

GREATER BIRMINGHAM YOUTH LACROSSE ASSOCIATION

GENERAL POLICIES AND PROCEDURES 2023

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GBYLA MISSION

To develop and support youth lacrosse programs in the Greater Birmingham Metropolitan area.

VISION

To be a recognized community of players, coaches, officials, parents and volunteer/staff leaders that fosters strong competition, superior sportsmanship, and personal growth for all participants.

GBYLA SPRING SEASON DIVISIONS

1. ***Boys' and Girls' Divisions.*** Boys and Girls teams shall be organized by grade into the following playing divisions:
 - 8U
 - 10U
 - 12U
 - 14U
 - High School Varsity/JV

High school boys shall be organized into Varsity and Junior Varsity level teams, as numbers allow. High school girls shall be organized into Varsity level teams. 12th graders are restricted from playing JV (exception; in the case of a goalie on an as needed basis).

2. ***GBYLA Community Lacrosse Programs.*** Programs operating under the GBYLA.
 - **Youth;** Auburn, Briarwood, Buck Creek (Alabaster/Helena), Homewood, Hoover, Huntsville, Madison, Mountain Brook, Oak Mountain, Trussville & Vestavia. Orphan players assigned to Member Organizations as outlined in TEAM ASSIGNMENT.
 - **Boys High School;** Auburn, Bob Jones, Briarwood, Helena, Homewood, Hoover, Huntsville, James Clemens, Mountain Brook, Oak Mountain, Spain Park, Thompson & Vestavia.
 - **Girls High School;** Auburn, Hoover, James Clemens, Mountain Brook, Oak Mountain, Spain Park, Thompson, Trussville & Vestavia.

(Adopted November 2011/Amended September 2016/Amended November 14, Updated September 2018, Updated October 2019, Updated December 2020, Updated November 2021, Updated August 2022)

PLAYER PLAY-UP / PLAY-DOWN REQUESTS TO PLAY OUTSIDE A PLAYER'S DIVISION

All male and female players are expected to play in the division based on their grade as per GBYLA published grade cutoffs. -

No division movement, up or down, is allowed for youth boys. Youth girls may move up one division to even out team numbers, as needed. Youth girls are prohibited from moving down a division.

Male & Female 8th grade players only are granted an exception to play up to High School JV or Varsity based on the player's community program's Head Varsity Coach recommendation. Player must have a completed spring season registration in the 14U division to be eligible for play up status. Final approval must be obtained from the player's community program board or governing committee. Player's Parent/Guardian must agree to the division change, pay any additional fees associated with the JV/Varsity program and sign an additional waiver to that effect obtained from GBYLA Operations Director and kept on file by the GBYLA. Once the division change is final, player is restricted to playing in his/her new division.

Revised & amended September 28, 2016/Amended November 14, 2017/Amended AHSLCA December 2017, Amended November 2021, amended August 2022.

Any person (including but not limited to parents, coaches and players) who falsifies a player's name, birth date, grade or other personal identifying information ("PIN") in any information supplied to the GBYLA; or who alters information in an existing information set or database maintained by the GBYLA so as to make that data or information false or misleading; or who creates a false or misleading identity that is submitted to or maintained by the GBYLA; or who exceeds their authorized access to any database, information set or computer developed or maintained by the GBYLA, shall be subject to sanctions by the GBYLA Governing Committee, including but not limited to suspension for a certain term, a permanent ban from the GBYLA and its activities; or any other sanction that the GBYLA Governing Committee, in its sole discretion, shall impose. In the appropriate circumstances, the GBYLA may refer such actions to law-enforcement authorities. In addition, the GBYLA has the right at any time to require proof of age (such as a passport or birth certificate) to verify name and age of a player.

(Adopted January 2009; amended September 2014, November 2015, September 2016, September 2017)

GBYLA SPRING SEASON TEAM SELECTION PROCESS GENERAL AND GUIDING PRINCIPLES

Team rostered player recommended maximum and minimum numbers stated below and formed, to the extent possible, with residents of the team's geographical, municipal community. In other words, "you play your zip code." There are limited exceptions to this general principle, as set out below and by the GBYLA Governing Committee in its discretion, but those exceptions are to be strictly construed. Further, players may only play on one team and may not play on multiple teams.

Suggested Minimum and Maximum Rostered Team Player Numbers per Division

- Boys 8U Min 10 Max 14

• Boys 10U	Min 10	Max 14
• Boys 12U	Min 15	Max 20
• Boys 14U	Min 15	Max 30
• Girls 10U	Min 8	Max 12
• Girls 12U	Min 11	Max 16
• Girls 14U	Min 17	Max 25

Any team reaching a maximum rostered player number is required to form two or more teams, following minimum team requirements, as set forth by the GBYLA Team Draft Policy.

Here are the exceptions.

Youth Players. If a player at the youth level (in other words, all age groups below high school) is (a) enrolled at a school and (b) that school has a team at the player’s age group, then that player may play for that school-based team without regard to the player’s residence. If player’s school does not have a team, but has a youth sports affiliated school, then that player has a choice to play for the affiliated school or their community lacrosse program. In such situations, the GBYLA may require proof of enrollment at that school before that player will be allowed to register. In addition, whether a school “has a team at the player’s age group” will be determined by the GBYLA in consultation with the school (by way of example only, a school may wish to field a team, but it lacks sufficient numbers). If a student is not enrolled at the school, or if the school, as determined by the GBYLA, does not have a team at the player’s age group or a youth sports affiliated school, then the player will play on a team in his or her geographical, municipal community, unless that particular community does not have a team for that player, in which case the GBYLA will apply the “orphan” provisions set out below.

Further, a school team at the youth level cannot require that the youth player play for the school team, even if the player is an enrolled student. Because “school” teams at the youth level are in derogation of the GBYLA principle that teams are geographical, municipal community teams, the youth player may always choose to play for his or her geographical, municipal team.

In any event, there will be no “free agency.” If for whatever reasons the structure set out above is incapable of ready application, the “you play your zip code” rule applies, and the player will play for his or her geographical, municipal community.

High School Players. Players will play on behalf of the high school at which they are enrolled. See below orphan rule for High School players.

Orphans

Youth

Players who (a) do not have a team available to them in their geographical municipal community or (b) do not have a school team to play for are “orphans.” Orphans will be assigned to a geographical municipal community based on criteria outlined below:

1. Proximity of a player’s residence to practice/game facilities.
2. Limitation on the number of players a team can have.
3. Consent of the “assignee” geographical, municipal community’s governing board, which consent shall not be unreasonably withheld.

The assignment of orphans will be made by the GBYLA and will be final. What team within the geographical, municipal community or school based an orphan will play on will be determined by that community consistently with its own team-selection principles.

High School

Players who, after the process identified above, do not attend a high school that has a high school team will be designated as an “orphan” player. Orphans will be assigned to a high school team based on the criteria outlined below:

1. High School that player’s residence is zoned for based on tax record.
2. High School located within same youth Community Lacrosse Program. Players have the option of playing for a program within their community or with a program that is more convenient due to the proximity of the high school.
3. Proximity of a high school player’s residence to the physical location of the participating high schools.
4. The limitation on the number of players a team can have.
5. The consent of the “assignee” governing board, which consent shall not be unreasonably withheld.

Proximity

Proximity shall be based on Google Maps results only.

REGULAR TEAM SELECTION PROCESS

Within one (1) week after registration is closed, a Governing Committee will consult with the coaches or other persons in each community charged with dividing players into teams, to discuss the allocations of players to teams. See GBYLA Spring Season Team Selection and Guiding Principles.

(Amended November 2015/Amended September 2018, Amended August 2022)

TEAM ASSIGNMENT

Preference for team assignment will be given to residents of a community in order of their sign-up. It is GBYLA policy for communities that parental or child preference for coaches, friends on team, car pool and parental convenience be specifically excluded from consideration. It is, however, recommended that consideration be given to two or more players from the same household wishing to play on the same team. Member Organizations shall follow team draft policy provided by the GBYLA as stated below.

TEAM DRAFT POLICY

GBYLA teams for boys & girls 8U through 14U will play a recreational format meaning teams will be drafted in a way to have parity amongst the teams. The League will not have a championship format for these age groups. These age groups will participate in a year-end Jamboree style tournament. The GBYLA Mission Statement is to grow participation in our area and expose youth to the game of lacrosse. Community Points of Contact (POC’s) along with Head Coaches are responsible for conducting

team drafts for their respective community teams keeping in line with the policies and procedures set forth in this document.

Requirement for Team Selection – If your community program meets the criteria to have more than one (1) team within a single age division, player evaluations shall occur in a skills-based clinic prior to team selection. Player’s age, size, years of experience and lacrosse skills should be recorded utilizing a simple scale. A draft form will be provided to you for use in recording player statistics.

