

2017 MPA LACROSSE BULLETIN

(updated 5/5/17)

LACROSSE SEASON

March 27, 2017	First Practice
April 13, 2017	First Countable Game (after 3:00pm)
June 2, 2017	Last Countable Game
^June 5, 2017	Preliminary Round
June 5 – June 9	On-line Sportsmanship Voting
June 7, 2017	Regional Quarter Finals (High Seed)
June 10, 2017	Regional Semi Finals (High Seed)
June 14, 2017	Regional Championship Finals (High Seed)
June 17, 2017	State Championships – Fitzpatrick Stadium

^By mutual agreement the June 5 preliminary game may be moved to Saturday, June 3, 2017.

*Each coach must complete the NFHS “*Concussion in Sport – What You Need to Know*” video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS “*A Guide to Heat Acclimatization and Heat Illness Prevention*” video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS “*Sudden Cardiac Arrest*” video that is available at the NFHS website (www.nfhslearn.com).

PRE-SEASON AND PRACTICE REQUIREMENTS: A player must participate in five (5) calendar practice days before participating in a lacrosse game, scrimmage or jamboree. It is recommended that contact be prohibited for the first two days of practice. Schools are limited to 5 exhibition dates throughout the season. If a team qualifies for the tournament then one additional exhibition game may be added.

MANDATORY RULES CLINIC

Each HIGH SCHOOL Boys and Girls lacrosse program in the state MUST have a coach or athletic administrator at one of the MPA Mandatory Rules Interpretation Meetings or the MPA will fine the high school a \$35.00 fee. For more details speak to your athletic administrator.

MPA BOYS Rules Interpretation Sessions for high school coaches and/or athletic administrator only:

Saturday, February 4, 2017
Brunswick High School
8:45am (followed by MLCA Coaches Clinic)
(For more information please go to:
www.minelax.com)

Sunday, March 5, 2017
Lewiston High School
9:00am

MPA GIRLS Rules Interpretation Sessions (2 meetings just need to choose 1 to attend) for high school coaches and/or athletic administrator only:

Saturday, January 28, 2017
Yarmouth High School
9:00am (part of the MLCA Coaches Clinic)

Sunday, March 5, 2017
Woodward and Curran Office
41 Hutchins Dr. - Portland
9:00am

WEATHER CONDITIONS

The safety of athletes (*participants*), spectators, coaches/directors, school personnel, and all others present at an athletic contest must be the first and foremost concern to the contest officials and building administrators.

1. When an interscholastic contest has been scheduled and dangerous playing conditions exist or severe weather is anticipated, the following should be considered:
 - a. Prior to beginning an athletic contest, when severe weather is anticipated, the head contest official and the principals of each school, or their designees, will meet to review the suspension and/or postponement procedures. This would include any playing rule book coverage.
 - b. The host school administrator will be responsible for informing contest officials, visiting school administrators and, if applicable, the individual responsible for public address announcements of designated shelter areas.
 - c. When lightning is observed or thunder is heard in the vicinity of a contest conducted outdoors, play should be suspended.
 - d. If any other life-threatening condition occurs, play should be suspended immediately, and predetermined directions to safe locations will be announced.
2. When a suspension of a contest occurs, the following should be considered:
 - a. If the suspension is forty-five minutes or greater, resuming at a later date should be considered.
 - b. Play shall not be resumed until **30 minutes** after the last flash of lightning or clap of thunder.
 - c. When it appears that weather conditions are no longer a threat to the safety of participants, spectators, or contest officials, administrators from all schools involved will meet with the head contest official to determine if play will continue.
 - d. If play is to be resumed, contestants will be given at least a fifteen-minute warm-up period prior to competition.
3. If evacuation is necessary, the following should be considered:
 - a. If lightening is imminent or a thunderstorm is approaching, all personnel, athletes and spectators should evacuate to available safe structures or shelters. A list of the closest safe structures should be announced.
 - b. All personnel, athletes and spectators should be clearly informed of available safe structures or shelters in the event a thunderstorm approaches. A list of the closest safe structures should be announced. The person in authority must be aware of the amount of time it takes to get to each structure and the number of persons each structure can safely hold. For large events, time needed for evacuation is increased and there must be a method (i.e., announcement over loud speaker) for communicating the need for evacuation and directing both athletes and spectators to the appropriate safe shelters.
 - c. The most ideal structure is a fully enclosed, substantial building with plumbing, electrical wiring and telephone service, which aids in grounding the structure. A fully enclosed automobile with a hard metal roof and rolled up windows is also a reasonable choice. School buses are an excellent lightning shelter that can be utilized for large groups of people. However, it is important to avoid contact with any metal while inside the vehicle.

