

Lacrosse Association of Kansas City (LAKC)

2016 Rulebook

2015 Lacrosse Rulebook

The current rules of the National Federation of State High School Associations governing Kansas City metropolitan area high school Lacrosse competition shall apply in the LAKC program unless otherwise specified. Exceptions to these rules may be made by the LAKC Board of Directors.

A 501-c-(3) Non-Profit Organization

ARTICLE 1 PREAMBLE

Section 1.1 Rulebook

LAKC has established the following rulebook to govern the operation of the Lacrosse program. Game rules shall be derived from the NFHSA Lacrosse Rules, unless specifically modified within this rulebook.

Section 1.2 Purpose of Program

The LAKC Lacrosse program was established to provide 9th-12 grade youths the opportunity to compete in Lacrosse, to learn the values that come with being part of a team, and, most importantly, to build strong character that will follow each participant beyond the field.

Section 1.3 Importance of Rules

The rules set forth herein provide an important foundation for the operation of the Lacrosse program. Without rules, the program would collapse. It is important for everyone participating in the program, in any capacity, to follow the rules in all situations. It is also important for everyone participating in the program to understand that attempts to avoid the rules, and actions that violate the rules, diminish the entire purpose of the program.

Section 1.4 Policy on Rules

By adoption of this Rulebook, LAKC has established a clear and decisive policy in favor of fair and honest play. It is intended that not only the written letter of the rules be followed, but also the spirit of the rules.

Section 1.5 Duty

As set forth within this Rulebook, it is the duty of each participant to adhere to the rules, beginning with the head coaches. The head coaches in this program have a unique position of responsibility and accountability – it is their duty to follow the rules and to direct all those for whom they are responsible to follow the rules.

Section 1.6 Participation is a Privilege

An adult participant in this program has been granted the great privilege of working with young people, who learn by your actions. If each action is considered with that understanding, adherence to the rules will be a natural progression.

ARTICLE 2 COACHES AND TEAM ASSISTANTS

Section 2.1 General Purpose

The LAKC Lacrosse program was established to provide youths the opportunity to play Lacrosse in a competitive and learning environment, to learn the values that come with being part of a team, and, most importantly, to build strong character that will follow each participant beyond the field.

Section 2.2 General Responsibilities of Head and Assistant Coaches

2.2.1 Each head coach and assistant coach must have full knowledge of the rules governing the LAKC Lacrosse program. It shall not be a defense to any violation for a head coach or assistant coach to claim a lack of knowledge or understanding of the league rules herein.

2.2.2 Each head coach and assistant coach shall adhere to and act in compliance with the league rules.

2.2.3 Each head coach is responsible for selecting assistant coaches and team assistants subject to background check and approval by the individual team's Board of Directors, and ensuring their compliance with all league rules.

2.2.4 Each head coach is responsible for the conduct of the players, coaching staff and spectators/parents during games.

2.2.5 At least one assistant coach must be certified through an approved LAKC certification program.

2.2.6 Head coach must attend pre-game official's meeting prior to start of each game.

Each head and assistant coach shall adhere to and act in compliance with the "Coaches Code of Conduct" as referenced in the NFHSA rules book and contained within this document with respect to LAKC games, practices, functions, and/or activities.

Section 2.3 Conduct of Head and Assistant Coaches while representing LAKC and their teams during games, practices, functions and or activities

2.3.1 Not use abusive or profane language.

2.3.2 Not have physical contact with a player in a manner that is abusive.

2.3.3 Not institute or direct contact punishment drills.

2.3.4 Not use, or be under the influence of alcohol or illegal drugs.

2.3.5 Not use tobacco in any form.

2.3.6 Not physically assault or threaten any coach, official, spectator, or other person

2.3.7 Not engage in actions or conduct that incites or provokes spectators or player to engage in unruly behavior.

2.3.8 Not direct or allow by complicity violation of the league rules by players, assistant coaches, helpers, or spectators.

2.3.9 Conduct all discussions with officials and sportsmanship regarding game issues in a controlled and professional manner.

