NVYLL Inc.

LEAGUE OPERATIONAL RULES & REGULATIONS

Spring 2026

Table of Contents

1.0 POLICY 3
1.1 GENERAL 3
1.2 TEAMS 6
1.3 COACHES 7
1.4 PLAYERS 8
1.5 SCHEDULING 9
1.6 PRACTICES 9
1.7 GAMES 10
1.8 PLAYOFFS 12
1.9 CONDUCT 13
1.10 PROTESTS and PENALTIES 14
APPENDIX # 1 -- CLUB MATRIX AND SCHEDULING PRIORITIES 16
APPENDIX #2 – BOYS' ANNUAL RULES UPDATE – 2026 19
APPENDIX # 3 - GIRLS' ANNUAL RULES UPDATE – 2026 26
APPENDIX #4 -- NVYLL GAME SUMMARY REPORT 33
APPENDIX #5 -- NVYLL OFFICIAL TEAM ROSTER 34
APPENDIX #6 -- NVYLL EXCHANGE ROSTER 35
APPENDIX #7 -- NVYLL CODE OF CONDUCT 36
APPENDIX #8 -- INFECTIOUS DISEASE POLICY 38
APPENDIX #9 -- NVYLL HEAT GUIDELINES 42
APPENDIX #10 -- HIGH SCHOOL PYRAMID CHART FOR NEW REGISTRANTS 49
APPENDIX #11 – SAFESPORT APPROVED ALTERNATIVE TRAINING PROGRAMS 51
APPENDIX #12 – ALTERNATE TEAM MEMBERS 52

1.0 POLICY

1.0.1 The purpose of NVYLL is to provide the youth residing within the geographical boundaries of Northern Virginia a healthful, enjoyable leisure time activity and as a corollary to develop qualities that may help them in later life: sportsmanship, team play, and integrity.

1.0.2 NVYLL is a co-ed league.

1.0.3 Each player shall participate in every game a minimum of 25% of the game. This policy shall not be cause for game protests. However, coaches found guilty by the Executive Committee for not complying with this policy will be brought before the full NVYLL Council (NVYLLC) for possible disciplinary action under Rule 1.9.

1.0.4 Any questions not covered by the Official League Rules, official interpretation thereof, or any conflict not subject to protest shall be decided by the NVYLL Executive Committee.

1.1 GENERAL

1.1.1 All teams must be sponsored by an organization governed by a Board of Directors or other responsible body.

1.1.2 New organizations must apply in writing to the NVYLLC for approval by that body for assignment to appropriate divisions under these rules. All applications must be received no later than October 1st for consideration for play in the spring of the following year. A positive vote by two-thirds majority of the NVYLLC is required for admission to NVYLL.

1.1.3 Organizations comprising the NVYLL must enter all players in all sponsored teams in this league within the grade and age limits established within these rules, with the exception of 8U/GK2 and lower teams, which can opt to enter “house leagues”.

1.1.4 NVYLL shall maintain annual league general liability (including sexual abuse liability) and accident insurance with minimum coverage of $1,000,000 per occurrence and $3,000,000 general aggregate. The minimum coverage limits many be increased by the Executive Committee as deemed appropriate and necessary. NVYLL’s insurance policy will name each member club in good standing as well as any necessary additional insureds identified by the clubs to NVYLL. NVYLL’s general liability and accident insurance will primarily be based on clubs’ Spring season NVYLL players reported to NVYLL. Additionally, clubs at their option may provide player counts and other information regarding non-NVYLL activities to secure insurance coverage for players and activities outside of NVYLL’s official season events. Member clubs’ insurance coverage for non-NVYLL activities may be dependent upon the accuracy of this information. NVYLL’s general liability and league accident insurance costs will be allocated to each club on a per-player basis according to each club’s Spring season players officially rostered with NYVLL plus additional players identified for non-NVYLL coverage, at each club’s option. All clubs relying on NVYLL insurance for non-NVYLL activities must comply with NVYLL’s requirements for all coaches and significant adult volunteers regarding background checks, sexual abuse prevention training, and concussion awareness. Member clubs are responsible for securing their own Directors & Officers coverage as needed.

1.1.5 The NVYLLC recommends that his/her personal physician give all players a physical examination before participating in lacrosse practice and/or games within three months of the start of the season. No player shall be allowed to participate in the NVYLL if a physician recommends non-play. It is the responsibility of parents and each respective organization to determine and monitor the health of individual players on a continuing basis.

1.1.6 NVYLL requires all players to provide valid proof of age to their club commissioner at registration. Valid proof of age is limited to birth certificate, DMV youth ID card, current passport, or military dependent ID. Each club commissioner shall warrant the ages of all players of his or her club and shall include the following certifications which each player's parent/guardian must acknowledge and agree to as part of the club's registration process:

NVYLL Parent/Guardian Certification for Player Registration

a. I certify the birth date and grade for my son/daughter on this registration is correct and that the address provided is for his/her primary residence.

b. I certify that my son/daughter has not played on a lacrosse team for any other NVYLL member program in the prior spring season unless we have either moved our primary residence since then or obtained a waiver from NVYLL to move to a different program.

c. I understand that if I have certified to incorrect age, grade, address, or playing information, whether intentionally or unintentionally, any team my son/daughter plays on may forfeit all games played and my son/daughter may be suspended from participating in any NVYLL activity.

1.1.7 All clubs are required to have approved uniform color combinations at the beginning of each season. These approved colors shall be worn at games unless a conflict arises. Team colors shall be listed with the League. It is the home team's responsibility to provide and wear an alternate color uniform or pinnie if a conflict arises. Clubs are NOT required to have both a home and away jersey. To avoid color conflicts, it is strongly recommended that all clubs use "reversible" jerseys. Clubs choosing to use reversible jerseys must ensure that one side is dark-colored (the "away" side) and the other side (the "home" side) is light-colored. When in doubt, white should be used as the primary color of the light-colored side of the jersey. Clubs in violation of the NVYLL's uniform rules that do not have an approved exception shall be notified and required to provide a plan for compliance to the league chairman within 5 days of notification. Failure to provide or implement a compliance plan may result in fines or other penalties.

1.1.8 There will be no use of tobacco or alcohol products at any NVYLL practice or game site by anyone. Playing fields are drug and alcohol-free zones. During games, the Club Commissioner, Field Commissioner and Sideline Manager are responsible for enforcing this rule. If the individual is a Head Coach, Assistant Coach or a club official and refuses to cooperate, he/she will be warned that failure to comply with this rule will result in the forfeiture of the game by his/her team and further disciplinary action by the NVYLL Executive Committee may be taken.

Refusal to cooperate by a spectator can result in a five-minute game misconduct being assessed against the affiliated team.

1.1.9 Commissioners must submit their field assignments, dates of availability, times of availability and directions into the league by the third Tuesday of February prior to the start of the spring season. The league will provide the clubs with directions on how the submission should be completed.

1.1.10 Clubs will be assessed fees to offset NVYLL administrative costs. The amount of the fee will be presented by the league Treasurer as part of the annual budget presentation and approval process. The NVYLLC will review and approve the fees.

1.1.11 The NVYLLC recognizes the importance of Concussion Awareness and Training for all their teams and players. The NVYLLC has established an awareness program that must be followed by all member clubs unless the club has a program of its own. If a club has a program of its own it must, minimally, have all the elements of the NVYLL program. The elements of the program are provided below. The information used by the program will be published on Concussion Awareness page on the NVYLL website.

a. Each coach must complete the Heads Up: Concussion in Youth Sports on-line training course available on the Centers for Disease Control and Prevention (CDC) prior to the start of each season. https://www.cdc.gov/headsup/youthsports/training/index.html. We also recommend that parents and others helping keep athletes from concussion take the course.

b. Distribute a Heads Up Parent Fact Sheet to the parents of minor players prior to the start of each season. This can be distributed electronically or in hard copy. https://www.cdc.gov/headsup/youthsports/parents.html.

1.1.12 All Coaches, Players and Parents of the NVYLL must read, understand, and sign the "NVYLL CODE OF CONDUCT" form (See Appendix #7). Coaches are to agree to the Code of Conduct form on-line on the NVYLL site no later than the Thursday before the first (1) game of the season. Players and parents must sign and agree to the Code of Conduct prior to the first game of the season. Clubs may select the method for Parents and Players to agree to the Code of Conduct.

1.1.13 NVYLLC is committed to the safety and well-being of lacrosse athletes. The paramount principal for NVYLL and its club members is that any and all forms of physical and sexual abuse and/or misconduct are strictly prohibited. NVYLL requires the highest standard of integrity for its member clubs to ensure that abuse and misconduct do not occur at any level. No coach of any NVYLL member club may engage in behaviors that are considered child sexual abuse, sexual misconduct, physical abuse, verbal abuse, psychological or emotional abuse, or physical misconduct. Effective as of the 2020 Spring Season, all coaches and volunteers who regularly participate with a particular club or team are required to complete an online education and training course, provided by the U.S. Center for SafeSport, available through U.S. Lacrosse. If a club has a program of its own it must, minimally, have all the elements of the SafeSport program and be approved by the NVYLL Executive Committee.

1.2 TEAMS

1.2.1 The NVYLL will be composed of youth teams from its member clubs who compete in different divisions divided by gender and grade or age as decided annually by the NVYLLC. Tradition and the rules of play for the women's game are intended to limit participation in the women's game to females and tradition and the rules of play for the men's game are intended to limit participation in the men's game to males. However, NVYLLC supports lacrosse participation in accordance with a player's gender identity, irrespective of the gender listed on the athlete's birth certificate or other records and regardless of whether the athlete has undergone any medical treatment. Issues regarding the appropriateness of a player's team placement should be brought to the EC by club commissioners only and in a manner respectful of a player's privacy. A coach or other game participant who publicly questions a player's eligibility based on gender before, during, or after a game may be in violation of NVYLL's Code of Conduct and may be subject to sanctions up to, and including, a permanent ban from participation in NVYLL activities according to NVYLL EC's disciplinary authority.

1.2.2 Boys' divisions shall be based on the following USA Lacrosse Youth Council (USLYC) age definitions: 14U; 12U; 10U; and 8U.

Girls' divisions shall use the following NVYLLC grade-based divisions: Grades 7th and 8th – G78; Grades 5th and 6th – G56; Grades 3rd and 4th – G34; and Grades Kindergarten, 1st, and 2nd – GK2. See Appendix 3 for further definition.

No high school student (Grades 9-12) who is playing in a high school lacrosse program may participate in this league concurrently. All other players through and including Grade 8 shall be eligible to play in the NVYLL without regard to whether they play for any club or school teams as long as they meet age criteria. 9th Grade boys and girls who are not playing in a high school lacrosse program and who otherwise meet the age cutoff are eligible to play in the NVYLL.

1.2.3 Both boys and girls age divisions can be further divided into levels.

Boys 14U:	Full Field AAA, AA, B, and C levels
Boys 12U:	Full Field AAA, AA, B, and C levels
Boys 10U:	(1) Full Field
	(2) Modified Field A, Modified Field B
Boys 8U:	Modified Field Upper (A) and Lower (B) levels
Girls 7/8:	Full Field AAA, AA, B, and C levels
Girls 5/6:	Full Field AAA, AA, B, and C levels
Girls 3/4:	(1) Full Field
	(2) Modified Field A, Modified Field B
Girls GK2:	Modified Field

The number of levels at each division will be based on total number of teams (Appendix #1).

1.2.4 There shall be a maximum of 24 and a minimum of 16 players listed on a team roster except by approval of the Executive Committee. Programs with multiple entries within a division must have the same number of players plus or minus 2 per team. Waivers may be requested for more than 24 players.

The 8U and 10U MF boy's division teams shall have a maximum of 16 and minimum of 11 players listed on the team roster. The GK2 and G34 MF girls' division teams shall have a maximum of 18 and a minimum of 12 players listed on the team roster.

