

NJ Junior Girls Lacrosse League (NJJGLL) League Rules 2011

January 2011 Revision – Final V1.0

The New Jersey Junior Girls Lacrosse League was established as an organizing tool to assist member programs in the growth of girls' lacrosse and to facilitate communication and competition between those programs.

The League emphasizes that inter-town competition at this level is instructional. It is hoped that each member program will stress learning a love for the game as well as skills and rules of play. Good sportsmanship on the part of all players, coaches and fans is always the standard.

All players, coaches and program administrators must be members of US Lacrosse.

Requirements for NJJGLL Member Programs

Each member program must send at least one (1) representative to the NJJGLL Annual Meeting (held in October / November) and to their respective Conference scheduling meeting (held in January / February).

All program administrators must provide each of their coaches with a copy of the NJJGLL Rules and each NJJGLL member program must annually certify that they comply with the NJJGLL Rules.

Key Changes for 2011

- Flexibility to structure your program as you see fit.
- Select teams in lieu of D teams
- Single grade teams allowed at the Select level
- Select teams can play 12 or more games
- 3/4 (Scoopers) can play full field, 12 v 12 with Level B rules
- Umpire scheduling for 3/4 Travel games
- Revised US Lacrosse Level I coaching certification requirements

Requirements for Coaches

All coaches must read and sign a NJJGLL Coach's Code of Conduct form and submit it to their program administrator.

All coaches must familiarize themselves with the **Official Rules for Girls & Women's Lacrosse** available from US Lacrosse at www.uslacrosse.org

All coaches must attend or view on the internet a NJJGLL **Youth Rules Interpretation** session each year.

Each year all coaches who are not US Lacrosse Level I, II or III Certified must attend one (1) coaching clinic run by the NJJGLL, US Lacrosse or other local lacrosse organization.

All NJJGLL coaches must undergo background checks prior to the start of the season. Coaches who are Level I, II or III Certified will do their background check through NCSI each September prior to the expiration of their US Lacrosse membership. Programs wishing to use NCSI for background checks on their non-certified coaches should go to www.ncsisafe.com for more information. **NJJGLL member programs may choose to use**

NCSI, their local police department or any other organization or vendor who offers background check services.

For the 2011 season **all** coaches for Senior (7/8) Select and Junior (5/6) Select teams must be US Lacrosse Level I Certified. Also in 2011 **Senior (7/8) Travel team head coaches** must be Level I certified. Requirements for certification include: successful completion of US Lacrosse Level I Online course, attendance at Level I instructional clinic, completion of Positive Coaching Alliance Double Goal training and a background check by the National Center for Safety Initiatives. Please visit the www.uslacrosse.org for more information on the Level I certification process.

US Lacrosse Level I Certification

The NJJGLL Board is encouraging all coaches at all levels to complete the US Lacrosse Level I Certification process and move on to Level II Certification.

For the 2011 season:

- Certification is required for all Junior (5/6) and Senior (7/8) Select team coaches.
- Certification is required for head coaches of Senior (7/8) Travel teams.

Member programs must submit names and US Lacrosse numbers of all coaches required to be certified prior to the start of the game season in April.

Please note: Starting with the 2012 season certification will also be required for Junior (5/6) Travel head coaches.

Sportsmanship Issues

Good sportsmanship is at the very core of the ROOTS to Honoring the Game and the foundation by which we operate as a group:

Rules: We don't bend the rules to win.

Opponents: A worthy opponent is a gift that forces us to play to our highest potential.

Officials: We treat officials with respect even when we disagree.

Teammates: We never do anything that would embarrass our team on or off the field.

Self: We live up to our own standards regardless of what others do.

Visit www.positivecoach.org for more information

Unsportsmanlike behavior on the part of any player, coach and/or parent **MUST** be reported to the League within 48 hours of the incident.

