

CAPLAX, INC. Rules

General League Rules Overview

Definition of Terms

Game Types

General League Rules

1. Member Programs
2. New Member Teams
3. Meetings
 - 3.1 Annual Meetings
 - 3.2 Special Meetings
 - 3.3 Notice
 - 3.4 Voting
 - 3.5 Quorum
 - 3.6 Submission of Meeting topics
 - 3.7 Proxy Representation at Meetings
4. Officers
5. Duties of Officers
6. Rule Making
7. Fees and Dues
8. Divisions
 - 8.1 Small Programs-Single Team
9. Eligibility
 - 9.1 Viable Team Definitions
 - 9.2 Player/Program Team Determination
9. Eligibility (cont'd)
 - 9.3 Time of Eligibility
 - 9.4 Switching Team Enrollment
10. Multiple Division Programs
 - 10.1 Moving Between Teams (for Middle School Players Only)
 - 10.2 Programs with more than one Team within a Division
 - 10.3 Moving Between Same Division Teams
11. Coaches
12. Insurance
13. Improper Behavior
14. Scouting
15. Referees
16. Rules of Play
17. Code of Conduct
18. League Actions

CAPLAX League Rules

This document establishes a framework for the rules of the Capital Area Girls' Lacrosse League (CAPLAX, Inc.) and is under strict control and ownership of the CAPLAX, Inc.

General League Rules Overview

The Capital Area Girls' Lacrosse League (CAPLAX, Inc., aka The League) is the governing body for girls' lacrosse teams at the elementary and middle school (Youth) level in Austin, Texas and the surrounding areas. The Youth level is defined as grades kindergarten through eighth grade. The league board is comprised of volunteers throughout the Austin, Texas and the surrounding areas.

The League is generally comprised of four divisions. Elementary grades are Kindergarten through 4th and consists of the U9 Bantam Division (K-2nd) and the U11 Lightning Division (3rd-4th). The Middle School grades are 5th through 8th and consists of the U13 Juniors Division (5th-6th) and the U15 Seniors Division (7th-8th). The Middle School Seniors division will be made primarily of seventh and eighth graders, and the Middle School Juniors division will be made primarily of fifth and sixth graders. Modifications to the format/age grouping of these divisions must be made prior to the publishing of the season's schedule and receive a majority vote of the Membership Committee, or in the event of no Membership Committee was appointed-all members present (minimum of 50% membership quorum attendance is required as per Section 3.5).

Definition of Terms

Program - A school or club organization that is the controlling entity of a single or group of league teams that all pay dues and abide by the bylaws and rules of CAPLAX. Each program with at least one team receives one vote, per issue requiring a member vote. Team - A group of lacrosse players within a CAPLAX Program who pay League dues and abide by the bylaws and rules of CAPLAX.

General League Rules

1. Member Programs

CAPLAX shall be comprised of member programs fielding teams within the league. Member programs which had an active team in one of four defined divisions the previous season will be considered members the following year.

2. New Member Teams

New League team applications shall be made in writing to the League President and voted on at a League meeting. The application shall outline details about the new team's start-up plan and intentions and acknowledge agreement to abide by CAPLAX Bylaws, Rules, Code of Conduct, CTWLOO (Officials) Contract, Game Day Administrator Requirements, Emergency Action Plans Guidelines, CAPLAX unique game rules, and any other documents requested by the President. If successful the decision shall be official as of the vote. New Teams must be immediately prepared to be in compliance with CAPLAX rules. The new team status will be in effect for the first season that the team is a member of CAPLAX. Once admitted, the new team does not have to play a full schedule but may participate in league voting should they choose to attempt to play a full schedule. The new team must submit team rosters consisting of name, league age (as of 31 August in the year prior to season start date), grade and years of experience of each team member. Based on this information, CAPLAX board members designated as the CAPLAX Membership Committee will vote to assign the new team to the appropriate division based upon the rules set forth in Section 8.

