SECTION XI

GIRLS LACROSSE

2017
TABLE OF CONTENTS

I. Welcome letter
II. Scheduling Information
III. Modified Level Placement
IV. B Level Program - Policy
V. Modified Lacrosse Rules
VI. Code of Ethics for Coaches
VII. Section XI Sportsmanship Information
VIII. Section XI Rating of Officials
IX. 5 Period Roster Sheet
X. AED Reminder
March 2017

Dear Suffolk County Girls Lacrosse Coach

Welcome to another season of Section XI Girls Lacrosse. It is my pleasure to continue to serve all of you as your Sports Chairperson and I look forward to working with the Girls Lacrosse Coaches Association.

It is my job to serve as your liaison to the New York State Public High School Athletic Association and Section XI. Please do not hesitate to call me at Center Moriches High School or email me at jthode@cmschools.org should you have any questions or concerns.

I wish each and every one of you an enjoyable and successful season.

Sincerely

Jeremy Thode
Section XI Girls Lacrosse
MODIFIED PROGRAM

FALL – SEPTEMBER 8 THROUGH NOVEMBER 7

<table>
<thead>
<tr>
<th>Sport</th>
<th>Coaches</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Cross Country</td>
<td>Joe Pennacchio, (Half Hollow Hills)</td>
<td>592-3065</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Deb Ferry, (Port Jefferson)</td>
<td>791-4441</td>
</tr>
<tr>
<td>Football</td>
<td>Tim Horan, (West Islip)</td>
<td>930-1540</td>
</tr>
<tr>
<td>Soccer (Boys)</td>
<td>Mike Huey, PO Box 691, Mattituck 11952</td>
<td>298-2119</td>
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<tr>
<td>Soccer (Girls)</td>
<td>Joseph Vasille-Cozzo (East Hampton)</td>
<td>329-4143</td>
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<tr>
<td>Tennis (Girls)</td>
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EARLY WINTER – NOVEMBER 9+ THROUGH JANUARY 23

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<tbody>
<tr>
<td>Basketball (Boys)</td>
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<td>Volleyball (Girls)</td>
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LATE WINTER – JANUARY 25 THROUGH MARCH 22

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<td>Kevin O’Reilly (Brentwood)</td>
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SPRING – MARCH 28 THROUGH JUNE 11

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<td>Tim Mullins (Bayport-Blue Point)</td>
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<td>Lacrosse (Girls)</td>
<td>Jeremy Thode (Center Moriches)</td>
<td>878-0092</td>
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<td>Softball</td>
<td>Jim Wright (Walt Whitman)</td>
<td>812-3141</td>
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<td>Swimming</td>
<td>Gary Beutel (Sachem)</td>
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<td>Tennis (Boys)</td>
<td>Mark Mensch (William Floyd)</td>
<td>874-1137</td>
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<td>Track (Boys and Girls)</td>
<td>Tony Toro, P.O. Box 427, Miller Place 11764</td>
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MODIFIED SCHEDULING INFORMATION 2016-17

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<th>Sport</th>
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<td>4/7</td>
<td>4/13</td>
<td>4/19</td>
<td>6/10</td>
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</table>

+All early winter sports may conduct tryouts a maximum of 3 days during the week of Oct 31-Nov 4. These do not count toward the required minimum number of practices.

++All modified spring sports may conduct tryouts a maximum of 3 days during the week of Mar 20-24, 2017. These do not count toward the required minimum number of practices.

