

OKLAHOMA STATUE REGARDING HARM TO OFFICIALS

Oklahoma Stat. Ann. Tit. 21 Section 650.1 provides: Every person who, without justifiable or excusable cause and with intent to do bodily harm, commits any assault, battery, assault and battery upon the person of a referee, umpire, timekeeper, coach, official or any person having authority in connection with any amateur or professional athletic contest is guilty of a misdemeanor and is punishable by imprisonment in the county jail not exceeding one year or by a fine not exceeding One Thousand Dollars (\$1,000) or both such fine and imprisonment.

For more information, please visit our website www.inyouthlacrosse.com



The battle was fierce, casualties suffered on both sides. It seemed to the gallant to rage on and on, never ending; but it did. The dust settled and the weary little soldier lamely exits the field of honor, feeling dishonor and bolding holding back a tear. His family stands quietly, patiently awaiting his arrival. The little soldier, tired and dirty, approaches head hanging low with shame and dishonor stricken across his face. Dad steps forward, confrontation inevitable. He bends down and hugs The Little Soldier and says,

I'm proud of you, Son!

Parents and coaches, please show support to yours and others little soldiers both on and off the field. Be tolerant of their mistakes, use wisdom in answer to their aggravations and help them over the hurdles. Love them.

Tom Lott, Honorary Chairman

In memory, Tommy Wayne Lott (1949-2015)

You will be forever missed.

“Although it will be an intense affair, we will all have fun and, in the end, the sport of lacrosse will be victorious.” – Gavin Prout

2023
INDIAN NATIONS LACROSSE CONFERENCE

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2023

Indian Nations Lacrosse Conference

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INDIAN NATIONS LACROSSE CONFERENCE BY-LAWS

SECTION I – PURPOSE AND ORGANIZATION

The name of this organization shall be Indian Nations Lacrosse Conference (INLC), a subsidiary of Indian Nations Youth Sports (INYS). The purpose of this Conference shall be to govern, coordinate and enforce the INLC by-laws for all organizational events among the participating organizations.

SECTION II – MEMBERSHIP

ARTICLE 1 - Membership in this Conference shall consist of the following organizations:

Bixby Spartan Youth Lacrosse

Cascia Hall Youth Lacrosse

Dutch Youth Lacrosse

Metro Christian Youth Lacrosse

Tulsa Alliance Youth Lacrosse

Broken Arrow Youth Lacrosse

Central Oklahoma Youth Lacrosse

Jenks Youth Lacrosse

Owasso F.O.R. Youth Lacrosse

Union Youth Lacrosse

Arbitration

It is agreed that any matter in dispute between you and the Indian Nations Conference and its subsidiaries shall be subject to arbitration as an alternative to court action pursuant to the rules of the American Arbitration Association, a copy of which is available on request from the company. Any decision reached by Arbitration shall be binding upon both you and the INLC. The Arbitration award may include attorney's fees if allowed by state law and may be entered as a judgment in any court of proper jurisdiction.

ARTICLE 2 – ATTORNEY FEES

If *Indian Nations Youth Sports* prevail in any litigation or arbitration brought arising from any dispute, then INYS shall be entitled to recover all costs, expenses and attorney's fees associated therewith.

ARTICLE 3 – MEMBER DUES

Annual dues of all members shall be determined annually by a majority vote of the membership. The annual dues shall be \$150.00 per team plus \$200.00 annual club fee. Each member prior to the start of the season shall pay annual club fees. All annual member dues are due to the league no later than March 22, 2023. All team fees are due to the Conference no later than April 19, 2023. A \$10.00 per day late fee will be assessed on any member not current.

ARTICLE 4 – NEW MEMBER TERRITORY

No new member shall be admitted into the INLC whose proposed recruiting territory includes or overlaps any portion of the recruiting territory of an existing INLC Member Club. An existing INLC member club may reassign a portion of their recruiting territory to a prospective INLC member by submitting their approval of the recruiting territory realignment, in writing, to INLC Commission for Membership approval.

All recruiting territory disputes/clarification issues between existing INLC members will be resolved by the INLC Commission. Each club shall submit an INLC Boundary Request Form prior to the season starting as set by the Commissioner.

ARTICLE 5 – MEMBER REQUIREMENTS

As a member of Indian Nations Lacrosse Conference, all current and prospective member organizations must detail and submit the following documents, in writing, annually to the Conference for review:

- The structure of their organization, including club by-laws and/or corporate governance.
- The officers of their organization with personal contact for each Board Member.
- The area(s) they wish protection of players via the INLC Organizational Territory Form and/or drawn on a map.
- A Sportabase Club Contact Form.
- An INLC Organization Information Form prior to the season starting as set by the Commissioner.

An organization wishing admittance must require its individual members to adhere to INLC by-laws & rules and must have a minimum of three teams in different grade levels. A commission representative will inspect the organizations playing field for approval.

SUBSECTION 1 – NEW MEMBER APPROVAL

To become a member of the Indian Nations Lacrosse Conference, the organization requesting to be admitted must receive a two-thirds (2/3) vote of approval by current member organizations.

SUBSECTION 2 – NEW MEMBER PROBATION

An organization, after having been newly admitted to the INLC, shall be required to sign an INLC Member Contract and will automatically be placed on two (2) years' probation. Probation begins the date the INLC Member Contract is signed by both parties. Each new President vote into an organization shall be required to review and sign the existing Contract.

SUBSECTION 3 – MEMBER EXPULSION

Expulsion of a member organization during the probation period shall require only a majority vote of the remaining organizations. The expulsion of an organization not currently on probation shall require a two-thirds (2/3) vote of the remaining members.

SUBSECTION 4 – MEMBER PARTICIPATION

INLC Member Organizations shall not have lacrosse teams or players participate in **ANY** other conference or league.

SUBSECTION 5 – LEAGUE REGISTRATIONS

All participants – players and coaches – of the INLC must register individually through the league management system, Sportabase, before being drafted and/or allowed to participate in practices and/or games. Those found to be in violation are considered illegal participants and will immediately be removed and penalties and/or sanctions will be assessed to the organization and/or team.

Member clubs are required to leave registration open until **February 12, 2023**. Each club must inform the Conference as to the number of teams which will be fielded per grade no later than **February 8, 2023 at**

5:00 p.m. by submitting their completed INLC Team Declaration Form.