3. Meetings

3.1 Regular Meetings

The League shall hold regular meetings throughout the year, both in and out of season, to make necessary preparations for the season, discuss rules changes and modifications, and any other matters that pertain to the entire organization. A

Capital Area Girls' Lacrosse League: CAPLAX, Inc. Rules
minimum recommendation for meetings is as follows: Pre-Season , Roster Turn-in,
Scheduling , Mid-Season, and End of Season .

3.2 Special Meetings and Sub-Committees

Special Sub-Committees may be formed to address specific topics or events. Formation of such sub-committees can be appointed by the President or recommended by the board and approved by a majority vote by the Board. No business other than that specified in the published agenda of the meeting will be transacted at any such meeting. Actions and results of the sub-committee shall be reported to the President within 5 days of the sub-committee meeting and communicated to all members of the Executive Committee and/or full Board via email or in person by the conclusion of the next Board meeting.

3.3 Notice

Notice of meetings to League members shall be published or communicated electronically or via telephone by the President (or other officer designated by the President) to each Program Member not less than four (4) days prior to such meeting. Extenuating circumstances may require less notice. Notice shall be sent to their last known address(s) of the member as they appear on the books or records of the league. Such notice shall state the purpose for which the meeting is called and the time and place where it is to be held.

3.4 Voting

Each Program in the League will have one vote with which to vote on meeting topics. New programs in the League will get a vote their first year, as outlined in Rule 2. Programs not in attendance at league meetings may assign a proxy to vote for them, as outlined in Rule 3.7.

3.5 Quorum

The presence of one half (50%) of the active League members will constitute a quorum at all meetings of the League members. The act of a majority of the League members present at any League meeting at which a quorum is present shall be the act of the League members, except as otherwise specifically provided by these rules. Special committee meetings quorums will be a simple majority of said groups.

3.6 Submission of Meeting Topics

Any League member wishing to raise an issue at a meeting must submit said issue in writing to the President within twenty-four (24) hours prior to the meeting, so that it can be added to the published agenda.

3.7 Proxy Representation at Meetings

League members may designate only another League member to vote on its behalf at any meeting. Proxy authorizations must be submitted in writing to the President, prior to the start of any League meeting. An authorized representative of the member League program must submit the proxy. Any League member that is not present to vote at the meeting regardless of proxy status may not contest decisions made at meetings that they missed. An assigned proxy must vote as requested by the represented program.

4. Officers

4.1 Officers

The officers of the League shall be as per CAPLAX Bylaws: President, Vice President, Treasurer, Secretary, and immediate past President(only during the year immediately following the last year of his/her presidency).

4.2 Elections, Removal of Officers, Vacancies, and Terms of Office shall follow CAPLAXBylaws.

5. Duties of Officers shall be as per CAPLAX Bylaws.

6. Rule Making

The rules of the League shall define and govern League division(s), districts, League play, League pre-season events, League post-season events and any and all related activities of the League members, teams and players. These General Rules shall be revised or amended at any meeting of the League members in accordance with the requirements of the Bylaws or Section 3. Rules can be revised or amended by the act

of a majority of the Executive Committee or League members during any league meeting. Voting is by League members, in good standing and having a vote, or by electronic vote as determined by the President. If "Special Circumstances" arise where a rule change is needed mid-season that could detrimentally affect the league or the safety of its players, the President can elect to take immediate attention by soliciting votes in person, electronic or by proxy.

7. Fees and Dues

Each team in the league is required to pay CTWLOO for one referee for each game, and dues will be paid to CAPLAX as agreed on at the Pre-Season Meetings. In general, dues consist of Web Domain fees, Web Tools License, Legal fees, D&O insurance, and GL Policy for non-US Lacrosse Programs. Additional dues may be voted on and approved by the Executive Committee or board, as appropriate.

