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2017



Section V Boys Lacrosse Coaches' Handbook

Updated: 02/16/2018

<http://blaxfive.net>

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

KEY DATES IN 2018

- MAR 1st — Coaches' Meeting
- MAR 5th— First Practice (V/JV)
- MAR 10th— Rosters Due
- MAR 14th— First Scrimmages
(after 8 practices)
- MAR 16th—First Games
(after 10 practices)

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

- MAR 30-APR 8— Break

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	30		

- MAY 18th— Last Games (Var)
- MAY 19th— Seedings posted
OB Class A
- MAY 20th — Coaches' Mtg
- MAY 21st— Out-Bracket B & D
- MAY 22nd— Quarters A & C
- MAY 23th— Quarter B & D
- MAY 25th— Semi Finals A & C
- MAY 26th— Semi Finals B & D
- MAY 28th— Memorial Day
- MAY 29th— FINALS A & C
- MAY 30th— FINALS B & D

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- JUN 2nd— NYS Quarters
- JUN 6th— NYS Semis
- JUN 9th— NYS FINALS
- JUN 14th— Sr Game

2017-2018 Boys Lacrosse Coaches' Handbook

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**Section
FIVE**

**LACROSSE
Committee**

Mike Simon
mesimon70@aol.com

Lacrosse Coordinator

Cell: (315) 719-3102

Paul Wilson
wilson@sportsfive.net

Assistant Coordinator

Work: (585) 348-7316

Jim Zumbo
jzumbo@fairport.org

Executive Council Liaison

Work: (585) 421-2112

Karen Simon
ksimon72@aol.com

Logistics

Mike Torrelli
mторrelli@fairport.org

Monroe County Chairman

LJ Russell
ljrussell@genevacsd.org

Finger Lakes Chairman

Ken DiDomineck
kdidomineck@bathcsd.org

GRALL President

Brian Hobart
brianhobart@gmail.com

At Large

John Schembri
JSchembri@Penfield.edu

At Large

Fritz Kilian
fritz_kilian@bcsd.org

At Large

Kyle Wilson
kbarrett@sportsfive.net

Logistics

Rob Cantabene
rcantabene@gmail.com

GVLOA President (Liaison)

Team Directory

TEAM	HEAD COACH	CLASS	LEAGUE
Aquinas Institute	Pat Olbrich	D	GRALL
Batavia	Matt Landfried	C	Independent
Bath	Ken DiDomineck	D	GRALL
Bloomfield-Honeoye	Brandon Trombley	D	Finger Lakes
Brighton	Cory Holbrough	B	MC-2
Brockport	Josh Distin	B	MC-3
Canandaigua	Deven York	B	MC-2
Churchville-Chili	Donald Benedict	B	MC-2
East United	Sean Banks/Jim Tillotson	A	Independent
Eastridge	Matt Kleehammer	C	MC-3
Fairport	Mike Torrelli	A	MC-1
Gananda	Joe Sidari	D	Finger Lakes
Gates Chili	Jake Johnson	B	MC-3
Geneva	LJ Russell	C	Finger Lakes
Greece Storm	Andy Hilton	A	MC-3
Hilton	Sean Roche	A	MC-1
Honeoye Falls-Lima	Jack Beaney	C	MC-3
Irondequoit	Terry Coholan	B	MC-2
Livonia-Avon	Brett Wood/TBD	C	GRALL
Marcus Whitman	Jordan Trombley	D	Finger Lakes
McQuaid Jesuit	Terry Corcoran	B	GRALL
Midlakes	Ben Clement	D	Finger Lakes
Mynderse Academy	Scott Sciera	D	Finger Lakes
Newark	Matt Groot	C	Finger Lakes
Palmyra-Macedon	Joe Hill	D	Finger Lakes
Penfield	John Schembri	A	MC-1
Penn Yan	Brian Hobart	D	Independent
Pittsford	Andrew Whipple	A	MC-2
Rush-Henrietta	Tom MacMillan	A	MC-1
Webster Schroeder	Jason Mordaci	B	MC-1
Spencerport	Tim Britton	B	MC-3
Webster Thomas	Rob Ruller	B	MC-2
Victor	Jim Andre	B	MC-1
Waterloo	Matt Morrin	D	Finger Lakes
Wayne	Eric Carlsen	C	Finger Lakes

General Information

Schedules and Rosters

All Section Five Coaches are required to verify final schedules and team rosters by the due dates stated below. Coaches should send in the information by email. Additions or deletions to schedules may not be changed after this date, but dates and times can change throughout the season. Additions or deletions must be reviewed by Mike Simon. Rosters may change throughout the season after notifying Paul Wilson.

For **schedules** the following information is required:

Day, Date, Time, Home Team, Away Team and Location

For **rosters**, the following information is required:

Jersey Number (home and away if different), Name, Grade, Position

Required	Due on or Before
Schedules	Sunday, Feb 25th
Rosters	Saturday, March 10th

Schedules and Rosters are to be sent to **Paul Wilson** at **wilson@sportsfive.net**

Game Reports

Reporters from **both teams are required to send in the results** of their games as soon after the game as possible. The minimum to be reported is the score of the game. Reporters must also send in information on who scored and goalie performances so that players can get the recognition that they deserve. Coaches should delegate this responsibility for reporting and should let Paul Wilson know the name of the reporter. See "Sports Reporter" Section. Any of the contact methods listed below will be acceptable.

Email	scores@sportsfive.net
Leave message at:	(585) 348-7316

SportsFive.NET		ROSTERS	
Bath		Penn Yan	
1 Matt Heppell	M 10	1	Brendan Brings
2 Aaron Prater	D 10	15	James Barabata
3 Matt Heppell	M 10	16	Mike Coughlin
4 Jeff McCreary	M 10	17	Mike Demers
5 Matt Heppell	M 10	18	Mike Doherty
6 Zach Head	A 11	19	Kai Lederwood
7 Matt Heppell	M 10	20	Mike Lederwood
8 Andrew Wilson	G 10	21	Mike Lederwood
9 Matt Heppell	M 11	22	Braden Lederwood
10 Brian Cole	G 11	23	Braden Lederwood
11 Matt Heppell	M 11	24	Braden Lederwood
12 Matt Heppell	A 12	25	Scott Miller
13 Matt Heppell	M 11	26	Scott Miller
14 Matt Heppell	M 11	27	Scott Miller
15 Matt Heppell	M 11	28	Scott Miller
16 Matt Heppell	M 11	29	Scott Miller
17 Matt Heppell	M 11	30	Scott Miller
18 Matt Heppell	M 11	31	Scott Miller
19 Matt Heppell	M 11	32	Scott Miller
20 Matt Heppell	M 11	33	Scott Miller
21 Matt Heppell	M 11	34	Mike Pappas
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32 Matt Heppell	M 11	45	Mike Pappas
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246 Matt Heppell	M 11	259	Mike Pappas

The Winner Calls the Newspapers

The coach from the winning team calls the local newspaper with the score. This should be done right after reporting your score to the Section as the newspapers have strict deadlines.

Changes in Schedules

There are often weather related changes in the early part of the season. When such postponements or cancellations take place it is the responsibility of both coaches to notify Paul Wilson of the changes so that the web site and seeding databases can be up-to-date. Coaches that email changes to Sportsfive.net **two hours before game time** will have their information posted to the website before game time.

Officials

Games in Section Five are officiated by members of the Genesee Valley Lacrosse Officials Association (GVLOA). It is the home team's responsibility to notify the officials if weather or other problem forces a last minute schedule change. Unless special arrangements are made, the home team is responsible for scheduling and paying the officials. The rates for games and travel are governed by Section Five contracts and can be found on the Section Five Web Site. Login and password information is available from Frank Mangione that allow coaches and administrators access to the officials' scheduling software.

Genesee Valley Lacrosse Officials Association		
Assignors	Frank Mangione Todd Lenhard	fmangion@rochester.rr.com 585-451-4219 Lenhard@frontiernet.net 585-752-0796
Interpreter	John Price	refjp54@gmail.com 585-749-2464
President	Rob Cantabene	rcantabene@gmail.com
Web Site:	http://www.gvloa.org/	

For scheduling issues, please contact Frank Mangione first. For rules questions, interpretations contact John Price. For any other issues, please contact Rob Cantabene.

Assignment of Officials

The following is a copy of a memo sent to all Head Coaches and their Athletic Directors.

To: Boy's Lacrosse Coaches and Athletic Directors
Fr: Frank Mangione, GVLOA
Mike Simon, Section V Boys' Lacrosse Coordinator
Da: February 2017
Re: Assignment of Officials

As we approach the start of another season, we wanted to confirm a few things that you may have not been aware of. There are times when there are conflicts between officials and coaches, teams and athletic directors. If this should arise during the course of the season, know that you have a vehicle to resolve this conflict.

Both officials and coaches / Athletic directors may request that an official be removed from working future contests. We do not want to put official in a position where they are not wanted. Additionally, officials can request that they not work at specific schools.

If this situation does arise that you would prefer an official not be assigned to your school's game, please contact both Mike Simon and Frank Mangione or Todd Lenhard with your request. **Your request must include specific reasons to support not assigning an individual official to a home game or sectional contests. We will examine the request and determine the appropriate action.**

This procedure is in place for the 2017 season, including Sectional and Regional play. of the current season. We would hope that issues can be resolved between the parties for the benefit of our athletes.

We take these matters seriously and hope you do also for the betterment of the game.

Contact Information:

Mike Simon, Section V Boys' Lacrosse Chairman
Mesimon70@aol.com
315 719-3102

Frank Mangione, GVLOA Assigner
Assignor
fmangion@rochester.rr.com
585 451-4219

Todd Lenhard, GVLOA Co-
Lenhard@frontiernet.net
585-752-0796

Sectional Tournament

Post Season Championships

The Section Five Lacrosse Tournament determines champions that move forward to the New York State tournament sponsored by the NYSPHSAA. There are four tournament classes (A, B C and D) as determined by school size (BEDS numbers). Class A schools have student enrollments of 1,050 or more. Class B schools have 750 to 1,049 students. Class C schools have 425 to 749 students and Class D schools have up to 424.

Pittsford has received approval from the Section Five Executive Committee to sponsor a "combined school" program with students from both Pittsford Sutherland and Pittsford Mendon playing on a "district team". Pittsford decided to move up to Class A. Honeoye and Bloomfield have received permission to join as a class D team. Greece has combined all four high schools into one Class A team and Livonia and Avon have combined for a Class C team.

McQuaid's BEDS number is doubled because they are a "single gender" school. BEDS numbers can be seen on the NYSPHSAA web site, at: <http://www.nysphsaa.org/Classifications>



Photo by James Lathrop

Classification for Section Five and New York State Tournaments

Team	Students	Team	Students
Class A (1,050 and up)		Class B (750 to 1,049)	
Fairport	1,450	Schroeder	1,031
Greece Storm	1,437	Victor	1,011
East United	1,405	Gates Chili	1,005
Rush-Henrietta	1,207	Thomas	982
Penfield	1,104	Churchville-Chili	959
Hilton	1,098	McQuaid Jesuit	940
Pittsford	1,023	Irondequoit	973
		Spencerport	863
		Canandaigua	863
		Brighton	861
		Brockport	794

Classification for Section Five and New York State Tournaments



Team	Students
Class C (425 to 749)	
Eastridge	725
HFL	569
Wayne	554
Geneva	505
Batavia	480
Newark	467
Livonia-Avon	440
Class D (0 to 424)	
Palmyra-Macedon	415
Aquinas	413
Midlakes	380
Waterloo	378
Penn Yan	357
Bath	321
Mynderse	296
Marcus Whitman	271
Gananda	246
Bloomfield-Honeoye	223

Section Five Tournament Brackets

The Section Five Lacrosse Tournaments will start on Monday, May 21th with out-bracket games in Class B and D and will end with the crowning of the Class B and D champions on Wednesday, May 30th.

All teams will qualify for play in one of the four tournaments. There will be out bracket games in two classes this year. Class B will have three out-bracket games on Monday, May 21st along with Class D who will play five games.

Quarter final games will be played on Tuesday, May 22nd (Classes A and C) and Wednesday, May 23rd (Classes B and D) with the higher seeded teams hosting the games.

Semi final games for Classes A and C will be played on Friday, May 25th. Classes B and D semi final games will be played Saturday, on May 26th.

The Championships will be held at St John Fisher College on Tuesday, May 29th (Classes A and C) and on Wednesday May 30st for classes B and D.