Once the data is recorded and teams are ready to be created, the POC and Head Coaches should conduct a SNAKE DRAFT to fill out rosters for each team with parity as the primary focus. No consideration should be given for assistant coaches, carpooling, friends, etc. After teams have been selected, the Head Coaches will pull out of a hat to determine which team they will be coaching. If the Head Coach is the parent of a player and their child does not correspond with the team they pulled, their child will be swapped spot for spot with a corresponding player from the Head Coach’s team. A representative of the GBYLA will be available to assist in the SNAKE DRAFT if further clarification is necessary.

Teams found not in compliance with this procedure ensuring team parity will be excluded from the season ending jamboree.

The GBYLA Governing Committee decisions on team assignments are final. (*Adopted January 2009; updated September 2013, September 2016/Amended September 2018*)

GBYLA PLAYER GAME-PARTICIPATION POLICY

Introduction

GBYLA strongly encourages meaningful game participation for all GBYLA players. However, the league recognizes that instituting mandatory player participation requirements inherently involves a two-way commitment by a player / parent to support the team by regularly attending team practices and demonstrating good sportsmanship and effort, and in exchange, a Coach's commitment to allow each such player who regularly attends team practices and demonstrates good sportsmanship and effort to receive the experience of meaningful participation in game competition.

GBYLA Participation Rule

It is GBYLA policy that a player who makes a commitment to support his or her team by:

- (i) Attending 75% of team practices; and
- (ii) Showing good sportsmanship; and
- (iii) Showing a good work ethic toward improving his or her skills will receive at least the following amount of playing time in each GBYLA game:

8U, 10U, 12U: Two (2) quarters equivalent in GBYLA league games.

14U: One (1) quarter equivalent in GBYLA league games.

JV and HS: No minimum required.

If a Coach is proven to have violated this Playing Time Policy, team associated with offending coach may suffer exclusion from the end of season Jamboree.

(Amended November 2015/Amended September 2018)

Lopsided Game Rule

If an 8U, 10U, or 12U team obtains a lead of 8 goals or more in a GBYLA league game, then those players on both teams who have received the least amount of playing time up until that point in the game must be substituted into the game at that time and be allowed to receive their minimum playing time. In addition, the coaches for each team are strongly encouraged (but not required) to manage playing time in this situation so that all players on both teams will receive roughly equivalent playing time for the game to the extent that is possible at that stage in the game (in other words, starters should sit the bench until non-starters have caught up with starters' playing time (to the extent possible at that point in the game)).

If there are too many players to permit wholesale substitutions, those players who have received the least playing time must be rotated in as soon as practicable. Further, a Coach is strongly encouraged to allow each player to play in each half to the extent possible in the event of a lop-sided Game.

If the goal differential slips back beneath 8 goals after previously having been at 8 goals, a coach is free to use discretion regarding whether or not to continue following the Lop-sided Game Rule while the goal differential remains fewer than 8 goals.

14U shall likewise be subject to the foregoing Lopsided Game Rule, provided that a lead of 8 goals must be obtained before it applies and given that there is no minimum playing time for JV and HS games, the only portion of the rule that will be applicable is the “equal playing time” rule.

Non-GBYLA Out of Conference Games

It is GBYLA policy that for both home and away games against out-of-state non-GBYLA teams, each GBYLA Coach (or scheduler) will request and encourage (but not require) that the non-GBYLA team adopt the foregoing GBYLA Participation and Lopsided Game Rules in individual (i.e., non- tournament) games against a GBYLA team, and the Coach will communicate with parents in advance of the non-GBYLA game as to whether the GBYLA Participation and Lop-sided Game Rules will apply so the parent can decide whether to have the player make the out-of-town trip.

Initial Application of Rule by Coach

It is the Coach’s discretion to determine whether a player has met the conditions required to be entitled to receive the minimum playing time and receive the additional playing time from application of the Lopsided Game Rule. If not, the Coach is expected to communicate with the player and the player’s parent prior to the beginning of a game if that player will not be entitled to receive the minimum playing time for that game and the reasons for the Coach’s decision.

Further, if during the course of a game, a Coach determines it is necessary to discipline a player for poor sportsmanship or lack of effort, the Coach shall have the discretion to override the Participation Rule for that offending player.

If a parent or Opposing Coach has a concern that the Participation Rule or Lopsided Game Rule is not being followed by a Coach, the parent or Opposing Coach is encouraged first to talk to the Coach directly to resolve the matter.

Appeal

If a parent or Opposing Coach is dissatisfied about a Coach’s response, an appeal should be made

to the respective Community Program Point of Contact (POC) and/or Community Board to discuss the matter.

Enforcement

The community lacrosse program Board and/or Governing Committee shall have the discretion to resolve disputes over application of the Participation and the Lopsided Game Rules and to impose such disciplinary action as the community lacrosse program Board and/or Governing Committee deems appropriate, including requiring forfeiture of a game or imposing a suspension from coaching for a period of time.

General

The GBYLA Board is authorized to supplement or modify these policies to address matters not specifically covered above. Also, the GBYLA Board and/or Governing Committee is authorized to designate a GBYLA representative or sub-committee to hear any appeal and assist with the implementation and enforcement of this GBYLA Participation Policy.

(Amended September 2013)/ Amended AHSLCA December 2017/Updated September 2018/Amended August 2022)

GBYLA OFF-SEASON PRACTICE/PLAY POLICY

Youth: Off-season practice or play is at the sole discretion of the Head Coach as representative for his/her GBYLA Member Organization. The Head Coach and community lacrosse program assume all responsibility and liability for any player participating in off-season practice or play as well as obtain any insurance policies required by school or park & recreation.

High School: Refer to GBYLA High School Rules in this document.

(Amended and adopted November 2015, amended November

21/amended August 2022)

PLAYER SAFETY POLICY

The GBYLA strives to stress the importance of player safety, while recognizing that lacrosse is a rigorous sport with the inherent risks associated with a game involving physical contact.

To promote player safety, it is the policy of the GBYLA to require a certified trainer be present at all games involving players at JV/Varsity.at the JV & Varsity

Further, GBYLA has sponsored CPR and First Aid courses in the past for its Coaches, and encourages all Coaches to be CPR and First Aid certified. In addition, all GBYLA coaches will complete a required training module to learn how to recognize the symptoms of a concussion and guidelines for returning a player to practices and games after a suspected concussion or brain injury.

In addition, as a point of emphasis in boys' games, the GBYLA stresses to its officials, coaches and players that the Official Rules of Lacrosse prohibit "unnecessary roughness" and hits deemed to be

“excessively violent.” (Point of emphasis is as of spring2010).

In accordance with Alabama State Law (House Bill 108) the GBYLA has guidelines and pertinent information and forms to inform and educate youth athletes and their parents/guardians on the risks of concussion and brain injury, including guidelines for returning to play after a suspected concussion or brain injury.

Concussion Management Plan **Greater Birmingham Youth Lacrosse Association**

The following policies and procedures have been instituted by the Greater Birmingham Youth Lacrosse Association (GBYLA) in an effort to identify, manage and return athletes safely to competition following a concussion.

Pre-Season Education:

- Concussion educational information based on CDC concussion fact sheets are posted and available on our website, www.gbyla.org under RULES & SAFETY for both parents and coaches. Each parent will agree to an electronic version of the PARENT/ATHLETE CONCUSSION INFORMATION SHEET upon registering for the Spring Season. By agreeing they acknowledge they have read and understand concussion management and protocol.

- By acknowledgement of the Parent/Athlete Concussion Information Sheet as well as electronic acceptance of Parent Code of Conduct during the Spring Season registration process, each athlete and/or legal guardian accepts responsibility for reporting injuries (including concussions) and illnesses to their assigned GBYLA Head Coach. At the beginning of each Spring Season, all GBYLA Head Coaches are required to conduct a preseason meeting with all parents & athletes and as part of this meeting, the concussion information and protocol is reviewed.

- All coaches are required to take the Head's Up Concussion Online Training Course as well as receive the CDC Head's Up Concussion in Lacrosse information sheet as presented by US Lacrosse during the mandatory Spring Preseason Coaches Meeting which includes concussion education and EAP training. Each individual will be required to sign that they have attended the preseason meeting and received the concussion education information. The meeting will occur on an annual basis one week prior to Spring Season practice start.

Pre-Participation:

- Clearance for participation or need for further consultation, evaluation or testing will be at the discretion of the athlete's personal healthcare physician.
- In following protocol for any documented concussion, written clearance is required and must be provided by the athlete's personal healthcare physician to the athlete's Head Coach prior to participation.

Recognition and Diagnosis of Concussion and Post-Concussion Management:

- Any athlete who exhibits signs or symptoms consistent with a concussion as deemed by the Head Coach or on site certified athletic trainer, with or without a witnessed injury, will be removed from activity (practice or game) immediately and referred to their personal healthcare physician for evaluation. Head Coaches are not responsible or allowed to diagnose athletes with signs and symptoms of a concussion nor are they allowed to participate in any decision making regarding return to competition.

- Once an athlete has been removed from play for suspected concussion and/or formally diagnosed by a healthcare physician with any form of concussion or mild traumatic brain injury, **he/she will NOT be allowed to return to any practice or competition.**

- Following initial injury, the athlete should be evaluated and monitored by their personal healthcare physician.