NOTE: FIRST SCRIMMAGE AND FIRST CONTEST DATES ARE BASED ON SCHOOL DAYS AND SATURDAYS. BECAUSE LOCAL SCHOOL CALENDARS MAY DIFFER, EACH SCHOOL MUST VERIFY ITS OWN DATES.
### SECTION XI
#### SPORT CHAIRMEN

<table>
<thead>
<tr>
<th>SPORT</th>
<th>NAME</th>
<th>SCHOOL / ADDRESS</th>
<th>PHONE</th>
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<tbody>
<tr>
<td>Badminton</td>
<td>Patrick Murphy</td>
<td>Half Hollow Hills</td>
<td>525 Half Hollow R.</td>
</tr>
<tr>
<td>Baseball</td>
<td>Grega Womuth</td>
<td>Mattuck HS</td>
<td>15125 Main Rd</td>
</tr>
<tr>
<td>B Basketball</td>
<td>Bob Mayo</td>
<td></td>
<td>721-3434</td>
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<tr>
<td>G Basketball</td>
<td>Kevin O'Reilly</td>
<td>Brentwood HS</td>
<td>3rd Ave.</td>
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<tr>
<td>B&amp;G Bowling</td>
<td>Larry Philips</td>
<td>Central Islip HS</td>
<td>85 Wheeler Rd.</td>
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<tr>
<td>B Cross Country</td>
<td>Joe Pennacchio</td>
<td>Half Hollow Hills</td>
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<td>G Cross Country</td>
<td>Tony Toro</td>
<td>PO Box 427</td>
<td>Miller Place</td>
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<tr>
<td>Cheerleading</td>
<td>Amy Agnesini</td>
<td>Rocky Point/YSchank Rd</td>
<td>82 Rocky Point</td>
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<tr>
<td>B&amp;G Fencing</td>
<td>Jim Wright</td>
<td>Walk Whitman HS</td>
<td>60 Westton St.</td>
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<tr>
<td>Field Hockey</td>
<td>Deb Perry</td>
<td>Port Jefferson HS</td>
<td>550 Scraggy Hill Rd</td>
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<tr>
<td>Football</td>
<td>Tim Horen</td>
<td>West Islip HS</td>
<td>100 Sherman Ave</td>
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<td>B Golf</td>
<td>Dennis Maloney</td>
<td>Sayville HS</td>
<td>Brook Street</td>
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<td>G Golf</td>
<td>Drew Walker</td>
<td>Hampton Bays HS</td>
<td>88 Argone Rd.</td>
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<td>G Gymnastics</td>
<td>Pat Smith</td>
<td>Smithtown Schools</td>
<td>26 New York Ave.</td>
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<td>Tim Mullins</td>
<td>Bayport-BP HS</td>
<td>200 Snedecor Ave.</td>
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<td>G Lacrosse</td>
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<td>Mike Huyn</td>
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<td>Dan Robinson</td>
<td>Brentwood Schools</td>
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### 2016-17 MODIFIED LEVEL PLACEMENT

#### DIVISION I

**Device 1**
- Comsewogue
- Miller Place
- Mt. Sinai
- Riverhead
- Rocky Point
- Stony Brook
- Shoreham Wading-River
- Smithtown Christian

**Device 2A**
- Bridgehampton
- East Hampton
- Hampton Bays
- Montauk
- Pierson
- Ross
- Shelter Island
- Southampton
- Springs

**Device 2B**
- Center Moriches
- East Moriches
- Greenport
- Mattuck
- McGann-Mercy
- Port Jefferson
- Southold
- Westhampton Beach

**Device 3**
- Kings Park
- Northport
- Oldfield
- Stimson
- West Hollow

**Device 4**
- Amityville
- Babylon
- Bay Shore
- Beach
- Brentwood E,N,S,W
- Copague
- Deer Park
- Islip
- Lindenhurst
- Moses
- Udale
- West Babylon
- Wyandanch

**Device 5**
- Acompsett
- Dawnwood
- Gellinas
- Great Hollow
- Longwood
- Murphy

**Device 6**
- Nesaquake
- Sagamore
- Samoset
- Selden
- Seneca
- Sequoya

**Device 7**
- Bayport BP
- Bellport
- Central Islip
- Eastport/S Manor
- East Islip
- Oakdale
- Oregon

**Device 8**
- Paca
- Ronkonkoma
- Saxton
- Sayville
- South Ocean
- William Floyd
B Level Program - Five Period Format

The five period format is mandated for all B level teams in basketball, field hockey, football, lacrosse, soccer and volleyball. *The regulation format has been eliminated (approved 5/22/07).* Playing an extra quarter (extra game in volleyball) is NOT AN OPTION for the B level program in any sport.