Avoid using shower facilities for safe shelter and do not use showers or plumbing facilities during a thunderstorm as the current from a local lightning strike can enter the building via the plumbing pipelines or electrical connections. It is also considered unsafe to stand near utilities, use corded telephones or headsets during a thunderstorm, due to the danger of electrical current traveling through the telephone line. Cellular and cordless telephones are considered reasonably safe and can be used to summon help during a thunderstorm.

When caught in a thunderstorm without availability or time to reach safe structures, you can minimize the risk of lightning-related injury by following a few basic guidelines:

- Avoid being the highest object. Seek a thick grove of small trees or bushes surrounded by taller trees or a dry ditch.
- Avoid contact with anything that would be attractive to lightning. Stay away from freestanding trees, poles, antennas, towers, bleachers, baseball dugouts, metal fences, standing pools of water, and golf carts.
- Crouch down with legs together, the weight on the balls of the feet, arms wrapped around knees, and head down with ears covered.

TERMS AND CONDITIONS

The Maine Principals' Association authorizes the Lacrosse Committee to establish terms and conditions in this bulletin to govern all regular season and tournament games as indicated. Boys' lacrosse will be governed by the National Federation of State High School Association's Lacrosse Rule Book. Girls' lacrosse will be governed by the U.S. Lacrosse Official Rules for Women's Lacrosse which is endorsed by the NFHS. The committee asks schools and officials to meet the intent of the rules published. Women lacrosse officials are expected to be members of the NFHS Officials' Association, and the U.S. Lacrosse Association.

FIELD SIZE

Men - The playing field shall be 110 yards in length and between 53 1/3 and 60 yards in width. Goal areas shall have a line 40 yards long at each end of the field centered on goal and parallel to and 20 yards from the goal line. Defensive area lines shall be parallel to the end line and marked on each side of the field 20 yards from the goal line and extended from sideline to sideline. Wing area lines parallel to the sidelines shall be marked on each side of the field 20 yards from the center of the field and extending 10 yards on each side of the center line.

Women - The playing field should be between 110 yards and 140 yards from end line to end line and between 60 to 70 yards from sideline to sideline. The goals shall be placed no more than 100 yards and no less than 90 yards apart, measured from goal line to goal line. There must be a minimum of 10 yards and a maximum of 20 yards of space behind each goal line, extending to the end line and running the width of the field.

*Regular season games (both men and women) may be played on a field a minimum of 100 yards in length and 55 yards in width.

SPORTSMANSHIP

Integrity, fairness, and respect are the principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relationships and graceful acceptance of results. Coaches and athletes are displaying their personal character, but also are representing their parents, teachers, school, and community on the field of competition.

Profanity/vulgarity of any kind will **NOT** be tolerated. Officials, coaches, and school administrators are asked to address violators.

(Women and Men) If an athlete is ejected from a contest, they may not compete in the remainder of that contest and the next regularly scheduled countable game at that level. This includes any postgame ejection, including the awards ceremony.

SPORTSMANSHIP AWARD

The Lacrosse Committee is committed to promoting and recognizing outstanding sportsmanship during the regular season and throughout the tournament. Good sportsmanship is conduct which imposes a type of self-control involving honest rivalry, courteous relations among the players, coaches, and officials, and graceful acceptance of results. In order to make the sportsmanship banner selection process meaningful the committee asks that coaches and athletes from all levels of the program be involved in the voting process.

Areas to be considered:

- A. Neat attire by players, coaches, and managers.
- B. Players supporting one another on the field/court/ice and from the bench.
- C. No acts of unnecessary roughness/taunting.
- D. No inappropriate gestures, language, or expressions.
- E. Players using appropriate and positive communication to their coach.
- A. Players and coaches treating officials with respect—no inappropriate gestures, language, or expressions.
- G. Positive community involvement.

