

The VPA recognizes lacrosse as a sanctioned sport for both Boys and Girls. The Boys follow the rules of the National Federation of State High School Association (NFHS), while the Girls follow the U.S. (Girls and Women) Lacrosse Rules. ****Spring practice starts on March 20, 2017.****

General Rules (Boys and Girls)

1. No school shall schedule more than sixteen games, exclusive of play-offs, with schools sanctioned by the VPA. A maximum of three scrimmages is allowed from the first day of practice, until the tournament picks are made. Scrimmages must be in an instructional format, not actual games.
2. The top sixteen teams in each division qualify for the state tournament. If more than sixteen teams qualify in a division, the Lacrosse Committee will utilize the VPA tiebreaker criteria to determine the top sixteen teams. (See Tournament Season)
3. In order to be considered for the tournament play, it is necessary that a team complete a minimum of **ten** games with at least three different schools at the time of the pairings. The first three games with the same school shall count towards index purposes. The ten game minimum- requirement will not be waived.
4. Although a field may be satisfactory for seasonal game use, it may be judged unsuitable for tournament play. The Lacrosse Committee will determine unsuitable fields and will notify schools. Appeals may be made to the VPA office. The VPA requires that a restraining ropes/tape be used during tournament season play. This is also recommended during the regular season.
5. The officials are required to check the book at half time, and at the end of the game with the scorers and timers, who will be at mid-field. The officials must sign the book at the end of the game.
6. Teams that receive three or more ejections of players or coaches will be required to meet with the Activity Standards Committee before entering, or continuing in the State Tournament.

7. Legal Game

- a) An official game for boys shall be when three-quarters have been completed.
- b) An official game for girls shall be when 80% of the game has been completed.
- c) A suspended game may be terminated and considered complete by mutual agreement of opposing coaches.

8. Mouthguards-required and must be properly fitted (not cut down).

9. All coaches and officials must complete a concussion education course before the beginning of the 2017 season. Certification must be completed every two years.

10. Any athlete exhibiting symptoms of a concussion is to be removed from play and may not return to play unless they have been cleared by an appropriate licensed medical professional as identified by the home team.

11. All schools are required to have appropriate medical personnel at all home games this season (This is a Vermont State Law).

12. There is no overtime for any Junior Varsity game.

13. Coach/player ejected from a game may not return to that game and must leave the side

Girls Rules (U.S .Girls and Women Lacrosse)

1. Overtime during the regular season and tournament season is now sudden victory. (Rule 4-6)

2. Game Times

- a) Varsity- two twenty-five minute halves, stopped clock on goals, redraws, and on every whistle during the last two minutes

of each half.

- b) Junior Varsity- two twenty-five minute halves, running time except for last two minutes of each half.
 - c) Middle School- two twenty minute halves, running time except for last two minutes of each half.
3. Points of Emphasis for 2017 (see rulebook for further explanation)
- a) Coaches and Team Area
 - b) Defenseless Hits
 - c) Blindside Hits
 - d) Mouthpiece Fitting
 - e) Remind of Crosse Change in 2018

Boys Rules (NFHS)

1. Overtime during regular season and the tournament, will follow NFHS rules, four minute, sudden victory periods until a winner is determined.
2. Game Times:
 - a) Varsity-12 minute quarters
 - b) Junior Varsity- 10 minute quarters
 - c) Middle School- 8 minute quarters
3. Goals- requirement for in-ground installation shall be waived. Color of goal requirement shall also be waived. No spectators shall be located behind the end lines.
4. Uniforms and Equipment –As of 2012, NFHS jersey and shorts requirements are in effect. Officials, however, should use their best judgment in determining if team uniforms meet the spirit of the new rule. As a minimum, varsity team jerseys must match in color and design and shorts shall be of the same dominant color. Jersey color (s) may be different from shorts color. These team uniform colors should be listed on the application. A varsity team not in compliance with uniform color requirements will be penalized as per the current rules and may be required to wear pinnies. Under-jerseys, compression shorts or sweatpants may be

