

Lacrosse Guide 2011

The VPA recognizes lacrosse as a sanctioned sport for both Boys and Girls. The Boys follow the rules of the National Federation of State High School Association (NFHS), while the Girls follow the U.S. (Girls and Women) Lacrosse Rules. ****Spring practice starts on March 21, 2011.****

General Rules (Boys and Girls)

1. No school shall schedule more than sixteen games, exclusive of play-offs, with schools sanctioned by the VPA. A maximum of three scrimmages is allowed from the first day of practice, until the tournament picks are made. Scrimmages with non-VPA member schools and club teams must be in an instructional format, not actual games.
2. The top sixteen teams in each division qualify for the state tournament. If more than sixteen teams qualify in a division, the Lacrosse Committee will utilize the VPA tiebreaker criteria to determine the top sixteen teams. (See Tournament Season)
3. In order to be considered for the tournament play, it is necessary that a team complete a minimum of **ten** games with at least three different schools at the time of the pairings. The first three games with the same school shall count towards index purposes. The ten game minimum- requirement will not be waived.
4. Although a field may be satisfactory for seasonal game use, it may be judged unsuitable for tournament play. The Lacrosse Committee will determine unsuitable fields and will notify schools. Appeals may be made to the VPA office. The VPA requires that a restraining ropes/tape be used during regular and tournament season play.
5. The officials are required to check the book at half time, and at the end of the game with the scorers and timers, who will be at mid-field. The officials must sign the book at the end of the game.
6. Teams that receive three or more ejections of players or coaches will be required to meet with the Activity Standards Committee before entering, or continuing in the State Tournament.

7. Legal Game

- a) An official game for boys shall be when three-quarters have been completed.
- b) An official game for girls shall be when 80% of the game has been completed.

8. Mouthguards-required and must be properly fitted (not cut down).

9. All coaches must complete a concussion education course before the beginning of the 2011 season.

10. Any athlete exhibiting symptoms of a concussion is to be removed from play and may not return to play unless they have been cleared by an appropriate licensed medical professional.

Girls Rules (U.S .Girls and Women Lacrosse)

1. Overtime during the tournament is two, three minute, non-sudden, victory periods. If still tied, then three minute, sudden victory periods.
(US Lacrosse Rules)

2. Game Times

- a) Varsity- two twenty-five minute halves, stopped clock on goals, redraws, and on every whistle during the last two minutes.
- b) Junior Varsity- two twenty-five minute halves, running time except for last two minutes.
- c) Middle School- two twenty minute halves, running time except for last two minutes.

3. Uniform Change- please note that in 2013, new requirements for Girls uniforms go into effect. Please check the US Lacrosse guide for the requirements.

Boys Rules (NFHS)

1. Overtime during regular season and the tournament, will follow NFHS rules, four minute, sudden victory periods until a winner is determined.

2. Game Times:

a) Varsity-12 minute quarters

b) Junior Varsity- 10 minute quarters

c) Middle School- 8 minute quarters

3. Goals- requirement for in-ground installation shall be waived. Color of goal requirement shall also be waived. No spectators shall be located behind the end lines.

4. Personal and Expulsion Fouls

a) “Slashing” – repeated blows in quick succession, or any blow made with excessive or unnecessary force, on the gloved hand on the crosse of a player in possession of the ball. (This is the only exception to the rule, which states, “the gloved hand on the crosse of a player in all situations shall be considered part of his crosse.”)

b) Face Off- no contact will be allowed with a player facing off when the player is in a crouched position. (Penalty-three-minutes, non-releasable.)

c) Unnecessary roughness-emphasis will be made to limit any act, which is deliberate and excessively violent, whether it is with the body or the crosse. This may include a legal body check.

5. Uniforms and Equipment –As of 2011, NFHS jersey and shorts requirements are in effect. Officials, however, should use their best judgment in determining if team uniforms meet the spirit of the new rule. As a minimum, varsity team jerseys must match in color and design and shorts shall be of the same dominant color. Jersey color (s) may be different from shorts color. These team uniform colors should be listed on the application. A varsity team not in compliance with uniform color

