

MOUNT PLEASANT RECREATION DEPARTMENT
FUNDamental LACROSSE MANUAL

TABLE OF CONTENTS

I.	Infectious Disease Guidelines.....	2
II.	MPRD Lightning Safety Procedures.....	5
III.	Recreation Department Personnel	8
IV.	Coaches Code of Ethics Pledge.....	9
V.	Town FUNDamental Lacrosse Facilities.....	10
VI.	Critical Dates.....	11
VII.	Team Requirements/Player Eligibility.....	12
VIII.	Placement of Players on Teams/Team Coach Assignments.....	12
IX.	General Game Rules.	13
X.	Equipment/Uniforms/Schedules/Awards/Rainedout.com Information.....	17
XI.	Training Sessions.....	18
XII.	Conduct.....	19
XIII.	Facility Supervisors/Release of Confidential Information.....	21
XIV.	Coaches Tips.....	22
XV.	Practice Drills.....	24

MOUNT PLEASANT RECREATION DEPARTMENT

INFECTIOUS DISEASE GUIDELINES

The Mount Pleasant Recreation Department has published these guidelines in an effort to minimize the possibility of transmission of any infectious disease during practices or games.

These guidelines primarily address blood-borne pathogens such as the Hepatitis B virus and the Human Immunodeficiency Virus (HIV). However, these guidelines also outline common sense precautions against the spread of less serious, but other contagious diseases. It is the intent and desire of the MPRD that all activity by the participants enrolled should be carried out with the safety of the environment. We encourage all volunteers who are part of these programs in any capacity to help us carry out these aims and objectives.

BLOOD-BORNE PATHOGENS

Blood borne pathogens such as Hepatitis B and HIV are serious infectious diseases, which are present in blood as well as other bodily fluids such as semen, vaginal fluids and breast milk. While there are a number of such diseases, Hepatitis B and HIV are the most common known.

Hepatitis B is a virus, which results in a dangerous inflammation of the liver. Its victims can suffer long-term consequences and recurrences and the disease can be deadly if not treated. HIV is the virus that causes AIDS or Acquired Immunodeficiency Syndrome, which weakens the immune system, thus making a person susceptible to infections their immune systems normally would fight off. AIDS is incurable and deadly.

When giving first-aid to others, an individual should wear protective gloves (such as rubber surgical gloves) any time blood, open wounds or mucous membranes are involved. The individual should wear clean gloves for each person treated or when treating the same person more than one time.

If the individual gets someone else's blood on his/her skin, protective gloves should be worn and the blood wiped off with a disposal alcohol swab.

Note: If blood gets on a uniform during practice or a game, the uniform should be wiped with a disinfectant such as isopropyl alcohol (rubbing alcohol).

If an individual begins to bleed during practice or a game, play must be stopped and the individual should be removed from the game. If there is blood on the floor and/or bench, the floor and/or bench should be cleaned using a disinfectant solution of household bleach and water. The recommended mixture is ten (10) parts water to one (1) part bleach. (Example: 1/2 bleach to one (1) gallon of water). The surface should then be rinsed with clean water to avoid participants getting the disinfectant in their eyes. The person doing this cleanup should wear protective gloves.

The individual removed from practice or a game due to bleeding must have the bleeding stopped and any wound covered before being allowed to return to the practice or game. If the bleeding begins again, the practice or game should be stopped and the potentially contaminated surfaces cleaned. The manager or umpire/referee would be the judge as to the number of times the practice or game would be stopped before the individual is disqualified from further participation in that practice session or game.

The person who has treated an injury where there is blood present or has cleaned a potentially contaminated surface should wash their hands with soap and hot water whether or not protective gloves are worn.

Disposable towels should be used in all clean up. Towels, gloves and all protective materials used in the cleanup, as well as items used to stop the bleeding, should be placed in a sealed container lined with a plastic bag. These bags are not to be reused and should be disposed of on a daily basis.

Any official who gets blood on himself/herself should do the same as the participants in a practice or game. A disinfectant such as isopropyl alcohol (rubbing alcohol) should be used to wipe the blood from an area.

Although Hepatitis B is a much more common virus than HIV, it is HIV and AIDS more than any other disease that has served to heighten public concern over blood-borne pathogens.

It is most important to carry out suggested procedures in the interest of safety and the health of children who participate in our activity on a day-to-day basis. If this is done, parents and others can be assured that we are concerned about the total well being of the youngsters entrusted to our care.

The precise risk of HIV transmission during exposure of open wounds or mucous membranes such as eyes, ears, nose, and mouth to contaminated blood is not known. However, evidence would suggest it is extremely low. In fact, the possibility of contracting HIV in this manner is much less than the possibility of contracting Hepatitis B or other blood-borne infections.

Everyone must understand that while it is theoretically possible for HIV to be transmitted by blood from one individual through the wound or mucous membrane of another individual, the probability of this occurring is extremely low. One must not assume, however, that the chance of transmission of HIV in this manner is zero. Proper and adequate precautions should be taken to ensure that no transmission could occur.

WAYS TO PREVENT THE TRANSMISSION OF BLOOD-BORNE PATHOGENS

If blood is present, positive steps can be taken that will lessen the possibility of transmission of blood-borne pathogens, such as Hepatitis B or HIV, if the person who is bleeding has such a disease.

