

GREATER BIRMINGHAM YOUTH LACROSSE ASSOCIATION



GENERAL POLICIES AND PROCEDURES

2024 – 2025

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GBYLA MISSION AND VISION

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, volunteers, and staff leaders who foster strong competition, superior sportsmanship, and personal growth for all participants.

SPRING SEASON DIVISIONS

1. Boys and Girls Divisions. Teams shall be organized by grade into the following playing divisions; boys 8U, boys 10U, boys 12U, boys 14U, boys Varsity, boys Junior Varsity, girls 10U, girls 12U, girls 14U, and girls Varsity.

High school boys shall be organized into Varsity and Junior Varsity as numbers allow based on GBYLA team minimums. 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. Community Lacrosse Programs participating in the GBYLA Spring Season.
 - **Youth:** Briarwood, Alabaster/Helena (aka Buck Creek), Homewood, Hoover (Spain Park), Mountain Brook, Oak Mountain, Trussville, and Vestavia.
 - **Boys High School:** Auburn, Bob Jones, Briarwood, Hoover, Huntsville, James Clemens, Mountain Brook, Oak Mountain, Spain Park, Thompson, and Vestavia.
 - **Girls High School:** Auburn, Hoover, James Clemens, Mountain Brook, Spain Park, Trussville, and Vestavia.

PLAYER PLAY-UP / PLAY DOWN REQUESTS

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 and female 8th grade players 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 and approval from player's community lacrosse program Board of Directors. Approval for an 8th grader to play up to JV or Varsity must be submitted by the community lacrosse program point of contact (POC) to GBYLA Operations Director prior to player registration. Upon registration, the player's parent or guardian will be required to sign an additional 'Play Up Waiver' to be kept on file by GBYLA. Once the player is registered and rostered, the player is restricted to playing in his/her new division.

In the event there is no viable participating girls 14U team within the player's community lacrosse program or nearest program based on GBYLA Orphan Policy, female 7th graders may be granted an exception to play up to high school Varsity but will require additional approval by the GBYLA Board of Directors (girls 14U takes priority over 7th graders playing up on Varsity).

Any person (including but not limited to parents, coaches, and players) who falsifies a player's name, birth date, grade, school attending, or other personal identifying information (PIN) in any information provided 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 identify 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 Board of Directors, 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 Board of Directors, 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, proof of name, proof of grade and/or proof of school enrollment.

SPRING SEASON TEAM SELECTION PROCESS AND GUIDING PRINCIPLES

Team rostered player maximum and minimum required 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 Board of Directors 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.

Required minimum and maximum rostered team player numbers per division:

DIVISION (format)	MINIMUM	MAXIMUM
Boys 8U (7 v 7)	11	14
Boys 10U (7 v 7)	11	14
Boys 12U (10 v 10)	15	20
Boys 14U (10 v 10)	15	30
Girls 10U (6 v 6)	9	14
Girls 12U (6 v 6)	11	16
Girls 14U (7 v 7)	12	17
Girls 14U (12 v 12)	17	25
Boys Varsity	15	No maximum
Boys Junior Varsity	Thirty (30) Varsity players	No maximum
Girls Varsity	17	No maximum

Any team reaching a maximum number of rostered players is required to form two or more teams following minimum team requirements. GBYLA Team Draft Policy applies.

Below 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 a player’s school does not have a team, but rather has a youth sport 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 lacks 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 as 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 have a choice 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.

Orphan Placement Policy

This policy outlines procedures for placing youth and high school lacrosse players who do not have access to a team within their community or school, referred to as "orphans."

Youth Players

Youth players are considered orphans if they:

- (a) Lack a team in their geographical or municipal community.
- (b) Do not have a school team (where they attend school or a youth sport affiliated school) to join.

Orphans will be assigned to a team within a geographical or municipal community based on the following criteria:

1. **Proximity:** Mileage distance* from the player's residence in relation to receiving** team's practice facilities.
2. **Team Viability:** Teams in need of additional players to remain competitive will be prioritized.
3. **Approval:** The governing Board of Directors of the receiving geographical or municipal community must consent to the placement. Such consent will not be unreasonably withheld.

Placement decisions will be made by GBYLA Operations and its Board of Directors and are final. The specific team within the assigned community will be determined by that community in accordance with its team-selection principles and GBYLA draft policy.

Once placed, youth orphans will remain with their assigned program until the completion of 8th grade, with two exceptions:

1. If their geographical/municipal community or school establishes a team for their age group, player is required to join that team.
2. If the physical address of the orphan residence changes (proof of residency required).

In either case, once a player switches programs, they cannot return to their orphan program/team.

Once an orphan player reaches 9th grade (high school level play) and the orphan's high school does not have a team, orphan policy regarding this player resets, meaning orphan placement will be reviewed and assigned as per high school orphan rules.

