

# Missouri Scholastic Lacrosse Association



## Rules and Guidelines

Revised October, 2015

## Table of Contents

<b>Eligibility – per MSHSAA</b>		<b>Page</b>
1.	<b>Students .....</b>	<b>1</b>
2.	<b>Citizenship .....</b>	<b>1</b>
3.	<b>Academics .....</b>	<b>1</b>
4.	<b>Residence Requirement .....</b>	<b>2</b>
5.	<b>Transfers .....</b>	<b>2</b>
6.	<b>Participation Limits .....</b>	<b>3</b>
7.	<b>Entering School .....</b>	<b>3</b>
8.	<b>Age Limits .....</b>	<b>3</b>
9.	<b>Graduated Student .....</b>	<b>3</b>
10.	<b>Non-school Competition .....</b>	<b>3</b>
11.	<b>Amateur and Awards Standards .....</b>	<b>3</b>
12.	<b>All Star Games .....</b>	<b>3</b>
13.	<b>Recruiting of Athletes .....</b>	<b>4</b>
14.	<b>Transfer for Athletic Reasons .....</b>	<b>4</b>
15.	<b>College Auditions and Tryouts .....</b>	<b>4</b>
16.	<b>Sport Camps and Clinics .....</b>	<b>4</b>
17.	<b>Offseason Contact .....</b>	<b>4</b>
 <b>Sportsmanship</b>		
1.	<b>Players .....</b>	<b>5</b>
2.	<b>Spectators .....</b>	<b>5</b>
 <b>Division Structure</b>		
1.	<b>Promotion/Relegation .....</b>	<b>6</b>
2.	<b>Declaration of a Home School .....</b>	<b>6</b>
 <b>On Field Rules</b>		
1.	<b>Uniform Colors .....</b>	<b>6</b>
2.	<b>Game .....</b>	<b>6</b>
3.	<b>Swing Players .....</b>	<b>7</b>
4.	<b>Fields .....</b>	<b>7</b>
 <b>Game Cancellation Policies and Procedures .....</b>		<b>8</b>
 <b>Protests .....</b>		<b>8</b>

## **Overview:**

**The Missouri Scholastic Lacrosse Association has adopted and will be governed by the rules and guidelines set forth by the Missouri State High School Activities Association (MSHSAA) except as modified by this MSLA Handbook. It is advisable that each program obtain a copy of the MSHSAA official handbook.**

**Players Eligibility: Players must meet all MSHSAA requirements. The requirements listed below should mirror the current MSHSAA requirements. If MSHSAA changes their requirements, those changes shall govern.**

### **1. Bona Fide Student**

In order to represent a school, the Athlete must be a bona fide student and meet all eligibility requirements. The student must be enrolled in, and regularly attending classes at a member school and meet the academic requirements set forth under MSHSAA by-law 2.3 and those of your local school.

### **2. Citizenship**

- a. The student must be a credible citizen. Creditable citizens are those students whose conduct – both in school and out of school will not reflect discredit upon themselves or their school.
- b. Students shall not be considered eligible while under suspension.
- c. Conduct by the student involving law enforcement should be reported to the head coach immediately as the student's conduct may effect eligibility or contest outcomes. Eligibility under this rule is governed by MSHSAA Bylaw 2.2.2.

### **3. Academics**

#### **Grades 9-12**

- a. Students must have earned, the preceding semester of attendance, a minimum of 3.00 units of credit or have earned credit in 80% of the maximum allowable classes in which any student can be enrolled in the semester, whichever is greater, at your school.
- b. For the current semester, the student must be enrolled in, and regularly attending courses that offer 3.00 units of credit or 80% of the maximum allowable credits which may be earned, whichever is greater, for the student's school.
- c. Credits earned or completed after the close of the semester will not fulfill this requirement. Summer school courses for academic eligibility may count provided the course is necessary for graduation or promotion and it is placed on the school transcript. Correspondence courses do not count.
- d. If the student is beginning 9<sup>th</sup> grade, the student must have been promoted prior to the beginning of the school year.
- e. The student must be making satisfactory progress toward graduation as determined by the local school districts policies.

