

DIABLO FOOTHILL ATHLETIC LEAGUE

PAT LICKISS, COMMISSIONER

1989 WOODBURY CT. WALNUT CREEK, CA. 94596 TEL/FAX (925) 939-3127

ACALANES ALHAMBRA CAMPOLINDO DOUGHERTY VALLEY DUBLIN LAS LOMAS MIRAMONTE

REVISED: June 14, 2011

DIABLO FOOTHILL ATHLETIC LEAGUE BOYS AND GIRLS LACROSSE GUIDELINES

1. SEASON

- 1.1 Practice may begin the first Monday in February.
- 1.2 A league schedule will be presented to the Board of Governors for approval each year.
- 1.3 Number of Contests:
 - 1.3.1 20 contests for both Varsity and JV
 - 1.3.2 2 scrimmages
- 1.4 Scrimmages Defined
 - 1.4.1 There will be no paid officials, no publicity, no score kept.
 - 1.4.2 Scrimmages will be indicated on the schedule as such.
 - 1.4.3 There will be unlimited time periods, free substitutions.
 - 1.4.4 Play may be stopped or interrupted by coaches.
 - 1.4.5 No admission will be charged.
- 1.5 Tournaments:
 - 1.5.1 Each game of a tournament counts as a complete game and will be counted in the maximum number of contests.
 - 1.5.2 All tournaments must be CIF sanctioned.

2. CONTEST INFORMATION

- 2.1 Starting Times: Boys, Junior Varsity 5:30; Varsity 7:00; Girls, JV 5:30, Varsity 7:00
- 2.2 Days of Competition: Tuesday and Friday
- 2.3 Contest Format: Boys and Girls teams play at opposite sites on same day.
- 2.4 Spectator Control:
 - 2.4.1 Only players, coaches, trainers, doctors, game officials, scorekeepers and members of the press are allowed along the sidelines.
 - 2.4.2 Spectators must remain in the stands.
 - 2.4.3 Only ball retrievers are allowed behind the end line of the field. They must be equipped with the proper lacrosse protective equipment, including helmet, mouth guard, and other protective gear required of the players. The ball retrievers shall remain at least 15 yards behind the end line during play. Their attire should be in contrast to the two teams playing on the field.

3. PREVAILING RULES

- 3.1 All games will be conducted under the Federation of State High School Association's lacrosse rulebook, as mandated by the National Federation of State High School Athletic Association.
- 3.2 Games ending in a tie will go to sudden death overtime.
- 3.3 The home team will provide space at the scoring table for the visiting team score keeper. The home team will keep score and provide a copy of the score sheet to the visiting team in a timely manner.
- 3.4 The NCS Ejection Policy will be strictly enforced.
- 3.5 In the event of an injury or concussion, the school's athletic trainer or the opponent's athletic trainer, if he/she is the only athletic trainer at the contest, has the authority to determine if a player may continue to play or practice.

4. EQUIPMENT AND UNIFORMS

- 4.1 Uniforms: The home team will wear the light uniform and the visiting team will wear the dark uniform.

5. OFFICIALS

- 5.1 Varsity games will be played with two officials: one referee and one umpire. If a third official is provided by the officials association he/she will be a Field Judge.
 - 5.1.1 The referee's decision shall be deemed as official and is not subject to protest unless it can be proven that there was a definite misinterpretation of the rules.
 - 5.1.2 The officials association under contract to the league shall be used exclusively for all games.

6. DETERMINATION OF LEAGUE CHAMPIONS

- 6.1 League Champion
 - 6.1.1 The regular league season is defined as a Double Round Robin.
 - 6.1.3 The league champion will be the winner of the regular league season Double Round Robin. If there is a tie, the tied teams will be designated co-champions.
 - 6.1.4 Ties for NCS competition will be resolved using the tie-breaking criteria. (See#7)

7. **TIE BREAKER**

- 7.1 Criteria for tie breaking between 2 teams qualifying for NCS playoff positions:
 - 7.1.1 Head to head competition.
 - 7.1.3 Team that won the second round game.

8. **NCS QUALIFYING**

- 8.1 The automatic representative to the NCS will be the league champion.
- 8.2 The at large bids to the NCS will go to the remaining qualified teams in the order of their finish in league play. In the event of a tie, standard tie breaking criteria will be used.

9. **ALL LEAGUE SELECTION**

- 9.1 **Boys:** Coaches shall select First Team, Second Team. and Honorable Mention All League teams.
 - 9.1.1 First team all league will be comprised of at least ten players. There will be three defense, three middies, three attack, one goalie and 1 - 2 specialty players.
 - 9.1.2 Honorable Mention team will be comprised of players who have received votes from the coaches.
- Girls:**
 - 9.1.3 First team All-league will be comprised of twelve players. The second team will be the same as the first team.
 - 9.1.4 Honorable Mention team will be comprised of players who have received votes from the coaches, up to 12 players.
- 9.2 Nominating Procedure for boys and girls:
 - 9.2.1. 1st place team may nominate 6 players, 2nd, 5 players; 3rd 4 players; 4th 4 players; 5th, 4 players; 6th, 3 players and 7th, 2 players. If a team does not have enough 1st team or 2nd team player nominations they feel should be presented, then the coaches may entertain additional nominations from other teams. Names will be submitted by position: Defense, Middies, Attack and Goalie
 - 9.2.1.1 After names have been submitted, coaches will vote by position assigning 3 points for a first team player and one point for an honorable mention player. By position, the players that receive the most points will be designated first team; all other players that received points from the coaches will be designated honorable mention
- 9.3 Nominations for Most Valuable Player
 - 9.3.1 Coaches may nominate a Most Valuable Player.
 - 9.3.2 The MVP will be a separate selection from the first team all-league.