

LACROSSE 7.000

Schedules 7.100

- 7.101 Boys' and girls' lacrosse shall be played in the Spring season of sport.
- 7.102 There will be a double round robin league schedule.
- 7.103 Lacrosse matches will be scheduled for Tuesdays and Fridays. Boys' teams and girls' teams will play at opposite sites on the same day.
- 7.104 Junior varsity league contests will begin at 5:30 PM. Varsity league contests will begin at 7 PM.
- 7.105 The schedule shall be established using a scheduling matrix and the numbers that are drawn for fall sports by the NBL principals. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn and a new schedule developed using the schedule matrix. The matrix is included at the end of these bylaws.
- a. Numbers will be drawn by an administrator from each school in the fall.
 - b. These numbers are then used to fill slots in the scheduling matrix. Some manipulation may be required to accommodate playing fields.

Admissions 7.110

- 7.111 Admission may be charged for lacrosse contests, as per the NBL general admission fee schedule.

Practice 7.200

- 7.201 The first date for practice shall be determined by the NCS Championship Calendar for that year.

Game Administration 7.300

- 7.301 The National Federation Lacrosse Rule Book is the governing authority in lacrosse, except for CIF/NCS modifications or adoptions.
- 7.302 Games ending in a tie shall go to sudden death overtime.
- 7.303 The home team is responsible for providing all game personnel and field set up, including a scorer's table and a visible clock. It is recommended that the visiting team also provide a scorekeeper.
- 7.304 The home team shall wear light uniforms and the visiting team shall wear dark uniforms.
- 7.303 Spectator control:
- Only players, coaches, medical personnel, game officials, scorekeepers and members of the press are allowed along the sidelines.
 - Spectators must remain off the field and in the bleachers.
 - Only ball retrievers are allowed behind the end line of the field. They must be equipped with the proper lacrosse protective equipment, including helmet, mouth guard and other protective gear required of the players. The ball retrievers shall remain at least fifteen (15) years behind the end line during play. Their attire should be in contrast to the two teams playing on the field.

Officials 7.400

- 7.401 The Northern California Lacrosse Officials' Association is the organization contracted by the NBL to assign officials for boys' lacrosse contests. The Northern California Women's Lacrosse Umpires' Association is the organization contracted by the NBL to assign officials for girls' lacrosse.
- 7.402 Varsity games will be played with two officials: one referee and one umpire. If a third official is provided by the officials' association, he/she will be the field judge.
- The referee's decision shall be deemed as official and is not subject to protest unless it can be proven that there was a definite misinterpretation of the rules.
 - The officials' association under contract to the NBL shall be used exclusive for all games.

Equipment 7.500

- 7.501 A NBL, NCS and National Federation approved equipment shall be used.
- 7.502 All lacrosse fields shall have the required dimensions as described in the National Federation Rule Book.

League & Tournament 7.800

- 7.801 The team with the best league record (double-round robin contests) shall be the league champion. If two or more teams tie for the best league record, they shall be declared co-champions and each team shall receive a pennant.
- 7.802 The automatic representative to the North Coast Section Championships shall be the league champion. In the event of a tie for the league championship, the criteria for breaking that tie will be:
1. Head to head competition
 2. Team that won in the second round robin game
- 7.803 There will be a four-team tournament following the conclusion of the double-round robin league schedule. The winner of this tournament will receive the automatic NBL entry into the North Coast Section Championships.
- 7.804 Seeds will be determined based on total points earned during the league round-robin. The team with the most points will be the #1 seed, the team with the second highest point total will be the second seed, etc. In case of a tie, the league tie-breaker system shall be used. In the first round, #1 vs. #4 at the site of #1, and #2 vs. #3 at the site of #2. The championship game shall be played at the site of the highest seed.
- 7.805 An administrator or his/her representative must be present at each play-off contest. The administrator or his/her designee must check-in with the officials fifteen (15) minutes prior to the start of the contest.
- 7.806 An all-league team shall be selected by league coaches. The all-league team shall consist of the following players:

Girls' Lacrosse

Most valuable player
Three attackers
Five midfielders
Three defense players
One goalie

Boys' Lacrosse

Most valuable player
Three attackers
Three midfielders
Three defense players
One specialty player
One goalie

1. The MVP shall be voted on prior to any other vote.
2. Coaches may vote for their own player when voting for the MVP. Coaches may NOT vote for their own players for any other all-league positions.
3. Each coach may nominate players for the all-league team according to the format below:
 - a. First place team may nominate 5 players
 - b. Second place team may nominate 4 players
 - c. Third place team may nominate 3 players
 - d. Fourth place team may nominate 2 players
 - e. Fifth place team may nominate 1 player
4. The players who receive the most number of votes shall be designated as first team
5. Second team shall have the same number of players as the first team and shall consist of players who received the second most number of points in each position.
6. All other players who received votes from coaches shall be designated as honorable mention.