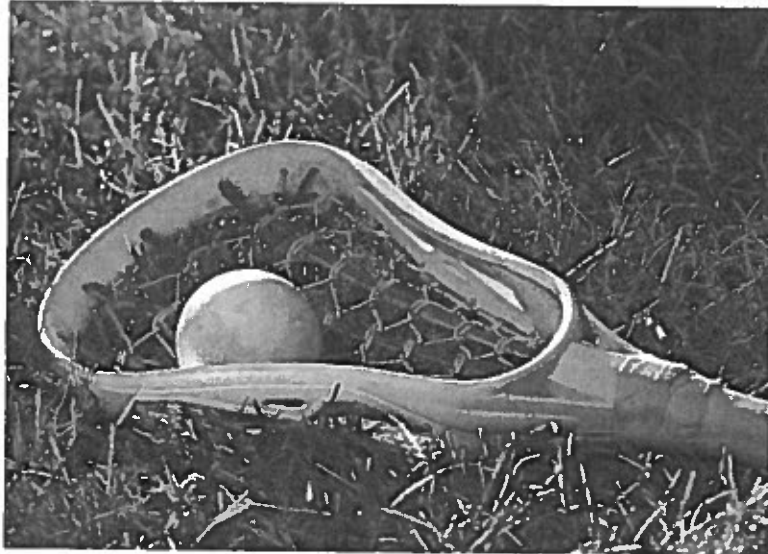


# Suffolk County



## Girls Lacrosse High School Level 2018

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529 Main Street  
Center Moriches, New York 11934  
(631) 878-0052  
Fax (631) 878-4326  
[www.cmschools.org](http://www.cmschools.org)

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Dear Section XI Girls lacrosse Coach

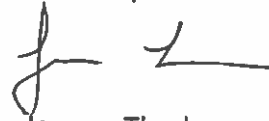
March 2018

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 631-878-9785, my cell 631-220-5543 or email me at [jthode@cmschools.org](mailto: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

## 2018 Girls Lacrosse Placement

<u>Division I (A)</u>	<u>Division II (B/C/D)</u>
Brentwood	Deer Park - B
Longwood	Bellport - B
William Floyd	West Babylon - B
Patchogue-Medford	Kings Park - B
Half Hollow Hills	East Islip - B
Ward Melville	Eastport-S Manor - B
Sachem East	Hauppauge - B
Middle Country	Comsewogue - B
Commack	Harborfields - B
Sachem North	EH/BH/Pier/Ross - B
Lindenhurst	Rocky Point - C
Connetquot	Westhampton - C
Northport	Sayville - C
Bay Shore	Islip - C
Walt Whitman	Miller Place - C
Riverhead	Shoreham-WR - C
Smithtown West	Mt. Sinai - C
Smithtown East	Elwood-J Glenn - C
Copiague	Bayport-Blue Pt - C
North Babylon	Hampton Bays - C
West Islip	Matt/Shld - D
Huntington	Port Jefferson - D
	Center Moriches - D
	Babylon-D

## **2017-18 Girls Lacrosse Power Ranking**

### **Division 1**

1. Ward Melville
2. Northport
3. West Islip
4. Smithtown West
5. Smithtown East
6. Riverhead
7. Middle Country
8. Bay Shore
9. HHH
10. Huntington
11. Sachem East
12. Sachem North
13. Connetquot
14. Commack
15. Pat-Med
16. Longwood
17. Whitman
18. Brentwood
19. Lindenhurst
20. North Babylon
21. William Floyd
22. Copiague

### **Division 2**

1. Mt Sinai C
2. ESM B
3. Bayport C
4. Westhampton C
5. Mattituck D
6. West Babylon B
7. Rocky Point C
8. SWR C
9. Sayville C
10. Comeswogue B
11. Hauppauge B
12. Miller Place C
13. East Islip B
14. Babylon D
15. Harborfields B
16. Islip C
17. Kings Park B
18. Deer Park B
19. Bellport B
20. Elwood C
21. EH/BH/Pier/Ross B
22. C Moriches D
23. Port Jeff D
24. Hampton Bays C

## TENTATIVE 2017-18 GIRLS LACROSSE

**Wed. May 16**  
at higher seed  
4 pm

**Sat. May 19**  
at higher seed

**Wed. May 23**  
at higher seed  
4 pm

**Thu. May 31**  
at neutral site  
Separate  
Admissions

\*Indicates  
change

## DIVISION I

[illegible]

## DIVISION II

**Fri. May 18**  
at higher seed  
4 pm

**Tue. May 22**  
at higher seed  
4 pm

**Tue. May 29**  
at neutral site  
5pm

**TBA**  
at neutral site

[illegible]

## **CHAMPIONSHIP INFORMATION**

**6/3/2018**

**Girls Lacrosse LI Championship**

**Class C: Sec VIII at Sec XI**

**Class D: Sec VIII at Sec XI**

**Class A: Sec VIII at Sec XI**

**Class B: Sec VIII at Sec XI**

**Tickets : \$7**

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**6/8/2018**

**Girls Lacrosse NYSPHSAA Championship**

**Semi Finals (at Red Field)**

**Class C:**

**Class D:**

**Class A:**

**Class B:**

**Location : SUNY Cortland**

**Tickets : \$8**

---

**6/9/2018**

**Girls Lacrosse NYSPHSAA Championship Finals**

**Class C:**

**Class D:**

**Class A:**

**Class B:**

**Location : SUNY Cortland**

**Tickets : \$8**



## **GIRLS LACROSSE**

US Lacrosse rules.

### **Ties**

At the varsity level only, the following tie-breaking procedure will be used for all league and non-league contests:

1. When the score is tied at the end of regular playing time, both teams will have a five-minute rest and toss a coin for choice of ends.
2. Six minutes (two three-minute periods) of stop-clock overtime will be played. The clock will be stopped after three minutes of play in order for teams to change ends with no delay for coaching. The game will be restarted by a center draw. The team that is ahead at the end of six minutes wins the game.
3. If the teams are still tied after six minutes have elapsed, the teams will have a three-minute rest and change ends.
4. The winner will then be decided on a sudden-victory stop-clock overtime of no more than six minutes in length with the teams changing ends after three minutes. The game will be restarted by a center draw. The team scoring the first goal wins the game.
5. Play will continue with sudden victory stop-clock overtime periods of six minutes in length with three minutes in between and change of ends until a winning goal is scored.
6. It is recommended that for a one-day tournament, the first six-minute overtime be omitted and the teams go immediately into sudden victory.
7. Inclement Weather: If a varsity game is stopped by officials due to weather before the end of the game and the game cannot continue, the game will be continued on the next available date from the point the game was stopped. The home team scorebook shall reflect the time the game was called, the game time and the possession/placement of ball. The home team scorebook shall be signed by the head official.

## **Section XI Tournament**

Qualifying for the Section XI tournament:

There shall be a 4-class tournament ending with a Class Champion (A, B, C and D) effective with 2016-17 school year. Semi-finals in each class will be played at higher seeds.

Division I (A) 22 teams ♦ 11 make play-offs (power ranked)

Division II ♦ All teams play each other once. - .500 Record or better to qualify for playoffs

Division III - All teams play each other once. - .500 record or better to qualify for playoffs

All D schools will play D schools in other division in mandatory crossovers. These crossover games will not count in division standings. (approved 10/16)

The power point system in Girls' Lacrosse (Division II ONLY) to add points to a teams' total based on the pre-season seeds of each team. (Approved 1/25/16)

**NYSPHSAA** - Approved in Girls' Lacrosse in games when 100% playing time is required (all Sectional, Regional and State Semi-Finals), the game will be resumed from the point of interruption on the next available date. (Approved NYSPHSAA May 18, 2010)



## 2017-18 HIGH SCHOOL SCHEDULING INFORMATION

SPORT	MAX # CONTESTS ALLOWED	# PRACTICES PRIOR TO 1 <sup>st</sup> SCRIMMAGE		# PRACTICES PRIOR TO 1 <sup>st</sup> CONTEST		FIRST PRACTICE DATE	FIRST SCRIM DATE	FIRST CONTEST DATE	NYS CHAMP DATE
		Team	Ind.	Team	Ind.				
B/G X Country	13 JV 13 V	10	8	10	10	8/21	9/1	9/1	11/11
Field Hockey	16 JV 16 VAR	8	6	10	8	8/21	8/30	9/1	11/11-12
Football	8 JV 8 VAR	11	10	15	14	8/14	8/26	8/31	-
B Golf	16 JV 17 VAR	Training		Training		8/21	Practice	Recomm.	6/2-4
G Gymnastics	13 VAR	10	8	15	13	8/21	8/31	9/6	3/3
B/G Soccer	16 JV 16 VAR	8	6	10	8	8/21	8/30	9/1	11/11-12
G Swimming	15 VAR	12	10	12	10	8/21	9/4	9/4	11/17-18
G Tennis	16 JV 16 VAR	6	4	8	6	8/21	8/28	8/31	10/28- 10/30
B/G Volleyball	20 JV 20 VAR	6	4	8	6	8/21	8/28	8/31	11/18-19
B/G Basketball	20 JV 20 VAR	8	6	10	8	11/13	11/22	11/24	3/16-18
Cheerleading	6 JV 10 VAR	10	8	10	8	11/13	N/A	11/24	3/3
B/G Bowling	19 VAR	Training		Training		11/13	Practice	Recomm.	3/10-11
B/G Fencing	20 JV 20 VAR	10	8	15	13	11/13	11/24	11/30	-
B Swimming	15 VAR	12	10	12	10	11/13	11/27	11/27	3/2-3
B/G Winter Track	15 VAR	10	8	10	10	11/13	11/24	11/24	3/3
Wrestling	20 pts+ JV 20 pts+ V	10	8	15	13	11/13	11/24	11/30	2/23-24
B/G Badminton	20 VAR	6	4	8	6	3/5	3/12	3/14	-
Baseball	20 JV 20 VAR	10	6	15	8	3/5	3/16	3/22	6/8-9
Girls Golf	16 JV 16 VAR	Training		Training		3/5	Practice	Recomm.	6/1-3
B/G Lacrosse	16 JV 16 VAR	8	6	10	8	3/5	3/14	3/16	B- 6/6 G- 6/8-9
Softball	20 JV 20 VAR	6	4	8	6	3/5	3/12	3/14	6/9
B Tennis	16 JV 16 VAR	6	4	8	6	3/5	3/12	3/14	5/31-6/2
B/G Track	16 VAR	10	8	10	10	3/5	3/16	3/16	6/8-9

+6 tournaments maximum

NOTE: FIRST SCRIMMAGE AND FIRST CONTEST DATES ARE BASED ON USING SATURDAYS AND HOLIDAYS AS PRACTICE DATES (EXCEPT THANKSGIVING DAY). If teams do not practice on Saturdays, and/or holidays, add one day for each practice missed.

According to the Section XI Holy Day Policy approved on Dec 8, 1978, no contest or interschool scrimmage may be scheduled in Section XI on the dates listed below. Jewish holy days begin at sundown of the preceding day, and end at sundown of the day listed. Student-athletes must be able to be home by 6PM on days preceding Jewish holy days.

## 2017-18 JV9 SCHEDULING INFORMATION

SPORT	MAX # CONTESTS ALLOWED	# PRAC PRIOR TO 1 <sup>st</sup> SCRIM		# PRAC PRIOR TO 1 <sup>st</sup> CONTEST		FIRST PRACTICE DATE	FIRST SCRIM DATE	FIRST CONTEST DATE
		Team	Ind.	Team	Ind.			
Football	7	11	10	15	14	8/14	8/26	8/31
Basketball	14	8	6	10	8	11/13	11/22	11/24

Note: JV9 Team - A team comprised of ninth grade students that must follow all high school eligibility rules and standards, and competes **ONLY** against high school level teams.

**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 unaffiliated 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.

**CODE OF CONDUCT FOR SPECTATORS****A. STATEMENT OF PHILOSOPHY**

The member schools encourage the attendance of students, parents and interested members of the community at all athletic events. We further encourage their active support of these programs by participating in those activities which lend themselves to stimulating student achievement, good sportsmanship, and school spirit. These activities should be positive in nature and within the guidelines of the Section XI Code of Conduct. It is not our intent to reduce the involvement of spectators or the enjoyment of those who participate. Rather, it is our goal to create an atmosphere which is conducive to healthy athletic competition, is safe for those involved, and which provides the ideals of sportsmanship and sound educational practices.

**B. SPECTATOR CODE OF CONDUCT** (Violators of this Code are subject to eviction from the site.)

1. Spectators are an important part of the game and shall at all times conform to accepted standards of good sportsmanship and behavior.
2. Spectators shall at all times respect officials, coaches and players and extend all courtesies to them.
3. Wholesome cheering is encouraged.
4. Taunting, foul and abusive language, noisemakers, inflammatory remarks, and disrespectful signs and behavior are not acceptable.
5. Faculty supervised pep bands are permitted during dead ball time. However, spectator noise makers or sound devices are prohibited.
6. Spectators shall observe and obey the rules and regulations of the school concerning smoking, food and soft drink consumption, and use of lavatory facilities and parking of cars.
7. New York State law prohibits alcoholic beverages of any kind on school property; the law further prohibits any person under the influence of alcohol to be on school property.
8. Spectators shall respect and obey all school officials, supervisors, and police at all athletic contests.

**C. RECOMMENDATIONS FOR MEMBER SCHOOLS**

1. Use physical education classes, class meeting and any/all other means to educate students as to what is expected of them.
2. Prior to each contest, make an announcement as to what is expected of all those in attendance.
3. Encourage officials to penalize poor sportsmanship.
4. Visiting schools should provide supervision for away contests especially for basketball, wrestling, football, and known rivalries in other sports.
5. All supervisors should wear identifying jackets.
6. All supervisors should be totally aware of what is expected of them, both home and away.

7. School district representatives should be encouraged to communicate with each other both before and after contests relative to the possible occurrence of a problem, supervisory procedures and follow up in the case of an incident.

8. In basketball, wrestling, football, and known rivalries in other sports, an administrator or supervisor from the host school shall be designated as the person in charge and the name of this person shall be communicated to the visiting school.

9. The Section XI Code of Conduct should be emphasized with every student in every school. Furthermore, it should be posted and also publicized by way of Board Reports, school newspaper, Curriculum Guide, Booster Clubs and other public forums in the school district.

10. Section XI should publicize the Code of Conduct by means of newspapers, local TV stations and other established guidelines of communication. This should be done periodically.

Rev 10/8/13

## **GUIDELINES AND RECOMMENDATIONS FOR CODES OF BEHAVIOR FOR COACHES, PARTICIPANTS, SPECTATORS AND ADMINISTRATORS IN INTERSCHOLASTIC COMPETITION**

### **I. INTRODUCTION**

It is the duty of all those concerned with high school athletics to emphasize the proper ideals of sportsmanship, ethical conduct and fair play under all circumstances. The values to be derived from playing the game fairly should be stressed, and any actions which tend to destroy those values should be discouraged. Courtesy should be shown toward opponents, officials, supervisors, spectators and administrators. Efforts must be made to achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility and to respect the integrity and the judgment of the sports officials. It is important for all to recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players. Most of all, it is the duty of all concerned with high school athletics to remember that an athletic contest is only a game and should be kept in that perspective.

### **II. THE COACH is expected to:**

1. Set a positive example both on and off the playing area.
2. Be aware that you are representing a school district, a school, and a student body. Impressions made are lasting and hard to live down.
3. Recognize that athletic competition is a means toward an end, not an end in itself. Specifically, athletics should lead to the development of healthy, well-adjusted young men and women.
4. Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price. It should be fun and enjoyable.
5. Recognize that the participants in individual or team sports are young men and women with human frailties and limitations who are capable of making mistakes.
6. Be prepared to win or lose. Be positive. Encourage peak performance within the rules of the game.
7. Command respect by personal attitude and behavior.
8. Be well-groomed. Wear appropriate attire be it casual or otherwise.
9. Not use crude or abusive language with players, opponents, officials, or spectators.
10. Respect the judgment of the officials. Although it is reasonable for the coach to question officials' decisions and even to disagree, the officials' decisions must be accepted graciously.
11. Handle dissatisfaction with officiating quietly and efficiently through the use of the rating cards supplied by Section XI.
12. Instruct players to respect officials. Questions concerning rules or interpretations should be made by the team captain as the team representative during the contest.
13. Refrain from shouting disapproval of calls made by officials.