8. Divisions

CAPLAX shall be divided into four divisions—U9 Bantam (Grades K-2nd^{*}), U11 Lightning (Grades 3rd-4th), U13 Juniors(Grades 5th-6th), and U15 Seniors(Grades 7th-8th). Programs must submit rosters of each team prior to both the team being officially assigned to the appropriate division and season game scheduling activities. Scheduled due dates will be published by the CAPLAX officers. Roster information shall include the name, jersey number, school, grade, league age, and the number of years' experience of each player. No other personal contact information of the player shall be provided (i.e. email address, phone number, home address).

(*) Note: CAPLAX does not currently offer league play for U9 Bantam.

8.1 Smaller Programs with single Middle School team

Programs that do not have a sufficient number of middle school players to form both a Senior Division and a Junior Division team may form a single middle school team consisting of 5th through 8th graders. General guide lines are that if the team has 50% or more 7th and 8th graders, the team will be placed in the upper Senior Division. The official division placement of all teams shall be determined by vote of the Membership Committee, or if one is not formed, by vote of the Board. The team's make-up of age/grade level, experience level and the prior year's team performance are all factors in determining proper divisional team placement. In the interest of competitive and fair play, the Membership Committee/Board may determine that a single team Middle School program play a mixture of games against both Senior Division and Junior Division teams providing the League's season scheduling can support this.

9. Eligibility

Players enrolled in grades 5 through 8 are eligible to play on a Middle School Team (All seventh and eighth graders must be on their organization's Senior Team, with exceptions outlined in other sections of this document). Players enrolled in grades Kindergarten through 4 are eligible to play on an Elementary Team. The President and Membership Committee or a majority of the league must approve any exceptions to this rule, as outlined by voting rules in Section 3. As a general rule, no player should play up more than one year beyond their current league age/grade.

9.1 Viable Team Definition

9.1. a Elementary Teams

To enter a viable team in the league for scheduling in the Bantam or Lightning Divisions a program/team must submit a roster of no less than eight (8) unique players, per team, meeting qualifications for the division at the CAPLAX Roster turn-in meeting.

9.1.b

To enter a viable team in the league for scheduling in the Junior or Senior Divisions a program/team must submit a roster of no less than fourteen(14) unique players, per

team, meeting qualifications for the division at the CAPLAX Roster turn-in meeting.

9.1.c

The CAPLAX Membership Committee can exercise judgment to modify requirements that are in the best interest of the League, Program, Team, or player.

9.2 Player/Program Team Determination

The Program team a student will play on is determined by the classifications below, starting with TD 1 and moving down until the best fitting classification is determined. The rules are intended to be mechanical in their application and are not intended as a vehicle for player choice.

TD 1: A student who attends a school with a member team should play for that school. If the player's school allows, she may choose to play on a team in a different program in the league. She may not play for more than one team within the league during the end of season tournament.

TD 2: A student who attends a school (private/parochial, public or home school) that does not have a member team but who lives in the attendance zone of a school with a member team may play for that team (assuming that the team accepts players who do not attend its sponsoring school).

TD 3: A student who resides in a school district that does not have a member team (or if the school's team does not accept players who do not attend the school) may play for the CAPLAX member team closest to her residence that accepts players who do not attend the sponsoring school or live in the school's attendance district.

The following "grandfathering" rules shall overlay rules TD 1, TD 2 and TD 3 above:

- If a new member team joins the league, and as a result of the application of Rules TD 1 through TD 3 above, a girl who is an eighth grader would be required to play for the new member team rather than for the program she played for the prior year (as either a Senior or Junior), she will be

Capital Area Girls' Lacrosse League: CAPLAX Rules
afforded a one-time choice to remain with the program for which she played the prior year or to go with the new member team. That choice will be binding on her for the remainder of her League eligibility (absent her being cut or there arising in a future year yet another member team to which she would otherwise be assigned).

