

# Texas Girls High School Lacrosse League Rules

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## Texas Girls High School Lacrosse League Rules

This document establishes the rules of the Texas Girls High School Lacrosse League (the League) and is under strict control and ownership of TGHSL, Inc.

### Overview

The League is the governing body for girls' lacrosse teams at the high school level in Texas and Louisiana. The high school level is defined as grades nine through twelve.

The League is divided into three districts:

The North District covers Dallas/Fort Worth and surrounding areas, including northwest LA and southern OK.

The Central District covers Austin, San Antonio and surrounding areas.

The South District covers Houston and surrounding areas.

Each District has Member Programs with teams consisting of Varsity and/or Junior Varsity (JV) Teams. Varsity Teams are divided into Division I (DI) and Division II (DII) levels of play.

### Definition of Terms

**Member Program** - A high school or club organization that is the controlling entity of a League team(s) that pays League dues and abides by these rules of the League. Each Member Program with a varsity level team receives one vote per League business item requiring a member vote.

**Team** - A group of lacrosse players within a Member Program who pay team dues and abide by the rules of the League. A team must be one of the following types:

**JV Team** - Pays JV dues and plays a JV schedule. A Member Program having only a JV Team is not entitled to vote on issues requiring a member vote. The JV level of play is intended for new players who are learning the game. New Member Program teams will normally compete at the JV level their first year, but a new team may compete at the Varsity level in its first year at the District's discretion.

**Varsity Team** - Pays Varsity dues and plays a Varsity schedule. A Member Program with a Varsity Team is entitled to one vote on issues requiring a member vote. A Varsity Team will be assigned to either Division I or Division II by their District.

**League Games** – The following game types are all considered to be League games and all League governed games will be one of the following types.

District game  
Inter-district game  
District playoff game  
State playoff game

## **Specific Rules**

### **1. Member Programs**

The League shall be comprised of Member Programs fielding a team(s). League teams shall include only those paying annual League dues to TGHSLL, Inc.

### **2. New Member Teams**

New League team applications shall be submitted to the District Coordinator and voted on by District Member Programs. The application shall detail the new team's intensions and start-up plans. Only Member Programs with voting privileges in the District in which application is being submitted vote to approve or deny membership to applicants. New teams are expected to be in full compliance with all League rules at the time of their approval. All new teams shall be announced at the following League meeting.

### **3. Districts and Divisions**

#### **3.1 Districts**

The League is divided into three Districts – the North District, the Central District, and the South District. Each District is responsible for developing their own procedures to implement these League rules.

#### **3.2 District Coordinators**

Each District is responsible for electing (or selecting by some other method) a District Coordinator(s). The District Coordinators manage routine District business, may serve on the TGHSLL, Inc. Board of Directors, and serve on committees as appointed by the League President.

#### **3.3 Divisions**

The League and its Districts are divided into Varsity DI, Varsity DII, and JV divisions for regular season play. Districts are responsible for assigning their Varsity Teams to DI and DII divisions.

Districts that make Varsity DI/DII division assignments prior to the start of regular season play shall do so in a manner that: a) results in their being an equal number of DI and DII teams (differential may not exceed two teams) and, b) is fair and is based on the prior season's performance.

Any District that does not make the Varsity DI/DII division assignments prior to the start of regular season, shall do so at the conclusion of regular season play. Such assignments shall be made in a manner that: a) results in their being as equal a number as possible of DI and DII teams (in the case of a District having an odd number of total Varsity teams the result shall be more teams assigned to DI than to DII), and (b) is fair and is based on the current regular season's performance.

New teams joining a DII division for the upcoming season may be excluded when counting teams for the purpose of balancing division assignments.

#### **3.4 Authority**

Each District and Division has the authority to establish supplemental rules and procedures governing their District or Division play.

#### **4. Varsity DI and DII State Championships**

##### **4.1 District Playoffs**

All Districts shall hold single elimination District DI and DII championships at least one week prior to the State Championship Finals Weekend to crown their respective District champions and runner-ups.

##### **4.2 DI and DII Championship Format: Eight-Team Playoffs**

The top two teams in each district advance to the state tournament with the addition of two wildcards.