14. Avoid behavior that will incite players, opponents, or spectators.
15. Encourage good sportsmanship, and remove players from competition who demonstrate unacceptable behavior.
16. The athletic program is a total part of the educational opportunities provided for all students. It should be treated as just that.

III. **THE ATHLETE** is expected to:

1. Understand and abide by the rules and regulations of the game, and to respect the integrity and judgment of the officials.
2. Conduct themselves as ladies and gentlemen at all times.
3. Demonstrate self-control and mutual respect at all times. Uncontrolled emotions can be self-defeating.
4. Not use crude or abusive language or gestures in dealing with opponents, officials or spectators.
5. Accept victory with grace and defeat with dignity. Poor winners or losers do a disservice to themselves.
6. Set an example in word and deed, both on and off the playing area. Remember that athletes assume a role of leadership and that the young emulate their role models.
7. Be well-groomed, both on and off the field, as a representative of the school. Improper behavior while in uniform reflects badly upon yourself, your school, and your community.
8. Observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team effort.
9. Place athletic competition in its perspective. It represents only one part of the learning process and should not be pursued to the exclusion of everything else.
10. Remember that participation in athletics is a privilege that should not be abused.
11. Refrain from shouting disapproval of calls made by officials. **Shouting disapproval of calls made by officials may result in misconduct.**

IV. **THE SPECTATORS** are expected to:

1. Conform to accepted standards of good sportsmanship and behavior.
2. Respect officials, coaches, and players and extend all courtesies to them.
3. Taunting, foul and abuse language, noisemakers, inflammatory remarks and disrespectful signs and behavior are not acceptable. Violations during a free throw attempt will be penalized by repeating the free throw, if missed. The officials will make this decision. (Rev. 3/7/12)
4. Obey the regulations of the site authorities. Those who do not conform should be brought to the attention of the supervisors.
5. Understand that schools are responsible for the conduct of their respective spectators, whether at home or away.

6. Refrain from shouting disapproval of calls made by officials.

## **V. THE ADMINISTRATORS**

1. The Athletic Director is responsible for the conduct of coaches, players, spectators, and other employees of the school.

2. The Athletic Director assumes responsibility for informing these groups of the code of behavior expected during participation in Section XI athletic events.

3. **General Recommendations for Home Contests:**

- a. The visiting school should be provided with information on directions to the school, game times, physical layout including parking area, locker facilities, and specific school regulations affecting visiting teams.

- b. The home school is responsible for excluding from athletic events spectators whose past behavior indicates an unacceptable risk for trouble.

- c. Adequate supervision must be provided in the gymnasium area as well as in hallways, bathrooms, and outside area where spectators may congregate.

- d. Separate seating areas should be designated for visiting team spectators whenever possible.

- e. Request the cooperation of the Suffolk County Police Department and/or Auxiliary Police units whenever the anticipated crowd size or previous relationship between schools indicate the potential for trouble.

- f. Confer with coaches, cheering advisors, supervisors, and custodial help on your expectations for their behavior and on ways to handle difficult situations.

- g. The Athletic Director should meet with game officials to identify him/herself, to offer any assistance, and to emphasize the importance of keeping the game under control.

- h. The supervisor in charge should immediately report to police any information regarding any possession of weapons, drugs, or alcohol. Anyone under the influence of drugs and/or alcohol should be removed from the game and reported to the administration.

- i. Supervisors should remain on duty until all spectators and visiting teams have left the premises, including parking lots.

- j. Problems with students, coaches, and spectators should be communicated to the other Athletic Director, to the Principals, and, when appropriate, to the Section XI Executive Director.

4. **Requirement for Schools/Teams Participating In Playoffs at Neutral Sites:**

It is required that any school/team participating in a Section XI playoff activity at a neutral site provide adequate supervision for that activity. The supervisor(s) must be easily identifiable and maintain an active presence throughout the activity. Refer to the Section XI Neutral Site Policy.

5. **General Recommendations for Visiting Teams:**

- a. Visiting teams must be properly supervised at all times at the host school.

- b. At spectator events, if possible, the visiting school should provide a supervisor for its spectators.

- c. When a Varsity/JV doubleheader is held, the team not playing should be supervised in the stands.

- d. Clarify with the host Athletic Director the best area for parking and access into locker facilities. Also arrange for exiting after the event with at least one home school supervisor in the area to supervise.

- e. Report in writing to the host Athletic Director any incident involving players, spectators, supervisors, etc., that deserves follow-up by the home school.

- f. Refrain from shouting disapproval of calls made by officials.

## **VI. RECOMMENDATIONS FOR THE VISITING SCHOOL:**

**1. Athletic Director**

- a. Contact the Athletic Director of the home school and request the following if needed:
  - > Directions and best route to school.
  - > Location of parking area and recommended area for bus parking.
  - > Will there be a charge for spectators?
  - > Is there a specific seating area for spectators?
- b. Inform the Athletic Director of the home school of the following:
  - > If there will be a cheerleader and/or spectator bus in addition to the athletes' bus.
  - > If the additional buses will be accompanied by one or more supervisors.
  - > What type of identification your supervisors will be equipped with.
- c. Inform the coach of the team of the particulars in a and b above.
- d. Inform supervisors of the above information, and ask them to inform persons on the bus for whom they are responsible, of the pertinent information.
- e. Inform the student body of any necessary details by public address system and/or bulletin.

**2. Coach**

- a. Consult the Athletic Director for the above information.
- b. The head coach of each sport should disseminate the information above for each school to his or her junior varsity and modified team coaches.
- c. Follow the recommendations for Code of Behavior for Coaches in Section XI.
- d. Require team members to follow Section XI Guidelines for Good Sportsmanship.

**3. Supervisors**

- a. Should be persons who are familiar with the visiting school's student body.
- b. Should be well informed of what their responsibilities are and be capable of enforcing regulations and encouraging proper behavior.

**RELATED SECTION XI POLICY:**

- > Coaches Ethics
- > Emergency Preparedness & Crowd Control Policy and Procedures
- > Code of Conduct for Spectators

Rev. 3/7/12



**COMPETITION****Section Sponsored Competition**

At least six teams must participate in a sport in order for Section XI to sanction the sport, form a league, and provide schedules.

All league contests will take precedence over non-league commitments.

When scheduling non-league contests, schools owe first allegiance to other member schools in all sports.

**Levels of Competition**

Varsity level contests take precedence over junior varsity contests. Junior varsity contests take precedence over junior high school level contests. An athlete may not compete in any combination of varsity, junior varsity or junior high school levels in one day.

**Limitation of Competition**

All athletes will be limited in competition to one sport per season. After 50% of the season is completed, the athlete may not switch to a different sport.

**Qualifying for Competition Beyond the Section Level**

To qualify for NYSPHSAA Championship Competition, an athlete must participate and qualify at the qualifying competition designated by Section XI.

**THUNDER/LIGHTNING POLICY****SECTION XI REGULAR SEASON CONTESTS**

1. Whenever weather or other conditions cause the official(s) to interrupt a contest, the official(s) shall make every reasonable effort to resume and complete the contest, with full consideration of the weather and site conditions (as they affect safety and playing conditions). The official(s) shall wait a minimum of 30 minutes from the time of the interruption before considering the cessation of play.
2. When thunder is identified at the site of an outdoor contest, the official(s) will suspend play immediately and wait a minimum of 30 minutes from the time of the interruption before considering the cessation of play. The official(s) will then make a decision whether to cease play for that day or resume the contest.
3. If lightning is observed at the site of an outdoor contest by the official(s) 15 or fewer minutes prior to the scheduled start of that contest, the official(s) and the responsible school authorities shall not permit that contest to be played on that date.
4. If lightning is observed at the site of an outdoor contest by the official(s) during the playing of the contest, the official(s) shall immediately cease play for the day. The rules of the particular sport shall determine whether the contest is "official" or must be resumed at a later date.

**SECTION XI POST-SEASON EVENTS (SECTION CHAMPIONSHIPS, TOURNAMENTS AND NYSPHSAA QUALIFYING EVENTS)**

1. Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.

- a) With your site administrator, set up a plan for shelter prior to the start of any contest.
- 2. When thunder is heard and/or lightning is seen, the following procedures should be adhered to:
  - a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or, if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
  - b) Do not permit people to stand under or near a tree, and have all stay away from poles, antennas, towers and underground watering systems.
  - c) After thunder and/or lightning have left the area, wait **30 minutes** after the last boom is heard or strike is seen before resuming play or competition.

**NEXT AVAILABLE DATE**

In all sports, a postponed VARSITY contest must be played on the next available date. The next available date is defined as the next available weekday (M-F) on which a contest has not previously been scheduled by either team. Saturdays and Sundays may be used by mutual agreement. (5/22/90)

Exceptions: see baseball and softball (approved 5/18/04)

IN ORDER TO COMPLETE A LEAGUE SEASON, THE EXECUTIVE DIRECTOR MAY MANDATE ANY DAY EXCEPT SUNDAY AS THE NEXT AVAILABLE DATE DURING THE LATTER PART OF A SEASON. HOWEVER, THE MAXIMUM NUMBER OF LEAGUE GAMES PER WEEK (AS LISTED IN THE SPORT SPECIFIC EXCEPTIONS TO THIS POLICY) MAY NOT BE EXCEEDED.

Non-league contests will be vacated at the direction of the Executive Director in cooperation with the sport chairman if it becomes necessary to complete a league season.

PENALTY: FAILURE OF A SCHOOL TO COMPLY WITH THE NEXT AVAILABLE DATE POLICY WILL RESULT IN FORFEITURE. IF BOTH OPPOSING SCHOOLS WILL NOT COMPLY, BOTH SCHOOLS WILL BE ASSESSED A LOSS.

For contests in Section-wide sports:

A DATE WHICH IS VACATED AND/OR IDENTIFIED FOR THE PURPOSE OF ACCOMMODATING A SCHOOL'S PROM OR AN ENTIRE GRADE LEVEL TRIP PRIOR TO THE DEADLINE FOR SCHEDULE CHANGES WILL NOT BE CONSIDERED A NEXT AVAILABLE PLAYING DATE.

No teams are exempt from this policy during the spring recess. (App. 5/12/15)

**NOTE: SCHOOLS MAY NOT MUTUALLY AGREE TO BE LESS RESTRICTIVE ON THE IMPLEMENTATION OF THIS POLICY.**

When extraordinary circumstances (hurricanes, snowstorms, power outages, etc.) preclude a team from practicing on four or more consecutive days, the Executive Director may waive the next available date rule to allow for one day of practice. (5/14/96)

Contest Sites - The Executive Director, in consultation with the Sports Chair, is allowed to direct schools to switch sites and/or find neutral sites in league or division varsity games during the last week of the regular season. (10/10/07)

Following are the sport specific exceptions:

**Baseball**

1. Teams are not mandated to play more than four league games in a calendar week except to satisfy playoff deadlines.
2. League games take precedence over non-league games after the second week of the league schedule.
3. Saturday is a next available date with the exception of Holy Saturday. If SAT's or PSAT's are scheduled on a Saturday, game time may be moved to 2PM. (Approved by Athletic Council 5/18/04)

**Basketball, Field Hockey, Lacrosse, and Soccer**

Teams are not mandated to play:

1. League contests on more than two consecutive days.
2. More than three league games per week (running Monday - Saturday).

3. More than four league games during the last week of the season. These may not be played on more than two consecutive days.

#### Football

1. If there is a Section-wide bye week on the following Saturday, a rescheduled game may be played at any time during the bye week.
2. A Thursday or Friday game must be played no later than the following Monday.

#### Gymnastics

Teams are not mandated to play:

1. League contests on more than two consecutive days.
2. More than three league games per week (running Monday - Saturday).

#### Softball

Saturday is a next available date with the exception of Holy Saturday. If SAT's or PSAT's are scheduled on a Saturday, game time may be moved to 2PM. (Approved by Athletic Council 5/18/04)

Teams are not mandated to play:

1. More than four league games per week.
2. League contests on more than three consecutive days.

Exceptions to this may be made during the last week of the season to satisfy playoff deadlines.

Swimming - Teams are not mandated to swim:

1. League contests on consecutive days except when necessary to complete the season.
2. More than three league contests per week except when necessary to complete the season.

#### Tennis

Teams are not mandated to play more than four league games in a calendar week (Monday - Saturday) except to satisfy playoff deadlines.

#### Wrestling

The next available dates for wrestling are:

From Tuesday matches - no later than Thursday.

From Wednesday matches - no later than Friday.

From Thursday matches - no later than Tuesday.

From Friday matches - no later than Tuesday.

Monday is not to be used as the next available date for wrestling.

Teams are not mandated to wrestle:

1. League contests on more than two consecutive days.
2. More than three league meets per week (running Monday-Saturday).  
In order to complete the season, more than three league meets may be conducted during the last week of the season. These may not be conducted on more than two consecutive days.

Regular scheduled multi-team non-league events involving more than three varsity teams will be considered as league contests in the implementation of this policy.

#### Track and Cross Country

Friday is not to be considered as a next available date.

Teams are not mandated to compete:

1. On consecutive days except when necessary to complete the season.
2. More than three times per week (Monday - Saturday).

## **SAFETY- RELATED POLICIES**

### **HEAT ALERT POLICY**

1. **Modified Heat Alert** - When the heat index reaches 88 (equivalent to T.H.I. of 73), practice sessions or contests in all sports must include:
  - a. Forced, frequent water breaks (every 10-15 minutes).
  - b. Loose clothing, light colored shorts and tee shirts (mesh recommended) for practice sessions.
  - c. Frequent rest breaks in shaded areas.
  - d. For football and lacrosse, mandatory water breaks every 15 minutes during which all players must remove helmets. Those players not participating in contact activities during practice, games or scrimmages shall not wear helmets.

NOTE: During all contests, the rules are to be modified to permit additional time outs for rest and forced water breaks.

2. **Full Heat Alert** - When the heat index reaches 95 (equivalent to T.H.I. of 78), **no** physical activity in any sport is permitted. Team meetings are permitted.
3. **Notification of Schools** - The Section XI Safety Chairman, will monitor the heat index and will initiate a heat alert by notifying the Section XI Office as to the course of action. The Section XI staff will communicate this information to each member district through the Connect-Ed system, with specific instructions for heat alert implementation. (Rev 5/10)
4. No sport is exempt from modified or full heat alerts. (1/16/02)

### **PRE-SCHOOL PRACTICE HOURS**

Fall season pre-school practice sessions may only be conducted prior to 10:00 AM and/or after 5:00 PM. This applies to all sports except golf and swimming. This restriction is discontinued for the fall season on the Saturday prior to each Labor Day. (Approved 5/22/03)

***The pre-season 10-5 practice regulation will be waived as of September 1, 2016, for the fall 2016 season. All other safety-related policies and regulations shall remain intact and under the jurisdiction of the Section XI Safety Committee. (Approved 3/14/16)***

### **PROCEDURES FOR THE PREVENTION OF HEAT ILLNESS**

1. Ten minute rest breaks during each hour of practice in hot weather to include:
  - a. Loosening of uniform jerseys and pads to facilitate cooling.
  - b. Free intake of water to replace fluid losses.
  - c. Rest break conducted in a shaded area.
2. Water must be freely available to players during practice sessions and games at all levels.
3. Strict adherence to the mandatory regulation for preseason football practice format.
4. Rubberized or other types of non-porous sweat suits may not be used under any circumstances.
5. During pre-school days (August and September), practices are to be conducted prior to 10:00 AM and/or after 5:00 PM. This policy does not apply to school teams that are conducting practice sessions at overnight camps located off Long Island. However, the temperature and humidity must be monitored during these practice sessions; and if the heat index reaches the minimum levels established by Section XI, the heat alert policy will apply. Complete daily records of the heat index must be maintained by coaches.
6. During a modified heat alert, the host school will notify contest/scrimmage officials that there will be mandatory water breaks at approximately 15 minute intervals.

**HEAT ILLNESS** - extracted from NYS Education Department material

Practice for athletic competition and participation in various forms of physical activity are frequently conducted in very warm and humid weather. Under such conditions, special precautions must be observed. Otherwise, the athlete is subject to:

- a. heat fatigue, depletion of salt and water due to excessive sweating,
- b. heat exhaustion, excessive depletion of salt and water, or
- c. heat stroke, overheating from breakdown of the sweating mechanism.

