



2007 Reference Manual



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1.0 – League Contact Info

OGLA Board of Directors:

President	Lauren Anderson	gogreenla@gmail.com	503-452-3921
VP	Carie Strahorn	cestrahorn@gmail.com	
Treasurer	Patty Beghtel	pbeghtel@comcast.net	
Secretary	Sara Roberts	szr@comcast.net	
At-Large	Nanci Feltner	nfeltner@gmail.com	
At-Large	Herb Hincks	WilsonHSGirlsLax@msn.com	
At-Large	Holly Ziegler	hollyziegler@mac.com	

Please send all correspondence re: league registration and new team questions to the Treasurer.

All other OGLA correspondence should be submitted to the President.

OGLA Key Contacts:

Scheduler	Jennifer Becker	laxcoach4@yahoo.com	
Refs	Mike Clark	owlua@msn.com	President, OWULA

Team Contacts:

All team contact information is available online at www.oregonlax.com/ghs



2.0 – League Requirements

Head Coach Minimum Requirements (Varsity or JV)

- Must be 21 years of age or older
- Have intermediate level knowledge of lacrosse
- Be CPR and 1st Aid Certified (training class to be announced)
- Be a member of USLacrosse

Assistant Coach Minimum Requirements

- Must be a member of US Lacrosse
- CPR and 1st Aid certification strongly encouraged

Team Requirements

- \$325 Fee per Varsity team – for returning teams
- \$225 Fee per Junior Varsity team – for returning team
- \$125 Fee per team – for new schools (JV Only)
 - This does not apply to returning schools adding a new team.
- USLacrosse membership for each player is recommended but not required. Coaches must be members of USLacrosse. Forms can be found at www.uslacrosse.org.
- Coaches must submit proof of US Lacrosse membership and CPR/1st aid certification to Sally Roberts, Secretary prior to start of season
- One (1) Team parent per team
- One (1) Parent to be a State Tournament Representative
- Must have uniforms that meet USLacrosse requirements
 - **Note: In 2007, requirements will be 6-inch numbers CENTERED on front and 8-inch numbers on back.**
- Pinnies – for teams with same colored jerseys, minimum of 15
- Practice and game field availability. Game field MUST comply with USL Women's Rulebook.
- Must pay a minimum salary of \$700 per full-time coach
- Comply with OGLA By-Laws and Rules
- Head Coach must sign OGLA Coaches' Code of Conduct

US Lacrosse Membership (check www.uslacrosse.org for additional details and benefits):

- Membership in the USLA is **recommended** but not required for play during the 2007 season.
- **USLA membership will be required for individuals in the following instances:**
 - If participants do not have health insurance coverage in effect during the season*
 - If school district or high school requires U.S. Lacrosse membership
 - If player plans to participate in any level of play outside of your high school lacrosse team including: *indoor lacrosse, clinics, camps, tournaments, tryouts and/or competition on Oregon Elite or NW Regional Teams, or wish to be considered for All-American or Academic All-American recognition during 2007 season.*
 - **All Coaches must be registered USLA members per OGLA rules**
- USLA membership includes seasonal insurance coverage for players. This coverage is not comprehensive but would be beneficial in case of major injury.



3.0 – Important Deadlines/Dates

2007 OGLA Dues:

- \$325 per Varsity team
- \$225 per JV team
 - JV and Varsity are considered separate teams, therefore a school with one (1) Varsity team and one (1) JV team will owe \$550 total to OGLA
- **FIRST YEAR JV PROGRAMS** pay \$125 - this applies to new school programs only, not programs adding a JV team

Deadlines:

- **December 15, 2007 :**
 - Full team fees due via registration on OGLA League website at www.sportability.com/ogla
 - Coach(es) contact info
 - Team Parent Info
 - Field Availability / No Play dates
 - Game schedule times – Please mark the dates on the Game Schedule worksheet for the dates and times you **cannot** play to facilitate data entry
 - Consult sPortability Handbook for details

Important Dates (as of 10/17/06):

- OGLA Board meets regularly the first Tues of the Month. Emergency sessions if needed.
- December 9, 2006 – USLA Coaches Education Program Level 1 Instruction Clinic (Seattle)
- December 15, 2006 – registration deadline for all teams on sPortability
- January 12 – 14 – USLA National Convention (Philadelphia PA)
- January 20, 2007 – New Coaches' Clinic (basic instruction) presented by Oregon Chapter
- February 3, 2007 – 7 v 7 tournament at U of Oregon (see goducks.com for details)
- February 6, 2007 – Sportsmanship Clinic @ Lincoln High School
- February 19, 2007 – Official start date for team practices
- March 3, 2007 – OGLA JV Jamboree (tentative)
- March 17, 2007 – Player and Coaches clinic with U of Vermont and University of Oregon presented by OGLA (see goducks.com for details)
- March 12, 2007 – First contest date
- April 7, 2007 – nomination due for Oregon Elite team
- April 20-22 (tentative) – tryouts for Oregon Elite
- May 11, 2007 – Last contest date
- May 14 - 16, 2007 – make-up game days/playoff tiebreaker days
- May 18, 2006 – Quarterfinals
- May 22, 2007 – Semi-finals
- May 24, 2007 – Finals

* First aid/CPR, Team scoring/Stats and College Recruiting Clinics will be scheduled, keep an eye on oregonlax.com/ghs for updates and amendments to this calendar



4.0 – OGLA By-Laws OREGON GIRLS LACROSSE ASSOCIATION (OGLA) BY-LAWS

(Latest Revision: October 13, 2005)

ARTICLE I – NAME

Section 1. The name of the Association shall be the Oregon Girls Lacrosse Association, hereinafter referred to as “OGLA” or the “Association”.

Section 2. All policies and activities of the OGLA shall be consistent with applicable federal, state, and local antitrust, trade, and professional regulation, tax exemption and other legal requirements.

Section 3. The association shall maintain affiliation with United States Lacrosse (USL).