Beginning with the 2026 Spring season, teams shall be allowed to have "alternate team members" as defined in Appendix #12.

1.2.5 Annual tryouts for teams shall be held by each Club to allow an equal opportunity to participants. Tryouts for A level teams as well as boys' 10U and girls' G34 full field and modified field A teams may begin after December 1st. Assessments preparing for a player draft within B and C level teams may begin after January 1st of each year.

1.2.6 Parity is the intent of this league, therefore, if clubs enter multiple teams within a given level (e.g., 14U B), they will be required to conduct a draft so that the players are equally distributed by talent and no team is "stacked" with a greater concentration of talented players. That is, each coach will in turn select a player from the roster of available players until the roster is exhausted with the intention of creating teams of equal ability. Each club commissioner shall warrant that multiple teams within a given sublevel were formed by a draft that equally distributed talent among such teams.

1.2.7 Commissioners must submit their list of teams by sex, age group and level by the third Tuesday of February prior to the start of the spring season. The submission shall include the clubs requested conference alignment within the A division, i.e. AAA, AA.

1.2.8 Final official team rosters are to be submitted to the league Executive Administrator by the Wednesday before the first league game in the prescribed format approved by the league. (See Appendices #5 and #6 for the official and exchange roster format.) Clubs using League Athletics or other electronic registration systems may submit a spreadsheet of their team rosters using a format provided by the League.

1.2.9 Previously unregistered new players may be added to rosters up to the second game of the season with the NVYLL Chairman's approval in advance. All player additions to these rosters will be sent to the league Executive Administrator by Wednesday of the following week.

1.3 COACHES

1.3.1 ALL coaches, head and assistant, must have and maintain an active USA Lacrosse coach membership for the entirety of NVYLL season for which they are coaching (https://www.usalacrosse.com/membership). All coaches must also maintain a minimum of a bronze-level USA Lacrosse coach certification (https://www.usalacrosse.com/coach-certification). Failure to comply with this rule shall result in the following: (a) the immediate suspension of the coach until compliance is verified by the parent club and either the league chairman or administrator (b) a $50.00 per team fine to the coach's parent club. Repeated or continued violations of this rule may result in more severe penalties.

1.3.2 The NVYLL is committed to supporting the continuing development and education of its coaches. To this end, the NVYLL shall provide reimbursement to eligible coaches for the following expenses:

a. USA Lacrosse Silver-level certification ($35 USD)
b. USA Lacrosse Gold-level certification ($35 USD)
c. USA Lacrosse Platinum-level certification ($35 USD)

In order for the NVYLL to offer this benefit to as many coaches as possible, each coach shall be eligible for reimbursement of only one of these expenses per season.

To request reimbursement, an eligible coach must submit proof of payment, proof of completion, and their mailing address to the league administrator before the end of the season. Reimbursements shall be processed on a first-come, first-served basis until the annually allocated funds are exhausted.

1.3.3 Each club is responsible to conduct a background check on each of its coaches in the first year and every two years thereafter, and to ensure that all coaches and adult volunteers who regularly participate with a particular club or team have completed SafeSport training and are current for the duration of the Spring season. Club commissioners shall certify prior to each season in a format provided by the league that background checks and SafeSport training (or its approved equivalent) are up to date.

1.3.4 Any coach, moving from one club to another, is restricted from taking any players, except their own children. Such coaches' children will still need an approved waiver to play at a club other than their "home" club (as noted in section 1.4.4)

1.3.5 No Head Coach, Assistant Coach, or any other club official shall recruit or otherwise solicit players from another lacrosse club, nor shall they recruit new players not associated with a club from a school pyramid that is not affiliated with their own club. New recruits shall always be directed to the NVYLL clubs that serve the school pyramid of the player as described in Appendix #10. Individual waivers shall not be recommended to a new recruit unless compelling reasons limit the player's ability to participate in a club in their home pyramid. Any coach so accused shall be required to appear before the Executive Committee. If said accused is not a Head Coach, then the Head Coach will also appear. This meeting will take place within 5 days from the reported infraction. Penalty - Immediate Suspension for one year from all NVYLL events.

1.4 PLAYERS

1.4.1 The Commissioner of each member organization is responsible for verifying the eligibility of every player registered with his/her organization. Any team with an ineligible player may be barred from post-season play.

1.4.2 Only players who reside in Virginia are eligible for participation in NVYLL.

1.4.3 All players shall register with a NVYLL club that represents their public high school pyramid as determined by their residence regardless of the actual school they attend. See Appendix #10 for a list of public high schools and their associated NVYLL club(s). Once a player establishes a club within their public high school pyramid, they must obtain a waiver to move to another club within the same high school pyramid.

1.4.4 A player registered with one organization may move to another organization in the off-season only if he/she has moved residence or has been granted a waiver. In the case where a player

has moved residence, they may choose to remain with the prior club without a waiver.

1.4.5 Permanent and One-Year Waivers may be granted. One-Year Waivers may be granted if: (1) the home club cannot accommodate the player because registration is closed; or (2) the appropriate age division is full at the home club.

Permanent Waivers may be granted for more compelling reasons on a case-by-case basis.

1.4.6 When presented with an individual waiver request, if all involved clubs agree, then an individual waiver request is considered automatically approved once the Executive Administrator is notified and has acknowledged the waiver. If the involved clubs cannot resolve an individual waiver request, then the waiver request goes to the respective Eligibility Committee. The NVYLL Chairperson and Girls' Coordinator will appoint the Eligibility Committees for the boys' and girls' leagues respectively, which each will have at least three (3) members. Individual waivers for players registered before the first game, and for reasons other than those outlined in Rule 1.4.5, must be filed for approval with the Executive Administrator prior to the submission of rosters. Exceptions must be approved by the Executive Committee.

1.4.7 If the Eligibility Committee disapproves a Waiver Request and the player has played a game with the requesting club or the player has played a game before the Executive Committee has granted a Waiver Request, the official result of the game shall be a forfeit by the team adding the illegal player(s) and such team may be barred from post-season play.

1.4.8 All youth registered with one organization and a member of that organization's team roster cannot be transferred to another organization's team during the season or post-season.

1.4.9 After the second game of the season, a program may request a waiver to allow a player to participate. The Executive Committee will determine this request.

1.5 SCHEDULING

1.5.1 Scheduling is done using the priorities as determined by the NVYLLC (see Appendix 1).

1.5.2 The Scheduling Committee shall place teams from the member clubs in divisions and levels as directed by the applicable "Club Matrix" from Appendix #1 and any approved waivers.

1.6 PRACTICES

1.6.1 First regular team practices will commence no earlier than the second Saturday in February. This rule applies to any organized team events only. League and Club wide instruction such as skill sessions, clinics drills, group physical training, individual activity, such as conditioning for the first day of team practice is allowed. These types of activities shall be announced and made available to all participants.

1.6.2 No physical contact will be allowed for any player during their first three days of practice.

1.6.3 Each commissioner must know all practice times and locations for teams sponsored by his organization.

1.6.4 Practices shall not exceed one two-hour period per day excluding team travel time. No more than four team events (practices and games) per week for each team.

1.6.5 No games, scrimmages nor practices will be held with or against High School teams/ programs.

1.6.6 Each team must have its own First Aid Kit at all practices and games.

1.7 GAMES

1.7.1 League play will commence on a date established each year, for all divisions. The number of scheduled regular season games shall be at least eight.

1.7.2 Scheduled league games will be officiated by a recognized lacrosse officials association.

1.7.3 Games will be postponed or stopped if underway (see applicability of 1.7.14 below) in case of inclement weather or other players' safety concerns. This decision to postpone games will be made by the (1) NVYLL Chairman or his designated representative (2) the host club field commissioner (3) designated game officials (i.e., referees). This information will be disseminated by use of the NVYLL web site. Postponed games, including a rain out, will be re- scheduled as necessary. Each eligible game shall be rescheduled as soon as possible after a cancellation, and the appropriate commissioner(s) and referee coordinator shall be notified.

1.7.4 Scheduled league games will be overseen by a Field Commissioner. The Field Commissioner shall be responsible for: (1) enforcing the rules regulations and Bylaws of NVYLL; (2) maintaining orderly conduct of all participants, coaches, and fans; and (3) completing the "Game Summary Report forms" (see Appendix #4) which may be revised annually, but shall include, at a minimum, teams, scores, injuries, disciplinary actions, expulsions, forfeits and number of referees or umpires.

1.7.5 No game shall commence until team rosters have been exchanged between coaches. The coaches should check the rosters for accuracy and require that corrections be made, if necessary, prior to the start of the game and copies provided to the Field Commissioner. If a team refuses or is unable to provide a roster, that team shall forfeit the game. Coaches will be responsible for ensuring this rule is enforced. The Exchange Roster will include player's name and jersey number.

Coaches must have available at every game the "official roster"(see Appendix 5), a copy of which is turned in to the League with any approved additions noted by an asterisk. The "official roster" will contain each player's name, age, address, phone number, grade, school, and jersey number.

Team rosters (official and exchange) shall be available for any commissioner upon request from the Executive Committee. Official Rosters shall be on an official NVYLL Roster Form (See Appendix 4 for a copy of the Official NVYLL Roster Form) or in the same format. Coaches may request to view a copy of the "official roster" of the opposing team in addition to the "exchange roster".

Failure to provide the "official roster" prior to any game will not result in game forfeiture.

1.7.6 A NVYLL team shall not change its roster for any game.

1.7.7 The starting time for games will be published by the NVYLL. Games can be started ahead of schedule, up to 15 minutes in advance, only upon agreement of Coaches, Head Referee and Field Commissioner. A coach is under no obligation to start a game ahead of schedule. A game may be delayed in starting based on unusual circumstances up to 15 minutes, if a subsequent game is scheduled to follow on the same field. The game may be delayed up to 30 minutes, if no other game is scheduled to follow. A girls' team may play with fewer than twelve (12) registered players. A boys' team may play with less than ten (10) registered players. Teams must remain "onside" at all times when playing down, and the opposing team is not required to 'play down' as a result of an opponent not having enough players.

1.7.8 Teams that do not show for a game, within the time limits established in 1.7.7 will forfeit that game and will be held responsible for the cost of all Officials fees associated with that game. Teams/Clubs that wish to appeal this rule must submit in writing within 24 hours of the scheduled game time the reason for their appeal. The Executive Committee will review the reason(s) and make a decision based on this rule or set it aside for exceptional circumstances.

1.7.9 A maximum of four coaches will be permitted in the designated coaching area. A coach is defined as an individual who has signed and filed with NVYLL the NVYLL Coaches Code of Conduct (Appendix #7), undergone a background check, and has completed SafeSport abuse prevention training or its approved equivalent. Only players and coaches are permitted in the coaching and team area.

1.7.10 Coaches must be easily recognizable by appropriate wearing apparel, such as a cap, sweatshirt, or jacket identifying them with their organization and/or team.

1.7.11 Commissioners, Field Commissioners and Sideline Managers will be permitted in the table area and are NOT permitted to coach, root, cheer, etc., for either team. Sideline Managers may act as a team's representative at the scoring/timing table.

1.7.12 National Federation of State High School Associations (NFHS) Rules for Boys shall apply to all scheduled league games unless amended by USA Lacrosse Youth Council (USLYC) and/or these NVYLL Rules. USA Lacrosse and NFHS rules as approved shall apply for the girl's program unless amended by these NVYLL Rules.

Annually the league will review these rules and provide exceptions which meet the needs of NVYLL. This exceptions addendum will be called the Annual Rules Update. See Appendix #2 for current boys' exceptions and Appendix #3 for current girls' exceptions.

1.7.13 The NVYLLC, in keeping with the existing policy stated in Rule 1.1.1.a, has adopted the Virginia High School League (VHSL), "Infectious Disease Policy" for all participants. A copy of this policy as issued by the VHSL in 1992 is attached as Appendix #8 to these rules and is to be implemented by each NVYLL member organization effective IMMEDIATELY. For girls, the "Blood on Uniforms, Skin, Equipment Surfaces" policy is adopted, as printed in the U.S. Lacrosse Women's Rules.

