsmanlike behavior shall be reported to the Executive Board and the Ethics and Disciplinary Committee for further disciplinary action.

Athletic Trainers and Concussion During Game

Officials are now required to, at their discretion, sit players who have a possible concussion, or exhibit concussion symptoms. Players will not be allowed to re-enter the game until approved by an appropriate health care professional as defined below.

The home team is responsible for providing an appropriate health care professional for all games. The appropriate health care professional may be one of the following individuals:

- A medical doctor (MD) or doctor of osteopathic medicine (DO) that holds an unlimited license to practice medicine in the State of Indiana, or;
- A certified athletic trainer (ATC/L) licensed in the State of Indiana.

Any member of the coaching staff or the student-athlete's parent may not be considered an appropriate health care professional for the purposes of diagnosis for re-entry into game, even if they meet the qualifications as defined above.

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Article 3 – Compliance Rules

Spring and Fall Coaches Meeting

The Head Coach of each member team is required to attend the fall (first Sunday in September, 9/9/18 (9/8/19)) and the spring (first Saturday in February, 2/2/19 (2/1/20)) mandatory Head Coaches' meetings. If the Head Coach cannot attend these mandatory meetings for any reason, then an appointed designee to represent the member team may be sent if the President and Secretary have been notified in advance. No written proxy will be accepted.

PENALTY – If the Head Coach or appointed designee fails to attend either or both mandatory meetings, then the member team will not be eligible for the state tournament for the upcoming season.

Rules Interpretation Meeting

All head coaches are required to attend a rules interpretation meeting conducted by the Board of Officials prior to the playing season.

If you attend the US Lacrosse Convention, you may sit through the Rules Interpretation Meeting. We will always hold it in the afternoon of the February meetings for all.

PENALTY – Head Coach must attend, if the head coach does not attend then team is not eligible for state tournament.

Coaching Education

All head coaches are required to complete the US Lacrosse Level 1 certification program. The Level 1 certification consists of the following modules:

- US Lacrosse Level 1 Online Course.
- US Lacrosse Level 1 Field Course.
- Positive Coaching Alliance (PCA) – Double Goal Coaching Course – Online.
- Successful completion of US Lacrosse background check.

All returning head coaches are required to be level 1 certified by March 1 of the upcoming playing season.

When a new head coach is appointed to an existing program, he/she will have 1 season to complete the full level 1 certification process. At a minimum, the new head coach is required to complete the Level 1 Online Course, the PCA Online Course, and the US Lacrosse background check prior to April 1 of the current playing season. New head coaches must be compliant with entire certification by March 1 of their second season.

PENALTY – If the Head Coach fails to meet the above requirements, then the team will not be eligible for the state tournament.

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US Lacrosse Membership and Roster Submittal

All players must be a currently registered member of US Lacrosse with membership valid through the completion of the Indiana State Tournament – June 3, 2019.

All coaches must be a currently registered member of US Lacrosse with membership valid through the completion of the Indiana State Tournament – June 3, 2019.

All coaches' registrations with INGLA are required on or before February 11, 2019 and player registrations with INGLA are required on or before February 28, 2019.

No team shall compete in scrimmages, games, play dates, pre-season tournaments, without a valid roster.

A valid roster is a roster submitted by the team's head coach to INGLA listing all eligible players and coaches via the INGLA website registration system; AND after INGLA verifies the roster with US Lacrosse and notifies team of acceptance. All players and coaches are required to register on the INGLA state website and provide complete information and US Lacrosse membership validation. Validation of roster requires 5 business days.

PENALTY – Any team that has not met the deadline for submitting a valid roster shall forfeit all games until roster has been received and validated. The Head Coach shall be suspended for 1 regular season game for failure to submit a valid roster by deadline.

US LACROSSE PENALTY – The Head Coach for each team must be a currently registered high school coach with US Lacrosse no later than February 11, 2019. Failure to meet this deadline will result in forfeiture of all US Lacrosse awards for the 2019 season.

Concussion Testing

All high school players are required to have a current baseline concussion test conducted by an independent organization. This should be an ImPACT or equivalent concussion test. Coaches must notify the INGLA that their team is compliant by February 28, 2019.

