Hempfield Youth Lacrosse (HYL) Handbook

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Table of Contents

SECTION 1: WELCOME TO HEMPFIELD YOUTH LACROSSE…….……page 4-6

SECTION 2: ORGANIZATION INFORMATION…….page 6-7

SECTION 3: PLAYER DEVELOPMENT PHILOSOPHY……..page 7

SECTION 4: PLAYER EXPECTATIONS……..…page 7-8

SECTION 5: PARENT & SPECTATOR EXPECTATIONS…….page 8-9

SECTION 6: COACH EXPECTATIONS……page 9-10

SECTION 7: BOYS YOUTH LACROSSE PROGRAM……..page 10-12

SECTION 8: GIRLS YOUTH LACROSSE PROGRAM……page 12-14

SECTION 9: ATTENDANCE, COMMUNICATION & WEATHER POLICIES…….page 14-15

SECTION 10: FUNDRAISING, SPIRIT WEAR & PAY IT FORWARD……page 15-16

SECTION 11: 14U ELIGIBILITY, FAMILY ID & IMPACT TESTING……page 17-18

SECTION 12: DELINQUENT ACCOUNTS POLICY…….page 19-20

SECTION 13: SAFETY & EQUIPMENT POLICIES……..page 20-21

SECTION 14: SOCIAL MEDIA POLICY……..page 22

SECTION 15: DISCIPLINE PROCEDURES……page 22-23

SECTION 16: WPYLA LEAGUE RULES SUMMARY (BOYS PROGRAM).....page 24-25

APPENDIX A: USA LACROSSE SPORTSMANSHIP CODE OF CONDUCT….page 26-27

APPENDIX B: WPYLA GAME RULES COMPARISON CHART……page 28-31

APPENDIX C: HANDBOOK ACKNOWLEDGMENT FORM……page 32

SECTION 1: WELCOME TO HEMPFIELD YOUTH LACROSSE

Welcome Letter from the Board

Dear Players, Parents, Coaches, and Families,

Welcome to Hempfield Youth Lacrosse!

We are excited that you have chosen to be a part of our organization. Hempfield Youth Lacrosse is committed to providing a positive environment where young athletes can develop their lacrosse skills, build character, learn teamwork, and foster a lifelong love for the game.

Our organization exists because of the dedication of our players, families, coaches, volunteers, and community supporters. Together, we strive to create an experience that emphasizes sportsmanship, respect, accountability, and personal growth both on and off the field.

This handbook serves as a resource for players, parents, coaches, and volunteers. It outlines our expectations, policies, procedures, and philosophy so that everyone understands their role in helping us provide a successful and rewarding youth sports experience.

Thank you for being a part of Hempfield Youth Lacrosse. We look forward to a great season and appreciate your commitment to our program.

Sincerely,

Amy Wentzel
President and Hempfield Youth Lacrosse Board Members

Mission Statement

The mission of Hempfield Youth Lacrosse is to provide a safe, positive, and development-focused environment where young athletes learn the game of lacrosse while developing character, leadership, sportsmanship, teamwork, and a commitment to excellence.

We are dedicated to growing the sport of lacrosse within our community while fostering an atmosphere that encourages participation, personal growth, and lifelong enjoyment of the game.

Vision Statement

Hempfield Youth Lacrosse strives to be a premier youth lacrosse organization recognized for:

- Excellence in player development
- Strong community involvement
- Positive sportsmanship
- Respect for the game
- Safe and inclusive participation opportunities
- Preparation of athletes for future scholastic lacrosse participation

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Core Values

Respect

We treat teammates, coaches, officials, opponents, volunteers, and facilities with respect at all times.

Sportsmanship

We honor the game by demonstrating integrity, fairness, humility in victory, and dignity in defeat.

Accountability

We take responsibility for our actions, commitments, and responsibilities.

Teamwork

We recognize that success is achieved through cooperation, communication, and supporting one another.

Effort

We encourage players to give their best effort in practices, games, academics, and community involvement.

Player Development

We prioritize long-term player development over short-term results and strive to provide positive learning experiences for every athlete.

SECTION 2: ORGANIZATION INFORMATION

Board of Directors

The Hempfield Youth Lacrosse Board of Directors oversees the operation, management, and growth of the organization.

