

## LAL (Lower Alabama Lacrosse) TEAM RULES FOR PLAYER CONDUCT

### Introduction

Lacrosse is the oldest American game. Native Americans have played it since long before the colonies were settled, and at the club and collegiate level it has been played since the late 1800's. This increases the importance for a sense of community amongst those who play, coach, work and follows the game of lacrosse. To establish and maintain a sense of community, we cannot ignore the way the game itself is played and the responsibilities we have as players, coaches, and administrators have to the game. Shown below are Team Rules that LAL expects each of its teams to adhere to.

### Team Rules

1. Lacrosse players uphold a rich tradition of honorable behavior. Our teams' players are expected to represent the best this sport has to offer. Honesty and good conduct are the most important contributions we make to the sport and our team.
2. Team members are expected to be honest on the field. In practices and games alike, cheating of any kind is not tolerated. For example, an opponent may grab your jersey to beat you to a ground ball if the official can't see them. We do not respond in kind. Our goal is to win a match through fair and competitive play. Cheating on the field, even if no penalty is awarded, will result in extended bench time. Repeated offenses will result in a multi-game suspension from the team.
3. Team members take good care of their bodies and respect local laws regarding tobacco, alcohol, and drugs. They do not possess or use alcohol or illegal drugs at any team practice, travel or event. The minimum recommended penalty for committing a violation is as follows: **First offense** will result in suspension for at least two (2) games of competition, **Second offense** will result in loss of 50 percent of season of competition, **Third offense** will result removal from team.
4. Team members respect others and strive to represent the team and community in a positive manner. Use of profanity (bad words) is not allowed, nor will it be tolerated. Words that are unacceptable in school are considered profanity. First offense: warning. Second offense: cleanup after practices. Third offense or offense at any competition: A special meeting with parents and the athlete to be called to help solve the problem. Suspension or dismissal from the team may result.
5. Team members respect and appreciate all officials who give their time to make competition possible. At the end of each game, we go out of our way to thank the officials for their work. Our athletes never argue a call with officials and never make a disrespectful comment toward them. Breaking this rule will result in extended bench time. Repeat offenses will result in suspension and possibly removal from the team.
6. Team members respect and care about each other's safety and feelings. We are team members, caring for and helping each other as we strive toward team goals. Do not participate in any kind of hazing, either during or away from team activities. Hazing is any activity that singles out a member or members of a class or age group for special unpleasant treatment. Hazing is the infliction of humiliation, isolation, stress, or physical discomfort, often in the spirit of "initiating" a newer or younger member or members into the team.

Any minor psychological hazing will result in a one-game suspension for all who commit the hazing. Physical hazing will result in at least a one-game suspension for any involved, including bystanders, who do not report or prevent the incident and multi-game suspension or dismissal from the team for all who commit the act.

7. Team members place academic performance as priority one! You agree to comply with the rules of your school as it relates to academic standing and performance.
8. Team members make effective use of practice time. They arrive on time, ready for a great practice. Team members arrive at practice with all necessary safety equipment and in clothing that ensures a great practice.
9. Team members will not use any form of media (including electronic media such as e-mails, websites, blogs, Twitter, Facebook, etc.) to publicly criticize any coach, player, official, parent or any person associated with administering the sport of lacrosse thru the LAL.

### **LAL DISCIPLINARY POLICIES FOR PLAYERS, COACHES AND FANS**

1. Player Fights. If a team member engages in a fight during a practice, he/she shall be suspended from league play (including practices) for the next game. If a team member is ejected from a game for fighting, he/she shall be suspended from league play (including practices) for the next 1 game. If a team member engages in 2 fights (practice or game) within one season, he/she shall be expelled from the league.

2. Player Unsportsmanlike Conduct. If a team member is ejected from a game for unsportsmanlike conduct, he/she shall be suspended from league play (including practices) for the next 1 game.

3. Egregious Misconduct. Egregious unsportsmanlike conduct of a player or coach during a game or practice, whether it results in a penalty or not, will result in an appropriate discipline. Upon a complaint of such conduct, the respective Member Organization Representative and/or LAL Board will consult with the officials for the game; the coaches; and any other witnesses as needed, in the Board's discretion, to investigate the matter. In the case of a complaint concerning a player, the LAL Board will also promptly notify the player's parent/guardian(s), as well as the player's coach. The Board may consider any and all material including, but not limited to, any available video or audio recordings. The Board will then make a determination and impose such sanctions, if any, as it deems appropriate.

4. Coach Ejections. Should a coach be ejected from a game by a referee, the ejected coach shall be required to immediately leave the premises for the remainder of the game and shall be suspended for the next 1 game. Multiple suspensions or egregious misconduct may result in removal of that coach from participation in LAL for a time as determined by the LAL Board.

5. Suspensions. While a player or coach is suspended, he or she cannot attend team practices and can only attend game events as a spectator sitting with the fans and cannot give direction to players or coaches while acting as a spectator. Further, a suspended coach shall be required to take the PCA online sportsmanship course and provide verification that such course has been completed prior to returning to the sideline.

**\*\* If at any time a player is under school suspension, the player/family must immediately notify the appropriate coach and LAL President. LAL will enforce the same determined school suspension and enforce AL Dept. of Education guidelines for suspension at the time of notification.**

6. Re-admittance to the LAL Organization. If a player has served ejection terms from the LAL Organization in a prior season and registers for play in a new season, there will be enforced a probationary period of discipline review. If the player commits one violation of league sportsmanship policy during the probationary period, this violation will be sufficient for removal from the team following LAL Board review.

7. Appeals. Any appeal of a suspension or other disciplinary action shall be heard by LAL Board, whose decision shall be final. All evidence, including but not limited to the material described above (such as video or audio recordings), may be considered. A sanctioned player, coach or other person may submit written materials but may make an in-person appeal to LAL Board only in the board's discretion. An appeal will not delay the imposition of any discipline. In the case of a player's sanction, any appeals must be submitted by the head coach of the player under disciplinary review and must be submitted within 48 hours of the initial ruling. If the head coach declines to appeal his or her player's sanction, no appeal will be taken and the sanction will stand as rendered by the LAL Board.

_____ Signature of Player	_____ Date	_____ Signature of Parent	_____ Date
_____ Printed Name of Player		_____ Printed of Parent	

**Please return this Signature page only to your representative TEAM MOM**