Registration Deadline: To be considered for orphan placement, players must register with GBYLA by **December 31**.

Skipping a Season: If a player skips a season, they will return to their original orphan assignment upon re-registration unless their original team is no longer viable. In such cases, the regular orphan placement rules will apply.

*Determined by Google Maps

**Receiving team/community program reserves the right to 'waive off' orphans who align via proximity to their programs. This could be due to several reasons including, but not limited to, player numbers.

High School Players

High school players who do not attend a school with a lacrosse team are considered orphans. These players will be assigned to a high school team based on the following criteria:

1. **Community Affiliation:** Players within a youth program that feeds multiple high schools may choose to stay with a high school program that serves as a feeder for their youth community program.
4. **Proximity:** Mileage distance* from the player's residence in relation to receiving** team's physical location of high school.
2. **Team Viability:** Priority will be given to teams needing additional players for competitive viability.
3. **Approval:** The governing Board of Directors of the receiving high school program must consent to the placement. Such consent will not be unreasonably withheld.

Once placed, high school orphans will remain with their assigned program until high school graduation with one (1) exception:

1. The orphan's high school establishes a team, in which case the orphan is required to play for their school team. If player is enrolled in grade 11 or grade 12, player has a choice to stay with their current team or join their school team.

Once a player switches teams, they cannot return to their previous orphan team.

Registration Deadline: High school orphans must register with GBYLA by **December 31** to be considered for placement.

Skipping a Season: If a player skips a season, they will return to their original orphan assignment upon re-registration unless their original team is no longer viable. In such cases, the regular orphan placement rules will apply.

*Determined by Google Maps

**Receiving team/community program reserves the right to 'waive off' orphans who align via proximity to their programs. This could be due to several reasons including, but not limited to, player numbers.

The GBYLA Operations and Board of Directors have final authority on all orphan placements.

REGULAR TEAM SELECTION PROCESS

Within a reasonable amount of time after registration is closed, GBYLA will consult with the coaches and/or other persons in each community program charged with dividing players into teams to discuss the allocation of players to teams. See GBYLA Spring Season Team Selection and Guiding Principles and Team Draft Policy.

TEAM ASSIGNMENT

Preference for team assignment will be given to residents of a community in order of their sign-up date. It is GBYLA policy for communities that parental or child preference for coaches, friends on team, carpool, 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. Community lacrosse programs shall follow the GBYLA Team Draft Policy provided by the GBYLA as stated below.

TEAM DRAFT POLICY

Team Format

- **8U to 12U (Boys & Girls):** Teams will follow a recreational format, meaning players will be drafted to ensure competitive balance (parity) among teams. There will be no championship format for these age groups. Instead, teams will participate in a year-end Jamboree-style tournament.
- **14U (Boys & Girls):** Teams will follow a competitive format, culminating in an end-of-season playoff and championship called the Metro Tournament.

Team Drafting Guidelines

- **8U to 12U Draft:**
 - Community Points of Contact (POCs) and Head Coaches are responsible for drafting teams in their respective communities for boys and girls in the 8U to 12U divisions.
 - Drafts will be conducted in a "snake draft" format, with the goal of maintaining parity among teams.
 - Coaches must adhere to the policies and procedures outlined in this document during the draft process.
 - **Important:** Factors such as assistant coaches, carpooling, or friendships will not be considered when forming teams.
- **14U Draft:**
 - Head Coaches for boys and girls 14U teams will rank players based on performance and skills, following the policies and procedures provided.
 - The rankings will be used in a 'live' blind snake draft, conducted by GBYLA Board of Directors representative(s).

Team Selection Requirements

If a community program is eligible to form more than one team in a single age division, player evaluations must occur before team selection. These evaluations will take place in a skills-based clinic and should assess:

- Age
- Size
- Years of experience
- Lacrosse skills (measured using a simple scale)

The information gathered will be recorded on a draft form provided to Head Coaches to ensure fair team selection.