2.3.10 Take all reasonable and necessary actions to control his team's spectators and ensure compliance with Section 2.3 of the LAKC rules

2.3.11 Ensure and demand that all team assistants adhere to the Coaches Code of Conduct.

2.3.12 Be truthful and correct in the form and details of all paperwork submitted to LAKC.

2.3.13 Not seek by omission or deception to avoid compliance with the rules of the LAKC.

2.3.14 Not contact an LAKC player on a team other than his own regarding participation in a tournament without first obtaining the approval of the player's head coach.

2.3.15 Keep in mind at all times that his conduct and actions are witnessed by the players.

Section 2.4 Statement of Compliance

On each application for head coach or assistant coach, said coach shall verify agreement to adhere to and act in compliance with the league rules, including the "Coaches Code of Conduct." LAKC must have complete and proper paperwork on all Coaching positions on file.

Section 2.5 Requirements to be a Head Coach or Certified Assistant Coach

2.5.1 Be a High School graduate.

2.5.2 Have completed or enrolled in a certification program as required by LAKC, said certification being in good standing.

2.5.3 Not have been convicted of a felony.

2.5.4 Have the necessary knowledge of the game of Lacrosse and the capability to instruct players on the fundamentals of the game

2.5.5 Be approved by the individual team's Board of Directors.

2.5.6 Complete an application, the form of which shall be determined by the LAKC Board of Directors, and paid the appropriate fee.

2.5.7 Current address, which verifies the coaching applicant's current address and identifies previous addresses and e-mail if possible.

Section 2.6 Background Check Results

2.6.1 LAKC will reject a coaching applicant if the applicant refuses to submit a fully completed Application granting permission to conduct a criminal background check.

2.6.2 LAKC retains the right to exclude any coach or coaching applicant from participation at any time when it believes the person poses a risk to the safety of any participant or staff of the LAKC. LAKC may consider the severity of the incident and the time that has elapsed since the incident.

2.6.3 Any coaching applicant who has been rejected for any reason other than the required reasons stated above may appeal such discretionary ruling to the LAKC Executive Committee. There are no appeal rights to the determination of the LAKC Executive Committee.

Section 2.7 Interview and Selection Process

2.7.1 The appropriate individual team Board of Directors shall interview new each head coach applicant

2.7.2 Approval of head coaches, as well as continuing direction and control, shall be the responsibility of the individual team's Board of Directors.

2.7.3 Selection of assistant coaches and team assistants shall be the responsibility of the head coach, subject to the continuing approval, direction and control of the individual team's Board of Directors.

2.7.4 The selection and continuing direction of head coaches, assistant coaches and team assistants shall be subject to the approval of the individual Team's Board of Directors.

ARTICLE 3 TEAMS

Section 3.1 Teams

3.1.1 School Districts: Teams shall be formed based upon the individual high school districts. No team shall be formed outside of those districts, unless otherwise approved by the Board.

3.1.2 Grades: The program is available to youths from 9th grade through 12th grade.

Section 3.2 Team Formation

3.2.1 Teams by Grade: Each high school district area shall be entitled to form a lacrosse team for freshman, Junior Varsity and Varsity.

3.2.2 Residency Requirement: A player shall play for the team to which the player's high school of attendance has been assigned. Any exceptions must be approved by the LAKC Board of Directors.

Section 3.3 Team Numbers

3.3.1 Player Minimums Per Team: Each team shall have a minimum of 15 players.

3.3.2 No Swing Roster: See Bylaws section 6.6

Section 3.4 Team Uniforms

3.4.1 Jerseys: The teams of LAKC and their designated colors are as follows:

3.4.1.1 Color: Home team shall wear a white or light colored jersey. Each visiting team shall wear a darker colored jersey or primary or secondary color as set forth in section 3.4. However, if two teams have the same color jersey (or nearly the same), the visiting team shall be responsible for making color adjustments. Reference the NFHSA rules on uniform colors.

3.4.2 Numbers: It is suggested that the jersey numbers correspond with the guidelines set forth by the NFHSA rules. However, it is not required. Each player shall wear a jersey number that corresponds with the jersey number listed for that player on the team's official roster. If there is an emergency such as blood on the jersey, a torn jersey, forgotten jersey, etc., a different jersey number may be utilized but the officials and the opposing coach must be immediately notified. If a team utilizes more than one

3.4.3 Jerseys: jersey, each player shall utilize the same number on each jersey. Numbers shall be on the front and back of each jersey, and plainly visible.