Executive Board

President
Amy Wentzel

Vice President – Girls Program
Jason Porterfield

Vice President – Boys Program
Alicia Overly

Treasurer
Kelly Marquis

Secretary
Emily Kralik

Website

Hempfield Youth Lacrosse maintains an official website that serves as a primary source of information regarding registration, schedules, announcements, fundraising, and organizational updates.

Website:

https://hempfieldyouthlacrosse.com

Program Contacts

Boys Program

Email:
hempfieldyouthlax@gmail.com

Girls Program

Email:
hempyouthgirlslax@gmail.com

SECTION 3: PLAYER DEVELOPMENT PHILOSOPHY

Hempfield Youth Lacrosse believes youth sports should provide opportunities for every athlete to develop physically, mentally, socially, and emotionally.

While competition is an important component of athletics, the primary objective of our youth program is player development.

Our coaches are expected to focus on:

- Teaching proper fundamentals
- Developing lacrosse IQ
- Encouraging creativity and confidence
- Building teamwork skills
- Promoting sportsmanship
- Creating positive experiences

Winning games is valued, but never at the expense of player development, sportsmanship, or enjoyment of the game.

SECTION 4: PLAYER EXPECTATIONS

All players participating in Hempfield Youth Lacrosse are expected to:

Commitment

- Attend practices and games regularly.
- Arrive on time and prepared.
- Communicate absences in advance whenever possible.

Sportsmanship

- Respect teammates, opponents, coaches, officials, and spectators.
- Demonstrate positive behavior at all times.
- Accept officiating decisions respectfully.

Effort

- Give maximum effort during practices and games.
- Maintain a positive attitude.
- Support teammates.

Equipment Responsibility

Players are responsible for maintaining their equipment and bringing all required equipment to practices and games.

Conduct

The following behaviors are prohibited:

- Fighting
- Bullying
- Harassment
- Profanity directed at others
- Unsportsmanlike conduct
- Destruction of property

Players who violate organizational policies may be subject to disciplinary action.

SECTION 5: PARENT & SPECTATOR EXPECTATIONS

Parents and spectators play an important role in creating a positive youth sports environment.

Families are expected to:

- Encourage all players positively.
- Support coaches and volunteers.
- Respect officials and opposing teams.
- Demonstrate sportsmanship.
- Refrain from sideline coaching.

The 24-Hour Rule

Parents are asked to wait 24 hours following a game before addressing concerns regarding coaching decisions or game-related issues.

Appropriate discussion topics include:

- Player development
- Safety concerns
- Behavioral concerns
- Ways to help players improve

Topics that are generally not appropriate include:

- Playing time
- Team strategy
- Other players

SECTION 6: COACH EXPECTATIONS

Coaches are among the most influential individuals in a young athlete's development. Hempfield Youth Lacrosse expects all coaches to serve as positive role models and ambassadors for the organization.

Coach Responsibilities

Coaches are expected to:

- Prioritize player safety at all times.
- Promote sportsmanship and respect.
- Teach age-appropriate lacrosse skills and concepts.
- Foster a positive team environment.
- Encourage effort, improvement, and teamwork.
- Follow all HYL, USA Lacrosse, WPYLA, and Hempfield Area School District policies.
- Communicate effectively with players and families.
- Treat all players fairly and respectfully.

Certifications and Membership Requirements

All coaches must:

- Maintain an active USA Lacrosse Coach Membership for the duration of the entire season.
    - HYL will reimburse USA lacrosse membership costs when receipts are given to the club Treasurer within 2 weeks of obtaining OR renewing.
    - USA membership reimbursement is ONLY for ON-FIELD coaches.
    - Complete all required USA Lacrosse certifications and trainings.
    - https://www.usalacrosse.com/coach-certification-bronze
- Meet all WPYLA coaching requirements.
- Submit required coaching information by organizational deadlines.
- Complete any background clearances required by HYL and applicable state law.

Sideline Conduct

Coaches are expected to:

- Demonstrate professionalism.
- Respect officials and their decisions.
- Model appropriate behavior for players and spectators.
- Refrain from abusive language or behavior.

Any coach ejected from a game may be subject to additional disciplinary action by HYL and/or WPYLA.

SECTION 7: BOYS YOUTH LACROSSE PROGRAM

Program Overview

The Hempfield Youth Lacrosse Boys Program provides opportunities for boys in Kindergarten through 8th grade to learn and compete in the sport of lacrosse.

The spring season generally runs from mid-March through early June.