## **Roster**

Each team must submit to the MSLA Board, prior to March 1<sup>st</sup> of the current season, a roster and eligibility statement for all players. This statement must be verified by the principal or athletic director. If this is not an option, due to privacy rights, the roster and eligibility statement must be certified by the team's coach or representative. The use of ineligible players during a contest results in a forfeit of that and/or subsequent games.

## **4. Residence Requirements**

### **Division I Teams**

Teams must follow all MSHSAA residence requirements with the following exceptions:

- a. If a student attends a public high school that does not have a team, the student shall play for the team within the same school district that is closest to the student's place of residence. If no other team exists within the same school district, the player shall play for the closest team to his residence.
- b. If a student attends a private high school that does not have a team, the student may play for the public school he would otherwise attend. If that school does not have a program, then the student would play for the team within the same school district that is closest to the student's place of residence. If no team exists within the school district where the player resides, the player shall play for the closest team to his residence..

### **Division II Teams**

Teams must follow all MSHSAA residence requirements with the following exceptions:

- a. If a student attends a public high school that does not have a team, the student shall play for the team within the same school district that is closest to the student's place of residence. If no other team exists within the same school district, the player shall play for the closest team to his residence.
- b. If a student attends a private high school that does not have a team, the student may play for the public school he would otherwise attend. If that school does not have a program, then the student would play for the team within the same school district that is closest to the student's place of residence. If no team exists within the school district where the player resides, the player shall play for the closest team to his residence.

## **5. Transferring Schools**

- a. If you transfer schools and your parents do not have a complete move out of the current district and into the boundaries of your new school, the student will be ineligible for 365 days – unless the student meets one of the exceptions listed in the MSHSAA Residence and Transfer Rules.
- b. If the student moves with their parents to a new school district, the student will be eligible at the student's new school provided they are eligible in all

other respects at their former school. A student shall not be eligible to represent two different schools in the same sport during the same season.

- c. The student and his parents must move to their new residence at the same time.
- d. Always check with the school principal or athletic director before the student's transfer to determine whether it will affect their eligibility.
- e. Discipline follows the student to the new school. Transferring while under suspension will cause the student to be ineligible for 365 days.

#### **6. Participation Limits**

- a. The student is eligible to participate in any sport for a maximum of four seasons. Any part of a contest played during a season counts as a season of participation.
- b. Eligibility to participate in high school activities begins when the student first enters ninth grade and lasts for the next consecutive 8 semesters.

#### **7. Entering School**

The student must enter school within the first 11 days of the semester in order to be eligible.

#### **8. Age Limits**

- a. If the student reaches 19 years of age prior to July 1, they are ineligible for the next school year.
- b. Over aged 8<sup>th</sup> graders should be moved up to the senior high team to have 8 semester of eligibility – in accordance with rule a.

#### **9. Graduated Students**

The student will be ineligible to participate after graduation from senior high school. Students who are granted an early release after their junior year are ineligible for further participation. (NOTE: Students are eligible to participate in state-level events which extend beyond the date of the student's school graduation at the end of the spring semester of their senior year. i.e. State playoffs).

#### **10. Non-School Competition**

- a. A student may not practice for or participate with a non-school team or in any organized non-school athletic competition, and for your school team, in the same sport during the same season of the school term.
- b. Please see the MSHSAA handbook for additional rules regarding Non-School Competition.

#### **11. Amateur and Awards Standards**

Please see the MSHSAA handbook for rules regarding Amateur and Awards standards.

#### **12. All – Star Games**

- a. A student may not compete in an all-star game or contest before the student completes their eligibility in each high school sport. Participation in an all star game or contest before the student ends their eligibility will

result in the student becoming ineligible to participate in any high school sport.

- b. A senior with no high school eligibility remaining for a specific sport may participate in one All-Star game for that sport during the school year. See your principal or athletic director before agreeing to play.
- c. An All-Start event is one in which an individual is invited to participate due to the student's high school achievements.

