



**Coaches Meeting
January 26, 2020**

Aloha Youth Lacrosse Association (AYLA) is a federally recognized non-profit, incorporated organization run by a volunteer board. Our board represents a cross section of both the lacrosse community and the Honolulu community in general.

AYLA Mission Statement

Aloha Youth Lacrosse Association (AYLA) encourages, cultivates, and develops the interest in and appreciation of the sport of lacrosse in the State of Hawaii. We strive to advance the growth of both boys and girls youth lacrosse by providing quality instruction and coaching of lacrosse fundamentals, skills, techniques, and strategies. We will afford a safe and fun environment and will emphasize the development of self-esteem, good sportsmanship, fitness, achievement, and affirmative values that team sports provide. Through this positive and fun experience, we hope to participate in, cooperate with, and expose our Hawaii youth to other competitive organizations throughout the state, nation, and world.

AYLA Affiliations:

We are affiliated with US Lacrosse, the national governing body of men's and women's lacrosse. The men of the Hawaii Lacrosse Club and women of the Wahine Lacrosse Club are also strong allies in our effort to promote and teach youth lacrosse locally.

Coaching Requirements- Becoming Level 1 certified:

- Valid US Lacrosse Membership through May
- Background check through US Lacrosse
- Online Level 1 course (Free with US Lac membership)
- AYLA requirement- CPR/ AED certified. AYLA will set up a course for all new coaches. Set for February 2 or 16, 2020

AYLA will reimburse all of the above expenses for coaches.

Coaching Priorities:

- 1.A. Have FUN!!! Lacrosse is a Game.
- 1.B. Safety- equally as important as having fun is providing a safe environment.
2. Sportsmanship- Respect: The game, teammates, opponents, coaches, refs.
3. Teach the Game- Skills, Rules, History, Uniqueness.
4. Winning- Mastery as opposed to winning at all cost.

Coaches Responsibilities

- One Coach per team must be CPR/AED Certified (see previous emails. RSVP w/ Tony)
- Set correct example – your players are watching/ you represent AYLA
- Learn kids names – connect with kids
- Communicate – at all levels with players- parents- board
- Be organized- develop practice plans
- Get parents involved
- Try new things - keep it fun
- Be the last one to leave the field
- DON'T FORGET IT'S ALL ABOUT THE KIDS!!

Medical Overview

- Make sure medical kits are full. If not, inform your safety volunteer, let them know which team you are coaching and what you are missing/ have used.
- Make sure kids are hydrated
- Most important device in an emergency – CELL PHONE
- Don't take chances!
- There is a standard report form at www.alohalax.org in the documents section. Collect this information for any event when a player, coach, parent, or spectator is expected to require a medical response that is greater than your first aid kit can handle (concussion, broken boke, severe sprain, etc.)

Equipment

Players must have complete equipment to participate including mouth guard:

Boys: helmet, shoulder pads, elbow pads, gloves, legal stick.

Girls: goggles, legal stick.

Coaches

Every coach will get a goal, goalie equipment, balls, coaches' bag, and First Aid Kit.

Whistles (need to purchase your own).

Game equipment: Game clocks, field liners, cones, game balls, and scorebooks will be supplied by AYLA on game day.

Games

- Have players arrive at least 30 minutes prior to their scheduled game
- Make sure all players are properly equipped
- Fill out roster for scoring and time keepers table
- Clear the sideline immediately following game to allow the next team to be prepare for their game.
- Direct all parents to be on opposite sideline during the game
- Set a good example: everyone is watching

Parents

- Involvement: Keep parents informed of all issues at all times have them check the web site, emails. Website allows mass text messaging and mass emails when posting to your team page.
- Conflicts: resolve one on one out of ear shot of players. Contact a board member if needed to help in resolution.
- Conduct: Set expectations at the start of the season.
- Teach Mom and Dad the game.
- Select a team parent to be in charge of game snack organization, score keeping for games, and help with phone tree contacts. We can give Team Mom or Team Dad Coaches privileges to us the website.