Age Divisions

U8

Grades K–2

U10

Grades 3–4

U12

Grades 5–6

U14

Grades 7–8

Team placement is determined according to league and organizational guidelines.

Registration Fees

U8 (Grades K–2)

$125

U10 (Grades 3–4)

$125

U12 (Grades 5–6)

$225

U14 (Grades 7–8)

$225

Early Registration Discount

A $25 discount is available for registrations completed by December 8.

USA Lacrosse Membership

All players are required to:

- Maintain an active USA Lacrosse membership.
- Complete USA Lacrosse age verification.
- Maintain membership through the completion of the season.

Membership fees are determined by USA Lacrosse and are separate from HYL registration fees.

Required Equipment

Players must provide:

- Lacrosse helmet (white preferred)
- Lacrosse stick
- Shoulder/chest pads
- Arm pads
- Gloves
- Cleats
- Colored mouthguard (clear and white mouthguards are prohibited)

Recommended Equipment

- Protective athletic cup

Players without required equipment may not participate in practices or games.

Game Schedule

Games are generally played on Saturdays and Sundays beginning in late March and continuing through May.

Home games are played primarily at:

Spartan Stadium

Championship events are scheduled by WPYLA and vary by season.

Boys Program Contact

Email:
hempfieldyouthlax@gmail.com

SECTION 8: GIRLS YOUTH LACROSSE PROGRAM

Program Overview

The Hempfield Youth Lacrosse Girls Program provides opportunities for girls in grades 2 through 8 to develop their skills and compete in the sport of lacrosse.

The season typically runs from March through the end of May.

Age Divisions

U10

Grades 2–4

U12

Grades 5–6

U14

Grades 7–8

Registration Fees

U10

$125

U12

$200

U14

$200

Early Registration Discount

A $25 discount is available for registrations completed by December 8.

USA Lacrosse Membership

All players must:

- Maintain an active USA Lacrosse membership.
- Complete age verification requirements.
- Maintain membership throughout the season.

Required Equipment

Players must provide:

- Lacrosse stick
- Goggles
- Mouthguard
- Cleats

Practice Information

Indoor Practices

Indoor practices typically begin during the last week of January at Stanwood Elementary School.

Outdoor Practices

Outdoor practices generally begin during the second week of March at Stanwood Elementary School.

Practice schedules are subject to Hempfield Area School District approval and facility availability.

Home Game Locations

Home games may be played at:

- Spartan Stadium
- Stanwood Elementary School

Game Schedule

Games are generally played on Saturdays and Sundays beginning in late March and continuing through mid-May.

Girls Program Contact

Email:
hempyouthgirlslax@gmail.com

SECTION 9: ATTENDANCE, COMMUNICATION & WEATHER POLICIES

Attendance

Regular attendance is critical to player development and team success.

Players are expected to:

- Attend practices regularly.
- Attend games unless excused.
- Notify coaches of absences as early as possible.

Repeated unexcused absences may impact participation opportunities.

Communication

HYL strives to maintain open, respectful communication between coaches, players, parents, and board members.

Official communications may occur through:

- Email

- Team communication platforms
- Organization website
- Team meetings

Families are responsible for ensuring that current contact information is maintained.

Weather Policy

Player safety is always the top priority.

Practices and games may be delayed, postponed, or canceled due to:

- Lightning
- Severe weather
- Unsafe field conditions
- Facility closures
- District restrictions

Families will be notified as soon as possible through team communication channels.

SECTION 10: FUNDRAISING, SPIRIT WEAR & PAY IT FORWARD PROGRAM

Fundraising Expectations

Fundraising participation is mandatory and essential to supporting the operation of Hempfield Youth Lacrosse.

Registration fees alone do not fully cover:

- League fees
- Officials
- Insurance
- Equipment
- Field usage
- Organizational expenses

Seasonal Fundraisers

Fundraising activities may include:

Lottery Ticket Fundraisers

Two lottery ticket fundraisers are typically held during the spring season.

Texas Roadhouse Fundraiser

A Texas Roadhouse fundraiser is generally held near Easter.

Additional fundraising opportunities may be added as determined by the Board.

Spirit Wear Store

HYL offers a year-round Spirit Wear Store for players, families, and supporters.

Available merchandise may include:

- T-shirts
- Sweatshirts
- Jackets
- Hats
- Blankets
- Other team apparel

Participation is optional.

Pay It Forward Loaner Equipment Program

HYL is committed to making lacrosse accessible to all families.

