



LACROSSE BY-LAWS – BOYS & GIRLS

ARTICLE I GOVERNING RULES

SECTION 1 Boys' lacrosse shall be governed by the National Federation of State High School Associations (NFHS) Boys Lacrosse Rules Book. US Lacrosse, the National governing body of lacrosse endorses this rulebook.

SECTION 2 Until the NFHS publishes a separate rules book for girl's lacrosse, the US Lacrosse Rules Book for girls' lacrosse shall govern.

ARTICLE II CLASSIFICATIONS

SECTION 1 Boys Lacrosse teams will consist of Varsity and Frosh Soph. The varsity team may consist of all eligible athletes' grades 9-12. The Frosh Soph teams will consist of freshman and sophomores only. Girls Lacrosse teams will consist of Varsity and Junior Varsity. The varsity team may consist of all eligible athletes' grades 9-12. The Junior Varsity team will consist of freshman and sophomores and juniors only.

SECTION 2 No seniors, boys or girls, may play at the non-varsity level (JV for girls and FS for boys)

SECTION 3 TITLE IX COMPLIANCE - Female student athletes at coed member schools will be allowed to participate on SCVAL sanctioned interscholastic athletic teams in any sport where a similar team is not available to them in the same sport. A school may offer a similar team during any of the three seasons (fall, winter, spring) to fulfill this requirement.

SECTION 4 In any given season, once a student has played in a league game on a higher squad level; the student may not play in league games at a lower level.

SECTION 5 Regardless of the league status of an athletic competition, a student may not participate in two squad levels of the same sport in the same day with the exception of the goalie. A junior varsity goalie may be exempt from this rule upon injury of a varsity goalie. (Updated 6/6/2010 - 1)

SECTION 6 All teams in the league will play a double round robin format, with schools playing one home and one away game. Postponed league contests, which cannot be re-scheduled, must be considered as a forfeit by the school requesting the postponement.

ARTICLE III PRACTICE AND GAME LIMITATIONS

SECTION 1 SCVAL boys and girls lacrosse teams will be permitted to compete in a season maximum of 20 contests as specified by CCS plus 2 interscholastic scrimmages. Each regular season contest (game) counts as one contest.

- SECTION 2** In tournaments where regular time is kept each game played in the tournament will count as a contest towards the 20 game maximum.
- SECTION 3** 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. All CCS polices will be followed for any team violating the maximum number of contests set out in the CCS by laws.
- SECTION 4** Game Length
- 4.1** The game time for girls is in accordance with the U.S. Lacrosse Rule Book.
- 4.2** Game time for boys varsity will be four 12-minute stopped clock quarters, with a 2 minute quarter break and 10 minute half time. If, during the second half of play, the score differential is 10 or greater, the clock will go to running time.
- 4.3** For boy's frosh/soph and girl's junior varsity level contests, the game time may be negotiated by the coaches and is often based upon anticipated remaining daylight.
- 4.4** Varsity games will precede junior varsity competitions scheduled for the same day and field. Note: If there are emergency situations, which warrant an alternate game time, changes may be made by mutual agreement of the coaches with the permissions of the principals. Further, game officials reserve the right to use an alternative game time if they believe safety is an issue.
- 4.5** Before any change of contest can be made both teams must have a completed SCVAL change on contest form on file at each school site. (Updated 6/6/2010 - 2)
- SECTION 5** A jamboree must be sponsored by the league/conference for member schools only. It must be held in one continuous time period during one day. Participation will not count against the maximum games limit provided: the total time of participation or equivalent measurement (i.e. innings in softball or baseball) for each school does not exceed that of one regular game in the respective sport. Penalty for violation: an activity between schools, declared a Jamboree, but does not follow the definition of a Jamboree, will be declared a contest(s).
- SECTION 6** Scrimmages
- 6.1** A Scrimmage is considered a contest per all CIF and CCS Bylaws and is defined as:
- (A) An activity involving teams or individual student-athletes from two or more different schools in a CIF-approved sport; AND
- (B) Where no score is kept; AND
- (C) Where regulation time is not kept; AND
- (D) Where no officials are paid; AND
- (E) Where substitute rules are set aside; AND
- (F) Where coaches are stopping play for instructional purposes AND
- (G) Where admission is not charged.
- 6.2** Scrimmages shall not count in the team's maximum number of contests.
- (A) Teams are allowed a total of two scrimmages per season.
- SECTION 7** COMPETITION AGAINST CLUB TEAMS - School teams may not compete against club teams, either in or out of state. School teams considering competition against a school team in a state which does not sanction high school lacrosse must receive prior approval from CIF/CCS.
- SECTION 8** NON CIF GAMES - You must request permission from the CCS Commissioner to compete against a non CIF team. Please complete form <http://www.cifccs.org/eligibility/non-CIF%20teams%20form%20502.doc> and submit to SCVAL Commissioner who in turn will submit to CCS' Commissioner for approval. Alumni games need no such request.

