

PCAL SPORTS RULES

BOYS LACROSSE

Amended and Approved by PCAL Board of Managers March 2023

1.1 Season of Sport

This sport shall be conducted in the Spring season as defined by the Central Coast Section and State CIF by-laws. See Article V of the By-Laws of the Central Coast Section.

1.2 Start Dates for Practices, Scrimmages and Contests

Dates for the start of practices, of scrimmages, and of contests shall be as set forth in Article V of the By-Laws of the Central Coast Section.

1.3 Contest Limits per Season

Limitations on the number of contests in which a team or athlete may compete shall be as set forth in Article V of the By-Laws of the Central Coast Section.

1.4 Divisions

League play in this sport shall be conducted in two divisions formed according to league by-laws and policies concerning Division Placement (See Article 19 of the League By-Laws as well as the League's Division Placement Policy as published on the League website. Those two divisions shall be named as follows: PCAL-Gabilan; and PCAL-Mission.

1.5 League Schedules

1.5.1 Round Robin

The league schedule for each Division shall be a double round robin schedule, as may be decided by the League Board of Managers from year to year.

1.5.2 Preparation and Approval of Schedules

League schedules shall be prepared by the League Commissioner and sent to the League Athletic Directors Council for review, modification as needed. The Athletic Directors Council then send a recommended schedule to the League Board of Managers who consider, change as they deem necessary and vote approval of a final schedule.

1.5.3 Obligation of Schools to Compete According to Schedule

See Article 19 in the League By-laws regarding the obligation of all league schools to compete according to the approved league schedule.

1.6 Levels and Participation by Individual Student-Athletes

1.6.1 Levels

Each school shall have at least a Varsity level team, and may have a Junior Varsity level as well. Each shall be composed of students in 9th-12th grade and eligible under all State CIF and CCS rules and regulations.

1.6.2 Individual Student-Athletes; Movement and Participation

Within any given season, a student may play at any level but may not participate in two squad levels of the same sport in the same day with the exception of the Goalie. A JV goalie may be exempt from this rule upon injury of a Varsity goalie.

1.7 Contests

The following provisions shall govern all regular season Boys Lacrosse contests hosted by a League School. Tournaments or Invitational events may be conducted under differing rules not in conflict with the rule book for this sport.

1.7.1 Rules

Contests in this sport shall be governed by the rules of the National Federation of High Schools for Boys Lacrosse and in accordance with any additional rules set forth in this Section 1.7.

1.7.2 League Contest Start Times and Game Length

Start times for League Contests shall be set by the approved league schedule. Working with the schools, the league chooses its start times based on field and official availability, lights and other factors and shall declare those start times at the beginning of every season.

1.7.3 Length and Ordering of League Contests

The following rules shall govern the length and order of League contests:

Varsity Game Length - Game time for boy's 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.

Junior Varsity Game Length - Game time should remain the same as varsity, but may be negotiated by administrators or persons appointed by administrators based upon anticipated remaining daylight.

Multiple Game Ordering - Game ordering will be dictated by the league schedule dependent on site and official availability.

Modified Game Length - If there are emergency situations, which warrant an alternate game time, changes may be made by mutual agreement of the coaches. Further, game officials reserve the right to use an alternative game time if they believe safety is an issue.

1.7.4 Equipment and Facilities

1.7.4.1 Uniforms

Section 9, Article 1 g 4 of the NFHS rules states that the home team shall wear white or light colored jerseys and the visiting team shall wear dark colored jerseys. Schools with a single jersey color or conflicts with jerseys should notify the opposing school at least two days ahead of the scheduled contest to work out a solution. It is the coaches' responsibility to confirm uniform colors for the teams prior to the game. The visiting team is responsible for avoidance of similarity of colors, but, if there is doubt, the referee may require the home team to change jerseys.

1.7.4.2 Ball

The official ball will be a lacrosse ball approved by NFHS. A white ball must be used for league competition.

1.7.4.3 Field

Home teams are responsible for making sure that the field of play is correctly lined; that orange cones are placed on each corner and at the center line; and that the coaches' area, team area, and table area are properly measured and marked with cones.

1.7.4.4 Scorer/Timekeeper

Designated Home teams are responsible for providing timekeeper and official scorer. While these responsibilities may be shared, it is recommended that two individuals are available to assist the officials and to avoid confusion during competition.

1.8 League Championship Tournament

There shall be no League Championship tournament in Boys Lacrosse.

1.9 League Championship Determination

Each of the two Divisions shall have a champion, determined by the league round robin results. Only designated league contests on the approved PCAL schedule will count towards the league standings. In the case of a first place tie between two teams, those teams shall be Co-Champions of the Division. In the case of a first place tie between three teams, those teams shall be Tri-Champions of the Division.

1.10 League Qualifiers to the CCS Playoffs

As of 2023, PCAL is allotted two automatic CCS playoff spots. The first spot will go to the champion of the Gabilan Division, and the second spot will go to the winner of a play-in contest between Gabilan #2 at Mission champion. Any other PCAL teams seeking to enter the CCS playoffs must qualify at-large.

1.11 All League Selections

Pursuant to PCAL By-Laws, Boys Lacrosse shall have thirteen (13) first and second team all-league awards, with those selections made by the league coaches after the end of the League season. Those selections shall be made and announced in accordance with the provisions of PCAL By-Laws, Article 24 and of the PCAL All-League Selection Policy.

Unless and until changed by the league as a result of such a request by coaches at their pre-season meeting, the all-league slots shall be allocated as follows:

1st and 2nd place teams will each receive 3 first and 2 second team all-league spots

3rd place teams will each receive 2 first and 2 second team all-league spots

4th and 5th place teams will each receive 1 first and 2 second team all-league spot

6th and 7th place teams will each get 1 second team all-league spot.

Ties for any of these places shall each receive the number allocated for that place. For example, if two teams tie for third place, each shall receive 2 first and 2 second team spots. That will leave the next team, the 5th place team, receiving 1 first and 2 second team spots.

After these allocations, the remaining spots will be selected at-large by a coach vote wherein a coach cannot vote for his/her own players.

End of PCAL Boys Lacrosse Sports Rules.

History:

September 2018: Original

September 2019: Amendment to define qualifying to CCS

March 2022: Amendment of 1.10 re qualifying to CCS.

March 2023: Amendment of 1.10 re qualifying to CCS.