1.7.14 Weather delay - 50% of regulation time must have expired to be considered a complete game. In the event of lightning all players shall leave the field and seek shelter in enclosed motor vehicles or buildings for 30 minutes following the last sighting.

1.7.15 It is recommended that all home teams, or host clubs during the playoffs, have a defibrillator device available.

1.7.16 A player may play with only one member club and on only one team. To avoid a game cancellation, up to four players may play on another team temporarily. The addition of temporary player(s) in order to play the scheduled game requires agreement by the opposing coach or commissioner. The official result of the game shall be a forfeit by the team adding the temporary player(s).

1.7.17 Club commissioners and coaches shall be responsible for recording game scores and reviewing records.

1.7.18 Game results and records will be kept for Boys 14U, 12U, 10UFF and 10UMF and Girls G78, G56, G34FF and G34MF Divisions. No game results, records, or standings will be kept for the boys 8U and girls GK2 Divisions (violation of this rule by a coach shall be considered a Code of Conduct infraction and will be referred to the Executive Committee for disciplinary action).

1.8 PLAYOFFS

1.8.1 NVYLL will decide at all non-8U and GK2 levels the number of teams at each level to advance to the NVYLL playoffs each year.

a. Only those teams that have actually played in more than 50% of their regular-season games will be playoff eligible (i.e. 5 out of 8 regular-season games). Any teams that have forfeited 50% or more of their regular-season games will not be eligible for playoffs, and therefore, will not be seeded.

1.8.2 Utilizing the same number of regular season games for each team, teams will be ranked according to the number of points achieved during the regular season. Points will be awarded using the following rating scale:

a. WINS 3 points per win

b. TIES 1 point per tie; and

c. LOSSES 0 points per loss

1.8.3 In case of ties in points, the tie will be broken as follows:

a. If tied teams have played each other, the team that won in head-to-head competition shall be the winner.

b. If two or more teams (playoff candidates) tied that game or didn't play, go to a ranking system, defined by the League Athletics standings.

c. If the ranking system still results in a tie, hold a draw. The team that wins the draw shall be seeded in the highest position available and the other two teams have a playoff game for the final spot.

1.8.4 A team may be excluded from the playoffs if, by recommendation of the Executive Committee and a quorum vote of the NVYLLC, it has been determined the team has been "stacked" with most of the good players from that age group and/or with players that belong at a higher level, particularly if a waiver has been requested and granted.

1.8.5 During the playoffs, the host club will be responsible for all field equipment.

1.8.6 Based upon review by the competition committee at the end of the regular season, any team with a disproportionate win/loss record, goals for vs goals against ratio, or any other metric that may strongly suggest that the team was placed at an inappropriate level in their division, may result in that team being moved to a different level of competition for playoffs.

1.9 CONDUCT

1.9.1 Unless otherwise specified, penalties for violations of this section shall be decided and imposed by the NVYLL Executive Committee.

The NVYLL Executive Committee shall be granted the following authority:

a. To forfeit any game as a committee without formal protest if a violation is found.

b. To require selected home Field Commissioner to collect all exchanged rosters of home and visiting teams on a selected game day and send them with each game summary to the Executive Committee by the following Tuesday noon, for a roster check. If a team does not provide this information at the prescribed time, that team may have games forfeited for that weekend; and,

c. To require a letter of confirmation of a player's eligibility from the Commissioner and if it is later found that the player is ineligible, a $500.00 fine will be assessed to the Club in addition to other required penalties.

The NVYLL Executive Committee may also impose additional penalties, beyond those specified, if deemed appropriate (i.e. game forfeiture, post-season ineligibility, game suspension, year suspension).

1.9.2 If at any time the Executive Committee finds the conduct of any player or member of the coaching staff to be detrimental and contrary to the best interest of his program, such individual may be suspended by the NVYLLC by a majority vote, from further participation for whatever period of time may be deemed reasonable and proper.

1.9.3 Each local commissioner should investigate any detrimental conduct by any player or member of the coaching staff of his/her local club.

1.9.4 All investigations of detrimental conduct, and penalties imposed, handled by the local club commissioner shall be reported in writing within 48 hours of the incident and sent by fax and/or email to the NVYLL Executive Committee.

1.9.5 Game officials shall notify the Field Commissioner of any ejections. Commissioners shall notify the NVYLL Executive Committee of any ejection, as soon as possible.

1.9.6 Any member of the coaching staff who is involved in a fight before or after any game or is ejected from a game for fighting will be suspended for one year. The suspension must be reviewed by the Executive Committee who may confirm, increase, or decrease the length of the suspension.

1.10 PROTESTS and PENALTIES

1.10.1 The only valid game protest that will be accepted by the Executive Committee shall be for eligibility reasons in the following categories:

a. Over-age

b. Fraudulent address of residence

c. Incorrect and/or incomplete roster

d. Playing of ineligible players

e. Playing of suspended player

f. Coaching by suspended coaches

g. Nonparticipant problem and unsportsmanlike activities by (parents and spectators)

In order to get a complaint on the agenda, it is required that the plaintiff commissioner notify a member of the Executive Committee.

1.10.2 Protests concerning Rules 1.10.1.a & 1.10.1.b above can be made at any time during the season.

Commissioners should report all violations suspected to the Executive Committee. Names of witnesses and evidence must be furnished.

1.10.3 Game protests, filed under Rules 1.10.1 subsections a, b, d, e or f that are upheld, shall result in forfeiture of all games in which the ineligible player(s) or coaches participated. Additional penalties in the form of suspension of players, coaches, or other officials involved may be imposed.

1.10.4 The penalty for an over-age player's participating in games, if discovered, (whether protested or not) and processed through the Executive Committee will result in forfeiture of all games in which the illegal player participated and that player's expulsion from any further league activities for the current season.

1.10.5 The penalty for a player who participates in a game and did not register as required, with both the member club and league, if discovered (whether protested or not) and processed through the Executive Committee will result in forfeiture of all games in which the illegal player participated. Further, this player and coach must receive written approval to continue to play, from the Executive Committee.

1.10.6 Where penalties for rule violations are not specified and for other matters that may be complained of penalties if deemed appropriate, may be assessed as follows:

a. Letter of reprimand

b. Probation of individuals * see note *

c. Suspension of individuals

d. Forfeiture of a game or games

1.10.7 Appeals from decisions of the Executive Committee shall be made in writing to the NVYLL Chairman within three working days from the date of the protest decision. (Appeals Fee $50.00) The Chairman may approve or disapprove the decision of the Executive Committee which action will be final unless the plaintiff or defendant commissioner requires in writing that the Committee reviews the matter. If this occurs, the Chairman will render a final decision in the matter of majority consent. There will be no further appeals.

APPENDIX # 1 -- CLUB MATRIX AND SCHEDULING PRIORITIES

A. Boys' and Girls' teams from each member club shall be assigned and scheduled based on the following: (for Boys 14U and 12U divisions, and Girls G78 and G56 divisions)

# Teams in Division	AAA,AA	B	C
One team	*PLACE AT ANY LEVEL*		
Two teams			
Three teams	1	1	1
Four teams	1	2	1
Five teams	1	2	2
Six teams	1*	3	2
Seven teams	1*	3	3
Eight teams	1*	4	3
Nine teams	1*	5	3
Ten teams	1*	5	4

** Clubs with more than five teams are encouraged to enter a second "A" team at a different level than their first team (i.e. AAA, AA, B1, B2, C1, C2). "A" teams do not have to be balanced across different levels (i.e. AAA & AA). Clubs that field teams at multiple A-levels in a division will not be forced to move a team up to a higher level if a reorganization is needed to fill out or balance the number of teams in that division.*

B. The above matrix is adjusted as follows for Boys 10U and Girls G34 teams. Boys 10U and Girls G34 will each have one Full Field Division and two Modified Field Divisions (A and B). Clubs may elect to enter their first Boys 10U and Girls G34 teams at any level in the divisions, without regard to the matrix. It is anticipated that boys and girls playing in the Full Field and Modified Field A Divisions will exhibit "A-level" skills relative for their age and grade. All boys' 8U and girls' GK2 teams will play on a "Modified Field.".

C. Waivers to the above matrix are to be discouraged and will be granted by the NVYLLC only when compelling, special circumstances are present (compelling reasons would include a new/first year club, an unusually large number of documented first year players, etc.). Clubs must provide compelling, written documentation with their petition to the NVYLL Executive Committee for special placement into a lower level. A Club may, without approval, choose to play up a Level. The NVYLL Competition Committee will evaluate the waiver requests, and make recommendations based upon past year's waivers, past year performance and other statistical factors that may be available to support the waiver request.

D. Divisions will be further divided into levels at the given sex/age group if it is beneficial to the League. Team level decisions will be based upon size of club, a club's performance in prior years, number of teams within the division, documentation provided by the Club, and recommendations from the Competition Committee. It is expected that with all clubs participating at the "A" level, in conformance with the NVYLL team matrix, that there will be 2 or 3 levels within "A" (i.e., AAA, AA). The Scheduling Committee will review club requests for conference alignment and create the appropriate levels for scheduling purposes.

E. Scheduling Priorities:

The following list of priorities will be used to the extent possible when the League schedule is drafted.

1. Barring unforeseen circumstances, all teams will have 8 regular season games.
2. Priority will be given to deconflict A-Division game schedules with the Greater Howard Club Lacrosse Conference ("HoCo") and the National Girls Lacrosse League ("NGLL"). This applies to the boys' 14U-A, 12U-A, and 10U Full-Field divisions, and the girls' G7/8-A and G5/6-A divisions respectively.
3. Boys' games have priority for Saturday time slots.
4. Girls' games have priority for Sunday time slots.
5. Levels (e.g. 14U B), with an uneven number of teams will of necessity have to play some games on opposite days (e.g. boys on Sunday, girls on Saturday).
6. All regular season games will be played prior to the Memorial Day weekend. No games on Easter or Memorial Day weekends.
7. Preferred start time on Saturday is 9 am, but, when necessary, games can start as early as 8 am.
8. Preferred start time on Sunday is noon, but, when necessary, games can start as early as 9 am.
9. With the exception of the G7/8-A, G5/6-A, 14U-A, 12U-A, and 10U Full-Field divisions, each team will be scheduled for an equal number of home and away games (based on a club providing adequate home field availability). A home game is defined as a game scheduled to take place at the respective member's designated field.
10. Preference is for a team not to play two games in one day. Exceptions shall be made for the 14U-A, 12U-A, 10U Full-Filed, G7/8-A and G5/6-A divisions.

11. G78 games will be scheduled in tandem (two games at one field) in order to provide the required rated umpires. As a result, G78 teams may only have 1 to 2 home games.
12. No GK2, 8U, G34 or 10U games will start after 5 pm.
13. Teams will not have two games on the weekend their public-school pyramid is scheduled to be on vacation.
14. All available artificial turf time will be used prior to scheduling grass facilities (with the exception of outlying fields).
15. Boys' 8U and 10U-MF games at separate fields are scheduled after noon (and sometimes after 1 pm). Youth referees have Saturday morning high school practices.
16. Every attempt shall be made to avoid scheduling single games at a field when building the season's master schedule provided that there is adequate field availability and doing so does not conflict with other scheduling priorities. In cases where it is necessary to schedule single games at a field as part of the season's master schedule or cases where it is necessary to re-schedule cancelled games as a single game at a field, additional officials fees may be incurred. Games rescheduled by request from the competing clubs that are scheduled as a single game at a field shall incur additional officials fees.
17. Games in the 14U-A, 12U-A, 10U Full-Field, G7/8-A, and G5/6-A divisions may be rescheduled if a conflict with HoCo or NGLL is identified by either club when the HoCo and NGLL schedules are initially released (i.e., distributed to their respective coaches and players). Additionally, games in these divisions may be rescheduled when a previously unknown conflict with HoCo or NGLL is identified at least one week in advance, provided the following criteria are met:
    - 3 or more players on a team are not able to participate as a result of the conflict
    - Both clubs agree to an alternative day and time (weekday games are not permitted)
    - field space is available, has been secured and agreed to by both clubs, and confirmed with the NVYLL scheduler
    - the NVYLL scheduler can confirm the availability of officials
    - Both clubs agree to pay the required additional fees for officials

APPENDIX #2 – BOYS' ANNUAL RULES UPDATE – 2026

The National Federation of High School Associations (NFHS) Boys Lacrosse Rules book and USA Lacrosse 2026 14U youth rules shall govern NVYLL boys' youth play, except as amended below.