Playoff Game Format:

- Quarterfinal 1 will be: Seed #1 vs. Seed #8
- Quarterfinal 2 will be: Seed #4 vs. Seed #5
- Quarterfinal 3 will be: Seed #3 vs. Seed #6
- Quarterfinal 4 will be: Seed #2 vs. Seed #7
- Semifinal 1 will be: Winner of QF #1 vs. Winner of QF #2
- Semifinal 2 will be: Winner of QF #3 vs. Winner of QF #4

Seeding Criteria:

The eight-playoff teams shall be ranked using the following seeding criteria. All criteria are based on regular season and district playoff games, not pre-season games, tournament, or play-day events. District Coordinators shall meet in person or telephonically to determine the final seeds using the following criteria listed in order of importance as a guide. For the sake of clarity, district champions will not necessarily be seeded 1-2-3 and wildcards will not necessarily be seeded 7-8. The determination of a majority of the District Coordinators with respect to seeds shall be final.

1. Team's overall district, in-division, final record.
2. Head-to-head competition.
3. Team's win-loss record from regular season games, with more consideration given to (a) wins against teams in the top four of any district's final standings, (b) results against teams from other districts, and (c) results against teams in a higher division; and less consideration (or no consideration) given to wins against teams in a lower division.
4. Status as district champion, runner-up, or wild card.
5. Results versus common opponents.

Wildcard Selection:

The following criteria shall be used to select the two wildcard teams:

1. Team's overall district final record
2. Head-to-head competition
3. Win-loss record from regular season division games, with more consideration given to wins against teams in the top four of any district's final standings
4. Results versus common opponents

##### **4.3 Host District and Playoff Dates**

The League DI and DII Championship Weekend hosting locations shall rotate between the three Districts as illustrated below:

<b>Division I</b>	Host District	<b>Division II</b>	Host District
2016/19	North	2016/19	North
2017/20	South	2017/20	South
2018/21	Central	2018/21	Central

The League DI and DII Championship Weekend shall be the first or second weekend in May as determined by availability of local venues and SPC Tournament dates.

Host Districts must meet the approved League guidelines to ensure their success, as the Championships are the highlights of the season for the players.

## **5. Meetings**

### **5.1 Annual Meetings**

The District hosting the DI State Championship Weekend in the upcoming season shall host the annual meeting of League member programs. These annual meetings are general meetings and are open for the transaction of any business including rule changes, new rules, and alike. The annual meeting shall normally be held in November.

### **5.2 Special Meetings**

Special Meetings may be held at such time and place, by electronic or other means as determined by the League President. No business other than that specified in the published agenda of the meeting may be transacted at any such meeting. Notification and voting may be done electronically or via USPS mail.

### **5.3 Meeting Notice**

Notice of an annual meeting or of a special meeting shall be communicated by electronic mail or via USPS mail by the Secretary (or other person designated by the President) to each Member Program not less than fourteen (14) or more than forty-five (45) days prior to such meeting. Notice shall be sent to the last known address(s) of the Member Program as it appears on the books or records of the League. Such notice shall clearly state the purpose for which the meeting is called and the time and place where it is to be held.

### **5.4 Quorum**

The presence of one half of the active, annual fee paying Member Programs constitutes a quorum at all meetings of the League. The act of a majority of the Members Programs present at any League meeting at which a quorum is present shall be an act of the League, except as otherwise specifically provided by these rules.

### **5.5 Proxy Representation at Meetings**

Member Programs may designate another Member Program to vote on its behalf at any meeting. Proxy authorizations must be submitted in writing, prior to the start of the meeting. An authorized representative of the Member Program granting proxy must sign the document.

## **6. Officers**

### **6.1 Roster of Officers**

The officers of the League shall be the President, Secretary, and Treasurer.

### **6.2 Officer Selection**

Officers of TGHSLL, Inc. serve in the same named role in the League. The President of TGHSLL, Inc. serves as the President of the League. The Secretary of TGHSLL, Inc. serves as the Secretary of the League. The Treasurer of the TGHSLL, Inc., serves as the Treasurer of the League. TGHSLL, Inc. officers are elected and serve in accordance with all provisions in the TGHSLL, Inc. Bylaws.