Clubs who fail to meet the deadline for submittal of Team Declarations as set forth by the INLC Commissioner shall be fined an initial fee of **\$300.00** unless an extension is granted and approved by the Commissioner.

SUBSECTION 6 – TEAM ROSTERS

A team roster, for every team, must be submitted to the Conference by all membership organizations, complete with each coach on the team and their active US Lacrosse Membership number and complete with each player's jersey number – numerically ordered, player's name, date of birth and active US Lacrosse Membership numbers.

Rosters submitted without this information will be considered incomplete and subject to penalties against the team and/or club.

All rosters are to be submitted to the Conference no later than **March 22, 2023 at 5:00 p.m.** Clubs and/or teams that fail to meet the deadline for submittal of complete rosters for each declared team shall be fined an initial fee of **\$100.00** and **\$10.00** each day thereafter until the complete roster has been submitted.

SUBSECTION 7 – DEFINITION OF GOOD STANDING

INYS/INLC defines good standing as the following: A person or organization in good standing is regarded

as having complied with all their explicit obligations, while not being subject to any form of sanction, suspension or disciplinary censure and all balances are paid in full in a timely manner.

By extension, the status of a person or organization who is known to be of good character and to be trustworthy.

SECTION III – INLC OFFICERS

ARTICLE 1 – INLC OFFICERS

The officers of the Indian Nations Lacrosse Conference shall be referred to as the “Commission” and shall be comprised of the following:

Indian Nations Lacrosse Commissioner

Indian Nations Lacrosse Vice-Commissioner

Indian Nations Lacrosse Secretary

Indian Nations Lacrosse Boys Director (K-4th)

Indian Nations Lacrosse Boys Director (5th-8th)

The INLC Commissioner shall be a hired position by the INLC Membership. All other Officers will be elected by a majority vote during the spring membership meeting and will serve one (1) year. No more than two (2) officer positions can be filled by any member organization.

Officers will be empowered to enforce all rules of the Indian Nations Lacrosse Conference.

ARTICLE 2 – COMMISSION OFFICERS

Indian Nations Lacrosse Commissioner: The INLC Commissioner shall preside at all meetings, appoint subcommittees and administer and enforce all rules and activities of the INLC. The Commissioner will be empowered with all the rights to make immediate rulings on questions of rule violations or questions raised from incidents not covered by INLC rules and regulations. Their ruling will stand until which time the Officers making up the Commission can meet, during which the Commission can then overturn the Commissioner or reinforce the Commissioner's decision by a majority vote of the Commission.

Indian Nations Lacrosse Vice Commissioner: The Vice Commissioner is an elected position that will serve as a voting member of the INLC Commission and be empowered to enforce and uphold the rules of the conference. The Vice Commissioner shall perform the duties of the Commissioner during his/her absence.

Secretary: This is an elected position and will be empowered to enforce all rules of the INLC. The Secretary will record accurate minutes of all INLC meetings and will maintain up to date accounting of all INLC financial matters and attest to all contracts, mortgages, deeds and similar instruments of the INLC. He/She shall be responsible for filing of all taxes and/or accounting forms as may be required by this corporation or any government agency. Checks written in excess of \$200.00 will require the signatures of two (2) Officers.

Grade Directors (Boys and Girls): For Kindergarten through 8th grade there shall be an elected commission officer appointed to the respective grades – Boys (K-4th & 5th-8th); Girls (K-8th). Each Grade Director will be empowered to enforce all rules of the INLC. Grade Directors will not be allowed to coach within the grade level in which they represent (unless deemed necessary by the Commissioner). He/She will monitor, represent and coordinate that grade's lacrosse activities.

SECTION IV – INLC COMMITTEES

GAME DAY COMMITTEE: Clubs may wish to form a Game Day Committee and designate a facilities coordinator to help coordinate efforts in making sure the hosting club's facility is ready and safe for play on game day. For the purpose of information, the role of this committee will be applicable to Neinhuis Sports Complex in Broken Arrow, OK.

- a. Coordinate with core team members to make sure Neinhuis fields are properly marked and goals are in game condition.
- b. Requisition supplies such as netting for goal repair, paint for fields, etc.
- c. Submit home game schedule to Broken Arrow Fire/EMT or local emergency personnel, so that in case of injury, they are on standby.
- d. Set up scoring tables, cones, goals, scoreboards, etc. for game day

PLAYER WAIVER AND RELEASE COMMITTEE:

- a. Responsible for defining member organization recruiting areas.
- b. Coordinate with the Commission to ensure all player waivers are requested in a timely manner, submitted to the proper parties and are approved/denied before draft.
- c. Commission to investigate any anomalies with player waivers/transfers that may arise.
- d. This committee will deliver the Commissioner the committee's recommendations for review and assignment.
- e. Inform Club Directors of the decision in writing.

DISPUTE RESOLUTION AND APPEALS COMMITTEE:

- a. Coordinate with the Commission to ensure that any conflicts that may arise are resolved peacefully and in a timely manner.
- b. Ensure that resolutions sought for any dispute that is escalated to the League level and brought to the Commission, warrants an investigation.
- c. Schedule any appeals that may arise from previous dispute resolutions and/or discipline involving players/coaches/parents.

POSTSEASON SELECTION AND RULES COMMITTEE:

- a. Coordinate with changes or recommendations are explored and put into place before the season starts.
- b. Ensure that all rules are up to date with current NFHS standards and are applicable to age-appropriate players.
- c. Review rulebook before distribution to clubs to ensure it is up to date and correct.
- d. Present a postseason format for membership to review and vote upon each season.
- e. Ensure that postseason format is fair and understandable.
- f. Assist in postseason planning – scheduling, facility management, sponsorships, etc.

SECTION V – INLC MEETINGS

ARTICLE 1 – CONFERENCE MEETINGS

Meetings shall be held at the request of the Commissioner or at the request of any four-member organizations within fourteen (14) days such request. These meetings shall be limited to the individual member organization's representative, coaches and/or member organization officers; however, each organization will be limited to three (3) active participants during any meeting. The Commissioner can grant exceptions. Persons other than those listed above wishing to attend a Conference meeting and/or address the membership must first have approval of a Commission officer.