It is most important that the adults who work with youngsters in youth activities are aware of what steps should be taken in the event an accident occurs and there is a presence of blood. If there is blood present, this situation should be treated with respect regarding its ability to transmit infectious disease.

If the participant has an open wound on their body, they should cover this wound prior to the start of a practice or game. When this is done, the participant will decrease the risk of transmission of a blood-borne pathogen from their open wound to the open wound or mucous membrane of another person or vice versa.

It is essential that all adults and youth participants use good hygiene. Towels, cups and water bottles should not be shared.

OTHER CONTAGIONS

Contagions such as the Influenza Virus, the Common Cold virus, and the Mononucleosis virus are generally transmitted by respiratory secretions, saliva, and nasal discharge. This occurs through the air when an infected person sneezes or coughs; or by oral inoculation from contaminated hands and surfaces. The possibility of becoming infected with one of these viruses is greater indoors than outdoors. If a person is infected with one of these viruses, they possibly will have an incubation period of a few hours or days. Colds and Influenza are usually known by the individual who may be affected and normal symptoms include: muscle aches, pains in joints, fever, and chills. If an individual is affected, they should not be allowed to practice or play in a game due to the weakness that would be present from these viruses. It is important to observe sound hygienic practices when this occurs and towels, cups and water bottles should not be shared among participants.

MOUNT PLEASANT RECREATION DEPARTMENT

LIGHTNING POLICY

PURPOSE: To insure as much as possible that the safety of participants is a priority and provide the proper procedure to mitigate the lightning hazard at any Mount Pleasant Recreation Department (MPRD) outside facilities and activities.

POLICY: Lightning is the most consistent and significant weather hazard that may affect outdoor activities; therefore the following procedures are to be followed to help insure the safety of MPRD participants and spectators by monitoring how far away the lightning is occurring and how fast the storm is approaching, relative to the distance of a safe shelter.

SPECIFIC PROCEDURES:

1. MPRD has established a chain of command as to who monitors threatening weather and who makes the decision to remove a team or individuals from an outdoor site or event. The chain of command will be as follows:
 - a. Facility Supervisor assigned to site/event
 - b. Game Officials/Referees/Umpires
 - c. Recreation Coordinator/Specialist assigned to activity
 - d. Athletic/Program Division Chief
 - e. Director
2. The Facility Supervisor assigned to the activity/site will be the MPRD's representative at the site in the absence of the Recreation Coordinator/Specialist. The Facility Supervisor will include in their daily procedures monitoring of the weather by visual, audio and electronic means.
3. MPRD will obtain a weather report each day prior to a practice or event. Staff will be aware of potential thunderstorms that may form during scheduled activities.
4. MPRD will monitor the weather reports and National Weather Service-issued (NWS) thunderstorm "watches" and "warnings" as well as signs of thunderstorms developing nearby.
 - a. A **watch** means that conditions are favorable for severe weather to develop in an area.
 - b. A **warning** means that severe weather has been reported in an area and for everyone to take proper precautions.
5. MPRD will monitor the weather reports and National Weather Service-issued (NWS) thunderstorm "watches" and "warnings" as well as signs of thunderstorms developing nearby.
 - a. A **watch** means that conditions are favorable for severe weather to develop in an area.
 - b. A **warning** means that severe weather has been reported in an area and for everyone to take proper precautions.
6. MPRD Staff will know where the closest "safe structure or location" is to the field/court or play area and will know how long it takes to get to that safe structure or location. Safe structure or location is defined as:

- a. Any building normally occupied or frequently used by people; i.e., a building with plumbing and/or electrical wiring that acts to electrically ground the structure. Shower facilities are not to be used for safe shelter and **do not use** the showers or plumbing facilities during a thunderstorm
 - b. In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. The sides of the vehicle are not to be touched.
7. MPRD has designated the following areas as a “safe structure or location” for the sites listed below:
- a. R.L. Jones Center Complex – The R.L. Jones Center building, softball field press box with roll up windows closed or individual vehicles in parking lot.
 - b. Duffy Complex – The concession stand/storage building or individual vehicles in parking lot.
 - c. Patriots Point – Individual vehicles in parking lot.
 - d. Park West – MPRD Park West building, Pavilion building or individual vehicles in parking lot.
 - e. Whipple Road Complex – Tennis Center building or individual vehicles in parking lot.
 - f. Sloan Park - Individual vehicles in parking lot.
 - g. Moultrie Middle School - Individual vehicles in parking lot.
 - h. Town Hall Track & Field – Town Hall gym or individual vehicles in parking lot.
 - i. Old Wando Baseball Field- Press box or individual vehicles in parking lot.
 - j. Whitesides Elementary School - Individual vehicles in parking lot.
 - k. Reid & Speights Street Fields - Individual vehicles in parking lot.
 - l. Longpoint Soccer Field – Longpoint Amenities building or individual vehicles in parking lot.
 - m. Trident Academy Field – Individual vehicles in parking lot.
 - n. Cario Multipurpose Field - Individual vehicles in parking lot.
 - o. James B. Edwards Elementary School - Individual vehicles in parking lot.
 - p. Community Centers – Community center building or individual vehicles in parking lot.
 - q. Julian Weston Tennis Courts - Individual vehicles in parking lot.
 - r. G.M. Darby Building – The Darby building or individual vehicles in parking lot.
 - s. James B. Edwards Park - Individual vehicles in parking lot.
 - t. Alhambra Hall & Park – Alhambra Hall building or individual vehicles in parking lot.
 - u. Kearns Park and Pitt Street Bridge - Individual vehicles in parking lot.
8. Overhangs, toilet trailers, restroom buildings, picnic shelters, tents, dugouts or other areas not listed in section 6 are **not to be used** to avoid lightning.
9. It is the responsibility of MPRD Staff to be aware of how close lightning is occurring, by using a combination of the “flash-to-bang method” and issued lightning detectors. To use the “flash-to-bang method”, count the seconds from the time the lightning is sighted to when the clap of thunder is heard. Divide this number by five (5) to obtain how far away (in miles) the lightning is occurring. For example, if an individual counts 15 seconds between seeing the flash and hearing the bang, 15 divided by five (5) equals three (3); therefore, the lightning flash is approximately three (3) miles away.

10. Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, no matter how far away. The most important aspect to monitor is how far away the lightning is occurring and how fast the storm is approaching, relative to the distance of a safe shelter.
11. At a minimum, by the time the monitor obtains a “flash-to-bang” count of **30 seconds**, all individuals should have left the outdoor site and reached a safe structure or location.
12. When consideration is being given to resumption of outdoor activities, a 30 minute waiting period after the last flash of lightning or sound of thunder is recommended before returning to the field/area or activity.

_____ **Assistant Recreation Director**

_____ **Recreation Director**

MOUNT PLEASANT RECREATION DEPARTMENT

PERSONNEL

Executive Staff

Steve Gergick, Director
Jimmy Millar, Deputy Director
Sarah Garner, Office Manager
Melissa Estrada, Account Clerk
Jason Boehm, Administrative Clerk

Athletic Division

Matt Hansen, Athletic Division Chief
Terri Steed, Recreation Coordinator/ Volleyball/Basketball
Jay Rhodes, Recreation Coordinator Football/Track
Scott Koth, Recreation Coordinator/ Softball
Jessica Smith, Administrative Assistant
Ryan Johnson, Recreation Coordinator/Baseball/Wrestling
Aaron Parry, Recreation Coordinator Soccer
Haley Vaughn, Recreation Coordinator/Tennis
Garrett Heatherington, Recreation Coordinator/FUNDamentals
Matt Blakeney, Recreation Specialist
Eric Duhamel, Recreation Specialist

Program Division

Shelli Davis, Program Division Chief
Tina Carter, Program Coordinator
Nicole Ashby, Aquatics Coordinator;
Victoria Kline, Recreation Specialist, Aquatics
Anne Selner, Recreation Specialist
Erin Wilson, Recreation Specialist
Sherrie Pompeii, Senior Program Coordinator
Nicole Holladay, Recreation Specialist/ Seniors
Sandi McGee, Administrative Assistant
Rhea Pitts, Administrative Assistant/ Seniors

Office Personnel

Chris Brags, Administrative Assistant
Deborah Llaro, Administrative Assistant
Tiffani Walker, Administrative Clerk
Karen Washington, Administrative Clerk

**COACHES
CODE OF ETHICS PLEDGE**

I promise to review and practice the necessary first aid principals needed to treat injuries of my players. I hereby pledge to live up to the Mount Pleasant Recreation Department Code of Ethics as coach.

I will place the emotional and physical well-being of my players ahead of any personal desire to win.

I will remember to treat each as an individual, remembering the large spread of emotional and physical development for the same age group.

I will do my very best to provide a safe playing situation for my players.

I will do my best to organize practices that are fun and challenging for all my players.

I will lead, by example, in demonstrating fair play and sportsmanship to all my players.

I will insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players.

I will use those coaching techniques appropriate for each of the skills that I teach.

I will remember that I am a youth coach, and that the game is for children and not adults.

Date: _____ Name: _____
(Please Print)

Signature: _____

Team Name/Sponsor: _____

MOUNT PLEASANT RECREATION DEPARTMENT

TOWN FUNdamental LACROSSE FACILITIES

- I. Mount Pleasant Recreation Complex at Park West
1251 Park West Boulevard, Mount Pleasant
- II. Moutrie Middle School
645 Coleman Boulevard, Mount Pleasant
- III. Cario Middle School
3500 Cario Boulevard, Mount Pleasant
- IV. Town Hall
100 Ann Edwards Lane, Mount Pleasant
- V. Whipple Road
889 Whipple Road, Mount Pleasant
- VI. Old Wando/New Laing Middle School
1560 Mathis Ferry Road, Mount Pleasant
- VII. Jones Center
391 Egypt Road, Mount Pleasant

***PLEASE NOTE:** Due to scheduling circumstances, there may be times when league games will be played at facilities other than those designated for a specific age group.

WE ASK THAT ONCE YOUR GAME HAS ENDED PLEASE MOVE OFF OF THE FIELDS SO THE GAME FOLLOWING MAY BEGIN PROMPTLY!!!

MOUNT PLEASANT RECREATION DEPARTMENT

CRITICAL DATES

January 3-19	Registration
January 20	Wait list begins
February 22	Practices begins
March 8 (tentatively)	*First Games of the season!*

**WE ASK THAT ONCE YOUR GAME HAS ENDED
PLEASE MOVE OFF OF THE FIELDS SO THE GAME
FOLLOWING MAY BEGIN PROMPTLY!!!**

MOUNT PLEASANT RECREATION DEPARTMENT

TEAM REQUIREMENTS

There will be a maximum of ten players for U7 co-ed teams.

