



GIRLS LACROSSE

2017

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Center Moriches High School

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Fine and Applied Arts, Business, Technology,
FACS, & Athletics
Center Moriches Schools*

Patricia A. Galietta
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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

PHONE

Cross Country	Joe Pennacchio, (Half Hollow Hills)	592-3065
Field Hockey.....	Deb Ferry, (Port Jefferson)	791-4441
Football	Tim Horan, (West Islip)	930-1540
Soccer (Boys)	Mike Huey, PO Box 691, Mattituck 11952	298-2119
Soccer (Girls)	Joseph Vasilie-Cozzo (East Hampton)	329-4143
Tennis (Girls)	Pete Cesare (Copiague)	842-4010

EARLY WINTER – NOVEMBER 9+ THROUGH JANUARY 23

Basketball (Boys)	Bob Mayo	721-3434
Volleyball (Girls)	Dan Butler (Hauppauge)	761-8373

LATE WINTER – JANUARY 25 THROUGH MARCH 22

Basketball (Girls)	Kevin O'Reilly (Brentwood)	434-2512
Volleyball (Boys)	Kathy Masterson (Westhampton)	288-3800
Wrestling.....	Pat Smith (Smithtown)	382-2100

SPRING – MARCH 28 THROUGH JUNE 11

Baseball.....	Gregg Wormuth (Mattituck)	298-8471
Gymnastics (Girls)	Pat Smith (Smithtown)	382-2100
Lacrosse (Boys)	Tim Mullins (Bayport-Blue Point)	472-7808
Lacrosse (Girls)	Jeremy Thode (Center Moriches)	878-0092
Softball	Jim Wright (Walt Whitman)	812-3141
Swimming	Gary Beutel (Sachem)	471-1335
Tennis (Boys)	Mark Mensch (William Floyd)	874-1137
Track (Boys and Girls)	Tony Toro, P.O. Box 427, Miller Place 11764	928-0991

MODIFIED SCHEDULING INFORMATION 2016-17

Sport	Max # Contests Allowed	# Practices Prior to 1 st Scrim (Team & Ind.)	# Practices Prior to 1 st Contest (Team & Ind.)	1 st Practice Date	1 st Scrim Date	1 st Possible Date Contests Allowed	Earliest Date Contests Will Be Scheduled	Last Date
B/G Soccer	10	9	11	9/6	9/16	9/19	9/26	11/5
B/G X Country	8	10	13	9/6	9/17	9/21	9/26	11/5
Football	6	13	17	9/6	9/21	9/26	9/29	11/5
Field Hockey	10	9	11	9/6	9/16	9/19	9/26	11/5
G Tennis	10	6	8	9/6	9/13	9/15	9/19	11/5
G Volleyball	10	8	10	11/7+	11/16	11/18	11/21	1/21
B Basketball	10	9	11	11/7+	11/17	11/19	11/21	1/21
Cheerleading	3	10	15	11/7+	11/19	11/30	-	1/22
Wrestling	10	13	15	1/23	2/7	2/9	2/13	3/25
G Basketball	10	9	11	1/23	2/2	2/4	2/6	3/25
B Volleyball	10	8	10	1/23	2/1	2/3	2/6	3/25
Softball	10	8	10	3/27++	4/5	4/7	4/19	6/10
B/G Track	8	10	15	3/27++	4/7	4/18	4/19	6/10
Baseball	10	10	15	3/27++	4/7	4/18	4/19	6/10
B Tennis	10	6	8	3/27++	4/4	4/5	4/19	6/10
B Lacrosse	10	10	15	3/27++	4/7	4/13	4/19	6/10
G Lacrosse	10	10	13	3/27++	4/7	4/11	4/19	6/10
B Swimming	8	12	15	3/27++	4/10	4/13	4/19	6/10
G Gymnastics	8	10	15	3/27++	4/7	4/13	4/19	6/10