## **7. Duties of Officers**

### **7.1 President**

The President is responsible for the general affairs of the League. The President presides at all League meetings, appoints special committees and task forces, and serves as an ex-officio member of all such committees and task forces.

### **7.2 Treasurer**

The Treasurer does the annual billing and receives all dues. The Treasurer makes an accounting of these funds as well as periodical accountings as the President requests. The Treasurer prepares an annual dues recommendation based on a proposed annual budget prior to the annual meeting.

### **7.3 Secretary**

The Secretary keeps the minutes of the League, gives all notices in accordance with the provisions of these rules, is the custodian of League records, distributes the rules of the League to all Member Programs, and performs other duties as may be assigned by the President.

## **8. Rule Making**

These League Rules define and govern League Divisions, Districts, League play, League pre-season events, League post-season events, and any and all related activities of the League Member Programs, teams, and players.

These rules shall be revised or amended by the act of a simple majority of all League Member Programs at any annual meeting, at a special meeting, or by special electronic mail vote.

If the Officers and District Coordinators agree that there are circumstances that may have a serious detrimental effect on the League and that require immediate revision of League rules, the Meeting Notice requirements specified in Section 5.3 may be waived for the purpose of amending or modifying these League Rules.

## **9. Dues**

Each League team must submit annual dues payments for the upcoming season to the Treasurer prior to the fifteenth (15) day of January. Failure to pay dues may result in forfeiture of games of all teams in the Member Program, and exclusion from District and League playoff championship games.

The Treasurer prepares an annual dues recommendation prior to the annual meeting. The annual dues amount is approved at the Annual Meeting.

## **10. Eligibility**

### **10.1 General Eligibility Requirements**

Students enrolled in grades 9 through 12 as full-time students and that have not graduated are eligible to play on a Varsity League team.

Students enrolled in grades 9 through 11 are eligible to play on a JV League team. Districts may approve exceptions to the grade 12 player JV team prohibition on a case-by-case basis.

Players have four seasons of high school eligibility. Playing in one or more League games in a season, or participating in one or more games in a season while playing for a high school program that is not a League member, is considered a full season of eligibility.

Eight grade students are specifically prohibited from playing in League games.

### **10.2 Team Determination**

All Member Programs shall be affiliated with or sponsored by a specific high school. Member Programs who have not already done so must declare their school affiliation by December 1, 2015, and new Member Programs must do so at the time of admission into the league. The Member Program's physical address for the sake of player eligibility determinations shall be the official address of the sponsoring or affiliated high school, unless a different address is approved in writing by the District Coordinator(s) by December 1. In considering whether to approve a different address, the District Coordinator(s) shall take into account the sponsoring school's location, the team's field location, or other reasonable criteria established by the District Coordinator(s). Once set, the Member Program physical address shall only be changed as a result of significant changed circumstances.

The team a student plays on is determined by the process outlined below, starting with TD 1 and moving down until the appropriate classification is determined.

**TD 1:** A student who attends a school with a Member Program team (JV and/or Varsity) must play for that team.

**TD 2:** A student who attends a school (private school, parochial school, public school, charter school, or is home schooled) that does not have a Member Program team, but who resides in the attendance zone of a school with a team must play for that team (assuming that team accepts players who do not attend its sponsoring school).

**TD 3:** A student who attends a school (private school, parochial school, public school, charter school, or is home schooled) that does not have a Member Program team, and who resides in an independent school district with one or more Member Program teams must play for the closest team in the district (assuming the Member Program accepts players who do not attend the sponsoring school). The closest team shall be determined by the shortest distance from the student's residence to the Member Program's physical address. All distances are determined by the District Coordinator(s) using the *Goggle Maps Driving Directions* application.

**TD 4:** A student who attends a school (private school, parochial school, public school, charter school, or is home schooled) that does not have a Member Program team, and who resides in an independent school district that does not have a Member Program team must play for the closest Member Program team (assuming the Member Program accepts players who do not attend the sponsoring school). The closest team shall be determined by the shortest distance from the student's residence to the Member Program's physical address. All distances are determined by the District Coordinator(s) using the *Goggle Maps Driving Directions* application.