ARTICLE II – PURPOSES

Section 1. The purposes of OGLA are:

- a) To provide high school girls in Oregon with the fundamental skills required to play lacrosse and to promote the spirit and sportsmanship of the game of lacrosse.
- b) To organize and execute a league calendar of games and tournaments for its member teams.
- c) To structure a framework of game rules and regulations that will ensure a safe environment in which to conduct lacrosse games, while, at the same time, offer an opportunity for all participants to enjoy the sport of lacrosse. The OGLA regulations shall be in general accordance with the US Lacrosse Association-Women’s Division.
- d) To create a collaborative partnership between the various constituencies of OGLA (the governing board, member teams, coaches, referees, parents, and girls) so the Association maintains an atmosphere of learning, enjoyment, and good sportsmanship.
- e) To educate coaches, parents, and the community about lacrosse and to promote the sport at all levels.

ARTICLE III – LIMITATIONS

Section 1: At all times the following shall operate as conditions restricting the operations and activities of the OGLA:

- a) No substantial part of the activities of the Association shall be the carrying on of propaganda, or otherwise attempting to influence legislation, and the Association shall not participate in, or intervene in any political campaign on behalf of or in opposition to any candidate for public office. Notwithstanding any other provision of these articles, this Association shall not engage in any activities or exercise any powers that are not in furtherance of the purposes of this Association.
- b) Notwithstanding any other provision of these articles, the Association shall not carry on any other activities not permitted to be carried on by an association exempt from federal income tax under Section 501(c)(3) of the Internal Revenue Code of 1986, as now enacted or hereafter amended.
- c) Members of the Board of Directors shall not receive any salaries for their services, but shall be reimbursed for personal expenses incurred that have been previously approved by the Board. Directors may not use the Association to promote non-Association interests, and may not express opinion or vote on matters within the Association on matters that could involve personal or professional gain. Board members shall be required to fully disclose such potential conflicts of interest.



ARTICLE IV – MEMBERSHIP

Section 1. A “Team” in the Oregon Girls Lacrosse Association is defined as any organization that meets the team membership requirements of OGLA. The requirements for team membership are:

- a) A team must have a group of players in the 9th to 12th grades and be affiliated with a high school in Oregon and must desire to be a member of the OGLA. The team must have a coach, team uniforms, and a reserved playing field.
- b) The Board of Directors will provide consultation, assistance and resources to assist groups that want to become members of OGLA. Application by a new team to participate in OGLA must be registered per the registration process deadlines of the season in which they intend to compete.
- c) All coaches in OGLA must be members of US Lacrosse. It shall be the responsibility of each team annually to register and pay the necessary membership fees to US Lacrosse. Proof of membership must be submitted to OGLA by February 1st. Any team that has not shown evidence of USL membership by the first scheduled game will be unable to participate and must forfeit that game and all others until the board has received evidence of US Lacrosse membership.
- d) OGLA requires all players carry individual insurance. It is recommended that players be members of USLacrosse. Any players who intend to try out for All Stars or who wants to be considered for All-American and Academic All-American must be a registered USLacrosse member. Proof of membership will be required upon nomination of all such opportunities. Should a player not have individual insurance, that player is required to register with USLacrosse.
- e) Coaches must be First Aid and CPR certified prior to the beginning of the season. Proof must be available upon request.
- f) A team must agree to play a junior varsity schedule only during its first year in the league.
- g) Team memberships are not transferable or assignable.
- h) Team deposits are due on December 15th. Note: A varsity and JV squad from the same high school are considered by OGLA as two separate teams. Any team that has not paid OGLA dues in full by the first scheduled game will be unable to participate and must forfeit that game and all others until the board has received full payment.
- i) Each team will notify OGLA by the PreSeason meeting as to who their team delegate will be on the Board for the upcoming fiscal year.
- j) Teams must be prepared to play a schedule consisting of lacrosse games with member teams within the league and share equally in travel with opposing teams.
- k) Teams must send a representative to the annual league meeting or show good cause to be excused from attending the meeting.
- l) Teams must agree to pay any dues or assessments as may be established annually by the OGLA Board.
- m) Teams must agree to abide by the rules of the league as they are promulgated from time to time.
- n) Teams must agree to maintain appropriate liability insurance for the member team.
- o) Teams must have their application for membership approved by a two-thirds majority vote of the Board.
- p) The membership year shall run from September 1st through August 31st.

Section 2: Membership Resignation

A team may resign membership in OGLA by sending its resignation to the League.

ARTICLE V—DUES

Section 1: Team Membership Fees

Each team shall annually determine the amount of their team fees for each girl or team, based on their total projected financial obligations and team desires for the upcoming year. The team fees shall cover the cost of officials, US Lacrosse membership for each girl, OGLA dues, coach’s compensation and team operational



expenses (i.e. team equipment, field maintenance material, etc). At the discretion of each team, fees may also be used for such things as jackets, year-end parties, or other activities as the team wishes.

Section 2: OGLA Dues

OGLA will determine annually the amount that each team shall pay to OGLA for their team dues for the upcoming fiscal year. The OGLA team dues shall subsidize the costs of tournament fees, clinics, coaches training, and will cover other expenses necessary for OGLA to operate. Each team shall submit to OGLA full payment of annual dues by December 15th for the upcoming season. Failure of teams to pay dues on time may result in the team not receiving a schedule for the upcoming season, or being removed from OGLA. Any change in the OGLA dues from the previous year shall require a 2/3 approval vote of the Board. Any team that has not paid OGLA dues in full by the first scheduled game will be unable to participate and must forfeit that game and all others until the board has received full payment.

ARTICLE VI—BOARD OF DIRECTORS

Section 1: Authority and Responsibility.

The governing body of the Oregon Girls Lacrosse Association shall be the Board of Directors. The Board of Directors shall have the supervision, control, and direction of the affairs of the Association, its committees, its volunteers, and its publications; shall determine its policies or changes therein; and shall actively meet its objectives and supervise the disbursement of its funds. Board responsibilities include, but are not limited to, mission and vision, strategic planning, annual budget and on-going financial performance, fundraising, rules of the game/field, grievance & discipline resolution, league structures, playoff structure, By-Law amendment, acting on situations not covered in the By-Laws, publicity, support of teams, growth of the league, all-league and all-star structure. The Board of Directors may adopt such rules and regulations for the conduct of its purposes, as shall be deemed advisable, and may, in the execution of the powers granted, delegate certain of its authority to the Executive Committee.

