

**BYLAWS
OF THE
NORTH IDAHO
LACROSSE LEAGUE**

Adopted 03/01/06

Mission Statement: to organize, develop, and promote boys high school lacrosse in the North Idaho / Eastern Washington region, and to honor the game by instilling the values of scholastic achievement, sportsmanship, and individual development.

I. Article I: Name of organization

A. The name of this organization shall be the North Idaho Lacrosse League or NILL ("Association").

II. Article II: Purpose and objective

A. The purpose and objective of the Association is to support the Mission Statement.

B. To promote these goals, the Association will work cooperatively with the regional chapter of US Lacrosse

III. Article III: General Membership

A. The General Membership shall consist of one designated Representative from each team that is a Regular Member of the Association.

1. Regular Members are those teams having been admitted into the Association and not currently on probation, suspension, or provisional status.

2. Failure of a Regular Member to abide by these By-laws and the policies adopted by the Board of Directors shall subject that Member to disciplinary action up to and including suspension as decided by the Board of Directors.

3. Any Regular Member subject to disciplinary action shall have the right to appeal that decision to the Board for reconsideration and to the General Membership as provided for in these By-laws.

B. General Membership Meetings:

1. All Representatives of the Association shall attend 1 General Membership Meetings:

a) Winter: second Saturday morning in January - scheduling and general business.

b) Special Meetings may be called for by a majority of the Board or when demanded by a majority of the General Membership.

2. General Membership Meetings shall be presided over by the League Commissioner.

3. "Robert's Rules of Order – Newly Revised" shall govern all matters of procedure not covered in these By-Laws.

4. Voting by proxy is not allowed, but a Representative may designate someone from his/her coaching staff to appear in his/her place.

C. New members are Provisional Members of the Association for at least their first year.

1. New teams may apply for Provisional Membership at any membership meeting.

2. Criteria for Provisional Membership shall include:
 - a) agreement to abide by Association By-laws;
 - b) a home field for hosting games;
 - c) a coach meeting qualifications established by the Board of Directors;
 - d) sufficient organizational support to convince the Board or a provisional membership committee that the new team will be viable for the ensuing season; and
 - e) such other criteria as required by the Board of Directors
3. A team not meeting Provisional Membership criteria may still schedule JV games.
4. Provisional Members have no voting rights.
5. After one year, the Board shall determine if Regular Membership status is warranted.

IV. Article IV: Association Governance

- A. The affairs, property, and operation of the Association shall be governed and managed by an elected Board of Directors ("Board") as limited by these By-laws.
 1. Such operations could include, but not be limited to:
 - a) The establishment of annual league dues;
 - b) Policy re: Admission of new teams;
 - c) Policy re: Player eligibility and team assignment;
 - d) Policy re: Team roster requirements;
 - e) Policy re: Coaching qualifications;
 - f) Policy re: Discipline for players, coaches, teams;
 - g) Policy re: Field/equipment/uniform requirements;
 - h) Policy re: Game rules modifications/officiating;
 - i) Policy re: Playoff scheduling/hosting/qualification issues;
 - j) Policy re: Statistics;
 - k) Policy re: All-America/All-state/All-league selections; and
 - l) Policy re: Scheduling.
- B. Anyone may run for election to the Board; however, no single program or team can have more than one person elected to the Board.
- C. Annual elections shall be held at the winter General Membership Meeting.
 1. All those seeking election to the Board must submit their name to the Commissioner no later than 15 days prior to the meeting.
 2. The Commissioner shall announce in writing all candidates for election 7 days before the meeting.
- D. All amendments to these By-laws are to be made by the General Membership as outlined in section E below.
- E. Once adopted by the General Membership, these By-laws can only be amended by the General Membership.
 1. Amendments to the By-laws must be presented in writing to the General Membership at least fifteen days prior to any regularly scheduled General Membership Meeting.
 2. Amendments to the By-laws shall require a two-thirds vote of the General Membership for passage at a General Membership Meeting.