ARTICLE 2 – MEETING NOTICES

Each organization must be notified at least seventy-

two (72) hours in advance of any meeting and be given the purpose of the meeting. Conference business may not be conducted unless this condition is satisfied.

ARTICLE 3 – MEETING QUORUM

Members present and attending a Conference meeting that has been publicized to the INLC Membership will constitute a quorum.

ARTICLE 4 – CONFERENCE VOTES

Each organization shall have one vote PER GRADE level registered with INLC on any issue requiring a membership vote. Members having teams in that grade and gender category are only to vote on issues relative to that grade or team gender. The number of votes per grade will be determined by the “Declaration of Teams” from the previous annual year and will be valid for one (1) year.

New Members will be limited to two (2) votes until the declaration of teams. Member organizations without team representation in a grade or gender will not have voting rights on issues that apply to that grade or gender.

ARTICLE 5 – PROXY VOTES

Proxy votes will not be accepted at meetings. Members must be present to vote on Conference matters as referenced in Section 5, Article 3.

INLC General Rules

SECTION VI (a) – COACHES RESPONSIBILITIES

ARTICLE 1 – COACHES CERTIFICATIONS

All coaches, must register into their club through the league management system – Sportabase.com – to ensure accurate contact information is complete and waivers are signed. All coaches must be registered on the Sportabase registration system before being allowed to participate in practices and/or games.

Each head coach and all members of each coaching staff will hold a current and active US Lacrosse Membership and will show proof upon request from a Commission officer. The President of each association must submit to the INLC office a list of all coaches involved in their program with their active US Lacrosse Membership number, expiration date and contact information prior to the first regular season game. This will allow a current up-to-date list of all certified coaches to be maintained and on file in the INLC office should any problems or questions arise.

All coaches on the sideline must wear a copy of their US Lacrosse Membership and/or Level 1 Coaching certification or provide reasonable proof of certification and their INLC gate pass on a lanyard around their neck.

No less than one (1) member of each coaching staff must possess a current and valid US Lacrosse Level 1 Coaching certification.

ARTICLE 2 – COACHES BACKGROUND VERIFICATION

All coaches must undergo a background verification through the club for which they are coaching. Each individual club is responsible for establishing their criteria.

SECTION VI (b) – COACHES

ARTICLE 1 – SIDELINE PERSONNEL

The head coach is solely responsible for their sideline. If a sideline coach is not wearing the certification, the coach in question will be immediately removed from the sideline and prohibited from coaching.

The number of non-player personnel on each team's sideline shall not exceed four (4). This four (4) includes all coaches, managers, play counters or water aids. Any coaching of players must be by a certified coach. The head coach will be held accountable for their sideline personnel and for any violation of this rule.

The head coach is also solely responsible for their fans and any actions therein. The head coach and the official will go through the following process for the sideline personnel (coaches/players) and fans:

1. First Incident: Verbal warning to coach from official.
 - a. Head coach to address bench and/or fans. If a(n) assistant coach and/or fan is not responsive to the request, the head coach should speak with the field director and the

party removed or addressed. If a spectator is ejected, an attempt to get their name should be made.

2. Second Incident: A conduct foul will be given to the Head Coach by the official for the coach's/players/spectator's behavior. Upon receiving a first conduct foul, the designated in-home will serve the penalty of no less than 1-minute, full-time (locked).
 - a. Coach shall address the coach(es) and/or fan(s) or have the site coordinator remove the fan(s). In the event an ejected spectator refuses to give their name to the coordinator or falsifies this information, the head coach will serve a minimum two (2) game suspension.
3. Third Incident: A second conduct foul will be given to the Head Coach, resulting in the Head Coach's ejection from the contest.
 - a. The designated in-home will serve a penalty of no less than 2-minutes, full-time (locked).
 - b. If the second conduct foul is the result of an assistant coach's behavior, both the offending coach and the head coach will be ejected. However, only the offending coach will serve the subsequent suspension for the ejection.

- c. As a result, if there is no coach left on the sideline of the offending team, the game will be called and scored as is.
4. Fourth Incident: The game will be called and the offending team will forfeit the contest regardless of the score.
 5. Head Coaches must be a minimum of 18 years of age.
 6. Assistant coaches must be a minimum of 15 years of age.

ARTICLE 2 – COACHES RESPONSIBILITIES

A coach and/or team representative must attend a mandatory INLC Coaches Meeting as scheduled prior to the start of each season by the Commissioner. Failure to comply will result in a \$200.00 team fine. All games will be forfeited until such fine is paid to the INLC. Persons caught in an attempt to falsify attendance for another coach will be suspended for the season.

All members must furnish a copy of INLC by-laws and rules to all head coaches and club officials of their organization each season.

SECTION VII – EQUIPMENT

ARTICLE 1 – THE CROSSE

The crosse (lacrosse stick) is made of wood, laminated wood, metal or synthetic material with a shaped pocket at the end. The crosse must be an overall length of:

SUBSECTION 1 – LENGTH OF THE CROSSE –

- SHORT STICKS**
a. 37-42 inches [K/1 & 2nd/3rd grade]
b. 40-42 inches [4th grade & above]

**SUBSECTION 2 – LENGTH OF THE CROSSE –
LONG STICKS**

- a. 52-72 inches [5th grade & above]

**SUBSECTION 3 – LENGTH OF THE CROSSE –
GOALIE**

- 40-72 inches [4th grade & above]

**SUBSECTION 4 – HEAD DIMENSIONS – FIELD
PLAYERS (ATTACK, MIDFIELD, DEFENSE)**

All measurements must be taken on the front face of the crosse. It shall be a minimum of 6 inches between the insides of the sidewalls widest point and a minimum of 10 inches from the outside edge of the crosse head to the beginning of the throat.

Lacrosse heads must be a minimum of 3 inches wide at the throat.

NOTE: Both old NFHS and current NFHS/NCAA stick specifications are legal for youth lacrosse.

**SUBSECTION 5 – GOALKEEPER CROSSE HEAD
DIMENSIONS**

All measurements must be taken on the front face of the crosse. There shall be one goalkeeper's crosse

10-12 inches, inside width at its widest point. The goalkeeper's crosse shall have a maximum length of 16.5 inches measured from the outside edge of the lacrosse head to the beginning of the throat. This crosse shall be used only by the required designated goalkeeper.