Reporting of unsportsmanlike conduct should follow this protocol:

- Send e-mail to Sportsmanship@NJJGLL.com and your Conference President with CC to President@NJJGLL.com and Umpire@NJJGLL.com.
- Indicate the Arbiter Game # (if known), date, location and teams involved in the incident.
- Provide a sufficient amount of detail to describe the unsportsmanlike behavior and what you did to address it in a positive manner or to diffuse the situation.
- If the incident is unable to be resolved locally it may be elevated to the League's Grievance Committee.

Divisions

League play is divided into five age groups:

1. Grads – High School aged girls
2. Seniors - Seventh and Eighth Graders (7/8's)
3. Juniors - Fifth and Sixth Graders (5/6's)
4. Scoopers - Third and Fourth Graders (3/4's)
5. Tykes – First and Second Graders (1/2's)

The NJJGLL now allows single grade teams at the Select level. Under longstanding US Lacrosse rules girls may “play up” to the next higher age group (e.g. a fifth or sixth grader may play on a Senior 7/8 team) but only 7th and 8th graders may play on Senior 7/8 Select teams playing Level FC rules. Players are not permitted to “play down” (e.g. 5th graders may not play on a 3/4 team against another 3/4 team.)

Levels

League play is divided into three Levels based on competitiveness of play.

Select (Seniors 7/8 and Juniors 5/6 only) This new level replaces the NJJGLL D Team program and is the NJJGLL's most competitive level of play.

- Teams may be single grade and member programs are permitted to form Select “A” and “B” teams if they desire.
- Equal playing time is not mandated.
- Member programs are free to set their own player selection criteria but are encouraged to have an open, transparent try out process.
- All Select team coaches must be Level I Certified.
- Select team players are not required by the League to also play for their Travel or Rec team but member programs may require participation on Travel or Rec teams if they desire.
- Senior 7/8 Select teams may play Level FC rules on Fridays, Saturday nights and Sundays and Level A rules on other days of the week. Junior 5/6 Select teams play Level A rules.
- The League is strongly encouraging the use of three locally rated umpires for Level FC games.
- Member programs are free to combine with other NJJGLL programs to field Select teams if they do not have enough players to field a team.
- Coaches are not expected to keep games close (e.g. there is no League mandate against winning games by more than 10 goals.)
- Select teams may schedule games against other Select and Travel teams. When Select teams play Travel teams Level A rules should be used. Select teams may not play Rec teams.
- When Select teams play Travel teams the Travel “philosophy” applies to both teams (e.g. relatively equal playing time, no running up scores beyond a 10 goal differential, etc.)

Travel (All Age Groups) This level follows the traditional NJJGLL format and is not as competitive as the Select level.

- Teams must be combined grade (e.g. 7th/8th, 5th/6th, 3rd/4th, 1st/2nd). Single grade teams are not allowed.
- A member program with multiple Travel teams in an age group is expected to field skill balanced teams. “A” and “B” teams are not allowed.
- Relatively equal playing time is mandated.

- For 2011 Senior 7/8 Travel head coaches must be Level I certified.
- Running up scores is strongly discouraged and coaches are expected to keep games close. Teams should not win games by more than 10 goals.

Rec (All Age Groups) This is a new level for “in town” or “house” programs consisting of teams that rarely, if ever, plays out of town teams. The NJJGLL gives member programs wide latitude with regard to how Rec programs are run but makes the following recommendations:

- Emphasis should be on learning, fun and participation.
- Relatively equal playing time should be mandated.
- Multiple teams in a given age group should be skill balanced.
- Coaches should be Level I certified.
- Rec teams may play some games against NJJGLL Travel teams or participate in tournaments or playdays.

Intra-Level Play

Member programs are encouraged to expose their teams to team of other Levels (i.e. Select, Travel, Rec) over the course of each season. Select teams may schedule games against other Select and Travel teams. Travel teams may schedule games against Select, Travel or Rec teams. Rec teams may schedule games against Rec or Travel teams. Select teams may not play Rec teams. When Select teams play Travel teams the Travel “philosophy” applies to both teams (e.g. relatively equal playing time, no running up scores beyond a 10 goal differential, etc.)

In situations where a Senior 7/8 Select team plays a Senior 7/8 Travel team US Lacrosse Level A rules would apply.

