

**GIRLS LACROSSE COMMITTEE MEETING**  
**MHSAA Office - East Lansing**  
**October 22, 2014**

**Members Present:**

Steve Baker, Grand Ledge  
Kimberly Crum, Mattawan  
Mike Emery, Rockford  
Lindsay Hoyt, Farmington Hills  
Zachary Maghes, Ann Arbor  
Sal Malek, MIAAA  
Teri Reyburn, DeWitt

Chris Riker, Portage  
John Thompson, Brighton

**Members Absent:**

Scott Weis, Caledonia

**Staff Member:**

Kathy Vrugink Westdorp (Recorder)

**GENERAL REVIEW AND PURPOSE OF THE COMMITTEE**

The 2014-15 Girls Lacrosse Committee met at the Michigan High School Athletic Association to review its responsibilities as a standing sports committee; review prior Representative Council action; consider proposals from the Girls Lacrosse Coaches Association; recommend to the Representative Council changes regarding US Lacrosse or MHSAA regulations relative to girls lacrosse; suggest points of emphasis for rules meetings; and evaluate current practices and procedures with MHSAA staff. The Girls Lacrosse Committee will also assist in the assignment of officials to all levels of the MHSAA Girls Lacrosse Tournament. This Committee now meets in October because of the necessity to review US Lacrosse changes which are frequently altered between the time of the National Federation of High Schools Girls Lacrosse Committee Meeting and the US Lacrosse Committee Meeting.

**MEETING MINUTES/OUT-OF-SEASON COACHING REGULATIONS**

The minutes of the October, 2013 Girls Lacrosse Committee were reviewed for the purpose of providing background regarding prior discussion and actions of the committee. In addition, the limitations of competition were reviewed for grades 7 – 12. The Committee discussed at length the current MHSAA Out-of-Season Regulations as well as the need for girls lacrosse coaches and schools to be in compliance with the regulations. Concerns included both out-of-season and travel regulations with reminders that coaches are limited to providing coaching in their sport to three (or four) students in grades 7 – 12 of the school district in which they coach. The three (or four) player period runs from the Monday when August 15 occurs through the Sunday after Memorial Day. The Down Time Regulation (which commences March 1) includes language which states that no competition (intra-squad or inter-squad) between groups that resemble school teams (more than three [or four] students in grades 7 – 12 of the district) may occur in that sport at any school facility or any other location with any of that school district's personnel present. In addition, further discussion included the adherence to Interpretation 236 in which a coach may not arrange for a parent or other non-staff person to act as coach in an out-of-season coaching activity. Also, a coach may not arrange for a parent or non-staff person to do that which the coach is prohibited from doing under the regulation.

**COACHING REQUIREMENTS**

Committee members reviewed information regarding coaching requirements for 2014-15 and future years. New with fall sports 2014, the athletic director or principal of each school must attest that all high school coaches (sub varsity or assistant coaches, paid or volunteer) have completed an MHSAA rules/risk management meeting in their sport or, in the alternative, one of several health and safety courses designated on mhsaa.com. Discussion included how athletic administrators were enforcing the requirement. Effective with the 2015-16 school year, high schools must attest that all varsity head coaches have a valid current cardiopulmonary resuscitation (CPR) certificate. Effective with the 2016-17 school year, each head coach of a varsity high school team, hired for the first time at any MHSAA member high school after July 31, 2016 shall have completed either Level 1 or Level 2 of the MHSAA Coaches Advancement Program (CAP).

**HEALTH AND SAFETY**

Additional health and safety issues were discussed including MHSAA protocol for implementation of National Federation sports playing rules for concussion and the MHSAA Model Policy for Managing Heat and Humidity. Concussion protocol includes the following language: "Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional." In addition, the MHSAA Model Policy for Managing Heat and Humidity requires that MHSAA tournament managers at all levels take temperature and humidity readings at the site of the activity 30 minutes prior

to the start of an activity and again 60 or 30 minutes after the start of the activity and to follow the protocol based on the heat index reading.

The use of headgear in girls' and women's lacrosse has been perhaps the most debated safety issue in the sport in recent years. Current girl's lacrosse rules allow for use of "soft" headgear and a number of products have emerged on the marketplace. However, there is currently no established standard in place to regulate these products and none of the products currently available have been developed based on scientific testing. On one side of this issue are those who cite the dangers from contact to the head and face. On the other side are those who are concerned that by increasing head and face protection the rule makers would invite hard and high contact which would fundamentally alter the nature of the game and possibly lead to more serious injury.

The Girls Lacrosse Committee believes that the focus should be on the rules of the game and the responsibility of coaches to teach the game appropriately. Additional attention should be provided by officials who stick to strict enforcement of the rules that prohibit rough and reckless checking and place a premium on participant safety. Over the past few years, there has been additional emphasis on major rules changes in the girl's game at all levels which has included increasing penalties associated with fouls caused as a result of dangerous play.

### **US LACROSSE/NATIONAL FEDERATION ENDORSEMENT**

Beginning in 2015, the publication of the girls lacrosse rules book will change. The process will remain the same except that, following the annual meeting of the US Lacrosse Women's Rules Committee and the finalization of the rules revisions, the NFHS will publish and distribute the rules book. The NFHS Girls Lacrosse Rules Committee meets in June, 2015.