- If a player is diagnosed with a concussion, GBYLA Operations Director must be notified of this diagnosis by the Parent and Coach.

Return to Play:

- Athletes diagnosed with a concussion will undergo follow-up with their personal healthcare physician.
- In following protocol for any suspected concussion and/or documented concussion, written clearance is required and must be provided by the athlete's personal healthcare physician to the athlete's Head Coach prior to return to play.
- Coach shall provide copy of Return to Play written clearance to GBYLA Operations Director.

Reducing Head Trauma Exposure Management Plan:

Efforts will be made to reduce exposure to head trauma. Examples of methods to minimize head trauma exposure include but are not limited to:

- Taking a “safety first” approach to sport
- Taking the head out of contact
- Coaching and athlete education regarding safe play and proper technique.

(Adopted November 2011/Amended September 2018)

COACH LIMITATION ON SIDELINE DURING GAMES

Youth 8U, 10U and 12U teams shall be limited to a maximum of three (3) coaches, one head and two assistants, on the player-sideline during games. The officials shall be instructed to enforce this limitation and to direct any additional coaches or parents to sit on the sideline opposite the players with the fans.

There are no limitations on the amount of sideline coaches at the 14U, High School Varsity and JV levels.

(Adopted January 2011/Amended September 2018)

TEAM SIDELINE MANAGERS

All teams must assign a ‘Sideline Manager’ for all games. Sideline Managers must identify themselves at the coin toss. One Sideline Manager for each team. Sideline Managers are responsible for upholding GBYLA sportsmanship standards for all spectators affiliated with their team. Each team can designate one (1) Sideline Manager for the entire season or by game.

GBYLA TEAM RULES FOR PLAYER CONDUCT

Introduction

Lacrosse is the oldest American game. Native Americans have played it since long before the colonies were settled, and at the club and collegiate level it has been played since the late 1800's. This increases the importance for a sense of community amongst those who play, coach, work and follows the game of lacrosse. To establish and maintain a sense of community, we cannot ignore the way the game itself is played and the responsibilities we have as players, coaches, and administrators have to the game. Shown below are Team Rules that GBYLA expects each of its teams to adhere to.

Team Rules

- Lacrosse players uphold a rich tradition of honorable behavior. Our teams’ players are expected to represent the best this sport has to offer. Honesty and good conduct are the most important contributions we make to the sport and our team.
- Team members are expected to be honest on the field. In practices and games alike, cheating of any kind is not tolerated. For example, an opponent may grab your jersey to beat you to a ground ball if the official can’t see them. We do not respond in kind. Our goal is to win a match through fair and competitive play. Cheating on the field, even if nopenalty is awarded, will result in extended bench

time. Repeated offenses will result in a multi-game suspension from the team.

- Team members take good care of their bodies and respect local laws regarding tobacco, alcohol, and drugs. They do not commit the following violations:

- Possession or use of alcohol or illegal drugs

The minimum recommended penalty for committing a violation is as follows:

- First offense: suspension for at least two (2) games of competition
- Second offense: loss of 50 percent of season of competition
- Third offense: Removal from team

- Team members respect others and strive to represent the team and community in a positive manner. Use of profanity (bad words) is not allowed, nor will it be tolerated. Words that are unacceptable in school are considered profanity. First offense: warning. Second offense: cleanup after practices. Third offense or offense at any competition: A special meeting with parents and the athlete to be called to help solve the problem. Suspension or dismissal from the team may result.

- Team members respect and appreciate all officials who give their time to make competition possible. At the end of each game, we go out of our way to thank the officials for their work. Our athletes never argue a call with officials and never make a disrespectful comment toward them. Breaking this rule will result in extended bench time. Repeat offenses will result in suspension and possibly removal from the team.

- Team members respect and care about each other's safety and feelings. We are team members, caring for and helping each other as we strive toward team goals. Do not participate in any kind of hazing, either during or away from team activities. Hazing is any activity that singles out a member or members of a class or age group for special unpleasant treatment. Hazing is the infliction of humiliation, isolation, stress, or physical discomfort, often in the spirit of "initiating" a newer or younger member or members into the team.

- Any minor psychological hazing will result in a one-game suspension for all who commit the hazing. Physical hazing will result in at least a one-game suspension for bystanders who do not report or prevent the incident and multi-game suspension or dismissal from the team for all who commit the act.

- Team members place academic performance as priority one! You agree to comply with the rules of your school as it relates to academic standing and performance.

- Team members make effective use of practice time. They arrive on time, ready for a great practice. Team members arrive at practice with all necessary safety equipment and in clothing that ensures a great practice.

(Adopted 2005 or before)

- Team members will not use any form of media (including electronic media such as e-mails, websites, blogs, Twitter, Facebook, etc.) to publicly criticize any coach, player, official, parent or any person associated with administering the sport of lacrosse thru the GBYLA.

(Adopted January 2011)

GBYLA DISCIPLINARY POLICIES FOR PLAYERS, COACHES AND FANS

1. Player Fights: If a team member is ejected from a game for fighting, he/she shall be suspended from league play for a *minimum* of two (2) in-season games. If a team member is ejected from a game for 2 fights within one season, he/she shall be expelled from the GBYLA for the remainder of the Spring Season.
2. Player Unsportsmanlike Conduct: If a team member is ejected from a game for unsportsmanlike conduct, he/she shall be suspended from league play (including practices) for the next 1 game.
3. Egregious Misconduct: Egregious unsportsmanlike conduct of a player or coach during a game, whether it results in a penalty or not, will result in an appropriate discipline. Upon a complaint of such conduct, the respective Community Lacrosse Board and/or Governing Committee will consult with the officials for the game; the coaches; and any other witnesses as needed, in the Committee's discretion, to investigate the matter. In the case of a complaint concerning a player, the Committee will also promptly notify the player's parent/guardian(s), as well as the player's coach. The Committee may consider all material including, but not limited to, any available video or audio recordings. The Committee will then decide and impose such sanctions, if any, as he deems appropriate.
4. Coach Ejections: Should a coach be ejected from a game by a referee, the ejected coach shall be required to immediately leave the premises for the remainder of the game and shall be suspended for the next 1 game. Multiple suspensions or egregious misconduct may result in removal of that coach from participation in the GBYLA for a time as determined by the Governing Committee of the GBYLA.
5. Suspensions: While a player or coach is suspended, he or she can attend team practices and can only attend game events as a spectator sitting with the fans and cannot give direction to players or coaches while acting as a spectator. Further, a suspended coach shall be required to take the PCA online sportsmanship course and provide verification that such course has been completed prior to returning to the sideline.
6. Appeals: Any appeal of a suspension or other disciplinary action shall be heard by the GBYLA Governing Committee, whose decision shall be final. All evidence, including but not limited to the material described above (such as video or audio recordings), may be considered. A sanctioned player, coach or other person may submit written materials but may make an in-person appeal to the GBYLA Governing Committee only in the Governing Committee's discretion. An appeal will not delay the imposition of any discipline. In the case of a player's sanction, any appeals must be submitted by the head coach of the player under disciplinary review and must be submitted within 24 hours of the initial ruling. If the head coach declines to appeal his or her player's sanction, no appeal will be taken, and the sanction will stand as rendered by the GBYLA Governing Committee.

(Adopted 2005; updated February 2013/Amended September 2018)

WOMEN'S DISCIPLINARY POLICY

If a player receives a red card ejection, that player will be suspended for the next one in-season game. The second red card ejection will result in suspension for the remainder of the season. About the red card ejections described in this section, the red card ejection that is result of the culmination of two yellow cards does not constitute a red card ejection.

The player receiving a suspension may appeal by notifying the GBYLA Governing Committee and Women's League Commissioner. The Women's League Commissioner and the Governing Committee will conduct an appropriate investigation and have the authority to request input or documents from any source. Video evidence of the purported incident may be reviewed by the Governing Committee and the Women's League Commissioner. Failure of the player or coach to cooperate with the investigation will result in a denial of the appeal. After consultation, the Governing Committee will advise of his findings and change the discipline, if warranted. An appeal will not postpone or delay any discipline. Any appeal must be submitted within 24 hours.

(Adopted January 2010/Amended September 2018)

DISCIPLINARY POLICY FOR FANS

The GBYLA encourages the fans and supporters of lacrosse or any particular team to attend games and support and encourage GBYLA teams. However, inappropriate language, verbal abuse of officials or coaches or any conduct not exemplifying the ideals of sportsmanship espoused and implemented by the GBYLA will not be tolerated. Teams can be called for an unsportsmanlike conduct foul for the conduct of a parent or spectator.