3. Any policy or decision enacted by the Board may be overturned by a two-thirds vote of the General Membership at either a General Membership Meeting or a Special Membership Meeting.
- F. The Board of Directors shall consist of 3 total members. One Commissioner and two Members.
- G. The Board of Directors shall meet as deemed necessary by either the Commissioner or a majority of the Board.
1. "Robert's Rules of Order – Newly Revised" shall govern all matters of procedure not covered in these By-Laws.
 2. No business may take place unless all of the Board is present in person or via phone.
 3. The Board may enact by majority vote any policy, procedure, or practice not in violation of these By-laws to regulate the affairs of the Association.
- H. Board members shall serve two year terms.
- I. Board Subcommittees
1. The Board is authorized to create subcommittees to establish policy positions and/or recommendations on various topics for Board action and/or General Membership action.
 2. These subcommittees may, but are not required to be headed by Board members.
- J. Commissioner
1. Prior to the Winter meeting, the Board shall elect by majority vote one Board member to act as Commissioner for the ensuing year. If all Members positions are up for election then the board will elect a Commissioner following the Winter meeting.
 2. The Commissioner shall preside over Membership meetings and Board meetings as limited by these By-laws and the policies approved by the Board of Directors.
 3. The Board may remove the Commissioner by majority vote and immediately elect another Board member to serve out the remainder of the term.
 4. This is a voting position charged with all duties of commissioner, secretary and treasurer.
 - a) All association checks over \$500 require two signatures and a member plus the Commissioner are authorized signers on the Association account.
 - b) Full accounting of all receipts and expenditures shall be presented in writing to all General Members at the summer General Membership Meeting and more frequently as required by the Board or as called for by a majority of the General Members.
 5. The Commissioner shall issue minutes of all General and Special Membership Meetings and all Board meetings within 15 days of such meetings to the General Membership.
 6. The Commissioner shall supervise all elections, tabulate the vote, and announce the results.

V. Article V: Vacancies

- A. Vacancies on the Board due to death, resignation, or removal shall be replaced within 30 days by special election of the Association.

B. Such special election can be by e-mail or as otherwise authorized by the Board.

VI. Article VI: Compensation

A. All members and officers of the Association shall serve without compensation, except they will be allowed reimbursement of expenses incurred in the performance of their regular duties.

B. Such reimbursement requires approval from the Board of Directors and shall be disclosed in the financial statements of the Association.

VII. Article VII: Fiscal year

A. For accounting purposes, the fiscal year of the Association shall begin on the first (1st) day of January and end on the thirty first (31st) day of December.

VIII. Article VIII: Financial Responsibility

A. No member or officer of the Association may incur any expense or debt in the name of the Association without specific approval or authorization from the Board of Directors.

IX. Article IX: Non-liability

A. The Board of Directors and Representatives of the Association all serve as volunteers and shall not be personally liable for the debts, liabilities, or other obligations of the Association.

Team Handbook of Policies and Rules Adopted by the NILL Board of Directors

MISSION STATEMENT: To organize, develop, and promote boys high school lacrosse in the North Idaho / Eastern Washington region, and to honor the game by instilling the values of scholastic achievement, sportsmanship, and individual development.

1.0.0 NAME OF ORGANIZATION

1.1.0 The name of this organization shall be the North Idaho Lacrosse League, hereinafter referred to as NILL, and this shall be its official Handbook.

2.0.0 RESPONSIBILITIES OF THE NILL

2.1.0 The responsibilities of the NILL shall be to organize, develop, supervise, administer and promote boys high school lacrosse in North Idaho and Eastern Washington.

3.0.0 TEAM QUALIFICATIONS

3.0.1 Can meet ALL Federation Guidelines with the exception of matching gloves.

3.0.2 Support from a host school; i.e. AD and/or ASB oversee some aspect of the team.

3.0.3 If no schools support the program then a Board of Directors that oversees eligibility and coaches and player conduct for that team.

3.1.0 INSURANCE – Each program must provide proof to the League Commissioner that each player has medical insurance and the program has liability insurance by the First Day of Season. For example: US Lacrosse or K&K insurance programs.

3.2.0 VARSITY – Each program will have at least one Varsity team.

3.2.1 All subsequent teams established from the same program will be established as Junior Varsity or Freshman/Sophomore teams.

3.3.0 JUNIOR VARSITY – Each program may have more than one team competing at the Junior Varsity (JV) level.

3.3.1 Junior Varsity teams will be comprised of players from any grade level except Senior / Grade 12.

3.3.2 New teams that are not ready to field a Varsity team may field a JV team subject to 3.3.1 above, or Exhibition games (see 3.5.0).

3.4.0 FRESHMAN/SOPHOMORE – Each program may have more than one team competing at the Frosh/Soph level.

3.4.1 Frosh/Soph teams will be comprised of 9th and 10th grade players.

3.5.0 EXHIBITION GAMES – Games scheduled individually by coaches outside of scheduled league play are considered Exhibition games. Such games may use personnel agreed upon by each coach and do not count toward league standings.