3.4.4 Spare Jersey: Each team shall have a least one spare jersey with a number not the same as any of the players' numbers on the team, for emergencies.

3.4.5 Shorts: Shorts shall match the team colors.

3.5.3 Helmet Color: Shall be determined by each team.

Section 3.6 Team First Aid Supplies and Requirements:

Each team shall have an AMA approved first aid kit, which may be purchased at a retail outlet.

3.6.1 Prohibitions: It is prohibited for a head coach, assistant coach or team assistant to give any player internal medicines, such as aspirin, unless the player is their child.

ARTICLE 4 RULES COMMITTEE

Section 4.1 Rules Committee

The Rules Committee shall govern the placement of players in the Lacrosse program,

4.1.1. General Responsibilities of Rules Committee Co-Chairman: The Rules Committee Co-Chairman shall preside over all Rules Committee meetings, report Rules Committee business to the Board, and notify Board of Directors of Rules Committee meetings.

Section 4.2 Duties of the Rules Committee

4.2.1 Meetings: The RULES COMMITTEE shall meet according to a schedule as set by the Board of Directors.

4.2.2.1 Timely Review: Any challenges to the current Rules shall be submitted within 72 hrs. of the incident to the Rules Committee.

4.2.3 Placement of Players Prior to Season: A player shall be placed on the grade- and district-appropriate team unless a certain team cannot, by the Final Team Formation Date, form a team with sufficient players as per section 3.2. In that instance, the RULES COMMITTEE shall be entitled to exercise its discretion in the placement of players considering the school district where the child resides, team competitive strength, area need, schedule or administrative issues, the good of the player, and the good of the club.

4.2.3.1 Substantial Justification: There must be substantial justification for moving a player from his grade- and district-appropriate team, but this function shall be at the discretion of the RULES COMMITTEE, in consultation with the head coaches and Board of Directors of the affected teams. This is further articulated in section 4.3.

4.2.4 Designation and Assignment of "Free Agents": The RULES COMMITTEE shall approve those players that are "free agents." However any player currently on a team can remain on the team. If a player is participating on a team that is not associated with the school he attends, and the school he attends forms a team, the player has the right to choose to continue to play on his current team or transfer to the expansion team if the player has participated in 50 percent of varsity games for his current team. Otherwise, all incoming freshman and sophomore players must start to play for the expansion team associated with the school they attend.

4.2.5.1 Free Agents: Free agents are those players wishing to play and who attend a public or private school that has not been assigned to an existing club team.

4.2.5.2 Assignment of Free Agents: Free agents shall be assigned to a team by the RULES COMMITTEE, and in accordance with all rules related thereto. Players that have been identified as "Free Agents" will be placed on the most appropriate teams based on the following criteria. These criteria are in the order that the Rules Committee will use to render a decision.

- 1. The High School Where the Player Attends:** The Player's High School of Attendance (HSA) will be the first criteria that the Rules Committee will use to determine an appropriate placement. An HSA is defined as the school in which the player is enrolled. If the HSA has an approved LAKC lacrosse team, that player will be expected to play for that team. If the HSA does not have an approved LAKC lacrosse team, and the HSA has been assigned to be in a feeder group of schools to an LAKC-approved lacrosse team, that player will play for the program to which the HSA has been assigned.
- 2. The Place of Residence of the Player:** The actual place of residence of the player will be the next criteria that the Rule Committee will use to determine an appropriate placement. If the

Player's HSA does not have an LAKC-approved lacrosse team and the HSA has not been assigned to an LAKC- approved lacrosse team, and if the Player lives in an attendance area of an LAKC-approved team or school that officially feeds such a program, the Player will play for the team to which his residence is assigned.

3. **The Distance to the Closest Assigned or Approved School.** The last criteria the Rules Committee will use to determine appropriate placement is distance. If a Player cannot be assigned to a team using the above two criteria, the Player's distance from his home to the closest LAKC-approved lacrosse program or a school that officially feeds such a program will dictate team placement. The distance will be based on using the Google Maps application and "as the crow flies" calculation option.

4.2.6 Oversight of Team Formation: The RULES COMMITTEE shall oversee the formation of each team, including team splitting, which shall be subject to the RULES COMMITTEE's approval, if the Coaches and Parent Organizations cannot come to agreement.