Team Drafting Procedures

- **8U to 12U Draft:**
 - Head Coaches will be provided with a DRAFT FORM to record their evaluation results and document player rankings.
 - Once player rankings are complete, the POC and Head Coaches will conduct a **snake draft** to form teams. The primary focus will be to maintain balanced teams based on parity.
 - After the draft, Head Coaches will randomly draw from a hat to determine which team they will coach.
 - If a Head Coach's child is assigned to a different team, the child may be traded "spot for spot" with another player to align with the coach's team.
 - Using the DRAFT FORM, Head Coaches will document the drafted teams and submit them to GBYLA Operations Director for review and approval.
 - Once Head Coaches have received approval from GBYLA Operations Director, they may then notify their respective teams.
 - Teams will then be drafted online for scheduling by GBYLA Operations Director.
- **14U Draft:**
 - Head Coaches will be provided with a DRAFT FORM to record their evaluation results and document player rankings.
 - Head Coaches will submit the DRAFT FORM with documented player rankings to GBYLA Operations Director as per the Spring Season Timeline.
 - Using the DRAFT FORMS with player rankings, the GBYLA Board of Directors representative(s) will then conduct a 'live' **snake draft** to form teams.
 - Head Coaches are permitted to attend the live draft for transparency purposes.
 - This draft aims to create balanced teams based on player rankings for fair competition.
 - Upon completion of the live draft, teams will then be drafted online for scheduling by GBYLA Operations Director.

Assistance

A GBYLA representative will be available to assist with the snake drafts for the 8U to 12U teams, should additional clarification be needed.

PLAYER GAME-PARTICIPATION POLICY

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.

Participation Rule:

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

1. Attending 75% of team's practices; and
2. Showing good sportsmanship; and
3. Showing a good work ethic toward improving his or her skills will receive at least the following amount of playing time in each GBYLA in-season game.

8U, 10U & 12U:

- Two (2) quarters equivalent in GBYLA in-season games.

14U:

- One (1) quarter equivalent in GBYLA in-season games.

JV and Varsity

- No minimum required.

If a coach is proven to have violated this Playing Time Policy, the offending coach may incur a three (3) game suspension for the next three (3) in-season games. Suspensions will roll over into the next season, if applicable.

Lopsided Game Rule

If an 8U, 10U, or 12U team obtains a lead of 8 goals or more in a GBYLA in-season 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 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 to continue following the Lopsided 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.

It is the Coach's discretion to determine where 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 that the player will not be entitled to receive the minimum playing time for that game and the reason(s) for the decision.

Further, if during the 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 the 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 with a coach's response, an appeal should be made to the respective Community Lacrosse Program POC to discuss the matter.

Enforcement

The Community Lacrosse Program Board of Directors 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 of Directors deems appropriate, including requiring forfeiture of a game or imposing a suspension from coaching for a period.

General

The GBYLA Board of Directors is authorized to supplement or modify these policies to address matters not specifically covered above. Also, the GBYLA Board of Directors 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.

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 Community Lacrosse Program. The Head Coach and Community Lacrosse Program he/she represents assumes all responsibility and liability for any player participating in off-season practice or play as well as obtaining any insurance policies required by school or park and recreation.

High School: Refer to GBYLA High School Rules located in this document on page 26.

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 athletic trainer to be present at all games involving players at JV/Varsity levels.

Further, GBYLA encourages all coaches to be CPR and First Aid certified. In addition, and in compliance with Alabama State Law, all coaches are required to complete the CDC Head's Up Concussion Online Course to learn

how to recognize the symptoms of a concussion and know the guidelines for returning a player to practices and games after a suspected concussion or brain injury.

In addition, as a point of emphasis in the boys' game, 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.'

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 the Coach.

Return to Play:

- Athletes diagnosed with concussion will undergo follow-up with their personal healthcare physician.
- In the 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 notice 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.

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. All coaches on the game sideline must be registered with the GBYLA, be USA Lacrosse Coach members, and complete all necessary background checking and training as required by USA Lacrosse. No more than three (3) coaches are allowed on the official team roster.

There are no limitations on the amount of game sideline coaches at the 14U, high school Varsity and JV levels.

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. Identifying tags will be provided to all teams by GBYLA at the start of the season.

TEAM RULES FOR PLAYER CONDUCT

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 follow 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 the Team Rules that GBYLA expects each of its teams to adhere to.

Team Rules

1. 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 our sport and our team.
2. 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 does not see this occur, we do not respond in kind. Our goal is to win a match through fair and competitive play. Cheating on the field, even if no penalty is awarded, will result in extended bench time. Repeated offenses will result in a multi-game suspension from the team.
3. Team members take good care of their bodies and respect local laws regarding tobacco, alcohol, and drugs. They do not commit the follow violations:
 - a. Possession or use of alcohol or illegal drugs.
 - i. The minimum penalty for committing a violation is as follows:
 1. First Offense – Suspension for at least two (2) in-season games.
 2. Second Offense – Loss of 50% of in-season games.
 3. Third Offense – Expulsion from team.
4. 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.
 - i. The minimum penalty for committing a violation is as follows:
 1. First Offense – Verbal warning.
 2. Second Offense – Cleanup after practices for one (1) week.
 3. Third Offense or offense at an in-season game – A special meeting with parents and the athlete will be called to solve the problem. If behavior persists, suspension or expulsion from team.
5. 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 about 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 possible expulsion from the team.

