

## Internal Regulations Wageningen Student Lacrosse Association “Wageningen Warriors”.

Edited on 22 January 2026, composed in Wageningen.

### **1. General**

- 1.1. The Internal Regulations (I.R.) are binding for all members of W.S.L.V. “Wageningen Warriors”.
- 1.2. The Internal Regulations are an addition to the statutes.

### **2. Changing the Internal Regulations (addition to the Statutes)**

- 2.1. The Internal Regulations can only be changed during a General Member Assembly (G.M.A.).
- 2.2. Changes in the I.R. are to be announced at least two weeks prior to the G.M.A.
- 2.3. A change will be accepted when a majority is achieved after voting during the G.M.A.
- 2.4. A change made during the G.M.A. goes into force two weeks after approval in the G.M.A.

### **3. Board**

- 3.1. The board will consist of a president, secretary, treasurer, vice president men (match commissioner), vice president women (match commissioner), materials commissioner, promotion commissioner and a sponsor commissioner. Beside the first three functions, the other functions can be subdivided within the other members of the board.
  - 3.1.1. The president's core tasks are: leading the board meetings and the G.M.A., maintaining contact with sister associations and maintaining the archive.
  - 3.1.2. The secretary's core tasks are: composing and sending general member emails, handling incoming (e)mail, keeping track of the member administration, noting board meetings, G.M.A.s and maintaining the archive.
  - 3.1.3. The treasurer's core tasks are: maintaining all invoices and bills, bank account(s), and business regarding the chamber of commerce. Besides that, the treasurer collects all the contribution. For a financial GMA the treasurer prepares the budget and realisation, which will then be presented. The treasurer also has the possibility to share the maintenance of the archive.
  - 3.1.4. The game day commissioner's core tasks are: organising game days, events and communicating all game-related information to the members. Game day related causes will be discussed with the NLB.
  - 3.1.5. The material commissioner's core tasks are: purchasing new materials, applying for subsidy from Thymos for small equipment, material maintenance and rental of materials.
  - 3.1.6. The promotion commissioner's core tasks are: updating the Facebook page and website, organizing the AID, introduction practices and managing promotion materials like apparel, flyers posters etc.
  - 3.1.7. The sponsor commissioner's core tasks are: making contact with potential new and current sponsors and designing specific sponsor contracts and setting up the agreements.
- 3.2. The board is responsible for finding new board members.
  - 3.2.1. The board shall send out an e-mail regarding the opening up of positions on the board, at least 6 weeks prior to the date of the G.M.A. in which new board members will be installed.
  - 3.2.2. Interested members then have 2 weeks to apply for the board position, by responding to the e-mail of the board. In this reply they should state the position for which they are applying and include a motivation letter.
  - 3.2.3. After these two weeks the board will have an interview procedure, in which they choose the person they deem to be most fit to take up the position. This choice will be made within 2 weeks.
  - 3.2.4. Two weeks prior to the G.M.A., the board will send out an e-mail containing the selected

- persons for the board, a motivation written by these selected candidates and an explanation as to why the board found these candidates most suitable.
- 3.2.5. Members that have any objections, doubts or remarks can reply to the announcement. The board will clarify any questions and motivate their decisions.
  - 3.2.6. If there are properly founded objections, the board will consider revising its decision. The board makes the final decision as to who will be presented during the G.M.A.
  - 3.3. It is advised that the board has two First Aid (EHBO) certified members at all times. This rule only applies when the NLB sponsors the first aid course.
    - 3.3.1. These two members are preferably the vice-president women and the vice-president men.
  - 3.4. In case of a conflict within the board and/or a dysfunctional board member, certain steps may be taken by anyone from the board or the committee of advice.
    - 3.4.1. The committee of advice will first counsel and help negotiate a solution as an independent stakeholder in a meeting with the relevant persons.
    - 3.4.2. If no solution is found after rule 3.4.1. has been extensively tried or the basic functioning of the board and/or association is at stake, any involved participant may start the procedure described in article 11 of the statutes of W.S.L.V. Wageningen Warriors.
  - 3.5. The board blouses will be paid for by the board members; the embroidery will be paid for by the association.
  - 3.6. For the purposes of Article 8.4 of the statutes of W.S.L.V. Wageningen Warriors, “absence” (ontstentenis) shall mean the situation in which a board member ceases to be on the board, due to situations including but not limited to resignation, dismissal, or death. “Incapacity” (belet) shall mean the situation in which a board member is temporarily unable or not permitted to perform their duties. Incapacity shall in any event be deemed to exist if:
    - (a) the board member has been suspended;
    - (b) an independent physician has issued a written statement declaring that the board member is no longer able to express their will; or
    - (c) it has proven impossible to establish personal and/or electronic contact with the board member within one week in such a manner that meaningful dialogue is possible.

