



**Sarasota Military Academy  
Eagles Lacrosse  
Team Rules and Guidelines**

**Team Selection and Depth Chart**

- 1. Players are judged on ability, effort and attitude**
- 2. Things that will not impact depth chart;**
  - a. lacrosse experience**
  - b. position last year**
  - c. how good you think you are**
  - d. position you think you should play**
  - e. grades....this is not to say grades are not important. It is your responsibility to maintain great grades. Those not carrying a “C” average in any class are suspended from participation in lacrosse**

**Coaches will establish depth chart and playing time  
Players can play any position they desire, but will be slotted accordingly (ex. Someone may be slotted as the second offensive midfielder, but want to play attack. The player can play attack but may be slotted as the fifth attackman.)**

**These instances will be discussed one on one with the player**

**3. The Depth Chart (Playing Time) is ever changing and is based on the following;**

**a. effort**

**b. improvement**

**c. attitude**

**d. skill level**

**e. attendance**

**1. excused absences\*\*\***

**2. unexcused absences**

**3. tardiness**

**f. knowledge of the team plays and structure**

**\*\*\* Excused Absence Policy...an e-mail to all coaches no less than 48 hours prior to the practice and no less than 7 days prior to a game is required for an excused absence.**

**Exception would be sickness or family emergency**

**An unexcused absence from a practice will result in a one game suspension, but the player must still attend the game.**

## **Rules**

- 1. All practices are mandatory unless otherwise stated**
- 2. Must be in proper equipment prior to taking the field**
- 3. No drinking, smoking, chewing or drugs**
- 4. No talking to the officials**
  - a. exception; designated captains speaking with officials on direction of coaches or within context of game responsibilities, all conversations are to remain in a professional and respectful manner.**
  - b. this includes parents there is to be no comments or complaints about referee's**
- 5. No cursing...foul language is not allowed...this includes players and parents**
- 6. Players will be on time for all team engagements (meeting, practices, games etc.)**
- 7. Behave in a manner consistent with SMA values at all times (with team and without)**
- 8. Be at the field and dressed for warm-ups one hour before all home games**
- 9. Be at SMA 20 minutes prior to bus departure time for all away games.**
- 10. Players will take the bus to and from all away games unless otherwise approved by the coach**
- 11. Players will reflect only a positive attitude toward the team, the opposing team, the sport and their school at all times**
- 12. Treat everyone with respect**
- 13. Display good sportsmanship at all times**

## **Expectations**

- 1. Twenty minutes of daily individual work (this is critical)**
  - a. wall work**
  - b. speed work**
  - c. agility work**
  - d. shooting**

## **Rules Violations Requiring Disciplinary Action**

- 1. Late to practice or games**
- 2. Unexcused absence from team function (includes practice, games and meetings)**
- 3. Breaking of designated team rules**
- 4. Talking back to coaches**
- 5. Ignoring coaches' directions...not paying attention, ignoring direction, etc will generally result in the player being asked to do pushups or running.  
"Talking Back", refusing to follow the direction from the coaches will generally result in the coaches suspending the player from practice.**
- 6. Poor behavior on bus**
- 7. Missing required equipment and/or uniform**
- 8. Physical confrontations to include pushing, shoving, fighting**

## **Disciplinary Actions**

### **Tardy**

- 1. 1<sup>st</sup> offense will result in additional conditioning**
- 2. 2<sup>nd</sup> offense will result in additional conditioning, a reduction of playing time and the loss of starting position (if earned) during the next scheduled game**
- 3. Items 1 & 2 are not negotiable**
- 4. Every offense after the 2<sup>nd</sup> will result in a reduction of playing time and the loss of starting position (if earned) during the next scheduled game**

### **Unexcused Absences**

- 1. 1<sup>st</sup> offense will result in a reduction of playing time and loss of starting position during the next scheduled game**
- 2. 2<sup>nd</sup> offense will result in the removal from 1/2 of the next scheduled game**
- 3. 3<sup>rd</sup> offense will result in the athletes dismissal from the team**

### **Injuries**

- 1. Injuries which result in a player not being able to play in a game or unable to practice will require a physician's written release to resume play.**