4.0.0 ADMISSION OF NEW TEAMS

4.1.0 New teams will enter the League providing they meet all the criteria set forth in Article III.C.2.a-e of the North Idaho Lacrosse League Bylaws.

4.2.0 A team not meeting the criteria set forth in Article III.C.2.a-e will play a JV schedule or schedule exhibition games on their own.

4.3.0 DUES AND FEES

4.3.1 Every team in the League shall pay fees to the League Commissioner. These fees are to be determined by the Board and must be paid in full on the first day of the season or, by prior arrangement with the League Commissioner, may be paid one-half (½) on the First Day of the Season and one-half (1/2) on April 15.

4.3.2 Every Provisional and Regular Membership team will pay league dues to be determined by the Board. Provisional Membership Teams who are new to the League play will not pay dues the first year they are recognized by the League.

4.3.2 Failure to pay regular fees or league dues or to institute a payment plan approved by the Board can cause the team's games to be forfeited until fees and dues are paid.

4.4.0 PLAYER ELIGIBILITY

4.4.1 When a new team forms, all players attending schools deemed within that new team's designated boundaries must play for the new team with the exception of seniors who may play their final season for their original team.

5.0.0 PLAYER ELIGIBILITY

5.1.0 AGE LIMITS AND GENDER – A player must be a boy of appropriate age requirements.

5.1.1 A player must be under 19 years of age by March 1st of the lacrosse season.

5.1.2 Player must be at least 14 years of age by March 1st of the lacrosse season to participate in high school lacrosse.

5.2.0 SCHOOL ATTENDANCE and ELIGIBILITY–

5.2.1 A player must play for the team affiliated with the school that he attends.

5.2.2 If a player's school does not offer lacrosse then the player may choose a program.

5.2.3 If two or more lacrosse programs exist within a school district, the board shall determine which public schools will feed which lacrosse programs based on school boundary lines.

5.2.4 A full-time student in a private school is eligible to play for the team of his resident public school if the player resides within the attendance area of that public school and if lacrosse is unavailable to the player at the private school.

5.2.5 A full-time student in a private school not offering lacrosse shall participate only at the resident public school that the student would normally attend. This section is intended to prevent a school district with more than one secondary school from allowing a student to apply for open enrollment and thus participate at a school outside of that student's attendance boundaries.

5.2.6 Home based instruction students are categorized as private education students. Therefore to be eligible to participate in lacrosse, the student must play for the team of his resident public school.

5.2.7 No player will be able to play for more than four (4) seasons.

6.0.0 COACHES

6.1.0 The Head Coach of each program in the League will be held responsible for knowing the rules and insuring that all those coaching and acting under the Head Coach comply with the rules of the League.

6.2.0 QUALIFICATIONS

6.2.1 The Head Coach shall be at least 21 years old and a high school graduate unless the Board, prior to the First Day of the Season, has granted a waiver.

6.2.2 It is recommended that all coaches be First Aid certified, CPR qualified and attend the yearly coaches clinics provided by US Lacrosse Chapters.

6.2.4 All Head Coaches shall read and agree to abide by the Code of Conduct for Coaches.

7.0.0 SEASON

7.1.0 IN SEASON – DEFINITION – The NFHS Standardized Calendar shall be followed for the beginning and ending dates of the lacrosse season. **START** indicates the first day of practice for lacrosse; **END** indicates the final day culminating in the State Finals for lacrosse. Specifics dates will be published by the Board every year.

7.2.0 OUT OF SEASON – DEFINITION – Out of season is that time during which coaches cannot coach (have formal and organized contact) with more than two (2) high school squad members. Out of season for lacrosse shall be the first day of football practice until the first day of spring sports. Specifics dates will be published by the Board every year.

7.3.0 New teams in the League may begin practice on January 1 for the first year only.

7.4.0 A coach of a lacrosse team cannot conduct practice Out of Season. This can include clinics for future squad members. The coaches cannot have pre-season practices/clinics with his players, including incoming freshmen. Coaches may conduct pre-season clinics for youth and middle school players.

7.5.0 A practice is defined as any attempt by any coach of a team to teach any phase of lacrosse or activity to their team or have their team or more than two (2) or players of their team engage in lacrosse-specific drills under the supervision of any coach, or from directions provided by any coach.