#### **4. Members**

- 4.1. W.S.L.V. Wageningen Warriors needs to comply to the I.R. of SWU Thymos. Among other, all members are obligated to obtain valid Wageningen University sports rights. W.S.L.V. Wageningen Warriors is responsible for making sure that every member is in possession of sport rights; failure to comply will result in a fine, of which the amount is stipulated by SWU Thymos. This fine will be forwarded to the member that failed to comply.
- 4.2. Members are obliged to pay contribution.
  - 4.2.1. The financial contribution to the association is 50 euros per academic year, which runs from September 1<sup>st</sup> until August 31<sup>st</sup>.
  - 4.2.2. If a person becomes a member on February 1<sup>st</sup> or later that academic year, the financial contribution to the association will be 25 euros for the rest of that academic year.
  - 4.2.3. If a person wishes to be a member only for the first half of the academic year, the board may allow this based on study or travel plans. This request should be made to the board before August 1<sup>st</sup> or at the start of the membership if this starts later than August 1<sup>st</sup>. If the board agrees, this half year membership will run from September 1<sup>st</sup> until January 31<sup>st</sup> and will cost 25 euros. The board can be asked to motivate the decision.
  - 4.2.4. Any member who wishes to participate in matches also needs to pay the gameplaying fee of the NLB (Dutch Lacrosse Association). This fee will be paid through the association and is therefore added to the membership fee.

- 4.2.5. If a member wishes to become a practice-member (wishes not to play any matches), they need to notify the board before August 1<sup>st</sup> by email or at the start of the membership.
- 4.2.6. If the contribution hasn't been paid within one month after the invoice or signing date, a fine will be charged of 5 euros per month on top of the contribution. After three months without receiving payment, the member will be financially suspended.
  - 4.2.6.1. The financial suspension will be released when the indebted amount is received.
  - 4.2.6.2. In special cases the board can agree upon a settlement.
- 4.2.7. Registration for the NLB is done by the member themselves, by making an account in League Master and requesting to join the appropriate team. The team administrators will grant access to the team, after which the member should fill in their personal data under "Contact Info".
- 4.3. Game playing members ought to obtain their referee degree within one playing season. Members can be summoned to referee a match on game days.
- 4.4. If a person is subscribed as a member, they are obliged to pay contribution.
- 4.5. If members wish to unsubscribe from the association, they must send an email to board@wageningenwarriors.nl, after which the board will confirm and unsubscribe them from the association in League Master. Failure to unsubscribe before the first of August may require an additional contribution payment.
  - 4.5.1. An email will be sent by the board to notify the member about the final date to unsubscribe.
  - 4.5.2. Membership can be cancelled by the board if the member has been unreachable for a period longer than 2 years.
- 4.6. All members have access to all activities that are being organized by W.S.L.V. "Wageningen Warriors".
  - 4.6.1. The board can decide per activity whether non-members will also be allowed to join.
- 4.7. Members will be informed of important information by e-mail.
- 4.8. Honorary members will be suggested by the board and will be voted for during a G.M.A.
  - 4.8.1. Honorary members are former members that have been of great importance to the association and have given special input. They are always welcome at the activities organized by W.S.L.V. "Wageningen Warriors".
- 4.9. When in the process of becoming a member, the prospective member has the right to obtain a (digital) copy of the statutes and the I.R.
- 4.10. Members have the right to notify the board with suggestions, complaints and wishes. The board must handle and investigate the matter as soon as possible and return the result to the member.
- 4.11. Members have the duty to notify the board when their address is changed within one month.
- 4.12. The board is authorized, with respect to the adversarial principle, to enforce additional confinements upon a confinement that was put on the member by the NLB.

