



Moorhead Youth Lacrosse Association

Program Handbook

Revised January 2025

Bylaws

The bylaws for Moorhead Youth Lacrosse Association (MYLA) are incorporated by reference and can be viewed in the club's files. MYLA uses USA Lacrosse as the sanctioning body for programming, rules, regulations, and player policies. All members including parents, players, coaches, associates, officials and directors shall strive for the safety of all participants by following USA Lacrosse rules, regulations and best practices.

Board Composition

Officers

- President
- Vice President
- Secretary
- Treasurer

Chair Positions

- Marketing Director
- Membership Director
- Facility/Equipment Director
- Boys Director
- Girl Director
- Fundraising Director
- Tournament Director
- Boys Commissioner
- Girls Commissioner

Mission Statement

Moorhead Youth Lacrosse strives to strengthen and grow our community through the sport of lacrosse. Our mission is to instill the values of teamwork, respect, hard work, and sportsmanship to our youth athletes. We aim to empower our youth to develop essential life skills, forge strong relationships, and achieve success on and off the field.



Our vision is to be the premiere youth sports organization in the area, recognized for fostering a spirit of teamwork, hard work, and collaboration among youth athletes. We envision a future where every participant embraces the importance of working together towards common goals, both in sports and life, so they can make a positive impact on their community.

Season Details and Team Information

Our philosophy is dedicated to making the sport of lacrosse a fun, community based activity for all players regardless of skill and ability. Should we be in the position of having more than one team at any level, evaluations will be conducted by our evaluations committee. The evaluations committee shall be made up of the Boys/Girls Director, the coaches, and if needed an officer of the board that doesn't have a player at the level being evaluated.

The MYLA Spring season goes from April 1st till June 30th. MYLA participates in the Great Northern Lacrosse League (GNLL). The GNLL consists of season games until the end of May, with the State Tournament taking place in the first part of June. MYLA also tries to compete in a minimum of 2 tournaments in addition to the GNLL season.

6U/8U

Goal: Having fun and learning to play the game of lacrosse.

Emphasis:

1. Skills, making practice fun, hiding drills within activities that may look like they have nothing to do with lacrosse.
2. Small area contests, short fields, 3x3, 4x4 games, get all the kids lots of time touching the ball.
3. Athleticism, get kids moving their bodies.

Deemphasize: Scoreboard and winning.

Format: Players will participate in an in-house game format. 8U teams do not travel, however, this is subject to change as the sport/league continues to grow. Players will practice a minimum of 2 times during the week weather permitting.

10U

Goal: Having fun and learning how to play the game of lacrosse.

Emphasis:

1. Skills, making practice fun, hiding drills within activities that may look like they have nothing to do with lacrosse.
2. Small area contests, short fields, 3x3, 4x4 games, get all the kids lots of time touching the ball.



3. Athleticism, begin introducing physical fitness concepts such as warm-ups.
4. Exposure, get kids into selected contests to develop a feel for the game.

Deemphasize: Scoreboard and winning.

Format: Teams will practice 2-3 times a week weather permitting, more at the coach's discretion. 10U is a travel team and can expect to play around 20 games a season. (Varies season to season)

12U

Goal: Having fun, sportsmanship, learning how to play with teammates.

Emphasis:

1. Skills, making practice fun, drills and activities that reflect lacrosse play.
2. Small area contests, short fields, 3x3, 4x4 games, get all the kids lots of time moving the ball.
3. Athleticism, physical fitness concepts such as conditioning disguised within drills.
4. Competition, develop a sense of team and how teams work together.

Format: Teams will practice 2-3 times a week weather permitting, more at the coach's discretion. 12U is a travel team and can expect to play around 20 games a season. (Varies season to season)

14U

Goal: Having fun, sportsmanship, team play, advanced lacrosse strategies and tactics.

Emphasis:

1. Skills, making practice fun, drills and activities that teach purpose through action.
2. Small area contests, short fields, 6x6, 8x8 games, get all the kids lots of time moving with and without the ball.
3. Athleticism, physical fitness concepts such as injury prevention.
4. Competitive Process, develop a sense of team strategy and goal setting.

Format: Teams will practice 2-3 times a week weather permitting, more at the coach's discretion. 14U is a travel team and can expect to play around 20 games a season. (Varies season to season)

Coaches, players, and parents represent Moorhead Youth Lacrosse Association, and will conduct themselves in a manner that will not damage the reputation and integrity of our association.



1. Players shall comply with MYLA code of conduct. This is not negotiable. Violations of the code of conduct by players will result in progressive and/or educational discipline to bring the player in line with expectations. MYLA will never “give up” on a player unless required to do so by law, or all other options have been exhausted.
2. Parents shall comply with MYLA code of conduct. This is not negotiable. Violations of the code of conduct as determined by MYLA BOD will result in immediate removal of the parent from any and all MYLA programming for 365 days from the date of the violation. At the end of the 365-day suspension, parents can petition the board for reinstatement.
3. Parents shall observe a 24 hour “cool down” period before addressing a director with complaints.
4. Coaches will be treated with the same expectations and punishments as our parents.

Discipline Policy

All people associated with the game are always expected to act with sportsmanship, dignity, and respect for others. This includes coaches, parents, players, and referees. Poor sportsmanship includes:

- Arguing with coaches, officials, teammates, opponents, or spectators
- Using threatening or profane language
- Baiting or taunting coaches, officials, teammates, opponents, or spectators
- Unsafe play
- Uncontrolled behavior in the bench area
- Bullying of any kind verbal or physical, on the field, off the field, in-person, or in any electronic communication including social media

Poor sportsmanship will carry, at a minimum, the following consequences:

First Offense: Verbal warning

Second Offense: Dismissal from the next game (if during a game, includes remainder of current game and next game)

Third Offense: Dismissal from the team, pending board decision



Code of Conduct

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

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

Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field during practices and games.