Sportsmanship banners will be presented in all classes in both the North and South division.

Sportsmanship voting will take place at the conclusion of the season using the on-line sportsmanship voting link provided on the MPA website. Any school that receives an ejection, at any level in the program, shall be ineligible for the award. Schools that do not submit a sportsmanship ballot may not be considered for the award.

EJECTION RULE FOR COACHES AND STUDENT ATHLETES

Ejection Rule - - In all team and individual sports (varsity or subvarsity), ejection or disqualification from a game, meet, or match for unsportsmanlike behavior of any form, by a coach or a player shall result in the suspension of that player or coach. The coach or player ejected from a contest must sit out all contests at all levels until the coach or athlete completes the ejection penalty by sitting out the next game at the level from which he/she was ejected. This rule applies to a game, meet, or match suspended

before completion as well as a completed contest. This penalty may not be served by sitting out an exhibition, subvarsity, or other competition. A suspended coach may not be present at the game site. Not being physically present at the site means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands, or site area before, during, or after the game/meet. Any coach or player ejected from the last game, meet, or contest of a sports season shall serve a one game suspension in the opening countable game, meet, or contest in the next varsity sport in which he/she participates. This policy will not prevent standing committees from imposing more restrictive disciplinary action. (Effective Date: 1997; Revised: 1998; 2000; 2007; 2008)

US Lacrosse has adopted the following rule for women's lacrosse:

- The head coach will be responsible for the behavior of personnel affiliated with their team, including all assistant coaches and will receive any cards related to lack of bench decorum. In the event the head coach does not effectively control the action of her team's spectators, the head coach may be assessed a card. Any card given to a head coach will count towards their team's cumulative total. If the coach is carded she/he must designate a player who must leave the field and enter the penalty area to serve the entire two minutes of elapsed time.
- Any player **or coach** receiving two yellow cards in a single game must sit out the remainder of that game. **They may both participate in the next game.**
- Any player **or coach** receiving a red card must sit out the remainder of that game as well as the team's **next game**. If a red card is issued to the coach due to the behavior of bench personnel, the head coach and the offender shall be removed from the field.
- When a **card has been issued, a player must leave the field for two minutes. Her team must play short in both their offensive and defensive ends of the field.**
- When a team receives a **fourth** card of the game the team will play shorthanded for the remainder of the game. They will lose an additional player each time another card is received.

Note: Any coach serving a next game suspension shall not be allowed in attendance at the site of the game, either on the field, in the team bench area, or in the spectator area of the site. An ejected player may not participate in the next game but may be in the team's bench area. The ejected player may not be dressed in her game uniform. Violation of this policy will result in the game being forfeited and a red card being issued to the offending player or coach.

Prior to their return to the sideline any coach ejected from a game must complete the NFHS *"Teaching and Modeling Behavior"* video that is available at the NFHS website (www.nfhslearn.com).

BONA FIDE TEAM RULE

A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

- * A single waiver per student athlete per sport season may be granted by the principal on a case-by-case basis for extraordinary circumstances. (e.g. If a student/athlete were invited to participate in a prestigious weekend event then a waiver may be granted. If a student/athlete were invited to participate in a nationally recognized tournament over a school vacation then **that** waiver may be granted for that activity. If a student requests to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach, then a waiver should not be granted **because it violates the spirit and intent of the rule.**)
- ** This policy is not intended to restrict dual sport participation in schools that allow dual participation.
- *** Penalty for violation of this policy:
 - 1st Violation Report violation to MPA office, suspension from play for one game/contest
 - 2nd Violation Report violation to MPA office, removal from team for remainder of season

(Effective Date: 2011)

CRITERIA OF PLAY

In order to be considered for post-season tournament play, all teams must complete a minimum of eight (8) games with MPA member schools with a maximum of twelve (12) games. The games with MPA member schools will be the only contests used in determining seeding for the MPA Lacrosse Tournament. **To be eligible for post-season play, schools must complete their schedules as submitted.**

QUALIFICATION FOR INVITATIONAL LACROSSE TOURNAMENT

Teams will be seeded for regional tournament play according to their finish in the Heal Point standings. 67% of the teams participating in a given region will qualify for postseason tournament play. Games will be held at the site of the higher seeded team through the regional finals.

