



## Foothills Sports Arena HIGH SCHOOL BOYS LACROSSE RULES

### **GENERAL INFORMATION**

1. Foothills Park & Recreation District is in compliance with the Jake Snakenberg Youth Concussion Act, which requires a youth player (ages 19 and younger) to be removed from play if a concussion is suspected and can only return to play with written medical authorization. If half or more of the teams players listed on the roster are 19 years old or younger, then the coach of the team must complete the CDC's Head's Up Concussion Training and submit documentation to the Recreation Coordinator prior to playing in their first game.
2. NO FOOD, DRINK, GUM OR SEED ALLOWED IN THE ARENA!
3. The Field Supervisor and/or Foothills Park & Recreation Athletic Staff shall act upon any and all situations not covered explicitly in these rules. All decisions will be final.
4. Foothills Park & Recreation District offers a Lacrosse Program for the recreational enjoyment of the participants. The Foothills Park & Recreation District Staff is the sole governing body of this program.
5. Foothills Park & Recreation District reserves the right to re-classify a team at any point in the season in order to maintain a fair balance of competition. This will only be done with the cooperation of teams involved.
6. Foothills Park & Recreation District reserves the right to expel any team from the league for reasons of conduct, failure to observe rules, regulations, and procedures and/or failure to field a team for 2 or more games. Written notification of such actions will be provided to the individual and/or team manager.
7. The current NFHS/USWLA Laws of the Game with the amendments included within this document will be the rules of competition for the Foothills Indoor Arena. Teams are responsible for knowing the rules.
8. The game shall be played between two teams of 10 males for full field games.
9. While players in Lacrosse do have some protective equipment, it is essential that the necessary safety rules are followed at all times without exception. It is important for all coaches/parents/players to enter the game with the attitude that this is a recreational activity, which contact can occur and that good sportsmanship will always prevail.
10. **NO SPITTING ON THE FIELD** – Spitting can be unsanitary, unsightly and potentially dangerous. Do not spit on the field! Please find the trash cans surrounding the field. TEAMS will be given one warning during the season; a red card will be issued for continued occurrences followed by **fines up to \$100 per occurrence.**

## CONTACT INFORMATION/WEATHER

Foothills Sports Arena - (303) 409-2443 or <http://www.teamsidelines.com/foothills/>

1. Messages will not be posted until 2 hours prior to the 1st scheduled game, in the event that inclement weather may cancel games.
2. We ask that only Managers/Coaches call and notify their players. We do not call teams; the responsibility is of the team. Please call if there is any doubt about whether games will play.

## RESCHEDULED GAMES

1. Make-up games may be scheduled at any time. Original schedules may change. It is your responsibility to check the message board regularly.
2. The responsibility of finding out make-up times is the duty of the team manager. We will not call teams or sent notification slips.

## TEAM FEES

1. Team fees are due in full prior to the second scheduled game of a session. Payments are submitted to the Foothills Sports Arena front desk.
  - a. High School Boys – Team Fee = \$1,000.00
2. Teams may pick up individuals for single games as long as the players sign a single game roster and pay a \$5/game/person fee and fill out an individual waiver form.

## ROSTERS AND WAIVERS

1. Link for Team Roster - [http://www.foothills.org/pdf/athletics/fsa/Youth\\_Team\\_Roster.pdf](http://www.foothills.org/pdf/athletics/fsa/Youth_Team_Roster.pdf)
2. Link for Individual Waiver - [http://www.foothills.org/pdf/athletics/fsa/Youth\\_Individual\\_Waiver.pdf](http://www.foothills.org/pdf/athletics/fsa/Youth_Individual_Waiver.pdf)
3. Each player must have an Individual Waiver for **each** Roster they are listed on. Players can only play on one (1) team per League.
4. The burden is on the team manager/coach to make sure all players have been added to the Roster and have an Individual Waiver to match that roster, for each season played. No carry over.
5. Field Supervisors have the authority to forfeit games with ineligible players.
6. Players may be added to the roster up to the final game. Players may not be added during any playoff competition, or tournament play.
7. Roster: roster size is unlimited; however awards are given to a maximum of 18 players for High School.

## AWARDS

1. League Champions in all divisions will receive individual awards. The number of awards will be equal to the number of players on the roster, no more than 18.
2. Ties for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place will be broken the following way:
  - a. Forfeit
  - b. Head to Head
  - c. Goals Against
  - d. Goals For

3. If awards are not given at the field you will be notified when the awards are ready to be picked up at the Foothills Sports Arena.