SUBSECTION 6 – SHOOTING STRINGS

Any laces or strings must be within 4 inches of the top of the crosse head (this does not apply to goalkeepers).

Any strings or leathers hanging off the crosse must measure 2 inches or less.

SUBSECTION 7 – CIRCUMFERENCE OF THE CROSSE HANDLE

The circumference of any crosse handle shall not exceed more than 3.5 inches.

SUBSECTION 8 – POCKET CONSTRUCTION AND POCKET DEPTH

The pocket of the crosse must be completely attached to the head and the side walls, leaving no gaps large enough for a ball to pass through it or become wedged. The pocket shall be deemed to have sagged too deeply if the top surface of a lacrosse ball, when the ball is placed in the crosse, is below the bottom edge of the sidewall (this does not apply to goalkeepers).

ARTICLE 2 – THE BALL

The ball must be made of solid rubber and be white, yellow or orange. The ball is 7.75-8 inches in circumference and weighs 5-5.25 ounces. All lacrosse balls must meet NOCSAE (National Operating Committee on Standards for Athletic Equipment) standards and include the words “Meets NOCSAE Standard”.

ARTICLE 3 – THE HELMET

A protective helmet, equipped with face mask, chin pad and a cupped four-point chin strap fastened to all four hookups, must be worn by all players. All helmets and facemasks must be NOCSAE approved.

The goalkeeper must wear a helmet with facemask with a separate throat protector.

A lacrosse helmet must meet NOCSAE ND041 at the time of manufacture and have a permanent replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet. The helmet must be free of defects such as cracks and missing components.

ARTICLE 4 – THE MOUTHPIECE

The mouthpiece must be a highly visible in color – cannot be white or clear – and is mandatory. **Clear orthodontic retainers are not legal.**

ARTICLE 5 – GLOVES

All players are required to wear protective gloves designed for lacrosse. The cutting or altering of gloves is prohibited.

Goalies are required to protective gloves designed for lacrosse that include thumb protection.

ARTICLE 6 – OTHER PROTECTIVE EQUIPMENT

All players must wear shoulder pads. The goalkeeper is required to wear a chest protector.

All players must wear shoulder pads or chest protectors (Goalies) that meet NOCSAE ND200 lacrosse standard at the time of manufacture. This mark will be stamped or sewn into the pads.

All field players must wear arm pads; Goalie arm pads are optional.

All players will wear an athletic protective cup.

The goalkeeper may wear padding on arms, legs and shoulder which do not excessively increase the size of those body parts.

The goalkeeper must wear some form of padding on the thighs, as well as abdominal/pelvic protection.

ARTICLE 7 – UNIFORM

No two team members with the same jersey number can participate in the game at the same time.

Violations will result in the involved players being declared illegal participants and may result in a forfeit by the offending team. Coaches involved in an

intentional act of deception will face suspension by the Commission.

An exception to this rule can be made in the event of damage to a numbered jersey that renders the jersey unsafe for play provided that the game officials and opposing head coach are notified prior to the start of the game.

Home teams will wear white and away teams will wear dark.

ARTICLE 8 – FOOTWEAR

Players must wear cleats or athletic turf shoes. Cleats must be rubber. Steel, aluminum or nylon with metal caps are illegal.

ARTICLE 9 – PLAYING FIELDS

Playing fields must be maintained in a safe condition. The INLC has the right to inspect playing fields and require that they be maintained to a safe condition. Failure to comply will result in moving the games to another location until such time the field is in compliance.

K/1ST: Will play on a 105'x160' field which runs laterally to a traditional field. The K/1 division will utilize lacrosse goal target shooters, aka Hectors over each 6' regulation goal(s).

2ND/3RD: Will play on a 240'x120' field which runs between the wing lines of a traditional field. The 2/3 division will utilize lacrosse goal target shooters, aka Hectors over 6' regulation goal(s).

4th-8th: Will play on a 330'x160' field. A traditional regulation field of 180' may also be used. The 4th-8th grade divisions will utilize two (2) 6' regulation goals with player goalies.

NOTE: No player may enter the field of play improperly equipped. Any player found to be participating while improperly equipped will be assessed a penalty and may not return to play until such time they are properly equipped.

SECTION VIII – RULE VIOLATIONS

ARTICLE 1 – PENALTIES

Violations of league rules will be acted upon and penalties assessed by the Commissioner and reviewed by the Commission, which at the time can, by majority vote, overrule or reinforce the Commissioner and his/her actions. The penalty or penalties assessed against an organization, coach, parent or player can one or more of the following:

- Fine
- Forfeiture of game(s)
- Suspension of coaches or individuals within the organization
- Probation
- Any action deemed appropriate by majority vote of the Commission, including permanent removal from the INLC.

ARTICLE 2 – FINES

Fines assessed to players, parents, coaches, teams and/or organizations resulting from activities at INLC events shall be payable to Indian Nations Lacrosse Conference. Distributions, if any, of such payments deemed payable shall be paid from the INLC to obligated organization(s).

ARTICLE 3 – SPORTSMANSHIP

Unsportsmanlike conduct by coaches, players and/or spectators degrades the experience of youth players while eroding the integrity and appeal of the sport. Therefore, unsportsmanlike conduct will not be tolerated.

Players, coaches, officials and spectators, should always exhibit the highest level of sportsmanship. Indian Nations expects officials to enforce unsportsmanlike conduct rules without hesitation and further expects coaches to promote good sportsmanship among players and those associated with the team, including spectators. Indian Nations supports officials in their efforts to maintain an environment of civility and sportsmanship. Assaults, verbal abuse, profanity, display of poor sportsmanship by a coach, parent, participant, club official or guest at and INLC function will not be tolerated.

Alcoholic beverages or illegal drugs or the consumption of alcoholic beverages or drugs will not be allowed by anyone at an INLC function. Penalties will be dealt accordingly.

ARTICLE 4 – EJECTIONS

Any coach or player or spectator ejected from an INLC game or scrimmage will be automatically suspended for the next INLC scheduled game. Suspended coaches and players will be allowed to attend team practice(s). Suspended players are required to attend the suspension game with their team but are not to dress out. Suspended coaches will not be allowed to attend the suspension game, even as a spectator in the stands. Spectators will not be allowed to attend the suspension game.

Any coach or player ejected from two (2) INLC games or events will then be submitted for a conduct review by the officers of the INLC for any further penalties or possible suspensions which may occur.

