

MOUNTAIN LACROSSE PLAYTIME & ATTENDANCE POLICY

Mountain Lacrosse League (MLAX) believes that practices and games are equally important to developing player's lacrosse skills, both individually and as a team. Therefore, all players are expected to attend all practices and games, including tournaments.

MLAX recognizes that illness and scheduling conflicts do occur which prevent players from attending practice and/or games. The following **policies are intended to guide coaches, players, and parents** with regards to game playing time, including tournaments, and the impact of absenteeism for all MLAX.

Playing Time Policy

Each player should play approximately fifty percent (50%) of every game (based on a roster of 20 players or less) he attends (SUBJECT TO COMPLIANCE WITH PRACTICE SESSION ATTENDANCE POLICY).

Players will play each position during the course of the season (with exception of Goalie) and rotate or be substituted per league rules. Each player should be given the opportunity to start and finish games during the season.

If a player or parent believes there is an issue with playing time, the player or parent should discuss it with the coach first. Discussions with coaches on playing time should be done at an appropriate time before or after practice or during a break at practice, but **NOT** immediately following the game – PLEASE OBSERVE THE 24 HOUR COMMUNICATION RULE. Coaches ask that players and parents be fair and open minded when approaching this conversation and take a "full season" perspective recognizing that each game's distribution of playing time won't be perfect. Be cognizant that there are other players on the team, each of whom deserves playing time. If you cannot resolve the situation with the coach, contact the Mountain Lacrosse Office of the President.

Practice Attendance Policy

Lacrosse is a team sport and it is important that all team members attend practice sessions. Individual absence effects team and individual player development. The only time the coaches will consider withholding game playing time is if a player repeatedly misses or is late for practice, repeatedly misses or is late for games, or is repeatedly disrespectful to coaches, team members, officials, opponents or himself. PLEASE COMMUNICATE WITH THE COACH PRIOR TO A MISSED PRACTICE SESSION OR GAME.