

PCAL SPORTS RULES

GIRLS LACROSSE

Amended and Approved by PCAL Board of Managers March 2024

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 currently in two divisions. Those two divisions shall be referred to as PCAL Gabilan Girls Lacrosse and PCAL Mission Girls Lacrosse.

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 Contests

The following provisions shall govern all regular season Girls 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.

1.6.1 Rules

Contests in this sport shall be governed by the rules of the National Federation of High Schools for Girls Lacrosse and in accordance with any additional rules set forth in this Section 1.6.

1.6.2 League Contest Length of Contests and Start Times

a. Varsity Game Length - Game time for Girl'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. Teams will also change ends on the field after each quarter.

- b. **Sub-varsity Game Length** - Game time should remain the same as Varsity but may be negotiated by administrators or persons appointed by administrators and are often based upon anticipated remaining daylight.
- c. **Multiple Game Ordering** - Where daylight is a factor, Varsity games will precede Junior Varsity competitions scheduled for the same day and field.
- d. **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.
- e. **Starting times** – Each school chooses its start times based on field availability, lights and other factors and shall declare those start times at the beginning of every season. No contest shall be scheduled to begin any later than 6:00 PM on a school night. Schools may mutually agree on a starting time when special circumstances dictate changing the start time.

1.6.3 Equipment and Facilities

- a. **Uniforms** – Uniforms shall be in compliance with the NFHS rules.
- b. **Ball** - The official ball will be a NFHS approved lacrosse ball. A **yellow** ball must be used for league competition.
- c. **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 each of the restraining lines; and that the coaches' area, team area, and table area are properly measured and marked with cones.
- d. **Scorer/Timekeeper** - 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

1.6.4 Contest Officials

Officials will be assigned by Peninsula Sports Inc. Two officials are required per game, though the home school may choose to use three officials. The home team is responsible for paying the officials.

1.6.5 Rain-Out Procedures

The decision to postpone a contest due to rain will be determined by the home site administrator based on the field conditions and the safety of the players. If the field is safe to use, the game will be played. In the case that a game must be postponed due to poor field conditions then both school administrators must find a mutual date to reschedule. In the extreme case of running out of possible dates remaining to play then all effort should go into playing games that will count towards league standings.

1.7 League Championship Meet/Tournament

There shall be no League Championship meet or tournament.

1.8 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.

1.9 League Qualifiers to the CCS Playoffs

As of 2024, 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.

1.10 All League Selections

Pursuant to PCAL By-Laws, Girls Lacrosse shall have Fifteen (15) 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 15 all-league slots shall be allocated as follows:

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

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

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

6th place team will get 2 second team all-league spots

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 1 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 PCAL Girls Lacrosse Rules.

History:

September 2018: Original

September 2019: Amendment to define qualifying to CCS

March 2024: Amendments to reflect now two divisions as well as to reflect NFHS rules changes