Website

- www.alohalax.org

2020 Tentative Game Schedule

Season Schedule	Weekly Sunday Schedule
Week of Feb 24: Teams can start meeting/practicing.	Rugby Field
Scrimmage 1 – 3/15 Sun	9:30 -11 HS Game 1
Scrimmage 2 – 3/22 Sun	11 – 12:30 HS Game 2
Game 1 - 3/29 Sun	12:30 – 1:30 MS Game 1
Game 2 - 4/5 Sun	1:30 – 2:30 MS Game 2
Game 3 - 4/11 Sat	Field 1
Easter Sunday 4/12 -- NO GAME	9 -10 ES Girls
Game 4 - 4/19 Sun	10 – 11 MS Girls
HS Big Island – Konawaena Host – 4/25 Sat	11 – 12 HS Girls
Game 5 - 4/26 Sun	Field 2
HS Big Island – HPA Host – 5/2 Sat	10 – 11 PW Game1
Game 6 - 5/3 Sun	11 – 12 PW Game 2
Game 7 - 5/9 Sat	Field 3
Mother's Day 5/10-- NO GAME	12 – 1 ES Game 1
Schaefer Cup* Day 1 - 5/16 Sat	1 -2 ES Game 2
Game 8 - 5/17 Sun	Saturday 4/11 and 5/9 Schedule
	Field 1
	9 -10 ES Girls
	10 – 11 MS Girls
	11 – 12 HS Girls
	12-1 PW Game1
	1 – 2 PW Game 2
	2 – 3 ES Game 1
	Field 2
	9 -10:30 HS Game 1
	10:30 – 12 HS Game 2
	12 – 1 MS Game 1
	1-2 MS Game 2
	2-3 ES Game 2

***Schaefer Cup Seeding**

Overall record. Oahu teams first two games do not count toward this.

Head to head if identical record.

Total goals scored not including the first two games on the season as tie breaker.

2020 Rules

High School Game Play

4 12-minute running time quarters with 4-minute sudden victory over time until tie is broken
2 minutes between periods and 10-minute overtime
2 timeouts per half
1 timeout per overtime period
Switch goals at quarters and between each overtime period
Quick Restart- If the offensive team is ready play may start even if defense is less than 5 yards from the ball

Penalties

Throwing the stick will result in a personal foul
No checks on defenseless players
No checks or follow through to head and neck. Penalty is 2-3 minutes non-releasable
Targeting to head and neck is 3 minutes non-releasable and potential ejection

Final Two Minutes of Regulation Play

Offensive-stalling rule is if there is a 4-goal lead or less – Team that is leading must keep It Inside the restraining line once they have entered the restraining line

Interruption of Game

- Circumstances beyond officials' control (prolonged lightening delay, weather, worsening field conditions, loss of daylight, etc.)
- Periods or game may be shortened by officials if BOTH coaches agree

Forfeits

- Score stands if offended team is winning
- Final score will be 1-0 if offended team is trailing or if the offending team is a no-show

Middle School Game Play

4 10-minute running time quarters with 4-minute sudden victory over time until tie is broken
2 minutes between periods and 10-minute halftime
2 timeouts per half
1 timeout per overtime period
Switch goals at quarters and between each overtime period
Quick Restart- If the offensive team is ready play may start even if defense is less than 5 yards from the ball
Body checks are legal
Stick checks must be made with two hands on the stick

Penalties

Throwing the stick will result in a personal foul

No checks on defenseless players

No checks or follow through to head and neck. Penalty is 2-3 minutes non-releasable

Targeting to head and neck is 3 minutes non-releasable and potential ejection

Final Two Minutes of Regulation Play

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Elementary School Game Play

4 10-minute running time quarters with 4-minute sudden victory over time until tie is broken

2 minutes between periods and 10-minute halftime

2 timeouts per half

1 timeout per overtime period

Switch goals at quarters and between each overtime period

1 completed pass to shoot

2 handed checks only

Body contact limited to legal hold/push or boxing out

For penalties- player serves teams remain even

Mercy Rule- if a 6-goal lead is attained, losing team is given possession at mid-field instead of face-off

Interruption of Game

- Circumstances beyond officials' control (prolonged lightening delay, weather, worsening field conditions, loss of daylight, etc.)
- Periods or game may be shortened by officials if BOTH coaches agree

Forfeits

- Score stands if offended team is winning

- Final score will be 1-0 if offended team is trailing or if the offending team is a no-show

Pee Wee Game Play

2 20-minute running time quarters with no overtime

10-minute halftime

2 timeouts per half

Switch goals at halftime

1 attempted pass to shoot

2 handed checks only

Body contact limited to legal hold/push or boxing out

For penalties- player serves teams remain even

Mercy Rule- if a 6-goal lead is attained, losing team is given possession at mid-field instead of face-off

Interruption of Game

- Circumstances beyond officials' control (prolonged lightening delay, weather, worsening field conditions, loss of daylight, etc.)
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Girls High School Game Play

Coaches decided on length of half times depending on number of players at the game each week. Both coaches must agree to length.