There will be a maximum of 12 players for U9 girls and U9 boys teams.

League age will be determined by how old the child is on **September 1, 2020**.

- No 4 year old will be permitted to waiver into the league.

PLAYER ELIGIBILITY

All players must fill out a registration form and pay a fee in order to participate in the Soccer program.

Scholarships are available on an individual basis. Contact the front desk staff for assistance concerning the scholarship program at least 10 days prior to registration.

First time participants must show a copy of their original birth certificate, or other acceptable document proving date of birth upon registration.

No accident insurance is provided by the Recreation Department. Any injuries that result from playing Lacrosse are the responsibility of the participants/parents.

PLACEMENT OF PLAYERS ON TEAMS

The method used to divide these teams is as follows:

1. The head coaches' child (ren) will be allowed to be on the same team that their parents coach.
2. Two coaches per team. Head coach can request (1) assistant coach.
3. Every effort will be made to place children by side of town and school.
4. Please note: special requests for a particular team, coach, or teammate are honored.
5. Siblings will play on the same team unless parents request that they play on separate teams.

Please note: no special requests for a particular team, coach, or teammate will be honored.

All deletions and additions to the team roster will be made by the Athletic Division, not by coaches. NO TRADES WILL BE ALLOWED. Players cannot participate unless registered with the Mount Pleasant Recreation Department. Any coach who adds or removes players will be suspended from coaching until a meeting is held with the Athletic Division Chief. Sponsors may wish to sponsor the team which their child is placed on.

MOUNT MOUNT PLEASANT RECREATION DEPARTMENT

League Rules and Guidelines
U7 Co-ed League

U7 Co-ed League is an instructional non-competitive league. It is our hope to focus on handling and skill. Lacrosse fundamentals, skills development, sportsmanship and enjoyment of the game are the primary objectives; winning is not. Playing time must be equitable for all players regardless of skill level.

Number of Players: 6v6 no goalie

Player Eligibility: Players U7 must be 5 and 6 as of the cutoff of September 1 of the previous year.

Field: Small Field: The length of the field will be 60yds from End line to End line. The Width of the field will be 40yds from sideline to sideline.

Equipment: This league utilizes a standard 4x4 lacrosse goal. U7 no goalies. 25-30in Stick. Soft, Brine ball will be provided. Defense (Long) sticks are not allowed. Metal Cleats are not allowed.

****Mouth guard and gloves required for all players****

****** No player may practice or play without their equipment******

Time Factors: Games

*25 minute practice

* Four five(5) minute running clock quarters

*One minute between quarters and a four minute halftime.

*All substitutions on the fly.

*Two one(1) minute timeouts.

*No overtime; no tiebreakers WE DO NOT KEEP SCORE

Rules of Play: US Lacrosse Boys Rules/Guidelines and MPRD restrictions

- No face offs. Home team will have possession to start the game; Visiting team will have possession to start 2nd half. Possession is given to the other team after goal is scored.
- Mercy rule after 4 goals the opposite team starts with possession of the ball at center until deficit is less than 4 goals. A coach can waive this off.
- Coaches Officiate (one from each team allowed on the field)
- 1 completed/attempted pass before allowed to go to cage and shoot, ball can drop as long as team possession is maintained. (if team is up by four goals, increase the pass rule)
- Players- 6v6, 2 attack, 2 middies, and 2 defense (no long poles) NO GOALIE
- No roaming, coaches make sure you teach them this, just place the kids back on sides.
- We will use regulation sized goals and creases, no one is allowed in the crease at all in U7, no deputy of any kind.
- Substitutions will be made on all major fouls and intent to danger.
- No Checking/no contact
 - Only stick head to stick head checking, no body at all

MOUNT PLEASANT RECREATION DEPARTMENT

League Rules and Guidelines Continued
U9 Boys League

U9 Boys League is an instructional non-competitive league. It is our hope to focus on handling and skill. Lacrosse fundamentals, skills development, sportsmanship and enjoyment of the game are the primary objectives; winning is not. Playing time must be equitable for all players regardless of skill level.

Number of Players: 7v7 including 1 goalie

Player Eligibility: Players U9 must be 7 and 8 as of the cutoff of September 1 of the previous year.

Field: Small Field: The length of the field will be 60yds from End line to End line. The Width of the field will be 40yds from sideline to sideline.