4.2.6.1 Final Team Formation Date: All existing teams that wish to participate in the current season shall be determined by the first of February. All new club teams shall be formed in accordance with the dates specified by the by-laws governing new team formation.

4.2.6.2 Team Closure:

4.2.6.3 The team's official roster must be provided to the Secretary of LAKC by March 10th. Any additions must be submitted 1 week prior to players playing in any game or scrimmage.

4.2.7 Oversight of Team Splitting: The RULES COMMITTEE shall oversee the Team Club Board of Directors with respect to splitting of teams within their high school district, if Coaches and Parent Organization cannot come to agreement.

4.2.8 Player Registrations: Coaches may not be selective about accepting or rejecting players. Once one player has been rejected, no more may be added.

Section 4.3 Appeal of Placement

4.3.1 Appeal by Head Coach: A head coach may appeal the RULES COMMITTEE's placement of a player if:

4.3.1.1 There is incompatibility between the player and the head coach; or

4.3.1.2 There is incompatibility between the parent/legal guardian and the head coach; or

4.3.1.3 The competitive balance is jeopardized; or

4.3.1.4 The chances to field a team are jeopardized.

4.3.2 Appeal by Parent/Legal Guardian: A parent or legal guardian may appeal the RULES COMMITTEE's placement of a player if:

4.3.2.1 There is incompatibility between the player and the head coach; or

4.3.2.2 There is incompatibility between the parent/legal guardian and the head coach; or

4.3.2.3 There is unreasonable hardship due to practice time or location.

4.3.3 Form of Appeal: All appeals submitted to the RULES COMMITTEE shall:

4.3.3.1 Be in writing;

4.3.3.2 Be received by U.S. mail, electronic/facsimile mail, or personal delivery;

4.3.3.3 State the player's name;

4.3.3.4 State the name of the parents and / or legal guardians;

4.3.3.5 State the assigned team;

4.3.3.6 State the preferred team assignment; and

4.3.3.7 State the specific reasons for appeal of assignment.

4.3.4 When Appeals Considered: Appeals shall be considered at the next meeting of the RULES COMMITTEE following receipt of the appeal.

4.3.5 Procedure on Appeal of Placement: The affected parent/ guardian, coaches, and other affected parties may be permitted to make brief statements regarding their position. The RULES COMMITTEE may question any person in attendance.

4.3.6 Consideration of Appeals: Appeals shall be considered based on the same issues set forth in section 4.3.

4.3.7 Additional Information: The RULES COMMITTEE may request additional time following the presentation of the appeal to obtain or clarify information, or to conduct additional investigation.

4.3.8 Decisions: The RULES COMMITTEE, by majority vote, shall rule on the appeal as promptly as possible. The deliberation shall not be open to the public or appealing party, and shall be communicated with rationale for the decision.

4.3.9 Limit on Appeal: A party may only make one appeal of placement, per child, per season.

Section 4.4 Appeal of RULES COMMITTEE Decision

An appeal may be made to the Board of Directors of any decision made by the RULES COMMITTEE, in the same manner and form as the appeal process under section 4.3.

Section 4.5 Board Authority

The RULES COMMITTEE shall serve at the direction of the LAKC Board of Directors, and be subject to oversight, approval and reversal by the Board of Directors with respect to any actions or decisions.

ARTICLE 5 PLAYERS

Section 5.1 Player Equipment

5.1.1 Protective Equipment:

Each player must wear the following properly fitted equipment for each contact practice and each game, and the head coach is responsible for ensuring that said equipment is worn by each player in accordance with the current NFHSA rules.

5.1.1.1 Helmet: A helmet with NOCSAE stamp or seal, with an appropriate facemask. The facemask and helmet must adhere to NFHSA rules

5.1.1.2 Mouthpiece: An appropriate Lacrosse mouthpiece, which may not be white or clear, and must cover the upper bridge of the teeth.

5.1.1.3 Shoulder Pads: A set of shoulder pads of appropriate quality that has not been altered in any way, as per NFHSA rule.

5.1.1.4 Shoes: Tennis shoes are permissible. If cleats are worn, detachable cleats are permissible and no cleats bearing any metal. Shoes as permitted herein are required to be worn on both feet at all times.

