

# 600 Lacrosse

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## 601 GOVERNING BODY

The National Federation Rule Book is the governing authority in lacrosse. Some modifications may be made by the State CIF, NCS or the MCAL.

## 602 GENERAL INFORMATION

1. The lacrosse season shall be held in the spring for the boys & girls.
2. League lacrosse shall be a single round schedule for both boys & girls.
3. Matches will be played on Tuesdays - Fridays.
4. League lacrosse matches shall start at 4:00 unless a triple header with JV boys.
5. Canceled, rescheduled or suspended matches must be made up by the next available date.
6. Inclement weather: Home teams will be responsible for canceling matches due to inclement weather. Matches must be canceled by 1:00.
7. Only the athletic director of a site administrator may cancel or reschedule a contest.

## 603 OFFICIALS

The Northern California Lacrosse Officials Association is the organization contracted by the league to assign officials for boy's lacrosse. North Cal Chp. USL is the organization contracted by the league to assign officials for girl's lacrosse.

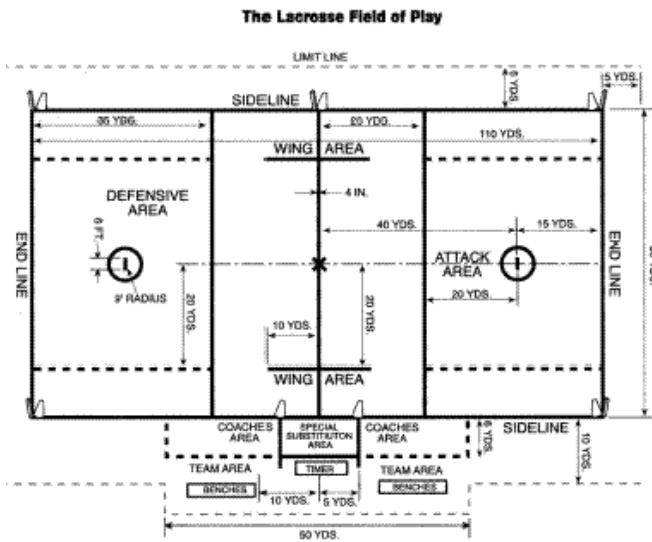
## 604 ADMISSION

Admission may be charged at any MCAL contest although it is not customary to charge for lacrosse matches. See general rules for admission price guidelines.

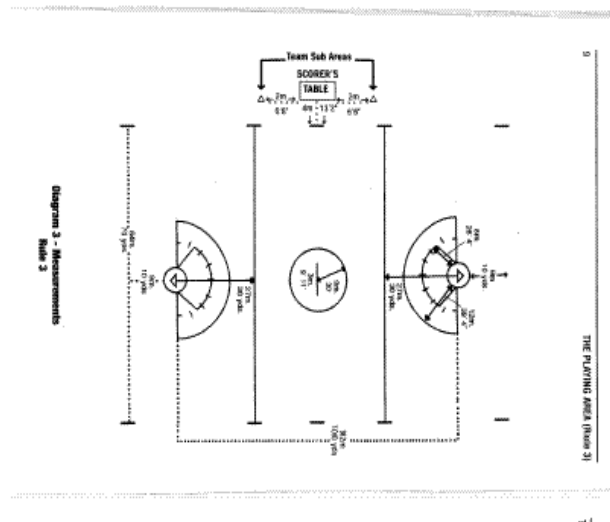
## 605 LEAGUE RULES & GUIDELINES

1. League lacrosse will be held at a varsity boys and girls level only.
2. Matches will be held on Tuesdays - Fridays with the boys and girls being at the opposite site. Game time is 4:30 for a single contest, 4:00 for a doubleheader.
3. The home team is responsible for all game personnel, field set up including a scoring table. The visiting team should have a scorekeeper.
4. Three officials are used for boy's lacrosse and two officials are used for girl's lacrosse contest. If only one official was to show up, the game will be played.
5. Medical personnel (physicians, paramedics, EMT or certified trainers) are required at all boy's LAX matches. Medical personnel must have a cell phone in case of emergency. Contests may not start without required personnel being present.
6. Fighting in lacrosse shall be defined as "deliberately striking or attempting to strike anyone or leave the bench." If fighting or leaving the bench area occurs, the NCS ejection policy will be enforced and the player(s) will be ejected from the contest and suspended from the following game as well.
7. The ultimate responsibility for breaking up a fight will be that of the referees. If the referees are unable to determine all the participants in a fight, the head coaches will be responsible to determine who the participants are. In the event that a head coach is uncooperative in providing this information, they will forfeit the game and the entire team will be suspended for the following game.
8. Being consistent with the NCS policy, any player ejected for the second time will be suspended for the rest of the season. This player may not be on the sidelines of any contest from that point forward.