Section 2: Composition

Composition of the Full Board of Directors--The composition of the Board of Directors shall consist of the President, Vice President, Secretary, Treasurer, and at least three at-large personnel. The Board of Directors may be referred to as "the Board".

Composition of the Executive Committee -- The composition of the Executive Committee shall be the President, Vice President, Secretary, Treasurer, and shall be called "Officers" of the Association.

Section 3: Manner of Election

Board of Director positions that are open for election shall be selected by votes from each member team. Each member team will be granted a maximum of two (2) votes; one for the team delegate and one for the varsity coach. The current Board of Directors will ask for nominations at least two weeks prior to the Annual Post-season Coaches meeting. Any nominated person in good standing can be considered by the board. In order to run for the position of president or vice president, a person must have completed at least one term on the board in another position.

Section 4. Terms and Re-election:

The Board of Directors shall serve a two-year term unless they resign or are dismissed by a two-thirds vote of the Board. The Board of Director positions may be renewed once if the voting membership allows. The Board of Directors will be allowed to serve a maximum of 4 years in a specific position on the board. After 4 years a Board member may be re-elected to the Board, if the voting membership allows, in any other board position other than the position he/she has just served on.

Section 5: Regular and Special Meetings



Regular meetings of the Board will take place at a minimum of four times per year at strategic times to conduct the necessary business of the OGLA. At its discretion, the Board may call additional meetings when necessary.

Section 6: Quorum and Manner of Acting

A simple majority (one over half) of the Board of Directors shall constitute a quorum for the transaction of business at any meeting of the Board. Any act of the majority (or 2/3 vote when called for) of the Directors at a meeting at which a quorum is present, shall be the act of the Board. If there is not a quorum present, the Board shall not vote on any matters, but may meet informally if they wish.

- a. Any or all Directors may participate in a meeting of the Board, or committee of the Board by means of conference telephone or video conferencing, as long as participants are able to hear one another, and such participation shall constitute presence at the meeting.
- b. Voting rights of a Director shall not be assigned to another Director or exercised by proxy, unless such proxy vote is submitted to the President prior to the meeting.
- c. Board meetings are open to the public, and guests may be invited to meetings by the President from time to time to assist with policy-making, strategic planning, etc. The public and guests shall not vote on any matters of the Board.

Section 7: Notice of Meetings

Notice of regular meetings will be published in the previous meeting minutes or as the board deems necessary. Special meetings may be called by the President or any two Officers of the Board with notice at least 72 hours in advance of the meeting. Agenda items for Board meetings shall be submitted to the President at least 24 hours prior to the meeting.

Section 8: Rules of Order

Meetings shall generally be organized with the following format: roll call, officer and committee reports, old business, new business, announcements, and adjourn.

Section 9: Action by Directors without Meeting

Actions may be taken by the Board from time to time without meeting, provided that the mail ballot or item for vote is received and signed by all of the Directors entitled to vote with respect to the subject matter thereof.

Section 10: Absence

Any Director who is absent without notification to the board from two consecutive meetings of the Board shall be deemed to have resigned from the Board, and the vacancy shall be filled as provided in these By-Laws. Board members may send a proxy to a Board meeting as long as there is notice to the President prior to the meeting.

Section 11: Removal or Resignation

Any Director may be removed for good cause by a two-thirds vote of a quorum of the Board. Any Director may resign by submitting a written resignation with the Secretary, but such resignation shall not relieve the Director of the obligation to pay any unpaid dues, assessments, fees or charges accrued before the resignation is received.

Section 12: Vacancies

The Board will ask for nominations in the event there is a board vacancy occurring between Annual Meetings. If no nominations are received, the Board will hand select a new member. In cases of Officers, the Board will vote to fill vacancies by a majority vote. A Director so elected to fill a vacancy shall serve the predecessor's unexpired term.

Section 13: Standing and Ad-hoc Committees of the Board

The Board shall establish standing and ad-hoc committees at its discretion, chaired by Board members. Committee members do not have to be members of the Board; community volunteers are welcome and encouraged.



ARTICLE VII – OFFICERS

Section 1. Officers.

The Officers of the Association shall be the President, Vice President, Secretary, and Treasurer. The group of officers shall be called the Executive Committee. In addition to the Executive Committee's administrative and financial duties, members shall attend and support all major OGLA functions.

Section 2. President.

The President shall set the agenda for all Board meetings and shall be the chief executive officer of the Association. The President is responsible for the welfare and fiscal health of the Association, and shall perform such duties as necessary, or as may be prescribed by the Board of Directors.

Section 3. Vice President.

The Vice President shall perform the duties of the President in the event of the President's inability to serve, chair a sub-committee(s), and shall have other duties that may be delegated by the Board.

Section 4. Secretary.

The Secretary shall provide for the proper recording of proceedings of OGLA, provide for accurate membership records, and provide for proper mailings of notices to members; other duties customarily incident to the office of Secretary, or other duties delegated by the Board. The Secretary shall provide an annual calendar and proper notice of meetings, accurate meeting minutes and timely distribution of previous minutes prior to meetings to Board members.

Section 5. Treasurer.

The Treasurer shall be responsible for all funds, accounts, and securities of the OGLA and the collection of all dues, assessments, fees, and charges, and deposit and disperse all moneys in the name of the Association in a bank selected by the Board. The Treasurer shall pay all outstanding debts in a timely manner. The Treasurer shall report the financial condition of the Association at all meetings. At the conclusion of each fiscal year the Treasurer shall prepare an annual report, and submit a budget to the Board for the upcoming fiscal year, and submit the proper 990 IRS form by January 15 for the previous fiscal year. At the expiration of the term of office, the Treasurer shall deliver to the successor all books, money, checkbooks, and other property in the Treasurer's custody, or in the absence of a successor, shall deliver such properties to the President.

ARTICLE VIII – TEAM DELEGATES

Section 1. Duties.

Team Delegates shall be responsible to be the liaison between their team(s) and the OGLA Board. Each school shall have only one official OGLA team delegate. This involves communicating regularly and effectively with team administrators, coaches, and team parents. The team delegate and head coaches will be responsible for attending the annual ALL-LEAGUE MEETING and assuring that their team complies with league rules and has submitted all required paperwork by the necessary date for the upcoming season.

