

2024 SDYLA LEAGUE RULES & REGULATIONS

General

1. The purposes for which this corporation is organized are to promote the game of lacrosse in the greater San Diego area through support of community-based lacrosse programs and to provide a safe and fun opportunity for youth players to learn the game of lacrosse through league play, while emphasizing the importance of teamwork and sportsmanship.
2. SDYLA uses its website as a primary electronic repository: www.sdyla.org.
3. SDYLA holds a minimum of one business meeting annually. There will be a fall pre-season meeting. Special meetings may be called at any time by the President or Board of Directors. Notice of meetings shall be given to all programs at least 7 days before each meeting.
4. The following deadlines will be enforced by the association:
 - a. February 1 = club registration survey due
 - b. February 10 = league team fees due
 - c. February 22 = team rosters due
5. All member programs MUST require USA Lacrosse membership of all players and head coaches in their program.
6. Representation
 - a. Each member program shall be permitted one official delegate, who shall be entitled to a single vote on each question brought to the wider association for approval. The name of each program's delegate must be filed in writing at the fall organizational meeting.
 - b. A program may be represented by proxy. He/she is the official delegate for the program and his/her decisions are binding for the program.
 - c. The programs may be represented by any number of people, but the official delegate will be the only spokesperson in the meeting.
7. Season Schedule
 - a. Regular season games will begin as early as the last Saturday in February.
 - i. Grade 7/8 A teams will play 8 regular season games.
 - ii. Grade 5/6 A & 3/4 A teams will play 8 regular season games.
 - iii. Grade 7/8 B, 5/6 B, 3/4 B, 1/2 & K/1 teams will play 8 regular season games in jamboree format.
 - iv. Each program will not be scheduled for games on the weekends bookending their spring break.
 - b. The league will do its best to assign pre-season rankings and to ensure that teams of similar caliber are playing each other. The schedule will be released in two phases to help ensure balanced and competitive play.
 - c. Playoffs will commence the week following the end of regular season play. There will be playoffs for the following divisions: Grade 7/8 A, 5/6 A & 3/4 A. The goal is to make it so that about half of the teams in each division make the playoffs. For the Grade 7/8 A, 5/6 A & 3/4 A divisions there will be AA & A playoff groupings. There are no playoffs for Grade 7/8 B, 5/6 B & 3/4 B divisions.

Eligibility

1. Program Eligibility
 - a. Any organized group who wants to join the SDYLA may apply for membership if they meet the following requirements:

- i. Program's players must reside in San Diego County.
- ii. Program must be a non-profit organization governed by a Board of Directors or officers and by-laws.
- iii. Program must have field locations for home games.
- iv. Program must NOT adversely affect adjoining member programs.
- v. Program must uphold the SDYLA mission and core values and abide by leagues conduct expectations as outlined below.
- vi. New programs must apply in writing to the SDYLA board and be approved by a majority vote of the board.

2. Player Eligibility

- a. All players are prohibited from swinging between team rosters. This applies to players swinging down (i.e. A team player participating in B team game) as well as players swinging up (i.e. B team player participating in A team game). Players are also prohibited from swinging between age divisions. Players are allowed to play up an age division, but they are not allowed to play down in their age division as well during the same season. The penalty for violating the no swinging rule is forfeiture of the game that the team participates with the player that is not rostered (or the team that he played with second if rostering comes into question). A repeat offense will jeopardize future league eligibility for that team.
- b. No player who has played in High School is allowed to participate in the SDYLA.
- c. Age Requirements
 - i. Grade 7/8: Player cannot be 15 years of age before January 1 of the year in which the season commences.
 - ii. Grade 5/6: Player cannot be 13 years of age before January 1 of the year in which the season commences.
 - iii. Grade 3/4: Player cannot be 11 years of age before January 1 of the year in which the season commences.
 - iv. Grade K-2: Player cannot be 9 years of age before January 1 of the year in which the season commences.
- d. Players must participate in at least 50% of regular season games in order to be eligible to compete in the playoffs. Any waiver of this requirement for injury or otherwise must be approved by the board.
- e. SDYLA believes in the importance of community-based lacrosse, so requires players to play for their geographic home program. Players must reside within the geographic boundary of an SDYLA club.
 - i. Regular exceptions are:
 - 1. Player's home community does not have a program. In this situation, the player must play for the program that is geographically adjacent and closest proximity to the players residence of their home community.
 - 2. SDYLA board-approved waiver to play for a program outside their home community.
 - a. Family must first obtain approval from both program directors - the home community program and the program that the player wants to play for.
 - b. If both program directors approve the request, the board will then consider the request and majority approval by the board will be required.