Travel Teams - Team Ability

If any town has more than one Travel team participating in one age group, the League requires that the NJJGLL member program create teams of relatively equal ability and not teams based on skill level.

It is important that this rule be followed to ensure a good playing experience for all of our Travel teams. **At any time during the season** when you notice a discrepancy in your own Travel teams, you must make roster changes going forward.

If you notice a discrepancy in another town’s Travel teams, the method to resolve the problem should be to first speak to the town’s representative to the League. If the issue remains unresolved then follow the protocol for reporting **Sportsmanship Issues** outlined earlier in this document.

Home Town Program Participation

Players must participate in their home town program. A player may participate in a program outside her own town only if her town does not offer a girl’s lacrosse program in her age group or at her Level. In such a case, she must join a program in a contiguous town or, if none exists, in the program nearest to her hometown. NJJGLL member programs are instructed to respect the geographical boundaries of neighboring programs and player poaching is prohibited. NJJGLL member programs may release players to play for other NJJGLL programs at their discretion.

Annual League Dues and Member Program Attestation

By the end of March of each year member programs must pay Dues in the amount of \$100. The Treasurer will notify members when Dues invoices are available for download from the NJJGLL web site.

As part of the Dues payment process a representative from each NJJGLL member program must attest to the Board that their program is in compliance with all NJJGLL rules.

Game Season Start Date

For the 2011 season, the Board has approved that **the game season begins on April 12.**

The League's Umpire Assignor for teams in Conferences A, B, C and D will not schedule umpires for regular league games scheduled prior to the above noted date.

Programs are encouraged to contact the League's Umpire Assignor (Umpire@njjgll.org) if they wish to host preseason scrimmages or playdays to facilitate the pre-season umpire rating/certification process.

Dates and procedures differ for teams in the E Conference, please contact the E Conference President for more information.

Each town should attempt schedule at least four (4) home and away games with other towns in their NJJGLL Conference. Additional out of Conference games may also be scheduled.

Umpire Fees for 2011

The umpires are required to be paid before the game begins by either cash, check or voucher, there are no exceptions.

Select – Seniors (7/8)

Level A rules – two umpires at a game - \$60 per person per game

Level A rules – one umpire at a game - \$90 per person per game

Level FC Rules – three umpires at a game - \$60 per person per game

Level FC Rules – two umpires at a game - \$60 per person per game

Level FC Rules – one umpire at a game – NOT PERMITTED

Travel – Juniors and Seniors (5/6 & 7/8) and Select – Juniors (5/6)

Two umpires at game - \$60 per person per game

One umpire at game - \$90 per game

Grades 3/4 - \$45 per game for half field games. If playing full field at 3/4 the fees for 5/6 and 7/8 apply.

Umpire Scheduling

The home team is responsible for obtaining, confirming, and paying umpires. At least one US Lacrosse-rated umpire must officiate any 5/6 Select, 5/6 Travel or 7/8 Travel game. At least two qualified US Lacrosse-rated umpires must officiate Level FC games in the Senior (7/8) age group. The Umpire Assignor will make every effort to assign two (2) umpires to all 5/6 Select, 5/6 Travel and 7/8 Travel games.

The following rules apply to teams in Conferences A, B, C and D. *Teams in the E Conference should contact the Conference President for details on the procedures for scheduling umpires.*

Arbiter.net will again be our web-based game scheduling program. Log-in information and details for inputting games will be provided by to member programs in February 2011. **Home games only MUST** be input no later than March 1, 2011.

PLEASE NOTE: A new team naming convention will be in use this year for games input in the Arbiter in order to differentiate between Select and Travel team games. Full instructions will be provided by the League's Umpire Assignor.

Games during the week cannot be scheduled before 6:00 PM and on Saturdays games should not be scheduled before 1 PM. Starting on the third Saturday each May games may be scheduled on Saturdays before 1 PM.

Member programs scheduling umpires through the League's Umpire Assignor will pay a \$120 per year per team fee for the 3/4, 5/6 and 7/8 age groups. Each Scooper (3/4), Junior (5/6) and Senior (7/8) team will be entitled to schedule twelve (12) games per \$120 fee. If you require more games than twelve (12) per team an additional \$120 fee per team is required.

