

Lilac City Lacrosse Player Development and Playing Time Policies

The Lilac City Lacrosse Club (LCLC) recognizes that while lacrosse has become more competitive in the Inland NW Region, there still exists a large variation in the competitive level of play across individual players. Depending on the situations (time of year, the particular tournament or game, game situations, etc.) players with more experience and who demonstrate a higher level of play may see more playing time in certain games, and in other situations, players with less experience may see more playing time. For example, at non-tournament (round robin or jamboree) format in the Fall is far less important from a wins and losses standpoint as a tournament in summer (which is the season focal point of club lacrosse).

Further, lacrosse is a game based on timing. Certain special situations such as extra-man offense for instance, require repetitive practice by a certain unit of players. Players who exhibit a strong attendance record at practices may be given preference when forming these units. While every effort will be made to get every player into every game at some point, coaches are looking to establish a general balance of playing time over the course of the season(s) while maintaining a competitive game level and trying to avoid placing a player into a situation which might not be best for their development. This means that there may not necessarily always be a completely equitable division of playing time in any one particular game.

That said, these are the basic principles and guidelines for playing time.

High School and 7th/8th Grade Levels

Playing Time Basics

LCLC is comprised primarily of players interested in playing lacrosse beyond high school. Therefore, at the High School (HS) level, the club is focused on providing players with the best opportunities to showcase their abilities in front of college coaches and to play on a competitive team.

LCLC HS and 7th and 8th grade teams (7/8) level coaches are asked to achieve the dual goal of balancing playing time and winning. The club's goal is to provide players with playing time of at least a half (which will be a combination of time over the game) in every game. Every player that makes a LCLC team and in particular, the travel-level depth chart, has earned the right to play in every game and the goal is that no player in good standing will be held out of any game. Playing time can be positively or negatively impacted based on the player's attitude, attendance, effort, and coachability. In extreme circumstances, the coach has the option to sit a player for an entire game, if in the opinion of the coach, that player is negatively impacting the team.

The exception to the goals regarding playing time come into play in championship (advancing) format tournaments. In close games or once a team has made the playoffs in these tournaments, coaches have the option to field specific players for longer periods of time. This may significantly impact the playing time for some players and may result in players not playing. However, every effort will be made to ensure that players in good standing will have an opportunity to play in each game.

If a player is not on the travel roster heading into a tournament, they may opt to travel with the team, but the player and family will be made aware of the fact that the player may not see any playing time during the trip.

Teams will carry two goalies and will divide playing time based on skills and coaches' discretion. Two goalies will see significant practice time. If a team has three goalies, it will be expected that the third goalie on the depth chart play a field position and be competitive enough in that position to have made the team at that



position. If the third goalie is unwilling or unable to play a field position, that individual will be presented with the option to continue as a third goalie but should expect to not see significant practice time.

Restrictions on Playing Time

Among other general situations, there are three factors that would not entitle a player to near-equal playing time:

1. Discipline problems. If a player is not following team rules during practice or games, the Head Coach may limit the player's game time, including suspension from a game. Discipline problems include disrespect for teammates, opponents, coaches and/or officials.
2. Lack of effort. If a player isn't working hard and in the opinion of the coaches, giving full effort, the coach may replace them with another player during a game. The lack of effort by an individual player creates unnecessary mistakes and limits the player's ability to learn and the coach's ability to teach. Through effort, players learn how to be accountable to themselves, their teammates and coaches.
3. Attendance at practice. All players are required to attend practice. Failure to attend practices can result in reduced playing time. Some absences from practice are excusable (illness).

Players Younger than 7th Grade

Playing Time Basics

LCLC coaches for grade levels below 7th grade level are asked to achieve the goal of equal playing time. The emphasis at these age groups is development of players over winning games and tournaments. This will help drive club and player success at the older age groups. The club's goal is to provide players with playing time of at least a half (which may be a combination of time over the game) in every game. Every player that makes a LCLC team and in particular, the travel-level depth chart, has earned the right to play in every game and no player in good standing will be held out of any game. Playing time can be positively or negatively impacted based on the player's attitude, attendance, effort, and coachability. In extreme circumstances, the coach has the option to sit a player for an entire game, if in the opinion of the coach, that player is negatively impacting the team.