- c. All waiver requests must be submitted at least one week prior to the first SDYLA game that spring.
 - d. Any team found to be in violation of board decisions regarding player waivers will forfeit all games the player has played in.
- ii. SDYLA explicitly forbids coaches or programs from recruiting players from outside their community. Any hint of recruitment as part of a waiver request will result in denial of the request.
- iii. The SDYLA middle school league is focused on community-based lacrosse programs. There are plenty of travel teams available in all areas of San Diego that players can participate in outside of the league season to satisfy their desire to play at a higher level than offered by their community team. Waiver requests that involve a player switching programs to play for their travel team coach are likely to be denied.
- iv. The SDYLA board reserves the right to approve rare and unusual exceptions on a case-by-case basis.

Division Structure

1. Divisions = Grade 7/8, 5/6, 3/4, 1/2 & K/1
2. Scheduling will be executed using the priorities determined by the SDYLA. It is imperative that clubs complete the registration survey by February 1.
3. The SDYLA recommends the following team rosters:
7/8, 5/6 & 3/4 AA and A Teams (10v10): A minimum of 15 players and a maximum of 25 players.
7/8, 5/6 & 3/4 B Teams (7v7): A minimum of 10 players and a maximum of 15 players.
1/2 Teams (6v6): A minimum of 9 players and a maximum of 12 players.
K/1 Teams (3v3): A minimum of 6 players and a maximum of 8 players.
4. The Grade 7/8, 5/6 & 3/4 divisions will be divided into AA, A and B sub-divisions:
 -AA team: 10v10 - *ADVANCED*. Consists of advanced players (year-round players and/or on the older end). D poles are allowed.
 -A team: 10v10 - *INTERMEDIATE*. A competitive level below AA teams (players with experience but possibly non-year-round players and/or on the younger end). D poles are allowed.
 -B team: 7v7 (2 attack, 2 midfield, 2 defense, 1 goalie on 60yd x 35 yd fields with 6'x6' cages in jamboree format) - *NOVICE*. Beginner/developmental level (consists of newer players). D poles are NOT allowed.

Programs are allowed to form an A team without having a AA team -OR- a B team without having a AA/A team. This is primarily for newer/not as established programs and is subject to SDYLA approval. Make sure you are doing your best when determining which levels your teams will be playing in (AA/A/B). Rosters will be required for each team this year. Floaters will only be permitted to float from a B team to an A team OR an A team to a AA team. AA team players are not allowed to float/play in A or B team games AND A team players are not allowed to float/play in B team games. If you will be short on attendance for a game, players may play up a level (they can never play down).

5. The Grade 1/2 division will play 6v6 (2 attack, 2 midfield, 2 defense) on 60yd x 35yd fields with 4'x4' cages and will follow SDYLA published modifications to NFHS and USA Lacrosse guidelines. D poles are NOT allowed in the Grade 1/2 division.
6. The Grade K/1 division will play 3v3 on 40yd x 20yd fields with 4'x4' cages and will follow SDYLA published modifications to NFHS and USA Lacrosse guidelines. D poles are NOT allowed in the Grade K/1 division.

