



LACROSSE

GENERAL

MAILINGS: Rulebooks are mailed to head coaches. All other information pertaining to lacrosse should be found in this section of the Handbook or online.

CLASSIFICATIONS: One classification (open) men; one classification (open) for women.

DATE OF FIRST PRACTICE: February 16.

PRESEASON SCRIMMAGES: Schools are allowed two preseason varsity scrimmages. These scrimmages must be conducted as events open to the public (no closed scrimmages allowed) and one scrimmage must use NCHSAA-registered officials. Officials are to work a maximum of two hours per scrimmage. Multiple team scrimmages are allowed. Junior varsity scrimmages are allowed in conjunction with varsity scrimmages at the same date and site.

DATE OF FIRST GAME: March 2.

INCLEMENT/HOT WEATHER GUIDELINES: Precautions must be taken to prevent heat-related problems. The following should be considered when scheduling practice: time of day, intensity level of practice, equipment worn, and environmental conditions. High temperature and high humidity create a dangerous situation for athletes. However, a high humidity and low temperature can cause serious heat-related problems.

Water should be made available in unlimited amounts throughout practice. Water/fluid replacement breaks are recommended each 20 or 30 minutes, depending on practice conditions. Each LEA must have a written policy pertaining to practice on days of extreme heat or early dismissal due to extreme weather conditions. Schools must also have a policy in place regarding lightning. In addition to these guidelines, schools must have a plan/procedure for all emergency situations. See chart on following page.

NUMBER OF REGULAR SEASON CONTESTS: No more than three per week may be scheduled. Teams are limited to 16 games. An individual is limited to no more than one game per day. Junior varsity conference tournament games count toward the 16-game limit; varsity conference tournament games are considered part of the state playoffs.

ENDOWMENT GAMES: An Endowment game may be played, which does not count against the season limit. Schools must request and be granted permission to play an Endowment game by the NCHSAA. A total of 25% gross revenue goes to the NCHSAA Endowment for Endowment games; after expenses, the competing schools divide the remainder.

STARTING TIME: A time no earlier than 5:00 pm is recommended, unless facilities dictate otherwise.

TOURNAMENTS: Tournaments are governed by daily, weekly and seasonal limitations.

EJECTIONS: Refer to NCHSAA ejection policy.

GAME FORMAT: MEN – Four 12-minute quarters

WOMEN – Two 30-minute halves

JV MEN – Four 10-minute quarters with no overtime

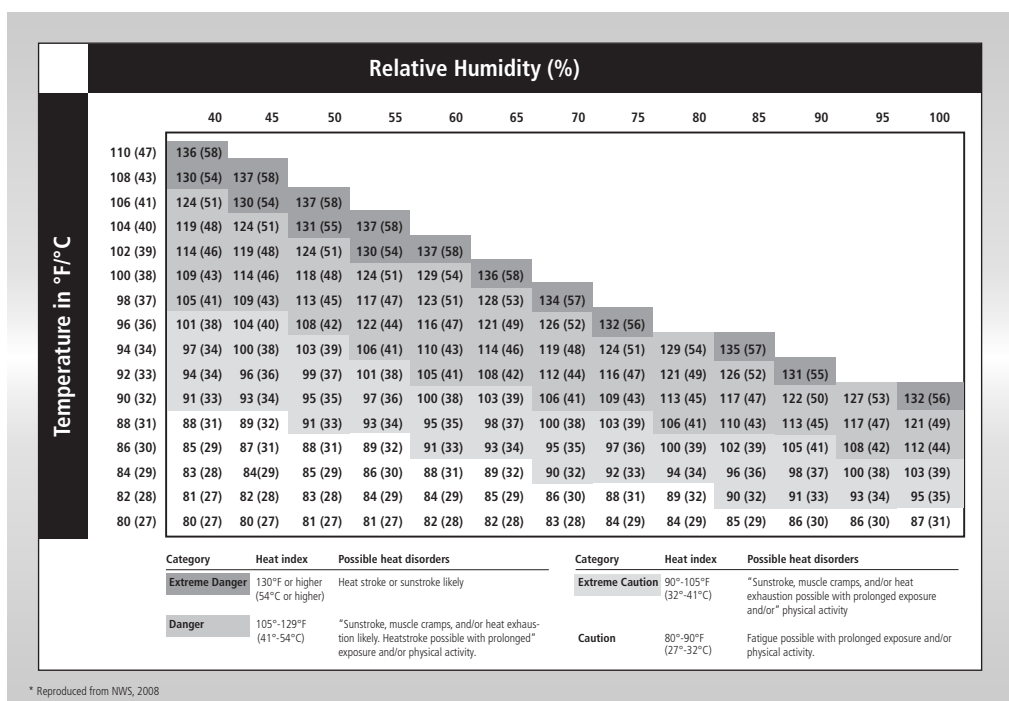
JV WOMEN -- Two 25-minute halves with no overtime

UNIFORMED POLICE OFFICER: Law enforcement officer in uniform is strongly recommended at varsity lacrosse matches. **Furthermore, the host school management must provide an escort off the field for the officials.**

ELIGIBILITY SHEETS: Should be kept on file at the local school but no longer must be filed in the NCHSAA office. Must be made available to NCHSAA upon request, and are required to be shared among conference members.