The INLC Commission and/or Commissioner may, at their discretion, review the circumstances surrounding a coach or player's ejection and adjust INLC penalties as they deem warranted.

ARTICLE 5 – INCIDENT REPORTS

A club **MUST** submit an incident report immediately to the Commission office involving team violations of the participation rule or any other violations of the INLC by-laws or be subject to a club fine issued by the INLC.

SECTION IX – PROTESTS

ARTICLE 1 – GAMES

To protest an action or game by a coach to the Commissioner, the coach or person(s) involved in the incident must do the following within forty-eight (48)

hours of the incident or no later than 12:00 p.m. the Monday immediately following a scheduled game:

- Submit a written statement on the incident in protest to their home club's INLC representative.
- Attach a check in the amount of \$100.00 and any evidence pertaining to the incident.

Once the Commission has received and reviewed the written incident statement from the protesting member organization, they will then determine the appropriate ruling action. The protest fee will be refunded to the team or individual protesting **ONLY** if the Commission rules in favor of the protest. At the point the commission rules in favor of the protest, the team and/or individual then in violation of the protest will be assessed the full value of the current protest fee in addition to any subsequent action taken by the commission. Despite any additional action taken by the commission, the individual and/or team will not be allowed to take the field until such time as the fine has been paid in full.

ARTICLE 2 – PROTESTING THE COMMISSION

To protest the action of the Commission, the organization must do the following within 72 hours of notification of such ruling:

- Submit a written statement with all relevant information pertaining to the incident's action and protest.

- Attach a protest fee, in the form of a check in the amount of \$400.00 and submit to the Commissioner.

The Commissioner will call for a protest committee meeting, comprising of one member of each membership organization to meet within fourteen (14) days. Only those parties with testimony relevant to the protest shall attend and testify. A minimum of four (4) member clubs must be in attendance to declare a quorum.

The ruling will be by majority of those attending with the organization protesting abstaining. The protest fee will be forfeited in the event the committee rules in favor of the Commission. The penalty assessed by the Commission may, after being reviewed by the membership, be amended after a ruling has been determined.

SECTION XI – TEAM FORMATION

ARTICLE 1 – TEAM DECLARATIONS

At the beginning of each season, member programs must declare the total number of teams they will field per grade level. Teams may be formed in grade levels K/1st, 2nd/3rd, 4th, 5th, 6th, 7th and 8th. Once the league determines the total number of teams at each grade level, divisions will be set.

Each organization is required to leave their registrations open until the scheduled INLC Drafts on **February 12, 2023.**

Each organization must inform the league how many teams they will be declaring in each grade.

Team Declarations are due to the league office no later than **Wednesday, February 8, 2023 by 5:00 p.m.**, unless there is prior approval for an extension from the Commissioner.

A new player will not be permitted to join an association within the INLC or participate with a team after the first regular season game.

If a player moves in from an area outside the INLC after the first game, the Commissioner may grant an exception. The request must be made no later than the third regular season game.

ARTICLE 2 – ROSTER SIZES

Teams competing within the INLC may not exceed any maximum roster size for their age/grade groupings. The maximum roster size is as follows:
K/1ST: Maximum roster size shall not exceed 12 rostered players.

2nd/3rd: Maximum roster size shall not exceed 32 rostered players.

4th-8th: Maximum roster size shall not exceed 35 rostered players.

At which point the total number of teams within a single grade reaches ten (10) or more, a second division in that grade will be established.

ARTICLE 3 – TEAM DRAFTS

Teams exceeding the maximum roster size are required to form additional team(s) by utilizing a drafting method approved by the Commission. Any time an organization has only one (1) team in a grade and that team splits into two (2) or more teams, ALL players will be placed in the draft pool, except up to four (4) protected players. If an organization has two or more teams in a grade and splits to three or more, existing teams may retain any or all the original players.

A Commission member or a representative must be present during all drafts. No Commission member will supervise a draft involving that Commission member's home club.

A coach will not be allowed to transfer to another team unless his child is drafted to another team or the Board of Directors of that association, of which he is affiliated, allows the transfer through a vote. This transfer must be sent, in writing, to the INLC Commissioner for final approval.

The Commission will establish the rules for drafting and will be empowered to make changes as necessary in order to maintain equality among teams. Members will be allowed to set forth more stringent drafting rules for their organization but must be approved by the Commissioner and may be rescinded.

A player who departs an organization but returns the following year will be in the draft and cannot be protected.

A drafted player who quits a team after being drafted, the team will still retain the player rights the next season unless a request is made to be put in the draft.

Any attempt to recruit players from another INLC team or persuade players to leave a team and enter the draft is not allowed. A coach or association member will not be allowed to recruit a player that attends school within another organizations recruiting territory.

In order to draft teams, member organizations must be in good standing with the INLC. Clubs will not be allowed to draft teams until such time as all current bills and obligation have been paid and met.

ARTICLE 4 – PLAYER PROTECTIONS

Upon origination (1st year), a team may recruit and protect four (4) players from the draft. Each year thereafter, the team will be allowed to recruit and protect two (2) new players.

Legal protected players are defined as:

- A. Participants new to the INLC.
- B. Players who have not participated within the INLC for the previous two (2) years.
- C. Participants who have played up from their school grade for a minimum of two (2) years and are now falling back.
- D. A player who sits out one (1) year due to illness or decision not to play, will be allowed to return to

that team only if the coach of that team uses one of his protects.

ARTICLE 5 – DRAFT PROCEDURES

Team will be drafted using a Ribbon Draft system whereas teams will pick in even and odd rounds. Round one will be considered an odd round whereas the team receiving the first number will receive the first pick and progress until the team with the last number will receive the last pick in that round.

Round two will be considered an even round whereas the team receiving the last the number will receive the first pick and progress until the team with the first number receives the last pick in that round. Rounds will continue, odd rounds being first, even rounds being second then alternating until all players in the respective club and grade are picked.

The Commission may order a redrafting of team within an organization if it determined by the Commission that an organization or coach intentionally performed an illegal procedure or performed an unethical act for the purpose of stacking a team or preventing multiple teams. If it is concluded that a redraft is necessary, the Commission will determine the manner. Action by the Commission will also be taken against the coach and/or their association.