The value of good sportsmanship, the concepts of fair play, and the skills of the game should always be placed above winning.

The safety and welfare of the players are of primary importance.

Coaches must always be aware of the tremendous influence they have on their players. They strive to be positive role models in dealing with young people, as well as adults.

Coaches should always demonstrate positive behaviors and reinforce them to players, parents, officials and spectators alike. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials and spectators.

Players should always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators. Inappropriate body or verbal language will have a zero tolerance policy and will result in time out of practice or game play. It could also result in game suspensions per coach & BOD discretion.

Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect to players/teammates. Coaches are also expected to educate their players as to the important role of lacrosse officials and reinforce the ideal of respect for the official to players/teammates.



Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants.

Officials are professionals and are therefore expected to conduct themselves as such and in a manner that demonstrates total impartiality, courtesy and fairness to all parties.

Spectators involved with the game must never permit anyone to openly or maliciously criticize, badger, harass or threaten an official, coach, player or opponent.

Coaches must be able to demonstrate a solid knowledge of the rules of lacrosse and should adhere to the rules in both the letter and the spirit of the game.

Coaches should provide a basic knowledge of the rules to both players and spectators within his/her program. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.

Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as age, previous level of participation, team transfers, etc, have been established to encourage and maximize participation, fair play and to promote safety.

Code of Ethics

The mission of US Lacrosse is to ensure a unified and responsive organization that develops and promotes the sport by providing services to its members and programs to inspire participation, while preserving the integrity of the game. US Lacrosse grants the privilege of membership to individuals (players, coaches, officials and leadership) and organizations committed to the tenets of its mission.

Inherent within all professional organizations is the potential for conflicts of interest, harassment, abuse of power, and other forms of unethical practice. Through the establishment of an organizational Code of Ethics, US Lacrosse has defined a set of guidelines to promote and protect the spirit of the game, safeguard the best interest of the participants, and establish and maintain standards of behavior. The Code is not intended to serve as a set of rules, but rather, to outline general principles and guidelines of aspirational virtues and proper ethical behavior for all members, volunteers, staff and any other individuals and organizations that chose to affiliate with US Lacrosse.



The definition of ethical behavior is having an understanding of the difference between right and wrong and at all times choosing to do what is right. This definition should be applied at the individual level to those within the US Lacrosse umbrella: employees, volunteers or individuals who represent US Lacrosse within the community at large, as well as the corporate level pertaining to the actions of US Lacrosse, as an organization. Ethical considerations are integral, not optional, elements of all sports activities and apply to all levels of participation. US Lacrosse encourages all members to acknowledge and follow ethical guidelines and demonstrate integrity by voluntarily agreeing to adhere to a moral or ethical code.

Participation in the sport of lacrosse provides a powerful vehicle for a participant's personal growth and development, teaching the value of respect, fairness, teamwork, communication, responsibility, truthfulness, non-discrimination, honesty and integrity. These values serve as the core ideals for the US Lacrosse Code of Ethics.

Respect

A key component of ethical behavior is respect, which is defined at the individual, team and corporate levels. Individuals should value the opinions, views and roles of others who work to further the mission of the organization. All should safeguard the dignity, privacy and freedom of individuals regardless of their race, color, creed, socio-economic status, age, gender, religion, sexual orientation, disability or nationality. Respect defines the value that US Lacrosse, as an organization, places on honoring the history of the sport, and demonstrates the regard it shows to the various and disparate constituencies that have come together to form US Lacrosse to further the growth and development of the sport.

Fairness

Fairness is making decisions without favoritism or prejudice. US Lacrosse firmly believes that the concept of fairness is fundamental to sport. Anything that creates an unfair advantage violates the spirit, as well as the integrity, of the sport of lacrosse.

Teamwork

Teamwork is defined as a cooperative or coordinated effort on the part of a group of individuals who work collectively in the interest of a common goal. US Lacrosse believes there is significant value in promoting teamwork, both on and off the field, in every segment of the sport. All members of US Lacrosse, its staff, and volunteers should adopt and promote the philosophy that greater success can be achieved when individuals sacrifice their desire for personal accomplishment in favor of the benefits of their team.

Communication



Communication is an attempt by individuals to create shared understanding. Communication is an active 'two way street,' requiring a balance of articulating, listening, writing, reading, observing, questioning, analyzing, and evaluating. Communication is verbal, nonverbal, or written, sent through various media, and transmits a thought provoking idea, gesture, or action. USA Lacrosse members, employees and those individuals or groups representing US Lacrosse, should communicate with clarity, honesty, timeliness, and openness. Communication should include all pertinent information shared transparently with all appropriate recipients. Clear, honest, timely communication allows collaboration and cooperation to occur, building a stronger game and community for sport.

Conflict of Interest

A conflict of interest is present in any instance in which the actions or activities of an individual representing or acting on behalf of US Lacrosse could result in actual or perceived personal gain or advantage, and/or have an adverse effect on the interests, mission or integrity of US Lacrosse. Individuals who represent and serve US Lacrosse, at the local, regional or national levels have a duty to disclose any financial interest or personal obligation that may, actually or perceptually, affect the independence of their judgment

Finance, MYLA is a Minnesota domiciled non-profit corporation operating in accordance with IRS tax code 501(c)(3). We strive to keep costs as low as possible while preparing for unforeseen conditions in our programming.