## **5. Practice/ matches / referees**

- 5.1. Practice will be given at Sports Centre the Bongerd.
- 5.2. Practice is only accessible for members.
  - 5.2.1. For new interested people there are introductory practices that will be given during fixed time periods over the year.
  - 5.2.2. Outside of these introduction practices, people are eligible to join three practices for free before joining.
- 5.3. Members are expected to be present at practices.
  - 5.3.1. It is recommended that members are present fifteen minutes in advance.
  - 5.3.2. Players must behave themselves during practice and respect the rules.

- 5.4. During matches it is the player's own responsibility to have correct equipment.
- 5.5. Players must behave themselves on game days and respect the rules.
- 5.6. Association fines caused by an individual are being reckoned as personal fines.
- 5.7. Signing in or out for practices and matches happens through the designated media, chosen by the team.
  - 5.7.1. Signing in or out for practices must be done at least twenty-four hours in advance.
  - 5.7.2. Signing in or out for matches must be done at least seventy-two hours in advance.
  - 5.7.3. In the case of unexpected absence, the person must communicate this via phone as soon as possible.
- 5.8. Members will be informed when referee courses are available. When a member obtains their referee degree, the last course will be paid by the association. All other attempts are at the member's own expense.
  - 5.8.1. Referees that have a level 1 degree or higher will receive a refund for refereeing a match by the NLB, this will be paid to the referee.
- 5.9. All members of the women's teams, except goalies, are obliged to wear the following items during both practices and games:
  - 5.9.1. A fitted mouth guard, as to protect the teeth.
  - 5.9.2. Goggles, as to protect the nose and eyes.
  - 5.9.3. If one does not wear these materials, they will not be allowed to partake in said practice or game until they have obtained the missing materials.
- 5.10. All goalies of the women's teams participating in practices and games are obligated to wear at least the following items in goal:
  - 5.10.1. A helmet, to protect the head.
  - 5.10.2. Goalie gloves, to protect the hands.
  - 5.10.3. A chin guard, to protect the neck.
  - 5.10.4. A chest piece, to protect the chest area.
  - 5.10.5. A fitted mouth guard, to protect the teeth.
  - 5.10.6. If one does not wear these materials, they will not be allowed to partake in said practice or game until they are wearing the missing materials.
- 5.11. All members of the men's team, except goalies, participating in practice or games are obligated to wear at least the following items during both practices and games:
  - 5.11.1. A helmet, to protect the head.
  - 5.11.2. Gloves, to protect the hands.
  - 5.11.3. Closed shoes, to protect the feet.
  - 5.11.4. If one does not wear these materials, they will not be allowed to partake in said practice or game until they are wearing the missing materials.
- 5.12. All goalies of the men's team participating in practices and games are obligated to wear at least the following items in goal:
  - 5.12.1. A helmet, to protect the head.
  - 5.12.2. Goalie gloves, to protect the hands.
  - 5.12.3. Closed shoes, to protect the feet.
  - 5.12.4. A chin guard, to protect the neck.
  - 5.12.5. A chest piece, to protect the chest area.
  - 5.12.6. A cup, to protect the groin area.
  - 5.12.7. If one does not wear these materials, they will not be allowed to partake in said practice or game until they are wearing the missing materials.

## **6. Material**

- 6.1. The association's material can be used by members during practice and matches.

- 6.2 Materials including, but not limited to, sticks, goggles, helmets, gloves and pads can only be used by members after filling in a rental form with a Matco member and paying the needed rental costs and deposit.
- 6.2.1 Costs are 25 euros per match season per item or 5 euros per match per item.
- 6.2.1.1 New members are able to use club equipment free of charge during their first two months of membership or until a club order at a lacrosse shop has arrived at the club. After this period, they receive a discount of 50% on the rental costs until the end of the academic year in which they became a member.
- 6.2.2 A deposit of 25 euros needs to be made per stick, per set of goggles and per helmet.
- 6.2.3 Members must return the association's material at the end of the contract period specified in the rental form. Unless the member wishes to rent gear the season thereafter, they will receive the deposit back.
- 6.2.4 If club material is damaged due to inappropriate use or it is lost, the club will pass these costs on to the person responsible for the damage. The value of the club material in question is set by the Board with a maximum of the new value.
- 6.3. The uniforms needed for matches will be provided by the association.
- 6.4 Outside of practice times only board members, team captains, members of committees and trainers have the right to get the key for the storage room, unless the member has permission from one of the authorized persons.