See the [**Tournament Page**](#) on BLaxFive.NET for brackets, locations and times.

Tournament Seeding

For many years Section Five has used a "power based" seeding procedure which has been designed to reward teams for winning against "strong" teams while discouraging teams from seeking winning records by beating "weaker" teams.

A review of the "seeding vs winning" statistics shows that teams seeded in the upper half of the seeding almost always win, although the top teams are not always the ultimate champions. When it comes to tournament time, "anyone can win".



The system is not as complicated as it seems at first look. Perhaps the most difficult concept is that we must wait until the end of the season before knowing how the seeding will come out. This is because the final win-loss record for every team played must be determined before "seeding points" can be awarded.

Earning Points

Points earned are based on the **final** win/loss percentage for each opponent played. A team that has won 75% of its games gives its opponent 10 points if the opponent wins or 4 points if their opponent loses. A team under 75% but at least 50% gives 8 points for a win and 3 points for a loss. A team under 50% but at least 25% gives 6 points for a win and 2 points for a loss. Finally, a team under 25% gives 4 points for a win and 1 point for a loss.

The number of points earned by a team are then added together and divided by the number of games played so as to find the average points per game. The teams with the highest averages are seeded highest in the tournament.

Opponent's Final Record	Points Earned		
	Win / Loss %	A Win is Worth	A Loss is Worth
75% or more	10	4	7
50% to 75%	8	3	6
25% to 50%	6	2	4
under 25%	4	1	3

Tie Breaking Procedure

At the end of the regular season it is possible to have two or more teams tied in their seeding average. When this happens the following tie breaking procedure is used.

Steps	Tie Breaker
First check:	Head-to Head competition (winner advances)
If still tied:	Check each team's win/loss record
If still tied:	Number of wins against .750 teams
If still tied:	Number of wins against .500 teams
If still tied:	Number of wins against .250 teams
If still tied:	Number of wins against .000 teams
If still tied:	Coin toss by Lacrosse Coordinator

An Example

The following table is an example of how the seeding average was determined for Irondequoit in 1999.

	NYSHSAA - Section V						
	Tournament Seeding Database			Class A			
	Date	Opponent (W/L %)	Seeding Pts	Irondequoit	Opponent	Win	Lost
1	04/01/1999	Canandaigua (83%)	10	4	3	1	
2	04/03/1999	Geneva (50%)	8	9	4	1	
3	04/06/1999	Brighton (44%)	6	14	1	1	
4	04/08/1999	Webster (72%)	8	9	8	1	
5	04/13/1999	Fairport (50%)	8	8	6	1	
6	04/15/1999	Penfield (56%)	8	9	5	1	
7	04/24/1999	Ithaca (69%)	8	2	1	1	
8	04/27/1999	McQuaid (44%)	6	7	1	1	
9	04/29/1999	Rush-Henrietta (17%)	4	12	3	1	
10	05/04/1999	Pittsford (100%)	4	5	14		1
11	05/06/1999	Brighton (44%)	6	10	9	1	
12	05/08/1999	Webster (72%)	3	2	3		1
13	05/11/1999	Fairport (50%)	3	3	6		1
14	05/13/1999	Penfield (56%)	8	11	9	1	
15	05/18/1999	Rush-Henrietta (17%)	4	13	3	1	
16	05/20/1999	Pittsford (100%)	4	7	14		1
			Seeding Pts	Pts Scored	Pts Given	Won	Lost
			98	125	90	12	4
		Average	6.1250	7.81	5.63	75%	

Irondequoit played 16 games in 1999 and ended their season with a 12-4 record

Average	Team	Record	Seed
7.2222	Pittsford	18-0	1
6.1250	Irondequoit	12-4	2
5.8889	Canandaigua	15-3	3
5.7778	Webster	13-5	4
5.0556	Fairport	9-9	5
4.8125	Penfield	9-7	6
4.1111	Brighton	8-10	-
3.8333	McQuaid Jesuit	8-10	-
3.2778	Rush-Henrietta	3-15	-

(75%). When they beat Canandaigua on April Fool's Day, they didn't know that at the end of the season Canandaigua would have a 15-3 record. As a result of that win Irondequoit earned 10 seeding points for beating a +75% team. Notice that later, when they beat R-H on April 29th, they earned 4 seeding points because the R-H team ended the season at under 25% (3-15).

In their next game, Irondequoit lost to Pittsford. Because Pittsford ended their season above 75%, Irondequoit earned 4 seeding points for that loss. Note that Irondequoit earned the same number of seeding points in their win against a "weak" team as they did in their loss to a "strong" team (4 points each).

When all the seeding points were added together (98 points) and divided by 16 (the number of games played) Irondequoit's average was 6.1250.

The Class A tournament was for 6 teams in 1999. The seeding is shown in the chart above.



Game Scores Are Needed

It is clear that proper seeding requires good information about games played throughout the season. The seeding procedure requires that all game results are tracked. It is particularly important to keep track of out of Section games as all games count toward seeding points.

This is why coaches/reporters are required to report their scores after each game. The directions for game reporting are found in this handbook or in the Coach's Area of the SportsFive.NET web site.

Team Responsibilities

There are a number of responsibilities required of a team playing in the tournament.

Each team will provide six new balls for each game. This will insure that there are an adequate number of balls for each end line. Ball retrievers will not be permitted.

NEW (2017): Each team reaching the quarter final round must turn in a final roster which will be used for the awards count. Any over 30 will be billed to the school.

Each team will provide school personnel for supervision at the game site. These chaperones must identify themselves to the site Athletic Director or Site Chairman at each game and are expected to sit or position themselves among their fans. It is the responsibility of the participating schools to ensure that their students and fans exhibit good behavior.



Out brackets and quarter final games

The higher seeded team will play the game at home. The home team will be responsible for ticket sales, site security, field preparation, score-board operation, public address operation and score table equipment (including horns).

Semi final and Finals

The higher seeded team is the home team. Games will be played at neutral sites, but the home team will be responsible for horns for the table area.

Team Pictures for New York State Program

Pictures and rosters of the Sectional Champions can only be submitted through the MaxPreps website by team personnel. Teams must insure that their image and roster is up-to-date before the end of the sectional tournaments.

Spectators

Good sportsmanship is everyone's responsibility. Spectators at tournament contests are expected to exhibit proper behavior. Signs, banners and cheers are to be positive and supportive. Official school bands are permitted, but individual fans are not permitted to use noise makers or musical instruments at the games.

Admissions

The ticket price, set by the Section V Executive Council, is currently set at \$5.00. All prices are subject to change.

All Tournament Teams

An All Tournament Team and an MVP will be selected for each tournament and will be announced after each championship game.

NYS Tournament

NYSPHSAA Championships

After each participating section has determined their champions, games are conducted by NYS to crown State Champions in classes A, B, C and D.



There are five groups as demonstrated on the map to the left.

Western: Sections 5 and 6

Central: Sections 3 and 4

Lower State: Sections 1 and 2

Long Island: Sections 8 and 11

Out bracket: Sections 9 and 10

There are no teams playing in Section 7

Round 1 – Out bracket Games

There are a very few teams playing lacrosse in Sections 9 and 10. As of 2009 Sections 3, 4 and 10 take turns playing in the out bracket round and Sections 1, 2 and 9 take turns playing in the out bracket down state. The Western region (Sections 5 and 6) and the Long Island region no longer play in the out bracket rounds.

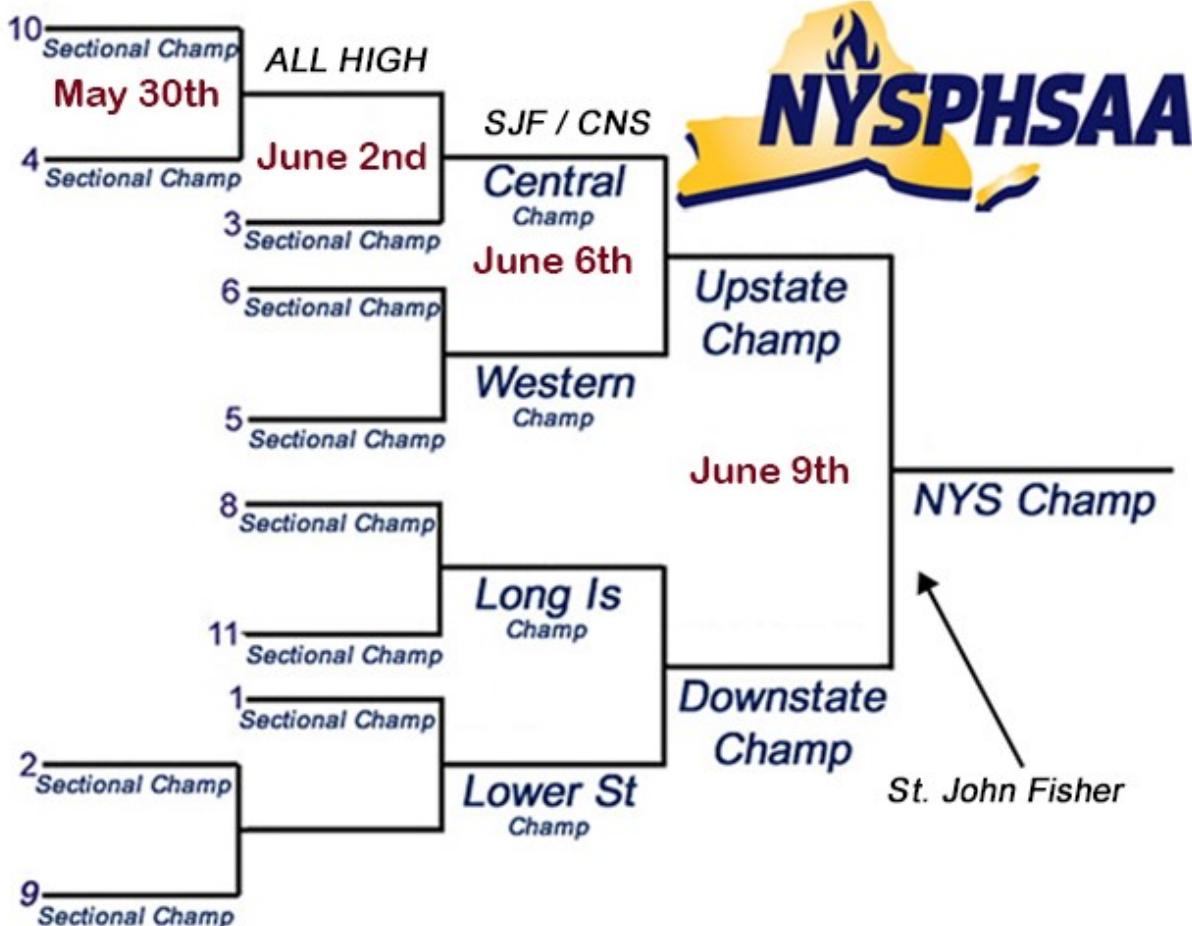
In 2018, Section 4 Champions in Classes C and D are scheduled to play out bracket games at SUNY Canton (Section 10) on Wednesday, May 30th. The Class C game will be played at 4:00 and the Class D game will be played at 6:30. Downstate Section 9 is at 2 (TBD).



Round 2 – Regional Games

“Regional” games for each class will be played on Saturday, June 2nd in what some call the “State Quarter finals”. The Class D “Western Regional Championship” game will be played at 10:00 am, the Class A game at 12:30, the Class B game at 3:00 and the Class C game at 5:30. These games will be played at All High (Section 6) this year.

In other parts of the State, Sections 4/10 winner will play for the “Central Championship” at Section 3 (CNS). Sections 8 and 11 will play for the “Long Island Championship” at Hofstra. Sections 9/2 will play for the “Lower State Championship” at Section 1 (Lakeland HS). (The bracket sheets are in the appendix).



Round 3 – Semi Final Games

The “East and West” Championships will be played in each class on Wednesday, June 6th. Classes B and A will play at CNS and Classes D and C will be played at SJFC. Games will be played at 4:00 (B and D) and 6:30 (A and C). These games will crown the “Upstate Champions”.

The “Downstate Championships” will be played at the same times as above at U Albany (D and C) and Adelphi (B and A).

Round 4 – New York State Championships

The Championship games for each Class will be played at St. John Fisher College on Saturday, June 9th with the Class D game starting at 10:00 am, the Class A game at 12:30 pm, the Class B game at 3:00 and the Class C game at 5:30 pm.

General Information

Each Sectional Championship team will receive a packet of specific information. What follows is some of the information found in that packet. Winning coaches should carefully review the materials and ask Mike Simon for help as needed.

