



Oregon High School Lacrosse Association

2024 Standard Operating Procedures

OHSLA Operating Principles:

The OHSLA operates under the guidelines/rules of the OSAA and the NFHS current rule book, unless otherwise noted below in these Standard Operating Procedures (SOPs.).

OSAA guidelines can be found at their web site OSAA.org
(<https://www.osaa.org/governance/handbooks/osaa>).

NFHS web site:
www.NFHS.org

Mission Statement of OHSLA – To organize, develop, and promote boys lacrosse in Oregon, and to honor the game by instilling the values of scholastic achievement, sportsmanship, and individual development.

OHSLA sportsmanship requirements can be found in Appendix's A, B, & C of this document.

Governance – The OHSLA is governed by a Board of Directors drawn from across the State of Oregon to represent stakeholders with the greatest possible diversity. The Board consists of a 10 member Executive Committee. Each committee member chairs one of 10 sub committees and staffs another. Subcommittees are issue based reflecting the common challenges and opportunities inherent in the broad stewardship role defined in the mission statement. Committees are staffed by additional volunteers with expertise, experience, and interest in the challenge or opportunity the committee seeks to address.

Each conference within the league is responsible for assigning 2 coaches' representatives to the OHSLA Coaches Committee to speak on behalf of their conference, to be a resource for the OHSLA board, and to communicate pertinent information to the teams in the conference.

Yellow highlighting indicates OHSLA SOP edits/changes for 2024.

1. Coaching Certifications:

- 1.1 All Coaches that are affiliated with a member school and have ANY contact with student athletes are required to be certified – Certification includes NFHS Fundamentals of Coaching, NFHS Concussion Recognition and Awareness Training, NFHS Heat Illness Prevention, and NFHS Anabolic Steroids and Performance-Enhancing Substances Training Requirements may evolve to meet additional needs.

- 1.2 Any coach that is added to the coaching staff of a member school after the start of the season is required to comply with all the certifications. A revised Team Certification must be submitted to OHSLA documenting the certifications of the new coach.
- 1.3 Details of these certifications can be found on OHSLA web site under the *Info | OHSLA | Forms & Docs* menu (<https://www.ohsla.net/forms.asp>).
- 1.4 Failure to complete all required certifications will result in the OHSLA cancelling any scheduled contests until the requirements are met. A signed letter of certification completion for each team must be on file with OHSLA prior to the first official practice date or as noted on OHSLA calendar. Form can be found on OHSLA web site under the *Info | OHSLA | Forms & Docs* menu (<https://www.ohsla.net/forms.asp>).
- 1.5 It is the responsibility of the head coach/team to maintain the completed certification documents on file in an electronic format that allows easy retrieval. These documents must be kept on file at the team location for a period of two calendar years.

2. Additional Coaches Responsibilities:

- 2.1 In 2024 OHSLA will require all head coaches to attend the annual coaches meeting in January. Travel stipends are available. Head coaches unable to attend must alert OHSLA in advance and ensure another coach from the program will be present. Failure of a program being represented by a coach at the annual coaches meeting will result in the head coach being suspended for the first 2 games of the 2024 season.
- 2.2 Each OHSLA member team will submit a team roster to the league before the 1st contest of the season using the OHSLA web site (found on the coach's page). The form will include player name, position, year/grade in school, and school attending. The roster will include all Varsity and JV players currently playing for that team.
- 2.3 OHSLA will monitor these rosters carefully to ensure that players are placed within the guidelines in Rule 5.
- 2.4 Coaches agree to share game film with the OHSLA and OLOA for periodic review and for the training of officials.

3. Insurance:

- 3.1 Each team is required to secure general liability coverage in the minimum amount of \$2,000,000 prior to the start of the first practice date or as noted on OHSLA calendar.

- 3.2 See OHSLA web site (<https://www.ohsla.net/forms.asp#Insurance>) for sources of affordable insurance carriers.
- 3.3 Failure to complete certifications and obtain insurance will result in scheduled games being cancelled.
- 3.4 It is recommended that at a minimum, coaches and players should have a current USA Lacrosse Membership to be able to practice, particularly in the off-season. The HS Program should also consider obtaining USA Lacrosse or private event insurance when hosting clinics or open house events.