5.1.1.5 Braces and Casts: These devices must be properly padded and do not create a hazard, and are approved at the discretion of the officials.

5.2 Improperly Protected Player/Illegally Outfitted Player: Any player that is not properly outfitted with the required protective equipment shall not be permitted to participate in practices or games. Any illegally outfitted player shall not be permitted to participate in practices or games until the illegal equipment is removed or repaired. Refer to NFHSA rules.

Section 6 Definitions

6.1 Meetings: Any function where the players discuss Lacrosse, or LAKC activities, that involve no physical activity.

6.1.2 Non-Contact Practices: Any physical activity, other than meetings, that takes place on or after the first authorized practice date that are not games or Contact Practices, including, but not limited to stretching, exercised, drills, running, jogging, catching the Lacrosse, throwing the Lacrosse, exchanging the Lacrosse and/or any conditioning.

6.1.3 Contact Practices: Any physical activity, other than meetings, that take place after the first authorized practice date that are not games, including, but not limited to, blocking, tackling, contacting dummies or practice equipment, physical contact between play

Section 6.2 Eligibility

Players shall be eligible to participate if they:

6.2.1 Comply with all rules regarding eligibility to participate in LAKC non-contact practices, contact practices, and games as set forth herein, as applicable.

6.2.2 Are properly included on the official team roster, with proper information, filed with the LAKC office.

6.2.3 Meets the grade requirements for their designated team in section 3.1.1 and 3.1.2.

6.2.4 Are not participating on another LAKC Lacrosse team.

Section 6.3 Eligibility to Participate in Contact Practices

To be eligible to participate in Contact Practices a player must:

6.3.1 Have a fully completed and signed Player Contract and Consent/ Waiver Form turned into the head coach

6.3.2 Be registered per section 7.0 and

6.3.3 Be outfitted in the proper equipment as set forth in section 5.1.

6.3.4 Be supervised by only the head coach and/or assistants who are approved by the Coach for the current season to coach.

Section 6.4 Eligibility to Participate in Games

To be eligible to participate in games, a player must:

6.4.1 Have a fully completed and signed Player Contract and Consent/ Waiver Form as per section 7.0 turned into the head coach.

6.4.2 Be registered as per section 7.0; and

6.4.3 Be properly on the team's roster as per section 7.0

Section 7.0 Official Rosters

7.0.1 Shall be turned in by the date designated by the LAKC;

7.0.2 Shall list every player on the team, alphabetically, with the following information:

7.0.2.1 First and last name;

7.0.2.2 Address;

7.0.2.3 Phone numbers for parents' home and work and e-mail (if possible)

7.0.2.4 Birth date;

7.0.2.5 School he/she attends

7.0.2.6 Player's jersey number, which may be amended prior to first game

7.0.3 Shall provide all coaches information.

7.0.4 Shall be promptly amended by the head coach if any modification changes are necessary.

ARTICLE 8 GAMES, SCORING, SCHEDULING

Section 8.1 Overtime Procedure

8.1.1 Overtime will be in accordance with the NFHSA Rule, with the exception of:

8.1.2 Both coaches may agree not to play overtime.

Section 8.2 Schedule/Results

8.2.1 Schedule Release: The schedule shall be released no later than 14 days before the first regular season game.

8.2.2 Special Requests: Special requests for scheduling will be handled by coaches, unless no agreement can be made. At that time, and only then, should it be submitted to the Operations Committee for approval?

8.3 Visiting Team Listed First:

The visiting team shall be listed first on the schedule, and the home team listed last.

8.4 Standings:

All league games played during the regular season will count toward final league standings, including position round or cross-league games. For purposes of tie-breakers for position round or cross-league games, the first tie-breaker is League record. If needed, second tie-breaker is head-to-head record between tied teams. Third tie-breaker shall be total points (with a 7 point maximum per game) between tied Teams. If a tie remains, then a coin toss will be utilized. That coin toss will be with both teams Coaches and a Co-Chair of the Rules Committee.

Section 8.5 Postponement

8.5.1 Reasons for Postponement: Games may be postponed due to severe or inclement weather, hazardous field conditions, or in an emergency.

8.5.2 General Authority to Postpone: Authority to postpone games in advance of game time or on-site shall be held by the Coaches and or the on- site Referee.