Depending on the severity and conduct, the officials at the game shall request the coach of the team with which the fan is affiliated speak with the fan regarding what is and what is not permitted conduct. If the initial misconduct is sufficiently severe, penalties may be assessed immediately. If such conduct is not so egregious that it merits a penalty immediately, but it continues or worsens, the officials have the authority to impose a penalty on the team with which the fan or supporter is affiliated up to and including forfeiture of a game. The officials are e n t i t l e d to ask the coach of the team of which the fan or supporter is affiliated to request that the fan leave the premises, and if that fan refuses to leave the premises, the officials are entitled to eject the fan from the premises and/or cause a forfeiture of the game by such fan's team.

In addition, GBYLA Operations Director, Officers and Board Members shall each have the authority and the responsibility to evict fans who exhibit flagrant incidents of poor sportsmanship or poor fan behavior that is detrimental to the betterment of the GBYLA. Further, the GBYLA Operations Director, President or their designees, as well as GBYLA Coaches, shall be authorized to designate specific Sportsmanship Officials from time to time who may be charged with promoting and enforcing, when necessary, good sportsmanship policies at specific GBYLA-sponsored events.

(Adopted January 2011/Amended September 2018)

GBYLA COACH SELECTION AND RETENTION POLICY

It is the GBYLA's goal to have coaches who are good role models for youth players and who not only demonstrate the ability and willingness to coach the sport of lacrosse, but as importantly, individuals who demonstrate the highest principles of sportsmanship and integrity toward the game of lacrosse. All head coaches and assistant coaches are required to be registered through the GBYLA session registration module, agree to the Coach Code of Conduct, provide proof of US Lacrosse Membership*, agree to a US Lacrosse background check (once every two (2) years) and complete the Head's Up Concussion Safety Online Course annually in accordance with state law.

The GBYLA will rely, in the first instance, upon the lacrosse leadership within the particular Community Lacrosse Program (i.e., the Board Presidents) to select coaches for the teams operating within their community lacrosse program, provided such coach has not been previously restricted from coaching for the GBYLA. In the event there is a team that is not located within a particular community lacrosse program (or within a parochial / private school division), the respective Board and/or Governing Committee will select the head coach for that team.

In the event there is a dispute over who should be the head coach of a team that cannot be resolved within a particular organization or division, the Governing Committee will select the head coach for that team based upon such information as it deems appropriate.

Each coach will be assigned to a team for a single season and is only entitled to coach at the pleasure of the GBYLA during the course of the season.

Coaches are expected to attend any GBYLA-mandated pre-season coaching clinic and/or meeting, unless illness or employment interferes with the scheduled event. In addition, coaches are expected to handle their coaching responsibilities in a conscientious manner, and to cooperate with the GBYLA in operating the league, throughout the season. The Governing Committee and/or Governing Committee of the GBYLA shall be authorized to suspend or dismiss any coach at any time for failure to follow GBYLA policies or for conduct otherwise deemed detrimental to the GBYLA.

At the end of each season, the GBYLA will conduct parent and coach surveys to determine the level of satisfaction with coaches. Based upon such survey results, as well as the input of the Governing Committee and other GBYLA officials in dealing with the coach during the season, the GBYLA Governing Committee shall have the authority to bar a coach from returning to coach in future GBYLA programs. Appeals of any such decision shall be made to the GBYLA Governing Committee.

*US Lacrosse membership requirement for all head coaches in 2015

*US Lacrosse membership requirement for all coaches in 2016

(Adopted November 2011/Amended November 2015/Updated September 2018)

GBYLA COACH CODE OF CONDUCT AND PLEDGE

Lacrosse is the oldest American game. Native Americans have played it since long before the Colonies were settled, and at the club and collegiate level, lacrosse has been played since the late 1800's. This increases the importance of a sense of community and tradition among those who play, coach and administer the game of lacrosse. To establish and maintain that sense of community and tradition, we cannot ignore the responsibilities that we as coaches have to the game.

GBYLA has joined with USA Lacrosse to establish and promote sportsmanship and fair play and a positive sports culture through the sport of lacrosse. The GBYLA is committed to promoting the "Honor the Game" philosophy for all who enjoy the sport of lacrosse. To help fulfill this commitment, the GBYLA expects coaches (as well as officials, players, parents, and spectators) to abide by a Code of Conduct that "Honors the Game" and embodies basic principles of fair play and good sportsmanship; demonstrates consideration of others; and projects a positive image to the youth we serve.

Accordingly, each GBYLA Coach is expected to follow a "Code of Conduct" exemplified by the following pledge:

I HEREBY PLEDGE THAT AS A GBYLA COACH I WILL:

- Honor the Game of Lacrosse
- Consider it a privilege to coach youth and recognize that the game I am coaching is for youth and not for my benefit as an adult.
- Recognize that as a coach I am the single person who is the most responsible for setting the tone of behavior for my players and my team's parents and fans.
- Lead by example in demonstrating a sense of fair play and superior sportsmanship to all my players.
- Strive to master the rules of lacrosse and teach those rules to my players and their parents.
- Teach lacrosse skills, and use coaching techniques, appropriate for the age I coach.
- Emphasize positive coaching methods designed to foster a love and appreciation for the sport of lacrosse in my players.
- Place the emotional and physical well-being of my players ahead of my personal desire to win.
- Remember to treat each player as an individual and recognize that there is a large spread in emotional and physical development of players within the same age group.
- Avoid excessive displays or outbursts of anger in the presence of my players.
- Not threaten, harass or abuse a player physically, verbally, mentally or sexually.

- Not use alcohol, tobacco, or illegal drugs in the presence of players.
- Not maliciously criticize, badger, harass, or threaten any official.
- Not use the media (including electronic media such as websites, blogs, Twitter, Facebook, etc.) to criticize an official, opposing coach or player, or those associated with administering the sport of lacrosse thru the GBYLA.

(Adopted November 2009 in connection with Positive Coaching Alliance partnership; updated January 2011)

COACH'S RESPONSIBILITIES TO THE GAME

Coaches are role models, and their behavior sets the tone and pattern of behavior of their team and their spectators. As such, they are expected to conduct themselves so as to maintain the highest principles of sportsmanship and integrity toward the game of lacrosse.

Coaches are responsible for knowing and following the rules of the game as established and directed by U.S. Lacrosse and for teaching both SPORTSMANSHIP and LACROSSE SKILLS. They are also responsible for the behavior of their fellow coaches, players, parents, and other team spectators.

It is the Coach's responsibility to make sure that all players understand the rules and their spirit. All participants in the game of lacrosse are expected to adhere to the letter and spirit of all the rules.

It is the responsibility of the coach to promote a safe environment for officials, fans and competitors.

At no time is it appropriate for coaches to use the media (including electronic media such as e-mails, websites, blogs, Twitter, Facebook, etc.) as a vehicle in which to criticize officials, opposing coaches, players, fans or those associated with the GBYLA. Not only are specific or general criticisms through the media inappropriate, so too are emphatic "No Comment" remarks, or disguised criticism ("I have been instructed not to comment on the officiating."). It is expected that coaches will lodge their complaints directly with the Governing Committee in writing.

Any in season game resulting in a forfeit by either the HOME or AWAY team, the forfeiting team on record may lose eligibility to participate in the Youth Jamboree, Alabama Lacrosse Championship Playoffs and Championship.

COACH'S RESPONSIBILITY TO THE PLAYER

Despite the pressures on coaches to win games, that pressure needs to be kept in balance with the objective of instilling the highest ideals and character traits in their players. The safety and welfare of the players should always be uppermost in their mind and these values must never be sacrificed for personal prestige or personal gain.

Coaches should never teach their players tactics or skills designed to circumvent the intent of the

rulebook and the standards of fair play. The rule exists to protect the players and provide a common standard by which final results will be determined.

Whenever players exhibit unsportsmanlike behavior on their own, it is the responsibility of the coach to address that behavior and put an end to it. Coaches are responsible for the conduct of their players.

Comply with Alabama law and GBYLA policy regarding concussions; educate themselves on and about the risks and symptoms of concussions; and not return to play a player who has been suspected of sustaining a concussion until he/she has received reasonable assurance that the player has been evaluated by a licensed physician who has provided the player with written clearance to return to play.

Amended September 2018

COACH'S RESPONSIBILITY TO THE OFFICIALS

Game officials — like coaches and players — are major participants in the game. The coach shall neither exhibit nor tolerate any behavior from others — verbal or otherwise — that reflects poorly on an official. This includes, but is not limited to, arguing a judgment call in such a manner as to incite players and spectators against an official. There are approved methods by which a coach may comment on an official's performance (a call to the Assignor). Public displays of displeasure — before, during or after a game- are not among these approved methods.

All game officials — including but not limited to on-field officials, scoreboard operators, scorers, host personnel — shall at all times be treated in a professional and courteous manner.

In particular, officials should be treated with respect at all times, and it is the particular responsibility of the host coach to insure for the safety and well-being of these officials in that host facility.

Although officials can flag a coach for inappropriate or unsportsmanlike conduct, it is incumbent upon the coach to deport himself in such a way that every effort is made to avoid penalties of this nature.

Coaches should be sensitive to the impropriety of private meetings with officials before, during or after the contest, without the presence of a representative of the opposing team.

