

Article V – Lacrosse

500: Practice

- a) Interscholastic practice during the school year is defined as:
 - a. any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport AND/OR
 - b. any school team or individual activity that includes skill drills, game situation drills, inter- squad scrimmages or games, chalk talks, film review, meetings outside of school time (excluding parent meetings). AND/OR
 - c. any other coach-directed or supervised school team or individual activity or instruction for a specific sport AND/OR
 - d. Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the team or the school AND/OR tryouts.
- b) Any single practice session shall be no longer than 3 hours in length.
- c) There shall be a minimum of 2 hours between any two practice sessions in a single day.
- d) Conditions for Optional, Non-Mandatory Off Season Individual & Small Groups Skill Development: Coaches are allowed to work with their athletes in a designated off season 8 week program individually or in a small group of no more than 4 athletes, no more than one hour a day and no more than twice a week for an athlete.

501. Rules

The US Lacrosse Rules Book for girls' lacrosse shall govern.

502. Host school responsibilities

Host responsibilities are outlined in the US Lacrosse Rule Book. The home team is the official book. Home team is responsible for providing qualified and experienced scorer and timer. There should be two officials, a timer and a scorer for each game. If a playing field is non-conforming to standards in Rule Book, then school/coach must inform all other school opponents and procure agreement from all opponents that they accept to play on described non-conforming field.

503. Length of Contests

- a) The game time for girls is in accordance with the US Lacrosse Rule Book.
- b) For girl's junior varsity level contests, the game time may be negotiated by the coaches and is often based upon anticipated remaining daylight.
- c) 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 athletic directors. Further, game officials reserve the right to use an alternative game time if they believe safety is an issue.

504. Tie Game

Girl's games will follow US Lacrosse Rule Book procedures.

505. Tiebreaker Procedures

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

- a) Head to head Win-Loss.
- 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 or above.
- e) Goals against teams tied or above.
- f) Coin flip by commissioner.

506. Championships Tournament

- a) Varsity championships shall be awarded to the winners of the end of season WBAL Championship Tournament⁵
- b) The varsity girls' championship tournaments participants will be the 1- 5 teams of the Foothill division and the winner of the Skyline division as determined by the final league standing and the tie breaker procedures.
 - Tuesday- First round: S1 vs F3, F5 vs F4.
 - Thursday- Second round (Semis): F1 vs. F5/F4 winner, F2 vs. S1/F3 winner. Games played at higher seed.
 - Saturday - Championship. Site predetermined at conclusion of prior season when possible.

507. 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.

508. Officials

Two officials are required per game. Girls' officials will be assigned by Northern California Women's Lacrosse Umpires Association (NCWLUA).