9.3 Time of Eligibility

Players have a total of nine (9) seasons of eligibility during elementary and middle school. Once a player completes the 8th grade and/or reaches a league age of 15, they are no longer eligible to play in CAPLAX teams. The League President will determine if a player is ineligible.

9.4 Switching Team Enrollment

If a player's family changes residency during the season and the player must switch teams in order to comply with CAPLAX eligibility rules, the player is allowed a one-time choice to finish out the season with her old team or her new team. The following season, she will abide by the team determination as outlined in rule 9.2. If the player is an eighth grader the following season, she is eligible to be grandfathered into her former program.

10 Multiple Division Programs

Member Programs with more than one middle school team may compete in Multiple Divisions during a single season providing that all rules governing Multiple Division Programs have been met. A newly formed team must apply for membership as required of all New League Teams by the General League Rules stated in Section 2. As requested by the President, the roster for each league team must be submitted to the President. The President will make these rosters available to all league coaches as necessary. Once declared, players may not be moved between Division teams without the prior approval of the President. Addition or changes to team rosters during the season must be reported to the League President. No changes may be made to ANY roster for playoffs, and a player may only play for a single team during league playoffs. Any program found to be in violation of Dual Division rules may immediately be barred from all post-season play for any and all play-off teams, and may be required to forfeit the remainder of their regular season games.

10.1 Moving between Senior and Junior teams (Middle School players only)

During the regular season, a U13(5th/6th) player from a Junior/Senior team may play with any Senior team and a U13(5th/6th) player from a Junior team may play with any other Junior team to support swing/float player needs. In the event that a Junior team cannot provide enough players to reasonably field a full Junior Division team, (U14) seventh grade members of a Senior team may play up to two games as a member of a Junior team each season. U14 Seventh graders participating in Junior Division games should be used as bench players in the relief of Junior Division players and not used as primary/starting players unless they are needed to fill out a full 12 girl roster. No eighth grade players may play on a Junior Division team. Head coaches are responsible to notify the coach of the opposing team if U13/7th Grade players are being used on Junior teams in an effort to field a full team. Every player not on the official team roster must be noted with an asterisk (*) in the game books.

10.2 Programs with more than one team within a Division

Programs may field more than one team within a Division (i.e. Two Senior Teams). If a program creates an "A" team and a "B" team with one team being more competitive than the other, considerations for fair and competitive play will be taken when scheduling the teams' opponents during the season and post-season tournaments.

10.3 Moving between same division teams

If a situation arises that a team in a member program does not have an appropriate number of players for a game, and they have a team in the same division (either Senior or Junior), the team may borrow players from the other same division team(s) in their Program. Younger players within the other same division team should be used. (i.e. 7th graders should be borrowed from the Program's other Senior team). If a member program has two Junior teams, Junior players from the other Program's Junior team should be used to fill out the team vs. substituting Senior players from the same Program. As a general rule, a given player should be borrowed for a maximum of two games during the season by the program's other same division team. Borrowed players should be used as bench players in the relief of the team's specified roster players and not used as primary/starting players unless they are needed to fill out a full 12 person team. Head coaches are responsible to notify the coach of the opposing team if non-roster players are being used in an effort to field a full team. Every player not on the official team roster must be noted with an asterisk (*) in the game books.

11. Coaches

All teams must have at least one adult (over age 18) present at all practices and games, serving in some form as a coach or Game Administrator. It is recommended that all coaches be registered with US Lacrosse.

12. Insurance

All League member teams must have liability insurance. Member teams may not play games without proper insurance. All players and properties involved in practice and game play are expected to have their own health and liability insurance, as appropriate. CAPLAX is a US Lacrosse based league and all programs must maintain compliance with US Lacrosse annual registration requirements, except where exempted for grandfathered programs (St. Andrew's, St. Stephen's, St. Gabriel's, Town & Country, and Westlake). These programs must fund an annual Policy to extend US Lacrosse/Bollinger liability coverage to CAPLAX.