Please note the League's Umpire Assignor will now schedule umpires for Scoopers (grades 3/4.)

Umpire Payment / Game Cancellation Policy

Umpires must be notified of game cancellations no less than one hour before the scheduled start time. If games are canceled less than one hour before game time or after a game has begun the umpires must be paid for the game.

Scheduling Games

Each Conference will hold a scheduling meeting for teams to arrange games against other teams in their Conference, usually in the month of January. **Contact your Conference President for more details.**

Town representatives are also encouraged to contact representatives from teams in other Conferences to fill out their schedules.

NJJGLL Select Teams

The NJJGLL offers each member program that satisfies certain US Lacrosse and NJJGLL mandated criteria the opportunity to field Select teams.

Through the Select team program the NJJGLL provides our older, more experienced players and their US Lacrosse certified coaches with more competitive play afforded under US Lacrosse **Level FC** rules while still protecting the basic league policies and bylaws.

The NJJGLL encourages member programs to use an open, fair and transparent team selection process. The exact player selection process and criteria used to form a Select team is up to the discretion of each NJJGLL member program fielding a Select team.

Member programs may join together to form a Select team but such combination should be reasonably contiguous. While Select team players are no longer required by the League to play for their program's Travel or Rec teams individual NJJGLL member programs may still mandate such participation.

There will be no centralized standings kept nor will there be a championship for Select teams.

Senior (7/8) Select teams may play either US Lacrosse Level A or Level FC rules. Junior (5/6) Select teams will play Level A rules. **Fifth and sixth graders are not permitted to play Level FC rules under any circumstances.**

Level FC games will be played with regular **US Lacrosse Women's Rules** with the following modifications:

- Any check to the head is a mandatory red card. For a check to the head the carded player will be suspended from participating the remainder of the game in which she received the card and must sit out the team's next game.
- 25 minute halves (max), running time.

NJJGLL and US Lacrosse Mandated Criteria for Level FC Play

- Players **MUST** have mastered the basic skills. Playing time is earned through skill, attitude, and attendance.
- The NJJGLL member program wishing to play Level FC rules must have been in existence for at least 5 years, and must have progressed players through Levels B or C to Level A before playing Level FC.
- All players on the team must be in the 7th or 8th grade and players must average at least 3 years of playing experience.
- All coaches of teams playing Level FC rules must have US Lacrosse Level I coaching certification.
- Games must be officiated by at least two US Lacrosse rated officials, both of whom must have held a Local rating for a minimum of 2 years.

All Select team head and assistant coaches must present proof of Level 1 (or higher) certification to the League Select Teams Chair prior to the end of March of each year. Proof will be in the form of providing Select team coach's names and US Lacrosse membership numbers.

- 1) A photocopy of a US Lacrosse Membership card showing the coach's certification level or
- 2) A Certification e-mail from US Lacrosse that a card is forthcoming.

There will be no exceptions to the Level I certification requirement.

Level FC games will only be scheduled on Friday or Saturday evenings or on Sundays. Junior (5/6) Select teams may play any day of the week. Senior (7/8) Select teams may play games with Level A rules any day of the week.

US Lacrosse Rule Changes for the 2011 Season

The NJJGLL urges all program administrators to confirm that all coaches have received and read the **2011 Women's Rules – Official Rules for Girls and Women's Lacrosse** published by US Lacrosse.

The following is an abbreviated discussion of the significant US Lacrosse rule changes for the upcoming season. Changes to the rules appear in italics below. Please review the 2011 Rule Book for a complete discussion of all rule changes.

The major changes in the women's game were made to the Rule 7, Misconduct and Suspensions section; the changes are as follows:

- The head coach will be responsible for the behavior of personnel affiliated with her team, including all assistant coaches, and will receive any cards related to lack of bench decorum.
- Anyone receiving two yellow cards in a single game must sit out of the team's next game. (So, "two yellows do not equal a red" because.....)
- Anyone receiving a red card must sit out of the team's next two games. For youth teams using Level FC rules where a check to the head is a mandatory red card, a player will continue to sit out one game if a red card is received.
- Once a team receives its third card of the game the team will play shorthanded for the remainder of the game. They will lose an additional player each time another card is received.