Heat fatigue dulls the athlete's skill and alertness and makes him/her more vulnerable to injury. The other two heat illnesses can result in serious physical harm and even death. Heat exhaustion and heat stroke are preventable by careful control of various factors in the conditioning program of the athlete. With the start of practice, it is essential to provide for gradual acclimatization to hot weather activity. Equally important is the need to adjust salt and water intake to weather conditions. As the athlete becomes accustomed to hot weather activity, he/she perspires more freely (and thus dissipates body heat) and excretes less salt (and thus conserves sodium). With a graduated training regimen, such acclimatization can be expected after a period of one week.

The idea that water should be withheld from athletes during workouts has no scientific foundation. In fact, such restriction, by depleting water in the body, can lead to heat fatigue and serious heat illness. During exercise in the heat, it is essential to replace the water lost by perspiration. Water should be available on the practice and game field **AT ALL TIMES** and in large quantities. **THERE IS NO REASON WHY COLD OR ICE WATER SHOULD NOT BE GIVEN.**

Salt also needs to be replaced daily, particularly during the acclimatization period. Extra salting of the athlete's food within the bounds of taste will accomplish this purpose. Salt tablets, particularly on an empty stomach, can be irritating and may be poorly absorbed. Adding two teaspoons of salt to a gallon of flavored water used for drinking during hot weather workouts offers a better approach. The preparation of the saline solution should be under the direction of the school medical doctor.

At the beginning of practice (particularly for the fall season) it must be recognized that the level of conditioning for each player is variable, and it must be assumed that no player is acclimatized to the heat. It is absolutely essential that the conditioning and acclimatization programs at the onset of practice begin at a modest level and progress slowly during the first week of practice.

**STRONGLY RECOMMENDED ADDITIONAL PROCEDURES** to help prevent heat illness during the pre-season in football, soccer, cross country and field hockey:

1. The use of a weight chart to record each player's weight before and after every practice. Any player losing more than 3% body weight should receive special attention to insure adequate fluid replacement.
2. Revisions in the conduct of practice sessions when the heat index becomes critical :
  - a. shorten the length of practice sessions.
  - b. revise type and amount of clothing and equipment (shorts, mesh jerseys, etc).
  - c. reduce degree of exertion required during practice sessions.
  - d. change soaked T-shirts.
  - e. give 10-minute rest breaks every hour.
3. Guidelines for the conduct of practice sessions:
  - a. With temperature of 80-90 degrees and humidity under 70%, observe carefully for the few athletes particularly susceptible to the heat.
  - b. With temperature of 80-90 degrees and humidity over 70% or temperature of 90-100 degrees and humidity under 70%, players should be given 10-minute rest periods every hour, T-shirts should be changed when soaked, and all athletes should be carefully observed.
  - c. With temperature of 90-100 degrees and humidity over 70% or temperature over 100 degrees, practice should be postponed or a shortened program should be conducted in shorts and T-shirts.

**FIRST AID MEASURES:** Call ambulance and/or police immediately.

Heat Stroke: Collapse - with dry warm skin - indicates sweating mechanism failure and rising body temperature. **THIS IS AN EMERGENCY; DELAY COULD BE FATAL.** Immediately cool athlete by the most expedient means (immersion in cool water is best method). Obtain medical care at once.

### Heat Index Record Chart (for overnight camps off Long Island)

Year \_\_\_\_\_ Coach \_\_\_\_\_

[illegible]

The safety chairman will call Metro Weather Service on a daily basis to monitor temperature/humidity conditions. Weather services are now using 'heat index' instead of 'THI' for relative temperature/humidity conditions. Therefore, the following indexes shall be used in determining modified or full heat alerts:

1. When the **Heat Index** reaches **88** (equivalent to THI of 73), a *Modified Heat Alert* shall be in effect.
2. When the **Heat Index** reaches **95** (equivalent to THI of 78), a *Full Heat Alert* shall be in effect.

a. Practice sessions may be conducted **ONLY prior to 10AM and after 5PM**. This applies to all sports except golf and swimming. Starting on the Saturday prior to each Labor Day this restriction is discontinued for the fall season. (Approved 5/22/03)

Section XI, in cooperation with the safety chairman, monitors weather conditions with the aid of Metro Weather Service. When the heat index reaches 88, a heat alert will be in effect. No sport is exempt from modified or full heat alerts. Schools will be notified by the Section XI office when a heat alert exists. (A notice will also be placed on the website.)

Schools **may not** conduct practices or contests in any sport when a full heat alert is in effect. However, team meetings where there is **no physical activity** are permissible.

Coaches are reminded that **water is to be available** in the activity area at **all times and in large quantities**.

**b. Football Camps:**

The Section XI policy for pre-school days as it relates to practices conducted prior to 10AM and after 5PM is **not** in effect for teams attending such camps away from Long Island. However, the following guidelines for those teams should be observed:

- (1) When the heat index reaches 88, a modified heat alert will be in effect and practices should be modified.
- (2) When the heat index reaches 95, a full heat alert shall be in effect and practices must be cancelled.

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## **WIND CHILL POLICY**

### **SECTION XI WIND CHILL PROCEDURES**

1. Post-Season Contests: The Section XI Safety Chairman, in consultation with the Executive Director, will monitor *RealFeel* (wind chill) one hour prior to the start of a Section XI post-season contest and will alert member schools according to the NYSPHSAA Wind Chill Procedures.
2. Regular Season Contests or Practices: Member school districts **must** use the NYSPHSAA Wind Chill Procedures to determine if an alert or cancellation of events at their school is warranted.

### **NYSPHSAA WIND CHILL PROCEDURES**

#### **Administration of Wind Chill Policy:**

1. Wind Chill will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
2. The athletic trainer, athletic director, or school designee will use the [accuweather.com](http://accuweather.com) website to determine the wind chill index for the area of the contest/practice. The [accuweather.com](http://accuweather.com) website can be reached through the NYSPHSAA website. Once a person is on the [accuweather.com](http://accuweather.com) website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the *RealFeel* temperature (wind chill).
3. If the *RealFeel* temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the *RealFeel* (wind chill) at halftime or midway point of the contest. If the *RealFeel* (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	<i>RealFeel</i> (wind chill) above 40 degrees	Full activity. No restrictions



<b>R E C O M M E N D E D</b>	<b>Wind Chill Caution:</b> <i>RealFeel</i> (wind chill) 36 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing.
	<b>Wind Chill Watch:</b> <i>RealFeel</i> (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	<b>Wind Chill Warning:</b> <i>RealFeel</i> (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when <i>RealFeel</i> temperature is much higher. Reduce the amount of time for an outdoor practice session.
<b>REQUIRED</b>	<b>Wind Chill Alert:</b> <i>RealFeel</i> (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.

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### **GUIDELINES FOR AUTOMATED EXTERNAL DEFIBRILLATORS AT INTERSCHOLASTIC CONTESTS:**

Section 136.4 of the NYS Commissioner of Education Regulation (9/2002) requires that schools provide, maintain and have readily available sufficient automated external defibrillator equipment necessary to address emergency situations by trained and certified personnel; accordingly, the following guidelines are established.

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 less than 3 minutes to a stricken student-athlete.
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.

### **SECTION XI CONTESTS**

1. At cross country meets conducted at off-site locations, those schools designated as the home schools will be responsible to bring the AED and trained personnel to use it. The personnel from home schools will be assigned to a specific location on the course.
2. At Section XI-sponsored team tournaments, the higher seeded team will be responsible for providing trained personnel and an AED.
3. At Section XI-sponsored individual sport tournament events, the host school will be responsible for

providing trained personnel and an AED.

4. At Section XI-sponsored individual sport tournament events conducted at non-school sites, the sport chairman will designate particular schools to be responsible for providing trained personnel and an AED.

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## **THUNDER/LIGHTNING POLICY**

### **SECTION XI REGULAR SEASON CONTESTS**

1. Whenever weather or other conditions cause the official(s) to interrupt a contest, the official(s) shall make every reasonable effort to resume and complete the contest, with full consideration of the weather and site conditions (as they affect safety and playing conditions). The official(s) shall wait a minimum of 30 minutes from the time of the interruption before considering the cessation of play.
2. When thunder is identified at the site of an outdoor contest, the official(s) will suspend play immediately and wait a minimum of 30 minutes from the time of the interruption before considering the cessation of play. The official(s) will then make a decision whether to cease play for that day or resume the contest.
3. If lightning is observed at the site of an outdoor contest by the official(s) 15 or fewer minutes prior to the scheduled start of that contest, the official(s) and the responsible school authorities shall not permit that contest to be played on that date.
4. If lightning is observed at the site of an outdoor contest by the official(s) during the playing of the contest, the official(s) shall immediately cease play for the day. The rules of the particular sport shall determine whether the contest is "official" or must be resumed at a later date.

### **SECTION XI POST-SEASON EVENTS (SECTION CHAMPIONSHIPS, TOURNAMENTS AND NYSPHSAA QUALIFYING EVENTS)**

1. Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.
  - a) With your site administrator, set up a plan for shelter prior to the start of any contest.
2. When thunder is heard and/or lightning is seen, the following procedures should be adhered to:
  - a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or, if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
  - b) Do not permit people to stand under or near a tree, and have all stay away from poles, antennas, towers and underground watering systems.
  - c) After thunder and/or lightning have left the area, wait **30 minutes** after the last boom is heard or strike is seen before resuming play or competition.

Rev. 3/16

**MAXIMUM NUMBER OF CONTESTS ALLOWED**

<b>SPORT</b>	<b>VAR</b>	<b>JV</b>	<b>JV9</b>	<b>JH</b>
Badminton	16	-	-	-
Baseball	20	19	-	10
Basketball	18	17	14	10
Bowling	19	-	-	-
Cross Country	13	12	-	8
Fencing	19	18	-	-
Field Hockey	16	15	-	10
Football	8	8	7	6
Golf	17	16	-	-
Gymnastics	13	-	-	8
Lacrosse	16	15	-	10
Soccer	16	15	-	10
Softball	20	19	-	10
Swimming	15	-	-	8
Tennis	17	16	-	10
Track	16	-	-	8
Winter Track	15	-	-	-
Volleyball	20	19	-	10
Wrestling	20 points	19 points	-	10 points

Approved 1/11/12

## **POWER RATING SYSTEM**

Teams are grouped into divisions using various criteria (geography, enrollment, NYSPHSAA classification, etc.). Division sizes in Section XI have ranged from nine teams to 21 teams.

A scheduling format must be determined and is a contributing factor (in addition to the range of competitive strength in each group and the size of each group) to the degree of success of the power system.

The power points are based solely on a team's performance and the performance of the teams it has played. Each team's points are computed by taking that team's winning percentage and adding the winning percentage of each team it defeated and subtracting the losing percentage of each team to which it lost. When there is a tie, the two teams involved either add or subtract the difference in the winning percentage of those two teams. Points (and therefore rank) CANNOT be final until all teams in the division have completed their schedules.

Following the formulation of division and scheduling formats, each division must devise a seeding.

### **Procedure for Seeding:**

1. The Section XI sport chairman schedules division seeding meetings.
2. Team information forms requesting pertinent data are completed by each coach in preparation for the seeding process.
3. At the meeting, team information forms and division seeding forms are distributed for review.
4. Each voting representative is expected to report on his/her team's anticipated strength and/or weakness and provide a suggested ranking for his/her own team within the division. The order of speaking is indicated on each seeding form. Following are the patterns:

# teams    rank from previous year

10	6,5,7,4,8,3,9,2,10,1
11	6,7,5,8,4,9,3,10,2,11,1
12	7,6,8,5,9,4,10,3,11,2,12,1
13	7,8,6,9,5,10,4,11,3,12,2,13,1
14	8,7,9,6,10,5,11,4,12,3,13,2,14,1
15	8,9,7,10,6,11,5,12,4,13,3,14,2,15,1
16	9,8,10,7,11,6,12,5,13,4,14,3,15,2,16,1
17	9,10,8,11,7,12,6,13,5,14,4,15,3,16,2,17,1
18	10,9,11,8,12,7,13,6,14,5,15,4,16,3,17,2,18,1
19	10,11,9,12,8,13,7,14,6,15,5,16,4,17,3,18,2,19,1
20	11,10,12,9,13,8,14,7,15,6,16,5,17,4,18,3,19,2,20,1
21	11,12,10,13,9,14,8,15,7,16,6,17,5,18,4,19,3,20,2,21,1

5. Time is allowed for coaches to review data and rank all other teams (excluding their own) within the division. Following the speaking order, each coach reports his/her ranking of all other teams.
6. Teams not represented are also ranked by coaches in attendance. The average of these rankings will be used.
7. A subjective ranking is devised from the rankings by totaling the scores (numerical ranking) for each team. The lowest score is the highest ranked, etc.
8. Prior to the seeding process, it should be determined whether or not an objective ranking will be used. Objective ranking is the ranking for each team within the division based on the previous years final standing. For purposes of objective ranking:
  - a. If a team competed in a higher division the previous year, it will be placed a half position

higher than its finish the previous year.

b. If a team competed in a lower division the previous year, it will be placed a half position lower than the previous year.

The objective ranking counts 25% of the final ranking. Multiply the subjective ranking times three, add the objective ranking, and divide the total by four to determine the final ranking. Ties will be broken by the subjective ranking.

If a team plays any part of its schedule, the games played will count and any unplayed games will be forfeited to the opposing schools.

### Power Points

Division standings are determined by implementing the power rating point system. At the completion of a division schedule, the following procedure determines rank:

#### Step 1

Assign the proper winning and losing percentage rating to each team based on its record.

Examples:

- (1) Team X - record 5-2-1, winning raw score .71, losing raw score .29
- (2) Team Y - record 8-3-1, winning raw score .73, losing raw score .27

#### Step 2

Determine each team's individual point total as follows:

1. For every win, add the winning percentage raw scores of the opponent.
2. For every loss, subtract the losing raw scores of the opponent.
3. Add each team's own winning percentage raw score to the total.
4. For ties only: determine the difference of the tied teams' winning raw scores and add the resulting positive or negative number to the appropriate team.

Examples:

- (1) Team A: 6-1-1 = .86 - Team B: 2-5-1 = .29 (difference = .57). Team B adds .57 to its total points. Team A subtracts .57 from its total points
- (2) Team A: 9-1-2 = .90 - Team B: 5-6-1 = .45 (difference = .45) . Team B adds .45 to its total. Team A subtracts .45 from its total.

#### Step 3

Set the final standings by ranking the teams in order using accumulated point totals. Results may be curved to prevent the publication of a negative total for any team by adding a like positive number (100 points) to all scores.

### Ties in Division Standings

The procedure for breaking ties in division standings (teams with exact power points):

1. Head-to-head record breaks ties in point standings in favor of the winner.
2. Compare record versus the highest finishing common opponent. If the record is the same, continue to compare the performance of each team against the highest finishing common opponent in descending order until the tie is broken.
3. If the tie has not been broken using common opponents, it will be broken by the team that beat the highest finishing uncommon opponent.
4. If the tie is still not broken, the highest ranked team as determined by division coaches at the pre-schedule seeding meeting will be the team given the higher final division standing.