7.6.0 A coach may meet with the team prior to the opening day of practice to discuss equipment, insurance, season's plans, training regulations and any other pertinent information deemed necessary by the coach. This does not restrict fund-raising activities or player information meetings.

7.7.0 A coach may sponsor, coach or direct activities with any team members from the day after the final state tournament is complete until the first day of fall football practice. Therefore, the summer is an open contact period up to the beginning of Out of Season.

7.8.0 A coach may organize and supervise a year-around conditioning program to include weight training, running and exercising provided it does not include instruction in lacrosse skills and is open to all students.

8.0.0 SPECIFIC CONTEST RULES

8.1.0 GAMES

8.1.1 North Idaho Lacrosse League will abide by the NFHS (National Federation of State High School Association) rules with the following exceptions:

A. Goal Specifications: In-grounds or flat-bar goals are recommended but not required.

B. Uniforms: Jerseys and shorts must be uniform; although strongly encouraged, helmets, and gloves need not be uniform.

C. Field Specifications: Flexibility on field size; however, all field lines and markers (cones) must be present; furthermore, goals must be properly positioned 15 yards from each end line and dimensions of the restraining boxes must be legal (35 yds X 40 yds)

D. Mercy rule: There is no mercy rule.

8.2.0 SCHEDULING

8.2.1 League games counting toward playoff standings are scheduled at the scheduling meeting in January.

8.2.2 Exhibition or non-league games are scheduled at the discretion of the coach, but must be reported to the Board.

8.2.3 Any change to a scheduled game must be agreed upon between coaches of both teams.

8.2.4 Changes to a scheduled game must be reported to the League scheduler 48 hours or as soon as possible prior to the originally scheduled date and time.

8.3.0 STATISTICS

8.3.1 It is the responsibility of the home team to keep the official scorebook.

8.3.2 The following statistics will be kept by each team for each League game and reported to the League via IdahoLax.com by 48 hours after the end of each contest:

A. Goals

B. Assists

C. Groundballs

D. Shots on Goal

E. Goalie Saves

F. Face Offs Won

8.4.0 UNIFORMS

8.4.1 Jerseys and shorts will be of uniform color.

8.4.2 When a referee decides the jersey colors are too close in color, it is the responsibility of the home team to wear alternate jerseys or Pennies.

8.5.0 MISCONDUCT BY PLAYERS AND FANS

8.5.1 Coaches are responsible for controlling their parents, players, and fans. Coaches will work with game officials to control the players and crowd as necessary to ensure a safe event and to honor the game.

A. Spectators are not allowed immediately behind the bench areas or within or immediately behind the penalty box and table area. If permanent bleachers are present, all spectators and parents are to be located in those bleachers, if possible.

B. Where permanent bleachers are not present, it is strongly recommended that teams be located on the opposing sidelines from the spectators and parents.

C. Spectators are not allowed behind either goal.

8.5.2 Fighting is defined as a player, substitute, non-playing member of a squad, coach or anyone officially connected with a team deliberately striking or attempting to strike anyone in a malicious manner or leaving the bench or coaches area in order to participate in such an altercation.

A. An individual participating in a fight or any other action deemed flagrant misconduct as determined by the game officials, shall be charged with a three minute non-releasable penalty, ejected from the game in which the violation occurred and suspended from the team's **next** game.

B. If the same individual participates in a second fight or flagrant misconduct in a subsequent game, the penalty is a three-minute non-releasable penalty, ejection from the game in which the fight occurred and suspension from the team's next **two** games which can carry over to the following season.

C. If the same individual is involved in a third fight or flagrant misconduct, the penalty is a three-minute non-releasable penalty, ejections from the game in which the fight occurred and suspension extended to the **entire season** or for a minimum of four (4) games which can carry over to the following season if there are less than four games remaining in the season.

D. A suspended individual cannot be in the team's bench area, in uniform, or anywhere on the sideline.

E. The appropriate officiating assigning authority is responsible for notifying the officials of the suspension.

F. Count of fighting expulsions and the resulting suspensions extend to subsequent seasons.

8.6.0 OFFICIALS

8.6.1 The home team will arrange for at least two game officials.

8.6.2 Procedure for No-Shows by Officials - If officials fails to show up for a game by ½ an hour after the scheduled start time, the decision to play the game is up to the head coaches. While the league suggests rescheduling the game for a later date, in some instances playing may be the most practical solution given scheduling difficulties. If it is decided that the game will be played, one assistant coach from each team will officiate the game. If assistant coaches are not available, it is up to the discretion of the head coaches to use others to officiate the game. Games will only be counted as official league games if both coaches agree with the decision to play the game.