SECTION 9 Out of Season Conditioning: All out of season conditioning and workouts must follow league and CCS by laws. (Updated 6/6/2010 - 3)

ARTICLE IV **GAME MANAGEMENT – PLAYER ELIGIBILITY**

SECTION 1 Any official issuing a red card to a girl or boy athlete must file a report with the CCS Commissioner. They will be suspended from the remainder of the current game and from the next scheduled game or contest. In the event of an individual performing in a tournament, the next scheduled game may be on the same day as the ejection. Suspension for ejection is to be served immediately with no differentiation between league or non-league contest.

SECTION 2 Any player who is ejected from a game or contest twice during the season will be disqualified from any further athletic participation for the remainder of the season.

SECTION 3 UNIFORMS the home team must wear white colored jerseys; the visiting team must wear dark colored jerseys. Schools with a single jersey color must have vests available. It is the coaches' responsibility to confirm uniform colors for the teams prior to the game

SECTION 4 OFFICIALS ASSOCIATION-RULES INTERPRETATIONS-ASSIGNMENT Boys officials will be assigned by NCLUA. Girl's officials will be assigned by NCWLUA. Two officials are required per game.

ARTICLE V **LEAGUE CHAMPIONSHIP AND STANDINGS**

SECTION 1 TIE LEAGUE STANDINGS

1.1 Boys Tiebreaking Procedures: All ties must be broken and standing set prior to the end of the regular season. The procedures listed below will be followed in order until the tie situation is resolved.

- (A) Won-lost versus each other.
- (B) Won-lost versus teams above in the standing in order of finish.
- (C) Won-lost versus team(s) below in the standing in order of finish.
- (D) Goals differential with teams tied
- (E) Goal differential with teams above in the standings
- (F) Win loss record with all common opponents
- (G) If still a tie, coin flip by commissioner (Updated 6/6/2010 - 4)

1.2 Girls Tiebreaking Procedures: All ties must be broken and standing set prior to the end of the regular season. The procedures listed below will be followed in order until the tie situation is resolved.

- (A) Won-lost versus each other.
- (B) Won-lost versus teams above in the standing in order of finish.
- (C) Won-lost versus team(s) below in the standing in order of finish.
- (D) Goals differential with teams tied.
- (E) Goal differential with teams above in the standings
- (F) Goals against teams tied or above
- (G) If still a tie, coin flip by commissioner

SECTION 2 CHAMPIONSHIPS AWARDED

2.1 The SCVAL Championship shall be awarded to the winners of each post season tournament for both boys and girls.

- 2.2** The Division champion for boys shall be decided by the final league standings. Division Champions are also considered league champions.
- 2.3** Junior Varsity championships shall be decided by the final league standings for both boys and girls. Ties for first place will result in co-champions being declared.
- 2.4** The boys' varsity post season tournament shall consist of the top 4 teams in the De Anza division and the top 2 teams in the El Camino Division based on their final league standings.
(A) The top 2 teams in the De Anza division shall receive a first round bye. The remaining two teams in the De Anza Division shall be seeded #1 and #2 based on their finish in their division and will play the top two teams in the El Camino Division seeded #3 and #4 based on their finish in their division. The lowest remaining seed after the first round will play the #1 seed from the De Anza division in the 2nd round.
- 2.5** The girls' varsity post season tournament shall consist of the top 4 teams based on the order finish in league play. The #1 team will play #4 and #2 will play #3.
- 2.6** The official's fees for both the boys and girls tournaments shall be paid for by the gate charged for all SCVAL playoffs. Standard SCVAL admission prices will be charged. (Updated 6/6/2010 – 5)