HEAL POINT REPORTING

Athletic Directors are responsible for the reporting of home games ASAP following the completion of the game. Coaches/athletic administrators are asked to enter results through the link on the MPA website. Please report all rescheduled games to the site.

TIE IN HEAL POINTS

In the case of a tie for the last qualifying position in the final Heal point standings, a play-in game will be played. The play-in sites shall be decided by a flip of the coin. All other ties will be resolved (for play-off bracket position) by looking first at head-to-head competition results and second, if the tie is unresolved, by a flip of a coin.

APPEAL PROCEDURE

The results of an athletic contest are final at the conclusion of the game in accordance with the Maine Principals' Association's By-Laws.

MAKE-UP GAME

If a regular season game is postponed, the schools involved are to reschedule the game on the next mutually available date. Schools may schedule only two (2) regular season games the last four days of the season (May 29 – June 1).

No make-up games may be scheduled during the final week of the season unless they are games that were regularly scheduled for that week. Games postponed prior to the final week must have been made up before that date. Exceptions to this will be made only with prior approval of the MPA Lacrosse Committee Chairperson.

INTERRUPTED/SUSPENDED/CALLED GAMES

REGULAR SEASON GAMES: Games that are interrupted or suspended prior to being an official game by weather, or other conditions beyond the control of the responsible administrative authority shall be made up at the next available date unless the administrators of the schools agree to terminate the game with the existing score, including ties.

Men's - Once the first half is completed it is an official game and shall not be continued. If a game is suspended prior to becoming an official game than it shall be continued from the point of interruption unless the administrators of the schools agree to terminate the game with the existing score, including ties.

Women's - Once 80% (40 minutes) of the contest is completed it is an official game and shall not be continued. If a game is suspended prior to becoming an official game, it is continued from the point of interruption unless the administrators of the schools agree to terminate the game with the existing score, including ties.

UNIFORMS

A. Regular Season - The VISITORS team shall wear dark colored uniforms and the HOME team will wear light colored uniforms. Shorts/kilts must be matching.

B. Tournament Games - The higher seeded school shall wear LIGHT uniforms and the lower seeded school shall wear DARK uniforms for each game of the Lacrosse Tournament. **See #9 State Game for exception (page 8).**

C. Uniforms must meet NFHS/U.S. Lacrosse standards.

D. All shirts in women's lacrosse shall be of a single, solid color with specific trim requirements. Please refer to the U.S. Lacrosse Rule Book for the complete rule.

GAME TIMES

Men - Varsity 4 12-minute quarters; JV- 4 10-minute quarters or 8 minutes by mutual coaches' agreement; a 10-minute half-time. All boys' games (varsity and subvarsity) are stop time.

Women - Varsity - 2 25-minute halves; Subvarsity - 2 20-minute halves; captains decide time for half up to 10-minutes (varsity only)

Men - Overtime – Four minute sudden victory periods will be played until resolved.
Subvarsity – One 4-minute overtime period will be played.

Women - Overtime - U.S. Lacrosse - Six minute (two 3-minute halves) sudden victory overtime periods will be played until resolved.
Subvarsity – If conditions allow, and the officials do not have another game, one 3-minute overtime period will be played.

SPORTSMANSHIP/SPECTATOR EXPECTATIONS

- Bare-chested individuals, shakers, signs, or placards on sticks or other devices designed to support the shaker, sign, or placard are not allowed.
- Horns, musical instruments, or noisemakers that impact the game in any way are not allowed.
- Anyone throwing objects on the playing field will be removed immediately from the field.
- Mascots or other individuals are not allowed on the playing field.

GAME ADMINISTRATION

It is recommended that each school supply adult timers with a clock and a horn and an adult responsible for penalty time. (It may be the game timer.) The home team is responsible for providing a scorebook at the table.