**POWER POINT SYSTEM FOR 12 GAMES**

(all other combinations are calculated: wins divided by wins+losses = winning pct)

Record	Winning Pct	Losing Pct	Record	Winning Pct	Losing Pct	Record	Winning Pct	Losing Pct
12-0-0	1.00	-	2-1-9	.67	.33	2-5-5	.29	.71
11-0-1	.99	.01	6-3-3	.67	.33	3-8-1	.27	.73
10-0-2	.98	.02	8-4-0	.67	.33	1-3-8	.25	.75
9-0-3	.97	.03	4-2-6	.67	.33	2-6-4	.25	.75
8-0-4	.96	.04	7-4-1	.64	.36	3-9-0	.25	.75
7-0-5	.95	.05	5-3-4	.63	.37	2-7-3	.22	.78
6-0-6	.94	.06	3-2-7	.60	.40	1-4-7	.20	.80
5-0-7	.93	.07	6-4-2	.60	.40	2-8-2	.20	.80
4-0-8	.92	.08	7-5-0	.58	.42	2-9-1	.18	.82
11-1-0	.92	.08	4-3-5	.57	.43	1-5-6	.17	.83
3-0-9	.91	.09	5-7-3	.56	.44	2-10-0	.17	.83
10-1-1	.91	.09	6-5-1	.55	.45	1-6-5	.14	.86
2-0-10	.90	.10	1-1-10	.50	.50	0-0-12	.14	.86
9-1-2	.90	.10	2-2-8	.50	.50	0-1-11	.13	.87
1-0-11	.89	.11	3-3-6	.50	.50	1-7-4	.13	.87
8-1-3	.89	.11	4-4-4	.50	.50	0-2-10	.12	.88
7-1-4	.88	.12	5-5-2	.50	.50	1-8-3	.11	.89
6-1-5	.86	.14	6-6-0	.50	.50	0-3-9	.11	.89
5-1-6	.83	.17	5-6-1	.45	.55	1-9-2	.10	.90
10-2-0	.83	.17	4-5-3	.44	.55	0-4-8	.10	.90
9-2-1	.82	.18	3-4-5	.43	.57	1-10-1	.09	.91
4-1-7	.80	.20	5-7-0	.42	.58	0-5-7	.09	.91
8-2-2	.80	.20	2-3-7	.40	.60	1-11-0	.08	.92
7-2-3	.78	.22	4-6-2	.40	.60	0-6-6	.08	.92
3-1-8	.75	.25	3-5-4	.28	.62	0-7-5	.07	.93
6-2-4	.75	.25	4-7-1	.36	.64	0-8-4	.06	.94
9-3-0	.75	.25	1-2-9	.33	.67	0-9-3	.05	.95
8-3-1	.73	.27	2-4-6	.33	.67	0-10-2	.04	.96
5-2-5	.71	.29	3-6-3	.33	.67	0-11-1	.03	.97
7-3-2	.70	.30	4-8-0	.33	.67	0-12-0	.02	.98
			3-7-2	.30	.70			

**STATISTIC REPORT FOR FIELD HOCKEY** - League DII - run Nov 20, 1998

School Name	League Record	Overall Record	Total Points	Winning Pct
East Islip	9-3-0	10-5-1	144.5	.750
Lindenhurst	9-2-1	11-3-1	137.6	.820
Bay Shore	10-1-1	11-3-2	137.0	.910
Bayport-Blue P	7-3-2	7-5-3	113.4	.700
West Islip	7-2-3	7-2-3	111.8	.780
Sayville	5-7-0	6-8-0	101.8	.420
Patchogue-Med	4-5-3	4-7-3	98.2	.440
Connetquot	2-8-2	2-11-2	96.4	.200
Babylon	3-7-2	3-9-2	94.2	.300
West Babylon	3-7-2	3-9-2	85.8	.300
Copiague	4-7-1	4-9-1	85.2	.360
North Babylon	0-11-1	0-11-1	57.6	.030

**EXAMPLES: East Islip - Won 9, Lost 3 - Winning Pct = .750**

Win	Loss	Opponent	Opponent's Winning Pct	Opponent's Losing Pct
W		Connetquot	+.20	
W		Connetquot	+.20	
W		Bayport	+.70	
W		Bayport	+.70	
W		Babylon	+.30	
W		Babylon	+.30	
	L	Lindenhurst		-.18
W		Lindenhurst	+.82	
	L	Bay Shore		-.09
	L	Bay Shore		-.09
W		Sayville	+.42	
W		Sayville	+.42	
			+4.06	-.36
East Islip's own winning pct			+.75	
+winning pct of opponents for wins			+4.06	
			4.81	
-losing pct of opponents for losses			-.36	
			4.45	
Power Points*			144.5	

Note: East Islip provides straight forward example with no complicating factors.

**West Islip - Won 7, Lost 2, Tied 3 - Winning Pct = .78**

Win	Loss	Opponent	Opponent's Winning Pct	Opponent's Losing Pct	
	L	Lindenhurst		-.18	
	L	Lindenhurst		-.18	
W		Sayville	+.42		
W		Sayville	+.42		
W		Patchogue	+.44		
Tie		Patchogue		-.34	WI=.78/Pat=.44
W		North Babylon	+.03		
W		North Babylon	+.03		
Tie		Copliague		-.42	WI=.78/Cop=.36
W		Copliague	+.36		
Tie		West Babylon		-.48	WI=.78/WB=.30
W		West Babylon	+.30		
			+2.00	-1.6	
West Islip's own winning pct				+.78	
+Winning pct of opponents for wins				+2.00	
				+2.78	
-Losing pct of opponents for losses and negative difference from ties with opponents with poorer winning pct				-1.60	
				1.18	
POWER POINTS*				111.8	

Note: West Islip illustrates the negative effect of ties with teams with poorer winning pct and of the compensating factor giving some reward for beating a team with no wins.

\*Move decimal one place to the right and add 100. This prevents the use of negative numbers, making for better comprehension of the standings.



School Name	League Record	Overall Record	Total Points	Winning Pct
Longwood	8-0-0	8-0-0	145.2	1.000
Patchogue-Med	7-1-0	7-1-0	139.0	.880
William Floyd	7-1-0	7-1-0	134.0	.880
Sachem	5-3-0	5-3-0	119.0	.630
Brentwood	4-4-0	4-4-0	114.0	.500
Northport	4-4-0	4-4-0	102.7	.500
Lindenhurst	3-5-0	3-5-0	97.7	.380
Central Islip	4-4-0	4-4-0	95.2	.500
Connetquot	2-6-0	2-6-0	90.2	.250
Smithtown	2-6-0	2-6-0	81.5	.250
Commack	1-7-0	1-7-0	79.0	.130
Ward Melville	1-7-0	1-7-0	65.2	.130

**EXAMPLES**

**Brentwood (same record as Northport) - Won 4, Lost 4 - Winning Pct = .50**

Win	Loss	Opponent	Opponent's Winning Pct	Opponent's Losing Pct
	L	Sachem		-.37
	L	Patchogue		-.12
	L	Longwood		-.00
	L	William Floyd		-.12
W		Lindenhurst	+.38	
W		Northport	+.50	
W		Ward Melville	+.13	
W		Central Islip	+.50	
			+1.51	-.61
Brentwood's own winning pct				+.50
+Winning pct of opponents for wins				+1.51
				2.01
-Losing pct of opponents for losses				-.61
				1.40
POWER POINTS*				114.0

**Northport (same record as Brentwood) - Won 4, Lost 4 - Winning Pct =.50**

Win	Loss	Opponent		
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			Opponent's Winning Pct	Opponent's Losing Pct
	L	Longwood		-.00
	L	Brentwood		-.50
	L	William Floyd		-.12
W		Commack	+.13	
W		Connetquot	+.25	
W		Lindenhurst	+.38	
W		Ward Melville	+.13	
	L	Central Islip		-.50
			+.89	-1.12
Northport's own winning pct				+ .50
+Winning pct of opponents for wins				+ .89
				1.39
-Losing pct of opponents for losses				-1.12
				.27
POWER POINTS*				102.7

Brentwood and Northport illustrate power point difference even when teams have the same win/loss record.

\*Move decimal one place to the right and add 100. This prevents the use of negative numbers, making for better comprehension of the standings.

#### **STATISTIC REPORT FOR VAR BOYS SOCCER** - League 7 - run Nov 20, 1998

School Name	League Record	Overall Record	Total Points	Winning Pct
Mattituck	13-0-1	13-2-1	181.4	.990
Port Jefferson	9-5-0	10-6-0	141.0	.640
Center Moriches	10-3-1	11-4-1	134.2	.770
Babylon	9-5-0	10-6-0	130.8	.640
Southold/Greenport	7-5-2	7-7-2	127.0	.580
Eastport	8-5-1	8-6-2	117.6	.620
Stony Brook	6-7-1	7-7-2	106.6	.460
LaSalle	6-8-0	6-8-0	87.9	.430
Southampton	5-9-0	5-9-0	82.8	.360
Hampton Bays	4-10-0	4-10-0	61.3	.290
Smithtown Christian	3-11-0	3-11-0	54.5	.210
Pierson/BH/SI	1-13-0	1-15-0	33.9	.070

**EXAMPLE****Southold/Greenport - Won 7, Lost 5, Tied 2 - Winning Pct = .58**

Win	Loss	Opponent	Opponent's Winning Pct	Opponent's Losing Pct	
	L	Mattituck		-.01	
Tie		Mattituck	+.41		Matt=.99/S/G=.58
	L	Babylon		-.36	
	L	Babylon		-.36	
	L	Port Jefferson		-.36	
W		Port Jefferson	+.64		
W		Stony Brook	+.46		
W		Stony Brook	+.46		
Tie		Center Moriches	+.19		CM=.77/S/G=.58
	L	Center Moriches		-.23	
W		LaSalle	+.43		
W		LaSalle	+.43		
W		Smithtown Chr	+.21		
W		Smithtown Chr	+.21		
			+3.44	-1.32	
Southold/Greenport's own winning pct			+3.44		
+Winning pct of opponents for wins and Positive differences from ties with opponents with better winning pct					
-Losing pct of opponents for losses					
POWER POINTS*					

Southold/Greenport illustrates positive effect of ties with teams with a better winning pct (Mattituck and Center Moriches). This also illustrates the power point difference with a win and a loss against the same team (Port Jefferson). There is a compensating factor in the formula for teams with zero losses but one or more ties (refer to chart - Power Point System for 12 Games).

\*Move decimal one place to the right and add 100. This prevents the use of negative numbers, making for better comprehension of the standings.

**POWER SEEDING FORM****EXAMPLE**

SPORT		Division										Date					
List Teams (1)	Team Own Rating	Subjective Seedings Team Speaking and Ranking Order										Subj Total	Subj Rank	Obj Rank	Total	Final Seed	New Team Order
		KP	EH	PJ	DP	RP	CI	WB	BS	SB	MC						
MC											X						
BS									X								
CI							X										
DP					X												
EH			X														
KP		X															
PJ				X													
RP						X											
WM								X									
SB										X							

(1) Preliminary (objective) seeding order

Notes:

Coaches do NOT rank their own team.

Ties in the final seeding will be broken by placing the school with the higher subjective seeding in the higher seed.

## WOMEN'S LACROSSE STATISTICS GUIDE

*Current for 2017*

As women's lacrosse continues to grow, it is vital to record the statistics of the game so they are accurate and meaningful to those who read and use them. Since these records serve as a permanent record of the contest, it is important to have a compilation of the nomenclature currently used to keep the proper statistics. This document establishes guidelines and provides examples so that statistical consistency is maintained throughout the game of women's lacrosse.

Consistency is fundamental to the recording of statistics, and allows for game-to-game as well as team-to-team comparisons throughout conferences and divisions. There are a number of situations in which teams or players are compared on a statistical basis; therefore, it is crucial that statisticians throughout the game of women's lacrosse record events with the same mindset.

A list of formulas is provided at the end of this document to reacquaint statisticians with the method of determining statistics such as scoring offense, scoring defense, save percentage and goals against average.

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The responsibility of the statistician is to record what actually takes place in the game, not what could have happened or should have happened. This manual is meant to serve as guide for the recordation of statistics and does not address any of the rules of the game. Sometimes an official's ruling will impact what happens in the game, but the statistician should only record outcomes of a play or the result of an official's ruling, *e.g.*, foul and turnover for a particular player. The scenarios provided are meant to illustrate the guidelines, but by no means are they all-inclusive. When doubts exist, the guidelines should be used to lead a discussion. If further clarification is needed, an interpretation can be made by the official statistician and a ruling can be requested.

Statistics typically recorded are listed below:

1. GOAL
2. SHOT
3. ASSIST
4. DRAW CONTROL (DC)
5. DRAW POSSESSION (DP)
6. GROUND BALL (GB)
7. CAUSED TURNOVER (CT) (caused by stick check, block, drawn charge, interception)
8. TURNOVER (TO)
9. SAVE
10. FOUL
11. 8m FREE POSITION AWARDED / 8m FREE POSITION SHOT (FPS)
12. MINUTES PLAYED
13. CLEAR

### *Definition of live ball play*

Live ball play is normal action of the game with the ball kept under control on the field of play. The ball is not in play (dead) when the umpire blows the whistle to halt play, *e.g.*, an out of bounds ball, and is not considered live until the umpire blows the whistle to re-start play.

*Definition of possession:*

Possession is the ability to control the ball, which is demonstrated by shooting, passing, cradling, or carrying the ball. Possession could include such things as a quick stick shot or pass, or a flick directed to a teammate or space for a teammate to possess.

A team is considered to be in possession of the ball until the other team gains possession as defined above. Should a player be fouled in the act of attempting to possess a ball, while said player's stick is in contact with the ball, possession is to be assumed.

*IN EACH OF THE EXAMPLES BELOW, MEMBERS FROM TEAM A ALL HAVE NAMES THAT BEGIN WITH THE LETTER "A" AND PLAYERS ON THE OPPOSING TEAM ALL HAVE NAMES THAT BEGIN WITH THE LETTER "B".*

By no means are any of the examples given in the scenarios perfect nor are they exhaustive. They only represent some of the more common situations and give an idea of how a statistician should record the play. In any situation where a question arises, it is crucial that the statisticians of both teams discuss the situation so that both teams' statistics are identical. If the two statisticians cannot come to a mutually-agreed upon conclusion, the decision of the home statistician prevails.

- 1. GOAL:** A goal occurs when the whole ball passes completely over the goal line and should only be recorded if the signal for such has been given by the official.

Goals are recorded with respect to the official time left in the period.

There are situations in which the ball might go into the cage, but the seemingly apparent goal is "disallowed" for various reasons, including a goal circle violation, dangerous shot, or dangerous propelling, which result in a turnover for the player committing the infraction. Thus, it is important to wait for the official to signal a goal. In addition, it is possible that a player might score against her own team; in this case the goal is recorded for the opponent as an "own goal" (OG) and a turnover is assessed to the player who put the ball in the goal. In the column under #, "OG" should be noted.

If a game is forfeited, the official score shall be 1-0 and the goal will be recorded as an OG.

- 2. SHOT:** A shot is any attempt made by a player to score a goal.

The player, regardless of her position on the field, must be playing the ball in such a manner that her actions could result in her scoring on the opposing team's goal. The awarding of a shot statistic does not depend on the shooter's placement on the field, the speed of her shot, or the placement of any other player.

A shot may have several outcomes: a goal, a save, a shot that sails wide of the goal or hits a pipe, or is blocked by a defender's stick. If not a goal or a save, then the subsequent loose ball may be recorded as a GB if possession is gained during live ball play, i.e., a shot that goes out of bounds is not awarded a GB. A shot that hits the pipe is not recorded as a save for the goalie. Both wide and pipe shots are statistically recorded as nothing more than a shot, but it is good information to note that the shot hit the pipe or sailed wide.

Note that following a shot, usually one other statistical mark will also be recorded (goal, save, or GB). Remember, a GB will be awarded to any player that gains control of the loose ball while it is in play on the field (live ball play). No player will be awarded a GB statistic for being closest to the point where the ball goes out of play after a shot.

Officially, there is no such thing as a "shot on goal." All shots are recorded as just that - shots.

If a foul is called on the shooter, e.g., a dangerous shot, dangerous propelling, or dangerous follow-through), then no shot is recorded and the shooter is assessed a TO. Note that a CT, nor a GB is awarded as the official has whistled the play dead to enforce the foul and the ball is not possessed by the non-offending player during live ball play.

Recording shots: Shots and goals from the field of play are recorded in the columns listed as FS (field shots) and FG (field goals), respectively, while 8-meter shots and 8-meter goals are recorded in the columns listed as 8mS (8-meter shots) and 8mG (8-meter goals), respectively. Total goals are recorded under TG and total shots are recorded under TS. TG is the sum of field goals and 8-meter goals while TS is the sum of field shots and 8-meter shots.

Number	Scenario	Statistics Recorded
2.A.1	Abbie shoots on goal and the ball sails wide. The official awards the ball to Alice, who runs to the end line and is closest to where the ball crosses out of bounds.	Abbie: Shot Alice: None
2.A.2	Abbie shoots on goal and the ball sails wide. The official awards the ball to Betty, who runs to the end line and is closest to where the ball crosses out of bounds.	Abbie: Shot Betty: None
2.B.1	Abbie shoots on goal and Beth the goalie deflects the shot. Alice picks up the loose ball on the field of play.	Abbie: Shot      Beth: Save Alice: GB
2.B.2	Abbie shoots on goal and Beth the goalie deflects the shot. Betty picks up the loose ball on the field of play.	Abbie: Shot      Betty: GB Beth: Save
2.C	Abbie shoots on goal past Beth the goalie, and the shot hits the pipe. Alice picks up the loose ball on the field of play and takes another shot, which Beth saves.	Abbie: Shot; no assist (see 3.C) Alice: GB, Shot Beth: Save (only one)
2.D	Abbie shoots on goal, but Betty is able to legally put her stick in shooting space and block the ball. Betty then possesses the loose ball.	Abbie: Shot Betty: CT, GB

**3. ASSIST:** An assist is a play made by a player to her teammate who then scores a goal without having to evade excessive defensive pressure other than the goalkeeper. Only one assist per goal may be recorded.