9.0.0 AWARDS

9.1.0 ALL-STAR – All-Star teams will be selected by the coaches.

9.1.1 There will be a first and second All-Star team selected by the coaches and comprised of the following: Three (3) attack, three (3) midfield, three (3) defense and one (1) goalie – total 10 per team. Honorable mentions will go to Long Stick Midfielder and Face-Off Midfielder.

9.1.2 There will be a league MVP award. Each coach will nominate a player from their team and then all coaches will have one vote to pick the winner from the nominees.

9.1.3 There will be a league Sportsmanship award. Each coach will nominate a player from their team and then all coaches will have one vote to pick the winner from the nominees.

9.1.4 There will be individual league awards based on submitted statistics for 1) Most Points 2) Face Offs Won 3) Ground Balls.

9.2.0 CHAMPIONSHIP AND PLAYOFFS

9.2.1 Four Team Playoff - Game 1: #4 Seed @ #1 Seed Game 2: #3 Seed @ #2 Seed

9.2.2 Championship: Winner Game 1 vs. Winner Game 2 on neutral field

9.2.3 Seeding Tie-Breakers: 1) Head-to-Head 2) League Record 3) Examine each team's record against the highest ranked team in the league. If the tie is still unbroken, then the process would continue with the #2 seed and so forth until one team has beaten a common opponent and the other has not. *Example: Team X and Team Z are tied for 4th place with records and the games between X and Z split. Team Z beat the #1 seed in their division and Team X did not, so Team Z would be the #4 seed and Team X would be the #5 seed.*

10.0.0 RULE VIOLATIONS AND PENALTIES – The strength of the North Idaho Lacrosse League lies in the willingness and ability of the membership to support the rules and regulations adopted and, if necessary, to support the penalties placed upon members, if it is determined that those same rules and regulations have been violated.

10.1.0 USE OF INELIGIBLE PLAYER – The use of an ineligible player shall result in forfeiture of all games in which that player took part.

10.1.1 An ineligible player “takes part” in a game when he steps onto the playing field during competition of a contest in which he is ineligible. Coaches are strongly encouraged to keep ineligible players distinctly away from the sideline area of a contest for which they are ineligible.

10.2.0 FAILURE TO POST ROSTERS – The failure of a team to post all accurate rosters (including player name, position and number) on Idaholax.com by the third Monday of the season shall cause that team to forfeit each game until the information is posted. Any changes to rosters need to be reported to the Commissioner immediately.

10.3.0 FAILURE TO REPORT TOTAL ROSTER INFORMATION – The failure of a team to report to the Commissioner by the third Monday of the season the entire roster information required (player name, grade, home address and school attended) shall cause that team to forfeit each game until the information is reported.

10.4.0 FAILURE TO REPORT TOTAL CONTESTS – By season's end, all games played during that time period should have been reported to the Commissioner. Failure to report total contests shall place the program on probation.

NILL Code of Conduct for Coaches

Lacrosse is the oldest American game. Native Americans have played it since long before the colonies were settled, and at the high school level it has been played since the late 1800's. This increases the importance of a sense of community among those who play, coach, work and follow the game of lacrosse. To establish and maintain a sense of community, we cannot ignore the way the game itself is played and the responsibilities we as coaches and administrators have to the game.

Responsibilities to the Game

Coaches are role models. As such, they shall always conduct themselves so as to maintain the highest principles, integrity and dignity of the game of lacrosse.

Coaches are responsible for knowing, understanding and following all the rules of the game as established and directed by the National Federation of State High School Associations and the NILL.

Coaches must adhere to both the letter and the spirit of all the rules.

Coaches are responsible for insuring that all players understand the rules and their spirit. All participants in the game of lacrosse must adhere to the letter and spirit of all the rules.

Coaches recognize that officials are major participants in the game. The Coach shall neither exhibit nor tolerate any behavior from others (staff and squad) – verbal or otherwise – that might reflect poorly on an official. This includes, but is not limited to arguing a judgment call in such a manner as to incite players and spectators against an official. There are approved methods by which a Coach may discuss a rule with an official or comment on an official's performance through the NILL. Public displays of displeasure – before, during, or after a contest – are not among these approved methods.

Win with character, lose with dignity.