SCHEDULES: Schools are required to submit varsity and junior varsity schedules to their appropriate booking agent by December 15.

Temperature Risk Table		
Temperature (°F)	Risk	Procedure
<65°F	Low	Observe those athletes susceptible to heat illness, especially those obese.
65-73°F	Moderate	Unlimited amounts of water to be made available on the field. Ice water preferable.
73-82°F	High	All athletes should be under constant and careful supervision. Breaks every 20 or 30 minutes. Fluid replacement very important. Lighten the practice routine or practice in shorts. May need to withhold susceptible players from practice.
>82°F	Very High	A shortened program conducted in shorts and T- shirts. Additional fluid replacement breaks are mandatory. May need to suspend practice.



RECOGNITION:

The early warning signs of heat-related illnesses include:

- ⊙ Exhaustion
- ⊙ Headache
- ⊙ Muscle cramping
- ⊙ Dizziness
- ⊙ Nausea
- ⊙ Thirst
- ⊙ Decreased athletic performance

Other general symptoms include feeling hot or cold, incoherence, visual disturbances, vomiting, stomach cramps, and heart palpitations. Predisposition to heat-related illness should be recognized before it occurs, by making coaches, administrators, officials and athletes aware of individuals at-risk for heat-related pathologies.

UNIFORM CHANGING: Not allowed in area of competition. Must use locker room facilities; disqualification may occur.

OFFICIALS: A two-person crew, all NCHSAA-registered, is mandatory for all varsity contests. A three-person crew is to be used in the State Championship. Three-person crews can be used during the regular season and/or state playoffs with responsibility of payment to be assumed by the host school.

PAYMENT OF OFFICIALS: Officials are to be paid based on local fiscal policy as soon as possible.

SUSPENDED GAME: If a game is suspended due to bad weather, light failure, etc:

If suspended in first half, even if one team is ahead, game is picked up from the point of interruption unless coaches agree to end it.

If suspended at half time or beyond, the game is over. If the score is tied when the game is suspended, then the game ends in a tie. If one team is ahead when the game is suspended, then that team is the winner.

PLAYOFFS

REPRESENTATIVES AND TIES IN STANDINGS: If two or more of the conference's teams are tied for a playoff berth at the end of the regular season, (1) the team that won from the other(s) during the season, gets the berth, or (2) if the teams split during the regular season, the approved tiebreaking procedure shall be used (see Game & Sport Administration section).

QUALIFIERS: The number-one seed from a conference will be the regular season champion, with the number-two seed the winner of the conference tournament. If a team below number-two in the conference wins the conference tournament, it becomes the number two seed. All other berths are determined by regular season standings.

Once qualifiers have been determined and teams or individuals have been placed in the brackets, at no time will another team or individual be substituted in or added to the playoff brackets for a disqualified team or individual. If a disqualification occurs after the playoffs have concluded, that place or position remains vacant.

CONFERENCES: Any school not currently fielding a team but wishing to participate should contact the NCHSAA office no later than September 2. Schools should also notify the NCHSAA if they plan to drop programs by this date. **2010 Lacrosse conferences can be found online after October 1.**

BRACKETS: Games are played on the home field of the higher seed. If equal seeds meet, the home field is determined by the seeding priority listing. In the regional round, if equal seeds meet, it will be noted on the bracket. In both men's and women's lacrosse, the bracket will be 32 teams.

SCHEDULE: deadline for reporting qualifiers: April 26 (6:00A.M.) Dates:

First round	April 30	District round	May 4
Sectional round	May 7	Regional round	May 11
State Championship	May 15		

All games are single elimination. Competing teams should contact each other to work out details for their contest. For the first two rounds of state playoffs, officials are to be assigned by the local booking association of the higher seeded team. After the first two rounds, officials must come from a neutral booking association or from an association mutually agreed upon. Assignments for regional and state championship games will be made by the NCHSAA office. **Game time will be 7:00 p.m. unless mutually agreed upon to play at 6:00p.m. Saturday game times may be earlier if mutually agreed upon. Any other exceptions must be approved by the NCHSAA.** Deadlines are set for completion of each round, but competing schools may play on an earlier date by mutual consent.