Equipment: This league utilizes a standard 4x4 lacrosse goal. U9 goalies allowed. 37-42in Stick. Full protective gear is required for players. (Helmet, gloves, shoulder pads, arm pads and mouth-guard). Defense (Long) sticks are not allowed. Metal Cleats are not allowed.
****** No player may practice or play without their equipment******

Time Factors: Games

- *25 minute practice
- * Four five(5) minute running clock quarters;
- *One minute between quarters and a four minute halftime.
- *All substitutions on the fly.
- *Two one(1) minute timeouts.
- *No overtime; no tiebreakers WE DO NOT KEEP SCORE

Rules of Play: US Lacrosse Boys Rules/Guidelines and MPRD restrictions

- Face Off to start each quarter and after each goal. Players are not allowed in the neutral area (inside girls center circle) until a player gains possession of the ball in a face off.
- Mercy rule after four goals the opposite team starts with possession of the ball at center until deficit is less than four goals. A coach can waive this off.
- Coaches Officiate (one from each team allowed on the field)
- 1 completed/attempted pass before allowed to go to cage and shoot, ball can drop as long as team possession is maintained. (if team is up by four goals, increase the pass rule)
- Players- (7v7), 2 attack, 2 middies, and 2 defense (no long poles) U9 has a goalie
- No roaming, coaches make sure you teach them this, just place the kids back on sides.
- We will use regulation sized goals and creases. U9 goalies are allowed in the crease only, no deputy of any kind.
- Substitutions will be made on all major fouls, including helmet hits & intent to danger.
- No Body Checking; Legal pushes, holds and boxing are allowed
 - Only stick head to stick head checking, no body at all

MOUNT PLEASANT RECREATION DEPARTMENT

League Rules and Guidelines **U9 Girls League**

Number of Players: 5v5 including 1 goalie

Player Eligibility: Players U9 must be 7 and 8 as of the cutoff of September 1 of the previous year. The Recreation Coordinator/Specialist reserves the right to combine age groups if there are not enough players to form the above-mentioned divisions.

Field: Small Field: The length of the field will be 60yds from End line to End line. The Width of the field will be 40yds from sideline to sideline.

Equipment: The league utilizes a standard 4x4 lacrosse goal with a goalie. Sticks must be 35 ½ to 43 ¼ inches long. Goggles, glove, and mouth piece are required for players. Goalies must wear helmet, mouth-guard, throat protector, gloves, chest protector, pelvis protection, and leg padding (provided by MPRD). Metal Cleats are not allowed.

**** No player may practice or play without their equipment****

Time Factors: Games

- *30 minute practice
- * Two 11 minute halves
- *Four minute halftime.
- *All substitutions on the fly.
- *Two one(1) minute timeouts.
- *No overtime; no tiebreakers WE DO NOT KEEP SCORE

Rules of Play: US Lacrosse Girls 10U Rules/Guidelines and MPRD restrictions

- Face Off per coin toss; Winner chooses direction of play or having first Alternating Possession. Restart after a goal – goalkeeper clear.
- Mercy rule after four goals the opposite team starts with possession of the ball at center until deficit is less than four goals. A coach can waive this off.
- Coaches Officiate (one from each team allowed on the field)
- One completed/attempted pass before allowed to go to cage and shoot, ball can drop as long as team possession is maintained. (if team is up by four goals, increase the pass rule)
- Players- 5v5 (no long poles) U9 has a goalie
- No roaming, coaches make sure you teach them this, just place the kids back on sides.
- Restraining lines: two players must stay back behind the midfield line
- We will use regulation sized goals and creases. U9 goalies are allowed in the crease only, no deputy of any kind.
- No holding of the ball more than three seconds when closely guarded, defense has both hands on their stick and defense is in a position to legally check (if checking were allowed)
- Substitutions will be made on all major fouls and intent to danger.
- No Body Checking; Legal pushes, holds and boxing are allowed
Only stick head to stick head checking, no body at all

MOUNT PLEASANT RECREATION DEPARTMENT

League Rules and Guidelines For All FUNDamental Divisions

Penalties

- * There will be NO time serving penalties in this league.
 - a. Only if there is a personal or unsportsmanlike penalty then they will be substituted for.
- * Players may still be ejected from games for two unsportsmanlike penalties.
- * Penalties whether personal or technical in nature will still be called by coaches/officials however the enforcement of these penalties will result in:
 - a. The player committing the infraction will leave the field of play and be appropriately substituted for.
- * All penalties will still be appropriately called and relayed to table area and coaches.
- * Play may begin once infractioned team is ready for restart, this will encourage timely substitutions and not provide stalling situation or advantage to team who committed foul.

Takeout checks: Checks in which the player lowers his head or shoulder with the force and intent to take out (put on the ground) the other player. Any contact where a player extends his arms or gains unnecessary momentum to knock another player to the ground is a takeout check. Points of emphasis for the official making the call are force and intent. Hip checking from the side, bodying up, stick checks and boxing out the opponent are all legal contact. A body check from the front is legal if the player initiating contact does not lower his helmet or shoulder, and the official deems that the force is not excessive. The body checked opponent leaving his feet is usually, but not always, evidence of excessive force; the body checked opponent being legally pushed out of the play is not. A player who trips or falls after coming in contact with another player is not necessarily a victim of a takeout check. It is potentially incidental contact, and therefore a no-call.

Playing Requirement: Coaches are to play all players equally. As long as there isn't a pre-existing reason that a player should be held out i.e. missing practices, unsportsmanlike conduct, etc, but this must be brought to a facility supervisor's attention prior to the game.

Prohibitions:

- Coaches and players are the only people allowed at the player bench during games.
- Non-registered persons are not allowed to practice, assist or help during practices or games.
- Teams are only allowed two coaches and all coaches must have filled out a Recreation Department volunteer application and must submit to a background check.

Special Note:

- * Practices may not exceed 3 per week.
- * All coaches must sign and abide by the Coaches Code of Ethics
- * Teams must respect home field rules and policies and pick up after themselves.