ARTICLE IX – FINANCES

Section 1: Fiscal Year.

The Association's fiscal year shall be September 1st through August 31st.

Section 2: Restrictions.



No part of net earnings of the Association shall inure to the benefit of, or be distributable to its members, directors, officers, or other private persons, except that the Association shall be authorized and empowered to pay reasonable compensation for services and other expenses rendered and to make payments and distributions in furtherance of the purposes set forth herein.

ARTICLE X – AMENDMENTS

Section 1: The Board of Directors shall have the power to alter, amend, repeal or adopt By-Laws. Such altering, amending, repealing or adopting of By-Laws shall be made only at a meeting of the Board of Directors after the Directors have received at least a one week notice of such meeting giving notice of the alterations, amendments, repeals or adoption of new By-Laws to be considered at the meeting. Such action shall require a vote of two-thirds majority of those Directors attending such a meeting at which a quorum is present.

ARTICLE XI – INDEMNITY

Section 1: Any person who was or is party or is threatened to be made a party to any threatened, pending or completed action, suit or proceeding, whether civil, criminal, formal, informal, administrative or investigative (including any action by or in the right of the OGLA), by reason of the fact that she is or was a director or officer of OGLA, shall be indemnified by OGLA against expenses (including reasonable attorney's fees), judgments, fines and amounts paid in settlement actually and reasonably incurred by her in connection with such action, suit or proceeding.

ARTICLE XII – GRIEVANCE PROCEDURE

Section 1: In the event any coach or the assigned team delegate (as described in Article VIII) has any bona fide dispute with another member of OGLA due to an act or inaction of that organization, she may request in writing that the dispute be resolved by the league. Such dispute shall be referred to the Board of Directors for investigation and resolution. In the event a member(s) of the Board of Directors is associated with one of the affected or involved organizations, such Board member(s) shall exclude herself and the remaining Board of Directors will resolve the grievance.

ARTICLE XIII – PROBATION

Section 1: In the event a team shall fail to comply or continue to comply with the By-Laws or the Rules of the league, or otherwise act in a manner detrimental to the league, the team's membership may be placed on probationary status by two-thirds majority vote by the Board of Directors. A team placed on probationary status shall continue to have rights and responsibilities of a member as the case may be except shall not normally be eligible to participate in post-season play of the League. The team who is placed on probationary status shall be advised of the cause of the probationary status, its terms and what actions should be taken by the member to regain its status as a full member. The probationary status of a team shall be reviewed by the Board. A decision to continue probationary status or restore full membership to a team may be determined by a majority vote of the Board of Directors.

ARTICLE XIV – DISSOLUTION

Section 1: Upon the dissolution of the Organization, assets shall be distributed for one or more exempt purposes within the meaning of section 501(c)(3) of the Internal Revenue Code, or the corresponding section of any future federal tax code for the furtherance of girl's lacrosse in the state of Oregon.



ARTICLE XV – RULES

The Oregon Girls Lacrosse Association closely follows OSAA guidelines, with the additions and exceptions noted below which have been developed by the Board to encourage the growth of the Game. Rules are as follows:

SEASON - Defined

The season shall begin on February 19, 2007 and end with the State Championship on May 24, 2007. There is a 20 game contest limitation, exclusive of Playoffs / State Championships. A Team may not compete in more than 20 games at each level of competition. Varsity teams will play a 16-game schedule in 2007. JV will play 14 games. All contests beyond the scheduled season must be reported to the Board for tracking purposes at least 2 weeks prior to play.

- Home team to email President contest dates. Secretary will track for all teams.

Q. Can my team compete in an in-season tournament (such as Western States)?

A. Yes, as long as the Board is notified and approves. Approval will be granted provided the team is not over their contest limit. These games count towards the season limit.

Q. Can my team scrimmage other teams? What about college, alumni and club teams?

A. Yes, you are encouraged to scrimmage other HS programs! As with in season tournaments, the Boards will just need to be notified for tracking purposes. Due to the complexity of NCAA regulations and the desire to protect the players' college eligibility, scrimmaging college / post college club teams is not allowed. One alumni game is allowed annually, schools are responsible for ensuring their athletes' are properly insured and their NCAA eligibility is not compromised.

Q. Do special events – like clinics and team events sponsored by University of Oregon, OGLA and US Lacrosse count towards the contest limit?

A. No, and that exemption will be posted with the Event details.

Each school may compete in one Jamboree at the Varsity level and one at the JV level (if JV1 and JV2 teams exist, both may compete at JV Jamboree), which does not count against their contest limit. A Jamboree is defined as an event in which multiple teams gather to compete in non-tournament format, and may be held only in the first 6 weeks of the season.

- In the event team elects to participate in out-of-state Jamboree, Team must notify President, and Secretary will track.

In the event a Team is found in violation of these rules, the Board will take appropriate action, which may include Team losing playoff eligibility.

The Board will review any special requests involving opportunities to play out of state contests beyond the contest limits.

GAME PLAY

1. For all league contests, only bona fide players of the member organization shall be entitled to play. A player may play for only one team during the year. For good cause, and after notice to the Board of Directors, the Board may grant exceptions to this rule.



2. All contests between member teams shall be played under the Official Rules for Women's Lacrosse approved, or promulgated, by US Lacrosse-Women's Division unless clarified differently in this rule section.
3. All contests shall be officiated by officials assigned by the Oregon Women's Lacrosse Umpires Association, OWLUA.

TEAM RESPONSIBILITIES

1. Each team is responsible to have appropriate uniforms and equipment in accordance with the Official Rules for Women's Lacrosse approved, or promulgated, by US Lacrosse-Women's Division and preferably shall include two sets of numbered game shirts with different colors. (Dark colors for away games and light colors for home games). In the event of a conflict, the home team shall be responsible for changing shirts to avoid the conflict or shall be responsible for providing numbered pinnies or vests and wearing them.
2. It shall be the home team's responsibility to have the playing field, including goals and table area, available and appropriately marked. The home team shall be responsible for providing a score book, timing devices, balls, timekeeper and scorekeeper, and pay all of the agreed fees and costs of the officials unless other arrangements are made. The home team shall be responsible for reporting the game scores to the designated league scoring official.
3. All game scores must be reported in sPortability. Both teams are responsible for entering game scores. **BOTH TEAMS MUST ENTER THE GAME SCORE BEFORE THE SCORE WILL BE CONSIDERED OFFICIAL.** Once the score is verified, the score will be published to the site. Should the scores entered by both teams not match, Scheduler will be notified by the web site. She will contact the Home Team to resolve the discrepancy. The HOME TEAM scorebook is considered the game's official record and should be signed by both referees before they leave the field.