The guideline to award an assist includes two parts: there must be a pass made to the recipient; and the recipient must take a shot. If the passer (potential assister) is able to move the ball to a teammate (recipient), who has maneuvered for a good or more advantageous position to take a shot, then the passer can be awarded with an assist. If the shooter, after receiving the ball from her teammate (passer/potential assister) must outrun or maneuver around any excessive defensive pressure before shooting, no assist can be awarded. It is not necessary for the shooter to possess the ball for a specific length of time, nor must the shooter limit the number of steps taken after she receives the ball for a shot. The only deciding factor, after the recipient receives a pass from her teammate, is the amount of pressure the recipient (shooter) had to evade to put her into a position for the shot, if any.

Number	Scenario	Statistics Recorded
3.A	Breakaway situation: Amanda is standing at midfield. Abbie, playing Point, intercepts a pass and Amanda moves downfield unmarked. Abbie passes to Amanda who is 30 yards from the goal. Amanda, unmarked, runs to goal, shoots and scores.	Amanda: Goal Abbie: Assist
3.A.1	Anna, the goalie, makes a 50-yard clear to Amanda. Amanda runs uncontested to the goal, shoots and scores.	Anna: Assist Amanda: Goal
3.B	Odd-woman rush on goal: Amanda picks up a loose ball that Betty dropped in the midfield and races downfield with her teammate Alix. Barb is the lone defender and must split the two attackers. Amanda draws Barb, and dumps the ball to Alix. Alix takes several steps before she shoots and scores. Barb was never able to quite reach Alix to mark her or change her path to the goal.	Amanda: GB (from her earlier loose ball pickup); Assist Alix: Shot; Goal Betty: TO (when she dropped the ball in the midfield) Barb: None
3.C	Rebounded shot: Agnes shoots. Her shot caroms off of Beth's (goalie) pads. Amory possesses the loose ball in front of the cage, shoots and scores.	Agnes: Shot, no assist (see 2.C) Amory: GB; Shot; Goal      Beth: Save

**4. DRAW CONTROL:** A draw control is awarded to the player who controls the ball and/or creates an opportunity to play following the taking of a draw; i.e., gains possession following the draw.

Note: If there is a foul (major or minor) called before control is established, e.g., illegal draw, body ball, entering circle early, then the player who is awarded the ball by the official is credited with the draw control.

Draw controls and ground balls are mutually exclusive.

Number	Scenario	Statistics Recorded
4.A	Arlene and Billie take the draw. The ball flies into the air and Annie flips/bats it directly to Amanda.	Annie: DC, as she controlled the ball and created the opportunity.
4.B	Arlene and Billie take the draw. The ball flies into the air and lands on the ground where it is possessed by Alix.	Alix: DC; no GB
4.C.1	Arlene and Billie take the draw. The ball flies into the air and lands on the ground where it is possessed by Beth. Immediately, Amanda checks Beth's stick. Beth loses the ball and it is then possessed by Arlene.	Beth: DC; TO Amanda: CT Arlene: GB
4.C.2	Arlene and Billie take the draw. The ball flies into the air, falls to the ground and in the fight for the loose ball, the official halts play. A foul is called on Billie and Arlene is awarded the ball.	Billie: Foul Arlene: DC; remember, the player was awarded the ball by the official before possession was established.
4.D.1	Arlene and Billie take the draw. The ball flies into the air, and falls to the ground where Beth flicks it to Brenda or to open space where Brenda picks it up.	Beth: DC; she created the opportunity for her team to control the ball.
4.D.2	Arlene and Billie take the draw. The ball flies into the air and lands on the ground where Beth flicks it to open space where Amanda possesses it.	Amanda: DC
4.E	Arlene and Billie take the draw. The ball flies into the air and as the ball comes in contact with Billie's crosse, it is legally checked by Arlene.	No DC can be recorded until a player possesses the ball.
4.F.1	Arlene and Billie take the draw. Billie draws early and the official whistles play dead and awards the ball to Arlene.	Arlene: DC Billie: no statistic as the foul was minor; also, no TO recorded as no possession had been established before play whistled dead.
4.F.2	Arlene and Billie take the draw. The ball flies into the air and is possessed by Amanda, who beat Becky to the ball, but the play is whistled dead because Amanda was in the circle early.	Becky: DC; she is awarded the ball by the official, as she is the closest player on the non-fouling team. Amanda: no statistics – minor foul

The majority of the time, the total number of DCs in a game should be equal to the number of goals scored plus the number of periods in the game, as each period begins with a draw. The following are exceptions:

- A goal is scored with a very short amount of time left on the clock. A draw takes place but no possession is gained before the period is over.
- A goal is scored in sudden-victory. Since the game ends with a final goal, there is no draw control following the goal scored in sudden-victory. A draw control does not have to be recorded; the statistician is simply "-1" on draw controls for the game.

It should also be noted that a draw might take place, but the official halts play and restarts it with a redraw or with a throw. In both cases, the draw control is still decided at the conclusion of the redraw or throw. There is no notation necessary for the failed draw attempt(s).

**5. DRAW POSSESSION:** The center of the team that records the draw control is awarded a draw possession; this is a percentage of draws won by her team when the player takes the draw.

If a center takes 10 draws in the course of a game and her team wins seven of those draws, she records a 70% draw possession rate for the game. (7 for 10). This is both a team statistic as well as an individual statistic.

**6. GROUND BALL:** A GB is recorded when a ball changes possession during live-ball play or when the ball hits the ground (due to check, drop, errant pass, or shot) and retrieval of the loose ball is directly contested (within a sticks length) by the opposing team.

A GB shall be awarded each time one of the above scenarios occurs within the field of play. A ground ball shall not be awarded if the ball (pass or shot) is sent out-of-bounds as the ball is dead



before possession is gained. Should a player be fouled in the act of attempting to possess a ball, while said player's stick is in contact with the ball, possession is to be assumed.

Number	Scenario	Statistics Recorded
6.A.1	Alice is cradling down the field and Beth checks her stick causing Alice to lose possession. Beth attempts to retrieve the ball, but Alice recovers the loose ball to maintain possession.	Alice: GB Beth: no statistic since Alice retains possession
6.A.2	Alice is cradling down the field and Beth checks her stick causing Alice to lose possession. Beth recovers the loose ball.	Alice: TO Beth: CT and GB
6.A.3	Alice is cradling down the field and drops the ball. Beth and Alice go for the loose ball. The ball is knocked out-of-bounds by Alice.	Alice: TO Beth: no statistic since the official would whistle the play dead and award the ball to Beth; the ball is not possessed during live ball play though there is a change of possession.
6.B.1	Alice attempts a pass to Abbie, but the pass is errant. Abbie chases the loose ball and is marked within a sticks length by Bobbi. Abbie recovers the loose ball.	Alice: no statistic Abbie: GB Bobbi: no statistic
6.B.2	Alice attempts a pass to Abbie, but the pass is errant. Abbie chases the loose ball and is marked by Bobbi. Bobbi recovers the loose ball.	Alice: TO since the pass was errant Abbie: no statistic since the pass was errant Bobbi: GB Note: If the statistician feels that the change of possession is due to Abbie's inability to catch the ball, the TO may be assessed to Abbie instead.
6.C.1	Alix shoots and the ball sails wide and out of bounds. Amanda, who is closest to where the ball goes out-of-bounds, is awarded possession.	Alix: Shot Amanda: no statistic since the play is dead and the ball is awarded to Amanda; the ball was not possessed during live ball play and there is no change of possession
6.C.2	Alix takes a shot and ball sails wide and out of bounds. Brenda, who is closest to where the ball goes out-of-bounds, is awarded possession.	Alix: Shot Brenda: no statistic since the play is dead and the ball is awarded to Brenda; the ball was not possessed during live ball play though there is a change of possession.
6.C.3	Alix takes a shot and the ball is saved by the goalie, Brittany, but the ball pops out into the field of play. Amanda fights off Brenda for the loose ball and gains possession.	Alix: Shot Brittany: Save Brenda: no statistic Amanda: GB
6.C.4	Alix takes a shot and the ball is saved by the goalie, Brittany, but the ball pops out into the field of play. Brenda fights off Amanda for the loose ball and gains possession.	Alix: Shot Brittany: Save Brenda: GB Amanda: no statistic
6.D	Agnes passes the ball into the arc where Bobbi knocks it into the goal circle, though not towards the mouth of the goal. Brittany, the goalie, gains possession.	Agnes: TO Bobbi: CT Brittany: GB; this was not a shot, so no save.
6.E.1	Brenda drops the ball in the field of play. Abbie and Bobbi fight for possession. Abbie flicks the ball to Agnes, who is marked ten yards away.	Brenda: TO Abbie: GB, as she made the ball controllable for her team to gain possession.
6.E.2	Brenda drops the ball in the field of play. Abbie and Bobbi fight for possession. Abbie flicks the ball to Agnes, who is marked by Betsy ten yards away. Agnes wins the battle for possession against Betsy.	Brenda: TO Agnes: GB, as she ultimately won the battle of possession for a loose ball.
6.E.3	Brenda drops the ball in the field of play. Abbie and Bobbi fight for possession. Abbie flicks the ball to Agnes, who is marked by Betsy ten yards away. Betsy wins the battle for possession against Agnes.	Betsy: GB
6.F.1	Agnes attempts a pass, but it is tipped by Billie. Brenda catches the tipped ball and gains possession.	Agnes: TO Billie: CT Brenda: GB
6.F.2	Agnes attempts a pass, but it's tipped by Billie and goes into open space, where Brenda and Amie fight for possession. Before either can touch the ball, Amie fouls Brenda.	Agnes: no statistic Billie: CT Amie: TO; Foul (if the foul was major) Brenda: no statistic as ball wasn't possessed during live ball play.
6.F.3	Agnes attempts a pass, which is tipped by Billie and goes into open space where Brenda and Amie fight for possession. As Brenda's crosse touches the ball Amie fouls Brenda.	Agnes: TO Billie: CT Brenda: GB; Amie: Foul (if the foul was major)

A GB will also be awarded when a player makes an interception within the field of play. The ball does not have to hit the ground to be awarded a GB statistic as it marks instances of gained possession for a team. The player who makes the interception will also be awarded a CT.

**7. CAUSED TURNOVER:** This statistic is defensive-minded and is designed to give a player credit for disrupting play which results in her team's gaining control of the ball resulting in a change of possession. A CT may be awarded to the player if she performs any of the following actions resulting in a change of possession: stick check, interception, blocked pass or shot, drawn charge.

**Note:** None of the actions, per se, listed below are actually recorded. The statistic is just a CT.

**STICK CHECK:** The stick check records the ability of a player to legally dislodge the ball from her opponent's crosse resulting in a change of possession. A stick check can also take place if a player gets her crosse in the way of an opponent's crosse, thus disrupting the pass.

**INTERCEPTION:** An interception is a play in which a team obtains intercepts a pass thrown by the other team resulting in a change of possession. Note that the person intercepting the ball will also record a ground ball to denote the change of possession.

**DRAWN CHARGE:** A defensive player, by maintaining good body position and controlling her ground, may draw a charge call. Though the official will whistle the play dead, the defensive player who drew the charge will be awarded the ball and will be credited with a CT.

**BLOCK:** A block occurs when a player gets her stick in the way of a pass/shot and disrupts the offensive play. A defensive player who blocks a shot is not credited with a save,

Number	Scenario	Statistics Recorded
7.A.1	Alice, marking Bobbi, checks Bobbi's stick to dislodge the ball. Amanda recovers the ball for possession.	Alice: CT Bobbi: TO Amanda: GB
7.A.2	Alice, marking Bobbi, checks Bobbi's stick to dislodge the ball. Alice recovers the ball for possession.	Alice: CT; GB Bobbi: TO
7.A.3	Alice, marking Bobbi, places her crosse in the path of Bobbi's follow through on a pass, disrupting the pass. As a result, the pass is intercepted by Amanda.	Alice: CT Amanda: GB (not a CT, since Alice's block was the causing factor) Bobbi: TO
7.A.4	Bobbi's pass is deflected by Alice's crosse and Agnes is able to catch the deflection in the air.	Alice: CT Agnes: GB (not a CT, since Alice caused the turnover) Bobbi: TO
7.B	Agnes is unmarked behind the cage and is looking to feed to Alix. Brittany, the goalie, intercepts the pass.	Agnes: TO Alix: no statistic Brittany: CT; GB
7.C	Amanda holds her ground within the 8m arc as Beth drives through her. The official whistles the play dead, calls a charge on Beth and awards the ball to Amanda.	Amanda: CT; a GB is not awarded, in addition to the CT, since possession was gained during a dead ball situation. Beth: TO; Foul
7.D	While Barb attempts a pass to Billie, Agnes gets her stick in the way and bats the ball to the ground. Agnes regains control and possesses.	Barb: TO Billie: no statistic Agnes: CT; GB

**8. TURNOVER:** This statistic is used to record an instance in which a player loses control of the ball to the other team or in some way performs an action to cause her team to lose possession of the ball.

Number	Scenario	Statistics Recorded
8.A	While cradling up the field, Abbie loses control of the ball without being pressured. Barb, who is marking her, picks up the ball and gains control.	Abbie: TO Barb: GB
8.B	While in possession of the ball, Abbie steps out of bounds. The official whistles the play dead and awards the ball to Barb, who is the closest player.	Abbie: TO Barb: no statistic, as the ball was not possessed during live ball play
8.C	After passing Abbie the ball, Arlene sets an illegal pick on Billie. The official whistles the play dead, awarding Billie the ball.	Abbie: no statistic Arlene: Foul (major); TO Billie: no statistic, as the ball was not possessed during live ball play

8.D	On her shot, Alix fires the ball at the head of the goalie, Brittany. The ball glances off of Brittany's helmet and goes into the goal. The official disallows the goal and whistles the play dead (dangerous shot), then awards the ball to Brittany.	Alix: no shot; Foul (major), TO Brittany: no statistic as the ball was not possessed during live ball play
8.E	Agnes, behind the goal, tries a quick feed to Arlene, who is standing at the top of the crease. Arlene quick sticks the pass into the cage past Brittany, the goalie. The official does not signal a goal and whistles the play dead and calls a goal circle violation on Arlene as her feet were on the goal circle. The official awards the ball to Brittany.	Agnes: no statistic Arlene: no foul (not major); no shot; TO Brittany: no statistic, as the ball was not possessed during live ball play

**9. SAVE:** A save is recorded each time a goalie stops a ball from going into her goal that, if she did not stop, might result in a goal for the opponent.

Obviously, each time the whole ball passes the plane of the goal line a goal is scored assuming there is not a violation by the offense, e.g., dangerous shot, dangerous propelling, goal circle violation.

If a goalie stops a shot, either by catching it in the goal circle or deflecting it away from the mouth of the goal with her crosse or body, it is a save.

Number	Scenario	Statistics Recorded
9.A	Brittany, the goalie, is out of the goal circle. Amanda attempts to score by rolling the ball towards the goal. Billie stops the ball and gains possession. Note that Billie can be in the goal circle if the ball is on the ground and Brittany is out of the goal circle.	Billie: GB Amanda: Shot
9.B	Abbie shoots on goal and Brittany, the goalie, deflects the shot. Brittany, still in the goal circle, is able to scoop and possess the ball, which is outside the goal circle.	Abbie: Shot Brittany: Save; GB

There cannot be more saves recorded than shots for the team. In fact, the number of saves is usually fairly less than the number of shots taken by the opponent, accounting for shots that sail wide or hit the pipe. Remember, a shot that hits the pipe is not recorded as a save for the goalie.

It is important that a statistician keep careful count of all of the shots during a game. A table has been provided for recording shots that hit pipes and go wide as well as for totals for a team.