Spectators/parents: Coaches are responsible for the conduct and behavior of their parents and fans. Spectators should view the game on the opposite side of the field from the teams. Any behavior of spectators/parents that is harassing or unsportsmanlike (as determined by coaches) may result in penalties for the team involved or the suspension of play and/or the removal of the spectator from the premises.

A coach may hold a player out of the game for only the following reasons: injury, sickness or disciplinary actions. The coach must notify the opposing coach before the game begins and notify the coordinator if any players that are dressed out to play will not be playing or not meeting the minimum playing requirements. **All players should be allowed and encouraged to play all positions. Please keep in mind that this age group is more about learning the game than competition, so if a player approaches a coach and request to play a certain position, please allow the player that opportunity.**

VIOLATION OF THE PARTICIPATION RULE WILL BE A ONE GAME SUSPENSION FOR THE COACH. TWO (2) VIOLATIONS OF THE PLAYING REQUIREMENT WILL RESULT IN DISMISSAL OF THE COACH FROM THE PROGRAM.

EQUIPMENT AND UNIFORMS

The complete uniform consists of reversible jersey, shorts, cleats, and lacrosse pads (BOYS: helmet, mouth guard, shoulder pads, arm pads, and gloves. Girls: Goggles, gloves, and mouth guards. GOALIES: see age group). MPRD will provide reversible jerseys as the only game jersey that the team will be permitted to wear on the field during a game. If a team chooses to wear any other jersey that is not approved by the Coordinator or Specialist the game will be a forfeit. Everything besides the reversible game jersey is the responsibility of the participant. A ball bucket with balls and cones will be provided to each coach for practice and game use. Coordinator or Specialist will collect all equipment after the last scheduled game. Equipment (balls and cones) necessary for practices and games will be issued by the Recreation Department to the coaches and accounted for. Any equipment issued by the Recreation Department that becomes damaged or broken must be exchanged immediately for good equipment. Any lost/missing equipment must be reported as such immediately to the Recreation Department. The appropriate report of lost/missing equipment form must be completed at this time. During games the coach must share any Recreation Department equipment with the other teams if it is necessary. Failure to report lost/missing equipment could result in the individual who was issued the equipment having to reimburse the Mt. Pleasant Recreation Department for replacement cost.

MOUNT PLEASANT RECREATION DEPARTMENT

SCHEDULES

All games must be played at the time, day, and location outlined in the schedule.

Due to weather and outside issues with fields teams may have Friday night and Saturday make-up games scheduled. Make-up games may include doubleheaders.

There will be ten (10) scheduled game dates, guaranteed eight (8) game dates. If more than two (2) game dates are cancelled, MPRD will reschedule.

The official team name is the sponsor's name. That name will appear on the game schedule.

AWARDS

All players will receive participation trophies. Trophies will be distributed to the coach before the last game. The coach will be responsible for handing out the trophies.

RAINEDOUT.COM INFORMATION

For snow, ice, fog or weather issues register on Rainedout.com by visiting www.tompsc.com and clicking the link. Notifications will be sent via rainedout.com no sooner than 4:30pm on the playing status of games. However, "when in doubt, dress out."

TRAINING SESSIONS

No players are to be left unattended after training sessions have ended. An adult must stay until the last player has left the premises.

All training session schedules must be strictly followed. In the event a coach cannot make a scheduled session, the coach must notify all players and the Recreation Department.

More than one team will be scheduled to train on a field at one time. All coaches must share the space in an amicable manner.

Training sessions will be scheduled in one-hour increments. After the allotted time is up, the session must end immediately. Courtesy and consideration are paramount to satisfying everyone's requirements.

Teams are **not allowed** to practice or play when it is raining or when lightning is prevalent. Refer to the MPRD Athletic Division Policy, AO-400.01, **Lighting Safety Procedures**, for further information regarding lightning safety. This policy is located in front of the manual right after Infectious Disease Guidelines.

MOUNT PLEASANT RECREATION DEPARTMENT

CONDUCT

All players must remain on the sidelines during the game except when substituting and time-outs.

One coach per team will be permitted on field.

At no time during or after a game may a coach or player argue a call.

At no time before, during, or after a game shall a coach or player yell or raise his or her voice at a coach or Recreation Department personnel.

Absolutely no fighting will be permitted by any coach or player. Violators will automatically be suspended from further league participation until a meeting is held with the Athletic Division Chief.

Any coach who pulls his or her team from the field before the contest has ended will be suspended for the rest of the season.

All coaches will conduct themselves according to socially accepted standards and the Coaches Code of Ethics Pledge. Violators may be suspended by the Recreation Department.

Do not contact the sponsors for additional money.

Any coach, player and/or parent using inappropriate language will be removed from the game. Multiple violations will result in the removal from the league. The Recreation Department reserves the right to dismiss any coach who does not conduct themselves according to any of the above policies.

Any coach/manager allowing an illegal player to participate will receive no less than a one year ban from participating in any Mount Pleasant Recreation Department League.

There shall be **NO SMOKING** on the fields by players, coaches, managers, or parents. Violators will be asked to leave or removed from the facility.

Players ordered off the field by the coach shall obey. The ejected player must leave the premises. Failure to comply will result in the player being given a minimum of a three (3) game suspension.

Players suspended for flagrant violation of rules cannot play again until reinstated by the Athletic Division Chief. A player will not be reinstated until **AFTER** a meeting with the Athletic Division Chief.