TOURNAMENT CONTESTS (Preliminary, Quarter-Finals, Semi-Finals, Regional Finals)

1. The home team is responsible for all expenses incurred. Admission may be charged and used to defray expenses. Concessions shall be at the discretion of the host school. An appropriate area that meets NFHS or US Lacrosse regulations must be roped off for spectators.
2. The higher seeded school shall wear LIGHT uniforms and the lower seeded school shall wear DARK uniforms.
3. The time of all tournament games is 4:00 p.m. (1 p.m. on Saturday) or at a time mutually agreeable to both schools. Night games, if mutually agreed to, are also permissible (7:00 p.m. starting time or time mutually agreed). Every effort will be made to accommodate a school that has both teams playing on the same date.
4. It is recommended that three officials be used for each tournament game until the regional final and the state championship where three officials will be assigned to all games.
5. Each participating team will have access to the game site one hour prior to the game. Each team will be guaranteed a 20-minute warm-up period.
6. The head coach is responsible for all persons on the bench and the official is authorized to call a game forfeit if, after adequate warning, a team does not comply.

7. It is recommended that principals, or a designee, of each school in the tournament, be present at the games. Two school representatives **MUST BE** present for state championship contests and identify themselves to the committee members present.
8. Games that are interrupted or suspended by weather, or other conditions beyond the control of the responsible administrative authority shall be made up at the next available date unless the administrators of the schools agree to terminate the game with the existing score. The Chair of the Lacrosse Committee shall be notified by the host athletic administrator with the date of the make-up game.

Men's - If a playoff game is suspended than it shall be continued from the point of interruption unless the administrators of the schools agree to terminate the game with the existing score.

Women's – If a playoff game is suspended once 80% (40 minutes) of the contest is completed it is an official game and shall not be continued. A game that is suspended prior to it becoming an official game shall be continued from the point of interruption unless the administrators of the schools agree to terminate the game with the existing score. If a game is suspended with the score tied than it shall be continued from the point of interruption.

9. In the event that a game must be postponed due to field conditions and the field cannot be used the next day, the game must be played at another site. It is the responsibility of the home team to secure an alternate field within the immediate area. If this is necessary, please notify the MPA office and the assigned officials.
10. Fields—Schools should be aware that all tournament games **MUST** be played on fields that meet the requirements of NFHS or US Lacrosse.
11. The timer at all tournament games shall be an experienced adult. The timer is required to sound an air horn at the end of each half in the women's contest and each quarter for men's contest.
12. For all tournament games, thirty (30) medals will be supplied and only individuals on the bench will be recognized during the awards ceremony. All players and coaches must be listed on the MPA Eligibility Form.
13. It is recommended that only personnel from the schools involved in a lacrosse game videotape that game live without prior permission from the schools involved. Any other use of videotaping will be considered unethical.
14. Sportsmanship/Spectator Expectations
 - Bare-chested individuals, shakers, signs, or placards on sticks or other devices designed to support the shaker, sign, or placard are not allowed.
 - Horn, musical instruments, or noisemakers that in any way impact the game are not allowed.
 - Anyone throwing objects on the playing field will be removed immediately from the arena.
 - Mascots or other individuals are not allowed on the playing field.

STATE CHAMPIONSHIP GAMES

1. Practice at Fitzpatrick Stadium will not be allowed unless one of the teams participating uses the field as a home field.
2. Game balls will be provided by MPA and must meet NFHS/US Lacrosse requirements. (Men - one dozen white; women - one dozen yellow or orange). Onyx balls are the official balls for the MPA championship contests and are supplied by Atlantic Sportswear (men and women).
3. Three officials will be assigned to each state championship game. Recommendations from coaches' and officials' organizations will be used to form a pool from which state championship game assignments will be made.

A fourth official (chief bench official) will administer the score table and bench area as stated in the NFHS rule book for men's games or consistent with U.S. Lacrosse Umpire's Manual for women's games.
4. Tie games - Overtime periods will be continued as described earlier until a winner is determined.
5. An administrator and second designee from each school **MUST BE** present and identify themselves to the committee members responsible for the championship. A representative should be assigned to the teams and fans.
6. 2017- A Boys 10:00 a.m.; B Boys 12:30 p.m.; A Girls 3:30 p.m.; B Girls 6:00p.m.; (Even years – girls play first / odd years – boys play first.) Each team will have a 30-minute warm-up.
*In the event that a school has both teams playing in the championship game the schedule will be adjusted.
7. In odd years the home team will be north, and in even years the home team will be south. The home team will wear light colored jerseys.