GAME CHANGES, DELAYS, CANCELLATIONS, & FORFEITS

1. Each team must play each scheduled league contest and the failure to do so or the failure to appropriately notify the opposing team of cancellation shall be referred to the Board of Directors for review and appropriate action, which may include, but is not limited to, declaring a forfeit.
2. Weather-related game changes – The following procedures shall be followed when there is inclement weather.
 - a. Game changes made due to inclement weather shall be made prior to 12:00 the day of the game.
 - b. If the home team determines that their field is unplayable or that a contest cannot be safely played on that day, then a representative from the home team shall contact (via telephone) the OWLUA assigning official to discuss the situation. A contact phone number for the OWLUA assigning official will be issued prior to the start of the season.
 - c. The OWLUA is the only entity who shall determine that the game is officially postponed or cancelled. If the game is postponed or cancelled, then the OWLUA assigning official will contact



the assigned referees. The home team shall be responsible to contact the visiting team's coach/team delegate (via telephone) and the OGLA president (via telephone or email).

- d. In the event that the home team fails to notify the OWLUA assigning official with sufficient time to avoid travel by the assigned officials, then the OWLUA may charge the home team for no more than ½ the referee's normal fee. For games that are cancelled or postponed due to inclement weather, as long as the OWLUA assigning official is properly notified, there will be no cancellation fee
3. Non-weather related changes – In the event a member team is unable to appear and play a scheduled contest, it shall notify the other team as soon as possible, but at least one (1) week prior to the scheduled time of the contest and notify the OGLA President and the OWLUA assigning official (who will notify the assigned officials). The team requesting the change will be responsible to coordinate and communicate with OGLA, the OWLUA assigning official and the other team. If a team changes a scheduled contest with less than 1-weeks notice, then that team may be charged the referees costs for that game.
4. If a team cancels or forfeits a game (unrelated to weather) within 24 hours of the scheduled game time, the team will be required to pay a cancellation fee determined by the OGLA. On a case-by-case basis a violating team may have to pay costs incurred to the visiting team for travel as approved by OGLA.
5. A team may choose to play a game with a minimum of 9 field players, however if they have less than 9 players available to play at the start of the game they shall forfeit the game.
6. The start of a game will be delayed for no more than 15 minutes awaiting either the home or visiting team's readiness.

MEMBER CONDUCT

1. In the event any player team or person associated with a member organization shall commit any act considered excessively unsportsmanlike or otherwise detrimental to the purposes of the league, such may be reported by any member coach, team delegate or official in writing to the Board of Directors via use of the official grievance process. The Board will investigate and take appropriate action.
2. Any fans and supporters will abide by any rules concerning conduct, use of alcohol, parking or other rules required or requested by the host team or host institution.

INDIVIDUAL ELIGIBILITY

1. A student must play for the team of the school in which she is enrolled in. If the student's school does not have a team that participates in OGLA, she may play for the school closest to which she resides. If the student attends a private school that does not field an OGLA team, then she must play for the public school that she would have attended. If a student is a senior and her family moves to a different school district, this senior may continue to play at her prior school if she desires; this option is available for seniors only.

DURATION OF PLAY

1. VARSITY TEAMS will play 50-minute games (two 25-minute halves) with stop-time after goals. If the score is tied at the end of the 50-minute game, the US Lacrosse tie-breaking procedures below shall be followed.
2. JUNIOR VARSITY teams will play for 50 minutes [two 25 minute running time halves]; however, if both coaches and all referees agree, the playing time may be extended to 50 minutes. Junior varsity teams will not play overtime.
3. All other duration of play rules shall follow the Women's Lacrosse Rule Book.



PARTICIPATION LIMITATIONS

1. A student shall not participate in more than two (2) halves of play per day. For the purposes of this rule, participation during the same day in two (2) halves at different levels (varsity or JV) shall be considered participation in one (1) game. Thus a JV player may swing up to varsity and a varsity player may swing down to JV, but the total sum of their game playing time may not be more than a total of 2 halves. NOTE: The intent of this rule is to allow those players with skills that are on the borderline of varsity and JV levels the ability to experience both levels of play. A team shall not purposely swing down a clearly experienced varsity player to a JV game with the intent of dominating that JV game. Any team who feels the intent of this rule has been violated shall submit a formal complaint following the existing OGLA Grievance Procedure. EXCEPTION: the participation limitation rule does not apply for tournament games or for games in which OGLA has scheduled more than one game per day.

TIE-BREAKING PROCEDURES

1. Tie-breaking procedures for league games are as follows:
 - When the score is tied at the end of regular playing time, both teams will have a 5-minute rest and then will toss a coin for choice of ends.
 - Six minutes (two 3-minute periods) of stop clock overtime will be played. The clock will be stopped after 3 minutes of play in order for teams to change ends with no delay for coaching. The game will be restarted be a center draw. The team that is ahead at the end of six minutes wins the game.
 - If the teams are still tied after six minutes has elapsed, the teams will have a 3-minute rest and change ends.
 - The winner will then be decided on a 'sudden victory' stop-clock overtime of no more than 6-minutes in length with the teams changing ends after three minutes. The game will be restarted by a center draw. The team scoring the first goal wins the game.
 - Play will continue with 'sudden victory' stop-clock overtime periods of six minutes in length with change of ends half way through the period (with no delay for coaching) until a winning goal is scored. There will be a rest of 3 minutes in between each period.
 - If daylight is a factor, it is recommended that the first six-minute overtime be omitted and the teams go directly into 'sudden victory'.