Clubs that only have two teams per grade level – if a strong player who is on a weak team requests to re-enter the draft for the purpose of allowing the stronger team the ability to draft the player, that player must

have prior approval from the Commissioner. Failure to comply will result in the Commission redrafting both teams.

ARTICLE 6 – PLAYER TRADES

Before leaving the draft table, coaches will be allowed to trade players but only those players that were selected during the draft. Existing players are tradable only if approved by the INLC Representative and the drafting clubs representing Officer.

Newly protected players are not tradable. Any and all player trades made after the selection of players must be approved by the INLC Representative prior to the finalization of the draft and team rosters.

ARTICLE 7 – NO FLOAT RULE

Players may not play on more than one team during the INLC spring season. Players will not be permitted to “float” or “swing” from one team to another or across grade divisions.

Infractions of the “no float” rule will result in a forfeiture of games or suspension of player(s) and/or coaches at the Commission’s discretion.

SECTION XII – TRANSFERS, RELEASES, WAIVERS

ARTICLE 1 – BOUNDARIES

A player must attend school within the organization’s recruiting territory (boundary) as outlined by the Commission. Unless granted a Release by the INLC. An organization retains the rights to a player in whose recruiting territory the player attends school. A player

must provide any information reasonably requested by the INLC.

ARTICLE 2 – PLAYER TRANSFERS

A player requesting to be transferred from one INLC organization to another must first obtain a release, in writing (using the appropriate INLC form), from the organization in which the player is requesting the release. The signed form must then be sent to the organization in which the player is attempting to be released to. Finally, if both the accepting and releasing clubs have approved the release, the signed form must then be sent to the INLC office to be reviewed by the INLC Commission and/or Release Committee.

The Committee **MAY** then hold a meeting with the parents of the child in question, where a decision will be made to either grant or deny the release. The Commissioner will have the deciding vote on any release issues.

All Release Forms must be completed and turned in no later than February 1, 2023.

Players granted transfers must be placed in the draft and may not be a protected player in the draft. Players granted transfers after the draft will be assigned by the Commissioner.

Transfers and releases will not be given in territories which offer lacrosse in that grade level.

Authorized transfers and releases are recognized for one (1) season only and must be renewed annually. Players who do not reapply annually and are thusly denied a transfer will be deemed ineligible to play for the member club previously participated with.

The Commission will have the deciding vote on **ALL** release issues.

ARTICLE 3 – RESTRICTIONS

An organization having signed and accepted a player transfer, shall retain player rights of the player. The player cannot be recruited by acts of persuasion by another member organization and/or its members.

Organizations that are considered a shared territory shall retain player rights to a player that resides in the shared territory in which the player participates his/her first season. Any exceptions must be sought through the release process.

SECTION XIII – PRACTICES

Dates and times of practices shall be determined annually by a majority vote. For the 2022 season, organized team practices or conditioning will not begin until **Monday, February 13, 2023**.

Practices will be limited to no more than one and one half (1.5) hours maximum from the scheduled start time per practice.

K-4th: Practices are limited to twice a week and once on Saturday if there are no scheduled games.

5th-8th: Practices are limited to three times a week and once on Saturday if there are no scheduled games.

Practice starts at the time parents were told, not the actual start time. Practice, including team meetings must end within the 1.5 hours allotted. Team meetings and/or the team viewing of film is considered a practice.

SECTION XIV – PLAYING PERSONNEL

ARTICLE 1 – AGE/GRADE GUIDELINES

The following guidelines shall be as set forth below:

- To participate in the 8th grade, a player must be in the eighth grade and cannot be 15 years old prior to September 1st.
- To participate in the 7th grade, a player must be in the seventh grade and cannot be 14 years old prior to September 1st.
- To participate in the 6th grade a player must be in the sixth grade and cannot be 13 years old prior to September 1st.
- To participate in the 5th grade, a player must be in the fifth grade and cannot be 12 years old prior to September 1st.
- To participate in the 4th grade, a player must be in the fourth grade and cannot be 11 years old prior to September 1st.
- To participate in the 2nd/3rd grade, a player must be in the second or third grade and cannot be 10 years old prior to September 1st.

- To participate in the K/1st grade, a player must in be Kindergarten or first grade and cannot be 8 years old prior to September 1st.

ARTICLE 2 - EXCEPTIONS

- A) With approval of their organization a player may play up one (1) grade level only. A player will not be permitted to play up more than one (1) grade level. A player shall not play down a grade level. INLC participants shall only play for one team during a scheduled season. The INLC player cannot play for any other conference or league team during the same season.
- B) **Academic Rule:** If it is determined by the INLC Commission that a child was promoted to higher grade level by the school, then the child may be permitted to drop down to play for the grade level befitting their proper age. Proper proof must be submitted to the INLC Commissioner.

ARTICLE 3 – MEDICAL INFORMATION

Head coaches will maintain a file or binder with a copy of all their player's medical release information. These must be made available to the commission and/or their appointed representative upon request.

ARTICLE 4 – PLAYER REGISTRATION

All participants of the INLC must be registered on the Sportbase registration system before allowed to participate in practices or games. Those in violation are considered illegal participants and will immediately be removed and penalties assessed to

the organization and team.

ARTICLE 5 – MINIMUM PLAY TIME

The Conference strongly promotes the active participation of all players, unless on disciplinary probation with explanation of reason as dictated by individual organizations noted on the INLC roster.

Disciplinary action will be defined as **NO** participation in a particular game.

If a player participates in any portion of a game, he/she must play their full number of minutes required for that particular age group, unless the player is unable to finish the game due to injury, illness or ejection.

Coaches must keep track of player rotations and/or time on the field. A rotation is intended to be at least two (2) minutes.

The minimum required played time for each age group is defined below:

K/1ST: a minimum of two (2) 3-minute rotations per half.

2nd-3rd: a minimum of five (5) minutes per half.

4th-7th: a minimum of four (4) minutes per half.

8th: a minimum of two (2) minutes per half.

ARTICLE 6 – MINIMUM PLAY TIME EXPLANATIONS

K/1ST: There will be two running clock 21-minute

halves. Every three (3) minutes a horn will sound for line changes/rotations. Each team will have a maximum of 30 seconds for substitutions and game clock will continue to run. The team with possession at the sound of the horn will retain possession after then rotation.