Donations Accepted

- Helmets
- Sticks
- Gloves
- Goggles
- Pads
- Cleats
- Uniforms
- Practice apparel

Equipment Requests

Families needing equipment assistance are encouraged to contact HYL before the season begins.

Donation Contact

hempfieldyouthlax@gmail.com

SECTION 11: 14U ELIGIBILITY, FAMILY ID & IMPACT TESTING

Hempfield Area School District Requirements

All U14 (Middle School) players participating in Hempfield Youth Lacrosse are subject to Hempfield Area School District athletic eligibility requirements.

Participation in HYL does not exempt players from district academic and athletic policies.

Family ID Registration

All U14 players must complete registration through the Hempfield Area School District's Family ID system.

Registration instructions and deadlines will be communicated before the season begins.

Failure to complete required district registration requirements may result in ineligibility to participate.

Impact Testing

All U14 players are required to complete baseline Impact Testing as directed by the Hempfield Area School District Athletic Department.

Important Information

- Testing sessions will be scheduled by the Athletic Department.
- Dates and times will be communicated by coaches.
- Players who have completed Impact Testing through another Hempfield Area School District sport during the same school year may not be required to test again.

Academic Eligibility

The Hempfield Area School District Athletic Department monitors middle school grades and attendance.

Eligibility reports are distributed each Friday afternoon.

The Head Coach is responsible for notifying players and families of any eligibility issues.

Ineligibility Period

Any period of ineligibility runs:

Sunday through Saturday

following the issuance of the Friday eligibility report.

Academic Standards

A student-athlete becomes ineligible when they are failing two (2) or more credits.

Credit Values

Core Classes:

- English
- Mathematics
- Science
- Social Studies

Each core class equals one (1) credit.

Encore/Special Classes:

- Vary between one-third (⅓) and one-half (½) credit.

Failing Grade

A grade of:

59% or below is considered failing.

Coach Responsibilities

All U14 coaches are required to uphold Hempfield Area School District athletic eligibility standards.

By serving as a coach within Hempfield Youth Lacrosse, coaches acknowledge and agree to comply with all applicable district athletic policies.

SECTION 12: DELINQUENT ACCOUNTS POLICY

Financial Responsibility

Hempfield Youth Lacrosse offers payment options to help families manage registration expenses while maintaining the financial stability of the organization.

Timely payment of registration fees is required to support:

- League fees
- Officials
- Insurance
- Equipment
- Facility costs
- Program operations

No Pay, No Play Policy

If a player's account becomes one month delinquent, the player may not be permitted to participate in:

- Practices
- Games
- Team activities

unless an approved payment arrangement has been established with the Treasurer.

Families will receive written notification via email regarding outstanding balances.

Failure to bring an account current by the designated deadline may result in suspension from participation.

Families are responsible for the initial amount, as well as, any additional fees accrued due to delinquent funds or returned checks

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Payment Arrangements

Families experiencing financial hardship are encouraged to contact the Treasurer immediately.

HYL will make reasonable efforts to establish mutually acceptable payment arrangements.

If a payment agreement is established and subsequently broken, the No Pay, No Play policy will immediately be reinstated.

Governing Organization Notification

If financial obligations remain unmet, HYL reserves the right to notify governing organizations, including:

- USA Lacrosse
- Western Pennsylvania Youth Lacrosse Association (WPYLA)
- Mountain Laurel Lacrosse League
  of unresolved financial obligations.

Collection Procedures

If required payments remain unpaid after two written notices have been issued, HYL reserves the right to pursue all lawful collection remedies, including legal action, to recover unpaid balances, interest, and associated costs.

SECTION 13: SAFETY & EQUIPMENT POLICIES

Player Safety

Player safety is the highest priority of Hempfield Youth Lacrosse.

All players, coaches, and families are expected to support a safe playing environment that promotes proper technique, good sportsmanship, and respect for opponents.

Equipment Requirements

All equipment must be properly fitted and maintained in safe playing condition.

Boys Required Equipment

- Helmet
- Mouthguard
- Shoulder/chest pads
- Arm pads
- Gloves
- Stick
- Cleats

Girls Required Equipment

- Goggles
- Mouthguard
- Stick
- Cleats
- NO jewelry when playing, preferred no new piercings before the season

Players without required equipment may not participate.

Injury Reporting

Any injury requiring medical attention should be reported to:

- The Head Coach
- Program leadership

as soon as practical.