INTERRUPTED CONTESTS

1. If a contest is cancelled due to inclement weather or other reasons, the contest is declared official if at least one (1) complete half of the game has been played. If less than one-half of the game has been played, it is declared "no contest" and is completely replayed unless two (2) teams mutually agree otherwise.
2. A guideline for resuming a game after a lightning/thunder storm is to wait 30 minutes after the last visible sign of lightning and/or audible sound of thunder. The officials should consult with the coaches, athletic trainer or other school officials to determine their lightning policy. School regulations and guidelines governing waiting time take precedence.

RED CARD POLICY AND PLAYER SUSPENSIONS

1. A player who receives a single red card for misconduct, unsportsmanlike behavior, rough and dangerous play, deliberately endangering another player, or any foul listed in RULE 18-E of US Lacrosse Rules &



Regulations (Misconduct and Suspensions) will be suspended from the remainder of that game and from the next game. Teams are responsible for reporting all red cards to OGLA. OGLA will contact coach of next game to notify of suspensions. The umpires are responsible for reporting all red cards to the OWLUA Commissioner. Any player who receives two (2) such suspensions in a single season will be subject to review and discipline from the OGLA board.

2. All suspension and eligibility issues shall be handled according to the school's disciplinary policy. In the event a player is disciplined or suspended from school, that team is responsible for contacting the school administration and obtaining all policy information pertaining to such suspension or disciplinary action, and must communicate in written form (via fax or email) to the OGLA President within 24 hours. All decisions regarding the suspension (i.e. length and conditions) will be made by the school administration. OGLA will then communicate to any relevant opposing coaches the necessary information.

LEAGUE SCHEDULE

1. The official league schedule will be posted on the league's website at www.oregonlax.com. All teams are encouraged to regularly check the official schedule to assure alignment in game times, locations and assigned referees.

OFF-SEASON PRACTICE (not including Summer)

1. Off-season practice rules will follow the OSAA Practice Limitation Rule. The following off-season practice rules will apply from August 15th through the first day of the OGLA lacrosse season, which is designated prior to the season each year. The mission of OSAA is to "foster well rounded individuals. The purpose of interscholastic athletes is to help educate boys and girls and not to prepare students for college athletics, which is a by-product of interscholastic competition available to a very small percentage of high school athletes. For most students, specialization in a single athletic activity is not in their best long-term interests. Students should be encouraged by coaches, administrators, and parents to participate in a variety of school activities, including more than one sport during the school year." This OSAA rule also states that "schools should not allow use of school equipment and facilities by non-school organizations that promote a philosophy contrary to the above statements."
 - a. The spirit of the off-season practice rules is to ensure that all OGLA members have the same opportunity to practice prior to their first game.
 - b. A team may not make any attempt to gather more than two (2) members of the same high school program together per day outside the defined lacrosse season to receive specialized athletic instruction from any coach associated with the high school program (paid or volunteer). [All coaches in a program are collectively allowed to work with no more than two (2) students from that program on any given day (e.g., it is not acceptable for the varsity coach to work with 2 students, and the assistant coach to work with 2 more students)]
 - c. A coach may conduct up to three (3) out of season team practices/events with two (2) or more members of their own high school program. These events must be voluntary and players electing not to attend cannot be punished for non-participation. These days must be reported to the Board for tracking purposes two weeks prior to the event.

Q: Can a team travel to an out of season tournament (such as the East-West or Warrior tournaments)?

A: Yes, but these days count against your 3 out-of season practice session.



OGLA Handbook Reference Binder

- d. Attempts to circumvent the rule by encouraging team members to attend out-of-season practices or camps, other than through general dissemination of information, shall be considered a violation of this rule.
- e. Coaches may conduct off-season conditioning sessions, however no sticks / balls are allowed. Participation in conditioning activities must be optional. Conditioning is defined as a session where players work on physical fitness and conditioning by use of weights, running, and/or exercises. Conditioning does not allow for the use of individualized sports equipment.
- f. The off-season practice rules do not apply during the summer. They only apply from August 15th through the first day of lacrosse season.
- g. A school coach may work for a lacrosse organization (YMCA, Lacrosse Northwest, etc.) as long as the school coach is not involved in directly coaching more than two (2) players from his or her team on any given day. The Oregon All-Stars (Oregon Elite) and the Pacific Northwest Regional teams are deemed exempt from this provision.
- h. A coach may allow a parent to coach the team in an out-of-season program as long as the high school coach does not organize or require members of the team to participate in the session.
- i. A coach may work with 8th graders before they enter high school. OGLA only governs 9th through 12th graders.
- j. Open facilities are allowed. The basic philosophy of an open facility is that it is a recreational opportunity open to anyone and that no instruction is occurring.

2. Teams must notify President of out-of-season practice days **at least 2 weeks prior to the event date.** Secretary will log all out-of-season practice dates for the League.

3. In the event a Team is found in violation of these rules, the Board will take appropriate action, which may include Team losing playoff eligibility.



2007 US Lacrosse Rules Changes Synopsis

The following are some of the US Lacrosse rules changes for the upcoming 2007 season. These rules, along with a few other rules dealing with procedural issues, will be in effect for the season and will be covered in depth for coaches and umpires at pre-season clinics and meetings. The completely revamped US Lacrosse Official Rules for Girls and Women's Lacrosse rule book will be available for purchase after November 1, 2006. (Source: http://www.uslacrosse.org/the_sport/2007changes_womens.phtml (10-14-06)).

Rule 1 – The Playing Area and Goals

Soft/flexible cones, pylons, or flags must be used to mark the corners of the field. Previous rule said "may be used" and did not include flags as an option.

The Substitution Area has changed from 2 areas on either side of the scorer's table to one area in front of the table. "The substitution area shall be in front of the scorer's table and centered at the midfield line. The area will be sectioned off by two hash marks, 2m-4m in length. The hash marks will be placed perpendicular to and touching the sideline with each one placed 4.5m (5 yards) from the centerline of the field."

A recommendation is being added to the rules that all lines be painted white or a single contrasting color.

Rule 2 – Equipment and Uniforms

The ball must be smooth – no dimpled balls may be used as game balls.

At the high school level (already in place at the youth level), the goalkeeper will be required to wear padding on the shins and thighs.