**TD 5:** Exceptions to the above requirements may be granted by the District Coordinator(s) if there are special circumstances such as economic hardship, safety concerns, conflicting school release times, or similar conflicts.



The following “grandfathering” rules shall overlay TD 1, TD 2, TD 3 and TD4 above:

- If a new Member Program team joins the League, and as a result of the application of Rules TD 1 through TD 4 above, a player who is a sophomore, junior or senior would be required to play for the new member team rather than for the program they played for the prior year (as either a junior varsity or varsity player), the player will be afforded a one-time choice to remain with the program for which they played the prior year or to go with the new member team. All affected programs should be notified before the choice is made. That choice is binding on the player for the remainder of their League eligibility (absent their being cut or there arising in a future year another member team to which the player would otherwise be assigned).
- This grandfathering concept shall not be applied to an incoming freshman. A freshman player will play for the new member team (absent them being cut).
- Any player who is afforded this one-time choice must communicate their choice in writing to the local District Coordinator(s) and to all affected programs by January 1 immediately preceding the season first affected by the choice.
- The failure to provide notice as required above will result in loss of the “grandfathering” option and the player will be required to play for the new member team.

### **10.3 Residency Determination Process**

The student’s residence is defined as the location where the student and her family physically reside the majority of the school year. It is the legal residency of the student.

In the event of a protest or challenge regarding the residency status of a player, the District Coordinator(s) may request copies of documentation or other proof to determine legal residency. Proof of residency documentation may include but is not limited to: Texas driver’s license, address page from current credit report, voter’s registration card, utility bill, tax receipt, and proof the occupant holds a Texas Homestead exemption on that residence as listed with the appropriate County Tax Assessors office. Documents may be verified with State, local and other official sources, when appropriate. What documentation is required and sufficient will be determined by the District Coordinator(s) in their sole discretion on a case-by-case basis.

The District Coordinator(s) will issue a determination in writing within five business days of receipt of verifiable requested documentation. During the determination process, the District Coordinator(s) may appoint an eligibility committee to assist with the evaluation and decision process.

A Member Program or player may appeal the District Coordinator’s decision in writing to the League President. The appeal must be filed within 15 business days of the initial determination. The President will then review the appeal and may appoint an eligibility committee to assist with the evaluation and decision process. The appeal will be reviewed and decided within 10 business days of receipt. The appeal decision will be final and exhausts the appeal process.

### **10.4 Home School Qualification**

Students enrolled in a home school or correspondence school must provide information about their academic program so that the District Coordinator(s) can determine: 1) whether the student is undertaking an academic program comparable to that of a public, private or parochial school, and 2) what grade equivalent the student is participating in.

### **10.5 Switching Programs**

Cuts: A player who is “cut” from a team based on relative skill level or ability, and is a student in good standing, and has been released in writing by the head coach, is allowed to play for another member program team. The team determination process outlined in above shall be used to identify the next school that the player is eligible to play for. If not accepted by that school, then the third program is identified using the team determination process and so on.

Relocations and Transfers: If a player’s family changes residency during the season and the player must switch teams in order to comply with League eligibility rules, the head coaches from both her old and new teams must immediately notify the District Coordinator(s) in writing. The player must wait two weeks after approval in writing by the District Coordinator(s) before she may participate in League games for her new team. The District Coordinator(s) may waive the two week waiting period if both involved head coaches agree to the waiver.

### **10.6 Submitted Rosters**

Prior to January 15, or the first League game, whichever comes first, Member programs must submit a roster for each league team to the District Coordinator(s), except as otherwise agreed or allowed by the District Coordinator(s). The District Coordinator(s) will make these rosters available to all League coaches. Head coaches are responsible for promptly notifying the District Coordinator(s) of any additions or changes to team rosters as they occur. The District Coordinator(s) may grant extensions for submitting rosters if there are special circumstances that prohibit a program from determining their rosters by the January 15 deadline.

Once rosters have been submitted, players may not be moved between Division teams without the prior approval of a District Coordinator(s). The only exception to this approval requirement is the JV three-game exclusion described below.

Roster changes for teams in the playoff are not allowed once the last regular season game has been played.