8.5.3 Resuming Postponed Game:

A postponed game may resume on the current game day, if enough time exists to complete the game. It may also resume based on agreement between Coaches of the teams involved and based on availability of Referees,

8.5.4 Documentation of Postponement:

In the event of any postponement or stoppage of play, then the referee shall make notations of ball position, possession, game clock, score, any current penalty time and other pertinent information so that the game can be resumed. Said details shall be reported to the club.

ARTICLE 9 GAME DAY

Section 9.1 Videotaping and Communication Equipment

9.1.1 During Game:

9.1.1.1 Video: Each team may have a camera person video the game. However, the video may not be viewed by any head coach or assistant coach prior to completion of the game. No head coach or assistant coach may receive comment or advice prior to completion of the game from any individual who has viewed video of the current game. Parents and spectators may video only from spectator areas.

9.1.1.2 Communication: Use of audio or visual communication equipment between players, coaches and spectators is prohibited.

9.1.2 Discussion with Officials: No head coach or assistant coach shall confront, or attempt to show, an official a video of a game with respect to any issue related to the game.

9.1.3 Scouting: Only teams participating in the game may video or photograph the game action. Any scouting shall occur in the spectator area, only with the permission of the head coach in whose spectator area the scouting occurs.

9.1.4 Location: The video person must be in the stands or in the spectator area.

Section 9.2 Bench

9.2.1 Coaches' Box: The coach's areas shall be located on either side of the table area. Each coach's area shall extend from the special-substitution area 20 yards parallel to the sideline. It shall be bounded by the sideline, the table area, a dotted line 6 yards from and parallel to the sideline, and a dotted line extending from the sideline, parallel to and 20 yards from the special substitution area line.

9.2.2 Bench Area: The team areas shall be on either side of the special substitution area. Each team area shall extend from the table area 20 yards parallel to the sideline. Each team area shall be bounded on the field side by the coach's area. Only players and coaches are allowed in the bench area.

9.2.3 Glass Bottles / Containers: Glass bottles / containers are prohibited on the sidelines, except if a glass container is part of a club approved medical kit.

9.2.4 Cleanup: Each team shall cleanup their bench area subsequent to their game.

9.2.5 Prompt Exit: Each team shall promptly exit the bench area following their game.

9.3 Spectators: Rules governing spectators and media are taken directly from NFHSA rules book

9.3.1 Spectators and media are not allowed behind the end lines, except in stadium structures where permanent seats exist.

9.3.2 Spectators and media are not allowed immediately behind the team area, or within or immediately behind the table area.

9.3.3 Spectators and media are not allowed within the limit lines at any time during the contest.

Section 9.4 Officials

9.4.1 Number: Every Lacrosse game shall have a minimum of two officials; three officials will be required for all Playoff and Championship games and where both Coaches agree to hire the extra Official. If only 1 Official is available and both Coaches mutually agree to proceed, the outcome must count as an official game. Additionally based on NFHSA rules, if only one Official is present and the game is mutually agreed to be played, it is up to the one Official to pick individuals to assist in officiating the game.

9.4.2 Equipment and Uniform: One of the officials shall have the proper equipment as set forth in the NFHSA Rules Book. Each official shall be properly outfitted in an approved officiating uniform.

Section 9.4.3 Officials Evaluation: The head coach shall complete an evaluation regarding the game officials following each game on Arbiter. Each Coach must keep copies of their evaluation on file and submit to the Board at the midpoint of the season and at season's end.

Section 9.4.4 Coaches/Team Evaluation Form: The referee shall complete an evaluation form regarding each head coach and team following each game on Arbiter.

Section 9.5 Basic Rule Source

Game rules shall be derived from and will be governed by the NFHSA Lacrosse Rules, unless specifically modified within this rulebook.

Section 9.6 Game Balls

Game balls shall adhere to the NFHSA rule governing game ball size and color. The home team shall be responsible for supplying an appropriate number of game balls for each end line and to play the game as set forth in the NFHSA Rules Book. If ball retrievers are utilized, then they must conform to the NFHSA rules.

Section 9.7 Lacrosse with Less Than 10 Available Players

If a team has less than 10 players suited and available for play, no official game of 10-man Lacrosse can begin.