## UNIFORMS

1. Jerseys
  - a. All teams must have jerseys; with a visible number. No Jersey, no play
  - b. The body of the jersey should be the same basic color. Trimming and style does not have to match exactly with other jerseys. Players must have a jersey.
  - c. Numbers are required on the back of the uniform jersey (minimum of 6 inches). No duplicate numbers.
  - d. The HOME team will wear their main color. The VISITING team will wear their secondary color. If there is a conflict with those colors, the VISITING team will change.
2. Shoes: Only one piece molded rubber shoes are acceptable. No screw- in cleats.
3. Safety Equipment: All equipment must be worn; helmet, mouth guard, gloves and shoulder pads.
4. Jewelry: all jewelry must be removed. Exception: Medical ID's and religious emblems can be worn if made safe to the discretion of the referees.
5. Any player that cannot meet all of the above minimum requirements will not be allowed to participate in the game. Any equipment in question should be brought to the attention of the referee prior to the start of the game.

## SCHEDULES

Schedules are available at

[www.teamsideline.com/foothills](http://www.teamsideline.com/foothills)

## FIELD SIZE & GAME TIMES

High School Boys –

Full Field (100 yards x 60 yards)

**TWO 20 minute running quarters, a 3 minute half time**, one time out per half. No overtime.

## PLAYER ELIGIBILITY

1. Seniors may not participate on sub-varsity teams.
2. Players may not participate on more than one team in the same league.
3. A player may not transfer to a team in the same league without approval.
4. The Field Supervisor has the authority to disallow an illegal player(s) to participate.
5. Any team may protest a player's eligibility but must do so when the player(s) first enters the game either on offense or defense. When the next play starts, the right to protest ends.
6. Play eligibility protests and forfeits are not retroactive to games played before the protest.

## FSA RULES OF THE GAME

NFHS/USWLA will apply with the following modifications:

1. Players will be disqualified after 5 personal fouls.
2. Substitutions will be on the fly within the substitution lines.
3. Checking in full field games will follow the US Lacrosse checking rules.
4. **NO SPITTING ON THE FIELD**: the officials will treat spitting as an unsportsmanlike penalty.
5. Each team must have an adult (18+) coach present at all games.
6. Blood Rule: Any time a player in the game is bleeding, he/she must leave the game until the bleeding is stopped and the wound is covered. The player is given a maximum of 3 minutes (game clock is stopped) before a substitute is required. Excessive blood on the uniform requires the player to change clothing. Teams must provide their own 1<sup>st</sup> aid kit.

## GAME DAY PROCEDURE

Teams and Spectators:

1. Full field games – teams and coaches/managers will set up benches on the south side of the field (across from the entrance), spectators may sit along the northeast side of the field (away from the entrance doors).
2. All games will start at their scheduled time or as soon as possible if the preceding game runs over.
3. There will be no warm-up time for teams during games or between games.
4. Teams cannot be forced to start earlier than scheduled, but may if both teams agree.
5. Goalies: All teams must have a goalie. If a team does not have a goalie, then the game is a forfeit. (The game will not be refereed)
  - a. TEAMS MAY BORROW A GOALIE AS LONG AS THE OPPOSING TEAM APPROVES THE PICK-UP AND BOTH THE FSA STAFF AND THE OFFICIALS HAVE KNOWLEDGE OF THE ADDITION.
6. Game time is forfeit time. Opponents have the following options:
  - a. Ask for an immediate forfeit;
  - b. Start the game clock and allow the team up to 10 minutes to get 7 legal players before the forfeit is declared. In the event the previous game runs over this is considered part of the 10 minute “waiting period”.
  - c. If a team is short players and wishes to still play a legal game, the coach must confer with the opposing coach, officials and FSA Staff. At that point it will be decided if the team can borrow players to field a team for a legal game.
7. In the event a game is forfeited the teams will be allowed to use the field for a limited time to practice. The field must be vacated 10 minutes prior to the next scheduled start.