+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**

SPORT	NAME	SCHOOL / ADDRESS				PHONE
Badminton	Patrick Murphy	Half Hollow Hills	525 Half Hollow R.	Dix Hills	11746	592-3065
Baseball	Gregg Wormuth	Mattituck HS	15125 Main Rd	Mattituck	11952	298-8471
B Basketball	Bob Mayo					721-3434
G Basketball	Kevin O'Reilly	Brentwood HS	Thlrd Ave.	Brentwood	11717	434-2512
B&G Bowling	Larry Phillips	Central Islip HS	85 Wheeler Rd.	Central Islip	11722	348-5017
B Cross Country	Joe Pennacchio	Half Hollow Hills	525 Half Hollow R.	Dix Hills	11746	592-3065
G Cross Country	Tony Toro		PO Box 427	Miller Place	11764	928-0991
Cheerleading	Amy Agnesini	Rocky Point	82 Rocky Point/Yaphank Rd	Rocky Point	11778	849-7517
B&G Fencing	Jim Wright	Walt Whitman HS	60 Weston St.	Hunt. Sta.	11746	812-3141
Field Hockey	Deb Ferry	Port Jefferson HS	550 Scraggy Hill Rd	Port Jefferson	11777	791-4441
Football	Tim Horan	West Islip HS	100 Sherman Ave	West Islip	11795	930-1540
B Golf	Dennis Maloney	Sayville HS	Brook Street	West Sayville	11796	244-6625
G Golf	Drew Walker	Hampton Bays HS	88 Argone Rd.	H. Bays	11946	495-3927
G Gymnastics	Pat Smith	Smithtown Schools	26 New York Ave.	Smithtown	11787	723-2110
B Lacrosse	Tim Mullins	Bayport-BP HS	200 Snedecor Ave.	Bayport	11705	472-7808
G Lacrosse	Jeremy Thode	Center Moriches HS	311 Frowein Rd.	C. Moriches	11934	878-0092
B Soccer	Mike Huey		PO Box 691	Mattituck	11952	298-2119
G Soccer	Joe Vasile-Cozzo	East Hampton HS	2 Long Lane	E. Hampton	11937	329-4143
Softball	Jim Wright	Walt Whitman HS	60 Weston St.	Hunt. Sta.	11746	812-3141
B Swimming	Gary Beutel	Sachem Schools	51 School St.	Lake Ronk.	11779	471-1335
G Swimming	Gary Beutel	Sachem Schools	51 School St.	Lake Ronk.	11779	471-1335
B Tennis	Mark Mensch	William Floyd HS	240 Mastic Beach Rd	Mastic Beach	11951	874-1137
G Tennis	Pete Cesare	Coplaque HS	1100 Dixon Ave.	Coplaque	11726	842-4010
B&G Track	Tony Toro		PO Box 427	Miller Place	11764	928-0991
B Volleyball	Kathy Masterson	Westhampton HS	49 Lilac Rd.	Westhampton	11978	288-3800
G Volleyball	Dan Butler	Hauppauge HS	4 Lincoln Blvd	Hauppauge	11788	761-8373
B&G Winter Track	Tony Toro		PO Box 427	Miller Place	11764	928-0991
Wrestling	Matt DeVincenzo	Comsewogue HS	565 Bicycle Path	Port Jeff Sta	11776	4748196
Athletics for All	Dan Robinson	Brentwood Schools	3 rd Ave.	Brentwood	11717	434-2512

2016-17 MODIFIED LEVEL PLACEMENT

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

DIVISION I

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

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

DIVISION II

Device 3
Candlewood
Commack
East Northport
Elwood
Finley
Hauppauge

Device 4
Amityville
Babylon
Bay Shore
Beach
Brentwood E,N,S,W
Coplaque

Device 4
Deer Park
Islip
Lindenhurst
Moses
Udall
West Babylon
Wyandanch

DIVISION III

Device 5
Accompsett
Dawnwood
Gelines
Great Hollow
Longwood
Murphy

Device 6
Bayport BP
Bellport
Central Islip
Eastport/S Manor
East Islip
Oakdale
Oregon

Device 6
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.
GIRLS
 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.

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.

SECTION XI
NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
180 EAST MAIN STREET, SUITE 302, SMITHTOWN, NY 11787
631-366-4900

DONALD F. WEBSTER
EXECUTIVE DIRECTOR

KEVIN M. McCARTHY
ASSISTANT DIRECTOR

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.

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NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
180 EAST MAIN STREET, SUITE 302, SMITHTOWN, NY 11787
631-366-4900

DONALD F. WEBSTER
EXECUTIVE DIRECTOR

KEVIN M. MCCARTHY
ASSISTANT DIRECTOR

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 <u>outstanding performance</u> , 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 <u>good</u> performance, <u>not outstanding</u> , but <u>better than acceptable</u> - 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)	Definite flaws; contest was <u>seriously</u> 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.

ratingofficials.coachesmtgs.coaches

FIVE PERIOD FORMAT TEAM ROSTERS

SCHOOL _____ DATE OF CONTEST _____

SPORT _____ BOYS OR GIRLS _____

COACH _____ OPPONENT _____

A Squad Roster		B Squad Roster	
#	Name	uniform #	Name
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

SECTION XI

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
180 EAST MAIN STREET, SUITE 302, SMITHTOWN, NY 11787
631-366-4900

DONALD F. WEBSTER
EXECUTIVE DIRECTOR

KEVIN M. MCCARTHY
ASSISTANT DIRECTOR

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.