



## CAAC Game Sheet

### Lacrosse – Girls

(Established: February 2022)

(Updated: March 2025)

#### Start Times:

- Time schedule will be as follows:
  - Lights – JV at 5:30 p.m. & Varsity at 7:00 p.m.
  - No Lights – JV at 4:30 p.m. & Varsity at 6:00 p.m.

#### Pre-Game Warm-up:

- The field shall be available 45 minutes prior to the start of the JV game but teams must be considerate of other sports/teams sharing the facility
- Varsity will have at least 25 minutes of on-field warm-up time; warm-up time may be reduced if agreed upon in advance by both teams
- Teams will warm up at their bench end of the field and not cross their respective 45-yard line
- Game clock should be set to run out 10 minutes before game time
  - Format for pregame (with Lights):
    - JV & Varsity Games
      - 5:15 & 6:45 p.m. 5:00 on Game Clock & Captains/Coaches Meeting
      - 5:20 & 6:50 p.m. 0:00 on Game Clock & Stick Checks
      - 5:24 & 6:54 p.m. Introductions
      - 5:27 & 6:57 p.m. National Anthem (Varsity Only)
      - 5:30 & 7:00 p.m. Game Begins

#### Game Format:

- Games will be 4 quarters
- Each quarter shall be 12:00 in length (for both Varsity & JV)
  - Time between quarters shall be 2:00 in length
- Under 1:00 of each quarter
  - Stop the clock on every whistle in the CSA (Critical Scoring Area)
  - Restart the clock on the subsequent whistle
  - Exception – clock does not stop with a 10 or more goal differential)
- Stop the clock after each goal during the game
- Stop the clock on the official's timeout signal; restart the clock on the subsequent whistle
  - Clock stops will be indicated by a whistle and the officials crossing their arms above their head
- During the last 2:00 of the 2<sup>nd</sup> & 4<sup>th</sup> quarters, the clock will stop on all fouls in the critical score area unless there is a 10-goal differential; restart the clock on the subsequent whistle
- Running clock shall occur if either team is ahead by 10 or more goals
  - Clock stops on all injuries and official's timeouts
  - Clock stops will be indicated by a whistle and the officials crossing their arms above their head
- Halftime will be 10 minutes but may be shortened if agreed upon in advance by both teams
- JV will have a running clock except the last 2 minutes of the 2<sup>nd</sup> & 4<sup>th</sup> quarters; the clock will stop after each goal, on the official's timeout signal, and all fouls in the critical scoring area, unless there is a 10-goal differential; restart the clock on the subsequent whistle

## Game Format (continued):

### ● Overtime Procedures

- Overtime procedure is for varsity only; JV will not play overtime (per conference designation)
- The MHSAA did not adopt the Sudden Victory overtime rule and the previous overtime procedures for girls' lacrosse will be retained; the alternative possession shall continue from regulation and is continuous through any overtime period
- When the score is tied at the end of regulation both teams will have a 5-minute rest and coin toss for choice of ends; visiting captain calls
  - AP (alternate Possession) continues from regulation
  - 1 timeout per team in overtime
- Six minutes (two 3-minute periods) of overtime will be played
- Stop the clock on official time-outs or fouls in the CSA (critical scoring area)
  - The clock will be stopped after 3 minutes of play in order for teams to change ends with no delay for coaching
  - The game will be restarted by a center draw
  - The team which is ahead at the end of six minutes wins the game
- If the teams are still tied after six minutes have elapsed, the teams will have a 3-minute rest and change ends
  - The winner will then be decided on a "sudden victory" overtime of no more than six minutes in length with the teams changing ends after 3 minutes
  - The game will be restarted by a center draw
  - The team scoring the first goal wins the game
  - Play will continue with "sudden victory" overtime periods of six minutes in length (two 3-minute halves) with 3 minutes in between and change of ends until a winning goal is scored