requirements will be penalized as per the 2011 rules and may be required to wear pinnies. Under-jerseys, compression shorts or sweatpants may be worn, but if visible, must be a solid color that is limited to white, gray, black, or one of that team's official colors. If some players on a team choose to wear under-jerseys, all of the players who choose to wear under-jerseys for that team must wear the same color. Under-jerseys also must be tucked in if they extend below the waistband of the game shorts. If some players on a team choose to wear compression shorts, all of those players on that team must wear the same color compression shorts. Also, if some players on the team choose to wear sweat pants those players on the team must team must wear the same color sweatpants. For Example: a team's official colors are orange and black. All of its players, who are wearing compression shorts, are wearing orange compression shorts that extend below the black game shorts. All of its players who are wearing under-jerseys that are visible are wearing black under-jerseys. Some of its' players are wearing gray sweatpants. Ruling: Legal. Teammates' under-jerseys must match. Teammates' compression shorts must match, and teammates' sweatpants must match. However, all three need not be the same color, but are limited to white, gray, or one on the team's official colors. Since the spring of 2005, helmets must be the same color. It is the expectation then when schools order new uniforms, the NFHS guidelines will be followed.

Shoulder pads may not be altered so as to detract from protecting the collar-bone area down over the point of the shoulder, to the deltoid area. The standard mechanic for referees during an equipment check will be to tap the collarbone, and the mid-point of the deltoid to make sure there is protection.

NFHS 2011 Rule Changes (Boys)

Please refer to the 2011 NFHS & U.S. Lacrosse Rules Book for a listing of rule revisions.

7.Tournament Season:

1.Teams will be selected on the point index shown in the tournament section. The points will be totaled and the total divided by the number of games played to find the point index. If, during the season, teams decide to play both games at one field, it will remain a home and away series alternately. **IF THE GAME IS PLAYED ON A NEUTRAL FIELD,**

THE HOST TEAM WILL BE CONSIDERED THE HOME TEAM.

Out of state schools will be classified by the student enrollment.

PROCEDURE FOR BREAKING TIES

- a. The team with the best record against the other team(s), i.e.. head to head competition.
 - b. The team with the best record against common opponents.
 - c. The team with the best won-lost record.
 - d. Strength of schedule as determined by the judgment of the committee.
 - e. Coin flip.
2. To be paired in the tournament a school must apply. The application may be withdrawn up to **10 A. M.** the day of the pairings.
3. Schools shall schedule last game no later than **May 28, 2011.**
Electronically file completed application no later than 10 AM, May 29, 2011.
4. The following dates for both girls and boys have been selected for state play:
Last game to count - **May 28**
Electronically file completed application no later than **10 AM, May 29, 2011**
Pairings Posted– **May 31, 2011**
Playoffs – **June 1, 2011**
Quarter-finals – **June 3 and 4, 2011**
Semi-finals – **June 7 and 8, 2011**
Finals – **June 10 and 11, 2011 – Castleton State College**
- All tournament games must be fully completed. Any game stopped before its completion shall be resumed where it was stopped at a later date. Play downs, quarterfinals, and semi-finals will be played on the field of the higher seeded team if the field is suitable. If the higher seeded team's field is unsuitable; the game will be played at the site of the lower seeded team if that field is suitable. If both the fields are unsuitable, the VPA will assign the field. On a neutral field schools will share expenses.
- A TEAM MAINTAINS ITS ORIGINAL SEED THROUGHOUT THE TOURNAMENT.**
5. The VPA office will assign the officials for all state level games. The home team will pay the officials (fee, plus mileage), unless a neutral site is used. If a neutral site is used, the two teams share expenses (officials' fees and mileage).

6. In any games through the semi-finals assigned by the VPA, it will be absolutely essential that an experienced, reliable, non-student adult statistician will act as scorer and be at the table at the mid stripe, and an experienced, reliable non-student adult timer will be at the table at mid field. The home team will provide the timer, clock, stop watch and game balls. The visiting team will provide the official scorer.

7. At games at the state level from the playoffs on, there must be a restraining rope down both sidelines (six yards), and spectators stay behind the rope, and players and coaches are to stay in the designated bench area (10 yards). It will be the responsibility of the school administrators to see that this is used. There are to be no spectators or photographers in the end line area while the game is going on. The officials will have the right, and must stop the game, until school authorities clear the end line area.

8. The maximum size of the squad in tournament play will include 30 eligible players, plus manager, plus coach and an assistant coach for a total of 35.

9. The host schools must provide medical technician coverage, and a table with two chairs at mid- field.

10. Weather/Field Conditions-Prior to the officials arriving at a game, the home administrator is responsible for decisions regarding the weather and field conditions. Upon arriving, officials (in consultation with the home administrator) will be responsible for making weather and field condition decisions. **Their decisions are final.**