Families are responsible for obtaining appropriate medical evaluation and clearance before a player returns following an injury.

Concussion Awareness

HYL supports all USA Lacrosse and Hempfield Area School District concussion protocols.

Any athlete suspected of sustaining a concussion should be removed from participation immediately and evaluated by a qualified healthcare professional.

SECTION 14: SOCIAL MEDIA POLICY

Hempfield Youth Lacrosse encourages positive use of social media while representing the organization.

All participants should remember that online behavior reflects upon:

- The individual
- Their team
- Their family
- Hempfield Youth Lacrosse

Expectations

Players, coaches, and families should:

- Communicate respectfully.
- Promote sportsmanship.
- Avoid inappropriate language.
- Avoid bullying or harassment.
- Respect the privacy of teammates and opponents.

Prohibited Conduct

The following may result in disciplinary action:

- Harassment
- Threats
- Discriminatory language
- Public attacks on players, coaches, officials, or families
- Posting inappropriate photos or videos involving HYL activities

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SECTION 15: DISCIPLINE PROCEDURES

Purpose

Discipline is intended to maintain a safe, respectful, and positive environment for all participants.

Examples of Violations

- Unsportsmanlike conduct
- Fighting
- Bullying
- Harassment
- Repeated disruption
- Destruction of property
- Violation of league or organizational policies

Possible Consequences

Depending upon the severity of the violation, disciplinary action may include:

Level 1

Verbal warning

Level 2

Written warning

Level 3

Suspension from practices

Level 4

Suspension from games

Level 5

Season suspension

Level 6

Removal from the organization

The HYL Board reserves the right to determine appropriate disciplinary action based on the circumstances of each incident.

SECTION 16: WPYLA LEAGUE RULES SUMMARY (BOYS PROGRAM)

The Hempfield Youth Lacrosse Boys Program participates in the Western Pennsylvania Youth Lacrosse Association (WPYLA).

WPYLA governs competition, eligibility, rostering, coaching requirements, and postseason participation.

Conference Structure

WPYLA organizes players into:

- 8U (K–2)
- 10U (3–4)
- 12U (5–6)
- 14U (7–8)

Division Structure

Competitive divisions may include:

- Platinum
- Gold
- Silver
- Nickel
- Bronze

Divisions are determined annually by WPYLA based upon registration numbers and competitive balance.

Player Eligibility

Players must generally participate for the member club representing the school district in which they reside.

All players must:

- Maintain an active USA Lacrosse membership for the entire season
- Complete USA Lacrosse age verification
- Meet all WPYLA eligibility requirements

Coaches

All coaches must:

- Maintain active USA Lacrosse coach memberships for the entire season
- Complete required certifications and clearances
- Meet all WPYLA roster requirements
- U14 Coaches must maintain additional requirements set forth by HASD Athletic Department

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Rule Disclaimer

WPYLA rules are subject to revision each season.

The most current and official league rules, policies, roster requirements, and game procedures can be found at:

www.wpyla.com

If a discrepancy exists between this handbook and official WPYLA documentation, the official WPYLA rules shall govern.

APPENDIX A

USA LACROSSE SPORTSMANSHIP CODE OF CONDUCT

USA LACROSSE CODE OF CONDUCT

Players, coaches, officials, parents and spectators are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other players, coaches, officials, parents, spectators and fans. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this "Code of Conduct" are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of lacrosse, themselves, their team and their organization.

It is only through such conduct that our sport can continue to earn and maintain a positive image and make its full contribution to amateur sports in the United States and around the world. USA Lacrosse supports the following behaviors for those who participate in the sport or are involved in any way with USA Lacrosse. The following essential elements of the "Code of Conduct" must be followed:

- **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.**
- **The value of good sportsmanship, the concepts of fair play, and the skills of the game should always be placed above winning.**
- **The safety and welfare of the players are of primary importance.**
- **Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as adults.**
- **Coaches should always demonstrate positive behaviors and reinforce them to players, parents, officials and spectators alike. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials and spectators.**
- **Players should always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators.**

- **Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect to players/teammates. Coaches are also expected to educate their players as to the important role of lacrosse officials and reinforce the ideal of respect for the official to players/teammates.**
- **Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants.**
- **Officials are professionals and are therefore expected to conduct themselves as such and in a manner that demonstrates total impartiality, courtesy and fairness to all parties.**
- **Spectators involved with the game must never permit anyone to openly or maliciously criticize, badger, harass or threaten an official, coach, player or opponent.**
- **Coaches must be able to demonstrate a solid knowledge of the rules of lacrosse, and should adhere to the rules in both the letter and the spirit of the game.**
- **Coaches should provide a basic knowledge of the rules to both players and spectators within his/her program. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.**
- **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.**