### **10.7 Member Programs with both JV and Varsity Teams**

Member Programs with more than one League team may compete in multiple divisions (Varsity and JV) during a single season providing that all rules governing multiple division programs have been met.

Players from a JV team may move to a Varsity team within her team’s program. However, once a JV player plays in three League games for a Varsity team, she will thereafter become a member of the Varsity team and may not play in additional JV games unless the JV head coach for the opposing team specifically approves the use of this player in their JV game. District Coordinator(s) shall be notified immediately after a JV player’s third Varsity game and the submitted rosters shall be amended accordingly.

### **10.8 Violations**

Any program found to be in violation of any of these eligibility rules will immediately forfeit all games in which an ineligible player was used. Additionally, if warranted by the circumstances, that team may, at the discretion of a majority of the District Coordinators, forfeit the remainder of their regular season games and/or be barred from post-season play. Circumstances to be taken into consideration include, but are not necessarily limited to, the seriousness of the violation, whether the violation was committed knowingly or intentionally, whether the violation was self-

reported or the program made any attempt to cover it up upon learning of it, etc. Egregious or repeat violations may result in expulsion of the program from the League.

### **11. Coaches**

All teams, both Varsity and JV, must have a designated head coach who is a US Lacrosse member. US Lacrosse membership must be valid the entire time the individual is serving as head coach. Head coach US Lacrosse membership information shall be submitted to the District Coordinator prior to participation in any League activity, or by January 15 of the upcoming season, whichever comes first.

### **12. Insurance**

All League Member Programs must have current, general liability insurance that is equivalent to or better than the coverage offered by US Lacrosse. League teams may not play in any League games or participate in other League events without proper insurance. Each Member Program must provide proof of acceptable insurance to their District Coordinator prior to participation in any League activity, or by January 15 of the upcoming season, whichever comes first.

### **13. Video Recording and Broadcasting of League Games**

Individuals associated with a League team (player, parent, coach or individual or organization contracted by the League team) may video record, broadcast and/or rebroadcast games in which their affiliated League team is participating. All other video recording, broadcasting and/or rebroadcasting of League games, without the express written permission of a District Coordinator having jurisdiction over the game, is prohibited.

### **14. Officials**

Varsity and JV games are officiated by individuals rated by the US Women's Officials Association and assigned by the women's officials coordinator having jurisdiction in the District of play. Payment of official's fees for all League games, except State Championship games, is the sole responsibility of each team. Failure to pay official's fees may result in forfeiture of league games. Official's fees for State Championship games are the responsibility of the League.

### **15. Rules of Play**

Varsity (DI, DII) and JV games are played in accordance with the Official Rules for Girls' and Women's Lacrosse ("US Lacrosse Rules") as published from year-to-year by US Lacrosse, which are incorporated herein by reference. To the extent there is any inconsistency between the US Lacrosse Rules and the TGHSLL Rules set forth herein, the TGHSLL Rules shall govern. Exceptions to the US Lacrosse Rules shall be approved by a simple majority of all League Member Programs eligible to vote at any annual meeting, at a special meeting, or by special electronic mail vote.

If a team determines or is informed that their uniforms are not in compliance with US Lacrosse Rules, they may petition the League for a waiver for their uniforms, which may be granted by a majority vote of the District Coordinators if, in their discretion, the proposed uniform variance does not affect safety, competition, or impede the ability of the referees to officiate the game (for example, the uniform has patterns that obscure the numbers or numbers that are too small). If a majority of the District Coordinators grant the waiver, the officials shall be notified that the uniforms will be deemed for all purposes to comply with US Lacrosse Rules for the remainder of that season only, and any penalties for illegal uniforms in the US Lacrosse Rules (currently AR-215) shall not be enforced for any TGHSLL regular season or playoff game. Uniform waivers may be granted on a season-by-season basis only, and if a waiver is desired for any following year, the team must re-petition the League for a new waiver.

### **16. All-State Team**

Each District Varsity Division selects 12 players who represent the “best of the best.” The 12 players shall be comprised of three attack players, five midfield players, three defense players, and one goalie. More than one player may be selected from a team. All teams do not need to be represented. All-State selections must be completed 10 days prior to the State Championship weekend.

