



# LACROSSE BY-LAWS

## ARTICLE I Governing Rules

**Section 1** Boys' and Girls' 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.

## 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 Boys' 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 Girls' 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.

**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** At any given time in the season, an athlete may move from one level to the other in practice, tournament, scrimmage, jamboree, division or league games. The athlete may not play two games in a given day or individually exceed the max contests for that sport. The integrity of the school needs to hold to the intent of saving the lower level programs and keeping them in place not to win a lower level championship. As per SCVAL by-laws, a junior may never play in a boys' frosh/soph game and a senior girl may never play in a girls' JV contest.

**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.

**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.

**Section 7** The boys will play a (2) division league of seven teams in both the stronger DeAnza and next seven El Camino. The girls will play a one division league in the DeAnza.. They will play a double round robin format playing one home and one away game against each division member.

### **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 Game times are set by SCVAL BOMs. Both genders will follow the same game times. **No field lights, Varsity 4:00, F/S, JV 5:30; Lighted field F/S, JV 5:30, Varsity 7:00.** 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. Use official SCVAL Change of Schedule form.
- 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.

**Section 5** JAMBOREE: A jamboree must be sponsored by the league/division for member schools only. It must be held in one continuous time period during one day. It must be approved by the SCVAL Commissioner each year. 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:

- (1) An activity involving teams or individual student-athletes from two or more different schools in a CIF-approved sport; AND
- (2) Where no score is kept; AND
- (3) Where regulation time is not kept; AND
- (4) Where no officials are paid; AND
- (5) Where substitute rules are set aside; AND
- (6) Where coaches are stopping play for instructional purposes AND
- (7) Where admission is not charged.

6.2 Scrimmages shall not count in the team's maximum number of contests. Teams are allowed a total of two scrimmages per season. Scrimmages must occur BEFORE official games begin. CIF rule.

**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.

**Section 10** No assistant coach may converse, yell out, or “guide” referees during a contest from the bench. If found doing so, they will be suspended from being at contests by their league and school for the next (3) games for a first offense. Further, transformational high school head coaches need to control the use of swear words by their players during contests along with player interactions with referees.

## 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** Boys officials will be assigned by NCLRA. Girl's officials will be assigned by PSI. At Least 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.
  - 1.1.1 Won-lost versus each other.
  - 1.1.2 Won-lost versus teams above in the standing in order of finish.
  - 1.1.3 Won-lost versus team(s) below in the standing in order of finish.
  - 1.1.4 Goals differential with teams tied
  - 1.1.5 Goal differential with teams above in the standings
  - 1.1.6 Win loss record with all common opponents
  - 1.1.7 If still a tie, coin-flip by commissioner

#### **Section 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.

- 1.2.1 Won-lost versus each other.
- 1.2.2 Won-lost versus teams above in the standing in order of finish.
- 1.2.3 Won-lost versus team(s) below in the standing in order of finish.
- 1.2.4 Goals differential with teams tied.
- 1.2.5 Goal differential with teams above in the standings
- 1.2.6 Goals against teams tied or above
- 1.2.7 If still a tie, coin-flip by commissioner

#### **Section 3** CHAMPIONSHIPS AWARDED

- 2.1 The SCVAL Championship shall be awarded to the winners in the dual round robin play for both boys' and girls' lacrosse. Ties will be considered co-champions. These standings will be utilized for CCS competition and automatic participation. (Article V section 1 and 2)
- 2.3 Junior Varsity/Frosh-soph 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.

## **ARTICLE VI**

### **Team Placement**

- #### **Section 1**
- Boys and girls-
- The first team in the El Camino Division will change places with the last place team in the De Anza Division for team placement for next year. The tie breaking procedures will be used to determine order of finish. (Article V section 1 and 2). Any coach may propose a different alignment at the post-season meeting. Any new/other proposal must be passed by a 2/3 vote of all the coaches present.

## **ARTICLE VI**

## **Sports Chairperson(s)**

- Section 1** One (1) chairperson from each division (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** The Lacrosse chairperson(s) shall serve for a minimum of one (1) year.
- 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 with Athletic Director in charge at the end of the regular season to make revisions to the by-laws and discuss problems that came up during the season. The Athletic Director 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.

## **ARTICLE VIII** **All League Teams**

**Section 1** Boys Selections

At the May post meeting, the coaches of each division 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 face off player, 1 goalie for the first team and 3 middies, 3 defenders, 3 attack men, 1 long-stick/specialty player, 1 face off player, 1 goalie for the 2nd team. Each school may give 1 discretionary honorable mentions per program.

**Section 2.** Frosh-soph will not have all-league at this time.

**Section 3** Names, school, year and position will be provided to Athletic Director in charge for all divisions and levels.

**Section 4** Girls Selections

All-league certificate determination will be determined by round robin standings. First (5), second (4), third (3), fourth (3), fifth (2), sixth (2), all others (1) all league. Each school will receive (1) Honorable Mention. Special awards will come for school's certificates.

**Section 5** Frosh-soph will not have all-league at this time.

**Section 6** Names, school, year and position will be provided to Athletic Director in charge for all divisions and levels.

# ARTICLE IX

## Ejections

### Section 1

#### CATEGORIES

- 1.1 Category I: those which result in removal from the contest in which it occurs plus the team's next one to three contests. The nature of the act that caused the ejection may or may not include physical contact of any degree. If appealed, it can only be done so to the SCV AL Commissioner.
- 1.2 Category II: those which result in removal from the contest in which it occurs plus the team's next contest. If appealed, it may be done so to the SCVAL Commissioner.
- 1.3 Category III: These removals from the contest that may result in suspension from the remainder of the contest, but do not carry an addition game penalty. The removals do not count against the maximum total of two ejections allowed per season.

### Section 2

#### Definitions

- 2.1 Category I  
**One Contest Suspensions:** \*Rough or dangerous play \*Abusive, insulting, or foul Language directed toward anyone \*Taunting or baiting an opponent \*Use of any tobacco product \*deliberately hitting the ball into an opponent \*any single flagrant or violent foul \*A second ejection in the same season for any reason \*Inciting crowd reactions \*persistently challenging officials decisions.  
**Three Contest Suspensions:** \*Fighting, deliberately striking or attempting to strike an opponent. \*Swinging at or hitting an opponent with a stick in a dangerous or intimidating manner.
- 2.2 Category II  
**One Contest Suspensions:** \*Entry or deliberate re-entry of an ineligible player \*deliberately removing required equipment \*Wearing/using illegal equipment after umpires warning. \*Misconduct (not listed in Category I by a player(s) during time-out, half time, intermission, or any other stoppage of the game clock).
- 2.3 Category III  
**Suspension for Reminder of Game:** \*Wearing jewelry after warning by the umpire \*Wearing an illegal uniform \*Subsequent unnecessary delay assessed a player(s) after a team warning has been issued.