4. Academic Eligibility for Players:

All athletes must meet the GPA, attendance, and credit registration standards set by the athletic department of the school that they attend or play for if in a Coop or Conglomerate program. Should the school not have such standards, then the minimum standard for all OSA athletes must be met.

5. Where Students Can Play:

To promote the growth of our sport in Oregon we will strive to create and offer all student athletes from schools that do not offer lacrosse an opportunity to play.

- 5.1 It is a Fundamental Rule of OHSLA that a student athlete must play lacrosse for the high school they attend if that school has a lacrosse program. If that school is a private school that does not have a lacrosse program the student athlete is eligible to play for the public school they would attend (Home District School) based on where the Joint Residence of the student and the student's parents is located. If the Home District School does not have a lacrosse program the student athlete would be eligible to play for the closest geographic school to the Home District School that does have a lacrosse program. In this last case, with the signed approval of the host school represented by the Athletic Director or other designated representative of the School's Administrative Team, the Head Coach and Parent Administrator of the host School Lacrosse Team, and the OHSLA Executive Committee a "Conglomerate Program" will be formed. Please refer to Section 6 for additional rules around Conglomerate Programs.
- 5.2 Student athletes may seek a transfer to a different school under the rules of the relevant school district prior to the start of the School year and would then be eligible to play for that new school they attend without sanction. However, student athletes that transfer schools mid-year must sit out the upcoming lacrosse season, or apply for and receive a waiver of this rule from the OHSLA. Exceptions to this rule will be granted only in consultation with the new school administration and only under the most severe of hardship circumstances as defined by the district policy of the school the student athlete is leaving.

- a. A transfer/residency requirement assists in the prevention of students switching schools in conjunction with the change of season for athletic or activities purposes; impairs recruitment; and reduces the opportunity for undue influence to be exerted by persons seeking to benefit from a student athlete or activities participant's prowess.
- b. A transfer/residency requirement promotes stability and harmony among member schools by maintaining the amateur standing of high school activities participants; by disallowing individuals other than enrolled students to participate; and by upholding the principle that a student should attend the high school in the district where the student's parent(s) reside.
- c. In addition, a transfer/residency requirement restricts student athletes from displacing other students from athletic and activities opportunities.

5.3 The OHSLA Executive Board reserves the right to review all team rosters to determine that the OHSLA SOP's are being followed.

6. Conglomerate Teams: (Note: To be implemented for 2025 season)

6.1 OHSLA acknowledges that there are situations where players from multiple schools may end up on the same team as indicated above. To this end any team that has players from any other school (as listed in 5.1 above) than the school listed on the OHSLA schedule will be considered a conglomerate team

6.2 OHSLA will monitor these rosters carefully to ensure that players are placed within the guidelines in Rule 5.

6.3 Once a conglomerate team roster includes 25% or more of its players from any one other school than the host school, the team with the 25% of players must move to create its own co-op or conglomerate agreement. The intention is to promote opportunities to play but not to allow the creation of super teams.

6.4 OHSLA must review and approve all applications for conglomerate teams.

7. Co-Op Agreements:

7.1 To promote the growth of our sport in Oregon OHSLA will support co-op agreements, whereby 2 schools may combine to facilitate having a team in the league.

7.2 This is usually done to help a new school, to start a program, in combination with a school that already has an established lacrosse program.

7.3 Applications for any cooperative agreement must be approved by the Executive Committee of the OHSLA.

- 7.4 If approved, the duration of a co-op is two years/seasons. Both schools need to consider from the outset how they will have 2 sustainable programs at the end of the co-op agreement.
- 7.5 Schools wishing to enter into a co-op agreement with OHSLA will need to submit the proper application found on the OHSLA website under Info | OHSLA | Forms and Docs. In addition, they must:
- a. Secure written approval from the Athletic Directors of both schools participating, i.e., the host school with the team, the coop school currently lacking a team but with active players.
 - b. A written plan must be presented and attached to the application to the OHSLA as to how a new program will be established at the schools participating in the agreement, at the end of the two-year term. Co-op applications must be received no later than January 1st for the coming season to be considered.
 - c. Coops and Conglomerates will terminate in June immediately following the end of the season of the expiration year.
 - d. Applications for Coops and Conglomerates must be received by the OHSLA Board no later than September 1 of the requested year of formation or extension being sought.
- 7.6 If a program applies to extend their co-op agreement past the 2-year initial approval the request may be considered on a case-by-case basis by the OHSLA board. Teams that request to extend their co-op agreement beyond the initial 2 year period may not be eligible for post season play.
- 7.7 The executive committee of OHSLA will periodically review co-op agreements and may terminate agreements no longer deemed appropriate.