Clock is to be stopped on the umpire's whistle and arm signal after each goal during the game, and on every whistle (to stop play) in the last two minutes of every half.

Interruption of Game

- Circumstances beyond officials' control (prolonged lightening delay, weather, worsening field conditions, loss of daylight, etc.)
- Periods or game may be shortened by officials if BOTH coaches agree.

ROLE OF A TEAM PARENT

Team Parent Duties and Responsibilities

The Team Parent (TP) is an essential member of every team and each team is required to have one. As a Team Parent, you'll be the main source of communication between the team families and the coach and/or area president.

- **Communications & Logistics:** Help team coaches to notify team members of changes in playing schedule, practices, rainouts, other activities, etc. Since text messaging and email is the easiest and preferred method of communication these days, the TP should create a group text/email listing of all team members and use it regularly in communicating with all team members and their parents. Be available if the coach needs you. Help to recruit other volunteers for your team.
- **Team Roster:** Generate a team roster. The roster should include:
 - player names and jersey numbers
 - parents' or guardians' names
 - players' siblings' names
 - parents' cell phone numbers and email addresses
 - coach's contact information

Keep in mind that, if a player has more than one set of involved parents' information for both parents needs to be listed. A copy of the roster should go to the Coach(es) and to each member of the team.

- **Safety Procedures:** Complete and submit any and all injury reports for players on your team.
- **Uniforms:** Distribute all the uniforms as soon as possible.
- **Game & Snack Schedules:** Make sure all team members have a game schedule and create a snack schedule for after the games (be sure to check for any food allergies on the team and notify all parents). Team apps or Google Sheets can be very effective for this purpose, providing easy access by all. Remind the scheduled family that refreshments are to be brought by them for the upcoming game.
- **Monies:** Collect money from player families for trophies, coach's gifts, parties, etc. Maintain records of all team monies collected and spent.
- **Picture Day:** Ensure your team is on time on picture day and when the pictures arrive, distribute them to all team members.
- **Team Party:** At the end of the season, the team can have a potluck party or some other season-end celebration. You coordinate the event and collect donations from the team for the party and a coach's gift.

AYLA Code of Conduct

All AYLA members must abide by the following essential elements of the AYLA Code of Conduct:

By registering with AYLA, parents, players and coaches, agree to and will abide by the AYLA Code of Conduct and the outlined conduct expectations and consequences below. **There is no refund or recourse for dismissal from a game, clinic or event as a consequence of breaking this Code of Conduct. Dismissal from the team and/or league for multiple offenses is possible. Such action will be at the discretion of the Commissioner with consultation of AYLA Board members.**

1. Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field during practices and games.
2. The value of good sportsmanship, the concepts of fair play, and the skills of the game should always be placed above winning.
3. The safety and welfare of the players are of primary importance.
4. Players should always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators.
5. Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect to players/teammates.
6. Grievances or misunderstandings between coaches, officials or any other parties involved with the organization should be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants.
7. Spectators involved with the game must never permit anyone to openly or maliciously criticize, badger, harass or threaten an official, coach, player or opponent.
8. Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as age, previous level of participation, team transfers, etc., have been established to encourage and maximize participation, fair play and to promote safety.

The AYLA Code of Conduct is strict and serious in our sport to ensure everyone's safety and fun. All people associated with Lacrosse are always expected to act with sportsmanship, dignity and respect for others. This includes coaches, parents, and players.

Poor sportsmanship includes (but is not limited to):

- Arguing with coaches, teammates, or spectators
- Using threatening or profane language or gestures
- Baiting or taunting coaches, teammates, or spectators
- Unsafe play

Poor sportsmanship will carry, at a minimum, the following consequences:

- | | |
|-------------|-------------------------------|
| 1st Offense | Verbal warning (1st and ONLY) |
| 2nd Offense | Dismissal from event |