



RULE BOOK

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Oklahoma Lacrosse Association

OLA RULE BOOK

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Introduction

This document determines the rules for the Oklahoma Lacrosse Association (OLA) and is under strict control of the OLA Board of Directors (Board). The Board shall be comprised of elected representatives by the member team executives.

Overview

The OLA is the governing body and membership association for boys' lacrosse, at the high school level, for teams in the US Lacrosse Chapter region of Oklahoma. The high school level is defined as grades nine through twelve.

Guiding Principles

- Creating a structured environment in which student athletes, coaches, administrators, and parents benefit from membership in an organization that facilitates the growth and rewards of playing lacrosse.
- Promoting and protecting the health of participating student athletes by establishing uniform rules of play and cultivating the ideals of good sportsmanship, loyalty, and fair play.
- Establishing and maintaining a process for continuous improvement of the Conference, by working with OLA Member Programs, and other concerned regional constituencies.

Definition of Terms

Team	A group of lacrosse players within an OLA Member School Program who pay OLA dues and abide by the rules of OLA. A Team must be one of the types listed in the Team Types section.
Program	This is the High School or High School Club organization that is the controlling entity of a single Team or group of Teams that pay dues and abides by the rules of OLA.
TEAM TYPES	
Varsity	<ul style="list-style-type: none"> • Plays all other varsity programs a minimum of 1 time per season • Pays Varsity dues
Junior Varsity (JV)	<ul style="list-style-type: none"> • Plays a JV schedule • Pays JV Dues
7v7	<ul style="list-style-type: none"> • Plays a 7v7 schedule • Pays 7v7 Dues
GAME TYPES	<i>These game types are used for general-purpose communications, scheduling, and website convention.</i>
Varsity	These games will be played within the OLA and will count towards determination of League records
JV	These games will be played within the OLA and will count towards the determination of League records

7V7	These games will be played within the OLA and do not count towards the determination of League records
Non-League	These games are played with any team Varsity or JV out the OLA. Games will count towards overall OLA Team record but will NOT count towards OLA playoff records
Playoff	Playoff and Championship games are to be played at the end of the season.
Notes:	<ol style="list-style-type: none"> 1. Seniors are not allowed to play in JV games unless prior approval before the start of season by OLA Board 2. Varsity Games are 12 min Stop Clock Quarters 3. JV Games are 10 min Stop Clock Quarters 4. OT is played based on current NFHS rules

Article I. General League Rules

Section 1.01 Member Programs

The OLA shall be comprised of Member Programs made up of one or more Member Teams. Member Programs shall include those organizations paying annual league dues to OLA. All such Member Programs, in good standing (having paid league dues for the current OLA season), will be entitled to a single vote at any Member Program meeting.

Section 1.02 Divisions and Districts

Divisions shall be divided up and designated as Varsity and JV governed by all General and Game rules outlined within. As the league grows there may be a need to break divisions into districts. This will be done on an as need basis, and league approval.

Section 1.03 Rule Making

The General Rules of the Conference shall define the structure of the Conference. Game Rules shall define and govern Conference play, shall define, and govern Conference preseason and postseason events, and shall define and govern all directly related activities of the Conference.

The Game Rules may be revised or amended at any meeting of the Member Programs, in accordance with the requirements of Article 1 Section 1.01, with a 51% majority vote of all Member Programs, in person or by proxy. Each Member Program gets a single vote on each voting matter. Member Programs submitting Game Rule change proposals, to be considered at the OLA Annual Meeting, are required to provide a detailed proposal using the OLA Rule Change form.

The General Rules may be revised or amended at any meeting of the Member Programs, in accordance with the requirements of Article 1 Section 1.01, with a 67% super majority vote of all the Member Programs, in person or by proxy. Each Member Program gets a single vote on each voting matter. All rule changes, for the coming season must be submitted and voted on by the December OLA meeting immediately preceding the season.

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The Rules Committee has final authority on General and Game Rules. If rule changes are proposed by Member Programs and in the majority opinion of the Rules Committee are in direct conflict with the OLA Rulebook, the Rules Committee may, at its option, exercise these powers.

Section 1.04 Dues and League Fees

(a) League Dues

Each Member Program must submit annual dues payments to the OLA Treasurer. The dues amount shall be established at the Annual Meeting of the Member Programs or prior to the start of each season.

