

## Article IV – Lacrosse

### 500. Practice

**"The WBAL will reflect the CCS By-Laws (Article V, Section 3, F-Practices) regarding practices."**

- a) Interscholastic practice during the school year is defined as:
  - i. any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport AND/OR
  - ii. any school team or individual activity that includes skill drills, game situation drills, inter- squad scrimmages or games, chalk talks, film review, meetings outside of school time (excluding parent meetings). AND/OR
  - iii. any other coach-directed or supervised school team or individual activity or instruction for a specific sport AND/OR
  - iv. Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the team or the school AND/OR tryouts.
- b) Any single practice session shall be no longer than 3 hours in length.
- c) There shall be a minimum of 3 hours between any two practice sessions in a single day.
- d) Double day practices shall not be held on consecutive days.
- e) Conditions for Optional, Non-Mandatory Off Season Individual & Small Groups Skill Development: Coaches are allowed to work with their athletes in a designated off season 8 week program individually or in a small group of no more than 4 athletes, no more than one hour a day and no more than twice a week for an athlete.

### 501. Rules

The US Lacrosse Rules Book for girls' lacrosse shall govern.

### 502. Host school responsibilities

Host responsibilities are outlined in the US Lacrosse Rule Book. The home team is the official book. Home team is responsible for providing qualified and

experienced scorer and timer. There should be two officials, a timer and a scorer for each game. If a playing field is non-conforming to standards in Rule Book, then school/coach must inform all other school opponents and procure agreement from all opponents that they accept to play on described nonconforming field.

#### 503. Length of Contests

- a) The game time for girls is in accordance with the US Lacrosse Rule Book.
- b) For girl's junior varsity level contests, the game time may be negotiated by the coaches and is often based upon anticipated remaining daylight.
- c) Varsity games will precede junior varsity competitions scheduled for the same day and field.

Note: If there are emergency situations, which warrant an alternate game time, changes may be made by mutual agreement of the coaches with the permissions of the athletic directors. Further, game officials reserve the right to use an alternative game time if they believe safety is an issue.

#### 504. Tie Game

Girl's games will follow US Lacrosse Rule Book procedures.

#### 505A. League Championship Designation

- a) Both varsity and junior varsity league team championships shall be awarded to the winner of respective regular season league schedules. If there is a first place tie, tied teams will be considered league champions but will use tie-breaker procedure to seed teams for league championship tournament.
- b) The varsity girls' championship will have two tournaments, a Foothill tournament consisting of the 6 Foothill teams and a Skyline tournament which will consist of the top eight teams based on the final league standing and the tiebreaker procedures. The Championship Games will play back to back, with the Skyline Championship game happening first, followed by the Foothill Championship game. The Championship site is predetermined at conclusion of prior season when possible.
  - i) Foothill Division:
    - Top two teams get 1st round byes
    - 3 vs. 6
    - 4 vs. 5

- #1 seed gets lowest seed in the Semi-Finals

ii) Skyline Division:

- Top eight teams compete
- 1 vs. 8, 2 Vs. 7, 3 vs. 6, 4 vs. 5 in the First Round
- Semi-Finals features four winners and Finals features the two winners of the semi-finals

505B. The Round Robin Champ is determined league champions. If there is a tie for the league championship after the round robin, they are declared co-champs and the tie break is used to seed the tournament.

\*\*\* The winner of the League Tournament will be deemed the “Tournament Champion” and receive a team trophy/plaque.

506. League Standings-Tiebreaker Procedures

All ties must be broken and standing set prior to the playoffs. The procedures listed below will be followed in order until the tie situation is resolved.

- a) Head to head Win-Loss.
- b) Won-Lost versus teams above in the standing in order of finish.
- c) Won-Lost versus team(s) below in the standing in order of finish.
- d) Goals allowed with teams tied.
- e) Goals allowed between teams above in standings.
- f) Coin flip by commissioner.

507. Uniforms

The home team must wear white colored jerseys; the visiting team must wear dark colored jerseys. Schools with a single jersey color must have vests available. It is the coaches' responsibility to confirm uniform colors for the teams prior to the game.

508. Officials

A minimum of two officials are required per game. Girls' officials will be assigned by Peninsula Sports Management (PSI).

509. All League Selection Procedure

The all league selection process shall be followed as presented below. This example depicts a six team division...the allocation of all league representatives will change if the number of league team participants changes (as an example, either five or seven teams make up the league).

- a) The first part of the All-League selection process will be the determination of the “Most Valuable” position players in the league. The coaches will vote on the league’s Most Valuable Goalkeeper, Defender, Midfielder, and Attacker, respectively. These will be presented/voted by position (meaning GK will be discussed/voted upon prior to putting names on the board for Defender which will be presented/voted upon prior to putting names on the board for Midfielder, etc.) The position “order” can rotate from year to year.
- b) Each team may submit one nominee for each “Most Valuable” position but are not mandated to submit a nominee. After the names are posted, the nominating coaches can discuss the merits of their candidates (brief and to the point, please). A silent, written vote will take place to determine these award winner (one vote for each coach present...you may vote for your own player). If there is a tie, there will be a “vote off” with just the two finalists...if a tie remains after the vote off; both will be considered “Co-Players of the Year”.
- c) After the players of the year are awarded in each category, the table below (based on league standings at the end of the regular season) will be used by the coaches to determine all-league selection. Each coach will select his/her players accordingly. If there is a tie in the league standings, each team will receive that allocation of all league selections (as an example, if there is a tie for third place, each team will receive six all league selections as charted below). These selections are on top of the “Most Valuable” players of the year in each position. **Teams can/should give up spots that he/she doesn’t have a deserving player for the particular all-league team.**

<b>Place</b>	<b># of First Team Players</b>	<b># of Second Team Players</b>	<b># of Honorable Mention Players</b>	<b>Total</b>
1	5	2	1	8
2	3	3	1	7
3	2	3	1	6
4	1	2	2	5
5	1	1	1	3
6	0	1	2	3
<b>Total</b>	<b>12</b>	<b>12</b>	<b>8</b>	