Game Day Rules, Responsibilities & Requirements

1. Game Rules
 - a. SDYLA will adhere to most NFHS rules with some USA Lacrosse and SDYLA based modifications. These modifications will be reviewed annually and discussed at the pre-season meeting. Game day rule cards with additional guidance regarding these modifications will be posted on the SDYLA website and should be printed and available at every home game table.
2. Home Field Responsibilities
 - a. Playable, lined lacrosse field with strung goals and cones. Minimum field dimension for a MS game is 90yd X 50yd. Modifications to this required field size must be approved by SDYLA Board.
 - b. Score table with scoreboard, stopwatch, scorecards and first-aid kit.
 - c. Scorekeeper shall remain focused on their duties as scorekeeper and refrain from cheering and other such communication with coaches, referees and players.
 - d. Scorekeepers should use the SDYLA scorecard (download from website) at the table for scoring games. Both coaches should sign the scoresheet and the home team should keep the scoresheet on file for the duration of the season.
 - e. Club director of the home team must report the final game score to the league scheduler.
3. Mercy Rules
 - a. 5 Goal Margin = The losing team is awarded the ball in lieu of a face off after goals and at the start of each quarter.
 - b. 8 Goal Margin = Running game clock begins.
 - c. 10 Goal Margin = The scoreboard at the table is removed.
 - d. The above margin policies are cumulative and there is no option for the losing team coach to refuse any of them.
 - e. If a team goes up by 8 or more goals, coaches encourage players to use their "off-hand" and to get the ball around the horn at least two times. Keep in mind that allowing players to change positions often only encourages scoring from players who don't normally get the opportunity to score.
4. In a situation where adverse weather affects playing conditions, it is the responsibility of the home team to immediately inform the opposing team's program director, as well as the head referee and all game officials, that the game will be canceled. The league should also be notified at some point that a scheduled game has been canceled.
5. Spectator Requirements
 - a. Spectator areas shall be provided on the opposite side of the player benches.
 - b. Spectators will not be allowed on the players' sidelines and end lines during the games.

Conduct Expectations

1. If at any time the Board of Directors finds the conduct of any player, member of the coaching staff, or program official to be detrimental and contrary to the best interest of

the SDYLA, such individual may be suspended by the SDYLA Board of Directors, by a majority vote, from further participation for whatever period of time may be deemed reasonable and proper.

- a. Each program director should investigate any detrimental conduct by any player or member of the coaching staff or spectators of his/her program.
 - b. Upon investigating detrimental conduct, the program director should report his/her findings to the board.
2. Program administrators and coaches shall be responsible for the conduct of all players, members of the coaching staff and spectators. Improper conduct, in the judgment of the game officials, on the part of the players, coaches or spectators may result in penalties, expulsion, and suspension and or forfeiture of the game.
3. The head coaches shall have the responsibility to assist game officials in maintaining proper conduct of players, coaching staff and spectators.
4. Any member of the coaching staff who is ejected from a game must immediately leave the field complex and will be suspended from the following game.
5. For further guidance on conduct expectations please refer to the US Lacrosse Code of Conduct:
<https://www.uslacrosse.org/about-us-lacrosse/policies/us-lacrosse-code-of-conduct>

Observance of SDYLA Rules & Regulations

1. The deliberate or continued violation of SDYLA Rules & Regulations shall be sufficient cause for suspension or expulsion from the association.
2. Suspension and/or expulsion shall take place upon a majority vote of the board.
3. The interpretation and the application of the SDYLA Rules & Regulations rests with the SDYLA Board of Directors. Any appeals must be submitted in writing to the board.
4. Under no circumstance shall a decision rendered by a referee or any other official in charge of the playing of a contest be the basis of a protest.
5. Penalties
 - a. A direct or indirect violation of any or all of the eligibility and/or other SDYLA Rules & Regulations shall be sufficient cause for the suspension of the player and/or coach(es) found guilty.
 - b. The SDYLA Board of Directors reserves the right to determine the length of any suspension based on the severity of the violation.
 - c. Where penalties for rule violations are not specified and for other matters that may be complained of, penalties if deemed appropriate, may be assessed as follows:
 - i. Letter of reprimand
 - ii. Probation of individuals
 - iii. Suspension of individuals
 - iv. Forfeiture of a game or games