Current dues for each Member Program must be paid for each team they are fielding.

- Varsity Team - \$550
- JV Team - \$500
- 7v7 Team - \$300 (Only required of Member Programs who do not have a Varsity and/or JV team.)

(b) Fees

- Rule dispute fee - \$50 (non-refundable)

(c) Fines

Less than 48-hour game cancellation notice - \$300 fine paid to the OLA, the scheduled game officials will be paid a \$50 min fee each.

Ejection fines for fans and coaches are outlined in Article 1, Section 1.08.i

Section 1.05 Coaches

All OLA coaches are required to be active members of U.S. Lacrosse and comply with the OLA Code of Conduct (See Appendix B). All sideline coaches should have their level 1 clinic certificate. All head coaches are required to have their L1 and be completed by the next season or suspended until completed. If the head coach is ejected or must leave the game for any reason, he must appoint another adult over the age of twenty-one (21), who has completed level 1 US lacrosse certification, to assume the role of coach. In the absence of this condition, the team shall forfeit the game.

All Member Team (Home Team) coaches or designated staff are to submit game reports and statistics, including the official game score, via the OLA website within 72 hours of the end of the game.

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Section 1.06 Insurance

All Member Teams must carry comprehensive liability insurance. Member Teams will not be allowed to participate in OLA activities without appropriate liability insurance.

Section 1.07 Improper Behavior

Egregious behavior (abusive, profane, or violent) by OLA administrators, representatives, coaches, players, or fans that is not in keeping with the Conference safety and/or sportsmanship principles and code of conduct may result in such administrator, representative, coach, player, or fan being suspended or expelled from the Conference and/or prohibited from attending Conference functions. OLA will be following the new OSSAA rule regarding unsportsmanlike conduct.

(a) Ejections

A player who is ejected from a game due to unsportsmanlike conduct will serve a one game suspension. The game served will be the next scheduled game on the OLA website at the time of the ejection. A player who plays on both JV and Varsity will serve the suspension in the next Varsity game he is eligible to play in on the schedule. If the ejection occurs in the final game of the OLA season, or post season, the player will serve the suspension in the first scheduled Conference game the following OLA season. OLA automatically adds an additional one (1) game suspension for any ejection caused by throwing a punch.

The OLA Executive board reserves the right to add any additional suspensions, including the entire season, to any ejection.

Any player or coach who plays or coaches during their suspension period will result in the additional suspension of two (2) games for both the player and the head coach of the team.

Any player or coach receiving two (2) such penalties will be suspended for the remainder of the season.

An ejected individual cannot be in the team's bench area, anywhere on the sideline, and must be supervised by the Member Program.

An ejected individual, who is serving his one game suspension, cannot be in the team's bench area, anywhere on the sideline or anywhere in the spectator area.

(i) Coach/Fan Ejection Penalties

- First Offense: \$75 fine and up to 2 game suspension.
- Second Offense: \$150 fine and automatic 2 game suspension.
- Third Offense: \$300 fine and suspended for rest of season.

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(b) Alcohol

No alcoholic beverages or any intoxicating substances or intoxicated individuals are allowed at any Conference functions. Punishments shall be decided by the OLA Executive Board, and may include

sanctions, penalties, suspensions or expulsions of individuals, Teams, or Programs from the Conference or any combination of any of the foregoing.

Section 1.08 Emergency Plan

(a) Lightning Policy

Game play is to be suspended when lightning strikes are within 10 miles of the playing field. Once activities have been suspended, wait at least thirty minutes following the last lightning strike prior to resuming the contest.

OLA recommends Member Programs use lightning detection meters to assist in monitoring the weather.

Section 1.09 Officials

During the OLA season, all games shall be officiated as assigned through the established League scheduling process and as described in agreements with approved Conference officials. Except for Conference Championship games, so designated by the Board, payment of official's fees shall be the sole responsibility of each Member Team. Failure to pay official's fees may result in forfeiture of Conference games. If two (2) games are scheduled, the officials will be paid the higher of the fees. Officials will also be paid for suspended games. Mileage will be paid as per Route 66 Officials Association flat rate, by host team to officials travelling more than 50 miles one way.