6. 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. Team members do not participate in any kind of bullying or hazing, either during or away from team activities. Bullying and hazing are activities that single out a member or members of a class or age group for special unpleasant treatment. Bullying and hazing are an infliction of humiliation, isolation, stress, or physical discomfort, often in the spirit of 'initiating' a newer or younger member or members into the team.
 - i. The minimum penalty for committing a violation is as follows:
 1. First Offense – Suspension for at least two (2) in-season games.
 2. Second Offense – Loss of 50% of in-season games.
 3. Third Offense – Expulsion from team.
7. Team members place academic performance as priority one. The player agrees to comply with the rules of their school as it relates to academic standing and performance.
8. Team members make effective use of practice time. Arrive on time and be prepared for a successful practice with a positive attitude. Team members arrive at practice with all necessary safety equipment and in clothing that ensures productive practice.
9. Team members will not use any form of media (including electronic media such as emails, websites, blogs, podcasts, Twitter, FaceBook, Instagram, to name a few) to publicly criticize any coach, player, official (referee), parent, league administrator, or any person associated with administering the sport of lacrosse through the GBYLA.

DISCIPLINARY POLICIES FOR PLAYERS, COACHES AND FANS

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.

Player Unsportsmanlike Conduct: If a team member is ejected from a game for unsportsmanlike conduct, he/she shall be suspended from league play for the next one (1) in- season game.

Player and/or Coach Egregious Misconduct: Egregious unsportsmanlike conduct of a player or coach during a game, whether it results in a penalty or not, will result in appropriate discipline. Upon a complaint of such conduct, the GBYLA Grievance Committee will consult with the officials for the game, the coaches, and any other witnesses as needed, to investigate the matter. In the case of a complaint concerning a player, the GBYLA Grievance Committee will also promptly notify the player's parent/guardian(s), as well as the player's coach. The GBYLA Grievance Committee may consider all material including, but not limited to, any available video or audio recordings. The GBYLA Grievance Committee will then decide and impose such sanctions, if any, as deems appropriate.

Player Ejections: Should a player be ejected from a game by a referee, the ejected player shall be required to immediately leave the premises for the remainder of the game and shall be penalized based on the infractions listed above. Multiple suspensions or egregious misconduct may result in removal from participation in the GBYLA for a time as determined by the GBYLA Board of Directors. As per women's game rules, if a player receives a red card ejection, that player will be suspended for the next one in-season game. A second red card ejection will result in suspension for the remainder of the spring season. About the red card ejections described in this section, a red card ejection that is the result of the culmination of two yellow cards does not constitute a red card ejection.

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 one (1) in-season 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 GBYLA Board of Directors.

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.

Appeals: Any appeal of a suspension or other disciplinary action shall be heard by the GBYLA Grievance 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 request an in-person appeal to the GBYLA Grievance Committee only at the GBYLA Grievance 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 Grievance Committee.

Game Forfeits/Cancelations: Any cancelation (no reschedule) resulting in a forfeit and/or forfeit of an in-season game (including Youth Jamboree games ie, cancelations/forfeits and/or no-shows), the offending team's Head Coach will be suspended for the next three (3) in-season games. Suspensions will follow the Head Coach and roll over to the next season for the first three (3) in-season games, if applicable. This suspension penalty includes cancelations due to refusal to travel to games outside of the greater Birmingham area.

Fans – GBYLA encourages fans and supporters of lacrosse or any team to attend games to support and encourage GBYLA team competitions. Inappropriate language, verbal abuse of officials and/or coaches or any conduct not exemplifying the ideals of sportsmanship espoused and implemented by 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 on the game shall request the head 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 a forfeiture of the game. The officials are entitled to ask the head coach of the team of which the fan or supporter is affiliated to request that the fan leave the premises. If the fan refuses to leave the premises, the officials are authorized to eject the fan from the premises and/or cause a forfeiture of the game by such fan's team.

In addition, GBYLA officers, board members and/or authorized representatives of GBYLA shall each have the authority and responsibility to evict fans who exhibit flagrant incidents of poor sportsmanship or poor fan behavior that is detrimental to the betterment of GBYLA. Further, GBYLA Sideline Managers will be charged with promoting and enforcing, when necessary, good sportsmanship policies at all GBYLA in-season games. The GBYLA Board of Directors shall be authorized to suspend, dismiss, or ban any fan, at any time, for failure to follow GBYLA policies and/or procedures or for conduct otherwise deemed as detrimental to GBYLA. Any decision to suspend, dismiss, or ban is final.