STATE CHAMPIONSHIP GAME POSTPONEMENT POLICY

- A. The decision on whether or not to postpone a championship game rests solely with the committee members in charge of the game. The decision will be made after consulting with the person in charge of the facility.
- B. Once the game begins decisions relative to suspending a game is the responsibility of the game officials.
- C. Schools traveling a great distance, possibly staying overnight, are reminded that they do so with the understanding that the game may be postponed.
- D. Postponed games in 2017 shall be played on Monday, June 19 (Girls), and Tuesday, June 20 (Boys) or on the next available date determined by the committee.

LACROSSE CLASSIFICATION

CLASS A - 750+	CLASS B - 0-749
NORTH	NORTH
<ol style="list-style-type: none"> 1. Lewiston (1318) 2. MCI/Nokomis (1082) 3. Oxford Hills (1072) 4. Windham (1005) 5. Edward Little (977) 6. Deering (927) 7. Portland (868) 8. Brunswick (821) 9. Mt. Ararat (804) 10. Messalonskee (784) 11. *Cheverus (465) 	<ol style="list-style-type: none"> 1. Mt. Blue (696) 2. Cony (693) 3. Lawrence (674) 4. Camden Hills (669) 5. Maranacook/Winthrop (648) 6. Gardiner (594) 7. Morse (586) 8. Erskine (554) 9. Freeport (511) 10. Yarmouth (496) 11. Lincoln (473) 12. Winslow (464) 13. Oak Hill (433) 14. St. Dominic (197) 15. North Yarmouth (167)
SOUTH	SOUTH
<ol style="list-style-type: none"> 1. Thornton (1422) 2. Bonny Eagle (1134) 3. Scarborough (1034) 4. Massbesic (1019) 5. South Portland (846) 6. Noble (842) 7. Gorham (838) 8. Biddeford (775) 9. *Marshood (739) 10. *Westbrook (722) 	<ol style="list-style-type: none"> 1. Falmouth (710) 2. Kennebunk (673) 3. Greely (664) 4. Fryeburg (559) 5. York (625) 6. Cape Elizabeth (555) 7. Lake Region (524) 8. Wells (449) 9. Waynflete (260)

GIRLS' LACROSSE CLASSIFICATION

CLASS A - 750+	CLASS B - 0-749
NORTH	NORTH
<ol style="list-style-type: none"> 1. Lewiston (1318) 2. Windham (1005) 3. Oxford Hills (1072) 4. Edward Little (977) 5. Deering (927) 6. Portland (868) 7. Brunswick (821) 8. Mt. Ararat (804) 9. Messalonskee (784) 10. *Cheverus (465) 11. *Maine Girls' Academy/Greater Portland Christian (441) 	<ol style="list-style-type: none"> 1. Cony (693) 2. Lawrence (674) 3. Camden Hills (669) 4. Gardiner/Hall-Dale (917) 5. Morse (586) 6. Oceanside (571) 7. Erskine (554) 8. Freeport (511) 9. Yarmouth (496) 10. Lincoln (473) 11. Winslow (464) 12. Boothbay (206) 13. St. Dominic (197) 14. North Yarmouth (167)
SOUTH	SOUTH
<ol style="list-style-type: none"> 1. Thornton (1422) 2. Bonny Eagle (1134) 3. Sanford (1047) 4. Scarborough (1034) 5. Massbesic (1019) 6. South Portland (846) 7. Noble (842) 8. Gorham (838) 9. Biddeford (775) 10. *Marshwood (739) 11. *Westbrook (722) 	<ol style="list-style-type: none"> 1. Falmouth (710) 2. Kennebunk (673) 3. Greely (664) 4. York (625) 5. Fryeburg (559) 6. Cape Elizabeth (555) 7. Lake Region (524) 8. Wells (449) 9. Waynflete (260)

*applied to a higher classification