ARTICLE VI

TEAM PLACEMENT

- SECTION 1** Boys - The first team in the El Camino Division will change places with the last place team in the De Anza Division. For team placement the end of the year standings based on league division play will be used for divisional placement. The tie breaking procedures will be used to determine order of finish. Any coach may propose a different alignment at the post-season meeting. Any new proposal must be passed by a 2/3 vote of all the coaches present.
- SECTION 2** Girls - Until there are sufficient teams in the league there will continue to be only one division.

ARTICLE VII

SPORTS CHAIRPERSON(S)

- SECTION 1** One (1) chairperson from each league (boys and girls) shall be selected by the coaches of the league. If no chairperson is selected by the league at the post season meeting the coach from that year's league champion shall be designated chairperson for the next year.
- SECTION 2** Section 2 The Lacrosse chairperson(s) shall serve for a minimum of one (1) year.
- SECTION 3** Section 3 The duties of the Lacrosse chairperson(s) shall be:
 - 3.1** Call a meeting of all the league coaches prior to the beginning of the Season to review rule changes, schedules, by-laws, and anything pertinent to the sport.
 - 3.2** Call a meeting of all coaches at the end of the regular season to make revisions to the by-laws and discuss problems that came up during the season. The sport chairperson(s) shall present any by-law changes to the Athletic Directors and the Board of Managers.
 - 3.3** Compile season results and send to the AD Liaison and League Commissioner as well as to the league schools.
 - 3.4** Chairperson(s) shall represent the league on the CCS Lacrosse Committee.
(Updated 6/6/2010 – 6)

ARTICLE VIII

ALL LEAGUE TEAMS

- SECTION 1** Boys Selections - At the May meeting, the coaches in the league will meet to vote on boys all league teams. The boy's team will consist of: 3 middies, 3 defenders, 3 attack men, 1 long-stick/specialty player, 1 goalie for the first team and 3 middies, 3 defenders, 3 attack men, 1 long-stick/specialty player, 1 goalie for the 2nd team. Each school may give 2 discretionary honorable mentions per program.
- SECTION 2** Girls Selections
- 2.1** The girls will assign automatic qualifiers (AQ) to the SCVAL All- League team based on their finishing place at the end of the season. These AQ's are determined and submitted by the head coaches of their respective school.
 - 2.2** The AQ's will be divided up as follows: 1st – 5 players, 2nd - 4 players, 3rd – 3 players, 4th – 3 players, 5th – 2 players, 6th – 2 players, 7th - 1 player each. Each school may give 2 discretionary honorable mentions per program.
 - 2.3** If a head coach does not feel that they have enough qualified players to fill their AQ allotment, they may give up one of their AQ's, and an additional at-large player will be accepted.
 - 2.4** In addition to the all-league selections the coaches will vote on and name an outstanding attack, outstanding mid, outstanding defender and an outstanding goalie.
 - 2.5** The first step in discussion and voting is to select the any at-large players and the outstanding position players.
 - 2.6** Discussion and voting will then take place to position all 24 total kids in their respective positions on the 1st, 2nd, and HM teams. Note that there is a rule stating: "no at-large selection may be placed above her school's lowest AQ spot."
- SECTION 3** AWARDS - Authorized Santa Clara Valley Athletic League awards include: Certificates recognizing 1st Team, 2nd Team "all-league selections" and honorable mention to be made available by the SCVAL Commissioner's office. No other awards will be provided at the cost of the league or each individual school. (Updated 6/6/2010 - 7)