(Adopted 2005/amended August 2022)

GBYLA PARENT CODE OF CONDUCT, PLEDGE, AND INTEGRITY OF PIN

The GBYLA strongly encourages parents to attend games and support and encourage GBYLA teams. However, inappropriate language, excessive criticism of officials or coaches or any conduct from parents or other fans that does not comport with the ideals of superior sportsmanship espoused by the GBYLA will not be tolerated.

Parents of GBYLA Players are expected to follow a Code of Conduct exemplified by the following pledge:

I HEREBY PLEDGE THAT AS THE PARENT (OR GUARDIAN) OF A GBYLA PLAYER I WILL:

- Honor the Game of Lacrosse.
- Consider it a privilege for my player to play the game of lacrosse.
- Make it a priority for my child to participate to the maximum extent possible at practices and games.
- Recognize that as a parent I play an important role in setting the tone of behavior exhibited by my child and by my child's teammates in practices and games.
- Promote a sense of fair play and superior sportsmanship by my child and his/her team.
- Strive to learn the basic rules of lacrosse.
- Support my child's coach.
- Recognize that as a parent my primary role is to support my child and not to coach my child, particularly regarding mistakes or what I think he/she may be doing wrong on the field.
- Not unduly criticize, demean, badger, threaten, harangue, or abuse the officials or the opposing coaches, players or fans.
- Not use alcohol or illegal drugs at GBYLA events.
- Not use any form of media (including electronic media such as websites, blogs, Twitter, Facebook, etc.) to publicly criticize any team, coach, player, official or others associated with administering the sport of lacrosse thru the GBYLA.

- Understand that, under Alabama law, any “youth athlete” --- including their child while playing or practicing GBYLA-related lacrosse – “who is suspected of sustaining a concussion or brain injury in practice or game shall be immediately removed from participation and may not return to play until the athlete [*in other words, your child, if he or she is in that situation of suspected injury*] is evaluated by a licensed physician and receives written clearance to return to play from a licensed physician.”
- Agree (a) to abide by Alabama law and the policies of the GBYLA with regard to concussions and brain injuries; (b) to not allow their child to return to play after sustaining a suspected concussion unless he/she receives written clearance from a licensed physician; and (c) to provide upon request a copy of such written clearance to their child’s coach (or other GBYLA representative, GBYLA Governing Committee, officials, game managers, tournament administrators or GBYLA Board members or officers) before their child returns to play.

POLICY CONCERNING INTEGRITY OF PIN

- In further consideration of the GBYLA allowing my child to participate in its activities, I recognize and agree that any person (including but not limited to parents, coaches and players) who falsifies a player’s name, birth date or other personal identifying information (“PIN”) in any information supplied to the GBYLA; or who alters information in an existing information set or database maintained by the GBYLA so as to make that data or information false or misleading; or who creates a false or misleading identity that is submitted to or maintained by the GBYLA; or who exceeds their authorized access to any database, information set or computer developed or maintained by the GBYLA, shall be subject to sanctions by the GBYLA Governing Committee, including but not limited to, suspension for a certain term, a permanent ban from the GBYLA and its activities; or any other sanction that the GBYLA Governing Committee, in its sole discretion, shall impose. In the appropriate circumstances, the GBYLA may refer such actions to law- enforcement authorities.
 - In addition, the GBYLA has the right at any time to require proof of age (such as a passport or birth certificate) to verify name and age of a player.

(Adopted November 2011)

GBYLA SPORTSMANSHIP POLICY

Game Day Policy

The following policies and procedures have been instituted by the Greater Birmingham Youth Lacrosse Association (GBYLA) in an effort to promote good sportsmanship for our teams & fans on game day.

Pre-Game Procedure:

- Home team ALWAYS wears WHITE. Opposing team must have contrasting color jerseys.
- Duplicate jersey numbers on the same team are not allowed and may result in offending team sustaining a penalty.
- Ensure **Home Field Set Up Instructions** are properly followed by the Home team.
 - Walk field to ensure playing surface is free of debris & safe for play.
 - Place end line balls on either end of playing field approximately 2-3 yards beyond the end line.
 - Set up Timer's table w/necessary equipment ie horn, score flip board.
 - Place cones as diagramed
- Coach introduction to one another with handshake.
- Identify Team Captains and review roles with players (if applicable)
- Identify Sideline Manager at Coin Toss

Start of Game:

- If a team is not ready to play within 30 minutes after the scheduled start time of the game, that team shall forfeit the game unless the team has been delayed because of circumstances beyond their control.
 - If a team that has been delayed because of circumstances beyond their control, is ready to play more than 30 minutes after the scheduled start time of the game, the game shall be played if the field remains available and conditions are suitable for execution of a game of regulation time.
 - If a team that has been delayed because of circumstances beyond their control, is ready to play more than 30 minutes after the scheduled start time of the game, but the field is not available or conditions are not suitable for execution of a game of regulation time, then the game may be rescheduled, if approved by the GBYLA board.

Officials Engagement Policy:

- Coach introduction to Officials with handshake.
- Rule clarification & review, if needed, by either Home or Away Coach or both.
- Communications to Officials during the game are made by HEAD COACH only.
- Post-game handshake.

Game Sportsmanship Message (to be read prior to game start):

- We expect that all spectators, coaches, officials, & players will 'Honor the Game' by supporting all participants with positive thoughts, actions & words. As you support your team today, show respect and courtesy for all spectators, players, coaches & officials before, during & after the game regardless of the outcome.

Sideline Conduct Policy:

- Game and Table Volunteers
 - Table workers or those assisting at the table shall refrain from outburst or engaging with the opposing team. Engaging with the opposing team should be done only in a manner that encourages the ideals of Honor the Game.
 - Table personnel are LIMITED to five (5) total people which may be comprised of timers, stat keepers, spotters & penalty.
 - Table interaction with the opposing team Head Coach should be engaged only if a direct question is asked of the timer or scorer.
 - Interaction to Officials should be limited to questions related to the individual's role and should only be done prior to the start of the game or during halftime.
- All Assistant Coaches must be listed on the team GBYLA roster.
- Table or scoreboard horn (if audible enough) required to signify end of quarters and game. Failure for not having a horn results in an illegal procedure with ball awarded to opposing team to start the game.
- A GBYLA representative(s) may be present at the table and/or at any given game.
- Day of Championship Table personnel to be provided by non-partial parties.
- All fans MUST sit or stand on the opposite side of the field from the players excepting those circumstances where the players bench and fan bleachers are separated by a track.
- Photographers must refrain from engaging players during play or loitering at the end line or goal.
- Table Protocol
 - **Visitor Team** – No more than two (2) persons at the sideline table
 - Do not represent an official capacity during the game.
 - **Home Team** – No more than three (3) persons at the sideline table
 - **Home Team Coach** is responsible for identifying the table officials.
 - **Officials** communicate with five (5) people on the sideline ie two (2) Head Coaches (Visitor & Home) and three (3) table officials (represented by the Home Team).
 - **Maximum persons at the table is five (5).**

Playing Time Policy:

- Youth
 - 8U/10U/12U: Two (2) quarters equivalent.
 - 14U: One (1) quarter equivalent.
 - JV and HS: No minimum required.

The GBYLA places a high priority on superior sportsmanship being exhibited by its players, coaches & fans. Our Sportsmanship policy will be promoted & enforced at all GBYLA competitions & sponsored events.

(Adopted October 2015)/ Amended AHSLCA December 2017/Updated September 2018)

The GBYLA plays a high priority on superior sportsmanship being exhibited by its players, coaches and fans. To promote such sportsmanship, GBYLA Board members are expected to lead by example and to exemplify the highest ideals of sportsmanship in their own lacrosse activities as coaches, officials, and fans. Further, Board members are expected to monitor the sportsmanship of other coaches, parents, and fans from within their specific communities and to assist in controlling unruly fan behavior at

GBYLA events at which they are in attendance.

GBYLA officers and board members from time to time may be charged with promoting and enforcing, when necessary, good sportsmanship policies at GBYLA sponsored events and shall have the authority and the responsibility to evict fans who exhibit flagrant incidents of poor sportsmanship and/or poor fan behavior that is detrimental to the betterment of the GBYLA. Further, GBYLA Operations Director, President or their designees shall be authorized to designate specific Sportsmanship Officials from time to time who may be charged with promoting and enforcing, when necessary, good sportsmanship policies at specific GBYLA-sponsored events.

(amended August 2022)

GBYLA PLAYER SPONSORSHIP PROGRAM

Since its inception the GBYLA has strived to make lacrosse available to all players regardless of financial circumstances. To date, GBYLA has yet to turn a player away due to an inability to pay. Beginning in 2009, GBYLA established a Player Sponsorship Program (“PSP”) specifically to assist those in financial need. For the first two years, it was primarily operated by the GBYLA President and Registrar. As of October 2011, the GBYLA Operations Director shall be primarily responsible for working with player families in implementing the PSP Program.