Switching jerseys during the game is not allowed and will result in **ALL** players switching jerseys being removed from the game and suspended for the next game.

All persons that are on the sideline area of a team shall be considered as part of the team and treated as such. **Only players on the official team roster are allowed on the sideline team area.**

Any player ejected from a game will automatically be suspended for the next game, regular season or post season game.

Additional disciplinary action for players, coaches, managers, and fans will be as follows:

OFFENSE	1ST OFFENSE	2ND OFFENSE
1. Abusive/offensive language said out loud, but not directed at anyone	Current game plus 1 week suspension.	Current season suspension.*
2. Abusive/offensive language directed at coaches, staff, players or spectators	Current game plus 3 additional game suspension.	Current season suspension.*
3. Threat of physical abuse directed at coaches, staff players or spectators.	Suspension for current season plus 1 year probation.	During probation period suspension for remainder of probation period plus 2 years probation.
4. Fighting with teammates, from fans, officials, staff, or opposing team.	Suspension for current and next season plus 2 year probation.	Permanent suspension all adult sports.
5. Defacing, damaging, or suspension destroying Town property or equipment.	1 game suspension up to permanent suspension	Current season depending on circumstances and repair/replacement costs

*If suspension occurs at last game of regular season, suspension will carry over into the next regular season that player participates in.

****3RD OFFENSE** or more, disciplinary action will be at the discretion of the Athletic Division Chief.

Additional disciplinary action for any violation or offense not specified will be at the discretion of the Athletic Division Chief. There are no further appeals to the Athletic Division Chief's decisions.

FACILITY SUPERVISORS

There will be a Facility Supervisor at each facility identifiable by a neon yellow/green vest. They are Recreation Department employees, and as such, represent the final authority for each situation.

Please familiarize yourself with these people. If you have any concerns, suggestions, or information, please tell one of our Facility Supervisors. They have a Game Summary Form that they are required to complete at the conclusion of the contests at a particular site. This form is used to pass information on to the Athletic Division Chief on a daily basis.

RELEASE OF CONFIDENTIAL INFORMATION

The rosters that are provided to each coach contain important, yet confidential information. Each and every coach has the responsibility to insure that this information remains confidential. The MPRD has taken steps to abide by the wishes of many parents in keeping this information confidential.

Do not just randomly make copies of your roster to give to every parent on the team. Some parents do not want their phone numbers or child's birth date to be given out. Please respect everyone's wishes in this matter. If you want to form a phone tree or have a team mom/pop, ask the parents for their phone number/address. This way, if they do not want to participate in this manner, they have the option to say no.

Do not make multiple copies of the roster for convenience. The chance of leaving a copy somewhere on the field becomes greater with the more copies that you have.

If anyone approaches you at the field requesting such information for a promotion, tell them no. Request their name and phone number and have them get in touch with the MPRD. Notify the Facility Supervisor or any MPRD personnel at the site. Call and notify the MPRD as soon as possible.

When requesting a roster to be faxed to your office, make sure that you get the fax promptly and that no other copies are available or thrown in the trash.

Please take the extra time and steps to help insure that this information does not accidentally fall into the hands of people who do not need it. All of our children are precious to us. It's worth the extra effort to help keep them out of harms way.

THE COACH

He is called “coach”. It is a difficult job, and there is no clear way to succeed in it. One cannot copy another who is a winner, for there seems to be some subtle, secret chemistry of personality that enables a person to lead successfully and no one really knows what it is. Those who have succeeded and those who have failed represent all kinds – young and old, inexperienced and experienced, hard and soft, tough and gentle, good-natured and foul-tempered, proud and profane, articulate and inarticulate, even dedicated and casual. Most are dedicated, some more than others, but intelligence is not enough. All want to win, but some want to win more than others, and just wanting to win is not enough in any event. Even winning is often not enough. Losers almost always get fired, but winners get fired, too.

He is out in the open being judged publicly almost every day or night for six, seven, or eight months a year by those who may or may not be qualified to judge him. And every victory and every defeat is recorded constantly in print or on the air and periodically totaled up.

The coach has no place to hide. He cannot just let the job go for a while or do a bad job and assume no one will notice as most of us can. He cannot satisfy everyone. Seldom can he even satisfy very many. Rarely can he even satisfy himself. If he wins once, he must win the next time, too.

They plot victories, suffer defeats, and endure criticism from within and without. They neglect their families, travel endlessly, and live alone in a spotlight surrounded by others. Theirs may be the worst **profession – unreasonably demanding and insecure and full of unrelenting pressures. Why do they put up with it? Why do they do it? Having seen them hired and hailed as geniuses at gaudy party-like press conferences and having seen them fired with pat phrases such as “fool” or “incompetent”, I have wondered about them. Having seen them exultant in victory and depressed by defeat, I have sympathized with them. Having seen some broken by the job and others die from it, one is moved to admire them and to hope that someday the world will learn to understand them.**

ORGANIZING GOOD PRACTICES WITH LIMITED TIME AND SPACE

1. Be organized.
2. Have a well thought out plan.
3. **If you have assistant coaches, try to include them in the planning stages. Use assistants in practice. Make sure you teach them ahead of time. They should know what you expect.**
4. If you are teaching something new, be sure to work it out on the field before going to practice. It is easy to get confused.
5. Use your time and space wisely. Give good explanation and correction. Avoid too much standing. If you have players on the sideline, either give them something to work on or make sure they are paying attention.
6. Stick to the basics. Remember, fundamentals are important. The best offensive plays in the world will not help you be successful if your players do not know how to execute the fundamentals.
7. Evaluate each practice as soon as you finish. Include your assistant coaches. Determine what worked. What did not work. What you will need to do next.
8. Refer to your pre-season calendar whenever you make changes in practice plans. Try to stay on track as much as possible.
9. Be a good communicator. Find the easiest, most effective way to get your points and concepts across to players.

