

MID PENN GIRLS' LACROSSE GUIDELINES – 2024

I. Length of contest

- a. Varsity games will consist of four (4) twelve (12) minute quarters with two (2) minute breaks between quarters. Teams will change ends after each quarter.
- b. When the score is tied at the end of regulation, both teams will have a five-minute rest and toss a coin (visiting captain calls) for choice of ends. The alternate possession shall continue from regulation. The game will be restarted by a center draw. The winner will be decided by "sudden victory." The team scoring the first goal wins the game. Each overtime period shall be two three-minute halves. The clock stops on official time outs or fouls in the critical scoring area. After the first half of the overtime period, teams shall change ends with no delay for coaching. The game will be restarted by a center draw. If the teams are still tied after six minutes have elapsed, the teams will have a three-minute rest and change ends. Play will continue with "sudden victory" until a winning goal is scored. If there is no goal after the second session, the game will end in a tie.
- c. If a game is suspended, it will be played from the point of interruption. Games are considered legal and complete if 75% of playing time has elapsed (excluding post-season play). A suspended game may be considered complete by mutual agreement of coaches.
- d. A Varsity game declared a contest will not necessitate rescheduling the JV game.
- e. JV games will follow the varsity game and consist of four (4) ten (10) minute quarters. If a tie exists at the end of regulation, the game will end in a tie.
- f. Half-time will be ten (10) minutes at all levels but can be less upon agreement of both coaches prior to the start of the game.
- g. If a team is leading by 10 or more goals, the clock will continue to run after goals, and when there is a foul called in the critical scoring area during the last two minutes of the second and fourth quarters. If the difference becomes less than 10 goals, the clock will resume stopping for fouls in the critical scoring area the last two minutes of the second and fourth quarters.

II. Uniforms

- a. The home school will wear white or light-colored uniforms and socks. The visitors will wear dark colored uniforms and socks.

III. Participation

- a. All participating schools must abide by the eligibility rules as stated in the PIAA Constitution and the Mid Penn Constitution and By-laws.

IV. Officials

- a. Officials shall be PIAA approved.
- b. Two (2) PIAA officials shall be assigned for every game. A varsity game may not start without officials.
- c. JV games may be played with one (1) official.

V. Game Operations

- a. The National Federation Girls' Lacrosse rules, as approved by the PIAA shall apply.
- b. Recommended starting times – All afternoon games should start no earlier than 4:00PM.
- c. Game balls must have the NFHS AND NOCSAE seal on them.
- d. All goals will count as one point.
- e. The home team will provide an official timer that is an adult or faculty member. The home team will be the official scorekeeper unless the officials declare otherwise. Each team will furnish its own clock for each game.
- f. It is also highly recommended that an adult or faculty member from the home school keep time at the JV game.

VI. Divisional Championship

This will be decided on the basis of overall record and head-to-head competition.

If there is a tie for the Divisional Championship, the Mid Penn Conference will declare Co-Champions and the Divisional representative in the Mid Penn Tournament will be determined by the head-to-head competition.

In the event of a three-way tie:

1. Head-to-Head competition records will be reviewed and the team with the best head-to-head record will be the division representative.
2. The team with the highest District 3 Power Rating will be the division representative.

VII. Mid Penn Championship

- a. The top two teams will play to determine the overall Mid Penn Champion.
 - i. The Finals will be played in May (TBD) at Central Dauphin's Landis Field @ Speed Ebersole Stadium.
 - ii. The Keystone Division winner will be the Away team and the Commonwealth Division winner will be the Home team.

VIII. Determining entries into the District III Tournament *Subject to change*

- a. District III AAA will have a 12-team bracket based on Power Ratings. Top 4 seeds will have a first-round bye. 3 AAA teams will qualify for the PIAA State Championship Tournament.
- b. District III AA will have a 12-team bracket based on Power Ratings. 4 AA teams will qualify for the PIAA State Championship Tournament.
- c. The cut-off date for games to count in the Power Ratings will be Monday May 13, 2024.

IX. Postponement of Contests

- a. The home school shall decide if a game is to be played or postponed. It should be rescheduled on the first available date. Athletic Directors will make the final decision on make-up dates.

X. All-Star Selection Process

- a. Final Approval of all-stars will be made at the meeting at the end of the season.
 - i. Criteria
 1. All-star is a player who best exemplifies all the qualities of an outstanding individual/athlete.
 2. Sportsmanship – the player’s conduct on and off the field, attitude, and behavior towards officials, opposing coaches and players will be considered.
 3. Skill level – This player shall be a top-quality athlete who possesses a high level of lacrosse kills and plays the position very well.
 - ii. Attack – 4
 - iii. Mid-Fielder – 3
 - iv. Defense – 4
 - v. Goalie – 1
 1. First Team, Second Team and Honorable Mention
- b. All Star Coaches Meeting
 - i. There will be a mandatory Head Coaches Meeting at the end of the season.
 - ii. The winner of the Commonwealth and Keystone Divisions will host this meeting at their school or zoom (or an agreed upon site). NOTE: If there is a tie, highest power rating will determine who will host.
 - iii. If the Head Coach is not present at the meeting, their team players will not be eligible for the All-Star Team. Exceptions will be an emergency in which a call was made to the lacrosse chair (Chris Hunter).