Coaches must complete the CDC online concussion education course by February 11, 2019. Link to the course can be found on league website. (Some schools require through NFHS which is also accepted for this requirement.)

Once your team has completed their ImPACT testing, an email shall be sent to the Secretary of the board as your confirmation.

PENALTY – Any player found to not have a current baseline test during their high school eligibility shall be declared an illegal player, and all games the player in questioned participated in shall be declared forfeits. The Head Coach shall be subject to further disciplinary action.

PENALTY-Any coach found to not have completed the online test will be suspended until test is complete.

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Team Classification

Varsity and JV programs are teams comprised of players who attend one school.

Club Varsity and Club JV programs are teams comprised of one of more players who attend different schools and/or reside in different school districts, towns, or cities.

PENALTY –MISREPRESENTATION of a team(s) DESIGNATION for competition will be ineligibility for all post season play.

Scheduling

Each Varsity team is required to schedule a minimum of 10 in-state games with Varsity and/or Club Varsity member teams. Duplicate games with the same team do not count toward the 10 required minimum. Each Varsity team is required to travel twice during the regular season to play a minimum of two in-state opponents located at least 50 miles from its home location.

Schedules must be entered into the INGLA website by November 1, 2018.

PENALTY – Failure to submit schedule by November 1 results in a \$50 fine and the team must forfeit all games until the fine is paid.

Failure to submit final schedule by December 3 results in an additional \$50 fine (\$100 total) and the team must forfeit all games until the fine is paid.

PENALTY – Failure for Varsity teams to complete the minimum game requirement or travel requirement will result in exclusion from the State Tournament.

Exception: Good Faith Clause - If a Varsity team makes every attempt to schedule 10 regular season games, but fails to reach this minimum due to unforeseen circumstances (i.e. weather) then at the discretion of the executive board they may be admitted into state playoffs based off "Good Faith". If a Varsity team fails to meet the minimum games but is included in the state playoffs based off "Good Faith", they will be the lowest ranked team in their region's playoffs.

Game Reporting

Team scores will be tracked on the INGLA website. After each game both teams are responsible for reporting the game score within **twenty-four hours**, any cards issued, and any significant injuries using the online reporting system on the INGLA website. **Each team will be responsible for recording its players' stats within one week of game play on its team page on the INGLA website.**

Official Scorekeeping – **one person from each team** is required to be in attendance at the official scorekeeper's table to keep score. A head coach cannot serve as official scorekeeper. There is to be an official timer at the table, or in radio contact with the table. The home team's book will be the official score, but both teams must be in agreement. The books will be signed by the referees at the end of the game.

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State Tournament

State Tournament seeding for Varsity teams will be taken from in-state game statistics only. State tournament will include all Varsity teams in good-standing with INGLA. State tournament roster will be limited to the following:

- Players dressed in uniform and on sideline will be limited to 30.
- Non player personnel will be limited to 6. This includes; Coaches, Managers, Trainers, Administration.
- The state tournament roster will be set on the first game of state competition. No additions can be made after the start of the first state tournament game.

State tournament will consist of the following format:

- State Final Game to determine State Champion and State Runner-Up fed by;
- Two Semi-Final Games to determine teams for championship game. The two winners will play in championship game.

>> We will have an addendum for the playoff structure depending if/when we have changes to our current system.

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State Tournament Sectional Game Host

The Sectional host will be responsible for scheduling the field and facility to host games for the region. Games may be played at other locations with the prior approval by the Executive Board, Tournament Director and the officials' assignor due to either a host-sites inability to host or to accommodate for travel.

The Sectional Host shall be responsible for providing the appropriate health care professional as defined in Article 2 – **Athletic Trainers and Concussion During Game**. Any cost associated with providing this service is paid by the host team. If a Sectional Host cannot provide an appropriate health care professional, then INGLA shall assign a trainer at the expense of the Sectional host team. Should a Sectional playoff game be played at a different location than the Sectional host facility, then the host facility for that game will be responsible for the scheduling of a trainer and the cost shall be shared by both teams playing.