worn, but if visible, must be a solid color that is limited to white, gray, black, or one of that team's official colors. If some players on a team choose to wear under-jerseys, all of the players who choose to wear under-jerseys for that team must wear the same color. Under-jerseys also must be tucked in if they extend below the waistband of the game shorts. If some players on a team choose to wear compression shorts, all of those players on that team must wear the same color compression shorts. Also, if some players on the team choose to wear sweat pants those players on the team must wear the same color sweatpants. For Example: a team's official colors are orange and black. All of its players, who are wearing compression shorts, are wearing orange compression shorts that extend below the black game shorts. All of its players who are wearing under-jerseys that are visible are wearing black under-jerseys. Some of its' players are wearing gray sweatpants. Ruling: Legal. Teammates' under-jerseys must match. Teammates' compression shorts must match, and teammates' sweatpants must match. However, all three need not be the same color, but are limited to white, gray, or one on the team's official colors. Helmets must be the same color. It is the expectation then when schools order new uniforms, the NFHS guidelines will be followed.

NFHS Lacrosse Rulebook 1-9-1F-Shoulder pads designed for lacrosse are required in boys' lacrosse.

NFHS 2017 Rule Changes (Boys)

Please refer to the 2016 NFHS & U.S. Lacrosse Rules Book for a listing of rule revisions.

Tournament Season: Boys and Girls

1. Teams will be selected on the point index shown in the tournament section. The points will be totaled and the total divided by the number of games played to find the point index. If, during the season, teams decide to play both games at one field, it will remain a home and away series alternately. **IF THE GAME IS PLAYED ON A NEUTRAL FIELD, THE HOST TEAM WILL BE CONSIDERED THE HOME TEAM.** Out of state schools will be classified by the student enrollment.
PROCEDURE FOR BREAKING TIES

- a. The team with the best record against the other team(s), i.e.. head

to head competition.

- b. The team with the best record against common opponents.
- c. Strength of schedule as determined by the judgment of the committee.
- d. The team with the best won-lost record.
- e. Coin flip.

2. To be paired in the tournament a school must apply. The application may be withdrawn up to **10 A. M.** the day of the pairings.

3. Schools shall schedule last game no later than May 27, 2017.

Electronically file completed application no later than 10 AM, May 28, 2017.

4. The following dates for both girls and boys have been selected for state play:

Last game to count – May 27, 2017.

Electronically file completed application no later than 10 AM, May 28, 2017

Pairings Posted-May 28, 2017

Playoffs – May 30 and May 31, 2017

Quarter-finals – June 2 and June 3, 2017

Semi-finals – June 5 and June 6, 2017

Finals – June 9 and 10, 2017 – TBA

All tournament games must be fully completed. Any game stopped before its completion shall be resumed where it was stopped at a later date. Play downs, quarterfinals, and semi-finals will be played on the field of the higher seeded team if the field is suitable. If the higher seeded team's field is unsuitable; the game will be played at the site of the lower seeded team if that field is suitable. If both the fields are unsuitable, the VPA will assign the field. On a neutral field schools will share expenses.

A TEAM MAINTAINS ITS ORIGINAL SEED THROUGHOUT THE TOURNAMENT.

5. The VPA office will assign the officials for all state level games. The home team will pay the officials (fee, plus mileage), unless a neutral site is used. If a neutral site is used, the two teams share expenses (officials' fees and mileage).

6. In any games through the semi-finals assigned by the VPA, it will be absolutely essential that an experienced, reliable, non-student adult statistician will act as scorer and be at the table at the mid stripe, and an experienced, reliable non-student adult timer will be at the table at mid field.

The home team will provide the timer, clock, stop watch and game balls.
The visiting team will provide the official scorer.

7. At games at the state level from the playoffs on, there must be a restraining rope down both sidelines (six yards), and spectators stay behind the rope, and players and coaches are to stay in the designated bench area (10 yards). It will be the responsibility of the school administrators to see that this is used. There are to be no spectators or photographers in the end line area while the game is going on. The officials will have the right, and must stop the game, until school authorities clear the end line area.

8. The maximum size of the squad in tournament play will include 30 eligible players, plus manager, plus coach and an assistant coach for a total of 35.

9. The host schools must provide medical technician coverage, and a table with two chairs at mid- field.

10. Weather/Field Conditions-Prior to the officials arriving at a game, the home administrator is responsible for decisions regarding the weather and field conditions. Upon arriving, officials (in consultation with the home administrator) will be responsible for making weather and field condition decisions. **Their decisions are final.**