ARTICLE 10 RULES ENFORCEMENT

Section 10.1 Rules Committee

10.1.1 General Responsibilities: The RC shall function to:

10.1.2 Promote good sportsmanship;

10.1.3 Review and propose rule changes and modifications;

10.1.4 Interpret league rules and policies;

10.1.5 Enforce league rules;

10.1.6 Assess penalties for rules and policy violations;

10.1.7 Make emergency rulings and impose penalties or restrictions pending formal hearing.

Section 10.2 Filing of Complaint

10.2.1 Form and Content: All complaints to the RC regarding rules violations shall be in writing, in affidavit form, and shall contain the following information, as available:

10.2.1.1 The date, time, and location of alleged violation;

10.2.1.2 The name of the alleged violator;

10.2.1.3 The team affiliation of the alleged violator;

10.2.1.4 The nature of the alleged violation;

10.2.1.5 The names of witnesses to the violation;

10.2.1.6 The date and time of the complaint;

10.2.1.7 The signature of the complainant.

10.2.1.8 The e-mail or a way to contact the person submitting the complaint

10.2.2 Consideration: A complaint may be considered by the RC if it is in substantial compliance with section 10.2.1.

10.2.3 Complainant: Any person may make a complaint.

10.2.4 Alleged Violator: The alleged violator may be any head coach, assistant coach, helper, spectator, parent, player or others associated with LAKC, working on behalf of or as part of LAKC, or attending LAKC functions and events.

10.2.5 Submission to RC: A complaint shall be submitted, or filed, with the RC. Said requirement shall be fulfilled by delivering the same to the RC.

Section 10.3 Hearings

The RC shall meet at a date and time as set by the RC Co-Chairs.

10.3.1 Hearing: Hearings shall be scheduled and the individual making the complaint of a rules violation shall present the allegation and any evidence to the committee. The alleged rules violator shall be entitled to present any evidence or mitigating factors.

10.3.2 Notice: When a complaint of a rules violation is received, the accused rules violator shall be promptly notified of the allegations, advised of the specific rulebook section allegedly violated, and notified of the date and time of hearing.

10.3.3 Continuance: If an individual cannot, due to the unavailability of documentation or witnesses outside of the alleged rules violator's control, present a defense at that time, either of the RC Co-Chairs may, at their sole discretion, grant a continuance of the hearing to a later date. Any such continuance must be in writing and signed by an RC Co-Chair.

10.3.4 Failure to Appear: Failure of the accused rules violator to appear before the RC shall not preclude the RC's ability to act on a written complaint.

10.3.5 Waiver: If an accused rules violator fails to present any evidence or mitigating factors at the section 10.3.1 hearing, said failure shall constitute a waiver of the right to present the same.

10.3.6 Ruling: The RC shall rule on the complaint, subsequent to the hearing, but not greater than seven days subsequent to the hearing, by providing the following, in writing:

10.3.6.1 The specific section of the rules violated;

10.3.6.2 The facts supporting the finding of a violation;

10.3.6.3 The penalties imposed;

10.3.6.4 The rights and requirements on appeal per section 10.10

10.3.7 Case-by-Case Basis: The rulings of the RC shall be made on a case-by-case basis, and precedent from prior rulings shall not be dispositive.

Section 10.4 Penalties for Violation of LAKC Rules

There shall be punishments for violation of LAKC rules, which may be imposed upon any head coach, assistant coach, team assistant, spectator, parent, player, or others associated with LAKC, working on behalf of or as part of LAKC, or attending LAKC functions and events, as follows:

10.4.1 Reprimand: Any rule violation may result in a reprimand, which may or may not include a suspension per sections 10.4.2.

10.4.2 Suspension

10.4.2.1 Duration: Duration of suspensions is at the determination of the RC.

10.4.2.2 Requirement: Any violation of the LAKC rules may result in a suspension.

10.4.2.3 Effect: A suspension for the term designated shall prohibit the suspended party from participating or attending any meetings, practices, or games related to LAKC, or from coming on or about the playing fields or parking facilities.

10.4.2.3.1 Exception: If the offending party is a coach and has a child participating, then the offending party may attend the child's games solely as a spectator after two weeks have expired under the suspension.

10.4.4 Probation: In lieu of, or in conjunction with, the imposition of any reprimand or suspension, an offending party may be placed on probation on a first offense, if recommended by the RC, under terms designated by the RC.