The guiding principles and priorities of the PSP are as follows:

1. To lower the financial barriers of entry to beginning players in their first year of play by reducing or waiving playing fees.
2. To assist with the purchase of player equipment as needed.
3. To encourage local communities to provide the financial means to provide financial support for the players within their own community first, and then in other communities on an as-need basis.
4. To encourage each team to support any particular player on their team who has a financial need.
5. To encourage players and their families to make a financial contribution toward their session registration fee, particularly after the first year of play.
6. To respond to compelling cases of hardship for lacrosse players that may extend beyond the play of lacrosse due to circumstances beyond the control of the player.
7. To provide lacrosse opportunities during the off-season at appropriate camps, clinics or with all- star/travel teams for aspiring players who have a serious financial need and who have demonstrated a strong desire to further their skills.

PSP Operating Rules and Payment Plans

1. Funds donated by a particular team will be used first to provide scholarships for members of that team. It is expected as a general rule that high school-age teams will raise sufficient funds on their

own to pay for their own team members whenever possible.

2. Funds donated by a particular community will be used first to provide scholarships within that community.

3. After the first year of play, it is expected as a general rule that a player will at a minimum pay at least one-half of the cost of play thereafter, and to the extent possible, players are to be encouraged to pay as much of the full cost as possible. After two years of play, the general rule is that a player shall pay the full cost of play, if possible.

4. Priority for fee waivers shall be given to first-time hardship cases (as opposed to second-time or third-time requests). After a first-time fee waiver is provided, there is an expectation that some financial contribution shall be made in the following years, barring exceptional circumstances.

5. Special consideration may be given to multiple players within the same family.

6. Donors may request how their donated funds will be utilized, although it is ultimately the decision of GBYLA to allocate the use of donated funds.

7. If a player is allowed to pay a fee over time (payment plan) and/or is granted a fee reduction, but then fails to pay the agreed-upon fee on the agreed-upon date(s), the player, as a general rule, is expected to pay the shortfall due before being allowed to register and play in a subsequent GBYLA program. GBYLA Operations Manager shall be primarily responsible for working with player families in implementing and facilitating payment plans.

(Adopted November 2011)

FINANCES

Spring Season

Income

1. GBYLA Spring Registration Fee. In September of each year, GBYLA sets a base registration fee for each age division for boys and girls that are designed to cover a substantial portion of its anticipated operating costs for the following calendar year. Hence, setting the spring registration fee is vitally important and requires that by no later than September of each year, the next calendar year's anticipated operating expenses be projected to make sure adequate fee levels are established for the Spring program. This projection has and continues to be done by the GBYLA President, Treasurer and Operations Director.

2. Community Lacrosse Program Add-On Fees. Since 2008, GBYLA has been allowing each Community Lacrosse Program to add on "community fees" to the GBYLA base fee during the online registration process as a means of raising additional funds to support that community's lacrosse program. As a service to the communities, GBYLA has absorbed the associated credit card / online registration

costs, which total 4.05% plus .30/player. A portion of the credit card processing fee will be charged back to the parent at time of registration. Each community will receive the full 100% of its “add-on fee”.

3. High School Team Fees. Since 2008, GBYLA has been allowing each community to add on a high school “team fee” as a means of raising additional funds to pay for that team’s coaching costs, equipment, uniforms, etc. As a service to the community high school team(s), GBYLA has absorbed the associated credit card / online registration costs, which total 4.05% plus .30/player. A portion of the credit card processing fee will be charged back to the parent at time of registration. Each community will receive the full 100% of its “team fee”.

4. Fee Waivers. Fee Waivers are awarded at the discretion of the GBYLA Executive Committee based upon the anticipated finances of the GBYLA.

5. Player Sponsorship Program. In 2008, GBYLA established a sponsorship program to assist players with a financial need. A separate set of policies has been established to govern the operation of this program.

(Adopted January 2011/amended August 2022)

Expenditures

1. Field Expenses. All field expenses incurred by each community lacrosse program /team are at the expense of the community lacrosse program /team and are to be paid from funds generated by community lacrosse program /team add on’s, as outlined above.

2. Equipment. GBYLA will pay for youth coach equipment for each community lacrosse program team playing for the GBYLA spring season schedule. This includes a pre-determined number of balls and a coach’s equipment bag including, but not limited to, scorebook, horn, etc. Goalie equipment is at the expense of the player or at the expense of the community lacrosse program /team. Exception, Spring Season 2023 the GBYLA will provide goalie equipment for each participating 8U team. It is the responsibility of the community program to maintain and track inventory for future seasons.

3. NON GBYLA Out of Conference Games. All costs associated with playing in a Non GBYLA Out of Conference game (ie Exhibition Game), is the responsibility of the competing teams.

(Adopted August 2013, Amended September 2014, updated September 2016, amended August 2022)

Community Lacrosse Program Account Rules

1. Only use the money for expenditures related to your community lacrosse program, as applicable
2. Maintain all receipts for your expenditures
3. Provide GBYLA with current W-9 documentation.
4. Keep your checkbook register current and keep all monthly checkbook statements with cancelled checks (or photo-stats provided by the bank)

5. At the season's end, prepare a summary financial statement showing the Receipts and Disbursements by May 31. The summary financial statement should be made available to GBYLA Executive Committee, Operations Director as well as parents participating on teams within the community program upon request.

6. Maintain a file with all your receipts and your monthly bank account statements and have it available for inspection by the GBYLA Executive Committee and/or Operations Director upon request.

Sanction: If community lacrosse program funds are collected through GBYLA Registration and community lacrosse program Account Rules are not followed, including submitting a financial summary by the required dates as stated above, the GBYLA reserves the right to maintain control of all monies collected on behalf of community lacrosse program to be disbursed in two payout periods, on or about February 15th and April 16th, by League Treasurer, based upon detailed receipts submitted to the League Treasurer. Any community lacrosse program not compliant with these rules may be subject to this and/or any other sanction as determined by the Governing Committee and/or Board of Directors of the Association.

Soliciting Contributions for Your Team: To the extent that a community lacrosse program raises money on its own from Sponsors or fundraising, all such contributions need to be paid directly to the community lacrosse program and appropriate tax documentation be provided to the donor and reflected on season end financial summaries.

(Adopted November 2011/Amended November 2015, amended August 2022)

ALABAMA LACROSSE CHAMPIONSHIP AND JAMBOREES

It was decided by the GBYLA Governing Committee (Long Term Planning Meeting, August 28, 2011) that for 2012 and beyond the Alabama Lacrosse Championship venue will be subject to the Tender process. By January 15th, the GBYLA will submit a Request for Proposal (RFP) to all GBYLA Communities. Those communities that have a desire to host the Alabama Lacrosse Championship will submit a comprehensive plan by February 1st to the Governing Committee for review. The Alabama Lacrosse Championship Venue will be awarded by the Governing Committee and/or Board of Directors based on the best and most comprehensive plan submitted.

ALABAMA LACROSSE CHAMPIONSHIP

All Varsity teams participating in the GBYLA Spring Season are eligible for the Alabama Lacrosse Championship playoffs, based on in-season game seeding. Exception being any Varsity team deemed ineligible due to in-season game forfeiture.

JAMBOREE

All Youth teams, 8U, 10U, 12U and 14U, participating in the GBYLA Spring Season are eligible for the Jamboree. Teams are restricted to their regular Spring Season roster. NO combined teams are allowable. Exception being any youth team deemed ineligible due to in-season game forfeiture.

(Adopted August 2011/Amended September 2018, amended August 2022)

FALL LACROSSE

Since inception, Fall Lacrosse has typically operated 6 consecutive Sundays from mid-September to early November.

(Adopted November 2011)

ALL-STAR OR TRAVEL TEAMS

GBYLA encourages players and coaches to further their skills in the off-season. However, GBYLA does not participate in, organize, sponsor, or select “All-Star” or “travel” teams or community-specific “all-star / travel” teams.

Also, to maximize the development of the GBYLA Spring Season, GBYLA players and coaches are encouraged *not* to participate on all-star or travel teams from the beginning of GBYLA practices until the end of the GBYLA Spring Season.

(Amended November 2015, amended August 2022)

Parent Release/Consent Forms:

GBYLA CERTIFICATION OF PLAYER'S HEALTH, GENERAL LEGAL RELEASE AND MEDICAL AUTHORIZATION; CODE OF CONDUCT; POLICY CONCERNING INTEGRITY OF PIN PERMISSION TO USE PHOTOGRAPH AND CERTIFICATION

In connection with my child's participation in the activities sponsored by the Greater Birmingham Youth Lacrosse Association ("GBYLA"), an Alabama non-profit corporation, I as the parent (or guardian) of the participant certify that my child is in good health and is fully able to participate in a strenuous athletic activity involving physical contact.