8. New Teams and Clubs

- 8.1 A new team, with the permission of the OHSLA, may enter as a JV program if this is determined to be in the best interest of the team, conference, and the league.
- 8.2 An existing program that has only one team MUST play a Varsity schedule. With approval from the OHSLA Executive Committee and the host conference, allowances will be to conference scheduling requirements for teams in this circumstance so that these teams can put together a full schedule at the appropriate competitive level to support the program's efforts to rebuild. Existing teams will not be allowed to play a JV only schedule.

9. Games & Opponents:

- 9.1 Play in all OHSLA games is governed by the NFHS rulebook (except for timing of JV games as noted below).

9.2 OHSLA teams must conform to first practice & play dates noted on the OHSLA calendar. (<https://www.ohsla.net/Info/calendar.asp>)

9.3 Each team, at any level, may play a maximum of 20 games during the season, including a maximum of 18 games against OHSLA opponents.

9.4 Therefore if 20 games are played, at least 2 games must be against out-of-state teams. **Play against non OHSLA/out of state teams must first be approved by OHSLA commissioner via email.** Refer to section 27 for the minimum number of games required for post season play eligibility.

9.5 Post season playoff games do not count against the 18 game OHSLA limit. Conference playoff games (a.k.a. seeding playoffs) are also excluded from the 18-game limitation but must be played before the end of the regular season per the OHSLA calendar on the website.

9.6 For the 2024 season OHSLA will allow each team 1 scrimmage game for the season. The following rules will apply:

- a. Scrimmage games must occur after the first allowable play date per the OHSLA calendars.
- b. Each team will be allowed only 1 scrimmage game per season.
- c. Host team will enter the game into the OHSLA schedule and label as a “scrimmage” game, so OLOA officials can be assigned.
- d. Regular JV game fees, with no travel fee, will apply, but the coaches can direct how the scrimmage time is used.
- e. Total scrimmage time should not exceed the duration of a regular Varsity game.
- f. The scrimmage is a non-counting game for ranking purposes, **but it does count against the teams 18 game maximum for the season.**
- g. Games may be scheduled Monday – Sunday.

10. JV Games:

10.1 All JV/JV2/JV3 games will be played under running clock rules with quarters not exceeding 15 minutes.

10.2 Penalty time will be NFHS penalty time for violation plus 50% (example: 1 minute penalty plus 50% -- 30 seconds or 1:30 seconds). Penalty time will start at the restart of play following the violation.

10.3 When using the running time for penalties, NFHS Rule 5-11 will be amended from 5min to 7min of accumulated personal foul time.

10.4 JV2 & JV3 games will not be scheduled on Tuesday or Fridays for any reason.

10.5 No overtime for any JV game.

11. Game Scheduling:

- 11.1 All games must be scheduled using the OHSLA web-based scheduling system and all Varsity game scores must be reported using the OHSLA website Game Score Reporting (GSR) system (see #14 below).
- 11.2 After online scheduling has closed (typically 2 weeks prior to the start of the season), all schedule changes must be performed using the website Game Change Request (GCR) system up until one day prior to the originally scheduled game time (preferably earlier).
- 11.3 Changes less than 3 day prior will most likely not be accepted.
- 11.4 Since these schedule changes require re-assignment of officials there is a cost to the league. If the OHSLA board determines that a team's GCR's are excessive (more than 3), they may charge the team a fee/game changed. There will be no charge for forfeiting a game.

12. Game Cancellations:

The GCR system is used for game cancellations. In cases other than inclement weather, teams must give a minimum of 24 hour notice of cancelling a scheduled game.

