



# SPORT GUIDELINES

## GIRLS LACROSSE

Acalanes, Alhambra, Campolindo, Clayton Valley Charter,  
College Park, Concord, Las Lomas, Miramonte, Northgate,  
Ygnacio Valley

**Approved: April 13, 2023**

### 1. SEASON

- 1.1 Practice may begin on the date designated by NCS.
- 1.2 A league schedule will be presented to the Board of Governors for approval each year.
- 1.3 Number of Contests:
  - 1.3.1 20 contests for both Varsity and JV
  - 1.3.2 2 scrimmages
- 1.4 Scrimmages Defined
  - 1.4.1 There will be no paid officials, no publicity, no score kept.
  - 1.4.2 Scrimmages will be indicated on the schedule as such.
  - 1.4.3 There will be unlimited time periods, free substitutions.
  - 1.4.4 Play may be stopped or interrupted by coaches.
  - 1.4.5 No admission will be charged.
- 1.5 Tournaments:
  - 1.5.1 Each game of a tournament counts as a complete game and will be counted in the maximum number of contests.
  - 1.5.2 All tournaments must be CIF sanctioned.

### 2. CONTEST INFORMATION

- 2.1 Starting Times: Junior Varsity 5:30; Varsity 7:00
- 2.2 Days of Competition: Tuesday and Friday
- 2.3 Contest Format: Boys and Girls teams play at opposite sites on the same day.
- 2.4 Any change to the league schedule must be approved by the athletic directors and principals of the two schools involved, per league by-laws.
- 2.5 Spectator Control:
  - 2.5.1 Only players, coaches, trainers, doctors, game officials, scorekeepers and members of the press are allowed along the sidelines.
  - 2.5.2 Spectators must remain in the stands.
  - 2.5.3 Only ball retrievers are allowed behind the end line of the field. They must be equipped with the proper lacrosse protective equipment, including helmet, mouth guard, and other protective gear required of the players. The ball retrievers shall remain at least 15 yards behind the end line during play. Their attire should be in contrast to the two teams playing on the field.

### 3. PREVAILING RULES

- 3.1 All games will be conducted under the Federation of State High School Association's lacrosse rulebook, as mandated by the National Federation of State High School Athletic Association.
- 3.2 Games ending in a tie will go to sudden death overtime.
- 3.3 The home team will provide space at the scoring table for the visiting team score keeper. The home team will keep score and provide a copy of the score sheet to the visiting team in a timely manner.
- 3.4 The NCS Ejection Policy will be strictly enforced.
- 3.5 In the event of an injury or concussion, the school's athletic trainer or the opponent's athletic trainer, if he/she is the only athletic trainer at the contest, has the authority to determine if a player may continue to play or practice.

### 4. EQUIPMENT AND UNIFORMS

- 4.1 Uniforms: The home team will wear the light uniform and the visiting team will wear the dark uniform.

## 5. OFFICIALS

- 5.1 Varsity games will be played with two officials: one referee and one umpire. If a third official is provided by the official's association, he/she will be a Field Judge.
  - 5.1.1 The referee's decision shall be deemed as official and is not subject to protest unless it can be proven that there was a definite misinterpretation of the rules.
  - 5.1.2 The official's association under contract to the league shall be used exclusively for all games.

## 6. DETERMINATION OF LEAGUE OR DIVISION CHAMPIONS

- 6.1 League or Division Champion:
  - 6.1.2 The League or Division Champion will be the team with the best overall record over the course of the league or division schedule.
  - 6.1.3 If there is a tie for first place, the tied teams will be Co-Champions.
  - 6.1.4 Ties, for the purposes of NCS qualification and DAL Tournament Seeding (If Applicable), will be resolved using the tie-breaking criteria. (See 6.2)

### 6.2 Criteria used to break ties:

1. Head to Head.
2. Ladder Finish. Which is defined as comparing each team's record against the other teams in the league based on the league schedule, starting with the highest ranked team and continuing down the ladder until the tie is broken.
3. In a 3 way tie (or more) once the initial tie is broken, it will revert back to the 1st tiebreaker with the remaining schools.
4. Lottery. If the coach or designee is not present at the pre-season coaches meeting, that school will receive the last number. If there are more than one coach or designee absent, the commissioner will draw numbers for the absentees after the initial lottery.

## 7. NCS QUALIFYING AND AT LARGE REPRESENTATION

- 7.1 The automatic representative to NCS will be the League/Division Champion or the winner of the tiebreaker.
- 7.2 Any other qualified team may apply for an NCS At-Large Berth.

## 8. ALL LEAGUE SELECTION

- 8.1 Coaches shall select First Team, Second Team and Honorable Mention All-League teams.
  - 8.1.1 First team All-league will consist of twelve players. The second team will be the same as the first team.
  - 8.1.2 Honorable Mention team will be comprised of players who have received votes from the coaches, up to 12 players.
- 8.2 Nominating Procedure for boys and girls:
  - 8.2.1. 1<sup>st</sup> place team may nominate 7 players, 2<sup>nd</sup>, 6 players; 3<sup>rd</sup>, 5 players; 4<sup>th</sup> 4 players; 5<sup>th</sup> 3 players; 6<sup>th</sup> 2 players and 7<sup>th</sup> 1 player. If a team does not have enough 1<sup>st</sup> team or 2<sup>nd</sup> team player nominations they feel should be presented, then the coaches may entertain additional nominations from other teams. Names will be submitted by position: Defense, Middies, Attack and Goalie
    - 8.2.1.1 After names have been submitted, coaches will vote by position.
- 8.3 Nominations for Most Valuable Player
  - 8.3.1 Coaches may nominate a Most Valuable Player. It is possible to have two Co-Most Valuable Players.
  - 8.3.2 The MVP will be a separate selection from the first team all-league.
- 8.4 Any athlete who is deemed academically or behaviorally ineligible at their school will not be eligible for all-league consideration. Athletes who are ejected twice during the season under the NCS ejection policy will not be eligible for all-league consideration.