APPENDIX B

WPYLA GAME RULES COMPARISON CHART

Category	6U/8U	10U	12U	14U
Field Size	L: 60-70 yds W: 35-45 yds (Cross-Field)	L: 60-70 yds W: 35-45 yds (Cross-Field)	10v10 Full Field	Full Field E5
Cross Length	FP: 37'-42" GK 37"-54" LP none	FP 37"-42" GK 37"-54" No Long Poles	FP 40"-42" GK 40"-72" LP 52"-72" (4 max)	FP 40"-42" GK 40"-72" LP 52"-72" (4 max)
Players	4v4 - 4 field players	7v7 - 1GK & 6 field players	10v10 NFHS	10 v 10 NFHS
Goal Size	3'x3' or 6'x6'	6'x6'	6'x6'	6'v6'
All Player Equipment	PLAYERS ARE TO WEAR LACROSSE-SPECIFIC AND CERTIFIED EQUIPMENT ONLY. NO HOCKEY EQUIPMENT IS ALLOWED. HELMETS SHOULD BE WITHIN THEIR CERTIFIED TIMELINE. MOUTH GUARDS MUST BE WORN. GOALIES MUST HAVE THROAT GUARDS. ANY PLAYER WEARING NON-CERTIFIED EQUIPMENT OR MISSING REQUIRED EQUIPMENT SHALL BE REMOVED FROM THE GAME UNTIL COMPLIANT, AND A 3-MINUTE NON-RELEASEABLE PENALTY WILL BE ASSESSED.			
Length of Game	2 X 12:00 (Running)	4 X 10:00 (Running)	4 x 10:00 Stop-time Score Differential: NFHS	
Overtime	N/A	N/A	4' Stop-Time, Sudden Victory	
Team Timeouts	None. Officials only	1 per half	2 per half, 1 each OT	
Counts	N/A	4-sec GK only, no advance	GK 4 + 20s Def zone +10s Off.zone	

Faceoffs	No FO; Coin flip winner Center X. Others on own def. half >5yds from each other. Other team ball start 2nd half	1 FO 1 GK, 2 behind each G.L.E 7v7 adds 1 wing (foot on either SL) FO on knee is OK (Wings release on whistle)	Same is NFHS incl. Standing Neutral Grip	Same is NFHS incl. Standing Neutral Grip.
Substitutions	"On The Fly"	"On The Fly"	NFHS	NFHS
Scrum	Extended w/3 or more players, use AP	Extended w/3 or more players, use AP	N/A	N/A
Restarts	All players must be 5 yards from ball carrier		Can restart play w/ defense within 5 yards, must gain 5 yard separation before engaging.	
RELEASABLE/NON-RELEASABLE	PERSONALS = NON-RELEASABLE | TECHNICALS = RELEASABLE			
Fouling Out	Personals = 3X or 5-mins			
Advancing	N/A	N/A	20s Def zone + 10s Off zone + Over/Back if after clear	20s Def zone + 10s Off zone + Over/Back if after clear
Stalling	N/A	N/A	Final 2 min. if team ahead 1-4 goals	
One Pass Rule	1 attempted pass after FO possession or restart after goal scored	1 attempted pass after FO possession	N/A	N/A
Flag Down Situations	Stop play when ball hits ground, not a shot			