Admission

An admission is charged for game days. Out bracket and quarter final games prices are set by the Section hosting the games. Admission to the Semifinal and Championship games are set by the NYSPHSAA and will be \$8.00.

Code of Conduct / Medical Release Forms

In the past student athletes and coaches participating in any post-sectional competition signed a "Code of Conduct/ Medical Release" form. This is no longer done as the Athletic Directors sign off (once) on this matter annually.

Supervision

Each participating school must provide school personnel for supervision. Chaperones must identify themselves to the site chairperson and sit or position themselves among their fans. It is the participating schools responsibilities to ensure their students and fans exhibit good behavior.

Signs and Cheering

All signs and cheers must be positive.

Table Personnel

The timekeeper and penalty clock operator shall be adults. Statisticians are not permitted at the table area.



Pre-Game Music

Pre-game music will be allowed at the discretion of the host chairman.

Home Team Color

The home team will wear white (or light colored) uniforms.

Post-Game Procedures

No water, Gator Aid, Ice, etc. shall be dumped on the coaches or players during or after the game. Post game interviews will be held at the end of the field. Coaches should clear the bench area in a timely manner.

Recommendations

Schools should hold to the original size of their teams and avoid the mass promotion of JV players for the tournament. The coaching staff and bench personnel should be limited to normal game day staff. Head Coaches should remind Assistant Coaches that they must be courteous at all times.



Playing Rules

Playing Rules

All games played in the section are governed by the National Federation of State High School Associations (NFHS) 2018 Boys Lacrosse Rules Book. Every coach should have a copy of the rules book and should be familiar with the rules. The book is available for sale but members of the coaches' branch of US Lacrosse receive the book as a benefit. New York State makes changes in these rules from time to time.

The rule book can be purchased from:

<http://www.nfhs.com/c-198-lacrosse-boys.aspx>



Rules Changes for 2018

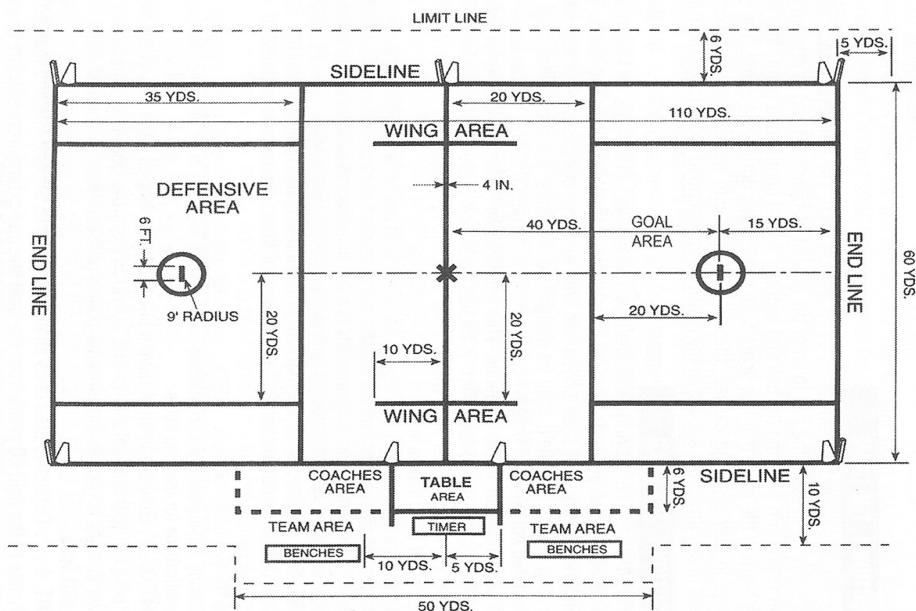
A video covering the changes can be accessed from: <https://sportsfive.net/machform/view.php?id=9178>

A PowerPoint program is also available:

<http://blaxfive.net/features/downloads/2016%20LaxCon%20NFHS%20Presentation.pptx>

The rule changes are found on-line at:

<http://blaxfive.net/features/downloads/2018%20NFHS%20Presentation.pptx>



Policies

Sportsmanship

"The Section V Athletic Association is committed to promoting the proper ideals of sportsmanship, ethical conduct and fair play at all sectional activities. We will oppose instances and activities which run counter to the best values of athletic competition in order to insure the well being of all individual players. We will expect acceptable standards of good citizenship and propriety with proper regard for the rights of others.



We are further committed to the belief that schools participating in sectional activities should be held responsible for the conduct of their players, coaches, faculty members, and spectators. Conduct which is detrimental to the educational value of athletic activities may be deemed just cause for the school's reprimand, probation [or] suspension from a particular sport, or suspension from sectional activities."



Thunder and Lightning Policy

"Thunder and/or Lightning necessitates that all contests be suspended. The occurrence of either thunder and/or lightning is not subject to interpretation or discussion. Thunder is thunder and lightning is lightning. If thunder and/or lightning is observed, all outdoor activities will be suspended immediately. Players and spectators shall be directed to a safe location. The officials and responsible authorities shall make every reasonable effort to resume and complete the contest, with full consideration of the weather and site conditions (as they affect safety and playing conditions). The official/coaches shall wait a minimum of 30 minutes from the time of the interruption before considering the resumption of play.

- A. If thunder and/or lightning is observed at the site of an outdoor contest by the officials, 30 or fewer minutes prior to the scheduled start of that contest, the official/coaches and the responsible school authorities shall not permit the contest to begin on that date until the weather has cleared or the conditions become playable.
- B. If thunder and/or lightning is observed at the site of an outdoor contest by the officials during the playing of the contest, the official / coaches shall immediately cease play for 30 minutes, then re-evaluate the situation. The rules of the particular sport shall determine whether the contest is "official" or must be resumed at a later date."

Revised: 2/13/02
3/11/05

Jewelry Rule

The NYSPHSAA has adopted the following universal jewelry rules to be enforced throughout each sports season including during the state tournament competition:

"JEWELRY RULE: No jewelry, which includes visible body piercing objects, shall be worn in any sport. Any piece of jewelry that is visible at the start of or during a contest is in violation of the NYSPHSAA Jewelry Rule. Religious medals must be taped to the body and under the uniform. Medical medals must be taped to the body so they are visible. Soft, pliable barrettes are permissible, body gems are not. Metal barrettes are permissible in Girls Gymnastics only. NOTE: The sports of Bowling and Golf are exempt from this rule."



In addition, be aware that Lacrosse Rule 1-10-2 (page 16) prohibits jewelry as well. The case book situation 1.10.2 (page 61) indicates that a player found wearing a leather choker should be given a non-releasable foul.

Disqualification of Coach or Athlete

If an athlete, Coach or a support team member of a team is removed from a contest a "Section V Athletic Association Disqualification Form" must be completed by the game official. Each team is required to have a blank copy of the form at each game. The form explains the procedures and timetables required.

After review of the disqualification form, the School Principal, Athletic Director and Superintendent must sign the "Disqualification Response Form" and return it to the Section Five Office.

Copies of both forms can be found in the appendix of this handbook.

Cardiac Automated External Defibrillators

In May 2002 legislation was enacted to add a new section 917 to the Education Law requiring school districts, BOCES, county vocational education and extension boards, and charter schools to provide and maintain on-site, in each instructional school facility, at least one functional automated external defibrillator (AED) for use during emergencies. The legislation also requires public school officials and administrators responsible for such school facilities to ensure the presence of at least one staff person who is trained in the operation and use of an AED.

Legislation: Education Law section 917 becomes effective September 1, 2002. However, in July 2002, the New York State Legislature passed an amendment to that law which allows school districts, BOCES, county vocational and extension boards, and charter schools that are unable to comply with the AED legislation by September 1, 2002 to delay implementation until December 1, 2002. Those wishing to delay implementation should certify to the Commissioner of Education that they are unable to comply by sending a letter to Commissioner Mills.



Requirements: The legislation requires public school officials and administrators responsible for public school facilities to ensure the presence of at least one staff person who is trained in the operation and use of an AED:

- whenever public school facilities are used for school-sponsored or school-approved curricular or extracurricular events or activities, or
- whenever a school-sponsored athletic contest is held at any location.

Where a school-sponsored competitive athletic event is held at a site other than a public school facility, the public school officials must assure that AED equipment is provided on-site.

Heat and Cold Policies

The New York State Public High School Athletic Association adopted new procedures for playing and practicing under extreme heat or cold. The two policies using data from acuweather.com determine if a practice or contest can be conducted and, in certain conditions, special requirements that must be in place when the weather is close to dangerous.

Generally, the procedures require that the heat index (or wind chill index) be checked one hour before practice or games using information from the acuweather.com site. "Realfeel" temperature will be read from the site.

Special conditions are required for temperatures above eighty-degrees or lower than thirty-seven degrees.

Practices and games cannot be played when the "RealFeel" temperature is ninety-six degrees or higher or if the "RealFeel" temperature is eleven degrees or lower.

The policies were adopted on May 1, 2010. The full procedures (Heat Index Procedures and Wind Chill Procedures) are available in the appendix.



This statement is to be read at the beginning of all NYSPHSAA Championship events. Each section and member school could choose to adopt this statement for their contests as well.

"Be Loud, Be Proud, Be Positive New York State Public High School Athletic Association supports and encourages spectators to enjoy the competition of our student athletes and cheer for their teams in a positive manner. Negative comments and behavior will be addressed by the appropriate site personnel. Spectators should Be Loud, Be Proud, and Be Positive toward all players, coaches, officials, and spectators. Thank you for your support and enjoy the game."

2018 Sportsmanship

Emphasis on Sportsmanship This Year

Section Five lacrosse is placing an emphasis on good sportsmanship in 2015. A number of procedures and "ways of doing things" have been implemented. Since everyone involved wants the highest level of sportsmanship, the support of all Section V coaches is expected.

When Visiting Teams Arrive at the Site

Visiting teams should be met by a coach or supervisor as they arrive at the host site. Rest rooms should be available and information about ice and trainers should be offered by the host team. Head Coaches should greet each other as soon as possible.

Start of the game

Before the start of the game one of the officials will go to each bench to review expectations for the game. A suggested game protocol can be found in the appendix.

"One Voice" on the Sideline

Only the Head Coach of the team is to address the officials. Section V lacrosse has asked the GVLOA officials to offer warnings only near the beginning of the season and later to just penalize comments to the officials if made by assistant coaches. Head Coaches are reminded that their behavior and verbal comments to or about the officials are heard by members of their team.

Reporting Unsportsmanlike Conduct Penalties

The GVLOA officials will be reporting the number of unsportsmanlike conduct penalties issued to each team. These reports will be the sum of penalties, not the names of players receiving them. "Conduct" technical penalties will not be reported.

Reporting Ejections

The GVLOA officials will also be using an on-line reporting system to report players who are ejected in games. The normal Section V officials will receive the report as usual, but this year, Head Coaches will also receive a copy of the report.

Head Coach Responsible for Fan Behavior

According to rule, the home team Head Coach is ultimately responsible for the behavior of the fans in the stands. Many schools have site supervisors who help monitor and correct behavioral problems, but all coaches, officials and school personnel are expected to help to react to poor sportsmanship by fans. Good sportsmanship is everyone's job.

BLaxFive.NET

Section Five Lacrosse on the Web

Section Five lacrosse information can be found at the BLaxfive.NET site.

Schedules, team information, news, weather, travel directions, player statistics and other information of interest is available to the general public.

The news area stores rules and policies as well as game reports and player stories..

Coaches should feel free to send along any news or information that might be of interest on the site.