### **13. Recruiting of Athletes**

A student will be ineligible for their career at a school if they were influenced by a person or persons to attend, upon promotion, or transfer schools for athletic or activities purposes. The student may, however, return to their original school and be ineligible for no more than 365 days.

### **14. Transfer for Athletic Reasons**

A student will become ineligible for 365 days if they transfer to another school for athletic reasons.

### **15. College Auditions and Tryouts**

Please see the MSHSAA handbook in regards to college auditions and tryouts.

### **16. Sport Camps and Clinics**

- a. Students may attend a specialized summer athletic camp(s)/clinic(s) where the student receives instruction or coaching from a member of the student's coaching staff for a maximum of two calendar weeks in any one sport. A calendar week for any sports camp is defined as any seven consecutive days, and/or any consecutive grouping of days within a calendar week.
- b. The student may attend a nonschool sponsored summer specialized sports camp(s) or group instruction for as long as the student wishes, as long as the student does not receive instruction or coaching from a member of their school's coaching staff.
- c. During the school year, outside of the sport's season, a student may attend a nonschool sponsored specialized sports camp or group instruction, provided: it does not result in any loss of school time, **attendance does not occur within 14 days of the start of the school sport season for the sport concerned**, it is not a team camp, no competition occurs other than limited scrimmaging, and no member of the coaching staff of the school the student attends (or will attend) is involved in any way.
- d. For additional rules please see the MSHSAA handbook.

### **17. Offseason Contact – What's allowed and what's not allowed during the school year?**

- a. Each team is allowed 15 contact days during the Fall Contact Period. The Fall Contact Period shall start on the First Tuesday in September and end on the Second Sunday in December.
- b. Offseason conditioning. There can be no lacrosse equipment involved
- c. Conditioning is allowed up to the first day of practice.

- d. Chalk Talks/Film Sessions? Allowed beginning January 15 and ending February 15. Limited to 1 ½ hours per week.
- e. Captain's practices – Can a coach be present to provide balls, unlock gates, reserve field space, etc? Yes, but there can be no coaching or instruction.
- f. Is there a difference between a head coach being present and an assistant coach being present? No. Any coach from your program who violates the offseason contact rules opens your team to possible sanctions.
- g. Individual workouts – Can a single player and coach work together in the offseason? No
- h. Sanctions, up to and including exclusion from the playoffs, will be assessed against teams that violate the offseason contact rules.**

## **Sportsmanship**

### **1. Players**

If a player or coach should commit an unsportsmanlike act while participating in an event leading to an ejection, the player or coach could become ineligible. In the event of an unsportsmanlike act during a contest, resulting in an ejection, a report will be submitted to the MSLA Executive Board. The MSLA Executive Board will then determine an appropriate course of action which could include a suspension of participation.

### **2. Spectators**

If the conduct of a spectator is found to be unsportsmanlike, it is the responsibility of the home team to insure a safe and sportsmanlike atmosphere for all in attendance. Thus the unsportsmanlike behavior of a spectator could lead to the spectator being ejected from the premises and could be cause for the spectator to be barred from future events.

## **Division Structure**

### **1. Promotion/Relegation**

- a. Teams may petition at the end of the season to move from their current division. Any request to move must be received in writing by the MSLA Board of Directors by August 1 to be effective the following season. The Board of Directors shall consider what is in the best interest of MSLA in determining whether or not to approve a move from one division to another.
- b. In order to maintain a competitive balance within each division, the MSLA Board of Directors may vote to move a team either up or down to another division. Teams will be afforded an opportunity to oppose this move if they feel it is not in the best interest of MSLA.
- c. No division shall have fewer than 13 teams. There shall not be a maximum number of teams in any division.
- d. If a team petitions to move to another division, it must be for a minimum of two years. If a team is moved by MSLA, there is no minimum amount of time they must spend in their new division.

