

BOYS LACROSSE

1. FORMAT OF COMPETITION

1.1. The league shall be divided into two divisions Bay and Ocean. The divisions shall be determined by strength of program, recommended by the coaches and approved by the Board of Managers. The determination of league placement shall be reviewed every year.

2. RULES

2.1. Boys lacrosse shall be governed by the National Federation of State High School Associations (NFHS) boys lacrosse rules.

3. NUMBER OF CONTESTS

3.1. Varsity and JV: 20 games

3.2. Varsity and JV allowed two scrimmages. These do not count toward the maximum game limit.

3.3. A tournament will count as the number of contest guaranteed to each team. Each day of tournament or invitational play counts as one contest regardless of the number of games actually played if they are less than regulation length. Teams are limited to a maximum of three tournaments.

4. STARTING DATES

4.1. Starting practice dates for each sports season shall be determined by the CCS.

5. DEFINITION OF PRACTICE/SCRIMMAGE

5.1. See PAL Bylaws, Article IV, Section 2 and Section 3.

6. STARTING TIME FOR CONTESTS

6.1. Afternoon contests: Varsity 4:00 PM, JV 6:00 PM.
Evening contests: JV at 5:00 PM, Varsity 7:00 PM.

7. REQUIRED SCORING AND/OR TIMING PERSONNEL

7.1. The home school shall be responsible for the official book.

8. CHAMPIONSHIPS AWARDED IN DIVISIONS

8.1. Varsity championships shall be awarded to the winners of the Bay and Ocean Divisions.

8.2. JV championships shall be awarded to the winners of the Bay and Oceans Divisions.

8.3. Ties for first place result in co-champions.

8.4. The PAL has two AQ's for the CCS Tournament. Bay #1 is an automatic qualifier. The second AQ will be the play-off winner between of Bay #2 @ Ocean #1. This is to be played on the Saturday that the regular season concludes.

9. THE CONTEST/TIE LEAGUE STANDINGS

9.1. All ties must be broken and standings set prior to the playoffs. The procedures listed below will be followed in order until the tie situation is resolved.

9.2. Won-lost record within the tie.

9.3. Won-lost record versus teams above in the standings in order of finish.

9.4. Won-lost record versus teams below in the standings in order of finish.

9.5. Goal differential within the tie.

9.6. Goal differential with teams above in the standing in order of finish.

9.7. Goal differential with teams below in the standing in order of finish.

9.8. If still a tie, coin flip by commissioner.

10. POST SEASON TOURNAMENTS

10.1. Neither pre or post season games shall be authorized before or after the close of the regularly scheduled athletic activity season unless approved by the PAL Board of Managers and CCS.

11. OUTSIDE COMPETITION

11.1. School teams may not compete against club teams, either in or out of state.

11.2. School teams wishing to compete against schools from out of section and state must be sanctioned by the CCS.

12. SANCTIONED TOURNAMENT/INVITATIONAL EVENTS

12.1. CIF/CCS sanction is necessary for all tournaments at all levels.

13. VARSITY ALL LEAGUE SELECTION PROCESS

13.1. All league selections will be made by the coaches at their end of the season meeting. 1st and 2nd team shall consist of 3 middies, 3 defenders, 3 attackmen, 1 LSM, 1 SSDM, 1 faceoff, and one goalie. Each team will receive 2 HM's.

14. AWARDS - Authorized Peninsula Athletic League awards include:

14.1. Certificates recognizing "All League Selections", to be made available through the school athletic department.

14.2. Perpetual trophies for division champions.

15. SPECIAL RULINGS

15.1. The Peninsula Athletic League is an "open roster" league. Athletes may move between rosters throughout the season of sport. Athletes may not exceed 20 games of competition. Athletes may not participate in two levels of play on the same day.

16. SPORTS CHAIRPERSONS

16.1. The lacrosse chairpersons shall serve for a minimum of two (2) years.

16.2. The lacrosse chairperson shall be selected or appointed from each division.

16.3. The duties of the chairpersons:

16.3.1. Shall notify the commissioner of all sport committee meetings.

16.3.2. Shall call a meeting of all the league lacrosse coaches prior to the beginning of the season to go over schedules, bylaws, rule changes, and anything pertaining to their sport for their season. This meeting shall include all coaches from both divisions.

16.3.3. Shall call a meeting of all league lacrosse coaches at the end of the season to review the bylaws, make revisions in the bylaws, set up schedules for the next season, and select all-league players. At this meeting, they shall also discuss problems that came up during the season and

make recommendations to resolve the problems.

16.3.4. Shall represent their division on the CCS Lacrosse Committee.

17. SPECIAL RULINGS

17.1. Pre-season conditioning sessions do not allow helmets, pads, balls or sticks.

17.2. Home teams must wear white colored jerseys; visiting teams must wear dark colored jerseys.