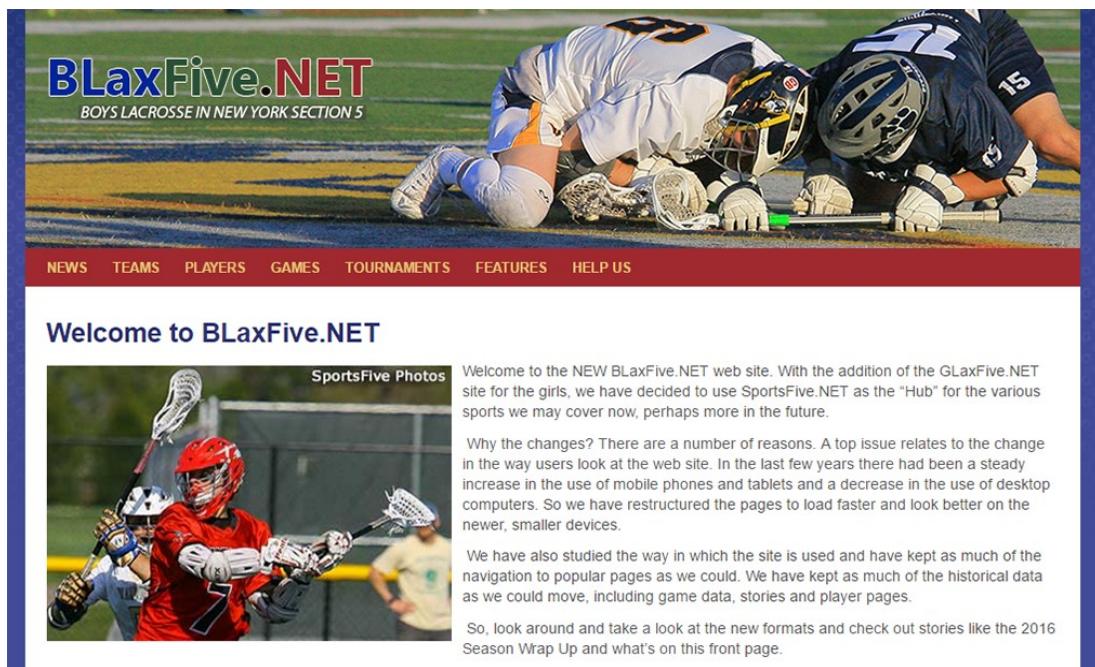
“Coaches Only” Email Newsletter

Head Coaches receive periodic email newsletters from Section Five Lacrosse.

Special “Coaches Only” Features

There are a number of areas on the web site that are available only to Section Five coaches and administrators. The most current contact information for coaches along with other documents for coaches only are uploaded to the “private area”.

Account names and password are available by contacting Paul Wilson.



Welcome to BLaxFive.NET

SportsFive Photos

Welcome to the NEW BLaxFive.NET web site. With the addition of the GLaxFive.NET site for the girls, we have decided to use SportsFive.NET as the "Hub" for the various sports we may cover now, perhaps more in the future.

Why the changes? There are a number of reasons. A top issue relates to the change in the way users look at the web site. In the last few years there had been a steady increase in the use of mobile phones and tablets and a decrease in the use of desktop computers. So we have restructured the pages to load faster and look better on the newer, smaller devices.

We have also studied the way in which the site is used and have kept as much of the navigation to popular pages as we could. We have kept as much of the historical data as we could move, including game data, stories and player pages.

So, look around and take a look at the new formats and check out stories like the 2016 Season Wrap Up and what's on this front page.

Sports Reporters

Team Responsibilities

The Head Coach of each team is responsible for reporting scores as soon as possible after each game. With all of the post-game jobs that also need the attention of the Head Coach, it is often advisable to appoint a "Team Sports Reporter". This person can report the team scores and also file other information that is used to produce game reports on BLaxFive.Net.

- Reporters need not be members of the coaching staff, but should be an adult rather than a student. A team may appoint more than one reporter if desired.

Other Reporters

A number of "Independent Reporters" are used from time-to-time to gather information that becomes game reports during the season.



The Stats

Section Five Lacrosse is pleased to have some of the best local lacrosse player data in the country and that is due to the efforts of the Coaches and Reporters who faithfully and accurately turn in game stats from each game.

There are two reports now commonly received after a game. The "basic" report includes the score (BY QUARTER), the number of goals and assists scored by each player. The number of saves and goals against for each goalie that played in the game are reported. If more than one goalie plays, the number of minutes each goalie

played is reported as well. **This year we are requesting a "scoring table" from teams that want articles written on BLaxFive.NET.**

SportsFive.NET
Lacrosse in New York Section 5

**Statistics
Clinic**

Statistics Clinic

Kyle Barrett and Paul Wilson will once again offer a clinic to train statisticians and volunteers how to take game statistics. They are willing, throughout the season, to help your team to collect and report on the games.

Post-Season Awards

All Americans / Academic All Americans

US Lacrosse sponsors two programs to honor players at the end of the year. Section V is allowed six "All American" and six "All Academic" awards, based on the number of teams in the section.



Head Coaches nominate players based on criteria from US Lacrosse and at the end of the season the winners are selected.

The names of the winners will be published in the "Championship Day" program.

All Tournament Teams

At the conclusion of each of the three championship games, an "All Tournament Team" and a Tournament "MVP" will be named. Although players from any team can be named, typically the awards winners come from the finalist teams. The award is based on performances during the tournament and is not based on the player's season or career. The winners usually receive a plaque or certificate.

NYS Scholar / Athlete Awards

At the end of each sport season, the NYSPHSAA honors those teams that excel in the classroom. In order to receive the recognition for the spring season, electronic forms must be filed no later than May 21st.

The directions in the "Programs" area of the NYSPHSAA web site at:

<http://www.nysphsaa.org/Educational-Programs/Scholar-Athletes>



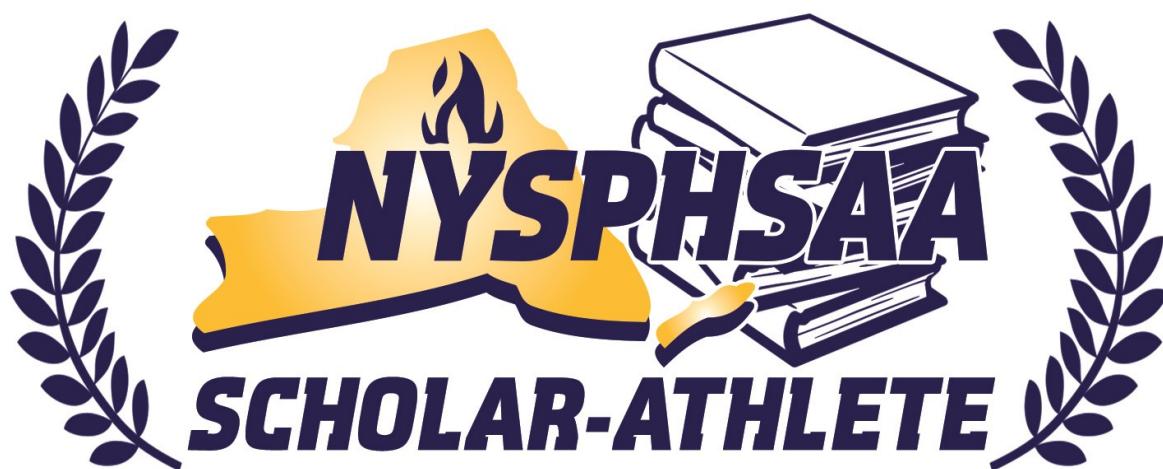
One Ninety-two NYS lacrosse teams were named last spring.

In Section V the 2016 list was as follows:

- Aquinas
- Bath
- Eastridge
- Fairport
- McQuaid Jesuit
- Penfield
- Schroeder
- Thomas
- Wayne

The full list can be found on the NYSPHSAA web site at:

http://www.nysphsaa.org/Portals/0/PDF/Scholar%20Athlete/2016-2017/Spring%202017%20SA%20TEAMS%20WEBSITE_1.pdf



Appendix and Reference Materials

Federation and NYS Documents

- Notes for Timekeepers
- Federation Heat/Cold Policies
- Federation Concussion Rules
- Federation Concussion Facts for Parents
- Uniform Specifications
- Scholar/Athlete Information

Rules

- Rule Changes and Points of Emphasis for 2018
- Scrimmage Rules
- Chief Bench Officials Responsibilities

Section V Documents

- Medical Waiver Request to the Representation Rule
- Health Examination reminder

Sportsmanship Handouts

- Section V Lacrosse Mission Statement
- Spectator Courtesy Code of Conduct
- Suggested Pre-Game Order of Events
- Respectful Speech and Behaviors
- Sportsmanship Rubric

Modified Notes

- Monroe County Modified Handbook as it relates to Lacrosse
- NYS modified rules and notes

New York State Tournament Brackets 2018

2014 Men's Stop-Time NFHS Timer Guidelines

Game time

- Four 12-minute periods.
- Start/stop timer on the whistle.
- Overtime periods are 4:00.

End of period

- All periods: Notify officials verbally when there are 20 seconds left, then count down loudly from 10, sounding horn at zero.
- Fourth period only: notify at 2:10 and 2:00.

Halftime

- 10:00 (or less if both teams are ready)
- Notify officials when 4:20 remains.

Clock malfunctions

- If clock malfunctions during play, count in your head while someone notifies officials.
- Sound double horn at next dead ball.

Signaling of penalties

- Official signals team, number, and foul.
- A "T" formed with the arms indicates a 30-second technical foul.
- Holding 1, 2, or 3 fingers overhead indicates the number of minutes for a personal foul.
- Hands clapped over head: penalty is non-releasable (NR).

Horn

- Double horn at next dead ball: coach request; early penalty release; help needed.
- Never sound horn when ball is in play except at the end of a period.

Timing of penalties

- Write player's team color and number, penalty length, period and time remaining when the penalty reported, game time the player will be released, and an "NR" if applicable.
- If Team A scores a goal, *all* releasable penalties being served by Team B are released.
- If Team A scores a goal, penalties for Team A are not released.
- NR penalties always serve the full penalty

time no matter how many goals are scored.

- If a player has multiple penalties, NR penalty time is always served first, regardless of the order of the fouls.
- Inform officials if period expires with a penalty being served (penalty time carries over).
- Penalized players stay at rear of sub area until 0:05 remains. Then a sub may take the place of the penalized player (who must go to the bench when the penalty expires).
- If a penalty expires during a face-off, do not release the player until possession is called.

Stacking

- If a team has more than 3 penalties at once, they will play with 3 players serving penalties and 7 players on the field.
- Additional players serving penalties will stand outside the sub area by the timer until there is room for them in the penalty area.
- When the first penalty releases, the releasing player exits to the bench and is replaced by one of the waiting players.
- Players with NR penalties serve first.
- A goal by Team A only releases releasable penalties from Team B players actually serving penalties (and not players waiting to serve outside sub area).

Fouling out

- Notify officials if any player accumulates 5 minutes of personal foul penalties (regardless of the number of fouls).
- Notify officials if any player accumulates 2 NR unsportsmanlike conduct penalties.

Mercy Rule

- If a team leads by 12 or more in the 2nd half, the clock does not stop except for time-outs and injuries. The clock does **not** stop on the goal that takes the lead to 12.
- Penalties are running time and are **not** adjusted; time starts running on the whistle.
- If lead drops to 11, revert to stop time.



HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Heat index will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- The athletic trainer, athletic director, or school designee will use the accuweather.com website to determine the heat index for the area of the contest/practice. The accuweather.com website can be reached through the NYSPHSAA website. Once a person is on the accuweather.com website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the RealFeel temperature (heat index).
- If the RealFeel temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the RealFeel (heat index) at halftime or midway point of the contest. If the RealFeel (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	RealFeel (Heat Index) under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: RealFeel (Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: RealFeel (Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when ReelFeel temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: RealFeel (Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when ReelFeel temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: RealFeel (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.



WIND CHILL PROCEDURES

Administration of Wind Chill Procedures:

- Wind Chill will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- The athletic trainer, athletic director, or school designee will use the accuweather.com website to determine the heat index for the area of the contest/practice. The accuweather.com website can be reached through the NYSPHSAA website. Once a person is on the accuweather.com website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the RealFeel temperature (wind chill).
- If the RealFeel temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the RealFeel (wind chill) at halftime or midway point of the contest. If the RealFeel (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	RealFeel (wind chill) above 40 degrees	Full activity. No restrictions
R	Wind Chill Caution: RealFeel (wind chill) 36 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing.
E	Wind Chill Watch: RealFeel (wind chill) 29 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
C	Wind Chill Warning: RealFeel (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when RealFeel temp is much higher. Consider reducing the amount of time for an outdoor practice session.
O	Wind Chill Alert: RealFeel (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.
M		
M		
E		
N		
D		
E		
D		
REQUIRED		

Special Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.

Approved May 1, 2010



To: NYSPHSAA Member Schools
Sport Official Organizations
From: New York State Public High School Athletic Association
Date: August 19, 2010
Re: NFHS Concussion Rule

Revised 8/19/10

This memo is to serve as a clarification of the NFHS Concussion Rule, effective for the 2010-2011 school year, for the sports that use the NFHS rules.

The NFHS Concussion Rule states, *“Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headaches, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional”*. The NFHS emphasizes in the concussion rule that coaches and officials are NOT expected to “diagnose” a concussion. This is the responsibility of the appropriate health-care professional.