US Lacrosse Rules with NJJGLL Modifications

The League follows the Official Rules for Girls & Women's Lacrosse as established by US Lacrosse and as modified below for the NJJGLL. These rules are written with the safety of all players being of utmost importance. Girl's lacrosse should be fun, challenging and safe. To that end, the umpires shall have the authority to penalize any foul, unsafe play, or unacceptable behavior not covered specifically in these rules. Play should be as continuous as possible, and any foul which does not gain an advantage for the offender or her team should result in a "held" whistle whenever possible.

General Rules for all Age Groups

All NJJGLL coaches must read, sign and submit a NJJGLL Coach's Code of Conduct to their program administrator each year.

The player bench areas must be located on the opposite side of the field from the spectators. Coaches are responsible for ensuring the parents of their players are seated on the opposite side of the field from the players.

An **indirect free position** will be taken by the team with fewer goals if a four or more goal differential exists unless waived by the coach of the trailing team. **Please note – this rule does not apply to Level FC games.**

Coaches must work to ensure a positive experience for all involved with youth lacrosse by encouraging team play.

Coaches must agree to abide by the NJJGLL Coach's Code of Conduct.

Each team must also identify to the opposing coach and umpires their Sideline Administrator.

Travel and Rec teams at all levels are strongly discouraged from running up scores. Goal differentials should never be greater than ten (10) goals. Before hitting a ten (10) goal differential the dominant team should add additional passes before going to goal, have players play with their non-dominant hand, remove high scorers from game, etc.

New for 2011 – if an Official Scorer is not used coaches of both teams are responsible for tracking yellow cards. Coaches should track the uniform numbers of players receiving cards. If a second yellow card is issued to the same player in the same game the coaches will inform the umpire that the player is suspended from play for the remainder of the game and from participation in the team's next game.

For a full discussion of the carding rules please see pages 54 – 57 of the 2011 rule book.

Three (3) Seconds Closely Guarded (does not apply to Level FC games):

No holding the ball for more than three (3) seconds when:

- Closely guarded / marked (defender is within a stick's length of offensive player)
- Defense has BOTH hands on stick
- Defense is in position to **legally** check were checking allowed

The umpire will give an audible and visible 3-second count. The count should follow this sequence: one-one thousand, two-one thousand, immediately followed by a whistle when the third hand chop reaches its full extension thus marking count number three without saying three-one thousand.

If the offensive player moves her stick out of a checkable position (e.g. by switching her stick from one side of her body to the other) the count ceases and will only be restarted if the offensive player's stick is returned to a checkable position or the defender repositions herself to a spot where she could make a legal check if checking were allowed.

Senior Select Only - Level FC Rules: Level FC games will be played with regular US Lacrosse Women's Rules with the following modifications:

- Any check to the head is a mandatory red card. The red carded player must sit out her team's next game.
- Full games will consist of two 25 minute maximum running time halves.
- **3 seconds closely guarded/marked youth lacrosse rule will not be used for Level FC play.**
- **Pre-game meeting required.** Coaches and umpires must meet before all games to go over any ground rules and review Level FC rules. Each team must also identify to the opposing coach and umpires their Sideline Administrator.

US Lacrosse Level A Youth Rules - will be used for Senior (7/8) Travel & Rec Games, Junior (5/6) Select, Travel and Rec games. Please note: in certain circumstances Senior Select games may be played with Level A rules.

1. Eleven (11) field players, one (1) goal keeper
2. Field Size: 100yds between the goal lines X 70 yds. wide with a minimum of ten (10) yards from goal line to the near end line recommended
3. Regular field markings, including restraining line.
4. Regular women's crosse, regulation pocket
5. Modified checking (only when entire stick is below the shoulder)
6. May shoot from direct free position
7. Games are comprised of two 25 minute running time halves with the clock stopping and restarting on whistles in the final two minutes of each half.
8. **Pre-game meeting required.** Coaches and umpires must meet before all games to go over any ground rules and review age level specific NJJGLL rules. Each team must also identify to the opposing coach and umpires their Sideline Administrator.