OVERARCHING PRINCIPLE

The game is to be played with emphasis on the proper development of individual stick skills, team play, player safety, and sportsmanship.

League Play - NVYLL organizes boys' competition by age, and considers physical, cognitive, and emotional maturity when grouping players.

The following age groupings are determined as of the August 31st preceding competition:

- **14U: All** players must not yet be 14 years old on the August 31st preceding competition. NVYLL allows an exception for 8th and 9th graders to play 14U where they must not be 15 years old on the March 15 preceding competition for that Spring season.
- **12U:** All players must not yet be 12 years old on the August 31st preceding competition.
- **10U:** All players must not yet be 10 years old on the August 31st preceding competition.
- **8U:** All players must not yet be 8 years old on the August 31st preceding competition.

NOTE: Age group references used in this section are in common usage but should not be understood literally. The 14U (read: "Under 14") grouping means that, if a player is 14 years old prior to the cutoff date, he may not participate in 14U competition.

Notable Changes for 2026

The following is a list of notable changes for the 2026 season. The source of each change is notated at the end of each item in square brackets.

- **8U changing to the Sixes format [NVYLL]**
- **10U-FF, 10U-MF, and 8U will change sides only once per game at halftime [NVYLL]**
- **One-handed stick check rules introduced [USA LACROSSE/NVYLL]**
- **10U-MF and 8U 2-Pass rule changed to a 1-Pass rule [NVYLL]**

NVYLL General Modifications

Fields - All fields are assumed to be legal for NVYLL games. There shall be no penalties assessed for illegal field specifications.

Player Equipment - Players are to conform to NFHS and USA Lacrosse Youth Rules equipment requirements including NOCSAE- approved helmets, but for NVYLL there are no restrictions on color, markings, or decals, nor are players required to field matching equipment. Eye shade (grease or non-glare strips or stickers) or other markings are allowed that include words, numbers, logos, or other symbols to exclude profanity and or offensive shapes marks.

Sportsmanship and Conduct - Sportsmanship is paramount during all NVYLL play. Code of Conduct shall be adhered to and enforced fully by the game officials and Field Commissioner. Game and field conduct is the responsibility of the home team, Game officials and Field Commissioner.

Pre-Game and Game Modifications

1. Keep all parents on the opposite side of player area and away from the end lines.
2. Penalty enforcement is served while the ball is in play. Stop and start time is enforced for penalties while game time is a running clock. The game clock will stop on all whistles during the last two (2) minutes of all 14U, 12U, 10UFF and 10U MF games and during the last two (2) minutes of any overtime period (overtime applies to 14U and 12U only), except in the case when the 6 or 12 goal rule applies.
3. Any team behind by six (6) goals or more (10U FF & 10U MF) or 12 goals or more (12U & 14U) shall get the ball at the center of the field after the scoring of a goal instead of a face-off. There will be a face off at the start of each quarter and each half, regardless of score. In the event of a time-serving penalty with possession at the end of a quarter, the next quarter will start per NFHS rules. This rule does not apply to 8U MF as no score is kept in this Division.
4. There shall be two-minute intervals between the first and second periods and between the third and fourth periods of a game. During these intermissions, all rules governing play of the game remain in force. The intermission between second and third periods shall be 5 minutes. The teams may leave the field, and all rules governing play of the game remain in force.
5. Failure to exchange rosters and then provide to the Field Commissioner prior to the start of the game is an immediate forfeiture.

Uniform Guidelines

The NFHS BOYS' LACROSSE UNIFORM RULES (https://www.nfhs.org/media/869200/boyslacrosseuniforms.pdf) shall apply unless otherwise amended herein. References in the NFHS BOYS' LACROSSE UNIFORM RULES to "High School Name" and "state association" shall be interpreted as "NVYLL club name" and "NVYLL" respectively.

a. Sleeveless ("tank-style") jerseys that do NOT completely cover the shoulder pads shall be permitted.
b. The height of numbers on the front and back of youth-sized jerseys may be less than 8 inches and 12 inches.
c. Jersey numbers may be 3 digits
d. A player's last name may be printed on the bottom of the backside of the jersey. The first initial of the player's first name may be included to differentiate players with the same last name. The height of the letters may not exceed 2 inches. The top of the letters may be no higher than 4 inches measured from the bottom of the jersey. The color must be the same as the color used for numbers.
e. Shorts are not required to match the dominant color of the jersey.

14U DIVISION

All rules are the same as those used in the NFHS rulebook with the following exceptions.

1. NFHS and USA Lacrosse Youth Rules will be followed unless modified below or previously in these NVYLL rules.
2. No games or practices may be held with High School teams.
3. Though suggested, players need not be members of USA Lacrosse, unless required by their Club.
4. Limited body checking is allowed within 3 yards of a player in possession of the ball, within 3 yards of a loose ball, or to a player within 3 yards of a ball in flight. To be legal, body checking of an opponent can only be delivered by a player who has both hands on their own crosse. Take out checks are NEVER allowed.
5. Goalkeepers are not required to wear arm pads at any age level. In the interest of safety, goalkeepers may wear arm pads if they choose.
6. Twelve (12) minute running-time quarters.
7. The game clock will start and stop on all whistles during the last two (2) minutes of games and during the last two (2) minutes of any overtime period, except in the case when the 12-goal rule applies.
8. There shall be one 4-minute "sudden victory" period for any tie game. If no goal is scored in the "sudden victory" period, the game will end in a tie. In the playoffs, as many sudden-victory overtime periods will be played as necessary until a winner is determined.
9. Time serving penalties will be releasable or non-releasable in accordance with NFHS rules unless modified here in. NFHS Rule 5-4-2 does NOT apply for youth lacrosse. All unnecessary roughness penalties are non-releasable for youth lacrosse.
10. In case of a Flag Down Slow Whistle situation, officials will employ the Slow Whistle Technique as outlined in NFHS Rule 7-8.

12U AAA/AA DIVISION

All rules are the same as those used in 14U Division.

12U B/C DIVISIONS

1. Stalling and advancement rules are not enforced at these levels. There is no "over and back" enforcement.

10U FULL FIELD DIVISION

All rules are the same as those used in 12U with the following exceptions:

1. 10-minute running time quarters.
2. The game clock will stop on all whistles during the last two (2) minutes of the fourth quarter and for playoff games the last two (2) minutes of any overtime period, except in the case when the 6-goal rule applies.
3. A maximum of three (3) long poles are permitted on the field. Crosse length of long poles shall be between 47" – 72".
4. No body checking is allowed. Legal holds, incidental contact and equal force body contact are allowed.
5. No overtime (sudden victory) periods will be held for regular season games. Tie games will end after regulation time expires.
6. 10U and 8Ugames shall require normal, on-the-fly substitutions through the 'box' and will NOT use the "Horn Substitution Option" as described in USA Lacrosse Youth Rules. However, officials shall allow time for young players to make a "normal substitution" through the "box" when the ball goes out-of-bounds on the sideline.
7. Fast restarts allowed at 10U full field (NVYLL rule).
8. One-handed stick checks are a penalty at 10U and below. No one-handed stick checks are allowed – whether or not contact is made. One-handed stick checks will be called as a slashing penalty by the officials. If the defensive player's hand comes off his stick in his legitimate follow-through motion after, or during his recovery from a controlled poke-check, this need not be considered a slash solely because his hand came off the stick.
9. Teams shall change direction of play at halftime only. Goalkeepers will switch ends of the field at halftime accordingly.

10U MODIFIED FIELD DIVISION

All rules are the same as those used in 10U Full Field division with the following exceptions:

1. The 10U Modified Field shall be approximately a minimum of 60 yards long and 35 yards wide with a painted end line and mid-field line. Fields may be set up to run across half of an NFHS full size regulation field. Creases will be designated 5 yards from each endline.
2. Teams will be limited to 7 players on the field at a time (7 v 7). The 7 players will be 2 attack, 2 midfielders, 2 defensemen and a goalie. To remain on-sides, a team must have a total of 3 players in the defensive end and two players in the offensive end of the field.
3. On a face-off, attack and defense players shall stay behind the Goal Line Extended (GLE) until an official declares possession.

4. The 1-pass rule is in effect for all players, including the goalie. One pass must be caught (or otherwise possessed) on the offensive half of the field before a shot on goal may be attempted.

   Key Details:

   - A legitimate pass includes any throw (air or ground) directed toward a teammate that results in a teammate gaining possession on the offensive side of the field.
   - "Caught" includes situations where the ball is initially dropped but then picked up and controlled by the receiving player on the offensive half.
   - A pass or clear made from the defensive half (including by the goalie) counts toward the 1-pass requirement if possession is gained on the offensive half of the field.
   - Once one pass is completed (caught or picked up) on the offensive half, there are no further restrictions on the offensive team until a change of possession or timeout occurs, after which the 1-pass count resets.
   - If a goal is scored without a pass being caught or possessed on the offensive half, the goal shall not count, and possession will be awarded to the opposing team at the midfield line.

   Clarifications:

   - A change of possession is considered to have occurred if the goalie makes a save and the goalie or any defender gains control of the ball.
   - Deflected shots or passes are not considered a change of possession.
   - A penalty does not reset the 1-pass count.

5. Players serve time-serving penalties but may be replaced with another player on the field while serving the penalty (thus the teams remain at equal strength). When a foul is committed, on the re-start it becomes a 3-on-2 fast break from midfield. One (1) non-offending midfielder begins five (5) yards ahead of the midfield line. All other midfield players (defense and offense) begin behind the midline and onside rule remains in effect. Attack and defense players are allowed to position themselves to execute/defend fast break. The two-pass rule is automatically considered satisfied. All players released on a SINGLE whistle.
6. Timeouts are limited to two (2) per game - one for each half.
7. Fast restarts not allowed.
8. No long poles are permitted.
9. In the event that a loose ball cannot be quickly picked up due to 3 or more players in a "scrum" or if it becomes trapped by multiple sticks, the official shall stop play and award the ball via Alternating Possession Rules.

8U SIXES DIVISION

All rules are the same as those outlined in the US Lacrosse Sixes Advanced Small Sided Standards for 8U (https://stage.usalacrosse.com/sites/default/files/documents/Rules/SIXES-USAL-Rules.pdf)with the following exceptions:

1. No scores are reported. No standings are kept. No playoffs will be held. This is a noncompetitive division devoted to player development.
2. Teams have the option to play with a goalie or without one but may not use a shooting barrier in place of a goalie. When playing without a goalie, the team may not add an additional field player.
3. One (1) coach per team shall be allowed on the field along the team sideline. Coaches on the field are not permitted to cross the midfield line and may never cross in front of opposing team bench. Teams are encouraged to take advantage of this teaching opportunity, but this presence does not authorize the coach on the field to address the game officials or - unless agreed to by the other team's coach - members of the opposing team.
4. The game clock does not stop during the last (2) minutes of play. Entire game is a running clock with 8-minute quarters.
5. Coaches are encouraged to play with a goalie and rotate goalies at half time with each player on the team playing at least one half in goal during the season.
6. Equipment: An athletic cup is required. Thigh protection & Shin guards are optional for goalies
7. Field: A standard NVYLL Mod-Field is used
8. Shot Clock: No Shot clock will be used
9. Time Management: No overtime period
10. Restarts After Goals: Referee takes possession of the ball and restarts an offensive player on GLE. Defensive players cannot engage offensive players until they reach the midline
11. There must be one pass or attempted pass completed in the offensive zone (Mirror the new Mod-Field 1-Pass rule)
12. Teams shall change direction of play at halftime only. Goalkeepers will switch ends of the field at halftime accordingly.