The responsibility for observing signs, symptoms, and behaviors that are consistent with a concussion is shared by both sport officials and school officials. The following protocol should be followed if any signs, symptoms or behaviors are observed.

Sport official: Remove the athlete from the contest. The official is NOT responsible for the sideline evaluation or the management of the athlete once they have been removed from the game. The official does not have to receive any paper work clearing the player to return to the game.

School official: The athlete needs to be *assessed by an appropriate health care professional*. *School health personnel are considered appropriate health care professionals. School health personnel include the Chief School Medical Officer, school nurse, physician, certified athletic trainer or an EMT that is a member of the on-site EMS squad. If the appropriate health care professional suspects a concussion, the student athlete MAY NOT return to the contest*. The athlete MAY NOT return if an *appropriate health care professional* is not available. The NFHS and NYSPHSAA recommend that any athlete that suffers a concussion should not return to play the day of the injury. *A student athlete that has been diagnosed with a concussion MUST be cleared by the Chief School Medical Officer*.

The NFHS and NYSPHSAA have developed many resources to help school officials, sport officials, parents, and students learn more about concussion management. A concussion DVD, sideline cards, and other useful materials can be found on the NYSPHSAA website (www.nysphsaa.org). A cost free concussion management course can be found on the NFHS website (www.nfhslearn.com).

We have included a list of possible signs, symptoms, and behaviors that can be observed by sport officials and school officials. We have also included for school officials a recommended return to play protocol. We encourage anyone that has questions or concerns to contact the NYSPHSAA office or the Section Concussion Management Team.

SIGNS, SYMPTOMS, AND BEHAVIORS OF A POSSIBLE HEAD TRAUMA

1. Problems in Brain Function

- a. **Confused state** – Dazed look, vacant stare, confusion about what happened or is happening.
- b. **Memory problems** – Can't remember assignment on play, opponent, score of game, or period of the game. Can't remember how or with whom he or she traveled to the game, what he or she is wearing, what was eaten for breakfast etc.
- c. **Symptoms reported by athlete** – Headache, nausea, or vomiting, blurred or double vision, oversensitivity to sound, light or touch, ringing in the ears, feeling foggy or groggy.
- d. **Lack of sustained attention** – Difficulty sustaining focus adequately to complete a task or a coherent thought or conversation.

2. Speed of Brain Function: Slow response to questions, slow slurred speech, incoherent speech, slow body movements, slow reaction time.

3. Unusual Behaviors: Behaving in a combative, aggressive or very silly manner, or just atypical for the individual. Repeatedly asking the same question over and over. Restless and irritable behavior with constant motion and attempts to return to play or leave. Reactions that seem out of proportion and inappropriate. Changing position frequently and having trouble resting or finding a comfortable position. These can be manifestations of post-head trauma difficulties.

4. Problems with Balance and Coordination: Dizzy, slow, clumsy movements, inability to walk a straight line or balance on one foot with eyes closed.

Recommended Return to Play Protocol

Day 1: No exertional activity until medically cleared and asymptomatic for 24 hours.

Day 2: Begin low-impact activity such as walking, stationary bike, etc.

Day 3: Initiate aerobic activity fundamental to specific sport such as skating, running, etc.

Day 4: Begin non-contact skill drills specific to sport such as dribbling, ground balls, batting, etc.

Day 5: Full contact in practice setting

If the athlete remains without symptoms, he or she may return to play.

Special note: Athlete must remain asymptomatic to progress to next day.

If symptoms return, the athlete must return to the previous level.

Medical check should occur before contact.



A Parent's Guide to Concussion in Sports

What is a concussion?

- A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness ("knocked-out") to suffer a concussion.

Concussion Facts

- It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)
- Concussions occur most frequently in football, but girl's lacrosse, girl's soccer, boy's lacrosse, wrestling and girl's basketball follow closely behind. All athletes are at risk.
- A concussion is a traumatic injury to the brain.
- Concussion symptoms may last from a few days to several months.
- Concussions can cause symptoms which interfere with school, work, and social life.
- An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

What are the signs and symptoms of a concussion?

SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache
Is confused about what to do	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or fuzzy vision
Moves clumsily	Sensitivity to light or noise
Answers questions slowly	Feeling sluggish
Loses consciousness	Feeling foggy or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit	Confusion
Can't recall events after hit	

What should I do if I think my child has had a concussion?

If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents and coaches are not expected to be able to “diagnose” a concussion, as that is the job of a medical professional. However, you must be aware of the signs and symptoms of a concussion and if you are suspicious, then your child must stop playing:

When in doubt, sit them out!

All athletes who sustain a concussion need to be evaluated by a health care professional who is familiar with sports concussions. You should call your child's physician and explain what has happened and follow your physician's instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions he or she should be taken to the emergency department immediately.

When can an athlete return to play following a concussion?

After suffering a concussion, **no athlete should return to play or practice on that same day**. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

Concerns over athletes returning to play too quickly have led state lawmakers in both Oregon and Washington to pass laws stating that **no player shall return to play following a concussion on that same day and the athlete must be cleared by an appropriate health-care professional before he or she are allowed to return to play in games or practices**. The laws also mandate that coaches receive education on recognizing the signs and symptoms of concussion.

Once an athlete no longer has symptoms of a concussion and is cleared to return to play by health care professional knowledgeable in the care of sports concussions he or she should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. On average the athlete will complete a new step each day. The return to play schedule should proceed as below following medical clearance:

Step 1: Light exercise, including walking or riding an exercise bike. No weight-lifting.

Step 2: Running in the gym or on the field. No helmet or other equipment.

Step 3: Non-contact training drills in full equipment. Weight-training can begin.

Step 4: Full contact practice or training.

Step 5: Game play.

If symptoms occur at any step, the athlete should cease activity and be re-evaluated by their health care provider.

How can a concussion affect schoolwork?

Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization.

In many cases it is best to lessen the athlete's class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or perhaps a longer period of time, if needed. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time.

What can I do?

- Both you and your child should learn to recognize the “Signs and Symptoms” of concussion as listed above.
- Teach your child to tell the coaching staff if he or she experiences such symptoms.
- Emphasize to administrators, coaches, teachers, and other parents your concerns and expectations about concussion and safe play.
- Teach your child to tell the coaching staff if he or she suspects that a teammate has a concussion.
- Monitor sports equipment for safety, fit, and maintenance.
- Ask teachers to monitor any decrease in grades or changes in behavior that could indicate concussion.
- Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season’s sports.

Other Frequently Asked Questions

Why is it so important that an athlete not return to play until they have completely recovered from a concussion?

Athletes who are not fully recovered from an initial concussion are significantly vulnerable for recurrent, cumulative, and even catastrophic consequences of a second concussive injury. Such difficulties are prevented if the athlete is allowed time to recover from the concussion and return to play decisions are carefully made. No athlete should return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.

Is a “CAT scan” or MRI needed to diagnose a concussion?

Diagnostic testing, which includes CT (“CAT”) and MRI scans, are rarely needed following a concussion. While these are helpful in identifying life-threatening brain injuries (e.g. skull fracture, bleeding, swelling), they are not normally utilized, even by athletes who have sustained severe concussions. A concussion is diagnosed based upon the athlete’s story of the injury and the health care provider’s physical examination.

What is the best treatment to help my child recover more quickly from a concussion?

The best treatment for a concussion is rest. There are no medications that can speed the recovery from a concussion. Exposure to loud noises, bright lights, computers, video games, television and phones (including text messaging) all may worsen the symptoms of a concussion. You should allow your child to rest as much as possible in the days following a concussion. As the symptoms

lessen, you can allow increased use of computers, phone, video games, etc., but the access must be lessened if symptoms worsen.

How long do the symptoms of a concussion usually last?

The symptoms of a concussion will usually go away within one week of the initial injury. You should anticipate that your child will likely be out of sports for about two weeks following a concussion. However, in some cases symptoms may last for several weeks, or even months. Symptoms such as headache, memory problems, poor concentration, and mood changes can interfere with school, work, and social interactions. The potential for such long-term symptoms indicates the need for careful management of all concussions.

How many concussions can an athlete have before he or she should stop playing sports?

There is no “magic number” of concussions that determine when an athlete should give up playing contact or collision sports. The circumstances surrounding each individual injury, such as how the injury happened and length of symptoms following the concussion, are very important and must be considered when assessing an athlete’s risk for further and potentially more serious concussions. The decision to “retire” from sports is a decision best reached following a complete evaluation by your child’s primary care provider and consultation with a physician or neuropsychologist who specializes in treating sports concussion.

I’ve read recently that concussions may cause long-term brain damage in professional football players. Is this a risk for high school athletes who have had a concussion?

The issue of “chronic encephalopathy” in several former NFL players has received a great deal of media attention lately. Very little is known about what may be causing dramatic abnormalities in the brains of these unfortunate retired football players. At this time we have very little knowledge of the long-term effects of concussions which happen during high school athletics.

In the cases of the retired NFL players, it appears that most had long careers in the NFL after playing in high school and college. In most cases, they played football for over 20 years and suffered multiple concussions in addition to hundreds of other blows to their heads. Alcohol and steroid use may also be contributing factors in some cases. Obviously, the average high school athlete does not come close to suffering the total number or shear force of head trauma seen by professional football players. However, the fact that we know very little about the long-term effects of concussions in young athletes is further reason to very carefully manage each concussion.

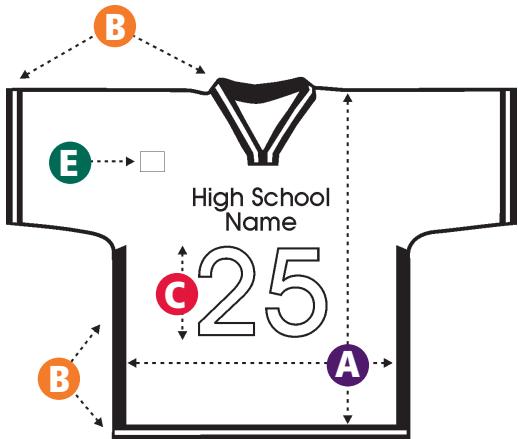
Some of this information has been adapted from the CDC's "Heads Up: Concussion in High School Sports" materials by the NFHS's Sports Medicine Advisory Committee. Please go to www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm for more information.

If you have any further questions regarding concussions in high school athletes or want to know how to find a concussion specialist in your area please contact Michael C. Koester, MD, ATC and Chair of the NFHS Sports Medicine Advisory Committee at michael.koester@slocumcenter.com.

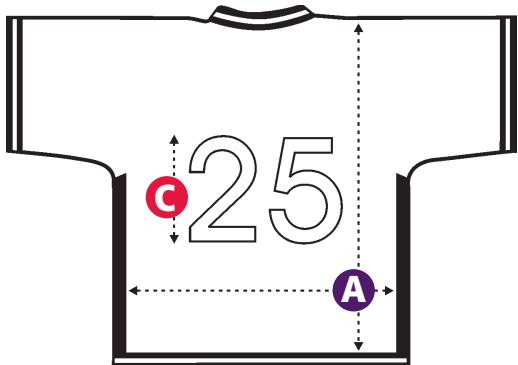
April 2010

NFHS BOYS LACROSSE UNIFORMS

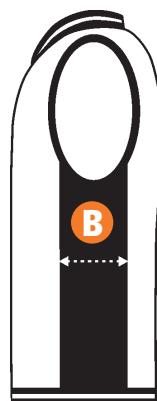
Front View



Back View



Side View



A JERSEY COLOR

1. Jerseys shall be of a **single, solid color**.
2. The jersey shall completely cover the shoulder pads.
3. Jerseys shall be of contrasting colors for opposing teams. The home team shall wear light jerseys and the visiting team shall wear its dark-color jerseys. The visiting team is responsible for avoidance of similarity of colors, but, if there is doubt, the referee may require the home team to change jerseys.

B UNIFORM TRIM

1. Collar, cuffs and waistband may be of contrasting colors, but not more than **2 inches wide**.
2. Side inserts (no more than armpit to waistband) may be of contrasting color(s), but no more than **3 inches wide**.
3. Contrasting colored piping not to exceed **1/8-inch wide** is allowed.

C NUMBERS

1. Numbers shall be centered vertically and horizontally and at least **8 inches** tall on the front and at least **12 inches** tall on the back.
2. Numbers may contain contrasting color trim(s) not to exceed **2 inches** (the number shall contrast with the body of the jersey).
3. Duplicate numbers on jerseys shall not be permitted on the same team.