The mouth piece must fully cover the upper jaw teeth. For NFHS affiliated schools, the mouth piece must be of any visible color other than clear or white.

Close-fitting cloth sweatbands may be worn.

Colors allowed for visible undergarments (top and/or bottom) have been changed. Either team may wear white, gray, or black or the team may wear a color matching their uniform color. They must still be a solid color and each player choosing to wear them must be wearing the same color. Previous rule said uniform color or white for the home team and uniform color or black for the visiting team.

Rule 3 – Game Personnel

The home team must ensure that direct two-way communication is available at all times between the press box and the scorer's table if official scoring and/or timing functions are not handled at field level.

Rule 4 – Time Factors and Scoring

Time out must be taken anytime the draw must be re-taken.

Rule 5 – Play of the Game

There must be twelve players on the field before the start or restart of the game unless a team does not have twelve eligible players in uniform or they have accumulated more than 3 cards.

On the draw a player's top hand may not contact any part of the sidewall or pocket or her stick.

If it cannot be determined why the draw was illegal or if both players draw illegally the umpire will call time out and a re-draw will occur. Previous rule required that a throw be administered.

Rule 7 – Penalty Administration

If a team receives three cards (yellow or red) for offenses occurring on the field of play, on the fourth and every subsequent yellow or red card the carded player must leave the field and no substitute may take her place for 3 minutes of elapsed playing time.



5.0 – Playoff Format & Dates

DIVISION STRUCTURE *(Schools in italics are JV only teams new teams)*

Metro	Northwest OR	TRL	PIL	South
Beaverton	Glencoe	Lakeridge	Grant	Sheldon
Sunset	Century	Lake Oswego	St. Mary's	Thurston
Southridge	Hillsboro	West Linn	Lincoln	West Salem
Westview	Liberty	Oregon City	Wilson	Roseburg
Aloha	Wilsonville	N. Clackamas	OES	South Eugene
Tigard	Sherwood	Hood River 07	Cleveland	Marist
Jesuit 08				Central Oregon 08

- A total of 16 Varsity games will be scheduled by OGLA.
- Teams are required to play each Varsity DIVISION team TWICE.
- The remainder of game calendar is completed with non-league games (assigned randomly by computer program).
- The point structure will be 2 points for a win, 1 point for an overtime loss and 0 points for a loss.
- For practicality with regards to travel, the South League may have slightly different game assignments. Many teams this year will be travelling south for games...if a team cannot travel for a game, that team must forfeit the game.
- Note that teams are allowed to schedule games outside of what OGLA assigns, but the points from those games will not be recorded in the overall point tally.

PLAYOFF STRUCTURE

8 Teams will qualify

- The highest ranked team in each DIVISION will qualify for the playoffs. The league winner will be the team with the most DIVISION POINTS (2 for a win, 1 for OT loss, 0 for loss).
- The remaining three playoff qualifiers will be WILDCARD TEAMS. The three wildcard teams will be the next three teams with the most OVERALL POINTS.
- If there is a **tie** in the rankings, the team that advances will be:
 - The head-to-head winner



- The team with the higher overall points
- If there is still a tie, a pre-playoff game will be played, winner advancing

PLAYOFF TEAMS

1. Metro 1 winner
2. Northwest Oregon winner
3. TRL Winner
4. PIL winner
5. South winner
6. Wildcard #1 (based on points for all games)
7. Wildcard #2 (based on points for all games)
8. Wildcard #3 (based on points for all games)

At the end of the season all 8 qualifying playoff teams will be ranked by their OVERALL POINTS. The playoff brackets will be drawn-up based on that overall point total.

Quarters: Game A (1 vs. 8); game B (2 vs. 7); Game C (3 vs. 6); game D (4 vs. 5)
 Semis: Game E (winner game A vs. game D); Game F (winner game B vs. Game C)
 Finals: winner of Game E v. winner of Game F

SAMPLE: Team: league points (overall points)

Metro 1	Metro 2	TRL	PIL	South
Beaverton 50 (100)	Glencoe 48 (109)	Lakeridge 47 (70)	Grant 29 (60)	Sheldon 44 (139)
Sunset 25 (80)	Century 30 (81)	Lake Oswego 28 (77)	St. Mary's 47 (83)	Thurston 22 (114)
Southridge 49 (104)	Hillsboro 25 (111)	West Linn 17 (82)	Lincoln 18 (45)	West Salem 18 (84)
Westview 26 (79)	Liberty 55 (144)	Oregon City 56 (150)	Wilson 57 (105)	Roseburg 39 (40)
	Aloha 34 (82)			

Metro 1 winner is Beaverton 50 (100) *
 Metro 2 winner is Liberty 55 (144)
 TRL winner is OC 56 (150)
 PIL winner is Wilson 57 (105)
 South winner is Sheldon 44 (139)
 Wildcard #1 is Thurston 22 (114)



Wildcard #2 is Hillsboro 25 (111)

Wildcard #3 is Glencoe (109)

*Note that Beaverton is Metro 1 winner because they have more LEAGUE points, even though SR has more OVERALL Points.

Teams ranked for playoffs as follows by **OVERALL POINTS**

1. OC (150)
2. Liberty (144)
3. Sheldon (139)
4. Thurston (114)
5. HH (111)
6. Glencoe (109)
7. Wilson (105)
8. Beaverton (100)

2007 Post-Season Playoff Dates

Quarter Finals: May 18, 2007 – Game is hosted by higher seeded team

Semi-Finals: May 22, 2007 – THPRD (TBC)

Finals: May 24, 2007 – THPRD (TBC)



6.0 - All-State & All Star Info

All State Selection Process

There will be a mandatory post-season meeting for Varsity coaches if you want to have player representation and participate in the voting selection of the All State team. Nominations and voting will happen at this meeting.