APPENDIX # 3 - GIRLS' ANNUAL RULES UPDATE – 2026

The NFHS Girls Lacrosse Rules book shall govern NVYLL girls' youth play, except as amended below.

OVERARCHING PRINCIPLE

The game is to be played with emphasis on the proper development of individual stick skills, team play, player safety, and sportsmanship.

Girls' Age, Grade, and Eligibility Guidelines. NVYLL believes that a grade-based system provides playing opportunities that promote the game of lacrosse in a safe and sportsmanlike environment. Players may not play below their designated grade brackets.

League and Association Play. NVYLL will organize girls' competition by grade, and consider physical, cognitive, and emotional maturity when grouping players. The following grade groupings are determined as follows:

Grade	Grade Bracket
High School	GHS
7th and 8th (*)	G78
5th and 6th	G56
3rd and 4th	G34
Kindergarten, 1st, and 2nd	GK2

** 9th grade girls that are still 14 on August 31 preceding competition may play for the G78 grade bracket, as long as they are not playing on a high school team.*

Notable Changes for 2026

The following is a list of notable changes for the 2026 season. The source of each change is notated at the end of each item in square brackets.

- **If a possession timeout is called when the GK has possession of the ball inside the goal circle, play will resume at the closest dot, and any player may restart play. [NFHS]**
- **When a player draws illegally, the free position may be taken by any player on the opponent's team at the spot of the ball. [NFHS]**

NVYLL General Modifications

Fields - All fields are assumed to be legal for NVYLL games. There shall be no penalties assessed for illegal field specifications.

Player Equipment - All players are expected to conform to the NFHS equipment rules except as amended below. Goalkeepers are also expected to conform to USA Lacrosse youth rules for equipment except as amended below. All team members shall be dressed uniformly with the exception of the goalkeeper. Field players may wear jerseys that are a single, solid color or subtle design/pattern, as long as the pattern does not interfere with the ability to clearly view the number and kilts/shorts/pants of the same dominant color. Eye shade (grease or non-glare strips or stickers) or other markings are allowed that include words, numbers, logos, or other symbols to exclude profanity and/or offensive shapes/marks.

Until such a time as there are new products readily available in the marketplace which are compliant with current safety standards, players requiring prescription eyeglasses may continue to use eye protection that was certified under the ASTM F3011-14 standard and approved by US Lacrosse (now USA Lacrosse) for play during the Spring of 2019.

Sportsmanship and Conduct - Sportsmanship is paramount during all NVYLL play. Code of Conduct shall be adhered to and enforced fully by the game officials and Field Commissioner. Game and field conduct is the responsibility of the home team, Game officials and Field Commissioner.

Pre-Game and Game Modifications

- All games in the GK2, G34, G56 and G78 divisions will be played with "running time". Running time means that the clock will continue to run after goals. It will be stopped on timeouts and when there is a foul in the critical scoring area in the last minute of all quarters. During the 4th quarter the clock will stop on all goals in the last minute of play. Exceptions: The clock continues to run during the last minute of each quarter if there is a 10-goal differential.
- Half-time shall be 5 minutes.
- GK2 shall play four 10-minute quarters. There shall be two-minute intervals between the first and second quarters and between the third and fourth quarters of the game. The intermission between second and third periods shall be 5 minutes.
- If a game is interrupted or suspended due to dangerous weather or field conditions, the game is considered legal and complete if 50% of playing time has elapsed.
- Substantial Advantage: any team in the G34, G56, or G78 division (excluding the G78A levels) that is behind by five (5) goals or more shall have the option to get the ball at the center of the field as an indirect free position instead of a draw. When this occurs, positioning for the draw will apply with the defender standing 4m away at a 45-degree angle. The player taking possession may run or pass but may not shoot. The ball must be passed prior to an attempted shot.
- There will be a draw at the start of each quarter, regardless of score.

Uniform Guidelines

The NFHS GIRLS' LACROSSE UNIFORM RULES shall apply unless otherwise amended herein. References in the NFHS GIRLS' LACROSSE UNIFORM RULES to "school" or “team name” shall be interpreted as "NVYLL club name"; and reference to "state association" shall be interpreted as "NVYLL".

a. Jerseys may be a single solid color or may have a subtle design/pattern as long as the design/pattern does not interfere with the ability to clearly view the player’s number.
b. The height of numbers on the front and back of youth-sized jerseys may be less than 6 inches and 8 inches.
c. Jersey numbers may be 3 digits
d. Visible long- or short-sleeve undergarments do NOT need to match the jersey's primary color.
e. A player's last name may be printed on the bottom of the backside of the jersey. The first initial of the player's first name may be included to differentiate players with the same last name. The height of the letters may not exceed 2 inches. The top of the letters may be no higher than 4 inches measured from the bottom of the jersey. The color must be the same as the color used for numbers.
f. Kilts/shorts/pants do not have to match the jerseys primary color and do not have to be a solid color

GHS

All rules are the same as those used in the NFHS Girls Lacrosse Rule Book with the following exceptions.

1. NFHS Rules will be followed unless modified below or previously in these NVYLL Rules.
2. All GHS games will be officiated by High School rated officials
3. All participants will be members of USA Lacrosse**.**

G78 AAA/AA

All rules are the same as those used in High School Division with the following exceptions.

1. NFHS Rules will be followed unless modified below or previously in these NVYLL Rules.
2. No games or practices may be held with High School teams.
3. Though suggested, players need not be members of USA Lacrosse, unless required by their Club.
4. Four 12-minute quarters, running clock.
5. Two timeouts per regulation, one timeout total for all overtime periods. There is no carryover.
6. Overtime (regular season): When the score is tied at the end of regular play, both teams will have a 5-minute rest, and a coin toss (visitor calls) will occur for choice of ends. Alternate possession will continue from regulation. A maximum of two 3-minute sudden victory periods of running clock overtime will be played. The clock will be stopped after 3 minutes of play in order for teams to change ends with no delay for coaching. The game will be restarted with a center draw. The team scoring the first goal wins the game. Games may end in a tie.
7. ‘Full checking’ is allowed.

G78 B

All rules are the same as those used for G78 AAA/AA with the following exceptions.

1. Substantial advantage applies (see the *Pre-Game and Game Modifications* section above).
2. **One Pass Rule**: After each new draw possession, at least one pass must be attempted to a player in the offensive end (past midfield) of the field before her team may shoot. Failure to do so will result in a major foul. After each change of possession in the defensive end of the field, at least one pass must be attempted to a player in the offensive end of the field before her team may shoot. Failure to do so will result in a major foul. NOTE: For each instance where the one pass has been completed, umpires will not (as coaches should not) direct the player to "shoot", additional passes might be the right thing to do. The intent of this rule is not to have teams make the required pass and then, regardless of where the ball is, compel the player to run to the goal and shoot or shoot on command without regard for placement of other players. The umpire will have final authority on judging this call.
    a. **Approved Ruling 1-1:** Blue GK clears to her teammate who receives the pass just below the restraining line in their defensive end; she carries the ball down field and attempts a shot on goal. RULE: Illegal. Major foul for the shot on goal when no pass was attempted in Blue's offensive end. Free position to the Goalkeeper inside the goal circle, shooter is placed 4M behind the goal circle.
    b. **Approved Ruling 1-2**: After a legal draw by the Blue and Red centers, the ball goes directly to a Blue teammate standing on the center circle, she runs straight to goal, shoots and scores. RULE: Illegal. No Goal. Major foul, no pass was attempted after initial possession from the draw. Free position to the Goalkeeper inside the goal circle, shooter is placed 4M behind the goal circle.
    c. **Approved Ruling 1-3**: The goalkeeper clear shall not count toward the one pass requirement. Whether or not the clear is made from inside or outside the goal circle, an additional pass must be made in the offensive end before a team may shoot. A goalkeeper who walks out of the goal circle and up field to clear the ball is still considered a clear; an additional pass must be made following the GK clear.

CLARIFYING SCENARIOS

i. Blue team satisfies one-pass in their offensive end, shoots the ball and the green team goalie makes the save. The green goalie goes to clear the ball, and it is intercepted (caught, knocked down, overthrown, goes out of bounds, etc.) without a green team member touching it. **The blue team can shoot because the ball was not passed into the green team's offensive end (pass midfield line).**
ii. The green team goalie makes the save and passes to her green teammate. The green teammate catches (or attempts to catch the ball) but loses possession in their defensive end. **The blue team can shoot because the ball was not passed into the green team's offensive end (pass midfield line).**
iii. The blue team satisfies the one-pass in their offensive end. Blue drops the ball and green recovers it but then green loses possession. Blue picks it up. **The blue team can shoot because green never got the ball to their offensive end (past midfield line).**
iv. The green goalie clears the ball to a defender who runs over the midfield but loses possession. **The blue must now complete one-pass because the ball (ran or thrown) was over the midfield line.**

PLEASE DISREGARD THE CLEARED VS PLAYED ON A GOALIE CLEAR. TO BE CONSISTENT WE WILL USE THE MIDFIELD LINE AS THE POINT OF EMPHASIS FOR WHEN THE ONE-PASS RULE SHOULD BE ENACTED.

G78 C

All rules are the same as those used for G78 B with the following exceptions.

1. There is no 'full checking' of a player's stick allowed. Instead, players may use 'modified checking', which allows a downward motion away from the body when the ball carrier's entire stick is below her shoulders and in a checkable position.
2. No deputy

Three-seconds closely guarded (good defense): The player with the ball may not hold the ball for more than 3 seconds when: (a) closely guarded (b) the defense has both hands on their stick (c) the defense is in a position to legally check if checking were allowed. This is a minor foul.

Note: If the player with the ball takes the stick to the other side of her body and thus away from the defender making a legal check impossible, the 3-second count would be over. If the defender adjusts her position to where a legal check could be made, or the stick is brought back to a checkable position, or another teammate joins the defender and that second defender is in good position to check, then the count starts again. The official will give an audible and visible 3-second count. The count should follow this sequence: one-one thousand, two-one thousand, immediately followed by a whistle when the third hand chop reaches its full extension thus marking count number three without saying three-one thousand.

G56

All rules are the same as those used in G78 C Division.

G34 - FULL-FIELD

All rules are the same as those used in G56 Division, with the following exceptions.

1. No checking.
2. A modified pocket is allowed, and the stick may be cut to fit comfortably along the arm.
3. No overtime during regular season. Games may end in a tie.
4. Games will be played on a full field with full sides (12v12).
5. Four 10-minute quarters, running clock.
6. A carded player leaves the field and enters the penalty area for 2 minutes (yellow card) or 4 minutes (red card). A substitute must take her place.
7. No penalty for self-starting when self-start is not allowed (false start) or for an illegal pass from out-of-bounds on a boundary restart.

G34 - MODIFIED FIELD

All rules are the same as those used in G34 FULL FIELD Division, with the following exceptions.

1. 8v8 (7 field players and a goalkeeper)
2. Modified field (60-70 yards / 40-45 yards)
3. Offside – A team will be considered offside when they have more than 5 players in their offensive end or more than 6 players in their defensive end (including the goalie). The midfield line shall delineate the offensive and defensive ends.

GK2

All rules are the same as those used in the G34 Division with the following exceptions.

