SPORT GUIDELINES
GIRLS LACROSSE

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

Approved: October 1, 2026

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. MVP AND ALL LEAGUE SELECTION PROCESS

8.1. There will be 1 MVP selected from each division.

8.1.1. The MVP vote will be done first.

8.1.2. Coaches **CAN** nominate their own player for MVP. Each coach will receive an opportunity to explain their nomination.

8.1.3 Coaches **CAN** vote for their own players for MVP.

8.1.4. In the case where there are 3 or more nominations, voting will be done by a Tier Voting Process. Each coach will rank the players for MVP. Coaches **CAN** rank their own player. Athletes will then receive a number of points based upon how they were ranked by each coach. Points will be assigned in reverse order, with the last player ranked receiving 1 point, the second to the last player ranked will receive 2 points, etc. The player with the most points added from all of the coaches ballots will be named MVP.

8.1.4.1 If there is a tie in MVP voting, the tie is attempted to be broken once. If then still a tie, Co-MVPs will be named. If there are Co-MVPS, one spot will be taken away from the 1st Team All-League.

8.1.5. MVP is **SEPARATE** from 1st Team All-League, the MVP(s) will not be on the 1st Team All-League list.

8.2. Coaches will receive a number of All-League Nominations based upon their finish in league play.Ties in order of finish will result in that amount of nominations being split between the tied teams.

8.2.1. 1st Place = 12 Nominations
2nd Place = 10 Nominations
3rd Place = 9 Nominations
4th Place = 8 Nominations
5th Place = 6 Nominations

8.3. Nominations must be submitted digitally **BEFORE** the postseason meeting.

8.4. Each All-League team will consist of 13 players total. The teams will be composed of the top players in the league as voted on by the coaches, regardless of position. The voting process for the teams will take place as follows:

8.4.1. Coaches will receive 13 votes for each All-League Team. Coaches **CANNOT** vote for their own players. Coaches **MUST** use all of their votes.

8.4.2. Coaches will vote for 1st Team All-League, this will be done by a secret ballot process. Once the results are tabulated, the 13 athletes who receive the most votes will be taken off of the nomination list and be placed on 1st Team All-League. Coaches will then conduct a new vote for 2nd Team All-League based on the remaining names, none of the votes from the first round of voting will carry over towards the second round.

8.4.3. If there is a two-way tie for the last spot of an All-League Team, an additional selection will be added to that team. If there is a three-way or more tie for the last spot, the coaches will revote between those tied players for the last spot.

8.4.4. If an athlete receives at least one vote throughout this process, they will be placed on the Honorable Mention List.

8.4.5. After the voting process has been completed, If they choose to, each coach can also add one more athlete to the Honorable Mention List. The Honorable Mention List is not published by the DAL.

8.4.6. If a school is not represented at the postseason meeting, their nominations will be taken off of the list for voting. However, the present schools can have a roundtable discussion BEFORE the voting process begins and elect any member of that school's nominations to an All DAL team. This is up to the discretion of the schools present and would require a majority vote. These elections are **NOT** in addition to the maximum number for each All-League Team, they would be taking a spot that could have been given to another athlete from a school that is present at the meeting.

8.5. Any athlete who cannot finish the season because they are deemed academically or behaviorally ineligible at their school will not be eligible for All-League consideration.