Man-Up or Man-Down	N/A	N/A; Player serves team plays full strength	Yes (3-down max)	Yes (3 down max)
Offsides	N/A	7v7 > on off. Or >5 on def.(exclude penalty area: never man-down)	>6 on off. Half Or >7 on def.half (include penalty area)	
3-Yard Rule	ALL LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of loose ball			
Body Contact	Legal Holds, Legal Pushes, Boxing Out, Riding, Incidental			Below neck and Above waist
Checking with Cross	Lift/poke bottom hand or head of cross below chest area OR downward check initiated below BOTH players' shoulders. **NO ONE HANDED CHECKS**		ALL LEGAL holds, pushes & checks must be on a player w/ possession or within 3 yds of loose ball. **NO ONE HANDED CHECKS**	
HELMET LOSS	IMMEDIATE WHISTLE. WHOEVER HAS POSSESION KEEPS POSSESSION. LOOSE BALL GOES TO AP.			
PLAYER ROSTER MAX	IF A TEAM IS ABOVE THE BASELINE MAX OF 20 PLAYERS OR THEIR OTHERWISE ROSTERED MAX ABOVE THE BASELINE. A 3 MINUTE NON-RELEASEABLE PENALTY WILL BE ASSESSED, AND WILL CONTINUE TO BE ASSESSED UNTIL THE OFFENDING TEAM IS COMPLIANT.			
COACHES ROSTER MAX	5 COACHES MAX ON THE SIDELINE. ANY COACH NOT LISTED OR HIGHLIGHTED INELIGIBLE MAY NOT BE ANYWHERE NEAR THE SIDELINE. A 3 MINUTE NON-RELEASEABLE PENALTY WILL BE ASSESSED, AND WILL CONTINUE TO BE ASSESSED UNTIL THE OFFENDING TEAM IS COMPLIANT.			
PLAYER ROSTER CHECK	EVERY WPYLA GAME (CONFERENCE, NON-CONFERENCE, SCRIMMAGE) WILL HAVE AN OPTIONAL ROSTER CHECK BEFORE THE START OF THE GAME. A ROSTER CHECK ***MUST*** BE COMPLETED IN THE EVENT THAT EITHER HEAD COACH REQUESTS IT. BOTH HEAD COACHES **DO NOT** NEED TO REQUEST A ROSTER CHECK FOR IT TO OCCUR. ANY PLAYER NOT LISTED OR HIGHLIGHTED INELIGIBLE MAY NOT PLAY. REF SHALL ISSUE A WARNING, AND THE GAME WILL BE A FORFEIT IF NOT COMPLIANT.			
SIDELINE ACCESS	Only rostered coaches within the maximum number and ***equipped players*** shall be on the bench sideline. Spectators, including additional coaches, friends, relatives, and younger siblings, shall not all be near the field's sidelines. A 3-minute non-releasable penalty will be assessed. The offending team will continue to be assessed 3-minute non-releasable penalties until the indvidual/s leaves the sidelines.			

PLAYER/COACH EJECTION = SUSPENSION	IF A PLAYER OR COACH IS EJECTED FROM A GAME, THEY WILL BE SUSPENDED FOR THEIR NEXT GAME. A PLAYER OR COACH WITH MORE THAN ONE EJECTION WILL BE SUBJECT TO FURTHER DISCIPLINARY ACTION.
SPECTATORS	Officials have the right to ask a coach to assist them with spectator behavior. After a warning, officials have the right to remove disruptive fans from the premises of a game. It is a coach's responsibility to assist with the removal of said spectator.
FORCED FORFEITS	If a team is forced to forfeit due to the rules stated above. The game is not to be played, even as a scrimmage; the refs are still to be paid their full game fees.
SUSPENDED PLAYERS (NOT ALLOWED ON SIDELINES)	Suspended players may watch from the stands. If a suspended player is found on the sidelines, a 3-minute non-releasable penalty will be assessed. The offending team will continue to be assessed 3-minute non-releasable penalties until the player leaves the sidelines.
SUSPENDED COACHES (NOT ALLOWED ON SIDELINES)	Suspended coaches may watch from the stands. If a suspended coach is found on the sidelines, a 3-minute non-releasable penalty will be assessed, and a WPYLA fine to the program will be charged. If, after the initial 3-minute non-releasable penalty, the suspended coach has not left the sideline, the officials will call the game a forfeit to the offending team.

WHERE NOT STATED ABOVE AS OTHERWISE, WPYLA WILL FOLLOW USA LACROSSE RULES.

If a situation that is not stated above occurs, please contact the WPYLA Board so that we can adapt where necessary.

APPENDIX C

HANDBOOK ACKNOWLEDGMENT FORM

Hempfield Youth Lacrosse Participant Manual Acknowledgment

Player Name: _____

Parent/Guardian Name: _____

Team/Division: _____

I acknowledge that I have received and reviewed the Hempfield Youth Lacrosse Participant Manual and understand that participation in Hempfield Youth Lacrosse requires adherence to all organizational, league, school district, and USA Lacrosse policies and expectations.

Parent/Guardian Signature: _____ Date: _____

Player Signature (if applicable): _____ Date: _____

Coach Signature (if applicable): _____ Date: _____