For Member Programs affiliated with school districts, game day official assignment, and each official's W-9, must be provided to the Home Member Program a week before the scheduled game for payment to be made post contest. If a change to an official must be made after this deadline, the substituted official will receive their payment via a mailed check rather than on game day.

Section 1.10 Championship

The top 8 teams will qualify for championship brackets and semi-final games #1 Seed vs #4 Seed and #2 Seed vs #3 Seed. Winners of each semi-final game will play for the Championship.

Seeds will be determined by Division Records in order.

Ties will be broken by the following criteria

- Points
- Regulation wins
- Regulation and OT wins
- Head-to-Head Competition
- Goal Allowed
- Coin Flip

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Section 1.11 Eligibility

(a) Age Requirements

Students enrolled in grades 9 through 12 are eligible to play on a Member Program's Varsity Team. Students enrolled in grades 9 through 11 are eligible to play on a Member Program's Junior Varsity Team.

1. Players enrolled in the eighth grade are not eligible to play in OLA sanctioned events and Conference games. Players in the eighth grade, subject to the approval of the Board, may be a member of an OLA JV Team or new Member Team for practice purposes only and are subject to all the same rules.

a. A member who knowingly or unknowingly plays with an ineligible player shall forfeit Varsity and JV games for the entire season. A member who knowingly or unknowingly allows ineligible players in any team event will be placed on probation and for next full season.

2. If the student reaches 19 years of age prior to September 1, they are ineligible for the next school year.

3. Players will have 4 years of playing eligibility, but will be ineligible to participate after graduation from senior high school. Players who are granted an early release after their junior year are ineligible for further participation.

(b) Team Type

It is the intent of this rule to allow players at the JV level to compete with other players that have the same level of skill and experience.

- Special Considerations may be made for seniors whom are 1st year players, or have skipped grades, wanting to play JV. Approval must be made prior to submitting final rosters.

Section 1.12 Rosters

(a) Participation

Each program must submit to the OLA Waiver/Roster Committee prior to the current season, a current roster, eligibility statement and school ID (or current photo) for all players. Initial rosters for all programs are required to be submitted using the OLA downloadable import Excel file no later than January 15th with final season roster by January 31st. These will be independently reviewed by the Waiver/Roster Committee for any discrepancies or ineligible players. The submitting program will be contacted in a timely manner to correct discrepancies or ineligible players. No roster additions after January 31st without prior approval by the Waiver/Roster committee. The use of an ineligible player during a contest will result in a forfeit of any games played with the ineligible players and possible suspension of coaches and players.

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(b) Program Eligibility

To represent a Member Program, the athlete must be a student at their respective school and meet all eligibility requirements. The player must provide any information reasonably requested by the OLA.

(c) High School with a Program

If a student attends a high school that has a program the student must play for the program. NO EXCEPTIONS AND NO WAIVERS.

(d) Public High School Without a Program

If a student attends a public high school that does not have a program, the student shall play for the program that is geographically closest to the student's place of residence (physical address).

(e) Private High School/Home School

If a student attends a private high school that does not have a program or is home schooled, the student shall play for the public school he would otherwise attend. If that school does not have a program, the student shall play for the program that is geographically closest to the student's place of residence (physical address).

(f) Tulsa Public School/Private School in Tulsa City Boundaries

If a student attends Tulsa Public Schools or a private high school that is in the city of Tulsa boundaries of Tulsa Alliance that does not have a program the student shall play for Tulsa Alliance.

(g) Transfer Student

If the student moves to a new school district at or before the start of fall or spring semester, the student will be eligible at the new program provided they are eligible in all other respects at their former program. A student shall not be eligible to represent two different programs during the same season.

(h) Recruiting Boundaries

Each club shall submit an OLA Boundary Request Form prior to the season starting as set by the Waiver/Roster Committee. No Member Program shall have a proposed recruiting territory that includes or overlaps any portion of the recruiting territory of any other Member Program. ALL RECRUITING TERRITORY DISPUTES/CLARIFICATION ISSUES BETWEEN EXISTING OLA MEMBERS WILL BE RESOLVED BY THE OLA WAIVER/ROSTER COMMITTEE. Any changes will be reviewed by the Waiver/Roster Committee then submitted for a vote by OLA Board Membership.