## **7. Clinics**

- 7.1. Clinics should be approved by the board.
- 7.2. Clinics will be given by members.
- 7.3. Members will be asked by the board to facilitate clinics. For members with no experience in giving clinics, there will always be the possibility to assist.
- 7.4. The number of members who will give a clinic is stated in the clinic handbook, made by the board.
- 7.5. The compensation for every member who provides the clinic is a minimum of 10 euros per hour.
- 7.6. The money received for the clinic will be used to pay the members who provide the clinic.
- 7.7. Extra costs (such as transportation) will be paid by the receiver.

## **8. G.M.A.**

- 8.1. The G.M.A. is an interactive event between the board, committees and the members.
- 8.2. The invitation for a G.M.A., in which board changes are proposed, must be sent to the members a week in advance.
- 8.3. Everybody can submit topics for the G.M.A. agenda to the president.
- 8.4. In principle, the whole board will be present.
- 8.5. If the president is not present, the secretary will take over their functions at the G.M.A.
- 8.6. The minutes can be requested by the members if they have not yet been sent two weeks after the G.M.A.
- 8.7. G.M.A.'s will be held three times a year.
- 8.8. The first G.M.A. will be held at the end of October or in November; this will be the financial G.M.A.
- 8.9. The second and third G.M.A. will be held in January and May respectively.
- 8.10. During a G.M.A. it is preferred that there will be at least one representative per committee.
- 8.11. During a G.M.A., voting on new board members takes place.
- 8.12. These votes and the subsequent board changes happen per position, one at a time.
- 8.13. For a vote to be in favour, at least half + 1 of the attendants must vote in favour of the

board change.

- 8.14. The board will be excluded from voting.
- 8.15. For a G.M.A., a quorum is in effect: excluding the board, the attendance of at least 15% of the association's members or more is required for a G.M.A. to take place and to continue. This count shall take place at the start of a G.M.A. Any walkouts cannot cause a G.M.A. to be discontinued prematurely.
- 8.16. Members may attend a G.M.A. digitally, subject to prior approval by the Board. The Board shall specify in the G.M.A. invitation whether digital attendance is permitted.

## **9. Committees (general)**

- 9.1. To be a committee member, one must be a (former) member of W.S.L.V. "Wageningen Warriors".
- 9.2. When making and signing contracts, committees are obliged to request the board for approval.
- 9.3. New committee members for continuous committees are chosen by the committee, with approval of the board. Members for non-continuous committees are chosen by the board, in consultation with former committee members, if necessary.
- 9.4. The board has the right to veto any newly chosen committee members and the right to expel members from committees. Both these actions are based on a majority vote within the board.
- 9.4. In case of an expulsion, members have the right to request a motivation for said expulsion.
- 9.5. Committees must keep the board updated with the internal positions of the committee.
- 9.6. Committees are responsible for their own internal positions. If needed, the board can be asked for help or to give advice.
- 9.7. It is strongly advised to all committees to have a record and protocol for all their activities. This should describe all steps that were taken, finances, results and evaluations. A copy must be provided to the board to be stored in the archive.
- 9.8. Every year, committees present their budget and results to the board during the G.M.A. This is the treasurer's responsibility.
- 9.9. The budget and results must be sent to the board in time and before the financial G.M.A.
- 9.10. Activities must be announced to the members.
- 9.11. Committees should present the logo and possibly any sponsors in their written promotion and correspondence materials.
- 9.12. Costs that have been made during the organisation of activities for W.S.L.V. "Wageningen Warriors" can be declared. The board will decide whether or not to honour the declarations.
- 9.13. The sponsor committee keeps track of sponsor recruitment within the committees. The sponsor committee can always be asked for advice and support.