- 12.1 The OHSLA and opposing coach must be notified via phone & email of the cancellation by the cancelling coach including the reason why.
- 12.2 Failure to meet 24-hour notice time frame, will result in team being billed for cost of game officials.
- 12.3 Cancellations due to inclement weather: As soon as possible, prior to the game, the home team shall contact the OHSLA, OLOA scheduler, and the visiting team head coach of the game being cancelled.

13. Interrupted Games:

- 13.1 Once a game has started, all efforts to complete the game should be taken, but safety is the priority. The crew chief of the game officials will consult with both head coaches to determine if an interrupted game can be restarted that day. If the game cannot be continued the following options take effect:
- a. The game can be replayed another day from the point of interruption only.
 - b. If either team is ahead by 12 or more goals at the time of interruption, then that game score will be accepted and entered into the Game Scoring Reporting system, as a completed game.

- c. Non-playoff games: if the interruption occurs during the first half of the game and the coaches agree that to reschedule is impractical, the result will be considered a non-game. The home team will be billed for the cost of the officials.
- d. Non-playoff games: If the interruption occurs during the second half of the game with the game tied and is agreed to by coaches not to reschedule the game, this would be considered a non-game. However, if one team is ahead at interruption, then the score will be recorded, and the game completed.

Temporary Interruption with less than 5 Minutes remaining: If a game is interrupted with less than 5 minutes to play, Coaches can agree to either end the game with the score on record or can agree to resume play following the interruption should conditions permit.

- e. NFHS Lightning Protocols: The crew chief of the game officials will have final decision on all aspects dealing with lightning protocols. Safety is a priority!

14. Reporting of Game Scores:

14.1 It is the responsibility of the home team head coach to ensure correct scores are entered into the GSR on the OHSLA website immediately following the game.

14.2 For out-of-state games, the OHSLA coach submits scores to the GSR.

14.3 Game scoring reporting is used to calculate the relative ranking of teams for playoff seeding purposes, using the laxnumbers.com website. The OHSLA site automatically submits scores to that site daily.

15. Facilities:

15.1 The Home team shall have a representative at the game site one hour prior to game time.

15.2 At a neutral facility, the home team shall not be made responsible for the Visiting team.

15.3 The Home team will make every effort to provide one hour warm up time for each team.

15.4 Fields shall meet NFHS specifications.

16. Coaching Box:

There is no maximum or limit to the number of coaches in the coaching box. However, the following rules will apply:

1. Only the Head Coach is authorized to speak to the officials.
2. The Head Coach is responsible for maintaining/controlling the decorum and conduct in the coaching box.
3. Officials will be instructed to flag/penalize the Head Coach for lack of conduct or disruptive box.
4. Only OHSLA certified coaches are permitted in the coaching box area.
5. Parents or other non-certified personnel are NOT permitted in the coaching box.
6. Trainers are exempt.

17. Game Administration:

17.1 At the beginning of the game, the home team is required to provide a score book, a timing device, a table and a working horn.

17.2 Failing to provide any of these items is penalized as illegal procedure.

17.3 The Home team can have up to three representatives allowed at table. The Visiting team can have two representatives at the table. The table personnel are considered part of the officiating crew and should remain neutral in all aspects during the game, respect players, coaches and game officials and are to be treated respectfully by players, coaches, and game officials.

17.4 The Head Coach is responsible for maintaining/controlling the decorum and conduct of their score table personnel. Officials will be instructed to flag/penalize the respective Head Coach for lack of conduct or disruptive score table.

18. Concussions and Concussion Management:

As per NFHS rules players who exhibit signs of a concussion must be removed from the game immediately. At that point protocols for a player's resumption of participation documented in the required annual NFHS Concussion Training class must be followed (see Info | OHSLA | Forms and Docs page on OHSLA web site <https://www.ohsla.net/forms.asp> for details).

19. Crowd Control:

19.1 The Home team head coach is responsible for security (as needed), home crowd control, and bench area.

19.2 The visiting coach is responsible for its team, students, and fans. It is recommended that each team have at least one designated crowd monitor to ensure that spectators follow proper lacrosse etiquette. Crowd Monitor should be on the field 20 minutes prior to game start to meet with Coaches and Officials

19.3 This includes stopping the crowd from berating the officials, making offensive comments about the other team and/or its coaches, or encouraging rough play or “take-out” tactics by their team.