Following are the conditions of this program:

1. Only B level teams may participate.

2. Teams shall be divided into two squads of equal numbers and equal ability. In football and boys lacrosse, the two squads shall be of unequal ability.

3. Coaches must exchange rosters prior to every contest.

4. One squad will play the first and third periods and the other squad the second and fourth periods. All athletes are eligible for the fifth period.

5. All points scored count.

6. Teams having the minimum numbers of athletes as listed below are obligated to play five periods (unless on austerity) provided their opponents also meet the minimum numbers.
- Basketball - 12
- Field hockey - 24
- Football - 26
- Lacrosse - 26
- Soccer - 24
- Volleyball - 14

7. If one team has fewer than the minimum number of players (Basketball - 12; Field Hockey - 24; Football - 26; Lacrosse - 26; Soccer - 24; and Volleyball - 14), both teams will play the four period format, with the A squad playing periods one and three and the B squad playing periods two and four*. No athlete may play in more than three periods when numbers dictate (revised 5/22/07).

*However, the five-period format may be played if agreed prior to the start of the contest (revised 12/07).

8. NO ATHLETE MAY PLAY IN MORE THAN THREE PERIODS OF A FIVE PERIOD CONTEST.

9. There is no half time intermission when five periods are played.

10. Extra compensation forms presented by the officials must be signed by the home coach. Officials are compensated an additional 20% of the game fee with the exception of volleyball which is a set fee (see Officials Contract).

11. Each coach is requested to make a notation on the rating card verifying the extra compensation for the officials.
MODIFIED GIRLS LACROSSE

Game Conditions

1. A minimum of two nights rest between contests.
2. The maximum number of contests shall be 10.
3. Ten practices are required before the first scrimmage.
4. Thirteen practices are required before the first interschool contest.

Game Rules

1. USWLA Rules.

2. Quarters shall consist of 12 1/2 minutes. The clock will stop the last 2 minutes of periods 3 and 4 on every whistle.

3. Five minute intermission

4. Equipment
   a. Properly fitted equipment of good quality is mandatory for safe participation in lacrosse.
   b. Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
   c. All field players must wear colored mouth pieces (no tabs).
   d. Goalie must wear helmet with face mask, separate throat protector, chest protector, abdominal and pelvic protection, goalie gloves, and leg padding on the shins and thighs. The protective helmet, designed for lacrosse, must meet the NOCSAE test standard. Goalie must have solid color jersey matching school colors.
   d. All players must wear goggles that meet ASTM standards effective 2004.

5. A time out may be called when the ball is not in play. One time out per team, per half will be allowed. Duration of the time out will be two minutes.

Section XI Rules

B Level Program - Five Period Format

The five period format is mandated for all B level teams in girls lacrosse except for those teams which have opted to be scheduled in regulation contest devices. Playing an extra period is not an option for the B level program in Section XI.

Following are the conditions of this program:

1. Twelve and one-half minute periods.
2. Running time in periods one and two.
3. Stop clock on every whistle during the last two minutes of periods three, four and five.
4. Only B level teams may participate.

http://www.sectionxi.org/handbook/modifiedsports/girls lacrosse.htm 3/24/2017
5. Teams shall be divided into two squads of equal numbers and UNEQUAL ability. The stronger squad (A) will play the first and third periods, and the weaker squad (B) will play the second and fourth periods. All players are eligible for the fifth period. (Rev 2/10)

6. All points scored count.

7. Teams having the minimum number of 26 players are obligated to play five periods (unless on austerity) provided their opponents also meet the minimum numbers.

8. If teams have fewer than 26 players but can still field two full teams, those teams may opt to play five periods. (If substitutes are used, note #11.)