**10. FOUL:** A foul should be recorded each time play stops and a major foul is called.

There are fouls called during the course of play that do not stop play, these fouls are not to be recorded.

It should be noted that a change of possession from a boundary violation is not a foul. There are instances in which a foul could be called in conjunction with a boundary violation; it will be important for the statistician to be aware of the difference.

Some minor fouls could result in the player being placed behind. Care should be made not to record these as fouls; however, when in doubt, record it as a foul.

**11. 8m FREE POSITION AWARDED:** An 8-meter free position (otherwise referred to as an 8-meter attempt) is awarded to an offensive player by an official for a major foul committed by the defense that directly affects the scoring attempt inside the 8-meter arc.

This is a team statistic; individual attempts are not marked. A running total is kept on the recording sheet for a team.

The player that is awarded the free position does not have to take a shot; she can choose to pass it to a player that has a better shot, run in closer to the cage, or back it out. In any case, the team that received the free position records a free position awarded.

## 12. MINUTES PLAYED

Statisticians should note the time played for each player if possible.

*Non-official statistics and their definitions:*

**13. CLEAR:** This team statistic is designed to demonstrate the ability of a team to take the ball from their defensive third to their offensive third.

If a team gains possession below its restraining line, a clear attempt is recorded. If the team possesses the ball continuously above its offensive restraining line, the clear is a good clear. If the team fails to possess it, it is a broken clear.

The statistic is fairly self-explanatory. It is important to note that an attempt is recorded each time the defense gains possession in their third of the field (i.e. below their restraining line). For statistical recording purposes, the attempts do not have to be recorded, as a clear is either good or broken. Thus, the total number of attempts is equal to the total number of good and broken clears. In the end-of-game reporting, a team is noted as recording 10 of 12 clears, for example, meaning that the team had 12 attempts and was successful on 10 of them and was broken on two of the attempts. Again, the individual who actually takes the ball across the midfield stripe does not record a statistic herself; the clear is a team statistic reflecting its ability to transition between defense and offense. It should be noted that if the defense obtains possession in their defensive third in the waning seconds of the half or game and there is not enough time to safely clear the ball, e.g., when the goalie or some other player holds the ball to prevent a turnover, the team does not record a clear attempt, as a broken clear is a negative stat and this play as aforementioned is not a negative play.

*Other definitions:*

## OVERTIME

The first overtime period is six minutes in length and is divided into two halves of three minutes each. Teams draw to start the overtime procedure (as long as there is no foul to be administered) and play continues, with stop clock, for three minutes. At the end of the three minutes the teams switch ends of the field to defend and then draw to start the second half of overtime. This entire six minutes is considered one overtime period. Each subsequent OT period is three minutes in length and is sudden-victory. Teams get a five-minute break for coaching and then enter into the OT period with a draw. Play continues with a stop-clock three-minute period. After three minutes, should there be no goal scored, the teams switch ends and then draw again. Obviously, there will not be a draw taken after a goal scored in sudden victory, so the teams will be short one draw. (*Refer to the Draw Control section, paragraph b*). The first six-minute period is one overtime; each three-minute period following is another period so that a regulation OT game is listed as 1OT. The first sudden-victory period is 2OT (not 3OT), etc.

## STATISTICAL FORMULAS

**SCORING AVERAGE:**  $\frac{\text{Number of goals} \times 60}{\text{Total number of minutes}}$

(Scoring Offense)

Team A has played 912 minutes (15 games, 2 overtimes) and scored 225 goals.

$$225 \times 60 / 912 = 14.80$$

Team A has a scoring average (offense) of 14.80

**SCORING DEFENSE:**  $\frac{\text{Number of goals allowed} \times 60}{\text{Total number of minutes}}$

Team A's opponents have scored 90 goals.

$$90 \times 60 / 912 = 5.92$$

Team A has a scoring defense of 5.92

**SCORING MARGIN:**  $\frac{\text{Number of goals scored} - \text{number of goals allowed}}{\text{Total number of minutes}}$

From above example..... $225 - 90 = 135$

$$135 \times 60 / 912 =$$

Team A's scoring margin is 8.88.

(Scoring Average - Scoring Defense = Scoring Margin) or  $(14.80 - 5.92 = 8.88)$

**SAVE PERCENTAGE:**  $\frac{\text{Number of saves}}{\text{Number of saves} + \text{Number of goals}}$

Anna has made 180 saves and has allowed 75 goals.

$$180 + 75 = 255$$

$$180 / 255 = .706$$

Anna's save percentage is .706 or 71%

**GOALS AGAINST AVERAGE:**  $\frac{\text{Number of goals allowed} \times 60}{\text{Total minutes played}}$

Anna has allowed 75 goals while playing in 840 minutes.

$$75 \times 60 = 4500$$

$$4500 / 840 = 5.36$$

Anna has a GAA of 5.36.

Notice that the team has played 900 minutes; she has played 93.3% of the team's minutes. Her GAA is very close to the scoring defense.

**CLEARING PERCENTAGE:**

$$\frac{\text{Number of good clears}}{\text{Number of good clears} + \text{Number of broken clears}}$$

Team A has recorded 270 good clears and 45 bad clears.

$$270 + 45 = 315$$

$$270 / 315 = .857$$

Team A's clearing percentage is .857.

**SHOOTING ACCURACY:**

$$\frac{\text{Total goals}}{\text{Total shots}}$$

Amanda has scored 54 goals on 90 shots.

$$54 / 90 = .600$$

Amanda's shooting accuracy is 60.0%.

Team A has scored 225 goals on 435 shots.

$$225 / 435 = .517$$

Team A's shooting accuracy is 51.7%.

**POINTS PER GAME:**

$$\frac{\text{Total points}}{\text{Number of games}}$$

Amanda has 54 goals and 36 assists.

$$54 + 36 = 90 \text{ total points}$$

$$90 / 15 = 6.00$$

Amanda's points-per-game (ppg) is 6.00

**DRAW POSSESSIONS:**

$$\frac{\text{Total draws won}}{\text{Total draws taken}}$$

Amanda and Arlene split the draws taken 15-10 (Amanda with 15)  
Team A wins 9 when Amanda takes the draw and 4 with Arlene.

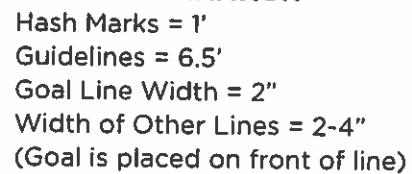
Amanda's DP%: 60% (9/15)

Arlene's DP%: 40% (4/10)

Team A DP%: 52% (13/25)

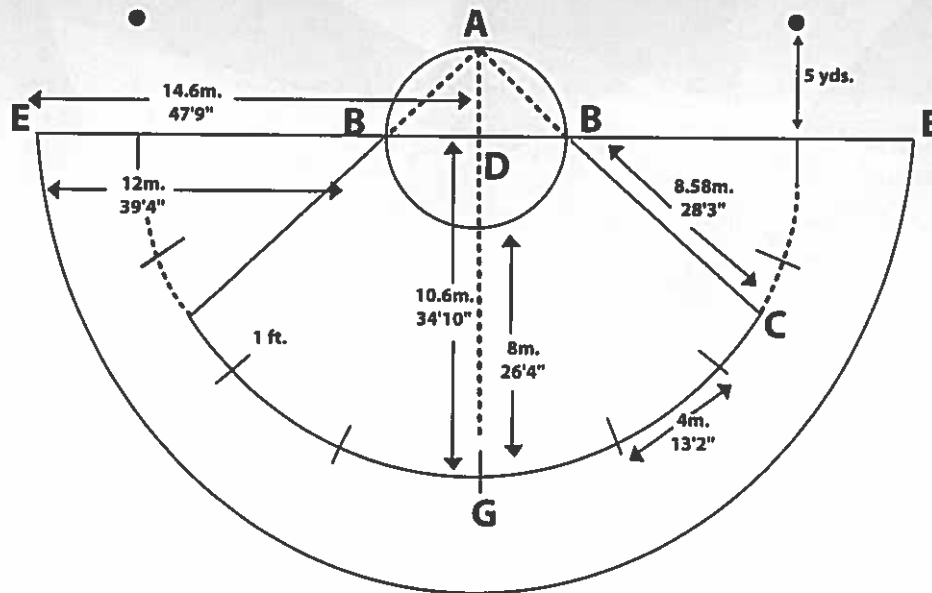
Conversely, Team B DP%: 48% (12/25).

Over the course of the season, Amanda wins 47 of the 98 draws she takes. Her season DP% is 50% (47/98).

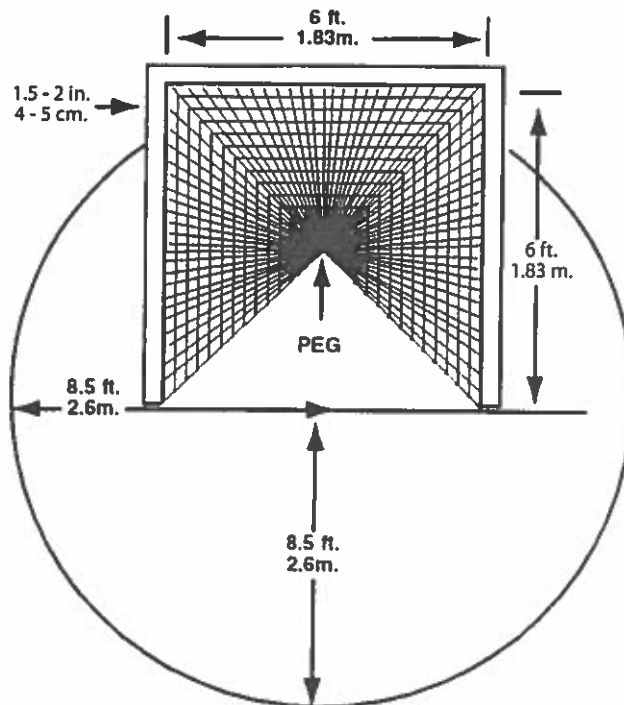




## 8 METER ARC / 12 METER FAN



## GOAL / GOAL CIRCLE







# HOW TO LINE THE FIELDS

## THE PLAYING AREA

### FIELD DIMENSIONS

Section 1. The playing area shall be rectangular and marked with a solid lined boundary. The field should be between 110 to 140 yards from end line to end line; and between 60 to 70 yards from sideline to sideline. The goals shall be placed no more than 100 yards and no less than 90 yards apart, measured from goal line to goal line. There must be a minimum of 10 yards and a maximum of 20 yards of space behind each goal line, extending to the end line and running the width of the field. There must be a minimum of 4m of space between the sideline boundary and the scorer's table. There should be at least 4m of space between the other sideline and any spectator area. There should be 2m of space beyond each end line. See US lacrosse website for the optional Unified Field Dimensions.

Section 2. It shall be the host institution's responsibility to see that the field is in proper condition for safe play, and that the field is consistent with the Rules. Where these field dimension requirements are not or cannot be met due to field space limitations, play may take place if the visiting team has been notified in writing prior to the day of the game and personnel from both participating teams agree. However, the minimum distance of 10 yards of space from goal line to end line must be maintained. Soft/flexible cones, pylons or flags must be used to mark the corners of the field. The playing area must be flat and free of glass, stones, and any protruding objects. No additional marks may be added to the field.

### NEW FIELD CONSTRUCTION

Section 3. Optimal field dimensions shall be 65 yards in width and 120 yards in total length, with goals 100 yards apart and 10 yards of space behind each goal line. Additional space outside the playing area is required. See Rule 1, Section 1.

### LINE SIZE AND COLOR

Section 4. All lines are 2"-4" wide, except the goal line which shall be 2" wide. It is recommended that all lines be painted white or a single contrasting color.

### RESTRAINING LINE

Section 5. The restraining line, a solid line 30 yards up field from each goal line, shall extend across the width of the field. It must be clearly distinguishable as the restraining line, for example, the only line on the field, or marked in a different color, or marked with X's. Cones shall not be used for this purpose.



## **CENTER CIRCLE**

Section 6. There is a circle, radius 30', in the center of the field and through the center of this a line 9'11" in length, parallel to the goal lines.

## **ARC AND FAN FOR TRADITIONAL FIELD**

*(See end of document for Arc and Fan dimensions for unified field.)*

Section 7. An arc and fan shall be marked 8m (26'4") and 12m (39'4") respectively from the goal circles. The arc and fan shall be measured from the center of the goal line 10.6m (34'10") for the 8 meter mark and 14.6m (47'9") for the 12 meter mark. The 8 meter arc shall end on a line on each side that runs from a point on each side of the goal circle, where, if the goal line were continued, would cross the goal line. This line will be at a 45-degree angle to the goal line extended. The 12 meter fan will end at the goal line extended.

Section 8. The 8 meter arc will be sectioned off by hash marks 1' in length, perpendicular and bisecting the arc. These will be measured 4, 8, and 12 meters respectively from either side of the center hash mark which shall be measured from the center of and perpendicular to the center of the goal line (34'10"). Two additional 1' marks will be made 8 meters from the goal circle, perpendicular to the goal line extended.

## **BELOW GOAL MARKINGS**

Section 9. Two small circles (dots) 4-6 inches in diameter must be added to the field behind each goal. The circles should mirror each other, 5 yards from the marks on the goal line extended. They shall be marked in the direction towards the end line and measured in a line perpendicular to the goal line extended. It is recommended that they be painted white or a single contrasting color. They may be marked in a temporary substance - i.e. spray paint, chalk, etc.

## **SUBSTITUTION AREA**

Section 10. The substitution area shall be in front of the scorer's table and centered at the midfield line. The area will be sectioned off by two hash marks, 2m-4m in length. The hash marks will be placed perpendicular to and touching the sideline with each one placed 5 yards from the centerline of the field.

## **PENALTY AREA**

Section 11. The penalty area shall be directly in front of the scorer's/timer's table at the rear of the substitution area. A player serving a penalty must sit or kneel in this area.

## **TEAM BENCH AREA**

Section 12. The team bench area is defined as the area from the end of the substitution area to the team's restraining line, and even with the level of the scorer's table extended (at least 4m from the sideline), and does not include the area directly behind the scorer's table. Non-playing team personnel must remain in their team bench area. Violation of this rule will be assessed as a misconduct foul.



### **SCORER'S/TIMER'S TABLE**

Section 13. A scorer's/timer's table will be set up at midfield, at least 4m from the designated playing boundaries on the team's bench side. An accurate visible score must be continuously displayed. A visible clock is recommended. A visible possession indicator is required. This may be a small cone or other object moved from side to side on the scorer's table to indicate team's possession.

### **COACHING AREA**

Section 14. Coaches must remain within their own coaching area, that is, the area on the bench/table side of the field extending from their side of the substitution area to their end line, and even with the scorer's table extended (at least 4m from the sideline), and does not include the area directly behind the scorer's table. Violation of this rule is misconduct.

*AR 1-1 An assistant coach is on the opposite side of the field from the scorer's table coaching his/her team. RULING: ILLEGAL. A coach may move along the bench/table side boundary line from the substitution area to their end line only. Violation is considered misconduct.*

### **SPECTATOR AREAS**

Section 15. Spectators must be kept back at least 4m from the sidelines. Spectators are not allowed immediately behind the team bench or table area except in permanent stadium seating. No spectators are allowed behind the end lines except in permanent stadium seating positioned behind protective netting or fencing.



