



BOYS LACROSSE GUIDELINES 2016

- 1) ALL Maine Principal's Association and National Federation (BOYS) & US Lacrosse (GIRLS) Rules apply to Southwestern Maine Activities Association competitions.
- 2) Standard starting times during the week - Boys 4:00 for varsity, JV to follow 5:45. Times may change with approval from both schools.
- 3) Game Times:
 - a) **Varsity Boys** (4) - 12:00 Minute (Stop Time) Quarters and a 10:00 Minute Half time.
 - i) Overtime NFHS - Four minute sudden victory overtimes will be played until resolved.
 - b) **JV Boys** (4) - 10:00 Minute (Stop Time) Quarters and a 5:00 minute Half time.
 - i) Overtime NFHS - (1) four minute overtime will be played.
- 4) The Host school will provide officials, timer and bookkeeper and Federation/US Lacrosse Approved game balls
 - a) **Boys** - White balls are recommended (yellow, orange and lime green balls are legal).
 - i) Beginning in 2014, all game balls must include labeling which states "Meets NOCSAE Standard. NFHS)
 - ii) At the start of each period a minimum of four balls should be spaced equidistant from each other five yards beyond the end line and four on both sidelines. On the bench side, balls should be placed at the scorer's table.
- 5) **US Lacrosse has adopted the following rule change for Women's Lacrosse:**
 - a) The head coach will be responsible for the behavior of personnel affiliated with their team, including all assistant coaches and will receive any cards related to lack of bench decorum.
 - b) Any player or coach receiving two yellow cards in a single game must sit out the remainder of that game. They may both participate in the next game.
 - c) Any player or coach receiving a red card must sit out the remainder of that game as well as the team's next game.
 - i) **The Penalty time for a red card will be 4 minutes for all levels.**
 - d) When a card has been issued, a player must leave the field for 2 minutes. Her team must play short in both their offensive and defensive ends of the field.
 - e) When a team receives its fourth card of the game the team will play shorthanded for the remainder of the game. They will lose an additional player each time and another card is received.

6) **NFHS Lacrosse has Adopted the following rule changes to Boys' Lacrosse:**

- a) The face-off procedure has many changes, including the following: Face-off players must have 6 inches of contrasting color tape on the handle of the crosse. Face-off players must be in proper position before the ball will be placed between the crosses. Face-off players may not carry the ball in the back of the crosse.
- b) Pull strings to adjust a crosse are prohibited. Additional sidewall strings are prohibited. All shooting strings must be within 4 inches of the top of the crosse.
- c) There is new "over and back" rule to keep the ball in play in the offensive end of the field once possession has been established in the goal area.
- d) Points of Emphasis and rules related to checks to the head/neck and body checks to defenseless players remain in effect.

7) **SMAA CHAMPIONSHIP** - The SMAA team championship in Boys Lacrosse is determined by Heal Point*.

**For all sports where Heal Points are used to determine league champions, head to head play will serve as a tie-breaker. If tied after that co-champions will be declared.*

8) **METHOD of ALL-STAR SELECTION** - The SMAA All-Stars have recognizes 12 players on each of the following teams: First Team, Second Team, and Honorable Mention. Each team will have 3 Attackman, 3 Midfielders, 3 Defenseman, 1 Goallie, 1 LSM, and 1 Utility Player. Positions names are: attack, midfielder, defense, goalkeeper. It is encouraged that each member school be represented on an all-star team.

9) Varsity games that are postponed are to be rescheduled the next available date unless agreed upon by both schools.

- a) Schools may only schedule two (2) regular season games the last four days of the season (June 1st - June 4th)
- b) No make-up games may be scheduled during the final week of the season unless they are the games that were regularly scheduled for that week. Games scheduled prior to the final week must have been made up before that date. Exceptions to this will be made only with the prior approval of the MPA Lacrosse Committee Chairperson.

Important Dates:

- First practice - Monday, March 30, 2015
- First countable game - Thursday, April 16, 2015
- Last countable game - Thursday, June 4, 2015
- Make up date for June 4th Game ONLY - Friday, June 5, 2015
- SMAA Boys Post-Season All-Star meeting - TBD
- Online Sportsmanship Voting - Monday, June 8, 2015 - Friday, June 12, 2015
- Regional Prelims - Monday, June 8, 2015 (High Seed)
 - Please Note - By mutual agreement the June 8th Regional Prelim game may be moved to Saturday, June 6, 2015
- Regional Quarterfinals - Wednesday, June 10, 2015 (High Seed)
- Regional Semifinals - Saturday, June 13, 2015 (High Seed)
- Regional Championships - Wednesday, June 17, 2015 (High Seed)
- State Championship - Saturday, June 20, 2015 (**East HOME & West AWAY**)
 - Girls - Class B 6:00 pm & Class A 3:30 pm (Location TBD)
 - Boys - Class B 12:30 pm & Class A 10:00 am (Location TBD)
 - *PLEASE NOTE - In the event that a school has both teams playing in the championship game the schedule will be adjusted*

Contact Information:**SMAA Boys Lacrosse Liaison:**

Eric Curtis

Bonny Eagle High School

Email: ecurtis@bonnyeagle.org**Boys Lacrosse Assignor:**

Wayne Sanford

Email: <mailto:chief@mloa.org>**Officials Fees:**

Varsity - \$69.50

JV - \$49.00

Mileage - \$.44 per mile

Helpful Boys Lacrosse Websites:

- **US Lacrosse** - www.uslacrosse.org
- **National Federation of High Schools (NFHS)** - www.nfhs.org
- **Maine Lacrosse Coaches Association** - www.mainelax.com
- **Maine Lacrosse Officials Association** - www.mloa.org