### **TOURNAMENT RECOMMENDATIONS/IMPORTANT DATES**

Girls lacrosse tournament dates and Participating School Tournament Information were reviewed by the committee as well as the dates regarding online rules meetings. The online rules meeting for girls lacrosse will be available on February 9, 2015 and end on April 16, 2015. Practice for MHSAA Girls Lacrosse begins Monday, March 9, 2015 and the first available contest date is Wednesday, March 18, 2015. The 2014 Girls Lacrosse Tournament was reviewed for points of improvement. Each year the starting times are reversed in Girls Lacrosse and in 2015, the Division 2 Girls Lacrosse Final will start at 2:00 p.m. and the Division 1 Final will start at 4:30 p.m. Rockford High School will be the host for the MHSAA Girls Lacrosse tournament on Saturday, June 6, 2015. In 2016 and 2017, the Finals will be hosted by Brighton High School.

The tournament format and expected regional/semi-final sites were evaluated and there will be four regionals in Division 1 and four regionals in Division 2. Currently there are several games that will be played as "pre-regional games" due to the increasing number of teams in girls lacrosse. Additionally, in the Division 1 semi-finals, Region 2 will play Region 3 and Region 1 will play Region 4. In Division 2, Region 6 plays Region 7 and Region 5 plays Region 8. There will be three field officials for each semi-final and each final. The committee indicated that a surface of either artificial turf or grass was acceptable for regional and semi-final sites. Several sites for the semi-finals will be considered, with the priority of selection of sites in mid-Michigan.

Additional discussion included desired Regional sites for tournament play. Host managers who are contacted may host all levels of the Regional Tournament if necessary. The alternate site travel accommodation rule for lacrosse was reviewed which indicates that MHSAA staff may change the date, time and location of a previously scheduled tournament game if the originally scheduled game involves extensive travel for both teams and an acceptable site can be secured. The determination includes consultation with both teams and the Tournament Manager and may require that the competing teams secure an acceptable field.

Division 1 and Division 2 enrollment numbers were also reviewed and 36 teams are presently in Division 1 (enrollment 1723 and above) and 37 teams are in Division 2 (enrollment 1722 and below). This is already an increase from 2014. There are 13 cooperative programs in girls lacrosse with 73 teams involving 87 schools. It was also noted that three teams have opted up to play in Division 1 during the 2014-15 season. Schools participating in the MHSAA Girls Lacrosse Tournament have continued to increase in numbers throughout the years with the initial tournament in 2004-05 consisting of 39 teams (50 schools) to the current status indicated. Committee members also provided the status of several other schools that were possibly planning to offer girls lacrosse in the 2015. Overall each year, schools participating in the MHSAA Girls Lacrosse Tournament have continued to increase.

## **OFFICIALS AND ASSIGNORS**

The Girls Lacrosse Committee also provided input regarding officials and assignors of girls lacrosse where further emphasis must be placed on the level of competition, skill level of team and experience of the officials who are assigned to a contest. Additionally, girls lacrosse officials need to be especially observant when there is a conflict of interest and to make certain that they are indicating the conflict during the season and MHSAA Tournament. In the MHSAA tournament, officials will be assigned by MHSAA Committee.

## **REVIEW OF US LACROSSE RULES CHANGES**

Presently, girls lacrosse has rules that are proposed with member state involvement to the National Federation of High Schools in which they review and vote on rules that are sent in by member schools. The rules that were discussed in the NFHS Girls Lacrosse Committee meeting and showed unanimous approval included a few changes. The first was a reminder that the ball must meet the current NOCSAE lacrosse ball standard at the time of manufacture. The second provision was that legal numbers in girls lacrosse are 0-99. Beginning in the 2017-18 school year, double-zero, 01, 02 and 03, etc. are not legal numbers. There was also a clarification of Rule 7, Section 32 which focused on the Lacrosse Officials Manual which indicates that if a team receives its fourth card (yellow or red) of the game they will play short below the restraining lines for the remainder of that game and enter the penalty area for each subsequent card received. The carded player will serve the entire two or four minute penalty time. When the penalty time expires, the player may return to the game only if the player has not been suspended (second yellow card) or ejected (red card) and only if another player leaves the field using normal substitution procedures.

## **RULES MEETING SCHEDULE & POINTS OF EMPHASIS**

The 2014-15 online rules meeting schedule was discussed and the Girls Lacrosse Committee requested a point of emphasis be given to coaches and officials regarding the out-of-season limitations that exist in girls lacrosse for all levels of play (7<sup>th</sup> through 12<sup>th</sup> grade). Further emphasis includes the allowance for a student or team to compete in a multi-team tournament in which the total allowable playing time for any team is no more than 150 running time minutes and the event counts as one of the 18 regular season contests. No more than 25 minute running time halves may be played. This is a change for this year. In prior years, only 120 running time minutes and 20 minute running time halves could be played. The Committee requested that shooting space and the charging/blocking call also be re-emphasized. An additional point of emphasis was focused on the expected behavior for all game personnel on the sidelines and on the field.

## **OFFICIALS**

Officials training continues and sessions are scheduled on Saturday, February 7, 2015 at the MHSAA. It was further noted that the fees for regular season competition and assignment of officials are set by schools and that using an MHSAA registered assignor is voluntary. Official's selection for tournament assignments will be made for all levels of the Girls Lacrosse Tournament by the Girls Lacrosse Committee.

## **RECOMMENDATIONS TO THE MHSAA REPRESENTATIVE COUNCIL**

There were no recommendations to the MHSAA Representative Council.