19.4 The home team will make every effort to keep spectators in stands or behind designated limit lines.

19.5 In no case shall any spectator be allowed to encroach on playing field past track or limit lines while play is active.

19.6 Every effort shall be made to limit spectator presence behind the bench area(s). When possible, the players’ bench areas should be on the opposite side of the field from the main grandstand area. If that is not possible then it is suggested the area behind the bench be roped or flagged off to limit access by spectators in that area.

19.7 Clubs should review their game management plans and revise as appropriate to address pregame, during and postgame situations. Some “Best Practice” tips that teams have utilized include:

- a. Parent volunteer crowd “ambassador” assist in maintaining crowd decorum and sportsmanship, present in the stands
- b. Secured separate parking for game officials
- c. Crowd control safety, security personnel, e.g. school admins, escort to parking
- d. **Sportsmanship Announcement required to be read over the PA system before the start of each game.**

Good evening, Lacrosse Fans! (Name of High School) and the (Name of Conference) promote good sportsmanship by participants and fans at all athletic events.

Sportsmanship is about respect for opponents, officials, teammates, coaches and especially for the game itself. Booing, negative cheers or derogatory comments directed

at individual players, officials or coaches is prohibited. We welcome our guests from (Name of Opponent) and look forward to tonight's contest.

*Now the Starting Lineup for the visiting (Name of Opponent & Mascot): (read lineup)
And now the Starting Lineup for the (Name of Home team & Mascot): (read lineup)*

20. Ejections:

20.1 Ejections are accumulated per club/team. Any player or coach ejection from any team in the club counts against the entire club. The first Ejection of a coach or player from a game will result in a \$300 fine and the offender cannot participate in the next game.

20.2 If the program (at any level) has a second ejection during the season, the fine will increase to \$500.

20.3 A third ejection charged to any team on that club will result in a \$1,000 fine and the Varsity head coach must contact the commissioner and inform him of the plan to prevent future ejections.

20.4 A fourth ejection may result in the remaining games being cancelled for the entire club.

20.5 Any player that is ejected more than 2 times during the season will be suspended from play for the remainder of the season.

21. Appeals of Ejections:

21.1 Only the head coach of the team may appeal an ejection.

21.2 The appeal must be filed (using online form accessed from the coach's Ejection Report on the website) with the OHSLA commissioner within 24 hours of notification of the ejection taking place.

21.3 The appeal must include the specific NFHS rule number that you believe to be miss-applied and a specific description of how the rule was miss-applied. Any video must be supplied with the original appeal. Appeals that do not meet the time-lines or format described will be rejected.

22. Uniforms:

Home team will wear white uniforms. All uniforms will conform to NFHS regulations. Be sure to check the following link before ordering team uniforms - <https://www.nfhs.org/media/869200/boyslacrosseuniforms.pdf>

23. Quarter Limitation Rule:

The OHSLA has seen an alarming trend in recent seasons where varsity players are dropping down to fortify JV teams and secure wins at the JV level.

23.1 For 2024, OHSLA has reinstated the 5-quarter rule per day vs the same opponent. Participation is defined as stepping on the field in any quarter, without regard to the duration of play. This is meant to apply to swing players. Specifically, this applies in the following situations:

- a. Two (2) contests against the same opponent in one day (Example: JV-Varsity double header).
- b. Two (2) contests against the same opponent within 48 hours against the same school. (non double header)

23.2 The penalty for violation will be a fine of \$100 and forfeiture of the game in which the 5th quarter violation occurred.

23.3 Additionally, For the 2024, OHSLA has implemented a new rule that any player that participates in a JV contest, including non OHSLA tournament play during the 2024 season, will NOT be eligible for any post season honors above Conference Honorable Mention. First and Second Team All-Conference candidates should not be swinging down to JV games. The OHSLA board may review score books, game video, and investigate any violations of this rule.

However, it is also recognized that some JV players may develop throughout the season, swing or move up to varsity, and possibly play well enough to be recognized beyond Honorable Mention. Exemptions to the rule may be considered by the Conference Coaches when selecting All-Conference Teams.