1. Four 10-minute quarters with 2 minutes between quarters and 5 minutes between halves with a running clock.
2. Games will be played on a 'modified field' with 7 field players and an optional goalkeeper. Each head coach will have the option of playing with a goalkeeper or playing with a modified goal (i.e., inverting the goal) with the triangular base (tepee) serving as the goal mouth. No Shooting nets will be allowed. Coaches are encouraged to play with a goalie and rotate goalies at half time with each player on the team playing at least one half in goal during the season. Any player judged to be afraid to play goalie by a referee will be removed from the field of play and the goal will be inverted. If a team elects to invert the goal, they will not be allowed another player on the field.
3. One (1) coach from each team is permitted on the field for the purpose of instructing players
4. Three seconds shall not be in effect. Defensive players are required to play 1v1 defense in the arc. Failure to do so is a minor foul.
5. No scores are reported. No standings are kept. No playoffs will be held. This is a non-competitive division devoted to player development.
6. After a goal, possession will be taken at the center by the team that was scored upon. Player positioning for the draw will apply. The defender shall stand 4m away at a 45-degree angle and all other players must stand. This is an indirect free position.
7. There is no offside or early entry.

APPENDIX #4 -- NVYLL GAME SUMMARY REPORT

Date & Time:	Location:	Field Commissioner:	
Home Team:		Final Score:	
Visiting Team:		Final Score:	
Injuries (names & details)		Disciplinary Actions (names & details)	
Referee Name (printed):		Referee Name (printed):	
Referee Signature:		Referee Signature:	
Date & Time:	Location:	Field Commissioner:	
Home Team:		Final Score:	
Visiting Team:		Final Score:	
Injuries (names & details)		Disciplinary Actions (names & details)	
Referee Name (printed):		Referee Name (printed):	
Referee Signature:		Referee Signature:	
Date & Time:	Location:	Field Commissioner:	
Home Team:		Final Score:	
Visiting Team:		Final Score:	
Injuries (names & details)		Disciplinary Actions (names & details)	
Referee Name (printed):		Referee Name (printed):	
Referee Signature:		Referee Signature:	

APPENDIX #5 -- NVYLL OFFICIAL TEAM ROSTER

Member Club		Division/Team Name	
Head Coach		Phone Number	
Assistant Coach		Phone Number	
Assistant Coach		Phone Number	
Assistant Coach		Phone Number	

#	Player	Address	City	ST	Phone #	Age	Grade	School

APPENDIX #6 -- NVYLL EXCHANGE ROSTER

Member Club:	
Division & Team Name:	
Head Coach:	
Assistant Coach:	
Assistant Coach:	
Assistant Coach:	
Jersey Number	Player Name

APPENDIX #7 -- NVYLL CODE OF CONDUCT

I. Policy Statement

The Northern Virginia Youth Lacrosse League (NVYLL) is committed to the exhibition of sportsmanship and ethical behaviors in and around all athletic contests played under its sanction. All contests must be safe, fair, controlled, and orderly for all athletes, officials, and fans alike.

It is the intent of the NVYLL that unsportsmanlike behavior and violence in any form is not to be tolerated in athletic contests or practices under the jurisdiction of the NVYLL. In order to enforce this policy, the NVYLL has implemented regulations in cooperation with appropriate coaches and club commissioners, who set forth the manner of implementation and enforcement of this policy, and the penalties incurred when violations of this policy occur. The rules and regulations shall focus upon the responsibility of coaches, players, and parents to demand high standards of conduct and to enforce personally the rules and regulations set forth by the NVYLL.

The NVYLL requires that the following code of conduct be issued to and signed by each head coach, assistant coach, player and parent, each season, as a guide to govern his or her behavior. The penalty for failing to sign a copy of this policy will be to restrict the coach, player, or parent from participating in NVYLL program activities.

II. Code of Conduct

Coaches, players, parents, officials and spectators are to conduct themselves in a manner that “Honors the Game” and demonstrates respect to other players, coaches, officials, parents and fans. In becoming a member of the lacrosse community, an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this “Code of Conduct” are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of lacrosse, themselves, their team, and their organization. It is only through such conduct that our sport can continue to earn and maintain a positive image and make its full contribution to amateur sports in the United States and around the world. The NVYLL supports the following behaviors for those who participate in the sport or are involved in any way with the NVYLL. The following essential elements of the “Code of Conduct” must be followed:

- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field during practices and games.
- The value of good sportsmanship, concepts of fair play, and the skills of the game should always be placed above winning.
- The safety and welfare of the players are of primary importance.
- Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as adults.
- Coaches should always demonstrate positive behaviors and reinforce them to players, parents, officials, and spectators alike. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials, and spectators.
- Players should always demonstrate positive behavior and respect toward coaches, officials, opponents, teammates, parents, and spectators.
- Coaches, players, parents, and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect to players/teammates. Coaches are also expected to educate their players as to the important role of lacrosse officials and reinforce the ideal of respect for the official to players/teammates/parents.
- Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants.
- Officials are professionals and are therefore expected to conduct themselves as such and in a manner that demonstrates total impartiality, courtesy and fairness to all parties.
- Spectators involved with the game must never permit anyone to openly or maliciously criticize, badger, harass, or threaten an official, coach, player or opponent.

- Coaches must be able to demonstrate a solid knowledge of the rules of lacrosse and should adhere to the rules in both the letter and the spirit of the game.
- Coaches should provide a basic knowledge of the rules to players, parents, and spectators within his/her program. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
- Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as age, previous level of participation, team transfers, etc., have been established to encourage and maximize participation, fair play and to promote safety.
- No participant in NVYLL activities may engage in behaviors that are considered child sexual abuse, sexual misconduct, physical abuse, verbal abuse, psychological or emotional abuse, or physical misconduct.
- No participant in NVYLL activities may publicly question a youth player's participation eligibility based on the player's gender, whether before, during or after a game.

I have read and understood the Policy Statement and Code of Conduct, and the violations and penalties of the "Code of Conduct Policy". I have also read and understood the rules and regulations of the NVYLL, specifically Section 1.7 "Conduct" and Section 1.10 "Penalties".

I agree to abide by the policy while participating in NVYLL athletics regardless of contest site or jurisdiction.

Player Name: _____Telephone: _____

Player Signature:_____Date:_____

Parent Name: _____Telephone: _____

Parent Signature:_____Date:_____

Youth Program:_____Email: _____

Team: _____

Signature:_____Date:_____

APPENDIX #8 -- INFECTIOUS DISEASE POLICY

INFECTIOUS DISEASE POLICY OF THE VIRGINIA HIGH SCHOOL LEAGUE (VHSL)

The Virginia High School League Board of Directors has adopted these policies upon the recommendation of the Sports Medicine Advisory Committee to the League. Our goal is to minimize the possibility of transmission of any infectious disease from one athlete to another during practice or competition. The development of this policy is in keeping with the commitment of the VHSL to make athletic participation safer for the athletes in the Commonwealth of Virginia by responding to new information that suggests potential risks.

What are infectious diseases?

Infectious diseases are illnesses that are caused by an organism, usually a virus, bacteria, or fungus. Many of these diseases are contagious, meaning they can be spread from one person to another. For purposes of our athletes, we will consider three types of contagious infectious diseases.

8. Usual viral illnesses like colds, intestinal flu viruses, and influenza are generally spread through airborne transmission of the virus or through direct contact. Hand washing and covering sneezes and coughs are considered reasonable techniques for reducing the spread of these types of illnesses. They are actually more likely to be spread in a closed classroom than an open gym or athletic field except for those sports with close contact like wrestling
9. Skin lesion such as impetigo (a skin infection), athlete's foot, and non-genital Herpes can also be spread by close contact and should be covered to allow participation. These skin disorders can also be harmful to the individual with the skin lesions by serving as a portal of entry for other kinds of infections. Thus, again, they should be covered, or participation should not be allowed.
10. The most serious infectious and contagious diseases in question here are the blood-borne pathogens. These are spread through contact with blood (as well as other bodily fluids such as semen and vaginal fluids) and most notably include Hepatitis B and Human Immunodeficiency Virus (HIV). No reports of transmission from sweat or saliva have been reported with HIV infection. To date, there have been no substantiated reports of these being transmitted through athletic participation and the risk of this happening is very low but theoretically it is NOT ZERO.
11. The rest of this policy is designed with HIV and Hepatitis B in mind. Proper handling of injuries where blood is present can even further reduce the very low risk of transmitting these diseases in the school and playing field arena.

Hepatitis B is a viral infection of the liver that can vary from mild inflammation to a severe life-threatening disease. AIDS is a disease of the immune system caused by Human Immunodeficiency Virus. The individual may not develop any symptoms of disease for many years after contracting the virus. Both of these disorders are transmitted through sexual conduct or exposure to infected blood components.

Which sports are most likely to spread AIDS or Hepatitis B?
As stated, neither of these has been reported to be transmitted through sports. The theoretical risk is low but would be greater where there is greater likelihood of blood and close contact. Thus, football, basketball, lacrosse, ice hockey, and wrestling would be most likely to produce this environment. However, any sport could have the potential for blood exposure and thus theoretical risk for exposure.
Should athletes all be tested for these disorders? Mandatory testing has not been advocated by any medical organizations monitoring these disorders. The testing could produce a false sense of security with a negative test during the time between inoculation of an individual and the ability to recognize the presence of the virus. Thus, an individual could be contagious and still have a negative test. The screening tests are not 100% reliable and false positives and negatives have been reported. Additionally, there is concern about infringement of individual rights and the question of what to do if a positive test is obtained. Testing is not a feasible approach to prevention, however, athletes and others involved in interscholastic athletics should have available to them information on where they may obtain private and confidential HIV counseling and testing.

If an athlete is positive, who should be told, and should he/she be prevented from participation in sports? The athlete's HIV or Hepatitis 8 status is confidential information between patient and physician. No one else, including school officials can be told without the individual's permission. The athlete with one of these disorders should be encouraged to choose a sport with less contact and opportunity for bleeding than wrestling, for example. The athlete should also be instructed to take proper precautions with skin lesions, bleeding, etc. However, he/she cannot be forbidden from participating in whatever sports he/she desires. The decision concerning participation is a personal recommendation could certainly change in the future if any evidence for transmission via sports is documented.

How can we protect our athletes, trainers, and coaches from exposure to one of these blood-borne diseases? There is an effective and safe vaccine available for Hepatitis B. One of the targeted groups to receive this vaccine would be those where the risk of exposure to blood is increased. Thus, any trainer or coach, who frequently deals with an injury with blood, is at potential risk. Strong consideration should be given to having one these individuals receive this immunization.

Blood and other bodily fluids should be handled using "Universal Precautions" as is done in all hospitals and most other health care facilities. This procedure follows. This is the safest approach as one uses techniques that would be preventive in all patients whether they have a disease or not.

Procedures to be followed by coaches, trainers, and officials:

1. A student-athlete should render first aid to himself and cover his own wounds whenever possible. Again, this reduces the risk of transmission from blood-borne pathogen from one person to another.