Under no circumstances is a parent, player, fan, and/or spectator allowed to use GBYLA database information for personal use or gain. Such infractions may result in disciplinary actions as deemed appropriate by the GBYLA Board of Directors which may include suspension(s) or based on the severity of the infraction, expulsion from GBYLA. The GBYLA database is protected and will not be distributed to any outside party or used for any purpose other than GBYLA related information. Communication to GBYLA database is by GBYLA approved personnel only.

COACH SELECTION AND RETENTION POLICY

It is 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, agree to the Coach Code of Conduct, provide proof of USA Lacrosse Membership, agree to a USA Lacrosse background check, complete all required USA Lacrosse training courses, and complete the CDC Head's Up Concussion Online Course in accordance with Alabama State Law.

GBYLA will rely, in the first instance, upon the lacrosse leadership within the Community Lacrosse Program to select coaches for their respective teams provided said coach has not been previously restricted from coaching for GBYLA. In the event there is a dispute over who should be the head coach of a team that cannot be resolved within the Community Lacrosse Program, the GBYLA Board of Directors will select the head coach for that team based upon such information as it deems appropriate.

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

Head coaches are required to attend all GBYLA-mandated preseason coaching clinics and/or meetings unless illness or employment interferes with the scheduled event. In such instances, the head coach is responsible for appointing a substitute coach to attend in his/her place. Coaches are expected to handle their coaching responsibilities in a conscientious manner and to cooperate with GBYLA in operating the league throughout the season. The GBYLA Board of Directors shall be authorized to suspend, dismiss, or ban any coach, at any time, for failure to follow GBYLA policies and/or procedures or for conduct otherwise deemed as detrimental to GBYLA. Any decision to suspend, dismiss, or ban is final.

At the end of each season, GBYLA will conduct parent surveys to determine the level of satisfaction with the spring season as well as our coaches. Based upon such survey results, GBYLA Board of Directors 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 Grievance Committee.

COACH CODE OF CONDUCT AND PLEDGE

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 wellbeing 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.
- 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.
- 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 through the GBYLA.
- Ensure team members are restricted to the bench area during live or suspended game play under any circumstances at any time.

Head or assistant coaches who fail to abide by this Code of Conduct will be subject to penalty.

COACH'S RESPONSIBILITY 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 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 by NFHS, USA Lacrosse and GBYLA modifications as well as teaching both sportsmanship and lacrosse skills. Coaches are responsible for ensuring all players understand the rules as well as the spirit for which they are intended. Head coaches are directly responsible for the behavior of their assistant coaches, players, parents, affiliated fans, and spectators.

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

At no time is it appropriate for coaches to use the media (including electronic media such as emails, websites, blogs, Twitter, FaceBook, Instagram, to name a few) as a vehicle in which to criticize officials, opposing coaches, players, fans, GBYLA employee(s)/independent contractors, or any GBYLA representative. Such infractions may result in disciplinary actions as deemed appropriate by the GBYLA Board of Directors which may include suspension(s) or based on the severity of the infraction, expulsion from GBYLA.

Any in-season game (including Youth Jamboree games) resulting in a forfeit/cancelation/no-show by either the HOME and/or AWAY team, the offending team(s) Head Coach(es) will be suspended for the next three (3) in-season games. This suspension will follow the Head Coach and roll over into the next season for the first three (3) in-season games, if applicable. This suspension penalty includes cancelations due to refusal to travel to games outside of the greater Birmingham area.

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 official rules of the game and the standards of fair play. The rules exist to protect the players and provide a common standard by which 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.

Coaches will comply with Alabama State Law and GBYLA policy regarding concussions and educate themselves on the risks and symptoms of concussions and not return to play any player who has been suspected of sustaining a concussion until he/she has received reasonable assurance that the player has been evaluated by their healthcare provider who has provided the player with written clearance to return to play.

COACH'S RESPONSIBILITY TO THE OFFICIALS

Games officials – like coaches and players – are major participants in the game. The coach shall neither exhibit nor tolerate any behavior from others albeit verbal or otherwise that reflects poorly on an official. This includes, but is not limited to, arguing a judgement call in such a manner as to incite players and/or spectators against an official. There are approved methods by which a coach may comment on an official's performance. 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 referees, scoreboard operators, scorers, host personnel, etc shall always be treated in a professional and courteous manner. Officials should always be treated with respect, and it is the responsibility of the HOME coach to ensure the safety and well-being of these officials at their home field facility.

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

GAME DAY AND SPORTSMANSHIP POLICY

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

Pre-Game Procedure:

- The 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 the offending team sustaining a penalty.
- Ensure **Home Field Set Up Instructions** are properly followed by the Home team.
 - Walk field to ensure the 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 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 fans MUST sit or stand on the opposite side of the field from the players.
- 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.

Our Sportsmanship policy below will be promoted & enforced at all GBYLA competitions & sponsored events.

GBYLA puts 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.