D UNIFORM SHORTS

1. All players on the same team shall wear uniform shorts of the same dominant color.

E MANUFACTURER'S LOGO INFORMATION

1. A visible manufacturer's logo/trademark may not exceed **2 1/4 square inches** and **2 1/4 inches** in any direction on the jersey and/or pant/short. Beginning in 2010, no more than one manufacturer's logo/trademark or reference on the outside of each item. (The same size restriction shall apply to either the manufacturer's logo/trademark or reference).

NOTE: An American flag, not to exceed 2 by 3 inches, and either a commemorative or a memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on the jersey provided neither the flag, nor the patch, interferes with the visibility of the number.

National Federation of State
High School Associations



SCHOLAR/ATHLETE TEAM AWARD PROGRAM



Sponsored by



The NYSPHSAA Scholar/Athlete Team Award Program continues to be filed electronically. Electronic filing enables the NYSPHSAA to process the applications and send the awards in a timely fashion.

To begin the application process, go to:

1. www.nysphsaa.org
2. Programs
3. Scholar/Athlete Team Award - Application Form

Before you can begin the application, the site will prompt you for your school's "SED Code." (This is the same code you use to file your BEDS form and Sports Participation Survey electronically.) Then follow the online instructions.

Before "submitting" the form electronically, you are advised to print a hard copy for your reference and files. This is very important since you will not receive a hard copy of the application with your awards. It also serves as proof of submission in the event a transmission error occurs.

If you need to revise your application, go back into the form the same way you did originally. The application information is retained and you will only need to make your revision and resubmit. The application will then come in as an update.

For questions and/or help using this system of filing, please contact Rosalind at (518)690-0771, 8:00am -2:30pm.

DEADLINE DATES

Fall: December 3, 2010 (lates until 12/18)
Winter: March 4, 2011 (lates until 3/19)
Spring: May 20, 2011 (lates until 6/4)

REMEMBER:

1. Weighted grades are NOT allowed.
2. Print a copy for your records. You will not receive a hard copy with your awards.
3. Late applications (received up to 15 days after the deadline date) will not be listed in the final standings.
4. DO NOT mail a hard copy of the application.

Computing the SCHOLAR/ATHLETE TEAM Average

STEP ONE:

Choose the sport - After you choose a sport, a form will open showing that sport and the required number of student-athletes for that sport. Listed below are the varsity sports eligible for the NYSPHSAA, Inc. Scholar/Athlete Team Award and the number of varsity team members required:

Badminton	B - 8 , G - 12		
Baseball/Softball	11	Lacrosse (B&G)	11
Basketball (B&G)	7	Rifle	7
Bowling (B&G)	7	Skiing (B&G)	7
Cross Country (B&G)	7	Soccer (B&G)	12
Fencing	7	Swimming (B&G)	11
Field Hockey	12	Tennis (B&G)	9
Football	12	Indoor Track (B&G)	12
Golf (B&G)	7	Outdoor Track (B&G)	12
Gymnastics	B - 8 , G - 7	Volleyball (B&G)	8
Ice Hockey	8	Wrestling	10

NOTE: If you have MORE than the required number, see Step 4 - Additional Team Members.
If you have LESS than the required number, see Step 5 - Small Team Size.

STEP TWO:

Fill out the AD's name/address portion of this form correctly. A mailing label is produced from this information and your awards will be sent to that address.

STEP THREE:

1. Every class that is given a grade needs to be included. Pass/Fail subjects are not included. If a letter grade is given, convert to number grade.
2. List the required number of athletes by name, grade and report card grades earned during the Sports Season marking period(s). Round to the nearest thousandth.
e.g. $92.1258 = 92.126$ $91.6742 = 91.674$

	FALL	WINTER	SPRING
12 week marking period, use:	1st	2nd	3rd
5 or 6 week marking period, use:	1st	average of 2 & 3	average of 4 & 5

3. If letter grades are reported, convert to number grades as follows:

A+ = 100	B+ = 88	C+ = 78	D+ = 68
A = 95	B = 85	C = 75	D = 65
A- = 92	B- = 82	C- = 72	D-/E/F = 0

DO NOT USE WEIGHTED GRADES when computing the team's composite grade average.

STEP FOUR - Additional Team Members

Additional varsity team members, beyond the required number, will be recognized provided their sport season report card averages are 90.000% or greater, individually.

NOTE: These gpa's do not compute into the team's total average.

STEP FIVE - SMALL TEAM SIZE

Teams with less than the required number may apply for the S/A Team Award provided:

1. 100% of the roster is used to compute the team average. Type that number in the space provided on the application form.
2. No team with less than five (5) varsity players may apply.
3. Read the "small team size statement" and check verification box.

EXAMPLE: A tennis team requires nine (9) as shown above. If a tennis team has 5 varsity players, the team average of the 5 players must be 90.000% (or higher). If the team has 6 varsity players, the team average of all 6 must be 90.000% (or higher). If the team has 4 varsity players, the team does not qualify.

STEP SIX:

Check the box to verify that you have read and understood the verification statement and hit the SUBMIT button. The next window will give a message that your application was successfully submitted and will ask if you'd like to submit another sport. If you DO NOT receive this window your application was not successfully submitted. To revise an application, go back into the form - it retains your previously inputted information - make the change(s) and hit the SUBMIT button again.

Nomination Form Example

<u>STUDENT NAME (First, Last)</u>	<u>Grade (7-12)</u>	<u>REPORT CARD AVERAGE</u>
1 - Chad (Colleen)	9	93.755
2 - Joe (Judy)	8	87.125
3 - Sam (Sue)	12	89.667
4 - Bill (Barb)	10	98.022
5 - Tim (Tammy)	11	96.333
6 - Carl (Carol)	7	89.100
7 - Bob (Brenda)	12	94.425
<hr/> TOTAL		645.427
<hr/> TEAM COMPOSITE GRADE AVERAGE (90% OR ABOVE) 92.204		
<hr/> ADDITIONAL TEAM MEMBERS (MUST HAVE GPA OF 90% OR HIGHER): ⇒ See STEP 4		
1. Donna (Dave)	10	91.290
2. Jim (Lisa)	9	90.345

WHICH IS YOUR GOAL?

1. If it is to be declared the S/A State Champion, you would list your student-athletes with the highest gpa's first, and any additional members, with a 90% or higher, as additional team members. (i.e. "play the first string")
2. If it is to include as many student-athletes on the team as possible, you would follow the above example. This shows the averages below a 90% listed in the team's composite gpa, and the lowest 90%'s as additional team members. (i.e. "play the bench")

ADDITIONAL INFORMATION FOR NOMINATION FORM

- 1) This is a **VARSITY** team award. A student must have played in one varsity competition to be eligible. Managers, scorekeepers, etc. are not eligible.
- 2) The minimum **Team** Grade Average to apply is **90.000%**. There is no minimum student GPA unless they are to be used as Additional Team Members, which requires a 90% or higher.
- 3) All grade averages should be listed to three (3) decimal places rounded off to the nearest thousandth. **DO NOT USE WEIGHTED GRADES.**
- 4) Co-ed teams are not recognized. Mixed teams are eligible and must meet the Regulations of the NYS Commissioner of Education for Mixed Competition.
- 5) **State Champion** Scholar/Athlete Teams will be declared in those sports having 4 or more programs in 6 or more sections based on the highest team composite grade average provided 10 or more teams qualify in that sport. Declarations are made in conjunction with a sport's NYSPHSAA designated championship tournament season. Verification that all standards were met will be obtained prior to this declaration.
- 6) The **Head Coach** of each sport nominated and the **District Athletic Director** should review the names of the team members listed on the nomination form. The **High School Principal** should verify the accuracy of the grade average of each student listed.
- 7) Deadline dates for submitting Scholar/Athlete Team Award nominations are:
FALL SPORTS: 1st Friday of December
WINTER SPORTS: 1st Friday of March
SPRING SPORTS: 3rd Friday of May

NOTE: Late nominations will be accepted up to 15 days beyond the deadline date, but are not eligible for final standings.

- 8) Any local press release/photos for Scholar/Athlete teams should be sent to the NYSPHSAA.
- 9) For questions relating to any aspect of the NYSPHSAA Scholar/Athlete Team Award Program contact the NYSPHSAA, Inc. at 518-690-0771.

2018 Boys Lacrosse Rules Changes

(For comments on the 2018 rules changes, see page 95)

1-2 Adopted the 120-yard unified girls and boys field as an allowed field option.

1-7-5
NOTE Pockets of nontraditional synthetic material manufactured for lacrosse are permitted. The pocket must meet the specifications of Rule 1-7.

1-9-1g(8)
NOTE Beginning in 2022, the home team will be required to wear white jerseys, and the away team will be required to wear non-white jerseys.

4-3-3d The official shall make certain that the reverse surfaces of the crosses match evenly in that the top of one head lines up with the throat of the other and are perpendicular to the ground.

4-3-3n A contrasting color between the head and the top glove must be visible on the shaft at faceoffs. The circumference of the shaft shall not exceed 3.5 inches.
NOTE: This can be accomplished with the original shaft color, paint, a single wrap of tape or other material.

4-9-2o A goal will be allowed if the shot is released prior to the end of the period.

4-18-4
PENALTY Conduct foul on the defensive player. A second violation by the team will be enforced as releasable unsportsmanlike conduct, served by the offending player.

6-5-2x Failure to wear a required mouthpiece properly (unless it comes out during play).

6-10-2 ... The stall warning remains in effect until a goal is scored, a shot that hits the goal pipes, shot that hits the goalie or hits his equipment, the defensive team gains possession of the ball or the period ends resulting in a faceoff. After the team has been warned, stalling shall be called if the ball leaves the goal area in any manner other than as a result of a shot on goal or a touch by the defensive team.

7-3 **RESUMING PLAY AFTER PENALTY** – When a penalty occurs and the ball is in the offended team's offensive half of the field, the ball shall be put in play by the team awarded the ball, at the spot where the ball was when play was suspended. If the ball was in the goal area when play was suspended, it shall be restarted nearest to the spot of the ball at the time of the whistle, 20 yards laterally outside the goal area.

7-8 When there is a flag down during a slow whistle situation, the attacking team is no longer required to keep the ball in the goal area, otherwise known as "the attack box." A normal stalling situation can still be applied by officials if needed.

7-8-2j A second defensive foul is committed during the final two minutes of regulation play with the team that is ahead possessing the ball unless a scoring play is imminent.

Signals Stall warning off (fair catch signal from football) signal 40.

Each state high school association adopting these rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS rules should contact the rules interpreter designated by his or her state high school association.

The NFHS is the sole and exclusive source of model interpretations of NFHS rules. State rules interpreters may contact the NFHS for model rules interpretations. No other model rules interpretations should be considered.