US Lacrosse Level B Youth Rules with NJJGLL Modifications - may be used for Scooper (3/4) Travel and Rec games.

1. Eleven (11) field players, one (1) goal keeper
2. Field Size: 90yds between the goal lines X 50 yds. wide with a minimum of ten (10) yards from goal line to the near end line recommended
3. Regular field markings, including restraining line.
4. Regular women's crosse, modified pocket
5. No checking.
6. May shoot from direct free position
7. Games are comprised of two 25 minute running time halves with the clock stopping and restarting on whistles in the final two minutes of each half.
8. NJJGLL 2-Pass Rule applies.
9. **Pre-game meeting required.** Coaches and umpires must meet before all games to go over any ground rules and review age level specific NJJGLL rules. Each team must also identify to the opposing coach and umpires their Sideline Administrator.

US Lacrosse Level C Rules with NJJGLL Modifications – may be used for Scooper (3/4) and Tyke (1/2) Travel and Rec games.

1. Seven (7) field players, no goal keepers
2. Field Size: 50yds.between the goal lines X 25 yds. wide with a minimum of 10 yards from goal line to near end line.
3. Modified field markings: Regulation creases, 8 meter arcs and center line to be used as restraining line
4. Youth sticks (mesh allowed) or regular women's crosse, modified pocket
5. May **NOT** shoot from a direct free position unless a modified goal opening (e.g. shot blocker or inverted cage) or goalie is used
6. Play is comprised of four 10 minute quarters. Clock stops and restarts on whistles in the final minute of each quarter.
7. Use center line as restraining line. Each team never has more than five players in either their attacking or defending zone.
8. NJJGLL 2-pass rule applies.
9. On shot attempts that result in a dead ball in the crease the umpire will blow the whistle stopping play. The ball will be awarded to the defender nearest the crease and play will be restarted with a whistle.
10. **Pre-game meeting required.** Coaches and umpires must meet before all games to go over any ground rules and review age level specific NJJGLL rules. Each team must also identify to the opposing coach and umpires their Sideline Administrator.

Please note: The above rules apply to Scooper games played between NJJGLL member programs. Individual NJJGLL member programs operating “in town only” or “house” recreational lacrosse programs for girls in grades 3 and 4 (or below) are free to structure their programs as they deem appropriate. **If an “in town only” or “house” 3/4 team does schedule games against another NJJGLL member program the “in town only” or “house” team will be expected to abide by all NJJGLL rules and play by NJJGLL 3/4 rules as outlined above.**

NJJGLL Passing Rules to Encourage “Team Play” at the Scooper and Tyke age groups.

The 1/2 and 3/4 age groups will follow a “2-pass” rule**. To qualify the pass need not be successfully completed, but a team must maintain possession by winning any resulting ground ball. Passes must be “overhand” or 4 meters in distance to qualify for the 2-pass rule.

** An umpire will attempt to indicate by raised fingers, the number of passes needed before a player can shoot on goal.

NJJGLL Conduct Rules

Good sportsmanship on the part of all players, coaches and fans is always the standard. Each town must ensure that their coaches/players/fans abide by the standards of good behavior outlined by the League. The following Code of Conduct and League administrative rules are expected to be followed by all towns participating in the League:

Rules:

Each team (home and away) will provide a Sideline Administrator (SA) for each game. The SA is responsible for maintaining the following rules on any non-participant. Details on the SA role including instructions on using “Blue Cards” are available on the US Lacrosse website.