Section 10.5 Repeat Violations

10.5.1 Should a coach be ejected from a LAKC game two times during any two consecutive season period of time, then that coach shall appear before the R.C. for explanation and possible disciplinary action.

Section 10.6 Consideration When Imposing Penalties:

The Rules Committee shall consider the following factors when imposing a penalty for a rules violation:

10.6.1 Past history of the offending party.

10.6.2 The willfulness of the violation.

10.6.3 The nature of the violation.

10.6.4 The good of the players.

10.6.5 The good of LAKC.

10.6.6 The need for consistent and decisive rules enforcement.

10.6.7 Any other relevant factors deemed appropriate by the RC.

Section 10.7 Forfeiture of Games:

When one of the following rules has been disregarded, the team that has broken the rules may be required to forfeit the game:

Section 10.7.1 Eligibility to Participate in Games

Section 10.7.2 Official Rosters

Section 10.7.3 Team Fee Section as per By-laws

Section 10.8 Permanent Record:

Any penalty imposed shall become a part of the Rules Committee's document file see "the ruling", section 10.3.6).

Section 10.9 Dual Imposition

Penalties for the same offense may be imposed against multiple individuals, including players, and the penalties in such a situation do not necessarily have to be the same.

Section 10.10 Appeals:

Any individual assessed penalties under section 10.4, unless accepted by the offending party, in writing, may be appealed to the LAKC Board at the next regular meeting:

10.10.1 Procedure: Appeals of penalties under section 10.4 must be received by the LAKC Board Secretary no later than 12 noon the next business day following the ruling by the RC and notification of the appealing party.

10.10.2 Form: Any appeal not in the following form shall be summarily denied:

10.10.2.1 In writing;

10.10.2.2 Signed by the offending party;

10.10.2.3 A detailed statement of the alleged errors made by the RC;

10.10.2.4 Specific rulebook citations, by section, relied upon by the appealing party.

10.10.3 Hearing: If the appeal is timely under 10.10.1, and the form of the appeal is proper as per section 10.10.2, then a hearing shall be held before the LAKC Board, or the Executive Committee acting in lieu of the LAKC Board at the sole discretion of the Executive Committee, at the next regular session.

10.10.3.1 Authority on Appeal: The LAKC Board and/or the Executive Committee shall have full power to modify, reverse or uphold all or part of the RC ruling. Closed Hearing: The hearing shall be closed to all persons except the appealing party, one designated representative of the appealing party and the LAKC Board and/or Executive Committee.

10.10.3.2 Presentation: The appealing party, or the designated representative, shall have a maximum of 5 minutes to present the basis of the appeal, utilizing only evidence that was submitted to the RC.

10.10.3.4 Inquiry: The LAKC Board and/or Executive Committee may question the appealing party and/or the designated representative, and hear from others at the discretion of the LAKC Board and/or Executive Committee.

10.10.3.5 Vote: The LAKC Board and/or Executive Committee shall then vote outside of the presence of the appealing party and the designated representative.

10.10.3.6 Notification: The appealing party will be informed of the decision immediately following the vote.

APPENDIX A

Guidelines for Game Officials and Game Management to Use Regarding Lightning

The purpose of this appendix is to provide information to those responsible for making decisions about suspending and restarting games based on the presence of lightning.

1. National Severe Storms Laboratory (NSSL) staff strongly recommends that all individuals should have left the game site and reached a safe structure or location by the time the person monitoring the weather obtains a flash-to-bang (lightning-to-thunder) count of 30 seconds (equivalent to lightning being six miles away). This recommendation was developed as a practical way to make a judgment in situations in which other resources such as technology and Instrumentation is not available. In addition, a smaller, but still real, risk exists with the presence of lightning at greater distances. Unfortunately, current science cannot predict where within the radius the next strike will occur.
2. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike.
3. When considering resumption of a game, NSSL staff recommends that everyone ideally should wait at least 30 minutes after the last flash of lightning or sound of thunder before returning to the field of activity.
4. If available, electronic detection devices should be used as additional tools to determine the severity of the weather. However, such devices should not be used as the sole source when considering terminating play.

(Information taken from the NFHSA Sports Medicine Handbook and NFHSA