If a horn sounds on a loose ball; a faceoff will start the new rotation. The intention is that a new group of players are rotated each horn. Each player must play a minimum of two (2) rotations per half. Coaches must keep track of player rotations and/or time on the field. A rotation is intended to be at least three (3) minutes. Penalty time served will also be counted as part of a player's four-minute rotation.

2nd-3rd: Each player must play a minimum of ten (10) minutes per game – five (5) minutes per half. Penalty time served will also be counted as part of a player's minimum play time.

4th-7th: Each player must play a minimum of eight (8) minutes per game – four (4) minutes per half. Penalty time served will also be counted as part of player's minimum play time.

8th: Each player must play a minimum of four (4) minutes per game – two (2) minutes per half. Penalty time served will also be counted as part of the player's minimum play time.

GOALIE EXEMPTION: Teams that carry more than one goalie may elect to play only one goalie the entire first half and one the second half to accommodate the playing rule.

Teams will not be allowed to only play one goalie eight (8) minutes (4th-7th grade) or four (4) minutes of the first or second half and have that satisfy the minimum play time requirements. If a team carries more than two (2) goalies, then the minimum minutes per playing rule will be in effect.

ARTICLE 7 – SHORTENED GAMES

In the event of a shortened game (i.e., due to severe/inclément weather or time constraints) then the minimum play time shall be adjusted accordingly. For example, if a game is 20% shorter, then the minimum playing time will also be 20% shorter for that half.

In the event a player is out for injury, disciplinary reasons, improperly equipped, etc., the coach must document on the official roster form handed into the table for that game and the player will remove their gear and if available, wear a yellow pinnie on the sideline.

If the player is not present, they must still be documented on the official game roster. If a player plays any time during a half, they must meet the minimum play time requirements for their respective grade unless they are injured or other disciplinary issues and it must be documented on the official game roster during the game.

SECTION XV – GAME FACTORS

ARTICLE 1 – GAME TIME

K/1st: Game will consist of two (2), 21-minute halves with a 5-minute halftime.

2nd-3rd: Game will consist of four (4) 10-minute running quarters with 1-minute between quarters and with a 5-minute halftime. Clock will stop in the final two minutes of the game if the goal differential is not greater than six (6) goals.

4th-8th: Game will consist of four (4) 12-minute running quarters with 1-minute between quarters and with a 5-minute halftime. Clock will stop in the final two minutes of the game if the goal differential is not greater than six (6) goals.

K-3rd: No clearing counts apply.

4th: 20-second clearing count applies. Teams must move the ball across midfield or lose possession due to failure to advance.

5th-8th: All standard counts apply. 20/10 – 20 seconds to clear the ball across midfield and 10 seconds to get a touch in the box. Teams must satisfy both counts or lose possession due to failure to advance.

4th-8th: Goalies will have four (4) seconds to clear the ball from the crease area once a save has been made and the ball is in possession of the goalie in their stick.

ARTICLE 2 – TIMEOUTS

Each team shall receive one (1) timeout per half. Should a team call a timeout and have no timeout remaining, the team will be assessed a 30 second technical foul.

The clock will stop during all timeouts.

Timeouts will be two (2) minutes in length & shall not exceed two (2) minutes.

ARTICLE 3 – GOALS

At which time a goal is scored:

K/1st: the game clock will continue running in normal operation.

2nd-3rd: the game clock will continue running in normal operation unless the goal is scored in the final two (2) minutes of the game and the goal differential is not greater than six (6) goals.

If applicable, the game clock will resume normal operation upon the officials whistle at the ensuing faceoff.

4th-8th: the game clock will continue running in normal operation unless the goal is scored in the final two (2) minutes of the game and the goal differential is not greater than six (6) goals.

If applicable, the game clock will resume normal operation upon the officials whistle at the ensuing faceoff.

NOTE: In grades 4th-8th, once the officials are set for the faceoff, teams will have twenty (20) seconds to have the field set for the ensuing faceoff. Failure to have the proper personnel on the field at the expiration of twenty (20) seconds will result in an illegal procedure and loss of possession. The offending team will start with possession at midfield.

If an official has reason to believe that a coach is knowingly stalling, the official may assess further penalties upon the team including, but not limited to: delay of game and/or unsportsmanlike conduct.

ARTICLE 5 – MERCY RULE

At which point any team attains a seven (7) goal lead, the coach of the losing team may elect to forego any additional faceoffs and shall be granted the ball at midfield until the lead is under seven (7) goals once more.

Unless a coach specifically asks to forego the faceoff, the officials will continue normal game operations with a faceoff after a goal.

NOTE: At which point the goal differential reaches seven (7) goals and in the final two minutes, if a team decreases the differential to less than seven (7) goals, the clock will continue to run.

ARTICLE 6 – REPORTING SCORES

Every club is responsible to report scores from all their teams each week. Those scores must be submitted to the INLC Office no later than Tuesday after the games have been played at 5:00 p.m. Submitting scores late or the non-reporting of a team's score will constitute an automatic fine of \$25.00 per team, per unreported score and possible forfeiture of the contest.

ARTICLE 7 – OFFICIALS

K-1st: One (1) certified official will be required for each regular season game.

2nd/3rd: Two (2) certified officials will be required for each regular season game.

4th-8th: Two (2) certified officials will be required for each regular season game.

Should a coach require further clarification of a rule or the application of said rule, the following shall apply:

1. The head coach requests a timeout. The official shall grant the timeout request. The coach and the official are then able to discuss the matter without the clock running. During this time, it is acceptable to review the INLC and/or USA Lacrosse/NFHS rulebooks. If, after the timeout the coach turns out to be correct, then the call can be corrected and no timeout shall be charged to the requesting team.

Should the coach be incorrect on the rule and/or application of the rule, a penalty (30 second technical) shall be assessed to the team requesting the timeout. (Section XIII, Article 2).

2. Should a coach be out of timeouts yet require discussion of a rule and/or the application of that rule, the head coach shall tell the official they are requesting a timeout to discuss the rule. The official shall grant the timeout request. Should a coach be correct on the rule and/or application of said

rule, the call can be corrected at this time with no consequences for calling a timeout.

Should the coach be incorrect there shall be a loss of possession penalty for delay of game against the requesting team and play will begin as the opposing team has a free clear. This penalty is enforced only if the team is out of time outs.