1. All Varsity Lacrosse coaches will meet to select the All State team prior to play-offs (at the end of season if possible). Each coach will submit the names of players from their OWN team that they feel deserve All State recognition. Nominations will start with the lowest ranked teams.
2. Each Head Coach is asked to bring their player stats, and a picture of the player(s) they intend to nominate in order to facilitate the voting process.
3. The league will bring a list of current players who have participated / are participating on NW Regional and Oregon All Star teams, or have previously earned All American distinction.
4. Each Head Coach will vote for a 24 member, all from opposing teams (do not vote for your own players). You will have 6 points to assign to Attack, 10 for midfield, 6 for defense and 2 for Goalies. The top player will receive max point, down to 1 point for your final vote per position group.
5. The points will be tallied and the 12 players with the highest totals will be named to the All State first team. The next 12 highest totals will be named to the All State second team. All other players receiving at least one vote will be names to Honorable Mention team. In case of ties, all players will be names to the appropriate team.
6. After voting is complete, each coach may nominate one additional senior for honorable mention.
7. All schools must vote for the 24 selections from the league. If a school does not vote, no players from that school will be recognized for All State honors.
8. In the event a Varsity coach cannot attend, they may elect to send a representative as a proxy with their nominations and to do their voting.
9. All players will be awarded Certificates recognizing their accomplishment. These will be sent to the school / coach for distribution.
10. All State teams will be announced at the State Championship game.



Oregon Elite (formerly Oregon All-Stars)

Oregon Elite will be comprised of the state's top recruitable talent, and will play in major recruiting tournaments. Oregon Elite is a travelling all-star team designed to provide additional instruction and competition to a select group of players. The goal is to raise the level of play in Oregon by exposing more of our athletes to higher levels of competition. The result will be greater opportunities for all our athletes, as collegiate coaches will know that Oregon is producing recruitable lacrosse players for all levels of play.

Varsity coaches may nominate any number of players from their team to try out for the Oregon Elite team. If a JV coach feels there is a player who deserves an opportunity to try out, a maximum of 2 players per team can be presented to the Board for special consideration to try out. All names must be submitted 2 weeks prior to try-out date. Information pertaining to the tryout will be distributed online at oregonlax.com/ghs.

Each player who elects to try out must be a US Lacrosse member and will be charged a nominal fee to help cover the costs associated with the Team. **Players are evaluated by an impartial group consisting of local club players and officials, no coaches are involved in the selection process!** Tryouts for the team will consist of 2 sessions, with cuts following the first session. The team will be chosen from the smaller session on the second day. The team, typically between 16 -18 players, will be announced at the end of the second day.

All players, once selected, are responsible for all financial costs associated with travel and play. All team members are required to participate in fundraising activities to help reduce these expenses. The balance is the responsibility of the individual.

As ambassadors of the sport for the state of Oregon, all team members will be required to uphold all OGLA and Team rules, which will be distributed to all members selected to Oregon Elite. If a player is found in violation of these rules, or injured, the coaching staff reserves the right to invite an alternate to participate in the tournaments, based on tryout evaluations. Alternate players will be notified of their status and may be invited to practices, at the coach's discretion.

The Team may have the opportunity to participate in other tournaments during the year. Participation in these events will be determined on a per event basis.

* In 2006 the league elected to select and support a Developmental Team, with the intention of allowing more girls to experience a higher level of play and an opportunity to grow their game beyond their high school season. Due to the success of this program, OGLA is looking at the best way to expand this program and make this opportunity available to more players in 2007. Details of this program will be released shortly.



7.0 – COLLEGE RECRUITING INFORMATION FOR STUDENT ATHLETES

If you are planning to play sports in college here are a few thoughts to help you get started.

First, talk to your coach about your interests and see how they might be able to guide you. For lacrosse players, recruitment preparation typically means videotaping your game play and skill sets along with preparing an athletic resume for submission to college coaches fairly early in the process (see information at bottom of page). Contact dates differ by sport, but for lacrosse, coaches may not contact you until July 1 *after* your junior year. *However, you may contact them via email and they may respond to inquiries you initiate at any time.*

Make your next stop the NCAA website, <http://www2.ncaa.org>. The National College Athletic Association site lists the rules and procedures for recruitment and playing a Division I, II, or III sport in college. Click on *Sports*, then *Spring* to easily find the colleges, conferences and coaches that offer women's lacrosse at each level of participation along with direct links to their websites. NCAA rules are extremely specific regarding both on and off-campus contact with college representatives, often change/ and must be followed by both coaches and prospective athletes.

Other helpful guide books are *A Student Athlete's Guide to College*, by Hilary S. Abramson. Available in paperback it covers the basics of the recruiting process, evaluating athletic programs, marketing yourself, scholarship myths and realities, test tips along with a solid overview of the national governing bodies and academic organizations involved in the student/athlete programs nationwide. To understand the scholarship options, you can check out *A Parent's and Student-Athlete's Guide to Athletic Scholarships*, by Dion Wheeler. In addition, check out www.laxpower.com for updated information on college play, rankings, awards, tournaments and recruiting stats.

Getting yourself noticed by coaches may take time and energy, but it can be well worth the effort if you are committed to being a student-athlete.

Athletic Resume:

Name, address, graduation year, high school, club or elite teams, GPA and SAT/ACT scores. In your cover letter indicate why you are interested in that particular school and program.

Video DVD / CD: Coaches need to evaluate your play so full games are preferred rather than edits. Make sure that your number shows on your shirt by spotlighting yourself on the field so coaches focus on you!

Tournament / Camps: Let the coaches know where and when you will be playing at tournaments so that they can evaluate you. If you are playing on a traveling team, indicate your player number and uniform color in advance.

On the recruiting process, one coach notes: "Coaches can see when it's the mom or dad writing or emailing and that's a huge sign for me. Are they really interested in playing at my school or are the parents pushing the issue? Double check all of your notes; you wouldn't believe how many letters I get that have the wrong coach name, school or program. Spell check everything! You can't convince me that you are going to do well in college if you can't even write a letter."



8.0 – Growth of the League

The Oregon Girls Lacrosse Association strives to promote the sport of lacrosse and to further expand the 'fastest sport on two feet' into new high schools in Oregon. We encourage all members of OGLA to be ambassadors for the sport and to help market lacrosse to high schools in Oregon that do not have teams.

Equally, if not more important, is to encourage the growth of Middle School programs as this will strengthen your High School program.

To start a new team, contact:

High School (OGLA): Treasurer, Patty Beghtel (pbeghtel@comcast.net)

Middle School / Youth: Kent Roberts (ckroberts@schwabe.com)

Please see New Team Packet for more details.