In consideration of the GBYLA allowing my child to participate in its activities, I

- (1) request that the GBYLA allow my child to participate in GBYLA activities.
- (2) am fully aware of and appreciate the risks, including the risks of concussion, broken bones, torn ligaments, and even catastrophic injury, paralysis or death, as well as other damages and losses, associated with participation in the sport of lacrosse, including risks associated with travel to and from lacrosse events;
- (3) recognize in particular that concussions can pose a risk of catastrophic injury or death if not properly evaluated and managed, and that continuing to play with a concussion or symptoms of a head injury leaves a youth lacrosse player especially vulnerable to greater injury.
- (4) agree on behalf of myself, my heirs, and personal representatives, that the GBYLA, along with its coaches, officials, referees, umpires, volunteers, employees, agents, officers and directors, shall not be liable for any injury, loss of life or other loss or damage occurring as a result of my child's participation in any GBYLA recognized or sanctioned event, including travel to and from GBYLA-related events.
- (5) understand that it is my sole responsibility to furnish accident and health insurance to cover my child in case of injury.
- (6) understand it is my sole responsibility to obtain a medical / physical examination to ensure my child is able to participate in a strenuous sport such as lacrosse (and I understand that GBYLA is not undertaking to provide such a medical assessment).
- (7) acknowledge that I have received or had made available to me information about the nature and risk of concussions and brain injury, and that I have reviewed or will review that information before allowing my child to play GBYLA-related lacrosse.
- (8) understand that, under Alabama law, any "youth athlete" --- including my child while playing or practicing GBYLA-related lacrosse – "who is suspected of sustaining a concussion or brain injury in practice or game shall be immediately removed from participation and may not return to play until the athlete [*in other words, my child, if he or she is in that situation of suspected injury*] is evaluated by a licensed physician and receives written clearance to return to play from a licensed physician."
- (9) agree (a) to abide by Alabama law and the policies of the GBYLA with regard to concussions and

brain injuries; (b) to not allow my child to return to play after sustaining a suspected concussion unless he receives written clearance from a licensed physician; and (c) to provide upon request a copy of such written clearance to my child's coach (or other GBYLA person such as the GBYLA Governing Committee, Operations Manager, officials, game managers, tournament administrators or GBYLA Board members or officers) before my child returns to play;

(10) understand that it is my sole responsibility for getting my child to and from lacrosse events and that GBYLA is not assuming any responsibility whatsoever related to such travel arrangements; and

I further authorize GBYLA and its agents, and any host organization that is hosting a GBYLA team or player, to request medical treatment as necessary or appropriate on behalf of my child in case of injury, including obtaining transport by emergency vehicle to any local hospital for treatment. I further give my consent to all medical care prescribed by a medical doctor or emergency medical professional in connection with any injury suffered by my child. This care may be given under whatever conditions such medical doctor or professional determines are necessary to preserve life, limb or the well-being of my child.

GBYLA CODE OF CONDUCT

The GBYLA has partnered with USA Lacrosse to establish and promote good sportsmanship and fair play throughout the sport of lacrosse. The GBYLA is committed to promoting "Honor the Game" for all who enjoy the rich history and tradition associated with the sport of lacrosse. To help fulfill this commitment, the GBYLA expects all players, coaches, officials, parents and spectators to abide by a "Code of Conduct" that embodies basic, common sense principles of fair play; demonstrates consideration of others; and projects a positive image to our youth.

Individuals and/or GBYLA teams that fail to abide by this Code of Conduct will be subject to ejection and disqualification from GBYLA events.

I HEREBY PLEDGE THAT AS THE PARENT (OR GUARDIAN) OF A GBYLA PLAYER I WILL:

- Honor the Game of Lacrosse.
- Consider it a privilege for my player to play the game of lacrosse.
- Make it a priority for my child to participate to the maximum extent possible at practices and games.
- Recognize that as a parent I play an important role in setting the tone of behavior exhibited by my child and by my child's teammates in practices and games.
- Promote a sense of fair play and superior sportsmanship by my child and his/her team.
- Strive to learn the basic rules of lacrosse.
- Support my child's coach.
- Recognize that as a parent my primary role is to support my child and not to coach my child, particularly regarding mistakes or what I think he/she may be doing wrong on the field.
- Not unduly criticize, demean, badger, threaten, harangue or abuse the officials or the opposing coaches, players or fans.

- Not use alcohol or illegal drugs at GBYLA events.
- Not use any form of media (including electronic media such as websites, blogs, Facebook, Twitter, etc.) to publicly criticize any team, coach, player, official or others associated with administering the sport of lacrosse thru the GBYLA.

POLICY CONCERNING INTEGRITY OF PIN

In further consideration of the GBYLA allowing my child to participate in its activities, I recognize and agree that any person (including but not limited to parents, coaches and players) who falsifies a player's name, birth date or other personal identifying information ("PIN") in any information supplied to the GBYLA; or who alters information in an existing information set or database maintained by the GBYLA so as to make that data or information false or misleading; or who creates a false or misleading identity that is submitted to or maintained by the GBYLA; or who exceeds their authorized access to any database, information set or computer developed or maintained by the GBYLA, shall be subject to sanctions by the GBYLA Governing Committee, including but not limited to suspension for a certain term, a permanent ban from the GYBLA and its activities; or any other sanction that the GBYLA Governing Committee, in its sole discretion, shall impose.

In the appropriate circumstances, the GBYLA may refer such actions to law-enforcement authorities.

In addition, the GBYLA has the right at any time require proof of age (such as a passport or birth certificate) to verify name and age of a player.

Permission to Use Photograph

I grant to GBYLA the right to take photographs of my child in connection with the above-identified organization. I authorize GBYLA, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that GBYLA may use such photographs of my child with or without their name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, marketing, Web content and social media.

CERTIFICATION

I HAVE READ, WILL ABIDE BY AND AGREE WITH THE FOREGOING GBYLA CERTIFICATION OF PLAYER'S HEALTH, GENERAL LEGAL RELEASE AND MEDICAL AUTHORIZATION; CODE OF CONDUCT; POLICY CONCERNING INTEGRITY OF PIN AND PERMISSION TO USE PHOTOGRAPH.

I CERTIFY THAT ALL INFORMATION I PROVIDE TO THE GBYLA IS CONSISTENT WITH THESE DOCUMENTS AND POLICIES AND IS TRUE, COMPLETE AND ACCURATE.

GBYLA WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19

ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT

In consideration for participation in activities of the Greater Birmingham Youth Lacrosse Association (GBYLA) and related events and activities, the undersigned acknowledges, appreciates, certifies, and agrees that:

1. My participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While rules and personal discipline may reduce this risk, the risk of serious illness and death does exist.
2. If I have a pre-existing health condition, exposure to COVID-19, or any other infectious disease may be more likely to cause serious illness, injury, or death.
3. GBYLA cannot ensure that all other participants, including coaches and volunteers, are taking precautionary measures to mitigate risks to ensure the health and safety of other participants, coaches, and volunteers, and therefore, participation in a GBYLA program/event involves risk of exposure to infectious disease; and,
4. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
5. I certify that I have not recently tested positive for, and am not exhibiting symptoms of COVID-19, which include a cough, shortness of breath or difficulty breathing, loss of taste or smell, headache, chills, muscle or body aches and/or sore throat.
6. I certify that I do not have a household family member/roommate who has recently tested positive for or exhibited the above-referenced symptoms of COVID-19.
7. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
8. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS the Greater Birmingham Youth Lacrosse Association, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

(Updated December 2020)

Coach Consent and Waiver:

GBYLA COACH CODE OF CONDUCT AND CONSENT/RELEASE FOR CRIMINAL BACKGROUND CHECK

I HEREBY PLEDGE THAT AS A GBYLA COACH I WILL:

- Honor the Game
- Consider it a privilege to coach and/or work with youth and recognize that the game I am coaching is for youth and not for my benefit as an adult.
- Recognize that as a coach I am the single person who is the most responsible for setting the tone of behavior for my players and my team's parents and fans.
- Lead by example in demonstrating a sense of fair play and superior sportsmanship to all my players.
- Strive to master the rules of lacrosse and teach those rules to my players and their parents.
- Teach lacrosse skills, and use coaching techniques, appropriate for the age I coach.
- Emphasize positive coaching methods designed to foster a love and appreciation for the sport of lacrosse in my players.
- Place the emotional and physical well-being of my players ahead of my personal desire to win.
- Remember to treat each player as an individual and recognize that there is a large spread in emotional and physical development of players within the same age group.
- Avoid excessive displays or outbursts of anger in the presence of my players.
- Not threaten, harass or abuse a player physically, verbally, mentally or sexually.
- Not use alcohol, tobacco, or illegal drugs in the presence of players.
- Not maliciously criticize or badger, harass, or threaten any official.
- Not use the media (including electronic media such as websites, blogs, Twitter, etc.) to criticize an official, opposing coach or player, or those associated with administering the sport of lacrosse thru the GBYLA.
- Comply with Alabama law and GBYLA policy regarding concussions; educate myself about the risks and symptoms of concussions; and not return to play a player who has been suspected of sustaining a concussion until I have received reasonable assurance that the player has been evaluated by a licensed physician who has provided the player with written clearance to return to play.