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All disputes regarding rules contained in this document require a non-refundable fee, as outlined in Section 1.05, prior to review by the Rules Committee which will have the final decision on all disputes.

Section 1.13 Enforcement

The Executive Board shall have authority to assess any penalties for violation of these rules. Such penalties may be assessed against a Member Program, Member Team, an individual player or all three. Penalties may include, but shall not be limited to, expulsion, suspension, probation and/or forfeiture of games, and may also include the performance of remedial actions such as letters of apology or attendance at training events in lieu of such action by the Executive Board.

(a) Appeals

A Member Program, Member Team, or player, may appeal the penalty to the Board by written submission, to be considered by the Board at its next regular meeting or at any special meeting called for that purpose by the Board. Upon any such appeal, the Board may modify or overturn the penalty or remedy instituted by the Executive Board by a majority vote of all members of the Board. The Executive Board is the enforcing body of the OLA and shall preserve the best interest of the conference.

Section 1.14 Team Site Administrator Role.

Each Member Team shall have at least one person designated as a Site Administrator (for both home and away games). The Home Team Site Administrator shall be the governing Site Administrator.

The function of this role is to address any crowd control, security and/or medical issues. The Site Administrator should be familiar with and know how to implement any emergency plan or procedures that may be required or set by their school or Member Program. This person is also the contact for any last minute or emergency issues concerning the game itself.

The Home Team Site Administrator and Away Team Site Administrator should greet the referees as they arrive to the field as discuss any issues, and check in with the table 10 minutes prior to game. The Home Team Site Administrator is also responsible for referee payment before the game.

The Home Site Administrator or designated security is responsible for escorting officials off the field at the end of the game.

The site administrator is a not NFHS rules interpreter or the official's administrator.

All programs are required to have a copy of NFHS Rulebook and RT66 commissioner contact information at score table or press box.

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(a) Mandatory Games

At the beginning of every OLA season, the Member Programs will vote on the number of and format for their required season games. These games must be designated as their appropriate Conference games types at the time they are scheduled. These will be considered the "count" games towards the Conference standings. Each Team is required to play the same number of Conference ("count") games.

Article II. Game Rules

Games will be played in accordance with the current NFHS Lacrosse Rule Book, unless a specific modification is listed in this book.

Section 2.01 The Game, Field, and Equipment

(a) Field Dimensions:

If so marked, the playing field should follow the Boys Lacrosse Field dimensions 110 yards x 60 yards and configured as per the NFHS Rule Book for the Boys Lacrosse Field.

If the field is not marked for lacrosse and is played on a football field, the Unified Lacrosse field of 120 yards x 53 1/3 yards may be used. The Unified field shall be configured as per the NFHS Rule Book. The football hash marks may be used to identify the "alleys".

The first criterion in providing equitable conditions is to provide proper field conditions. Additionally, it is the responsibility of the home team to notify the visiting team of any known field issues (for example, lack of lines or using football sidelines for the width or using tape) within three days of the scheduled game date. Both coaches must agree on the field before the game can be played.

(b) Team Benches

The Team benches and table are to be on the opposite side of the field from the spectators. If the home Team does not move the spectators or team benches to comply with this rule in a reasonable time (as determined by the officials), the home Team receives a non-releasable 3-minute penalty at the start of the game to be served by the in-home player.

(c) Goals & Nets

The goals and nets at game sites shall be legal as they are, regardless if they comply with NFHS rules. The NFHS rules as to the color shall not apply; however, the home Team should make every effort to comply with the NFHS rules and specifications.

(d) Limit Lines, Spectator & Media Restrictions

Limit lines are not required; however, spectators and media are not allowed behind the end lines or immediately behind the bench or table areas.

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(e) Personal Equipment

Gloves may vary in color. Baseball shoes (metal / hard plastic cleats) are not permitted.

Section 2.02 Length of Game

(a) Varsity

The regulation playing time of a game shall be 48 minutes, divided into (4) 12-minute Stop Clock periods.

(b) Junior Varsity

The regulation playing time of a game shall be 40 minutes, divided into (4) 10-minute Stop Clock periods.

(c) 7v7

The regulation playing time of a game shall be 40 minutes, divided into (2) 20-minute Running Clock periods.

