



# 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 12.

**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:** February 26.

**INCLEMENT/HOTWEATHER 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 charts after Sports Section.

**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:** One endowment game may be played which does not count against the regular season game limitation. Schools must request (both opponents must be informed the game is being requested to be classified as the endowment game) and be granted prior permission by the NCHSAA to play the endowment game (the request form will be on the NCHSAA website). 25% of the gross revenue will be remitted to the NCHSAA's endowment fund; next expenses will be deducted from the remaining proceeds and then the competing schools will divide the remainder. NOTE: The NCHSAA may approve additional endowment game requests to assist member schools with scheduling issues; however, under no circumstances may any additional endowment game (other than the one allowed and described above) be played that would otherwise result in any member school exceeding the regular season game limitation. No endowment game(s) will be used as a part of the tie-breaking system.

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

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

**EJECTIONS:** Failure to file an ejection report for a player or coach (form found on-line) is subject to a \$50 fine. Reports must be filed within 48 hours, or two working days, of the ejection. An ejection is a judgment call; therefore, there are no appeals. If the wrong player is identified, a correction can be made through the regional supervisor and the NCHSAA.

**GAME FORMAT:** MEN – Four 12-minute quarters

WOMEN – Two 25-minute halves

JV MEN – Four 10-minute quarters with no overtime

JV WOMEN -- Two 20-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. 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 regional supervisor by December 15.

**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.

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

**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

**PLAYOFF DECLARATION:** A school has the option to "opt out" of the playoffs, provided it fills out the Playoff Declaration Form on the website, submits it and it is in the NCHSAA offices prior to the reporting deadline for that specific sport. Proper submission means the school will not be considered for either an automatic berth or a wild card position. If the form is not submitted, then the school will be considered and may qualify for a playoff berth.

**UNPAID FINES:** Schools that have unpaid fines to the NCHSAA are not eligible to compete in the playoffs for that sport (i.e. baseball fine would be specific to baseball playoffs) unless the fine is paid two (2) days prior to the reporting date for that sport.

Any fine not paid at the end of the fiscal year (June 30) will carry over to the following school year making all teams at said school ineligible for playoffs until the fine is paid in full.

**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. **2013 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: May 7 (6:00a.m.). Dates:

First round	May 9	Second round	May 13
Third round	May 16	Regional round	May 20
State Championship	May 24		

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 officials association of the higher seeded team. After the first two rounds, officials must come from a neutral officials 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. NOTE: Where the distance is more than 100 miles for the visiting team, game time will be 6:00 p.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:** Minimum \$5.00 for single game, \$6.00 for two games at a single site prior to the regionals; at the regional, \$6.00 for a single game, \$8.00 for two games at a single site (all prices include a \$1.00 charge for the endowment).

**BODY PAINT:** No face/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.

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](http://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 second round games. The NCHSAA receives 25% of the gross gate from third round 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 24. Site for the championship is TBA.

**ADMISSION:** \$8.00 at gate for single game(s) and \$15.00 for two games (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](http://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 (three person crew required)	\$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. For regular season and invitational tournaments: 5-12 games, \$75; 13-25 games, \$100; 26-50 games, \$150; over 50 games, \$200.

**2013-14 NCHSAA State Lacrosse Clinic Dates:** See NCHSAA website.

## 2013-14 NCHSAA APPROVED REGIONAL SUPERVISORS

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## Hot Weather Management, Prevention Guidelines and Recommendations

1. Measure WBGT reading if this can be done accurately onsite. If not, determine this from weather station or reliable airport site within 5 to 10 miles of practice site. If WBGT is not available, determine temperature in F/C and Relative Humidity and refer to the following Heat Index Chart:

Heat Index and Physical Exercise Chart		
WGBT Index (F)	Color Code	Athletic Activity Guideline
Less than 80	White	Unlimited activity with primary cautions for new or unconditioned athletes or extreme exertion; schedule mandatory rest / water breaks (5 min water / rest break every 30 min)
80-84.9	Green	Normal practice for athletes; closely monitor new or unconditioned athletes and all athletes during extreme exertion. Schedule mandatory rest / water breaks. (5 min water / rest break every 25 min)
85-87.9	Yellow (Amber)	New or unconditioned athletes should not practice. Well-conditioned athletes should have more frequent rest breaks and hydration as well as cautious monitoring for symptoms of heat illness. Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 20 min) Have immersion pool on site for practice.
88-89.9	Red	All athletes must be under constant observation and supervision. Remove pads and equipment. Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 15 min) Have immersion pool on site for practice.
90 or above	Black	SUSPEND PRACTICE

LACROSSE

- As temperatures increase, minimize clothing and equipment.
- Provide unlimited drinking opportunities during hotter practices. NEVER withhold water from athletes.
- If and when possible, pre and post-practice weigh-ins should be conducted. (NOTE: an athlete who is not within 3% of the previous pre-practice weight should be withheld from practice. These athletes should be counseled on the importance of re-hydrating.)

### NOAA's National Weather Service

Heat Index  
Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

- Caution
- Extreme Caution
- Danger
- Extreme Danger