PARENT CODE OF CONDUCT AND PLEDGE, INTEGRITY OF PIN, PERMISSION TO USE PHOTOGRAPH, AND WAIVERS

PARENT CODE OF CONDUCT AND PLEDGE

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, 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.

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.
- 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 Executive Director,

Operations Manager, officials, game managers, tournament administrators or GBYLA Board members or officers) before my child returns to play.

- 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 through the GBYLA.
- Not enter the game playing field during active or suspended play under any circumstances at any time.

The GBYLA Board of Directors shall be authorized to suspend, dismiss, or ban any parent, at any time, for failure to follow GBYLA policies and/or procedures or for conduct otherwise deemed as detrimental to GBYLA. Any decision to suspend, dismiss, or ban a parent is final.

PARENT 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 Executive 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 Executive Committee, in its sole discretion, shall impose. In the appropriate circumstances, the GBYLA may refer such actions to law-enforcement authorities.

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

GBYLA CERTIFICATION OF PLAYER'S HEALTH, GENERAL LEGAL RELEASE AND MEDICAL AUTHORIZATION.

In connection with my child's participation in the activities sponsored by the Greater Birmingham Youth Lacrosse Association ("GBYLA"), an Alabama non-profit 501(c)3 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 Operations Director, officials, tournament administrators and/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.

Permission to Use Photograph

I grant 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.

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.

FINANCES

Player Sponsorship Program

Since its inception 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. GBYLA Operations Director and Treasurer are primarily responsible for working with player families in awarding PSP funds.

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 encourage local communities to provide the financial means to provide financial support for the players within their own community.
3. To encourage each team to support any player on their team who has a financial need.
4. To encourage players and their families to make a financial contribution toward their session registration fee, particularly after the first year of play.
5. 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 players.

PSP Operating Rules and Payment Plans

1. Funds donated by a particular team will be used first to provide assistance for members of that team. It is expected, generally, that high school age teams 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 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. If not, the community lacrosse program will be asked to offer financial assistance.
4. Priority for fee waivers shall be given to first-time hardship cases (as opposed to second and 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. Donors may request how their donated funds will be utilized, although it is ultimately the decision of GBYLA to allocate the used of donated funds.
6. 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, the player is expected to pay the shortfall due before being allowed to register and play in a subsequent GBYLA program. GBYLA Operations Director shall be primarily responsible for working with player families in implementing and facilitating payment plans.

INCOME

Spring Season Registration Fees

In September of each year, GBYLA sets a base registration fee for each age division for boys and girls based on budgetary requirements for that calendar year. Hence, setting the spring season 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. This projection has and continues to be done by the GBYLA President, Treasurer, and Operations Director.

Community Lacrosse Program Add-On Fees

Since 2008, GBYLA has allowed each Community Lacrosse Program to add on 'Community fees' to the GBYLA Base Fee during the online registration process as a means of collecting additional funds to support that community's budgetary needs for the calendar year. 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 their 'Community Add-On Fee' shortly after February 1st (Spring Season player refund deadline).

High School Team Fees

Since 2008, GBYLA has allowed each High School Program to add on a high school 'Team Fee' as a means of raising additional funds to cover budgetary needs for the calendar year. As a service to the High School Programs,

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 their 'High School Team Fee' shortly after February 1st (Spring Season player refund deadline).

EXPENSES

Field Expenses – All field expenses incurred by each Community Lacrosse Program/High School Program are at the expense of the Community Lacrosse Program/High School Program.

Equipment – GBYLA will pay for youth coach equipment for Community Lacrosse Program YOUTH team(s) playing in the GBYLA Spring Season. This includes a pre-determined number of balls, scorebook, and table horn. Goalie equipment is at the expense of the player or at the expense of the Community Lacrosse Program/High School Program.

Non-GBYLA Out of Conference Games

All costs associated with playing teams from out of state or added exhibition games that are not a part of the Spring Season including but not limited to; field expense, referees, and certified athletic trainers (when applicable) are the responsibility of the competing teams. A Scheduling Form is required to schedule non-gbyla out of conference games and paid for in advance via the Scheduling Form.

Community Lacrosse Program Account Rules

1. Collected funds should only be used for expenditures related to the Community Lacrosse Program, as applicable.
2. Maintain all receipts and keep good records of income and expenses.
3. Provide GBYLA with current W-9 documentation.
4. Keep checkbook register current and all monthly checking account statements.
5. At Spring Season's end, prepare a summary financial statement showing the receipts and disbursements by May 31st. The summary financial statement should be made available to GBYLA Board of Directors, Operations Director, as well as parents participating on teams within the Community Lacrosse Program upon request.
6. To the extent that a Community Lacrosse Program/High School Program raises money on its own from sponsors and/or fundraising, all such contributions need to be paid directly to the Community Lacrosse Program/High School Program. Appropriate tax documentation should be provided to the donor and reflected on Spring Season end financial summaries.
7. Sanctions – If Community Lacrosse Program funds are collected through GBYLA registration and Community Lacrosse Program Account Rules are not followed, GBYLA reserves the right to maintain control of all monies collected on behalf of the Community Lacrosse Program.