## DIRECTIONS FOR 8 METER ARC AND 12 METER FAN

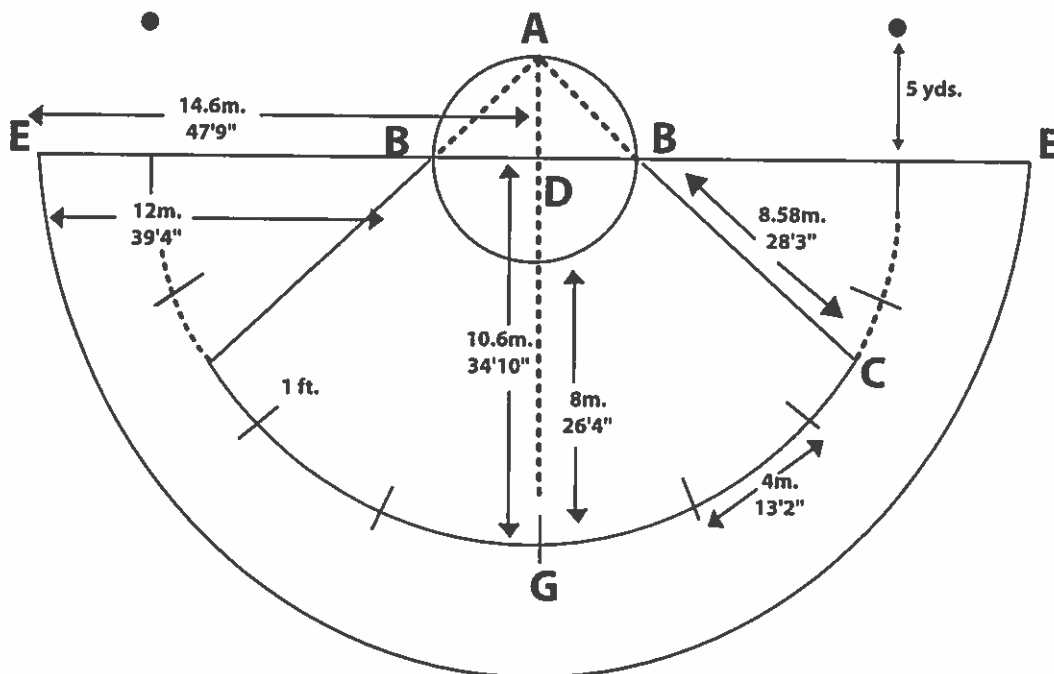
### Traditional Field

#### 8 METER ARC

1. The goal circle is made first. The goal circle is a circle, radius  $8\frac{1}{2}'$  (2.6m) measured from the center of the goal line (D) to the outer edge of the goal circle line. The goal circle line shall be 2"-4" (5cm-10.1cm) wide.
2. The goal line should be 2" to align with the goalposts of the goal cage.
3. Run string from the point (A) on the back of the goal circle that is perpendicular to the goal line at its center, to the points on goal circle (B), where if the goal line were extended would intersect the circle. Extend and mark these lines (45-degree angle) from the goal circle (B) 28'-3" (8.58m) to point C.
4. To mark the curve of the arc, measure from the center of the goal line (D) 34'-10" (10.6m) to G connecting the sidelines. The arc will now be 8 meters from the circle.
5. The center hash mark 1' (30.5cm) on the 8-meter arc shall be measured from the center of and perpendicular to the goal line (34'-10" / 10.6m). The other hash marks will be measured 4, 8, and 12 meters respectively from either side of the center hash mark. Two additional hash marks will be made 8 meters from the goal circle, perpendicular to the goal line extended.

#### 12 METER FAN

Inscribe a semi-circle (E) from the center of the goal line (D) 47'-9" (14.6m). The flat side of the semi-circle should be marked from the points on the goal circle (B) to the semi-circle.





## DIRECTIONS FOR 8 METER ARC AND 12 METER FAN

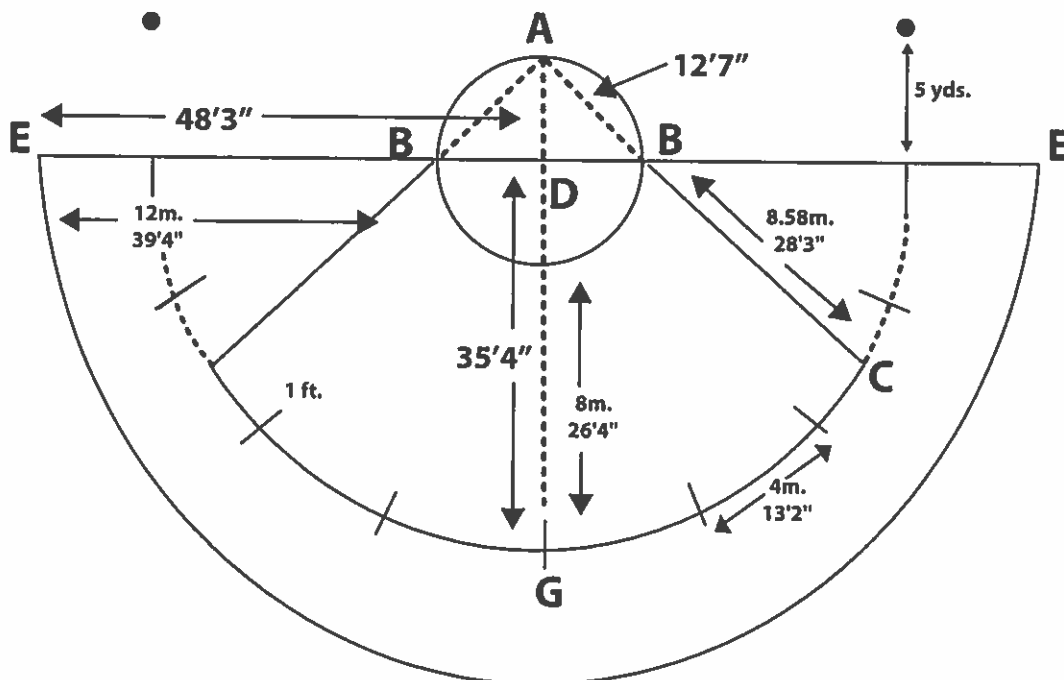
### Unified Field

#### 8 METER ARC

1. The goal circle is made first. The goal circle is a circle, radius 9' measured from the center of the goal line (D) to the outer edge of the goal circle line. The goal circle line shall be 2"-4" (5cm-10.1cm) wide.
2. The goal line should be 2" to align with the goalposts of the goal cage.
3. Run string from the point (A) on the back of the goal circle that is perpendicular to the goal line at its center, to the points on goal circle (B), where if the goal line were extended would intersect the circle. Extend and mark these lines (45-degree angle) from the goal circle (B) 28'-3" (8.58m) to point C.
4. To mark the curve of the arc, measure from the center of the goal line (D) 35' 4" to G connecting the sidelines. The arc will now be 8 meters from the circle.
5. The center hash mark 1' (30.5cm) on the 8-meter arc shall be measured from the center of and perpendicular to the goal line (35' 4"). The other hash marks will be measured 4, 8, and 12 meters respectively from either side of the center hash mark. Two additional hash marks will be made 8 meters from the goal circle, perpendicular to the goal line extended.

#### 12 METER FAN

Inscribe a semi-circle (E) from the center of the goal line (D) 48' 3". The flat side of the semi-circle should be marked from the points on the goal circle (B) to the semi-circle.



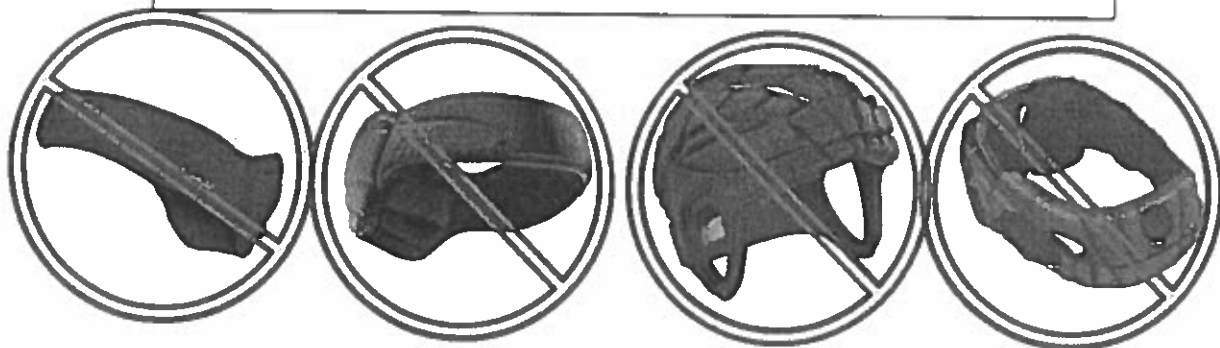


## 2017 Headgear Clarification

The following 2 examples are the **ONLY CURRENT LEGAL** models that are allowed for play at all levels:



No other **PROTECTIVE** headgear is allowed on the field



**Sweat Bands  
are allowed**



2/8/17



# Approved Eyewear List

LOG IN ▾ ([HTTPS://USL.EBIZ.UAPPS.NET/PERSONIFYEBUSINESS/MYACCOUNT.ASPX](https://usl.ebiz.uapps.net/personifyebusiness/myaccount.aspx))

[Home \(/\)](#) / [Safety \(/safety\)](#) / [Equipment \(/safety/equipment\)](#)  
/ Approved Eyewear List

JOIN ([HTTPS://USL.EBIZ.UAPPS.NET/PERSONIFYEBUSINESS/MEMBERSHIPJOINRENEW20/MEMBERSHIPENTRY.ASPX](https://usl.ebiz.uapps.net/personifyebusiness/membershipjoinrenew20/membershipentry.aspx))

## ≡ SUBMENU

US Lacrosse women's rules mandate the use of protective eyewear. The purpose of the rule is to acknowledge that while women's lacrosse is a relatively safe sport, the use of protective eyewear prevents the rare but catastrophic eye injury. Initially introduced in 2005, eyewear equipment has been highly effective in safeguarding players at all levels of play.

Please note that **beginning January 1, 2017, only the new standard, ASTM 3077, is regarded as legal for play** and all eyewear equipment will have to meet this standard.

US Lacrosse has an established process for eyewear manufacturers to have their products listed on the US Lacrosse web site by submitting a letter and verification from an accredited, independent testing facility acknowledging compliance to the ASTM standards.

Manufacturers whose products are in compliance and who have submitted testing results to US Lacrosse have their products listed below.

Unless noted otherwise, all eyewear listed below meets both the Adult and Youth Standard.

# ***Eyewear Meeting ASTM Standard 3077***

List Updated: **October 24, 2017**

## **adidas**

- EQT Ocular

## **Bangerz**

- Elite (lens option)
- HS 3700 LT
- HS 6000 (lens option)
- HS 7200 LT
- HS 7900 (lens option)
- Over The Glasses (youth)

## **Brine**

- Dynasty
- Dynasty II
- Vantage II

## **Cascade**

- LX Headgear (with integrated eyewear)
- Mini Pro
- Poly Arc
- Poly Arc Titanium
- Poly Air
- Poly Pro (youth standard)

## **Harrow**

- XVision

## **Liberty Sports**



- Slam 49 Eye (youth - lens option)
- Slam 52 Eye (youth - lens option)
- Slam 55 Eye (youth - lens option)

## STX

- 2-See
- 2-See Pro
- 2-See Pro Ti
- 4-Sight Focus
- 4-Sight Focus Ti
- 4-Sight Form
- 4-Sight Plus
- 4-Sight Plus (youth)
- 4-Sight Pro
- Rookie (youth)

## Under Armour

- Charge 2
- Charge 2 Ti
- Illusion 2 Goggle

US Lacrosse is the national governing body of men's and women's lacrosse.

## Helpful Links

- Sports Science and Safety Committee (</safety/sports-science-and-safety-committee>)
- Recent News (</category/health-safety>)
- Equipment (</safety/equipment>)
- Sudden Cardiac Arrest, AEDs & Commotio Cordis (</safety/sudden-cardiac-arrest-aeds-commotio-cordis>)
- Risk Management (</safety/risk-management>)
- Concussion Awareness (</safety/concussion-awareness>)
- Injury Prevention & Conditioning (</safety/injury-prevention-conditioning>)

# GIRLS' LACROSSE UNIFORMS

## A SHIRT COLOR

1. Shirt shall be a single, solid color.
2. Goalkeeper's shirt must be worn over protective equipment.
3. Shirts shall be of contrasting colors for opposing teams. The coaches/schools shall agree on uniform colors prior to the day of the game. If both teams should have similar colors the home team will be obligated to change or wear numbered pinnies of contrasting color.
4. Effective January 1, 2018, home team jerseys shall be light and visitor jerseys shall be dark

## B UNIFORM TRIM

1. Collar, cuffs, and waistband may be of contrasting colors, but not more than 1 inch wide.
2. Side inserts (armpit to waistband) may be of contrasting colors, but not more than 3 inches wide.

## C NUMBERS

1. Numbers shall be centered vertically and horizontally and must be a minimum of 6 inches tall on the front and a minimum of 8 inches tall on the back.
2. Numbers must be a solid color but may contain contrasting color trim not to exceed 1 inch (the number shall contrast with the body of the shirt).
3. Duplicate numbers on shirts shall not be permitted on the same team.
4. Beginning the 2017-18 school year, legal numbers are 0-99. This would prohibit double-digit numbers from zero through 9.

## D KILT/SHORTS/PANT

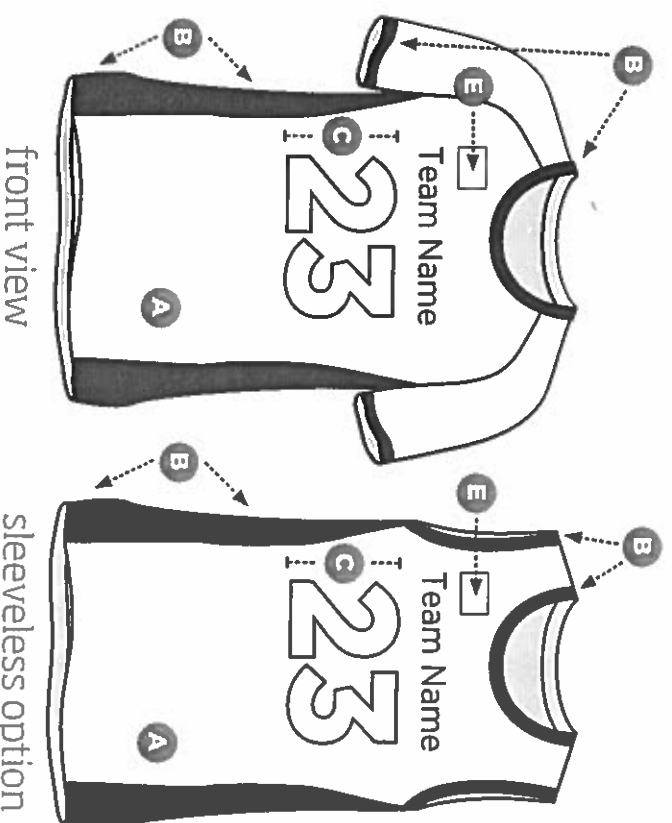
1. All players on the same team shall wear kilts/shorts/pants of the same dominant color.
2. Goalkeeper may wear the team's dominant color or black or gray.
3. Kilts/shorts/pants do not have to be a solid color.

## E MANUFACTURER'S LOGO INFORMATION

1. One manufacturer's logo/trademark or reference, not to exceed 2 1/4 square inches or 2 1/4 in any dimension, is permitted on the outside of each item. The manufacturer logo/trademark restriction includes any company reference.