2. If a bleeding wound occurs, the individual's participation should be interrupted until the bleeding has been stopped and the wound is both cleansed with antiseptic and covered securely or occluded. If bleeding resumes, the practice or contest must be stopped again until bleeding is stopped, and contaminated surfaces are cleaned. It is up to the discretion of the official in charge of the competition as to how many times the competition should be stopped due to a student-athlete's bleeding before disqualification occurs.
3. Skin exposed to blood or other body fluids contaminated with blood should be cleaned as promptly as is practical, preferably with soap and warm water. Skin antiseptics (e.g., alcohol) or moist towelettes may be used if soap and water are not available.
4. Even though good hand washing is an adequate precaution, water-impervious gloves should be available for staff to use when handling blood or other body fluids. Gloves are especially important in individuals with not-intact skin. Hands should be washed after glove removal. If gloves are not available, a bulky towel may be used to cover the wound until an off-the field location is reached where gloves can be used during more definitive treatment. Disposable towels should be used in all clean up. Towels, protective gloves, and other materials used in clean up, as well as any cotton used to stem bleeding, should be placed in a container lined with a plastic bag.
5. If blood or blood-contaminated bodily fluids are present on a surface, the object should be cleansed with fresh household bleach solution made for that event by adding one part of bleach to 10 parts of water. Such items as wrestling mats should be cleaned, rinsed, and allowed to dry before resuming action. This solution should be made fresh daily when needed.
6. If any blood gets on an opponent's uniform during competition or on a teammate's uniform during practice, it is necessary to clean the uniform at that point by wiping it with a disinfectant such isopropyl alcohol. This should be done whether or not the opponent or teammate has an open cut or unskilled area on the body, or where or not the blood is on part of the uniform which might come in contact with mucous membranes. If there is substantial saturation of the uniform with blood such that it is dripping, will rub off easily, or drips if squeezed; the uniform must be changed.
7. All soiled linen such as uniforms and towels should be placed in plastic bags and washed in hot soapy water. Any detergent that contains bleach is appropriate.
8. All coaches, officials, and student-athletes should practice good hygiene. Towels, cups and water bottles should not be shared. Also, student athletes should take a shower using a liberal amount of soap and hot water after each practice and competition.
9. It is the responsibility of each team to provide their respective members paper towels, appropriate cleaning solutions, plastic bags, gloves, and any other first aid materials necessary to comply with these regulations.
10. At this time, no cure exists for AIDS, which is a preventable disease. In addition to the aforementioned techniques, education and emphasis on prevention must be an integral part of our athletic programs for all.

According to Dr. David E. Rogers, considered by many to be the foremost expert on the transmission of the HIV Virus, (AIDS), the chances of the virus being transmitted during athletic contests are extremely small. In fact, there is not one documented case of the virus being transmitted in this manner.

The possibility of transmitting AIDS in this manner is much less than the possibility of transmitting other very dangerous blood borne viral infections such as Hepatitis B. However, the chance of transmitting the AIDS virus is not zero. Therefore, precautions- the same as those taken in health care institutions- should be taken to ensure that no transmission could occur.

Proper handling of these situations by coaches, officials and competitors will greatly reduce the possibility of any transmission of AIDS, if indeed the athlete who is bleeding is infected by the disease.

These precautions (applicable to wrestling) also can be utilized in other interscholastic activities at any time that a bleeding problem exists:

If an athlete sustains a minor bleeding problem- most result from minor injuries in the nose area- all play should be stopped, the bleeding stemmed, and any blood on the playing surface should be wiped off using bleach in a 10 to 1 solution- 10 parts water and one part bleach. This same solution should be used to wipe any blood off the opponent's skin. It should be noted that there are also many other disinfectants that are very successful in combating the HIV virus (such as isopropyl alcohol).

If any of the blood has gotten on the opponent's uniform, unless the opponent has an open cut or open skin area on his/her body, it is not necessary to clean the uniform at this point. If there is an open cut or an open skin area, then the uniform also should be wiped with the bleach solution. If an official gets blood on him/her, (s)he should do the same as the competitors (as indicated above). It is important that any time blood is present, it is treated with respect regarding its ability to transmit infectious disease(s).

Regardless of the activity, if the bleeding problem is severe enough, then the competitor should not be permitted to continue- not only from the standpoint of possible disease transmission, but also for the health and safety of the injured competitor.

ISSUED BY THE VIRGINIA HIGH SCHOOL LEAGUE- JULY 1992

APPENDIX #9 -- NVYLL HEAT GUIDELINES

Heat-Related Injuries ~ Prevention and Treatment

One of the biggest concerns for summer lacrosse players is preventing heat injuries. Heat related injuries, such as heat exhaustion or heat stroke are emergency conditions that need immediate treatment and medical care. However, such incidents can be prevented with a few simple steps, which are described in this article to keep coaches, players and officials in the game.

What are Heat-related Injuries?

Normally, bodies produce a tremendous amount of internal heat, which is cooled by sweating and expelling heat through the skin. When there is extreme heat, high humidity or vigorous activity in the hot sun, this cooling system may begin to fail, and allow heat to build up to dangerous levels. Heat injuries manifest themselves in a number of forms, from mild symptoms to life-threatening conditions.

Heat Cramps: Heat cramps are muscle contractions, usually occurring in the calf or hamstring muscles. These contractions are forceful and painful. They are typically related to heat, dehydration, and poor conditioning. Treatment for cramps is simple: rest; drink water; and a cool environment.

Heat Exhaustion: Heat exhaustion stems from excessive heat and dehydration. Its symptoms can be detected in the appearance and activities of players during practice or a game. The range of symptoms includes nausea, dizziness, weakness, headache, heavy perspiration, normal or low body temperature, weak pulse, dilated pupils, disorientation, and fainting spells. Treat heat exhaustion by getting the person to a cool or shady environment, drinking liquids and applying cool water or ice to the body. Most people respond to these treatments, but prompt attention is necessary in order to prevent the condition from progressing to heat stroke. More severely heat-exhausted patients may need IV fluids, especially if vomiting keeps them from drinking enough.

Heat Stroke: Heat stroke, the most serious form of all heat-related conditions, is a life-threatening medical emergency. A person with heat stroke usually has a very high temperature (over 104 degrees) and along with the other symptoms above, may be delirious, unconscious or having seizures. These patients need to reduce their temperature quickly and must also be given IV fluids for re-hydration. Take them to a hospital as quickly as possible – although cooling treatments need to be started immediately and continue until emergency medical personnel can take over. In addition to applying ice, another effective form of cooling in this case is “evaporative cooling” where the person is sponged or misted with cool water, and fans are used to circulate the air around the person to encourage rapid evaporation.

Lacrosse Players are Vulnerable
Because lacrosse is a warm-weather running sport, lacrosse participants are at risk for heat illnesses. Coaches can take a number of steps to prevent heat-related injuries among their players:

1. Recognize the dangers of playing in the heat.
2. Schedule regular fluid breaks during practice and games. Players should be hydrated prior to the start of games or practices and to continue to drink eight ounces of fluid every 20 minutes during the activity with water or sports drinks.
3. Players should avoid soda, caffeine drinks and alcohol before or during games, as these can promote dehydration.
4. Make player substitutions more frequently in the heat.
5. Have players wear light-colored, "breathable" clothing.
6. For boys & men, take "helmet breaks" every 30 minutes to ensure that heat in the helmets gets released. Just as your mother told you to wear a hat in winter so "90% of the heat would not be lost through the top of your head," the converse is true in summer – wearing a helmet keeps in a great deal of heat that the body is trying to expel.
7. Use misting water sprays to keep players cool.
8. In the early part of the season, particularly in warm, humid climates, acclimate players slowly to the heat. Play at cooler times of day and build up players' tolerance to heat a little more each day. If you are attending a camp or tournament in a climate that is hotter than you are used to, go early (if possible) to help the team adapt and be vigilant about enforcing preventative measures.
9. And always, respond quickly if heat-related injuries occur.

For more information on safety and risk management, please visit the USA Lacrosse Insurance and Risk Management web site at www.BollingerLax.com. Lori Windolf Crispo, CPCU is the Executive Vice President in charge of Bollinger's Sports Insurance Division. Bollinger is the insurance administrator for USA Lacrosse. Contact her at Lori@BollingerInsurance.com.

https://www.rpsbollinger.com/products-programs/usa-lacrosse/

Environmental Factors: Ambient air temperature and humidity have a direct effect on the ability for a body to cool itself through the evaporation of sweat. When the air temperature is above 90, and/or the relative humidity is high, the body is at a higher risk to not effectively stay cool, which may be compounded by the level of dehydration of the body's fluids.
The following chart is a simple method to determine the amount of increased risk with variations of heat and humidity, and subsequent suggestions to modify participation in physical activities.

The chart below can be used by inputting the temperature and humidity available via local radio stations, Internet locations, or local field measurements. Simply cross-reference the relative humidity with the temperature to determine the apparent temperature. NVYLL member clubs practice in the evening and the ambient conditions progressively improve as we move into the evening, however, reasonable cautions need to be implemented as the conditions warrant. At a minimum, commissioners should implement the following guidelines as outlined below when a particular field condition exists.

A number of factors will make each clubs environmental conditions unique to their home fields. NVYLL fields are spread over an approximately 2400 square mile area in Northern Virginia. On any given day the temperature and humidity can vary significantly across the many different NVYLL fields. Additionally, whether a field has natural or artificial turf (AT) can make a significant difference to the conditions a player experiences. AT surfaces have been reported to be 10 to 50 degrees hotter than similar natural turf fields. It is recommended that Clubs with AT fields use local field measurements utilizing a Sling Psychrometer* to determine temperatures and humidity levels players will experience.

* Sling Psychrometers may be purchased on-line from various scientific instrument vendors. Prices range from $60- $150.

APPARENT TEMPRATURE CHART

Temperature (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution Extreme Caution Danger Extreme Danger

http://www.weather.gov/om/heat/index.shtml

APPARENT TEMPERATURE -- NVYLL RECOMMENDATIONS

105º and up: Recommend no outside activities. At a minimum, individual clubs must implement heat injury risk mitigation measures.

95º to 104º: Recommend no equipment except helmets be used during practice. For games, additional non-chargeable time-outs should be called by the officials to allow for additional hydration opportunities. Shade should be made available for players if possible.

90º to 94º: Recommend equipment (helmet at a minimum) be removed as often as possible (during rest breaks, on sideline, etc). Careful monitor all athletes for signs of heat problems.

Below 89º: Recommend adequate water supply at all practices and games with breaks every 20 to 30 minutes for re-hydration.

EXCESSIVE HEAT DURING GAMES

Water breaks of no greater than 1:30 minutes in length will be incorporated into each game if, in the opinion of attending medical personnel, referees and/or the Field Commissioner, they become necessary. In women's play, those breaks will be taken as close to the mid-point of each half as possible after a goal or during a dead ball situation. In men's play, those breaks will be taken as close to the mid-point of each quarter as possible after a goal or during a dead ball situation.

http://www.bollingerlax.com/BollingerLax/PDF/LIGHTNINGGUIDELINESFORLACROSSE.pdf

National Athletic Trainers Association's Recommendations on Fluid Replacement:

- Educate athletes on the effects of dehydration on physical performance.
- Inform athletes on how to monitor hydration status.
- Convince athletes to participate in their own hydration protocols based on sweat rate, drinking preferences, and personal responses to different fluid quantities.
- Encourage coaches to mandate re-hydration during practices and competitions, just as they require other drills and conditioning activities.
- Have a scale accessible to assist athletes in monitoring weight before, during, and after activity.
- Provide the optimal oral re-hydration solution (water, CHOs, electrolytes) before, during, and after exercise.
- Implement the hydration protocol during all practices and games, and adapt it as needed.
- Finally, encourage event scheduling and rule modifications to minimize the risks associated with exercise in the heat.

Journal of Athletic Training Vol. 35 N2, June 2000 Full text can be found on NATA's website: www.nata.org

Acclimatization to Heat:

Another way to help prevent heat stress is to become acclimatized to the weather. Acclimatization means becoming adapted to the weather or climate. The process takes 7 to 12 days. Studies have shown adolescents take longer to acclimatize to heat than adults. As a result of acclimatization, the sweating mechanism of a person is enhanced:

- onset of perspiration occurs earlier
- perspiration increases
- increase in blood volume with the more training an individual does
- improves supply of oxygen to the muscles
- heart rate decreases
- core body temperature does not rise as high during exercise

Other facts about heat illnesses and exercising in the heat:

- Dehydration of 1% to 2% of body weight begins to impact athletic performance
- Dehydration greater than 3% of body weight may increase an athlete's risk of heat illness.
- Sports drinks should contain less than 8% carbohydrate. Carbohydrate content greater than 8% compromises the rate of gastric emptying and should be avoided.
- Wear light weight and light-colored clothing
- Avoid wearing articles that prevent water absorption

- Early morning commonly produces a humid environment and lower temperatures. Usually, as the sun rises, the temperature will increase and the humidity decreases. As the evening hours approach, the temperature decreases, and the humidity will rise. Often, the most critical times to monitor athletes' ability to exercise in hot weather occurs when the temperature rises quickly during the early morning prior to the sun burning off the humidity, or during storms when the humidity remains high due to cloud cover, etc.
- A mild breeze can reduce the humidity on a particular field, as well as improve the evaporative process.
- Field watering after practice sessions are complete can help reduce the ambient humidity on or near an athletic field, thus reducing the heat stress on athletes.