ARTICLE 8 – VIOLENT COLLISIONS

Some body contact is permitted at all levels of boys' youth lacrosse, with progressively more age-appropriate contact permitted as players become more physically mature and learn proper checking techniques.

Therefore, there is no justification for deliberate and excessively violent collisions by any player at any youth level, especially intentional player to player collisions with defenseless players (blind side and buddy pass checks), check involving the head and/or neck and excessive body check (take out checks).

The NFHS Rules and USA Lacrosse Boys Youth Rules more clearly define such violent collisions and in many cases increase the severity of penalties that prohibit them.

USA Lacrosse urges officials to apply these rules and utilize the more severe penalty options and remind them that body checks that might be acceptable in high school play may be excessive in youth lacrosse and should be penalized accordingly.

Coaches are encouraged to coach players to avoid delivering such checks and to support the officials when they call such penalties. All participants must work together to reduce or eliminate such violent collisions from the game.

ARTICLE 9 – OVERTIME (REGULAR SEASON)

If a regular season game ends in a tie at the end of regulation, teams (2nd-8th) will play one (1) 4-minute Sudden Victory period. If at the conclusion of the 4-minute Sudden Victory period, no winner has been declared, teams will participate in a subsequent overtime period in Braveheart 3.0 with no clock.

Any time-serving penalties in effect at the end of regulation will carry over to the overtime period(s).

No overtime period will be played during the regular season in K/1st; these games will be considered complete once the game has ended and a tie will be recorded in overall standings.

Braveheart 3.0 Overtime rules are as follows:

- Each team (2nd/3rd) will have four (4) field players.
- Each team (4th-8th Grade) will have a goalie and three (3) field players. (3+G)
- There is a maximum of one (1) long stick allowed on the field (4th-8th).
- The field size will remain the same.
- Officials may inspect field crosses before the any overtime period begins; there shall be no coach-requested stick checks.

- Teams will defend the goals they defended in the second half.
- Teams must use the goalies that were on the field at the end of regulation.
- A normal faceoff is conducted with two players facing off and two each in the wing area.
- Teams may elect to position the other two field players elsewhere on the field. Should the players be established in their respective offensive/defensive zone, they must be positioned behind the restraining line and may not release until possession is called.
- Goalies must be behind their restraining lines and may not cross midfield, unless a man stays back (offsides rules would apply).
- There are no team timeouts.
- Substitutions are allowed per usual rules.
- Time-serving penalties are enforced per usual rules.
- Time-serving penalties will carry over from regulation, but there will still be a faceoff to start the overtime period, unless either team commits a foul after regulation has ended and before the overtime period begins. In this case, the offending team would start man down in their defensive zone.
- All other standard rules apply, including counts.
- The first team to score in the overtime period wins. Sudden Victory.

SECTION XVI – SEASON

ARTICLE 1 – LEAGUE SCHEDULES

Once the season schedule has been distributed, no games shall be changed after the season schedule has been approved by the Commissioner.

Clubs shall attempt to schedule games on Saturdays.

ARTICLE 2 – SCHEDULING/FORFEITS

Any team that forfeits a scheduled game for any reason other than weather, shall immediately be assessed a fine of \$300.00. The fine will be paid to the INLC. This fine must be paid before the next scheduled game. Two forfeits in a season may result in team expulsion from the league.

Coaches will forfeit to the other team's club should their team be a no show.

The Commission reserves the right to make an exception to this rule.

Games will be played on Saturdays unless a conflict occurs, and the Commissioner has approved an exception. If a mutually agreed time cannot be reached, the Commissioner will issue a final ruling.

The minimum amount of time for a game change shall be 72 hours advance notice. If games are cancelled due to facility or field loss, clubs must have 72 hours advance notice of the new game time/date/location.

If a game has been postponed or cancelled due to a reason approved by the Commissioner, the game should be rescheduled at a time/date/location

amicable to both clubs. Clubs, not coaches, should determine the reschedule time/date/location. If both clubs CANNOT agree to an amicable date/time/location for a reschedule, the Commissioner will reschedule the game at a date/time/location according to the remaining schedule. If a team refuses or does not show, that team will forfeit the game and be assessed a forfeit fine.

All reschedules must be communicated to the INYS Office.

Teams listed first on the schedule shall be designated the home team and shall wear white or light-colored jerseys. Teams designated as the away team shall wear dark colored jerseys.

SECTION XVII – NON-PLAYING PERSONNEL

ARTICLE 1 – SCORE TABLE PERSONNEL

Each team shall be responsible for providing the appropriate number of personnel to maintain the field table for each game. The appropriate personnel are as follows:

Home Team Requirement

- Game clock
- Score board

Away Team Requirement

- Penalty clock
- Scoresheets

SECTION XVIII – GATE ADMISSION FEE

The admission fees will be reviewed annually by the

Conference. The following uniform rates will be charged by all clubs in the INLC:

ARTICLE 1 – REGULAR SEASON

- Adults - \$5.00
- Students (6-18) - \$2.00
- Seniors 65 > - \$2.00
- Children 5 < - FREE

ARTICLE 2 – POSTSEASON

- Adults - \$7.00
- Students (6-18) - \$3.00
- Seniors 65 > - \$3.00
- Children 5 < - FREE

ARTICLE 3 – GATE PASSES

The Conference will issue four (4) game passes per lacrosse team each year to member organizations to be distributed at the club's discretion. Everyone, including coaches, will be required to pay admission or furnish an INLC game pass.

The exceptions are players and coaches or personnel with game passes and game officials. Passes will be accepted at all INLC games.

Any coach or person(s) caught in an attempt to gain with a false or reproduced INLC game pass, gain entry without their pass and/or refuse to pay gate admission or attempting to hand off an INLC pass to another individual, will be ejected and subject to having their pass revoked for the season, further suspension and/or a fine up to \$100.00.

If an individual cannot produce a Conference issued gate pass from the current year, they are required to pay the gate fee at the location they are attempting to enter.

SECTION XIX – POSTSEASON TOURNAMENT

Postseason Declaration of Teams are due **May 10, 2023**. The postseason dues shall be based upon the number of teams declared.

Postseason play will be scheduled following the end of the regular season.

ARTICLE 1 – POSTSEASON

The commissioner shall annually determine the format and any subsequent fee structure for all Post-Season games.