9. No player may play in more than three periods of a five period contest, including the goalie.

10. There will be a one minute intermission between periods one and two as well as four and five. There will be a five minute intermission between periods two and three.

11. A time out may be called when the ball is not in play. One time out per team is permitted in periods one and two and each team is permitted a second time out during periods three, four and five.

12. Extra compensation forms presented by the officials must be signed by the home coach.

13. Each coach is requested to make a notation on the rating card verifying the extra compensation for the officials.

B Level Program - Four Periods/Regulation Contest

When a regulation contest is played at the B level, the following conditions are applicable:

1. The five period format must be utilized.

2. There is a half-time intermission.

3. Extra periods may not be played.

Revised 3/25/10

CODE OF ETHICS FOR COACHES

Section XI is committed to high ethical standards of conduct as applied to coaches and athletes, therefore coaches shall:

1. Know the rules of the game, the policies of Section XI, and the rules and regulations of NYSPHSAA. The coach and the team shall abide by these rules and regulations.

2. Actively use their influence to enhance good sportsmanship on the part of their players and their community.

3. Refrain from the verbal abuse of athletes and/or officials. Profane and vulgar remarks, critical public comments, and off-color humor are demeaning, offensive and unprofessional.

4. Refrain from the physical abuse of athletes and/or officials. Unnecessary roughness, fighting or any other form of physical abuse cannot be tolerated. (Note: Verbal and physical abuse should never substitute for motivational techniques, which enhance performance without threatening the dignity of the athlete.)

5. Be responsible for the supervision, discipline, and behavior of his/her athletes and abide by all of the rules and regulations of the host school at away contests.

6. Preserve the integrity of competition by never humiliating the opponent in a deliberate manner.

7. In unofficiated sports, ensure honesty in scoring and integrity of calls on the part of their athletes.

8. Do not attempt to seek an advantage through intimidation of opponents or officials.

9. Be positive role models relative to the use of controlled and illegal substances (drugs, alcohol, and tobacco).

10. Recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well being of the individual players.

Violations of this code will be handled by Section XI in the following manner:

1. Misconduct regarding the inappropriate behavior of a coach shall be referred to the offending coach's athletic director.

2. If the violation is not reconciled, the athletic director will forward a report to the Executive Director.

3. On a further violation or flagrant misconduct, the Executive Director will send a formal letter to the coach, athletic director and principal noting that such behavior is unacceptable at Section XI contests. The letter should reflect the degree of inappropriateness.

4. Should Section XI deem it necessary, the matter will be pursued through the Ethics Committee.
To: All Sports Chairpersons  
From: Don Webster  
RE: Sportsmanship

The New York State Public High School Athletic Association and Section XI would like to ask your cooperation in the promoting of the importance of proper sportsmanship at all of its athletic contests.

Trash talking, inappropriate comments and general poor sportsmanship have become an increasing problem and we would ask that you communicate the following guidelines with the coaches at your Mandatory Coaches Meeting.

1. There will be zero tolerance for harassing statements related to gender, race, ethnicity, disabilities, sexual orientation or religion by players, coaches, fans or officials. It is our goal to reinforce our expectations of proper sportsmanship at all times. Incidents or violations will be handled through the regulations outlined in the NYS and Section XI procedures with the appropriate penalties administered.

2. We have asked the officials to deal with this type of behavior with immediate and strict enforcement.

3. Officials are not to be involved directly with the spectators. Officials will report this type of behavior with fans directly to the home school and follow proper procedures. Home school game administration will be responsible for the conduct at the game site.

4. Serious incidents or violations shall be reported to Section XI on the next Business day.

5. Coaches are asked to reinforce proper sportsmanship with their players on a regular basis and model good sportsmanship themselves.

6. Athletic Directors are asked to please review with their coaches the NYSPHSAA expectations and monitor their athletes and staff.