I further give my permission to the GBYLA and its agents to conduct a criminal background check and recognize that such a search may include arrest and conviction data, as well as plea bargains and deferred adjudications and records of delinquent conduct I committed as a juvenile. I understand that this information will be used to determine my eligibility to become a coach or other volunteer leader with the GBYLA, and that such information may disqualify me from becoming a volunteer. I further recognize that as long as I remain a volunteer, such background check may be repeated at any time. I understand that I will have the opportunity to review the record received by the GBYLA and that a procedure will be made available if I desire to dispute the record as received. I do for myself, my heirs and personal representatives, release and discharge the GBYLA, along with its coaches, officials, referees, umpires, volunteers, employees, agents, officers and directors, from any claims, liability or demands whatsoever resulting from investigation of my criminal background in connection with allowing me to become a volunteer of the GBYLA.

PROCEDURES FOR PARENT / COACH QUESTIONS OR COMPLAINTS

The purpose of these procedures is to set forth a protocol for who parents and coaches may call as the primary contact regarding questions or complaints concerning various types of issues.

1. General GBYLA Program Questions – Community Lacrosse Program POC and/or Operations Director
2. Registration Issues – Operations Director
3. Website Issues – Operations Director
4. Player Scholarship / Sponsorship Issues – Operations Director – and League President
5. Team Assignment Issues – Community Lacrosse Program POC or Governing Committee – who will contact GBYLA Board, Governing Committee and/or Governing Committee (if no community) as needed
6. Game Scheduling Issues – parents are to deal directly with their coach; coaches are to follow the game scheduling protocol
7. Game Scheduling Changes – To be submitted to the Operations Director by team representation through the Game Change Request Form.
8. Field Issues – Committee POC or Operations Director – will contact Community President as needed
9. Coach Issues – Community Lacrosse Program POC and/or Governing Committee – who will contact GBYLA President and/or community lacrosse program President, as needed.
10. Officiating Issues – Community Lacrosse Program POC and/or Governing Committee –who will contact ALOA President and GBYLA President, as needed
11. Sportsmanship / Game Play Issues – Community Lacrosse Program POC and/or Governing Committee – who will contact GBYLA President and/or affected community lacrosse program President, as needed.
12. GBYLA Policy Issues – Operations Director – who will contact GBYLA President as needed.
13. Personnel Issues – GBYLA President.

In addition to the foregoing, issues may be brought to the GBYLA Governing Committee at its monthly meeting for discussion as needed.

(Adopted November 2011/Amended September 2018)

APPEALS

Any appeal of the enforcement of these policies shall be heard by the Governing Committee. No appeal shall suspend the enforcement of any decision made giving rise to an appeal.

(Adopted January 2011)

GBYLA HIGH SCHOOL RULES

Program/Team Minimum Standards

Affiliation	Teams must be affiliated with a public or private AHSAA-member high school in the state of Alabama, where affiliation is defined as the minimum required percent of rostered players enrolled at the high school.
Roster Size	Teams must have a minimum of 15 players for boys and 17 players for girls. Younger (8 th grade) players playing up do count toward the minimum roster size.
Infrastructure Standards (for Hosting Home Games)	
Field	Must have a regulation lacrosse-sized field of a quality consistent with other field sports within the affiliated high school, i.e., other teams competing in high school sanctioned sports could/do use the same field for games.
Trainers	Programs are required to have consistent access to LOCAL certified athletic trainer(s) to cover games if not utilizing GBYLA to provide trainers.
Referees	Programs are required to have consistent access to a enough LOCAL referees.

Operating Details and Rules

1. Operations. The Greater Birmingham Youth Lacrosse Association (GBYLA) will manage lacrosse season operations.
 - 1.1. GBYLA's responsibilities include
 - 1.1.1. Scheduling and approval/oversight of referees
 - 1.1.2. Scheduling and approval/oversight of trainers (Birmingham-area only)
 - 1.1.3. Scheduling of games between fully-participating teams and general spring season support as needed
 - 1.1.4. Conduct player registration for all fully participating teams to ensure compliance with US Lacrosse member status for players and coaches
 - 1.2. GBYLA has established a grievance committee and will facilitate resolution of coach/referee

concerns and/or issues.

ALL COACHES THAT APPEAR ON THE SIDELINE MUST BE REGISTERED WITH GBYLA.

2. Program Standards. Establishment of minimum criteria for participation at the high school level similar to standards of other high school sports, to include but not limited to:

2.1. High School Affiliation. Teams must be affiliated with an AHSAA-member High School.

2.1.1. Rule: To be considered affiliated with a high school, a team must have a percentage of its players enrolled at an AHSAA-member high school. The roster requirement for enrolled high school players:

Program Year	Minimum Roster Requirement
Year 1 (Inaugural Season)	25% of rostered players must be enrolled at affiliated high school
Year 2	55% of roster
Year 3 (and all years after)	75% of roster

2.2. Minimum number of HS players

2.2.1. Rule: Teams must have a minimum of 15 players for boys and 17 players for girls.

Younger (8th grade) players playing up do count toward the minimum roster size. Players are subject to AHSAA Bylaws on Eligibility (<http://www.ahsaa.com/Publications>).

2.3. Field standards. Standardized/acceptable high school quality field consistent with other high school sports within the high school.

2.3.1. Rule: The field of play to host a home game must be utilized for games by other sports from the affiliated high school, or of similar quality that other sanctioned sports could use the field and must be of regulation size for lacrosse (per US Lacrosse or NFHS rules).

2.4. Minimum support infrastructure. Infrastructure required to support lacrosse includes coaches plus local refs and trainers. Programs lacking infrastructure will not be allowed to host home games

2.4.1. Rule: High school programs are required to have consistent access to LOCAL athletic trainers and consistent access to enough LOCAL USA Lacrosse certified referees.

2.5. Inclusion in high school level competition. Programs meeting the requirements for number of players, field standards and infrastructure will be eligible for HS competition.

2.6. Program/Team membership application:

2.6.1. Rule: Program/team requests must be submitted to GBYLA. Any changes to Program information must be provided to the GBYLA at least one month prior to season start for review and approval. Once season begins, any Program change is prohibited. Failure to submit revisions, in a timely manner, may impact Program eligibility and/or Membership Level including the ability to participate in official games and/or the ability to host home games.

3. Program Eligibility

3.1. Determination of high school Program/Team eligibility will be reviewed and approved by GBYLA board.

3.2. The GBYLA will be the sole determiner of each Program's Membership Level.

3.3. The Program Standards rules above (section 2) define Program Eligibility, and those standards are not subject to season-to-season changes or other adjustments. NO exceptions to any standard will be permitted for purposes of determining a Program's Eligibility or Membership Level. _

4. Enforcement of GBYLA league standards to be determined by GBYLA board members.

4.1. Rule: Simple majority vote of GBYLA board members will be sufficient to pass any standards, unless otherwise specified.

5. OFF-SEASON PRACTICE AND CONDITIONING POLICY

5.1 All high school teams are allowed **ten (10) Practices** during the off-season. Example, a one-day tournament could serve as one (1) practice.

a. "Team" is defined as more than four (4) players working with a coach or coach designee but does not include summer/fall teams where no more than 50% of the players of the team are from the same high school.

b. "Off-season" is defined as the day after the Alabama Lacrosse Championship until the Start of High School Practice published by GBYLA for the following season.

c. "Practices" are defined as any organized field participation with lacrosse equipment by a high school which has the presence of, or has in attendance, a HS coach, assistant coach, representative of the team/school or a person requested by the coach/program/school to manage the activities of its respective players.

5.2 Each team is required to submit to their Community/team POC their respective plans to utilize their ten (10) practices, which may include any tournament participation, and made available to the GBYLA board and/or Operations Director, upon request. The submission of the schedule must be made prior to the start of practices. Upon request, GBYLA will provide to head coaches the tentative schedule of each team.

5.3. GBYLA will utilize the submitted schedule as the basis for assessing whether a practice is within the ten-practice rule. This will be the first data point to resolve any concerns should any arise regarding organized team activities.

5.4. The sanctions for violation of the ten-practice policy are as follows:

- 1st offense – Offending team will forfeit their first GBYLA league game
- 2nd offense – Offending team will forfeit their 2nd league game and the Head Coach will be suspended from the 3rd league game
- 3rd offense – Offending team will not be eligible for any GBYLA Playoff, Championship and/or Post Season play

5.5. In addition to practices, high school teams are allowed to hold conditioning sessions at the discretion of the coach. To constitute a conditioning session, there can be no usage of lacrosse-related equipment, such as sticks, gloves, balls, goals, etc.

5.6. Prior to commencing practices or conditioning sessions, the GBYLA coach shall be required to obtain Medical Authorizations / Consent / Waivers from the parent / guardian of each player as well as any insurance policies required by school or park & recreation. Failure to comply with such requirement shall result in a suspension of the right of such team to conduct practices /conditioning sessions for a period determined by the GBYLA Board.

(Adopted November 21)