



## **RULES AND REGULATIONS FOR LACROSSE**

- I. Competition
  - A. Recommended starting times. Junior Varsity should play first
    1. Varsity 7:00 p.m.
    2. JV 5:00 p.m.
  - B. Home school is responsible for submitting scores to the local newspapers.
  - C. It is recommended that the home school provide medical personnel at all games. Medical person is defined as a team doctor, ambulance, EMS unit or a certified trainer.
  - D. Overtime: For Sub Varsity games over time will be limited to one 4 minute period. Varsity will play 4 minute periods with 2 minute half times until the game is decided.
  - E. In accordance to MAC Athletic By-Laws, Article XI, Letter E., seniors may not participate on a JV team unless previously approved by a vote of all member schools.
  - F. It is recommended that games be played on Tuesday & Thursday.
  - G. Varsity games not completed or played due to weather or other unforeseen circumstances will be made up on the next convenient date, unless game has no bearing on the league championship. Games stopped during play will be made up from the point of stoppage.
  - H. Junior Varsity should play first.
  - I. Mercy Rule – A running clock will be used if there is a 10 goal differential at any point during the game
  - J. Both teams will be seated on the same side of the field as the score table
  - K. Home team will wear light colored jerseys; away teams dark colored jerseys.
  - L. Home team will supply the two MHSAA certified officials and game balls.
- II. Scheduling
  - A. All conference teams must play each other in one home and one away contest unless otherwise arranged by the athletic directors.
  - B. Adjustments to starting times may be arranged between competing schools.
  - C. It is recommended that schools with special recognition nights notify the opposing school prior to the game date and it will be no longer than ten (10) minutes.
  - D. League contest to be scheduled for Tuesdays and Thursdays whenever possible.
- III. Awards
  - A. Conference champion will receive a plaque. In case of ties, teams will be considered co-champions and each will receive a plaque.
  - B. A certificate will be awarded to the members of the conference championship team. Certificates can be found on the MAC website.
  - C. All Conference Team selection will be determined by the order of standing in the division. The Conference formula will be used to determine the total number of medals distributed. Final standing ties will be broken for number of medals received: by 1) head to head competition. 2) least amount of goals allowed between the teams involved. 3) least amount of goals allowed over all in conference play.



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- D. All members of the All Conference First Team will receive a medal.
- E. The coaches will vote and identify one conference MVP. The MVP must be a member of the MAC All Conference Team. A medal will be given to the MVP.
- F. All Academic Team will be determined from Varsity team members who earn a GPA of 3.0 or higher during their season of competition. A certificate will be awarded to all members of the MAC Academic Team and can be found on the MAC Website.
- G. Coach of the Year will be determined by first place finish.

Refer to the Athletic Commission By-laws for clarification regarding the following

- a. Pre and post season coaches/league meetings
- b. Division alignment