Beginning in 2018, minimum stick specifications shall be as follows:

The measurements for the crosse shall include:

Measurement from throat (inches)

1.25

3.0

5.0

Widest point

Minimum distance between narrowest point of head (inches)

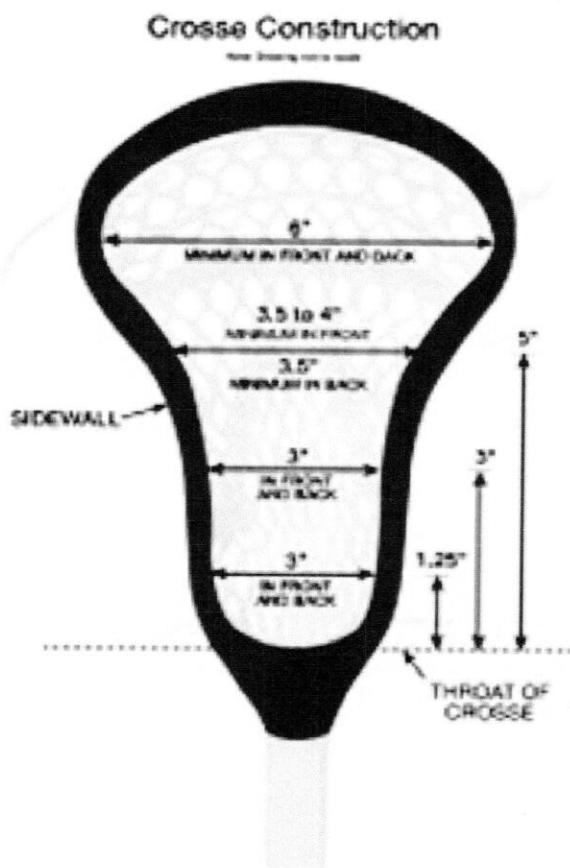
3 (all measurements)

3 (all measurements)

3.5 to 4 on front; 3.5 on back

6 (all measurements)

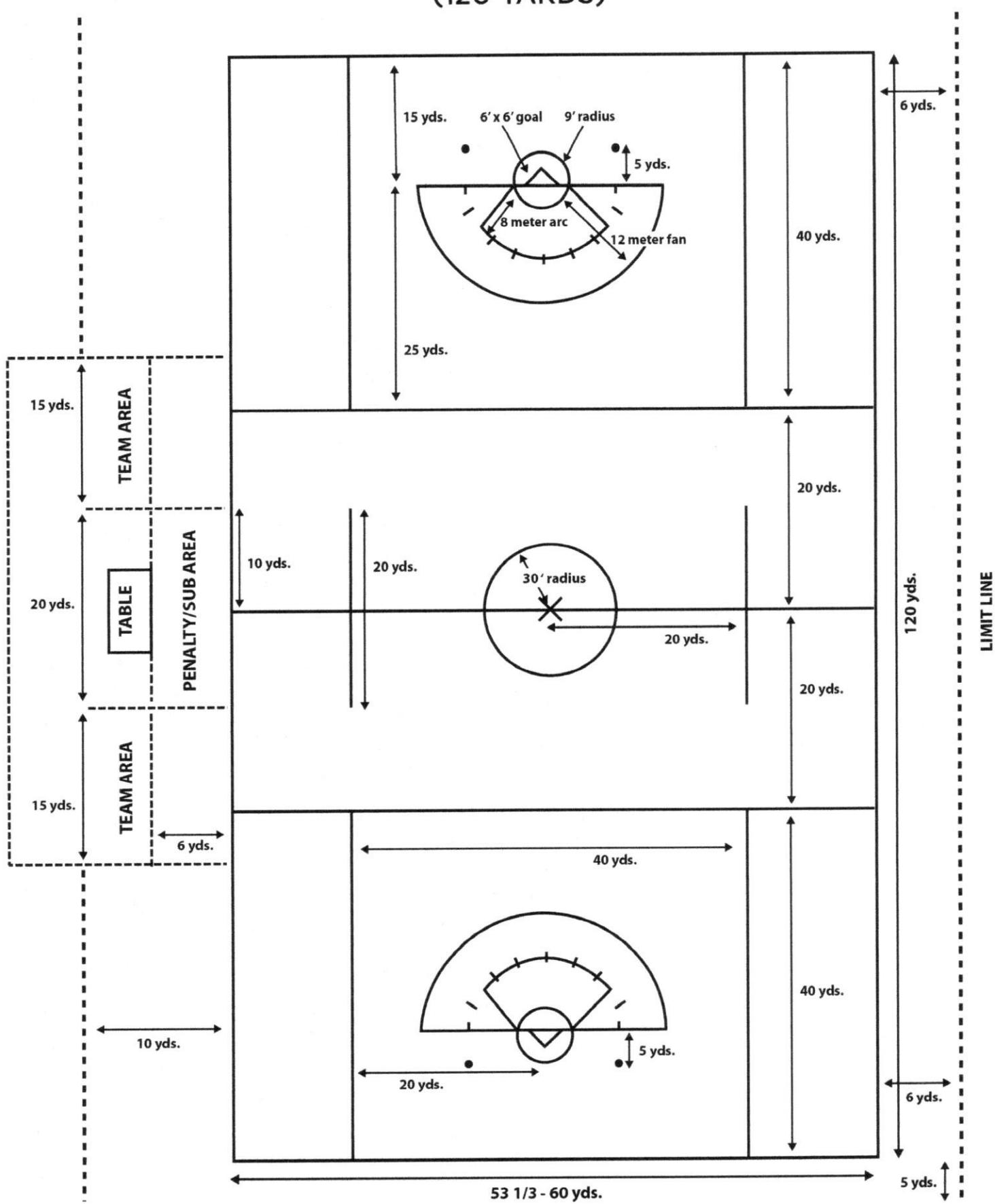
NOTE: From the 1.25-inch measurement to the widest point of the crosse, the distance between the sidewalls of the crosse must be at least 3 inches.



Rationale: The committee defined crosse dimensions and specifications at different locations to address issues with the ball being stuck in the crosse. This change in equipment will begin in 2018 to allow for phased implementation.

BOYS' AND GIRLS' UNIFIED FIELD MARKINGS

(120 YARDS)



53 1/3 - 60 yds.

5 yds.

6 yds.

5 yds.

LIMIT LINE

2018 POINTS OF EMPHASIS

Mouthguards

In 2017, the foul for a mouthguard violation was changed from a personal foul to technical foul to encourage penalty enforcement for those who violate the rule. Coaches should encourage players to wear mouthguards properly (i.e. no fish hooking) and legally; officials are expected to call the foul.

Faceoffs (4-3-3)

- a. Faceoff players are allowed to make contact first; however, only legal contact is allowed on players taking a faceoff. Legal body contact includes checking a player who has no other part of the body touching the ground except the feet. Body-checks must be made below the neck, above the waist and to the front or side of an opponent. Illegal body-checks, including spearing with the head, shall be strictly enforced.
- b. Faceoff players must have a visible contrasting color between the head and top glove on the shaft. Contrasting color can be accomplished with the original shaft color, paint, a single wrap of tape, or other materials that do not make the shaft circumference exceed 3.5 inches.
- c. Officials should continue to enforce the faceoff procedure that players reverse surfaces of the crosse shall match evenly so that the top of one head aligns with the throat of the throat of their opponent. Additionally, both heads shall be perpendicular to the ground.

Slow Whistle (7-8)

When there is a flag down during a slow whistle situation, the attacking team is no longer required to keep the ball in the goal area, otherwise known as "the attack box." A normal stalling situation can still be applied by officials if needed.

Shots at the Ends of Periods (4-9-20)

A goal will be allowed if the shot is released prior to the end of a period.

Reminder of Crosse Change in 2018

The crosse shall be an overall fixed length of either 40 to 42 inches (short crosse) or 52 to 72 inches (long crosse), except for the goalkeeper's crosse, which may be 40 to 72 inches long. The circumference of the crosse handle shall be no more than 3½ inches. The head of the crosse at its widest point shall measure between 6½ and 10 inches, inside measurement, at the top and the bottom of the wall. (Figure 2) There shall be one crosse 10 to 12 inches, inside measurement at its widest point, at the top and bottom of the wall. This crosse shall be used by the required designated goalkeeper. The walls of any crosse shall not be more than 2 inches high.

EXCEPTION: The gut wall.

COMMENTS ON THE 2018 RULES CHANGES

1-2 (NEW): Economic relief for schools by allowing schools the option of lining one set of shared field markings for boys and girls lacrosse.

1-7-5 (NEW): This will allow for new products entering the market that are nontraditional, but not illegal.

1-9-1g(8): Better defining home and away jerseys.

4-3-3d: Clarification of stick alignments during faceoffs.

4-3-3n: Added flexibility in color contrasting between shaft, glove and head for faceoffs to adhere to the rule.

4-9-2o: Allows for an easier determination if a goal was scored.

4-18-4: Clarification in first violation as conduct foul and continued violations as unsportsmanlike penalties.

6-5-2x: Clarification of the mouthpiece violation.

6-10-2: Allows for the stall warning to be terminated when a shot is taken and a goal is scored, or ball hits goal pipe or goalie.

7-3: Clarifies the ball placement after a foul.

7-8-2j: Removes the restriction to keep the ball in the box on a slow whistle.

Boys Lacrosse NFHS Scrimmage

Rules

Scrimmages: A lacrosse scrimmage must have modified time periods and include *one or more* of the following:

- 1. Alternate possessions.**
- 2. Start the scrimmage with either a Draw (girls) or a Face-Off (boys)**
- 3. Include the following games situations:**
 - a. Face-Off/Draw – Boys/Girls**
 - b. Clears and Rides – Boys/Girls**
 - c. Extra Man and Man – Down – Boys/Girls**
 - d. Fast Breaks – Boys/Girls**

**** IT IS PERMISSABLE TO DRILL ONLY WITH ANOTHER TEAM BEFORE SCRIMMAGE DATE. ONLY STICK WORK DRILLS CAN BE DONE. *Absolutely No Offense/Defense; Only Individual Drills Are Allowed.***

CHIEF BENCH OFFICIAL RESPONSIBILITIES

ART. 1 . . . When assigned by an assigning authority, an official acting as the chief bench official shall have supervision over the timer's table and complete jurisdiction over the timer, scorer, coaches area and both benches. The chief bench official (CBO) shall wear the same uniform as the other officials and shall have a whistle, flag and horn. The horn shall be provided by the home team.

ART. 2 . . . The CBO shall supervise and have complete jurisdiction over the timekeeper, penalty timekeepers, scorers, coaches, substitutes and any other persons within the bench areas, the substitution area and the penalty box.

The assigned chief bench official also shall be empowered to call the following:

1. Violations of the coaches-, bench- and table-area rules.
2. Any unsportsmanlike acts that occur within the coaches, bench and table areas.
3. Any illegal-crosse exchange.
4. A player who has been substituted for not leaving the field of play at the table area or bench area.
5. Offside.
6. Too many or too few players on the field.
7. Delayed substitutions.
8. Time-outs.
9. Count crosses when requested.
10. Violations related to substitution.
11. Relay penalty to table area

If the CBO becomes aware of any of the above infringements, he shall, depending on the circumstances, either throw a signal flag or blow his whistle, and apply the appropriate penalty. Additionally, when the CBO becomes aware of a player committing an act of flagrant misconduct, then, if the act is away from the current area of play and is unlikely to have been seen by the on-field officials, the CBO shall either throw a signal flag or blow his whistle, as appropriate. When a whistle has stopped the play, the CBO shall inform the referee of what has happened and the CBO shall make the appropriate call.

CBO MECHANICS

Work in a triangle motion moving from deep box opposite offense to Mid line on transition watching for off sides (communicate to trail official) then to opposite deep viewing new offense. Stay one yard above the team team restraining line so that you can see players that are the above the "Get Back "area or actually in the substitution area unless eminent substitution. Refrain from just standing at the midline during settled offensive play. Be aware of illegal contact of players exiting and entering the field. Make sure the players entering the field back away from the exiting players. Screen off any coach that is entering the area beyond the coaches line / substitution box. Deflect coaches comments..make the unsportsmanlike call if absolutely necessary. Field officials need to quickly and firmly support the CBO 's call. Keep your eye on the coaches during Time Outs especially when bringing water or conversing with on field officials

Section V

Medical Waiver Request to the Representation Rule

Name of Student Athlete _____

School _____

Sport _____ Grade _____

1) Date of Injury _____

2) Dates of contests the student athlete was ineligible to participate:

3) Dates of contests the student athlete represented their school in contests:

1) _____ 4) _____
2) _____ 5) _____
3) _____

4) Please attach the medical documentation for the following:

- 1) Description of injury sustained or medical condition that prevented participation
- 2) When the student athlete was withheld from participation - Date _____
- 3) When the student athlete was cleared for full participation - Date _____

#25 Representation: To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school scheduled contests which occurred on six (6) different dates during the season.

Team Sports: For the sports of baseball, basketball, field hockey, ice hockey, lacrosse, soccer, softball, and volleyball an individual is eligible for the team if he/she had been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests. For competitive cheer, a student must be an eligible participant for a minimum of two (2) competitions.

Team/Individual and Individual Sports: For the sports of archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming, tennis, outdoor track, winter track and wrestling an individual must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six (6) different dates and must be conducted prior to the conclusion of the team's regular schedule.

School districts may submit a written request to the Section for adjustment of contests for an individual participant based on medical documentation that confirms the individual was not able to participate in the required number of contests.

Athletic Director Signature: _____ Date: _____

Please submit to: Kathy Hoyt, Executive Director of Section V Athletics khoyt@wflboces.org

HEALTH EXAMINATION: Regulation of the Commissioner of Education:

A student who may engage in interschool competition shall receive an adequate health examination and health history update when required and may not practice or participate without the approval of the school medical officer. NOTE: Physicals for participation in school sports may be scheduled at any time during the calendar year.

The results of the physical shall be valid for a period of 12 months during the last day of the month in which the physical was conducted. Unless the medical examination is conducted within 30 days of the start of a season, a health history update is required. Any pupil, whose safe participation is in question as a result of the health history interview, or injury, or prolonged absence, must be pre-qualified by the school physician prior to participation.