13. Improper Behavior

Abusive, profane, or violent behavior or language by coaches, players, or fans at any league function may result in team member, coach, or player suspension or expulsion from the league. This includes behavior not in conformance with the Purposes of the Capital Area Girls' Lacrosse League as stipulated in the Bylaws, Rules and Code of Conduct. No alcoholic beverages or any intoxicating substances or intoxicated individuals are allowed at any League functions. The appropriate President or Executive Board shall determine suspension or expulsion punishments.

14. Scouting

Coaches of League teams may attend games between league teams. Acceptable actions are: scouting a future opponent by written or taped notes. No person without an affiliation of a League team is allowed to videotape a game in which said League team is participating. This includes coaches, players, parents and/or outside commercial firms. Coaches may trade videotapes of their own games for the purpose of scouting future opponents with one another.

15. Referees

Middle School games will only be officiated by referees rated by the US Women's Lacrosse Officials Association and assigned by their area official's coordinator. Payment of the official's fees is the sole responsibility of each team. Elementary coaches will referee their own games, unless they choose to have officials at their games and coordinate directly with the officials.

16. Rules of Play

Middle School games will be played in accordance with the Level A Official Rules of Youth Girls' Lacrosse as written by US Lacrosse. Elementary Teams play in accordance Level C Rules and the CAPLAX Elementary Format and Rules. Exceptions can be approved and implemented by a majority vote during board meetings prior to the start of the season.

17. Code of Conduct

All coaches, players and parents, as part of CAPLAX , must agree to the CAPLAX Code of Conduct no later than the Roster Turn-in meeting and prior to the first league game and submit it to the League President. The code of conduct is based upon the NCAA rulebook, CAPLAX bylaws and US Lacrosse rules.

Reporting Procedures: Every incident or ejection report shall be in writing and sent to the League President by the game's head coach after the particular game (within 24 hours and during reasonable hours during the day). In the event that the League President is involved in the incident, the incident will be made known to the Executive Committee members of the league within 48 hours of it being reported. The appropriate form will be completed to report the incident. (After receiving an incident report, a decision will be rendered as quickly as possible with the goal being within 5 days)

18. League Actions

The officials at the game handle initial action for unsportsmanlike conduct.

The Executive Committee will serve as the Conduct Committee. Alternates will also be selected for the coach, officials and/or President in the event that any one of these people is involved in the complaint. The President should be alerted to the situation at the time the incident is reported.

Unsportsmanlike conduct penalty to a coach, player or spectator in any CAPLAX game:

1. Receives 1 yellow in a game: Reported to the League President
2. Receives 2 yellow or 1 red cards for unsportsmanlike conduct in one game: The player or coach receiving two yellow cards or 1 red card is ejected from the game and must leave the premises immediately. The coach and Program President/Athletic Director will meet with the League President. The President will discuss the circumstances with the game officials. The President shall make a report to the CAPLAX Executive Committee that will determine if a reprimand is in order. Reprimand can include missing future games.
3. Receives written complaints in more than 1 game: The coach and Program President/Athletic Director will meet with the District Conduct Committee to discuss the circumstances. The committee may give a reprimand, suspension or expulsion. Findings will be submitted to the CAPLAX Executive Committee for review.
4. If a coach receives 2 yellow cards for unsportsmanlike conduct (not related to a card assigned to coach for fan behavior) in one season that coach will appear/meet with the Conduct Committee and may be put on probation for a specific period of time.
5. Officials will report any unsportsmanlike conduct to the game assignor within 24 hours of the game who will submit it to the League President via email or phone before the team's next scheduled game.
6. All reports/incidents will be outlined by the League President and distributed to all coaches involved in the incident and the official's game assignor.

Capital Area Girls' Lacrosse League: CAPLAX Rules

7. Coaches are permitted to file complaints for unsportsmanlike conduct even if the official has not penalized the player, coach or spectator with the League President.

Approved 22 Feb 2016-CAPLAX Executive Board