Thank you for your cooperation and assistance in creating a positive, enjoyable and healthy athletic experience for all.

cc: Ken Knapp
SPORTSMANSHIP

In all sports, players and coaches will rate their opponents' sportsmanship at every contest. Season team averages will determine winners in each league/division/device. The officials’ rating card will include a sportsmanship rating of opponents at every contest (league and non-league). All teams at all levels of all sports are expected to submit these ratings.

Certificates and recognition will be given to those teams best exemplifying sportsmanship.

Every sport has its own rules and regulations that must be known and respected by coaches and athletes and enforced consistently by officials. However, there are certain behavioral standards that elevate an athletic event from a mere contest to a positive educational experience. Section XI's purpose in implementing this system is to encourage coaches and athletes to focus on these behavioral standards.
DATE: August 2015  
TO: Section XI Coaches of Officiated Sports  
FROM: Donald F. Webster  
RE: Rating Officials

Section XI provides a vehicle for coaches to evaluate the performance of game officials. It is our feeling that the system we use is the most comprehensive and effective method possible. We ask for your cooperation in this effort.

Some specifics we wish to reiterate:

1. We are committed to protecting the right of each and every coach to rate officials. We believe it to be an obligation of each and every coach to evaluate, though fully understand that your main focus is appropriately your coaching task.

2. Officials DO NOT have access to the sources of their ratings. Confidentiality is a major priority. Even Section Sport Chairs are precluded from having this information. Though we work closely with the Presidents of officials groups, they will verify the confidentiality of your ratings. Only the Section office staff has knowledge of rating sources.

3. The success of the rating system is totally dependent on your cooperation.

4. When evaluating each official, carefully consider the keys to each category:

   - **Excellent (5)** Should be reserved for the truly outstanding performance, a performance you would want on a championship contest. Over the course of a season, there should be very few 5’s given.
   - **Good (4)** Means just that - a good performance, not outstanding, but better than acceptable - no complaints. Generally, we would expect to see more 4’s than any other rating.
   - **Acceptable (3)** Should speak for itself. We would expect a fair number of these.
   - **Poor (2)** Define flaws; contest was seriously affected. Hopefully, you will not need to give many during a season.
   - **Inadequate (1)** Absolutely unacceptable throughout the contest. Hopefully, your need to use this will be rare.

Each individual rating chosen (on each category) is a separate computer entry. The computer “computes” for each official by adding the total points and dividing by 5. This is the overall game rating for the official. This results in overall ratings such as 4.2, 3.4, 3.6, or 3.8 in addition to the whole numbers.

Best regards for an enjoyable and productive season.
# FIVE PERIOD FORMAT TEAM ROSTERS

**School**

**Date of Contest**

**Sport**

**Boys or Girls**

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To: All Coaches  
From: Don Webster  
RE: Automatic External Defibrillators

THE FOLLOWING POLICIES ARE IN PLACE AND MUST BE FOLLOWED RELATED TO AEDS AND EMERGENCY PROTOCOLS

Coaches are reminded that Section 136.4 of the Regulations of the Commissioner of Education (9/2002) requires that schools provide and maintain sufficient automated external defibrillator equipment be available to ensure ready and appropriate access for use during emergencies as well as trained personnel to administer.

In order to provide an efficient and consistent handling of emergency situations the following steps MUST be followed:

1. The Home School is to be responsible for providing AED-trained personnel and a sufficient number of AED's at all interscholastic contests such that an AED can be effectively administered within 2-3 minutes to a stricken student-athlete, coach or spectator.
2. Prior to each contest, the home school coaching staff is to advise the visiting coaching staff and officials of the location of the AED and the personnel designated to utilize it.
3. All medical or AED-trained personnel that are present at the contest are to be identified prior to the contest.
4. All athletic emergencies are to be reported to the Athletic Directors of the respective districts immediately following the contest.
5. No contest will take place without an AED available and able to be administered as per #1 above.

Thank you for your cooperation and best of luck this season.