9. Proper makings for lacrosse fields: Boys:



**Girls:**



**606 PLAY-OFFS—for girls & boys:**

To host a play-off competition, there must be a visible clock present—portable clock is okay.

- 6 schools are in the play-offs in sports with a random draw format
- #1 seed is the best league record
- #2 seed is the second best league record
- #3 seed is the third best league record, etc.
- In case of a tie, tie-breaking criteria will be used.
- Highest seed is the home team in all contests.

## Day One

Monday

### Game One\*

#4

vs

#5

### Game Two\*

#3

vs

#6

## Day Two

Wednesday

### Game Three\*

lowest seed (3-6)  
left in the tournament

vs

#1

### Game Four\*

highest seed (3-6)  
left in the tournament

vs

#2

## Day Three

Friday/Saturday

### Game Five\*\*

winner game 3

vs

winner game 4

\*\* boy's hosted by JS  
girl's hosted by Marin Catholic

**Match site:** \*highest seed      **Game Time: 5:30 unless double header**

- Game times may be adjust due to AP testing.
- Administrators need to check in at the main gate and with the officials 15 minutes prior to the match. The match may not start without an administrator from each school being present.
- Administrators from each school are asked to deal with supervision of their fans.

## 607 TIE-BREAKING INFORMATION

In the event of a tie at the end of the regulation game, subsequent sudden victory overtime periods (Rule 11-3-c NFHS rulebook) for four minutes each shall be played until a goal is scored.

General rule tiebreaking criteria will be used in case of a tie for place.

## 608 AWARDS & PENNANTS

After completion of the regular season play, the team with the best record will receive a pennant.

## 609 ALL LEAGUE

All-league team shall consist of:

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|---|---|
| <ul style="list-style-type: none"> <li>• Girl's LAX</li> <li>• Most Valuable player</li> <li>• 4 Attack</li> <li>• 3 Midfielders</li> <li>• 4 Defense</li> <li>• 1 Goalie</li> <li>•</li> </ul> | <ul style="list-style-type: none"> <li>• Boy's LAX</li> <li>• Most Valuable player</li> <li>• 3 Attack 1 Face off</li> <li>• 1 long stick middle</li> <li>• 3 Midfielders</li> <li>• 3 Defense</li> <li>• 1 Goalie</li> </ul> |
|---|---|

1. Each coach via their athletic director may nominate players from their own team for any and all positions according to the formula presented in #14 to follow.
  - These nominations are to be presented (preferably via email) **no later** than the date announced at the preseason meeting. **Failure to comply with this deadline will result in a coach only receiving four nominations if done before the meeting. Any coach who does not submit their nominations 24 hours before the meeting, will receive one honorable mention position ONLY!**
  - Coaches are asked that they submit the following information when submitting their nominations: A roster of all players on the team which includes: A. Player's name B. Year in school C. Position

2. No nominations will be honored at the all leagues selection meeting.
3. The Player of the Year\* shall be voted on first prior to any other voting. No discussion, just a vote.
4. For Player of the Year---if there are more than 4 nominees, a pre-vote will be done where all coaches would rank the players nominated and the top 2 will be eligible for the honor.
5. After the Player of the Year votes, each coach will be given 1 minute to speak about their players.
6. Each coach ranks the nominated players at each position on a ballot presented to them at the meeting.
7. The top-ranked player(s) in each position is (are) first team all league according to the formula above. The next ranked player(s) in each position is (are) the second team all league. The next player in rank order for each position is Honorable Mention. (Note: there is only one honorable mention per position.) If a school does not have a player on 1<sup>st</sup>, 2<sup>nd</sup> or honorable mention, they will be allowed to submit a name for HM in any position the coach wishes.
8. Coaches voting for Player of the Year **MAY** vote for their own players.
9. Coaches when ranking players **MAY NOT** vote for their own players.
10. Students are not to be penalized or omitted from consideration on All-League teams because the coach is not present at the meeting.
11. A coach should send a substitute he can not attend the meeting.
12. All league lists will be released by the commissioner via the MCAL website.
13. All-League athletes will receive certificates.
14. Nomination formula (maximum a coach **may** nominate per position):
  - For girls: 6 attack, 6 midfielders, 6 defense and 2 goalies
  - For boys: 5 attack, 5 midfielders, 5 defense, 2 long stick middies  
2, face-off and 2 goalies
15. \*Player of the Year:
  - If you feel you have a player who is qualified to be considered for top honors:
    - Coaches nominate their own player
    - Nominations are due the day you submit your position nominations. Please make sure that you also nominate this player for the position they would be nominated for. If selected the P of Y, the player's name will be removed from the original ballot.