ALABAMA LACROSSE CHAMPIONSHIP & HONOR CUP, ALL-STAR SHOWCASE, METRO TOURNAMENT, AND YOUTH JAMBOREE

Venues – Alabama Lacrosse Championship & Honor Cup, All-Star Showcase, and Metro Tournament venues are determined by response to a Request for Proposal (RFP) submitted to all Community Lacrosse Programs/High School Programs on or about February 15th. Venues are awarded by the GBYLA Board of Directors based on the responses received. Due to the size of the Youth Jamboree and the need for multiple fields, this event will be held at the Hoover Met Complex until such time more venues are added with adequate field space to host the Youth Jamboree.

Alabama Lacrosse Championship & Honor Cup – All Girls High School Varsity teams participating in the GBYLA Spring Season are eligible for the Alabama Lacrosse Championship playoffs and seeded based on end of season game standings. Single-elimination playoff brackets are determined based on the number of participating teams. Boys High School Varsity teams participating in the GBYLA Spring Season and seeded 1 – 6 based on end of season game standings are eligible for the Alabama Lacrosse Championship playoffs. Boys High School Varsity teams participating in the GBYLA Spring Season and seeded 7 and below based on end of season game standings are eligible for the Honor Cup playoffs. Single-elimination playoff brackets are determined based on seeds 1 – 6 for the Alabama Lacrosse Championship. Seeds 7 and below single elimination brackets are determined based on the number of participating teams for the Honor Cup.

All-Star Showcase – A competition featuring the best lacrosse players from teams participating in the GBYLA Spring Season. Participating players are nominated by their Head Coach and, through a voting process, are invited to participate in the All-Star Showcase. Half-time awards are presented to USA Lacrosse award recipients for All-American, All-Academic, and special awards as well as GBYLA All-State athletes.

Metro Tournament – All Boys and girls 14U teams participating in the GBYLA Spring Season are eligible for the Metro Tournament playoff and championship. Single elimination playoff brackets are determined based on the number of participating teams for the Metro Tournament Championship.

Youth Jamboree – All youth teams (8U, 10U, & 12U) participating in the GBYLA Spring Season are required to play in the Youth Jamboree as part of their in-season schedule. Teams are restricted to their regular Spring Season roster. NO combined teams are allowed. Failure to participate in the Youth Jamboree and/or forfeit or no show will result in penalties levied on the offending team(s) Head Coach as outlined under COACH’S RESPONSIBILITY TO THE GAME section in this document.

FALL LACROSSE

Since inception, Fall Lacrosse has been offered on Sunday afternoons during the fall months of October and November. Dates, times and formats change based on field availability, player participation and needs of the lacrosse community overall.

OFF SEASON TRAVEL TEAMS

GBYLA encourages players and coaches to further their skills in the off-season. GBYLA does not participate in, organize, sponsor, promote, or select travel teams.

To ensure the GBYLA Spring Season runs efficiently and effectively, GBYLA players and coaches are strongly encouraged to *not* participate on travel teams from the beginning of GBYLA Spring Season practices until the end of

the GBYLA Spring Season.

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 GBYLA Operations Director.
2. Registration Issues – GBYLA Operations Director
3. Website Issues – GBYLA Operations Director
4. Player Sponsorship Program – GBYLA Operations Director
5. Team Assignment Issues – Community Lacrosse Program POC
6. Game Scheduling Issues – Team Head Coach
7. Game Schedule Changes – Team Head Coach to submit any changes via the Game Change Form
8. Field Issues – Community Lacrosse Program POC
9. Coach Issues – Community Lacrosse Program POC
10. Officiating Issues –
 - a. Parent – Team Head Coach
 - b. Coach - Community Lacrosse Program POC
11. Sportsmanship / Game Play Issues - Community Lacrosse Program POC
12. GBYLA Policy Issues – GBYLA Operations Director
13. Personal Issues – GBYLA Board President

In addition to the foregoing, grievances may be filed via this email, susie.gbyla@gmail.com.

APPEALS

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

HIGH SCHOOL RULES AND PENALTIES

Forfeit/Cancelation Penalties

For any cancelation (no possible reschedule) resulting in a forfeit of an in-season and/or playoff game, the offending Head Coach will be suspended for the next three (3) in-season games. Suspensions will follow the Head Coach and roll over into the next season for the first three (3) in-season games, if applicable. This suspension penalty includes cancelations due to refusal to travel to games outside of the greater Birmingham area.