Communication – Including Parents as a Part of the Plan

1. **Meet with Parents at the beginning of the season.**
2. Communicate to them those things which are important:
 - a. **Player expectations and team rules.**
 - b. League rules.
 - c. Practice and game schedules.
 - d. Injuries – procedures, etc.
 - e. Your philosophy of coaching the team.
 - f. Role of the parent.
 - g. Transportation problems and organization.
 - h. Parents Code of Conduct
3. **Some general tips:**
 - a. **Be congenial, courteous, and communicative.**
 - b. Let them know you are the one who is in the position to make team decisions.
 - c. Whenever problems or questions arise, talk to them only about their own child. Do not talk to them about other players on the team.
 - d. Make parents your supporters, not your adversaries.

Check Sheet for Fundamental Skill Work

Our philosophy of FUNdamental Lacrosse is to ensure that each child participating is having fun. If a drill is not working, move on.

1. STICK SKILLS

- a. Craddeling- Straight up/Out front/One hand, Change of speed run/walk,
- b. Switching hands
- c. Faking- change levels, high/low
- d. Stick Trix-

2. PASSING- Feet Moving, step opposite foot, soft hands, arms away from body, Stick off back hip, Communication, Keep it interesting (add a new one at the end of each practice), Give feedback walk around and talk to a new kids each day.

a. Stationary Partner Passing

- i. Right hand
- ii. Left Hand
- iii. Over the Shoulder R&L
- iv. Long Passes R&L
- v. Quick Stick R&L
- vi. 1 Handed catch & Throw (challenge by moving hand further down)
- vii. Jump Pass (get off the ground like a jump shot)
- viii. BTB R&L
- ix. ATW R&L
- x. Mini Hands (for in tight spaces)
- xi. Bounce passes
- xii. Bad passes
- xiii. Where they ask for it (target)
- xiv. Ground balls
- xv. Between the legs
- xvi. Flick Passes
- xvii. Risers
- xviii. Worm Burners
- xix. GET CREATIVE- you see it, practice it!!!

b. On the Move-

- i. Weaves 3 person
- ii. 2 person back and forth (upfield hand & Back field hand, right hand, and left hand)

c. Partner Passing On the Move***

- i. Switch it up R to L both partners
- ii. Back to Back- Over the shoulder catch, turn and low flick / turn and over the shoulder

d. Shuttle lines

- i. Right
- ii. Left
- iii. Over the Shoulder

iv. Ground Balls to and away

3. CATCHING
 - a. Create a target, keep it in the “sweet spot”
4. DODGING
 - a. Face Dodge- keep it in same hand, use body to protect, pull to opposite side of body
 - b. Switch Dodge- pull across the face and switch hands
5. GROUND BALLS- Knuckles on the ground, Pick up & pull in tight, Ball Down Calls
 - a. Right & Left
 - b. Hockey (flick away from opponent to open space)
 - c. Kick for BOYS ONLY, switch for girls which protects the ball
6. SHOOTING- BEEF (Balance, Eyes, Elbow, Follow Through)
7. PROTECTING YOUR STICK DRILLS
8. FORMATIONS
9. DRAWS/FACEOFFS
10. CHECKING
11. GOALIES- “don’t neglect your goalies, they are the most important part of your team.”
12. CLEARS
 - a. Spider out
 - b. Long/Short
 - c. Cuts
 - d. Trails
13. RIDES
14. DEFENSE
 - a. Get Low
 - b. Move your feet
 - c. Body Up
 - d. Using your stick
 - e.
15. OFFENSE
 - a. Balance
 - b. Movement- ball & people
 - c. Read what the defense is giving you
16. MOVEMENTS WITH OUT THE BALL
 - a. V-Cuts, C-Cuts, L-Cuts
 - b. Backdoors, “Barbie dolls”
 - c. Cut Throughs
 - d. Screens
 - e. Picks
17. FUN DRILLS- to get attention focused back to where it should be
18. PLAYS

INDIVIDUAL DEFENSE

Stance – balance, butt down, palms open and up, head up, shoulders back

Step – slide, feet wide

Drop step – 45 degree angles

Advance step

On ball defense – spacing, drop and slide whenever ball drops down, head on ball, cut off dribble, make offense change direction.

BASIC DEFENSIVE CONCEPTS

- Close-outs – send to corner, not middle
- Ball – me-you
- Jump to the ball
- Bumping cutters
- Help and recover
- Helpside Defense
- Defending the backdoor cut

FAST BREAK CONCEPTS

- Offense begins with defensive rebound
- Filling lanes
- Get ball down the floor as quickly as possible
- Ball side block
- Trailers
- Floor balance
- Options

Also check out <http://www.uslacrosse.org/> for great information on coaching, drills, etc