Officials' fees for all Sectional games will be split evenly between the teams participating in the game. 3rd officials will be paid by the INGLA.

Admission/Gate Fees – No admission fee shall be charged by the host facility unless it is standard and customary for the host facility to charge admission during the regular season.

State Tournament Program and Rising Stars Game

All teams participating in the state tournament are required to submit the following items:

- State Tournament Roster with player names, coaches, and any support staff on INGLA website by the last day of regular season (May 11, 2019).
- Player candidates for the rising star game (9/10) and the showcase (11/12).

Only players listed on the varsity roster on the INGLA website by the final day of regular season are eligible to participate in state tournament games.

PENALTY – If a player not listed on the varsity roster participates in state tournament games, that player is considered an illegal player and any games they participated in will be forfeited.

PENALTY – Not meeting any of the required items above will result in non-inclusion in program, and players not being eligible for rising star game.

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INGLA and US Lacrosse Awards

INGLA is proud to provide recognition of the high school girls and coaches within our state association. These awards are a tribute to their success and depend on the responsive and accurate submittal and voting of all head coaches. The following requirements are expected to be met each season:

- The awards committee will provide a guideline for submitting candidates and voting.
- The awards committee will provide dates and deadlines for submitting all information and voting.
- Only the Head Coach is to submit nominations for INGLA and US Lacrosse awards.
- Only the Head Coach is to review and vote for the nominations.
- Head Coach should keep information, including results of voting, confidential. No players or parents should know award winners before official announcement.
- The Head Coach is responsible for timely responses and commits to meeting all deadlines.

PENALTY – If the Head Coach fails to submit Regional nominations by deadline or notify awards committee they will not have any nominations, and/or if they fail to vote for All-Region by the deadline, then all nominations submitted from their team will be pulled and the Head Coach will not be allowed to vote for All-Region, All-State or Coach of the Year, and their name will be pulled from consideration for Coach of the Year.

PENALTY – If the Head Coach fails to submit State nominations by deadline or notify awards committee they will not have any nominations, and/or if they fail to vote for All-State by the deadline, then all nominations submitted from their team will be pulled and the Head Coach will not be allowed to vote for All-State or Coach of the Year, and their name will be pulled from consideration for Coach of the Year.

PENALTY – If the Head Coach fails to submit a vote for Coach of the Year, then their name will be pulled from consideration.

PENALTY – If the Head Coach shares any information about the nominees prior to official announcement then all of the nominees from the Head Coaches program will be declared ineligible.

If a violation of these rules is found after awards have been announced, then the Head Coach is subject to further discipline and penalties as determined by the Executive Board.

Article 4 – Compliance with Competition Rules

Teams cannot compete until competition rules are signed and submitted to INGLA and Head Coach can certify that all conditions have been met. The Head Coach shall sign the attached acknowledgement Appendix A that they have received the 2019 Competition Rules and Coaches Compliance and Guidelines.

PENALTY – Team shall not compete against member teams and all scheduled games will be forfeited until team is in compliance.

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APPENDIX A

Member School: _____

Head Coach: _____

By signing below, I acknowledge that I have received and read the 2019 Competition Rules and Coaches Compliance and Guidelines document and agree to all requirements to participate in the 2019 playing season and commit to meeting all applicable deadlines. I also acknowledge that some of the competition rules may change once the governing body of lacrosse, US Lacrosse, meets in January of 2019.

Signature: _____

Printed Name: _____

Date of Acceptance: _____

By signing below, I acknowledge that my team(s) will be designated for competition within INGLA as follows:
(check all that apply)

- _____ **Varsity** (all players come from one school)
- _____ **Junior Varsity** (all players come from one school)
- _____ **Junior Varsity ONLY** (all players come from one school)
- _____ **Club Varsity** (players come from multiple schools)
- _____ **Club Junior Varsity** (players come from multiple schools)
- _____ **Club Junior Varsity ONLY** (players come from multiple schools)

I also understand that the penalty for misrepresentation of my team(s) designation for competition will be ineligibility for all post season play.

Signature: _____ Date: _____

Team: _____