## **10. Committees (Active)**

- 10.1. The financial control committee (Kasco):
- 10.2. Consists at least of two (former) members, these will be chosen by the board and presented during the G.M.A.
- 10.3. Will check the treasurer's functionality by checking the results of the previous year before it will be presented at the financial G.M.A.
- 10.4. The clinic committee (CliCo):
- 10.5. Can be consulted by the board to ask for advice for organising the clinics.
- 10.6. The activity and tournament committee (ReLaxie):

- 10.7. Consists of at least two persons. The functions Chairman, Secretary and Treasurer will be divided among the committee members.
- 10.8. Is responsible for the periodical activity/tournament, and at least one yearly activity.
- 10.9. The introduction committee (Introcie):
- 10.10. Consists of at least two persons. The functions Chairman, Secretary and Treasurer will be divided among the committee members.
- 10.11. Is responsible for all promotional activities of the association related to the acquisition of new members.
- 10.12. This includes and is not limited to: the summer AID, Winter W'meet U days, introduction practices and the Lax weeks.
- 10.13. Can design and purchase promotional material and guide the AID sports market. This happens in consultation with the board and is limited to budgetary constraints from the treasurer for the introduction committee.
- 10.14. Organises and gives introduction practices in consultation with the board and the trainers committees.
- 10.15. The Men's/Women's trainers committee (Trainerscie):
- 10.16. Consists of at least two persons. The functions Chairman, Secretary and Treasurer will be divided among the committee members.
- 10.17. Is responsible for providing practices of good quality for all the men's/women's teams.
- 10.18. Makes sure that trainers will receive compensation for the practices that are given, per practice per team an amount of 7 euros and 50 cents will be paid, when this money is received from the SCB the Bongerd.
- 10.19. The members of the committee will be chosen by the committee and the board by means of a functions profile (made by the board and the committee). The board has final say in this matter.
- 10.20. The media committee (Mediacie):
- 10.21. Consists of at least two people. The functions Chairman, Secretary and Treasurer will be divided among the committee members.
- 10.22. Preferably, there is at least one member from each team in the committee.
- 10.23. Committee members are responsible for updating information and promotions on digital media concerning W.S.L.V. "Wageningen Warriors".
- 10.24. The media in question are online platforms e.g. the website, the Facebook page, the YouTube channel and, if active, an Instagram and Snapchat account etc.
- 10.25. The lustrum committee (Lustrumcie):
- 10.26. Consists of at least two people, functions include Chairman, Secretary and Treasurer.
- 10.27. The committee is responsible for organizing the reoccurring fifth year anniversary of the association.
- 10.28. The members of the committee will be chosen by the board.
- 10.29. The committee can provide merchandise and promotional material in consultation with the board.
- 10.30. The materials committee (Matco):
- 10.31. Consists of at least two people. The functions Chairman and Secretary will be divided among the committee members.
- 10.32. Preferably, there is at least one member from each team in the committee.

- 10.33. Is responsible for the care and management of association-owned materials.
- 10.34. Holds and updates an inventory of association-owned materials.
- 10.35. Keeps track of rented or loaned materials. In corporation with the team captains, if applicable.
- 10.36. May propose ideas or ask for budget for material maintenance or acquaintance to the board. The board is obliged to consider propositions made by the materials committee and give their reasons when declining the proposal brought by the materials committee.
- 10.37. Shall be asked to give advice to the board if materials over 50 euros are being purchased. The board is obliged to give reason if they go against that advice.
- 10.38. The merchandise committee (Merchco):
- 10.39. Consists of at least two persons. The functions Chairman, Secretary and Treasurer will be divided among the committee members.
- 10.40. Is responsible for ordering the regular Warrior merchandise.
- 10.41. Is responsible for making a merchandise inventory.
- 10.42. The goalie committee (Goaliecie):
- 10.43. Consists of at least two persons. The functions Chairman and Secretary will be divided among the committee members.
- 10.44. Is responsible for providing practices of good quality for the goalies of all teams.
- 10.45. Is responsible for making sure goalies are able to get proper attention during regular practices of all teams, by providing field trainers with information about goalies.
- 10.46. Makes sure that trainers will receive compensation for the practices that are given, per practice per team an amount of 7 euros and 50 cents will be paid, when this money is received from the SCB the Bongerd.
- 10.47. The members of the committee will be chosen by the committee and the board by means of a functions profile (made by the board and the committee). The board has final say in this matter.