Section 2.03 Team Sideline Policy

The field should be marked in accordance with the NFHS rulebook. All spectators shall be on the opposite side of the field from the team benches. The team box should contain a maximum of 4 coaches in the coaching box in front of the players. One team trainer and up to 3 support staff may be on the sidelines behind the players. Only players in uniform may be on the sidelines, non-participating players must wear game jerseys.

The score table shall not contain more than 5 people, including 3 from the home Team and 2 from the visitors' team. The home Team is the official scorekeeper, spotter, game and penalty timer at the score table. The visiting team has a scorekeeper and assistant at the score table. The home Team site administrator has full access to the facility and should have constant communication with the score table.

It is the responsibility of the Home Team and Home Team Site administrator to manage this policy with the assistance of the Away Site Team Administrator. The Home Team and Away Team Site Administrator must check in with the score table and officials. It is at the discretion of the officials to assess any game-time penalties resulting from this policy

(a) Game Behavior Problems

If the game is stopped by officials for improper behavior on the field or in the stands, the officials will ask the on-site administrator and/or head coach to control or eject the offending fan from the premises. If the fan, player, or coach, is not controlled, or does not leave the premises, the game will be stopped, and the offending team will lose the game, and the program will be fined accordingly, and suspensions handed down.

Refer to Section 1.08 for more information on improper conduct and ejection penalties.

Article III. Game Cancellation Policies and Procedures

(a) Rainout Procedures

Rain out (field conditions existing or developing) determination must be made 3 hours before game time. A team traveling from out of town should be notified the day before if cancellation is a possibility. In the event of a rain out, the home team must contact the visiting team head coach, the referee and the assignor by phone and email. Failure to do so will result in officials being paid in full plus a full game fee when the game is made up.

Game called at the field site, after the arrival of the referees due to field conditions, will result in the officials' being paid in full plus a full game fee when the game is rescheduled. If the game is called due to lightning at game time then the officials will not be paid unless game is declared an official game under OLA policy. NOTE: In all cases, the assigned officials shall "own" the game when it is rescheduled unless they voluntarily give the game up.

(b) Game Change Policy

Each member team must give at least a 7-day notice to a change in schedule, venue, start time. This will be done via email confirmation to both head coaches, officials and both program directors/administrators.

If there is a non-weather and non-catastrophic related cancelations to a league contest by Member Team either travelling or hosting in less than 48 hours prior to game time will incur a fine as outlined in Section 1.05. Additionally, all non-weather & non-catastrophic related cancelations will result in a forfeit and will be counted as a 1-0 loss.

Appendix A - Proxy Vote Form

(District)

TO: _____ President, OLA

I, _____ hereby give _____
with Program _____ the authority to vote as my proxy at
the OLA meeting on _____ in _____, on all
matters that require a vote, subject to my positions as stated below.

Absent Head Coach/Club President

Signed: _____

Team: _____

Title: _____

Attendee to vote as proxy:

Name: _____

Signed: _____

School: _____

Voting Item #1 Position: _____

Voting Item #2 Position: _____

Voting Item #3 Position: _____

Voting Item #4 Position: _____

Voting Item #5 Position: _____

Voting Item #6 Position: _____

Appendix B - Coaches Code of Conduct

- Coaches are expected to win or lose with dignity and humility.
- Coaches must refrain from the use of profanity and insist their players do likewise.
- Coaches must refrain any discourteous behavior, use of obscene gestures, or profanity directed towards officials.
- Coaches must refrain any discourteous behavior, use of obscene gestures, or profanity directed at the opposing team, coach, or spectators.
- Coaches must be positive role models in terms of sportsmanship and fair play and set a positive example regarding the use of drugs, tobacco, and alcohol.
- Coaches must be fair and unprejudiced with players, considering their individual differences, needs, interests, temperaments, and aptitudes.
- Coaches are expected to always maintain self-control, accept adverse decisions calmly, and to treat officials professionally.
- Coaches are responsible for the conduct and care of the team from throughout the entire game. This includes the job of making sure that bench areas and dressing rooms are left in good condition and all trash is picked up.
- Coaches are responsible not only for their own actions, but ultimately those of their players and fans. Game officials are expected to inform coaches of their players' actions and the coach must take corrective action. If there are repeated incidences over the course of a game or a series of games, the coach is subject to punishment for not taking corrective action.