24. Rule Violations:

24.1 Teams in violation of league policies, SOP's or directives may be sanctioned in one or all of the following ways:

- a. Player suspension
- b. Coach suspension
- c. Fines
- d. Player and/or Coach disqualification from post season honors
- e. Game forfeiture
- f. Team disqualification from post season play
- g. Suspension from the League

25. Parent Complaints:

Any and All complaints by parents must be directed to the team head coach or team board of directors/athletic director.

26. Off-Season Practices:

26.1 The OHSLA has adopted the new OSAA Practice Limitation Rules (formerly a Pilot Program) as documented in the [Practice Limitation Rule \(6A, 5A Pilot\)](#) on the OSAA website. If one scrolls down to the Q&A section, there are some helpful answers. These rules represent a move away from the former Rule-of-Two limitations and allow coaches to spend time with larger groups of players during certain periods of the Off-Season. When a sport is not in season, there will be two periods with different limitation for coaches during the off-season:

Closed Period - This is a 6 week period that starts with the first practice of every season (see this link: [23-24 Activity Calendar](#) (osaa.org)). During this period conditioning is the only activity that coaches can supervise their players and the sessions must be voluntary. Note coaches cannot conduct any skill development with any number of players during this period, thus the name closed. There is no longer rule-of-two training permitted in the *Closed Period*.

Open Period - This runs from the end of the *Closed Period* to the first practice of the next season. During this period an unlimited number of players can participate in skill development sessions run by their coaching staff. These practices are limited to 6 hours per week and also must be voluntary. **For the 2023-24 School year the OHSLA is introducing a pilot program to allow coaches to supervise joint practices, as long as they do not exceed the 6 hours per week limitation and are voluntary. This pilot program will be evaluated at the end of the season for its impact and fairness.**

1. Relates to HS Coaches and HS Programs, not Club Teams.

2. Scrimmage elements are acceptable, however no full field and no clock. Focus should be to practice on game like components (ie. man up/man down, riding/clearing, fast breaks, 4v4 buildup to 6v6, etc.)

The rules for the summer have not changed. There is still a Moratorium week (typically between July and beginning of August) and coaches can coach their teams without restrictions until the start of the Fall Closed Period.

27. Playoffs:

27.1 The OHSLA will host two playoff brackets – State Championship & Cascade Cup. State Championship participants will include 24 teams: the 1st & 2nd place team from each conference and the balance of that bracket will be determined by the LaxNumbers.com ranking system at the close of the regular season. First round Cascade Cup participants will include the top 16 teams as ranked by the ranking system that are not included in the State Championship Bracket.

- a. To be eligible for post season play (State Tournament or Cascade Cup) a team must play at least 12 OHSLA games (member schools) and abide by their conference SOPs. OHSLA Executive Board may review and grant exemptions as needed
- b. Conference Playoffs may be used to determine 1st & 2nd place in conference standings.
- c. Conference Playoff games must be completed prior to the end of the regular season.
- d. Each conference must submit (prior to start of season) their protocols to determine conference placements and tie breaker process.

28. Admission to Playoff Games:

28.1 Admission must be charged for all playoff games (both Championship & Cascade Cup) starting with the first round of play and is the responsibility of the home team. The OHSLA executive board will determine admission rates and advise all teams. The rates will be published on the website at the bottom of the [2024 Playoff page](#).

- a. Gate revenue will be split 50/50 with OHSLA and host school after approved host expenses are subtracted from the total.

- b. Copy of the gate accounting and appropriate expense receipts must be submitted to the OHSLA treasurer within 7 days of the game.
- c. Failure to charge admission/submit accounting forms/pay OHSLA share, will result in the host team being billed a \$250 fine **and** the average of gate share received by OHSLA from teams in a similar round of the playoffs.
- d. Any requests for variance must be sent to the OHSLA commissioner and treasurer 48 hours prior to the start of the game.

29. Semi Finals and Final Games (Cascade Cup & Championship):

Admission will be charged, and the rate determined by the OHSLA executive board. The total gate fees for these games will be shared between OHSLA and the host/volunteer school. OHSLA will receive 75% and host school 25%. Final 4 teams in each bracket will receive 5% share of OHSLA share.