### **17. Code of Conduct**

All coaches, administrators, players and parents must abide by the TGHSLI Code of Conduct (Appendix A).

### **18. Improper Behavior**

Abusive, profane, or violent behavior or language by players, coaches, parents, or fans at any League function may result in team, coach, or player suspension or expulsion from the League. This includes any behavior not in conformance with the Purposes of TGHSLI, Inc. as stipulated in the Bylaws.

No alcoholic beverages or any intoxicating substances or intoxicated individuals are allowed at any League functions.

The officials at the game manage all initial action for unsportsmanlike conduct involving players, coaches, parents, and fans. If behavior is egregious and believed to warrant further disciplinary action, the District shall convene a Conduct Committee that is normally composed of the District Coordinator(s), a coaches’ representative and an official’s representative. Any coach, official or District Coordinator that is the subject of complaint may not serve on the committee. This committee determines the actions to be taken against the individual or individuals involved in the incident.

In the event that an issue cannot be resolved at the District level, the complaint shall be forwarded to a League Conduct Committee comprised of two District Coordinators (the District where the appeal originated is not included), and a League officials’ representative. Their recommended action is final.

### **Rule Change Summary**

<b>Date</b>	<b>Description</b>
15 Nov 2015	Major rule rewrite and adoption by Members
3 Dec 2016	Revised the <i>Overview</i> to better reflect District geographical coverage.
	Revised the <i>Seeding Criteria</i> portion of Section 4.2 with new criteria.
	Revised Section 10.8 with new penalty conditions for violation of eligibility rules.
	Revised Section 15 to include procedures for granting of waivers of uniform requirements as specified in the <i>US Lacrosse Official Rules for Girls’ and Women’s Lacrosse</i> .
	Replaced broken web links in Appendix B with working links.

**APPENDIX A**  
**TGHSLL Code of Conduct**

***All TGHSLL 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.***

*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 shall 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 shall 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 shall be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants.
- 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 shall adhere to the rules in both the letter and the spirit of the game.
- Coaches shall 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.
- Head coaches are responsible for controlling their players, spectators and any other persons associated with their program.
- Abusive, profane or violent behavior or language by coaches, players or fans at any League function will not be tolerated at any TGHSLL event. Behavior in this manner may result in member suspension or expulsion from participation or attendance at any League game or activity.

**APPENDIX B**  
**Recommended Practices for all Member Programs**

- A. Emergency Action Plan  
All teams should have a written Emergency Action Plan that includes all items recommended US Lacrosse. The plan should be readily available to coaches and/or administrators at all practice sessions and games.  
<http://uslacrosse.org/safety/risk-management-emergency-plans/emergency-plan-guidelines>
- B. Lightening Procedure  
All teams should have a lightening procedure that follows Texas UIL recommendations.  
<https://www.uiltexas.org/health/info/lightning-safety>  
Written procedures should be included the team's Emergency Action Plan. Lightening detectors are the preferred method of identifying dangerous conditions. If a lightening detector is not available, web-based weather/lightening apps coupled with the flash-to-bang count method identified in the UIL recommendations should be utilized.
- C. Physical Examinations  
All players should be approved to participate in accordance with the pre-participation physical examination process outlined in Texas UIL requirements.  
<http://www.uiltexas.org/files/constitution/uil-ccr-section-1205-1206.pdf>
- D. Dedicated Medical Personnel at Games  
The home team should make available immediate, on-the-field, first aid services by a licensed athletic trainer, team physician, or licensed health care professional. This individual should remain near the bench area before and during the game, and should be introduced to all officials and the visiting team coaches prior to the start of the game.
- E. Concussion Management  
All teams should follow the concussion management guidelines provided by US Lacrosse.  
<http://uslacrosse.org/safety/concussion-awareness>
- F. Coach and Administrator Background Check  
Member programs should conduct background checks on coaches and administrators that interact with the players or manage organization finances.
- G. Coach Training Certifications  
Teams should encourage their coaches to complete all US Lacrosse Coaches Education Certification program levels.  
<http://www.uslacrosse.org/participants/coaches/coaching-education-program.aspx>
- H. Coach First Aid and CPR Training  
Coaches should have First Aid and CPR training certifications that are current.