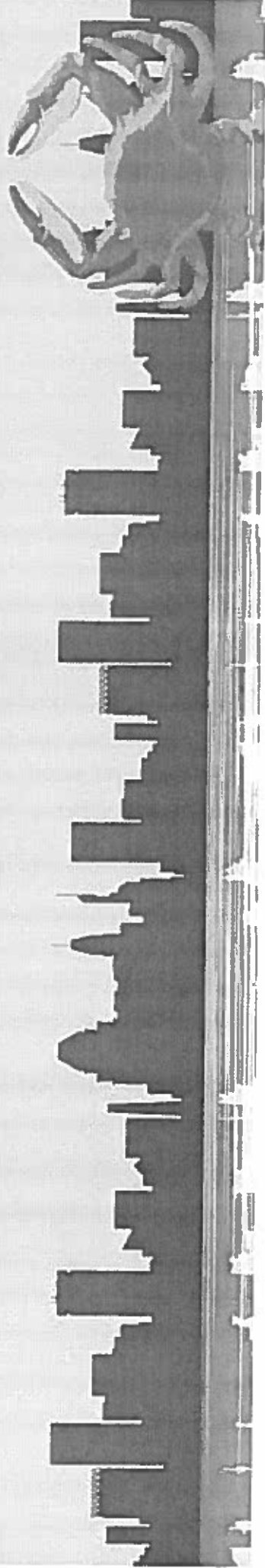
*NOTE: An American flag, not to exceed 2 by 3 inches, and either a commemorative or a memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on the jersey provided neither the flag, nor the patch, interferes with the visibility of the number.*

*Note : Effective January 1, 2018, visible long- or short-sleeve undergarments must correspond to the team's predominant jersey color or be light with light jersey and dark with a dark jersey.*





# USL/NFHHS Rules 2018





# **US Lacrosse Rules Committee**

Aubrey Whittier - Chair

Elaine Stowell – Rules Interpreter

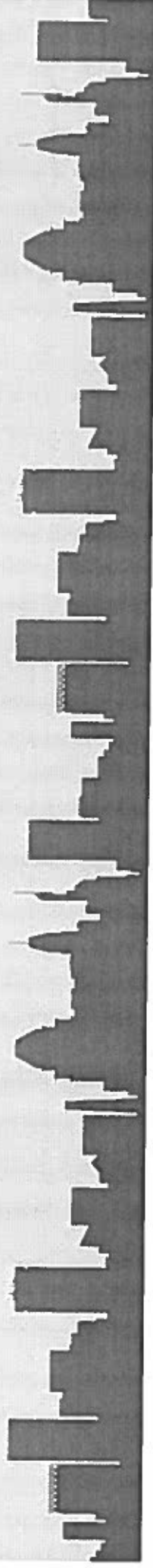
Mac Ford - Coach

Jeff Grose - Official

Barb Martinichio – Official

Lauren McCarty – Official

Caitlin Kelley – USL Administrator

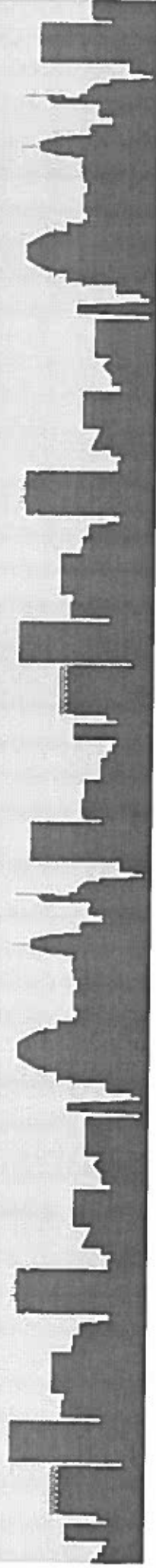




# Rules Interpretation

Email: [girlsrules@uslacrosse.org](mailto:girlsrules@uslacrosse.org)

- Indicate "playing level" for question
- Cite rulebook pages, if applicable





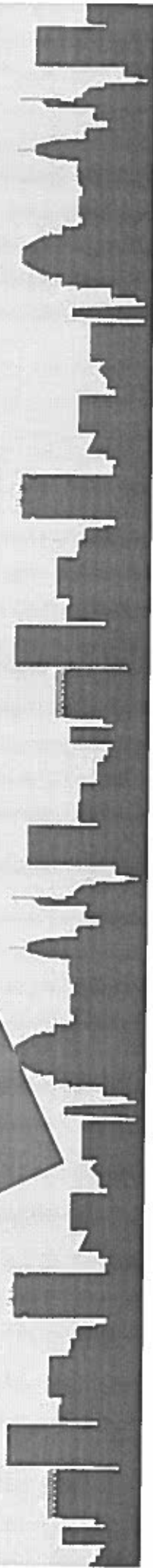
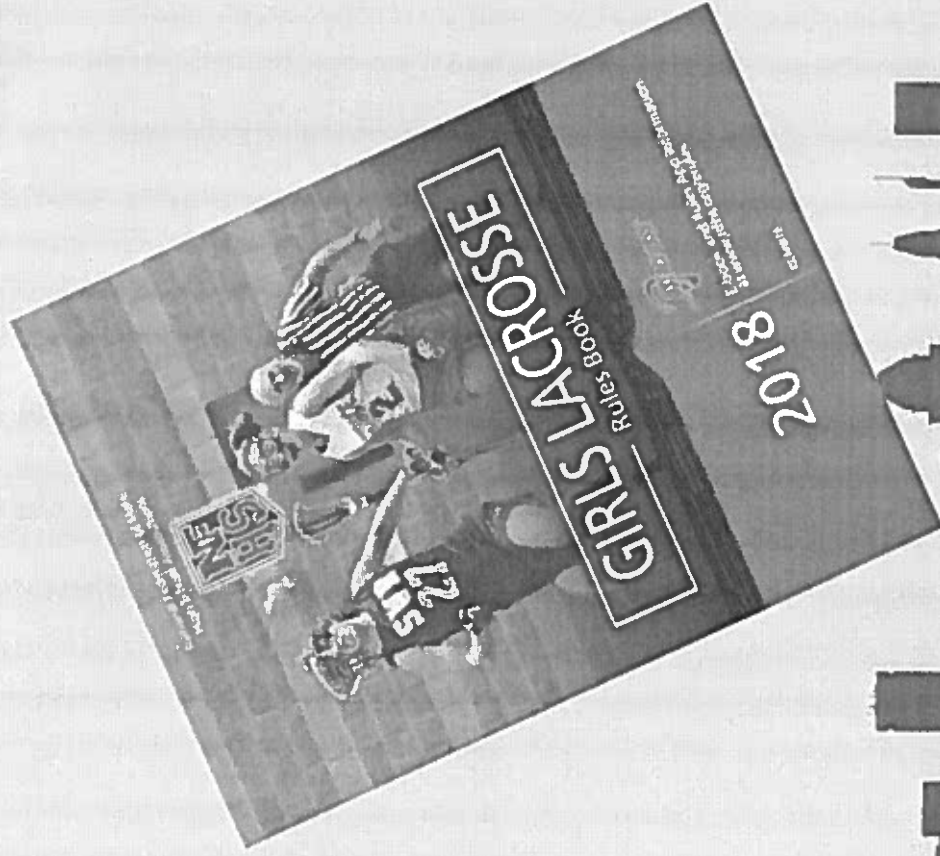
# NFHS Rules Book

2018 Girls Lacrosse Rules  
Book available from:

[www.nfhs.com](http://www.nfhs.com)

[www.ohsaa.org](http://www.ohsaa.org)

[www.uslacrosse.org](http://www.uslacrosse.org)







# NFHS Rules E-Books

► E-Books are available  
for purchase at:  
[www.nfhs.org/ebooks/](http://www.nfhs.org/ebooks/)

\$5.99 Apple or Android

Rules Books and Case Books Available as E-books		
	Print	Store <
<p>Books are available for purchase. The Amazon version can be downloaded and used on Apple or Android devices with the Kindle app.</p>		
2017-18 Books	iTunes	Amazon
2018 Track and Field and Cross Country Rules Book	iTunes	Amazon
2018 Soccer Rules Book	iTunes	Amazon
2018 Basketball Rules Book	iTunes	Amazon
2018 Girls Lacrosse Rules Book	iTunes	Amazon
2018 Boys Lacrosse Rules Book	iTunes	Amazon
2017-18 Baseball Case Book	iTunes	Amazon
2017-18 Softball Rules Book	iTunes	Amazon
2017-18 Wrestling Rules Book	iTunes	Amazon
2017-18 Volleyball Rules Book	iTunes	Amazon
2017-18 Football Rules Book	iTunes	Amazon
2017-18 Football Case Book	iTunes	Amazon
2017-18 Swimming & Diving Rules Book	iTunes	Amazon
2017-18 Water Polo Rules Book	iTunes	Amazon
2017-18 Soccer Rules Book	iTunes	Amazon
2017-18 Volleyball Rules Book	iTunes	Amazon
2017-18 Volleyball Case Book	iTunes	Amazon
2017 Field Hockey Rules Book	iTunes	Amazon
2017-18 Sprint Rules Book	iTunes	Amazon



# Youth Rulebook

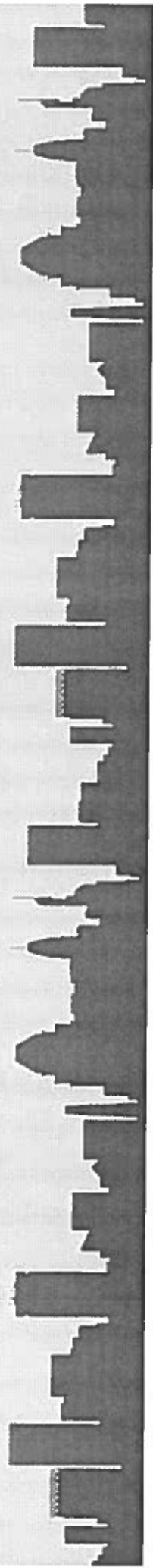


2018 YOUTH

## GIRLS' RULEBOOK

OFFICIAL RULES FOR GIRLS' LACROSSE

- ▶ \*Included in USL membership if registered as Youth.
- ▶ \*PDF online:  
<http://www.uslacrosse.org/rules/girls-rules>



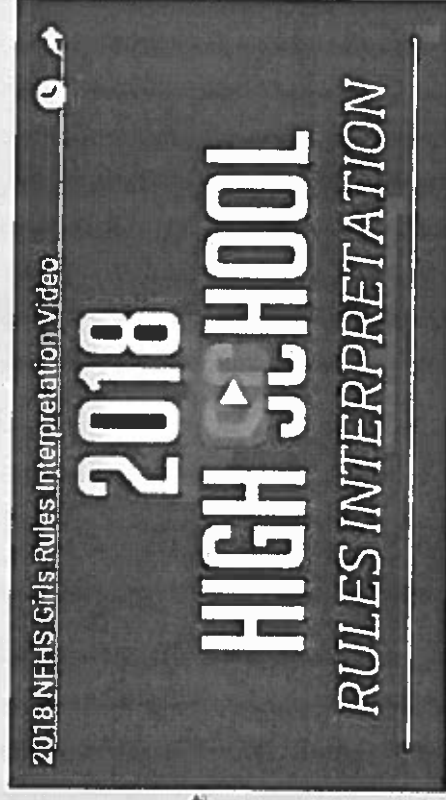




# HS Rules Video and Officials Manual

## ► Downloadable

- US Lacrosse – <https://www.uslacrosse.org/rules/girls-rules>
- US Lacrosse – “Rule”  
“Officials Resources”

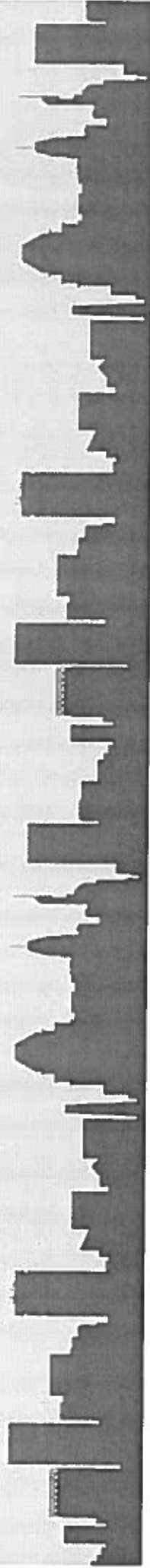




# **Rulebook Edits**

Comprehensive list of rules book edits will be posted to US Lacrosse website

- Section references on Rules Change page
- Page numbers in Index
- Updates to shaded area, notes, etc

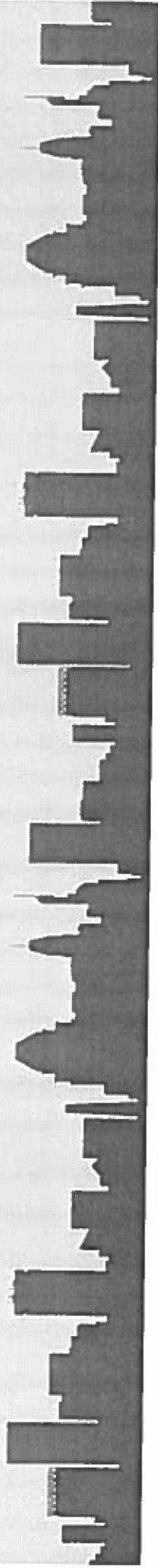




# **Rule 1-1 Unified Field**

Recommend informing visiting teams and officials if the unified field is used.

Lining instructions for unified field is posted on  
USL.org

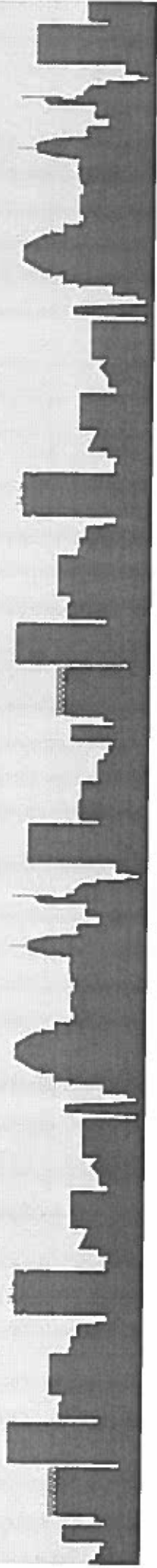




## **Rulebook Edit Rule 3-5-1 Page 25**

### **Section 5 OFFICIALS**

**"The game ~~should~~ shall be officiated by two officials who are ~~rated by US Lacrosse~~ for certified for the girls game."**



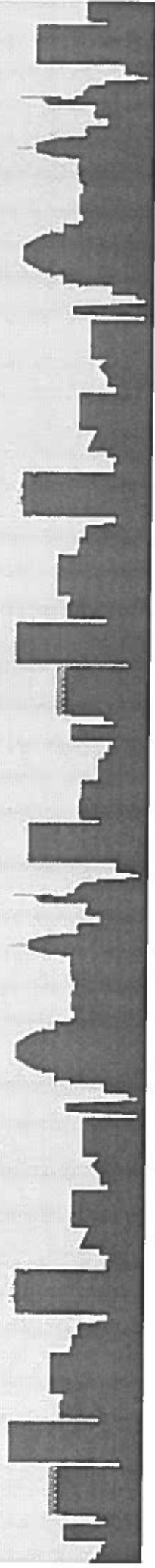




## Rule 5-2-5 Player Positioning

“Players may reach over the restraining line or center circle line and touch the ground with their stick to play the ball, as long as no part of the player’s foot is on or over the line.”

Clarification: If any part of the player’s body is on or over the restraining line whether her stick is touching the ground or not, she is in violation of player positioning.



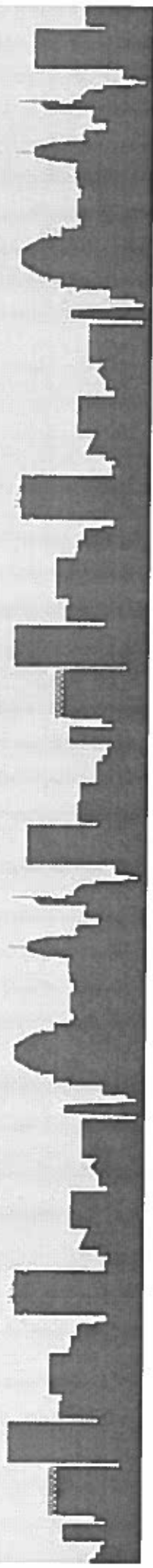


## **Rulebook 5-2 PEN 3 Page 37**

## **Rulebook 9-1 PEN for 9-1-1-d Page 50**

### **Penalty Administration for player positioning violations**

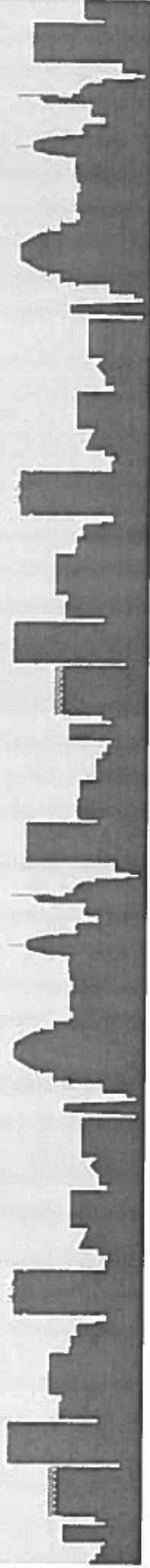
- Violations prior to whistle = restart at center line
- All other violations = restart at spot of the ball





## **Rulebook Edit Appendix B Page 82**

Missing header, "POCKETS", between Section 19  
and 20





# We Want Your Feedback!



## Download the LAXCON APP

1. Access the App Store on iOS devices or the Play Store on Android
2. Install the App: Search CrowdCompass AttendeeHub and Download
3. Search the Attendee Hub App and enter "US Lacrosse Convention" and Download
4. Check-in to this session and give us your feedback!