Teams will carry two goalies and will divide playing time based on skills and coaches' discretion. Two goalies will see significant practice time. If a team has three goalies, it will be expected that the third goalie on the depth chart play a field position and be competitive enough in that position to have made the team at that position. If the third goalie is unwilling or unable to play a field position, that individual will be presented with the option to continue as a third goalie but should expect to not see significant practice time.

Coaches Quarter

One exception is the fourth quarter in a close game, or when the team is playing in a close playoff game. Head Coaches may use their discretion in choosing players in such situations.

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1. Discipline problems. If a player is not following team rules during practice or games, the Head Coach may limit the player's game time, including suspension from a game. Discipline problems include disrespect for teammates, opponents, coaches and officials.
2. Lack of effort. If a player isn't working hard and in the opinion of the coaches, giving 100% effort, the coach may replace them with another player during a game. The lack of effort by an individual player creates unnecessary mistakes and limits the player's ability to learn and the coach's ability to teach. Through effort, players learn how to be accountable to themselves, their teammates, and coaches.
3. Attendance at practice. All players are required to attend practice. Failure to attend practices can result in reduced playing time. Some absences from practice are excusable (illness). Absences should be communicated with coaches ahead of time.

Equipment Note

LCLC does not advocate the use of long sticks at grade levels below 7th grade. Their use will not be permitted unless the coach approves the use on a case by case basis. The reason for this policy is the belief among the LCLC Board that long sticks can negatively impact defensive play development.

Playing Up/Playing Down Policy

Policy

It is the general policy of LCLC that players will not be permitted to move up in playing grade level or be permitted to play at a level below their current school grade level (the Playing Up/Playing Down Policy). The Board of Directors of the LCLC (the LCLC Board) may, in its sole discretion, make an exception to the Playing Up/Playing Down Policy in limited circumstances and pursuant to the procedures described below. This will most often be the movement of a player "up" if that player is related to a coach who is coaching at a certain level.

Basis for Policy

The LCLC Board finds that players should play with their age peers to promote the concepts of team and commitment, improve competency and advance skills and physical development, enhance sportsmanship and teach humility, create a safe playing environment, and foster opportunities for socialization and friendship. The LCLC Board further finds that the benefits of team and program development outweigh any perceived individual benefits to a particular player of extraordinary skill and/or physical development.

Exceptions

A player may be permitted to move up or move down one grade level or team level for an entire season if:

- a player skipped a grade in school and a parent or guardian believes that they should play at a level commensurate with their biological age (a grade lower) then an exception may be granted by the LCLC Board for that player to play at a level with his age group.
- extraordinary circumstances exist and the LCLC Board votes to make an exception to the Playing Up/Playing Down Policy (e.g. coach-relative relationship).

Procedure



A player must first register at his appropriate grade level. After registering, the player or his parent or guardian may make a request to play up/down either to the coach or team manager.

Players that are approved to play up or play down a grade level for a season will be full members of the team for the grade level that they are approved for and will only participate at that grade level for the season.

Roster Development

Goals

Roster development will be guided by the following principles:

1. Having the appropriate number of players to compete at a high level and execute our style of play.
2. We need to bring enough players to where, if there is an injury or two, the integrity of our team and the trip is not compromised.
3. Approx 20 is the ideal roster for HS teams going into a long tournament.
 - a. 4 Attack, 9 Mids, 5 Poles, 2 Goalies.
 - b. With 4 on attack, we can chase on rides and move with purpose on offense.
 - c. 9 midfielders allows for 3 lines.
 - d. With 20 players, we are deep enough at every position to sustain our roster through the summer despite injuries and conflicts, and we are also able to play everybody on the travel roster.