30. Awards:

- 30.1 The coaches of the respective conference teams will be responsible for the selection of All American/All State/All-Conference honors. Nominated players must be in good standing within their team and the league at time of nomination.
- a. Players that have played in JV games are not eligible for post season awards above Honorable Mention.
 - b. Players and Coaches who have received more than two unsportsmanlike penalties are not eligible for All State Honors of any kind.
 - c. All-Conference teams will include players in common positions (attack, midfield, defense, goalie) as well as specialty positions LSM & face-off specialist, short stick defensive middies.

31. Unmanned/Drone Aircraft Policy:

If a vehicle of this type is “within sight or sound” at any game; game officials are instructed to halt the game. The game can only be restarted once this vehicle is no longer within sight or sound of the field.

32. Fifth Quarter Availability:

OHSLA will continue the provision made in 2022 allowing teams to add a 5th quarter of play. This is done to allow teams without JV teams to get JV caliber student athletes playing time. The fifth quarter must be agreed to by both coaches, and scheduled on the OHSLA website, with the 5th quarter indicated.

Appendix A.

OHSLA Code of Conduct:

Lacrosse has deep historical, cultural, and spiritual roots. Native Americans have played it since long before the colonies were settled, and at the high school level it has been played since the late 1800's. This increases the importance of a sense of community among those who play, coach, work and follow the game of lacrosse. To establish and maintain a sense of community, we cannot ignore the way the game itself is played and the responsibilities we as coaches and administrators have to the game.

Responsibilities to the Game:

- a. Coaches are role models. As such, they shall always conduct themselves so as to maintain the highest principles, integrity and dignity of the game of lacrosse.
- b. Coaches are responsible for knowing, understanding and following all the rules of the game as established and directed by the National Federation of State High School Associations and the OHSLA.
- c. Coaches must adhere to both the letter and the spirit of all the rules.
- d. Coaches are responsible for ensuring that all players understand the rules and their spirit. All participants in the game of lacrosse must adhere to the letter and spirit of all the rules.
- e. Coaches recognize that officials are major participants in the game. The coach shall neither exhibit nor tolerate any behavior from other (staff and squad) – verbal or otherwise – that might reflect poorly on an official. This includes but is not limited to arguing a judgment call in such a manner as to incite players and spectator against an official. There are approved methods by which a coach may comment on an official's performance through the OHSLA. Public displays of displeasure – before, during, or after a contest are not among these approved methods.
- f. Win with character, lose with dignity.

Appendix B.

OHSLA – Contests – Sportsmanship – Crowd Control

The arrangement of all contests whether they be tournaments, jamborees, scrimmages, or OHSLA games is the responsibility of the Home team, subject to the regulations of the OHSLA Executive Committee.

B-1 Sportsmanship Responsibility. The program administrator, coach and other responsible officials of each member program shall take all reasonable measures to ensure that the program's coaches, players, students and supporters maintain a sportsmanlike attitude toward all events so that events may be conducted without unreasonable danger or disorder. All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Derogatory and/or unsportsmanlike language is not allowed. No player may be singled out by number, name or position with negative comments of any kind. When a petition is filed alleging violation of this rule, the Executive Committee may, at their discretion, postpone any pending event which the Executive Committee has reason to believe cannot be conducted without an unreasonable danger of disorder. In addition to any other action the Executive Committee may take regarding a protest alleging a violation of this rule, the Executive Committee shall have the power to cancel or re-schedule the event involved, or to impose conditions on conducting it.

B-2 Sportsmanship Violations/Penalties. When the coaches, players, students, staff or supporters of any member school engage in unsportsmanlike conduct, disorder or infliction of damage to persons or property in connection with any contest sponsored by the OHSLA, the Executive Committee may treat such acts as a violation by the program of the Rules of the Association. Any program whose coaches, players, students, supporters, rooters or partisans take part in riots, fights, pilfering, painting or any other unsportsmanlike conduct shall be subject to penalty.

B-3 A member program shall not participate in any contest with another program that has been suspended or expelled from the Association.

Appendix C:

Coaches Code of Ethics

The following was copied from the National Federation of High Schools Coaches Code of Ethics page <https://www.nfhs.org/nfhs-for-you/coaches/coaches-code-of-ethics/>

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect, and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

- The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
- The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.
- The coach shall avoid the use of alcohol and tobacco products when in contact with players.
- The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
- The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.
- The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.
- The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- The coach shall not exert pressure on faculty members to give student special consideration.
- The coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association