ADMISSION: The minimum is \$5.00 prior to the regionals and \$6.00 at the regionals (both include a one-dollar surcharge for the Endowment). See appropriate forms online for financial reporting.

BODY PAINT: No body paint is allowed, regular season or playoffs.

REPORTING PLAYOFF QUALIFIERS AND ADVANCEMENT: For reporting potential qualifiers to state playoffs, conference presidents are required to submit the appropriate information online immediately upon conclusion of the regular season. The information includes overall won-loss record and winning percentage for all conference schools. This must be submitted prior to the appropriate deadlines. The overall winning percentage and finish in conference standings will be considered when determining which schools qualify for wild-card berths in playoffs. Check the playoff format chart in the back of the Handbook for the number of berths for each conference and wild-card qualifier procedures.

Upon conclusion of the conference tournament, the conference president will immediately submit the adjusted overall records of all teams. These are the records that will be listed on the brackets themselves when playoff qualifiers are posted.

Failure to comply with the initial reporting procedure will result in a \$400 fine to the conference.

After the schools have qualified for the playoffs, it is their responsibility to report advancement by the appropriate method and deadline as designated by the NCHSAA. Failure to report a playoff advancement will result in \$400 fine to the school. Teams must report advancement no later than 6:00 am the day following each win. Postponements should also be reported.

Check the www.nchsaa.org website for additional information.

TEAM EXPENSES AND FINANCIAL ARRANGEMENTS: The NCHSAA receives 15% of the gross gate for men's and women's lacrosse first round and district round games. The NCHSAA receives 25% of the gross gate from sectional and regional playoff games. In all rounds prior to the state championship, participating schools will divide the remainder equally after applying the following expense formula:

Where the distance between the competing schools is 100 miles or less, the visiting school will pay its own transportation and meals and the host school will provide the playing facility, ticket takers, security and balls at no charge. The officials are to be paid from gate receipts. Where the distance is more than 100 miles, the same plan should be followed except that the officials are paid by the host school rather than from gate receipts. All concession rights belong to the host schools. NOTE: Participating schools are responsible for dividing any deficit or net 50-50.

The principal of the host school or appointed game manager will forward a copy of the financial report and ticket accountability form to the NCHSAA within 10 days after the contest.

TICKET ACCOUNTABILITY AND FINANCIAL FORMS: All forms can be found online.

REGIONAL AWARDS: Team plaques will be presented to champion and runner-up.

STATE CHAMPIONSHIP

DATES AND SITES: The date for the championship (men's & women's) is set for May 15. Site for the championship is TBA.

ADMISSION: \$8.00 at gate (includes one dollar surcharge for the Endowment).

OFFICIALS: Will be assigned by the Supervisor of Officials.

RADIO AND TV FEE: The fee for live radio broadcast of any championship game is \$50. Any live or tape-delayed television must be cleared by the NCHSAA.

GATE RECEIPTS: The net balance will be divided as follows: 20 percent to each of the competing teams and 60 percent to the NCHSAA.

TEAM EXPENSES: Travel and expenses for 20 players, plus a coach and manager, shall be allowed at the rate designated by the NCHSAA (see basketball section).

AWARDS: Plaques will be presented to the championship and runner-up teams. Members of the championship and runner-up teams will receive individual awards (25 medals each).

NCHSAA SPORTS BRACKETS

For the most up-to-date information on brackets in various sports, including conference playoff berths, seeding priorities and qualifiers, consult the NCHSAA web site at www.nchsaa.org, and use the Playoff Bracket link on the homepage.

Since brackets sometimes undergo changes during the course of an academic year, the decision has been made to omit them in printed form in the Handbook and make them available only online. This eliminates confusion between brackets printed in some cases many months before the playoffs begin, and the actual updated online versions that may contain changes from the original version.

OFFICIATING

OFFICIALS: Each school must use only NCHSAA-registered officials in all competition.

CLINICS: Head coaches are required to attend one of the NCHSAA clinics in their sport, or in conjunction with the rules sessions at the North Carolina Coaches Association Clinic held in Greensboro in July.

GAME FEES: for all classifications:

	Varsity	Jr. Varsity & 9th Grade
two person crew, regular season	\$65	\$50
three person crew, regular season	\$55	
Playoffs	\$70	
State Championship	\$75	

There is a \$25 fee per hour (or any fraction of an hour) for officials per field for scrimmages.

BOOKING FEE: School booking fee to officials' association is \$125 per booking and \$100 for each additional booking in that sport.

2009-2010 NCHSAA State Lacrosse Clinic Dates

State Rules Clinic dates are TBA. Check the NCHSAA website for rules clinic publication.

2009-2010 NCHSAA APPROVED LACROSSE BOOKING AGENTS

NAME	ASSOCIATION	PHONE
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