Program/Team Minimum Requirements

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.

To be considered affiliated with an AHSAA high school, a team must have a percentage of its players enrolled at the AHSAA-member high school. Below is 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 the affiliated high school.
Year 2	55% of rostered players must be enrolled at the affiliated high school.
Year 3 (and all years after)	75% of rostered players must be enrolled at the affiliated high school.

Roster Size – Varsity Teams must have a minimum of 15 players for boys and 17 players for girls to be considered viable for competition. To field a boy’s JV squad, the Varsity roster size must be 30 or more. Youth players playing up do count toward the minimum roster size.

Infrastructure Standards for hosting HOME games –

- Field – Must have a regulation sized field lined for lacrosse 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.
- Certified Athletic Trainers – Programs are required to have consistent access to local certified athletic trainers to cover all Varsity/JV games.
- Referees – Programs are required to have consistent access to enough local referees rated to officiate at the Varsity/JV levels.

Inclusion in High School Level Competition – Programs meeting the requirements for number of players, field standards, and infrastructure will be eligible for high school competition. Programs lacking infrastructure, as stated above, will not be allowed to host home games.

Player and Coach Registration Requirements –

- GBYLA Registration – All players and coaches must be registered with the GBYLA and on the official GBYLA team roster.
- USA Lacrosse Membership – All players and coaches must be USA Lacrosse members with expiration dates valid through the end of the Spring Season.

Operating Details

1. Operations – The Greater Birmingham Youth Lacrosse Association (GBYLA) will manage high school lacrosse spring season operations.
 - a. GBYLA’s responsibilities include –
 - i. Collection of Team Varsity and JV Fees on or before January 1st.
 - ii. Scheduling and approval/oversight of referees.
 - iii. Scheduling and approval/oversight of ATC (Birmingham area teams only).
 - iv. Scheduling of games between participating teams and general Spring Season support as needed.

- v. Conduct player and coach registration for all participating team players and coaches.
- vi. Collect program player team fees as requested and pay out to program on or before February 15th.
- vii. Oversee proof of school enrollment for all high school players.
- viii. Provide support through the GBYLA Grievance Committee to facilitate resolution of coach/referee concerns and/or issues.
- ix. Ensure all Head and Assistant Coaches complete the USA Lacrosse background check.
- x. Ensure all Head and Assistant Coaches complete USA Lacrosse required training courses.
- xi. Ensure all Head and Assistant Coaches complete the CDC Concussion Awareness online course.
- xii. Ensure payment in advance and schedule non-gbyla exhibition games as per submitted EXHIBITION GAME SCHEDULING FORM.

Program Eligibility – Determination of a high school program/team eligibility will be reviewed and approved solely by GBYLA Board of Directors.

Enforcement of High School Rules (as stated above) – To be conducted by the GBYLA Board of Directors (majority rules).

Off Season Practice and Conditioning Policy

1. All High School teams are allowed fifteen (15) practices during the off-season.
 - 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 official start of High School practice as per the published GBYLA Spring Season Timeline.
2. '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 high school 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. Example, off season practices will include one-day tournaments, player evaluations and/or try-outs, etc.
3. Practice Plan – Each team is required to submit to their community/team Point of Contact (POC) their respective plans to utilize their fifteen (15) practices, which may include any tournament participation, try-out/evaluations, etc and made available to the GBYLA Board of Directors and/or Operations Director upon request. The submission of the schedule must be made prior to the start of preseason practices. Upon request, GBYLA will provide head coaches with a tentative schedule for each team.
4. Enforcement of preseason practice rule – GBYLA will utilize requested submitted schedules as the basis for assessing whether a practice is within the fifteen-practice rule. This will be the first data point to resolve any concerns should any arise regarding organized team activities.
5. Sanctions for violation of the fifteen-practice policy –
 - a. 1st offense – Offending team will forfeit their first GBYLA in-season game.
 - b. 2nd offense – Offending team will forfeit their 2nd league in-season game and the Head Coach will be suspended from the 3rd in-season game.
 - c. 3rd offense – Offending team will not be eligible for any GBYLA Playoff, Championship and/or post-season play.

6. Conditioning – 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.
7. The Head Coach and Program Board of Directors assume all responsibility and liability for any player participating in off-season practices or play as well as obtaining any insurance policies required by school or park and recreation. It is the responsibility of the Head Coach and Program Board of Directors to obtain medical authorizations/consent/waivers from the Parent/Guardian of each participating player. Failure to comply with such a requirement shall result in a suspension of the right of such team to conduct preseason practices and/or conditioning sessions for a period determined by the GBYLA Board of Directors.