## **11. Committees (Non-active)**

- 11.1. Non-active committees are committees that are currently not actively operating in the association, but have been an official, active committee in the past. These are considered as non-active for an undetermined time and can become active again by members taking initiative and if there is a plus for the association. If the committee is active again, it will sufficiently operate to its assigned function.
- 11.2. For a committee to become active again, it has to be voted on during a GMA.
- 11.3. The website committee (Webcie):
- 11.4. Consists of at least two persons. The functions Chairman and Secretary will be divided among the committee members.
- 11.5. Is responsible for the content and lay-out of the website of the association.
- 11.6. Is responsible for making sure that the website stays up-to-date.
- 11.7. Sponsor committee (Sponsorcie):
- 11.8. Consists of at least two persons.
- 11.9. Will keep de board updated at all times and the signing of contracts must always be done by at least two board members.
- 11.10. The purpose of sponsor money can be determined in accordance with the board.
- 11.11. The youthlax committee (Jeugdcie):

- 11.12. Consists of at least two persons. The functions Chairman, Secretary and Treasurer will be divided among the committee members.
- 11.13. Is responsible for promoting lacrosse among youths in and around Wageningen, as well as organising practices for youth with the eventual goal of setting up a youth lacrosse association.
- 11.14. Is responsible for providing trainers needed for youth lacrosse practices
- 11.15. The box lacrosse committee (Boxlaxie):
- 11.16. Consists of at least two persons. The functions Chairman, Secretary and Treasurer will be divided among the committee members.
- 11.17. Is responsible for box lacrosse practice and matches.
- 11.18. Sets up teams to participate in the Dutch box lacrosse championship.
- 11.19. Organises internal box lacrosse practice and promote external box lacrosse practice

## **12. Donors**

- 12.1. Donors are those who support the association financially.

## **13. Sponsors**

- 13.1. Sponsors give the W.S.L.V. "Wageningen Warriors" (financial) support in favour of specific activities or exposure possibilities. In general, this will be described in the sponsor contract.

## **14. Responsibility**

- 14.1. The association is not responsible for illness, accidents or damages of any kind that apply to the members. The same applies for damage caused by members of the association. Every member is responsible for their own damage caused to the property of the association. Damages caused are considered being caused by the last person in use, unless the contrary can be proved.
- 14.2. Every member is responsible for their own damage caused to -or- by third parties.

## **15. Social Safety**

- 15.1 The association W.S.L.V. "Wageningen Warriors" has to comply with Regulations Sexual Intimidation (NOC-NSF), which can be found via the "Social Safety" button via the website <https://wageningenwarriors.nl>
- 15.2. Code of Conduct for mentors/supervisors, e.g. people giving clinics. Which is in short: there is a duty to report any breaches of the Code of Conduct and Regulations for the Board and mentors/supervisors.
- 15.3. The association W.S.L.V. "Wageningen Warriors" has a Code of Conduct (CoC) to prevent Sexual intimidation in the sport, the extensive version for different personnel can be found via the "Social Safety" button on the website <https://wageningenwarriors.nl>
- 15.4. The Code of Conduct regarding board members is derived from the NOC\*NSF code of conduct and can be found by clicking on the "Social Safety" button on the website <https://wageningenwarriors.nl>
- 15.5. The Code of Conduct regarding coaches and mentors/supervisors is derived from the NOC\*NSF code of conduct and can be found by clicking on the "Social Safety" button on the website <https://wageningenwarriors.nl>
- 15.6. The Code of Conduct regarding referees and other officials is derived from the NOC\*NSF code of conduct and can be found by clicking on the "Social Safety" button on the website <https://wageningenwarriors.nl>

- 15.7. The Code of Conduct regarding athletes is derived from the NOC\*NSF code of conduct and can be found by clicking on the "Social Safety" button on the website <https://wageningenwarriors.nl>
- 15.8. Guide lines Social Media can also be found on the website <https://wageningenwarriors.nl> by clicking the "Social Media Guide Lines" button.

## **16. Final terms**

- 16.1. Every member, board or committee has to comply with the terms in this internal regulation.
- 16.2. Significant adjustments in the I.R. must be announced to all members.
- 16.3. In cases of doubt whether the I.R. are not complete or insufficient, the board has final authority.
- 16.4. This internal regulation cannot have any terms that are in conflict with the statutes. If there is a conflict, the statutes overrule.