EXTREME HOT AND HUMID WEATHER TIPS for ADJUSTING PRACTICES

Duration	Attire	Fluid Consumption	Recommendations
2 hours	Full gear	Insist that adequate water be ingested	Never restrict water consumption
2 hours	Full gear	Insist that adequate water be ingested	Provide minimum of 2 water breaks per
2 hours	Full gear	Insist that 4 – 6 oz minimum water be ingested every 20 minutes	Provide minimum of 3 water breaks per hour
2 hours, every 45 minutes of work 15 minutes of rest each hour	Remove helmets unless active in drill	Insist that 8 – 10 oz water be ingested every 15 minutes	Remove helmet unless active in drill
2 hours, every 45 minutes of work 15 minutes of rest each hour	Protective equipment removed for non-contact drills	Insist that 8 – 10 oz water be ingested every 15 minutes	Removal of helmet unless active in drill, removal of pads (i.e. shoulder pads) when teaching or non-contact portions of practice exceed

RECOMMENDATIONS:

Fluid replacement should be at a rate of 24 oz for every pound of body weight lost after exercise.

- Light colored, loose clothing is suggested during activity in hot weather.
- Athletes are encouraged to wear sunscreen on exposed skin during hot, sunny conditions.
- Adequate fluid supply should be readily available at all times during activity in hot weather.
- Individuals poorly acclimatized or poorly conditioned are at increased risk for heat related illness/injury and should be monitored closely or placed on a modified participation schedule.
- Athletes having a pre-existing dehydrated state (recent fever or gastro-intestinal illness) or pre-existing heat injury are at a much higher risk for heat related illness/injury and should be monitored closely or placed on a modified participation schedule.
- Medications including diuretics, antihistamines, beta-blockers, and anti-cholinergics increase the risk of heat illness/injury.
- Overweight athletes are at increased risk for heat illness/injury and should be monitored closely.
- Energy, ergogenic, and dietary supplements such as Creatine may cause an increase in dehydration and heat related illness and/or injury.
- Providing shade on the sidelines is a way to allow players to more effectively cool off during time off the field.
- Commissioners may allow extra support personnel to be present on the sidelines in order to better hydrate players and monitor their physical condition.

APPENDIX #10 -- HIGH SCHOOL PYRAMID CHART FOR NEW REGISTRANTS

Each potential NVYLL lacrosse player is assigned to a public high school pyramid based on the address of their residence. This high school, whether the player attends or plans to attend this public school, shall be used to direct new players to a NVYLL member lacrosse club. The table is to be used for new registrants to NVYLL lacrosse. Once a player has selected a NVYLL club, that club will be his or her home club. If more than one NVYLL club is listed with a high school, then the player may select from any NVYLL club associated with that high school as a new player, and that club will be his or her home club. Once a home club is selected, players are restricted from moving to another club unless they move residence or obtain a waiver.

If you are having trouble identifying your high school, please visit the appropriate web site:

Fairfax County: http://boundary.fcps.edu/boundary/

Prince William County: http://www.pwcs.edu/planning/School/SchoolSearch.aspx

Loudoun County: http://webinter.loudoun.k12.va.us/Lcps_Locate/

High School	High School Area	County	Club
Annandale	Annandale	Fairfax	Annandale
Battlefield	Haymarket	Prince William	Manassas Battlefield
Brentsville District	Nokesville	Prince William	Manassas Battlefield, Prince William
Briar Woods	Ashburn	Loudoun	Dulles South
Broad Run	Ashburn	Loudoun	Ashburn
Brooke Point	Stafford	Stafford	Stafford
Centreville	Clifton	Fairfax	Southwestern
Chantilly	Chantilly	Fairfax	Chantilly
Colgan	Manassas	Prince William	Prince William
Colonial Forge	Stafford	Stafford	Stafford
Dominion	Sterling	Loudoun	Algonkian
Edison	Alexandria	Fairfax	Springfield, Fort Hunt
Fairfax	Fairfax	Fairfax	Fairfax Police, Chantilly
Falls Church	Falls Church	Fairfax	Annandale, Falls Church
Fauquier	Warrenton	Fauquier	Fauquier
Forest Park	Woodbridge	Prince William	Prince William
Freedom	South Riding	Loudoun	Dulles South
Freedom	Woodbridge	Prince William	Prince William
Gar-Field	Woodbridge	Prince William	Prince William
Hayfield	Alexandria	Fairfax	Springfield, Fort Hunt, South County
Heritage	Leesburg	Loudoun	Western Loudoun
Herndon	Herndon	Fairfax	Herndon
Hylton	Woodbridge	Prince William	Prince William
Independence	Ashburn	Loudoun	Dulles South
James Monroe	Fredericksburg	City–Fredericksburg	Stafford
John Champe	Stone Ridge	Loudoun	Dulles South
John R. Lewis (Formerly Lee HS)	Springfield	Fairfax	Springfield

High School	High School Area	County	Club
Justice HS (Formerly J.E.B Stuart)	Falls Church	Fairfax	Annandale, Falls Church
Kettle Run	Nokesville	Fauquier	Fauquier
Lake Braddock	Burke	Fairfax	Braddock Road, Springfield, Annandale, Burke Athletic Club (girls only), South County
Langley	McLean	Fairfax	Great Falls, McLean
Liberty	Bealeton	Fauquier	Fauquier
Lightridge	Aldie	Loudoun	Dulles South
Loudoun County	Leesburg	Loudoun	Western Loudoun
Loudoun Valley	Purcellville	Loudoun	Western Loudoun
Madison	Vienna	Fairfax	Vienna
Manassas Park	Manassas Park	City–Manassas	Manassas Battlefield, Prince William
Marshall	Falls Church	Fairfax	Vienna, Falls Church, McLean
McLean	McLean	Fairfax	McLean, Great Falls, Falls Church
Meridian (formerly George Mason)	Falls Church	City-Falls Church	Falls Church, McLean
Mount Vernon	Alexandria	Fairfax	Fort Hunt
Mountain View	Stafford	Stafford	Stafford
North Stafford	Stafford	Stafford	Stafford
Oakton	Vienna	Fairfax	Vienna, Fairfax Police, Chantilly
Osbourn	Manassas	City–Manassas	Manassas Battlefield
Osbourn Park	Manassas	Prince William	Manassas Battlefield, Prince William
Park View	Sterling	Loudoun	Algonkian
Patriot	Nokesville	Prince William	Manassas Battlefield
Potomac	Dumfries	Prince William	Prince William
Potomac Falls	Sterling	Loudoun	Algonkian
Riverside HS	Ashburn	Loudoun	Ashburn
Robinson	Fairfax	Fairfax	Braddock Road, Burke Athletic Club
Rock Ridge	Ashburn	Loudoun	Dulles South
South County	Lorton	Fairfax	South County
South Lakes	Reston	Fairfax	Herndon
Stone Bridge	Ashburn	Loudoun	Ashburn
Stonewall Jackson	Manassas	Prince William	Manassas Battlefield
TC Williams	Alexandria	City–Alexandria	Alexandria
Tuscarora	Leesburg	Loudoun	Western Loudoun, Ashburn
Wakefield	Arlington	Arlington	Arlington
Washington & Liberty (formerly Washington & Lee)	Arlington	Arlington	Arlington, Falls Church
West Potomac	Alexandria	Fairfax	Fort Hunt
West Springfield	Springfield	Fairfax	Springfield
Westfield	Chantilly	Fairfax	Southwestern, Chantilly
Woodbridge	Woodbridge	Prince William	Prince William
Woodgrove	Purcellville	Loudoun	Western Loudoun
Woodson	Fairfax	Fairfax	Braddock Road, Fairfax Police, Annandale
Yorktown	Arlington	Arlington	Arlington, McLean, Falls Church

APPENDIX #11 – SAFESPORT APPROVED ALTERNATIVE TRAINING PROGRAMS

Pursuant to Rule 1.1.13, the Executive Committee has approved the following programs as alternatives to SafeSport training:

1. **SCAN ("Darkness to Light") (Jan. 31, 2020)**

   https://www.scanva.org/public-education-program/child-sexual-abuse-prevention-d2l/

   SCAN's training consists of content from an organization called "Darkness to Light." https://www.d2l.org/about/

2. **"Ministry Safe" (Apr. 21, 2020)**

   https://ministrysafe.com/the-safety-system/awareness-training/

3. **"Abuse Prevention Systems" (March 1, 2021)**

   www.abusepreventionsystems.com

   (note this program is approved through any organizational portals that may offer it.)

4. **Virginia Department of Social Services "CWSE5691: Child Abuse and Neglect: Recognizing, Reporting and Responding (for Educators)" (April 2023)**

   https://www.dss.virginia.gov/abuse/cps.cgi

APPENDIX #12 – ALTERNATE TEAM MEMBERS

The following rule applies during regular season games and to all levels except Girls K2 and Boys 8U.

The purpose of this rule is to prevent a team from having to (1) forfeit due to insufficient players or (2) play without substitutions. Teams in the eligible levels are able to use "Alternate Players" that have been designated and submitted in final rosters prior to the commencement of the season.

Number of Alternate Players Permitted at a Game

- The maximum number of Alternates designated by a team is seven (7) players.
- The maximum number of Alternate Players for a game-day roster is limited based on the number of fielded players plus three (3) subs.

Level by Number of Fielded Players	**Alternates may be used to field a game-day roster of up to:**
Girls Modified Field (7v7 + goalie)	11 players including goalie
Girls Full Field (11v11 + goalie)	15 players including goalie
Boys Modified Field (6v6 + goalie)	10 players including goalie
Boys Full Field (9v9 + goalie)	13 players including goalie

Designating Alternate Players

- Each team may designate up to seven (7) players as Alternate Players on their final roster.
- A player may be designated as an Alternate Player for up to two (2) rosters.
- Alternate Players designated must be from a team in a lower level and division than the team for which they are an Alternate, as specified below:

Level of Game	**Alternate Player Eligible Level**		**Level of Game**	**Alternate Player Eligible Level**
G78 A	G78 B/C, G56 A/B		14U A	14U B/C, 12U A/B
G78 B	G78 C, G56 A/B/C		14U B	14U C, 12U A/B/C

G78 C	G56 B/C	14U C	12U B/C
G56 A	G56 B/C, G34 FF, G34 A	12U A	12U B/C, 10U A FF, 10U A/B
G56 B	G56 C, G34 FF, G34 A/B	12U B	12U C, 10U A FF, 10U A/B
G56 C	G34 A/B (not G34 FF)	12U C	10U A/B (not 10U A FF)
G34 FF	G34 A/B/C	10U A FF	10U A/B
G34 A	G34 B/C, GK2	10U A MF	10U B, 8U
G34 B	GK2	10U B	8U

In no case shall this rule create a competitive advantage by allowing a player in a higher division to play down a division or age group as an alternate team member. Or to play on a team at the same competitive level.

Submitting Alternate Players on Rosters

- Alternate Players must be listed separately on a team's final roster submitted to the NVYLL commissioner prior to commencement of the season and are final.
- Once on the final roster, playing an Alternate Player is not considered a roster change as defined in 1.7.6.

Communicating the Use of Alternate Players

- The coach of the team fielding Alternate Players should make a good faith effort to notify the opposing coach prior to the scheduled game as far in advance as is reasonable.
- The exchange roster must be provided to the opposing coach at the game, per NVYLL regulations (1.7.5), indicating which Alternate Players will be participating.