### ● Weather Policies & Suspensions

- Once a game begins, the decision to suspend lies with officials; resumption of play will be determined by host school management
  - The game is legal and complete after 3 quarters
  - If three quarters of play have not been completed, play shall resume from the point of suspension
- In compliance with MHSAA guidelines, once thunder is heard or lightning seen, whichever comes first, all teams are to seek immediate safe shelter
  - When lightning is observed or thunder is heard and the contest is suspended, participants shall not return to the playing field until lightning has been absent from the local sky and thunder has not been heard for 30 minutes
- Delays for contests scheduled prior to 3:00 p.m. must not exceed 3 hours; delays for contests scheduled for 3:00 p.m. or later must not exceed 1.5 hours
- Delays on nights not followed by school for all the competing teams may be longer by mutual agreement of participating schools
- If a game is suspended (meaning 3 quarters have not been completed) and played on another day, it must be played from the point of interruption; all stats from a suspended game (goals, team cards, etc.) shall carry over from one part of a game to another even if played on a separate day; cards shall be recorded in the official book
  - A suspended game may be terminated and considered complete by mutual agreement of the opposing coaches; the score at the point of termination will be the official score



## CAAC Event Management Policies & Procedures

### Lacrosse – Girls

(Established: February 2022)

(Updated: March 2025)

#### General Procedures:

- When a host school conducts a special activity that will interrupt pregame or halftime, they shall be required to notify the visiting AD and/or coach no later than upon arrival
- No artificial noisemakers will be allowed
- Spectators will be prohibited from forming pep lines or tunnels on the field
- **Playing Rules**
  - All MHSAA and National Federation rules will be followed
  - Home teams shall wear light uniforms; Visitor shall wear dark uniforms (the visiting team is responsible for avoiding similarity of colors, but if there is doubt the referee may require the home team to change uniforms)
  - The ball shall be yellow and NOCSAE approved
- **Officials**
  - Three officials will be assigned for all varsity games (if possible)
  - Two officials will be assigned for JV games
- **Make-Up Dates**
  - Postponed games will be made up on the next available date as determined by participating school ADs & coaches with every attempt made to make up prior to the All-League meeting
  - Division games will take precedence over non-division games
- **Media**
  - Bona fide media shall be provided access to the facility and press areas
  - Photography restrictions will be established by the host school consistent with similar outdoor events
- **Results**
  - Host school will report results to local media and/or post on social media
- **Host School Expectations**
  - Provide game balls, including additional game balls on the end lines
  - Provide an air horn at the scorer's table at field level to signify timeouts and end of the half
  - Water and ice for both teams
  - Restroom facilities for the visiting team
  - Changing area for officials (if possible and upon request)
  - Certified athletic trainer or doctor (if possible)
  - Host school trainers will tape the visiting team (if asked), and as a courtesy, the visiting team should bring taping supplies
- **Weather Policies & Suspensions**
  - Host school management will determine if a game is to begin if field conditions are affected by weather
  - If a game is to be cancelled in advance due to poor field conditions the visiting team shall be notified prior to 2:00 p.m.
  - Once a game begins, the decision to suspend lies with officials; resumption of play will be determined by host school management
    - The game is legal and complete after three quarters
    - If three quarters of play have not been completed, play shall resume from the point of suspension

## **Division Championship Determination**

- Division Championship will be determined by overall division record after completion of a single round-robin schedule; a win is worth 2 points in the standings, a tie 1 point, and a loss 0 points
- The team with the highest point total will be declared the champion (if 2 or more teams earn the same final number of points, they will be named co-champions)
- Note: The CAAC Cup has no implications on conference standings or a conference champion
  - CAAC Cup will be seeded based on final league standings
    - In the event two teams are tied, seeding will be determined by head-to-head results
    - In the event three or more teams are tied, seeding will be determined by a blind draw

## **All-Conference Selection Format**

- Each division will select All-Conference Teams for CAAC recognized sports
- Players will be selected to the CAAC Divisional All-Conference Team
- There will not be a designation of first team or second team
- When athletes are voted to an All-Conference Team, it shall be primarily based on their performance in divisional games and contests; overall season performance may also be considered
- On a rotating basis, each school will host the All-Conference selection meeting; in most cases, the host Athletic Director will chair the meeting
  - All Conference medals and certificates will be provided by the CAAC and distributed to each school; each school shall distribute medals and certificates to the athletes
- The CAAC Commissioner will release All-Conference results to the media when CAAC teams are no longer competing in MHSAA tournaments

## **Team Sports (voted by division coaches)**

- Girls Lacrosse: 20 players + 2 goaltenders
- All-Conference athletes will receive gold medals plus a certificate
- All-Conference Honorable Mention athletes will receive a certificate