All (Players, Coaches, Fans)

1. Be respectful
2. No profanity
3. No threatening behavior
4. No interference (physical or verbal) with play
5. Clean up after yourselves at game sites

Players

1. Good sportsmanship is expected
2. Do not make derogatory comments about other players, coaches, or umpires
3. Do not argue with the umpires
4. Do not throw equipment

Coaches

1. Coach with positive techniques rather than negative ones
2. Remember this is youth lacrosse – not the NCAA finals - put things in perspective and relax
3. Understand that many times youth lacrosse is where inexperienced refs and cadets gain experience – do not expect perfection – do not verbally attack the umpires
4. Do not make derogatory comments about players, coaches, or umpires
5. All coaches should know the rules of women’s / youth lacrosse

Fans

1. No berating umpires, players or coaches
2. Do not approach the coaches during the game
3. Do not approach umpires after the game
4. Try not to coach your kids from the sidelines – what you are telling them might be contrary to the coaches instructions

Enforcement

1. All coaches, players and parents must read and agree to the Conduct Rules
2. Coaches will be responsible for their players and fans
3. Umpires will file complaints regarding players, coaches, and parents with the league. Multiple infractions will be disciplined.
4. Players ejected from games will sit out next game.
5. Coaches (both teams) and umpires are required to meet just prior to games to go over league rules and any grounds rules that may apply

NJJGLL Coaches Code of Conduct

I acknowledge that I am familiar with both the rules of girl's/women's lacrosse and the rules of the NJJGLL. I will honor both the spirit and letter of rules and insist that my players, their parents and our fans do the same.

I understand that at all times I must lead by example and that I must be a positive role model for my players and their parents. I know that the way my team conducts itself can also have an influence, for better or worse, on those we compete against. Each year and throughout the course of the season I will explain my expectations regarding acceptable behavior, sportsmanship and conduct to my players and their parents.

I understand that the true measure of success for a youth lacrosse coach is player enjoyment and improvement. I will concentrate on my players' enjoyment of the game and their overall, long-term development as athletes and young women.

I pledge to use Positive Coaching Alliance Double Goal Coaching techniques, including:

- 1) Modeling and teaching my players to Honor the Game through ROOTS (Respect for Rules, Opponents, Officials, Teammates and Self)
- 2) I will help my players to redefine what it means to be a "winner" in terms of mastery, not just the scoreboard. I will reward effort and team play, not just good outcomes.
- 3) I will fill my players Emotional Tanks using the 5:1 magic ratio of positive reinforcements to each criticism/correction.

I acknowledge that making mistakes and losing are part of life. I pledge that I will be tolerant of the mistakes of players, coaches, umpires and others. I recognize that mistakes lead to coachable moments. I understand that my success is not measured by winning but through teaching life lessons and providing a safe, positive learning environment for all of my players regardless of their skill level.

I will do my best to treat all my players fairly. I acknowledge that lacrosse is a team sport and I will encourage my girls play as a team. I pledge that I will commit to promoting an atmosphere of healthy competition to ensure fun for all participants. I will not run up scores against weaker opponents or novice teams. I understand that the NJJGLL is concerned about a limited number of players dominating game play. I will use my dominant players creatively by encouraging them to work on all aspects of their game and to do what they need to do to make their teammates look good.

I understand that girl's youth lacrosse has changed and evolved rapidly in recent years due to both rule and equipment changes. I am committed to teaching my players the basic stick skills and advanced team concepts they will need to play lacrosse safely and to succeed in the modern game. I pledge to continue to grow and learn as a coach by embracing modern coaching techniques and will do my best to prepare my players for success at the next level.

I will show respect for all involved in the game of lacrosse and I will demand that everyone associated with my team do the same. Before, during and after games I will be responsible for the conduct of my players, their parents and our fans. Prior to each game I will introduce myself to the opposing coaches and umpires to go over League rules and any ground rules that may apply. I will report any misconduct by coaches, players, parents or umpires to the League's Sportsmanship Committee so that it can be dealt with in the appropriate manner.

I understand that youth lacrosse is where inexperienced umpires gain valuable experience. I will never expect perfection. I will never verbally attack the umpires nor will I ever make critical or derogatory comments about them. After each game I will thank the umpires and ask my players and their parents to do the same.

I fully support and agree to abide by the NJJGLL Coaches Code of Conduct.

Name: _____

Signature: _____

Date: _____