### **2. Declaration of a home school**

- a. Teams that are comprised of players from more than one school shall declare a home school which shall be the school from which the majority of the team's players attend.
- b. This home school shall be used for purposes of determining what school is closest to the player's residence for MSLA's Residence Requirement

## **On Field Rules**

### **MSLA uses NFHS Boys Lacrosse Rules**

#### **1. Uniform Colors:**

- a. All Varsity teams must have identical helmets.
- b. All Varsity teams must have matching uniforms
- c. Undergarments do not have to match, however they must be white, grey, black or the team color.
- d. It is recommended that teams select a team color for gloves and encourage the purchase of that color for future compliance with the "all the same color" rule.

#### **2. Game:**

##### **Length of games**

Varsity: 12 minute stop time quarters.

Jr. Varsity: 10 minute stop time quarters

Freshman: 10 minute stop time quarters



## Overtime

- Varsity: 4 minute sudden victory periods, until game is decided.
- Jr. Varsity: Not more than two, 4 minute, sudden victory periods.  
If game has not been decided at the end of the second overtime, the game shall result in a tie.
- Freshman: One, 4 minute sudden overtime victory period. If game has not been decided at the end of the first overtime, the game shall result in a tie.

Teams may choose, by agreement, to play until a winner is decided at the Jr. Varsity and Freshman level.

### 3. Varsity / Jr. Varsity Swing players

- a. It is the intent of this rule to allow players at the Jr. Varsity level to compete with other players that have the same level of skill and experience.
- b. Each Varsity team shall designate its “starting” 15 players (6 Midfield, 4 attack, 4 defense, 1 goalie) that shall not play Jr. Varsity during the current season.
- c. Seniors shall be allowed to play Jr. Varsity if they are first year players. Teams are required to notify the opposing team of any seniors participating in the contest prior to its start. Seniors who are physically large or overly aggressive will be subject to removal from the game, at any time, **at the sole discretion of the opposing coach**, if that coach feels there is safety issue for the other players.

### 4. Fields

- a. All home fields shall comply with NFHS standards. Any exceptions shall be submitted to the MSLA Executive Board prior to games being played on that field. Player safety will be the first consideration.
- b. Spectators shall be kept on the opposite side of the playing field from the player’s benches – this rule applies even if there is permanent seating or bleachers behind the team benches. This rule is to minimize interaction between spectators and players, coaches and/or officials.
- c. Fields must meet 6 yard spectator limit lines as outlined in the NFHS rule book
- d. There may only a maximum of 5 people at the scorers table during a contest. The Home team is permitted 1 clock operator, 1 score keeper, and 1 spotter. The Away team is only permitted 1 score keeper and 1 spotter.

## **Game Cancellation & Referee Assignment Policies and Procedures**

### **1. Weather**

- a. Rain out (field conditions existing or developing) determination must be made 3 hours before game time. A team traveling from out of town should be notified the day before if cancellation is a possibility. In the event of a rain out, the home team must contact the visiting team head coach, the referee and the assignor by phone and email. Failure to do so will result in officials being paid in full plus a full game fee when the game is made up.
- b. Game called at the field site, after the arrival of the referees due to field conditions, will result in the officials being paid in full plus a full game fee when the game is rescheduled. If the game is called due to lightning at game time then the officials will not be paid unless game is declared an official game under MSLA policy. NOTE: In all cases, the assigned officials shall “own” the game when it is rescheduled unless they voluntarily give the game up.

### **2. Scheduling**

- a. Minimum of 7 days notice is requested to facilitate the rescheduling of officials. Varsity games will take precedent over Jr. Varsity or Freshmen games.
- b. Changes shall be made at least 2 weeks in advance. All changes need to be approved by the MSLA and the referee assignor. Teams are allowed 2 schedule changes without a change fee. All teams making more than two changes will be charged \$25.00 per change. Changes are changes to dates and/or times. Location will be considered a change if opposing teams and referees are not notified 48 hours in advance.

### **Protests**

Any protest or dispute must be submitted in writing within 48 hours of the event in question. Only issues in regards to eligibility may be protested. Any on field issue needs to be resolved at game time – once play continues, results cannot be overturned. Judgment calls made by officials cannot be challenged.