## DISCIPLINARY ACTION

1. Coaches: Team's coaches are responsible for the conduct of all their players, parents and spectators before, during and after their game. Violations will be enforced by Foothills Parks and Recreation District Code of Conduct policies.
2. Unsportsmanlike Conduct: US Lacrosse Rulebook: Rule 5, Section 9 – No Player, substitute, non-playing member of a squad, coach or anyone officially connected with a competing team shall:
  - a. Enter into an argument with an official as to any decision that has been made or in any way attempt to influence the decision of an official.
  - b. Use threatening, profane or obscene language or gestures at any time during the game.
  - c. Bait, taunt, call undue attention to one's self, or any other act considered Unsportsmanlike by the officials. Penalty: these are 1-3 minute non-releasable penalties in all cases.
  - d. If a player or coach continues to be abusive after the penalty is assessed, the official may add additional non-releasable penalty time. Flagrant misconduct is an expulsion foul.
  - e. An expelled individual is barred from being in the facility.
3. Code of Conduct: If any player receives 2 unsportsmanlike penalties in a single game or a total of 3 during season play, player will sit out the next scheduled game, and may be subject to suspension from the league. In addition, any coach, parent or spectator suspended from a game will be ejected from the Foothills Sports Arena for that game and may be suspended for the season. (See Foothills Park & Recreation District Code of Conduct Policies).
4. FIGHTING: Any form of fighting and physical altercations will result in immediate ejection from the game and league suspension of to a lifetime suspension and/or legal charges. (See Foothills Parks & Recreation Code of Conduct)
  - a. Fighting is a flagrant act that can occur when the ball is live or dead, includes, but is not limited to:
    - i. An attempt to strike an opponent with the first, hand, arms, legs, feet or intentionally swing a stick at an opponent with the intent to injure.
    - ii. An attempt to punch or kick an opponent regardless of whether or not contact is made.
    - iii. Attempting to instigate a fight by committing an unsportsmanlike act toward an opponent that causes the opponent to retaliate by fighting.
5. Any player, coach or spectator sent off must leave the facility by on their own or by legal means.

## CODE OF CONDUCT

The Foothills Park & Recreation District Athletics Department has taken the policy of prosecuting any player, coach or spectator that violates any Foothills Park & Recreation District Ordinance.

Foothills also reserves the right to expel any team, without a refund, for reasons of conduct, failure to observe rules, regulations, procedures and/or failure to field a team for 2 or more games. Written notification of such actions will be provided to the individual and/or team manager.

Misconduct / Ejection(s): The umpires and/or field supervisor shall be empowered to penalize an offending player, coach and/or team as follows:

- A. Warning to player and both teams.
- B. Ejection from current game and suspension for subsequent game(s).
- C. Forfeit of game.

Any player or spectator ejected from the game must leave the field and spectator area. Failure to leave when instructed can result in a forfeit.

Anytime a game gets out of control, the umpires, field supervisor or any Foothills Park & Recreation District Official has the authority to forfeit the game. Any team with 3 or more ejection will result in a forfeit.

- ✓ NO PLAYER at any time shall lay a hand upon, push, shove or threaten to strike or verbally threaten an official, staff member or spectator.  
Penalty: Be ejected from the game, receive minimum 3 game suspensions (maximum of a season) and will be placed on probation.
- ✓ ANY PLAYER involved in a physical altercation (strike/hit) with another player, coach, staff member or spectator.  
Penalty: Player(s) will be ejected from the game and suspended that sport for one full year. NOTE: Any player throwing a punch will be suspended for a full year no matter who started the fight.
- ✓ NO PLAYER will be allowed to play if acting in an intoxicated manner.  
Penalty: player(s) will be removed from the ball game. This will be ruled upon by any of the officials or a Foothills Park & Recreation District staff member.
- ✓ ALL PLAYERS, COACHES AND SPECTATORS will abstain from the use of vulgarity or unsportsmanlike manners while on Foothills Park & Recreation District property.  
Penalty: Depending upon severity, officials can enforce A, B, or C of Misconduct/Ejection rule.

TEAMS ARE RESPONSIBLE FOR THEIR PLAYERS AND SPECTATORS CONDUCT BEFORE, DURING AND AFTER THE GAMES. All spectators, as well as participants, must conform to all Foothills Park & Recreation District Regulations and Rules. Improper behavior will not be tolerated.

Penalty: Ejections, Forfeit of game and/or remaining games, arrest and prosecution and no refund of fees.

Once a player(s), coach and/or team have been placed on probation, their conduct will be evaluated throughout the remainder of the season, including State Tournaments. Further conduct violations will result in further suspension that could extending through the remainder of the season, including State Tournaments, as well as forfeiting all fees paid to date.

All players and/or coaches will abide by the official's decision including a decision concerning a team's conduct. The second time a player, coach or manager is ejected from a game, and a more severe suspension will be administered.

Teams may appeal any suspensions by contacting the Foothills Park & Recreation District Athletic Coordinator and setting an appointment.