## **All-Conference Meeting**

- Host school will distribute nomination forms to division ADs
  - Coaches shall submit a ranked list of All-Conference nominees from their respective teams to their Athletic Director for approval; the Athletic Director or designee of each school shall submit nominees to the host school
  - Nominees should be only those players worthy of All-Conference consideration; coaches should not include honorable mention athletes in their nominations
  - All nominations will be kept in confidence and should not be shared publicly
- Coaches will meet at a predetermined site to select All-Conference Teams; a coach or a school representative must be present in order to vote for All-Conference Teams
- The host athletic director will prepare the official ballot and chair the selection meeting
- Coaches will determine the make-up of the All-Conference Team, by position, before the vote is taken; the positional make-up of the All-Conference Team may change from year to year by consensus of the coaches
- Each coach must vote a complete ballot and may not vote for his or her team members
- Coaches will vote a secret ballot; the host athletic director will tabulate the votes and announce the results (Coaches will not be allowed to assist with tabulations)
- In case of a tie, a second ballot will be prepared for coaches who are not involved in the tie; if the tie remains after a second ballot, the players involved will be placed on the All-Conference Team and additional medals will be awarded
- Honorable Mention will be awarded to those who receive at least one vote

## All-Conference Meeting Format

The athletic director in charge of the division will:

- Review policy as stated in the CAAC Constitution
- Each coach will present the athletes from their school in order of those most deserving
- Pass out prepared ballots
- Review voting policy:
  - Vote full ballot
  - There can be no additions to the original ballot once the voting starts
- Check that all coaches have voted a full ballot
- Any athlete receiving a vote who does not earn All-Conference will receive Honorable Mention
- Announce All-Conference and Honorable Mention honorees
- Confidentiality is essential
  - All nominations and discussions must remain in confident and not shared in public; this is done to protect the integrity of the process
- Before adjourning the meeting, coaches will discuss any recommendations coaches may want to make to the athletic directors for future consideration
- Distribute medals
- Pass out championship trophy (if possible)
- Coaches may reveal their All-Conference selections only; all other All-Conference selections will not be released publicly until after the MHSAA State Tournament concludes
- Save paperwork until July 1
- Send information to CAAC Commissioner

## Academic All-Conference Award Criteria

- Award will be presented at the end of each season
- Athlete must have a 3.5 cumulative grade point average
- Athlete must have been awarded a Varsity Letter

## MHSAA Handbook Regulations

- A student or team shall participate in no more than five quarters in a day, in no more than three games and/or interscholastic scrimmages of lacrosse in one week (Monday through Sunday), including regular and MHSAA tournament play (p. 67)
  - Overtime is considered an extension of the fourth quarter insofar as this section is concerned
- An individual is limited to one game per school day (p. 67)
- A student or team shall participate in no more than four interscholastic scrimmages and in no more than 18 games, exclusive of the MHSAA tournament (p. 67)
- A student or team may participate in a multi-team tournament in which the total allowable playing time for any team is no more than 150 running time minutes and the event counts as one of the 18 regular-season contests (and one of three dates, Monday-Sunday) (p. 67)
- The following provisions would apply (p. 67):
  - A student or team shall participate in no more than three multi-team tournaments in its regular-season schedule, each tournament must be held on a single day, counting as one of the 18 games of competition allowed
  - No more than 25-minute running time halves can be played (with no overtimes permitted and the games shall end in a tie) – OR – two regulation games may be played (no overtimes permitted)
    - Clock stops for injuries with one time out allowed per team per half
  - Multi-team tournaments may only be held on non-school days or days not followed by school
  - If a student or team participates in a multi-team tournament, that student or team shall participate in no more than two regulation games or interscholastic scrimmages that week, Monday through Sunday, in addition to the multi-team tournament

## **MHSAA Handbook Regulations (continued)**

- For purposes of the “fifth quarter” rule: If two teams from one school are at the same event, allow participation in no more halves or quarters than what is being played by the school’s highest team level that day; for example, if the varsity team is playing three 25-minute games for a total of six halves, a player playing both JV and varsity on the same day can play in six total halves that day (p. 67)
- Casts (p. 116):
  - Authorization for players to compete while wearing a legally padded cast must be in writing from an M.D., D.O., Physician’s Assistant or Nurse Practitioner
- Misconduct/Disqualification (p. 116):
  - The actions of a spectator does not necessitate the head coach be assessed a card