If the 12-month period for the physical expires during a sports season, participants may complete the season as long as a health history was conducted prior to the season. For example, a physical conducted on August 1 would be valid through August 31. If a student plays beyond August (ex. football), the student may complete that sports season as long as an interval health history was conducted before the start of the season. Immediately following the last sanctioned tournament competition for that season, a new physical is required if the student is going to play another sport. Sport season includes tryouts.

NOTE: The Handbook Committee recommends that each incidence of prolonged absence should be reviewed individually by the coach and the athletic director, consulting with the school physician when necessary, and a reasonable amount of practice time and playing time be established based on the athlete's readiness for safe return to competition.

Received from Kathy Hoyt, "Friday Five".



Section V
Boys Lacrosse
Mission Statement

The primary goal of the Section V Boy's Lacrosse Program is to develop student-athletes of character and integrity who will serve as positive members of their individual school community and the greater society.

We believe that the following objectives will best enhance the Section's mission.

- . We will practice positive leadership and display the courage necessary to advocate just causes in the face of public and social pressures.
- . We will hold ourselves accountable and liable for our thoughts, feelings, and actions on and off the field play.
- . We will provide opportunities to promote personal excellence (self-discipline, teamwork, leadership, and fair play).
- . We will instill the passion, pride and commitment required to play lacrosse at the highest levels.
- . We will empower our players to exhibit the utmost character, respect, integrity, and sportsmanship both on and off the lacrosse field.

Through positive coaching by highly qualified coaching staffs through out Section V, each student athlete will be taught fundamentals, techniques, skills and to respect their opponent.

The Mission of Section V Boy's Lacrosse is to teach and play lacrosse with passion, with purpose, with respect for the sport and with pride.



Section V
Boys Lacrosse
Spectator Courtesy Code of Conduct

It is our belief that good sportsmanship on the part of spectators at Section V Lacrosse contests is as important as good sportsmanship on the part of the student-athletes.

The following guidelines for spectator conduct are expected as a means of continuing and strengthening the ties that exist between competing schools.

- Spectators are encouraged to be actively involved in positive behaviors that promote enthusiastic support for our interscholastic teams. Spectators should cheer for their teams rather than against others and recognize good play on either side of the ball. Discourteous or unsportsmanlike behaviors are unacceptable.
- No spectator should be involved in any of the following actions:
 - No one shall throw any object on to the playing surface. This action is equally dangerous to your team, other participants and spectators.
 - No one shall use unacceptable language when cheering or engage in any cheer that is demeaning to a team or an individual (players, coaches, referees, or other spectators).
 - No sound producing devices shall be used. This includes horns of any type, whistles, drums, etc.



Section V
Boys Lacrosse
Suggested Pre-Game Order of Events



- Team Warm Ups
(equipment checks with officials)
- Officials meet with captains at center field
- Officials meet with teams at their bench areas
(one official at each bench)
PA announcer reads sportsmanship statement
- National Anthem
- Starters for away team announced
- Starters for home team announced
- Starters line up at midfield - (Final statement by officials) - Shake hands
Coaches shake hands
- Game starts



**Monroe County Public School Athletic
Conference, Inc.**
www.mcpsac.org

February 15, 2011

**Taking a Position in support of Respectful Speech and Behaviors
in, at and around Interscholastic Athletic Contests**

On behalf of its member schools, the Monroe County Public School Athletic Conference, Inc. is committed to the promotion of high-spirited competition, fair play, and good sportsmanship at all interscholastic events and to the healthy communities that these qualities promote. Coaches, student-athletes, school staffs, and spectators are expected to pursue these goals in positive ways, with unqualified respect for the dignity and humanity of all people. While encouraging high-spirited engagement at athletic events, the Conference and its member schools stand firmly against any mean-spirited speech or behaviors that convey insult, intolerance, or disrespect. Slurs, taunting, ridicule, discrimination, abuse, and other such behaviors hurt individuals, poison the atmosphere of the athletic arena, and bring shame on us all.

Accordingly, the Monroe County Public School Athletic Conference, Inc. is developing a number of initiatives designed to promote a culture of respect for all people at all athletic events. Through educational programs, media, and the leadership of school administrators and coaches, the initiatives will establish and actively disseminate standards for behavior and speech at interscholastic athletic events. The programs will strengthen the understanding of all coaches, players, and spectators of what is and what is not acceptable, and will establish consequences for occasions where reasonable expectations are not met. When fully implemented, these programs will assure that incidents of abuse or disrespect do not tarnish healthy sporting events in our schools and will support essential educational elements of interscholastic athletics: the development of character, integrity, and respect for all.

“Be loud, be proud, be positive”
(Section V sportsmanship motto)



Section V – WYSC/WABO - Sportsmanship Rubric*



Component/Group	Athletes	Coaches	Spectators
<u>Cooperation</u>	Be Cooperative: <ul style="list-style-type: none">○ Be positive with my words and actions;○ Use appropriate words without taunting or trash talking.	Be Cooperative: <ul style="list-style-type: none">○ Be positive with my words and actions;○ Be a positive behavior role model○ Hold my athletes & fans to the same standards;○ Exemplify leadership by having clear communication with players and parents.	Be Cooperative: <ul style="list-style-type: none">○ Be a positive behavior role model○ Refrain from taunting, trash-talking and derogatory remarks especially comments of an ethnic, religious, physicality, racial or sexual nature;○ Remember to wait 24 hours after the game to address the coach with a concern;○ Never confront an official at any time.
<u>Accountability</u>	Be Accountable: <ul style="list-style-type: none">○ My behavior matters for me, my family, my team, my school community.	Be Accountable: <ul style="list-style-type: none">○ Abide by and teach the rules of the game in letter and spirit;○ Describe and define respectful behavior. Avoid arguing, cussing, throwing objects, using gestures which demonstrate disrespect.	Be Accountable: <ul style="list-style-type: none">○ Attending an interscholastic athletic event is a privilege;○ Refrain from the use of any mind altering or unhealthy substance, including alcohol or tobacco products, when attending an athletic event.○ Any pre-contest event should reflect a healthy, sporting atmosphere.
<u>Respect</u>	Be Respectful: <ul style="list-style-type: none">○ Treat all others including, coaches, athletes, officials and fans the way I want to be treated;○ Treat officials with respect even if you disagree with their call;○ During the playing of the National Anthem, face the flag, remove hats, stand still, and do not speak; ie. show full respect.	Be Respectful: <ul style="list-style-type: none">○ Treat all others including, other coaches, athletes, officials and fans the way I want to be treated;○ Treat officials with respect even if you disagree with their call;○ During the playing of the National Anthem, face the flag, remove hats, stand still, and do not speak; ie. show full respect.	Be Respectful: <ul style="list-style-type: none">○ Treat all others including, coaches, athletes, officials and other fans the way I want to be treated;○ Treat officials with respect even if you disagree with their call;○ During the playing of the National Anthem, face the flag, remove hats, stand still, and do not speak; ie. show full respect.
<u>Excellence</u>	Be Excellent: <ul style="list-style-type: none">○ Win with humility, lose with grace. Do both with dignity;○ Always demonstrate good sportsmanship. <i>“Sportsmanship for me is when a person walks off a court and you really can’t tell whether he/she won or lost, when he/she carries themselves with pride either way”</i> <i>Jim Courier</i>	Be Excellent: <ul style="list-style-type: none">○ Win with humility, lose with grace. Do both with dignity;○ Always demonstrate good sportsmanship;○ Shake hands with officials and opposing coaches before and after the contest in full view of the public.	Be Excellent: <ul style="list-style-type: none">○ Recognize and show appreciation for an outstanding play by either team;○ Remember that the coaches and officials are people just like you and deserve to be treated with the same respect you except;○ Make your children proud.

“Be loud, Be Proud, Be Positive” – Section V Sportsmanship Slogan

**Above information is copied and modified from the Webster C.A.R.E.s Everywhere handout - WABO*

SPRING SPORTS

2017

- **Modified “B” Field Hockey**
- **Modified “B” Boys and Girls Track & Field**
- **Modified “B” Boys Lacrosse**
- **Modified “B” Girls Lacrosse**
- **Modified “B” Softball**
- **Modified “A” Softball**
- **Modified “A & B” Baseball**
- **Modified “A” Boys Tennis**

MCP SAC, Inc.
MODIFIED ELIGIBILITY POLICY

PROGRAM "A" ELIGIBILITY

Grade: Students in 7th, 8th, or 9th grades

Age: 13, 14, or 15 years old (at the starting date)

Students can turn 16 during the season and continue to play

See #3 under Points of Clarification

PROGRAM "A" SPORTS OFFERINGS

FALL

Boys Soccer	Girls Soccer
	Girls Tennis

WINTER

Boys Basketball	Girls Basketball
------------------------	-------------------------

SPRING

Boys Baseball	Girls Softball
Boys Tennis	

PROGRAM "B" ELIGIBILITY

Grade: Students in 7th or 8th grades ONLY

Age: Up to 14 years old (at the starting date)

Students can turn 15 during the season and continue to play.

See #3 under Points of Clarification

PROGRAM "B" SPORTS OFFERINGS

FALL

Boys Football	Girls Soccer
Boys Soccer	Girls Gymnastics
Boys Cross Country	Girls Cross Country
Boys Volleyball	Girls Swimming
	Girls Volleyball

WINTER

Boys Basketball	Girls Basketball
Boys Wrestling	
Boys Swimming	

SPRING

Boys Baseball	Girls Softball
Boys Track and Field	Girls Track and Field
Boys Lacrosse	Girls Field Hockey
	Girls Lacrosse

POINTS OF CLARIFICATION:

1. Policy goes into effect September of the 1996-97 school year.
2. Any exceptions to stated level placement procedures must be determined using the Selection Classification Standards from the NYSPHSAA Handbook.
3. The Modified programs for Football (A&B) and Lacrosse (B) will follow NYSPHSAA handbook regarding age and physical maturity.

PROGRAM GOALS

It is expected that all modified athletics will be conducted in a positive environment. Characteristics of such an environment are:

- 1. All athletes will be treated, and treat each other, in a respectful manner.*
- 2. Basic skills, fundamentals and good athletic attitudes are to be stressed above all else.*
- 3. Adult participation and supervision must be positive and supportive at all times.*
- 4. Self-discipline and teamwork must be stressed.*
- 5. Coaches must be caring and treat the athletes with equal fairness.*
- 6. Winning is kept in perspective and not over-emphasized.*
- 7. Officials and opponents must always be treated with respect.*
- 8. Parents should be oriented as to his/her proper role.*
- 9. Safety is a major concern.*
- 10. If you have had fun, you have won!!!*

Protocol at Games:

- Each team gets a minimum of 15 minutes to warm-up upon arrival on the field/court.*
- Coaches will meet prior to the game to exchange match up cards.*
- All players will review sportsmanship instructions prior to/and during every game.*
- Coaches and Players will model good sportsmanship at all times with officials, opponents, parents, and teammates/players.*
- All game officials and scores will meet with both coaches prior to starting the game to get acquainted and agree on all protocols and procedures.*
- Coaches must adhere to agree upon match-ups during the game. If a problem arises, stop the game and straighten it out. Any protest must be noted in the official scorebook at the time of the violation.*
- All games will be completed unless the time restrictions prevail.*
- The coaches will enforce good bench conduct at all times.*
- Players will line up and shake hands after every game (with coaches supervising)*
- Coaches are expected to silence unsportsmanlike conduct or rude parents (from their home school). Stop it right away!*
- All concerns must be reported to the league chairperson and your Athletic Administrator.*
- “Coaches are to use best judgment after 6:30 pm”*

MCPSAC Inc.
MODIFIED "B" BOYS LACROSSE

NYSPHSAA Inc. Modified Sports Standards

	Team and Individual
• Number of practices prior to first scrimmage	10
• Number of practices prior to first game	15
• Minimum time between contests	2 nights
• Individual limitations per day	1 game
• Team and individual maximum number of contests	12
• Time and distance limits	9/11 minute quarters

NYSPHSAA Inc. Modified Game Rules and Game Conditions

Administration:

1. Tests: Every contestant should be carefully checked to determine his readiness before being allowed to participate as for football (see above) with exception of:

Individual Skills - A thorough program of physical conditioning, running and lacrosse skills such as throwing, catching, scooping, faking and dodging should be conducted prior to permitting one to participate in live contact drills. No one should be permitted in live contact drills until ability has been proven in the individual skills. Contact drills should be conducted against equals only.

2. Equipment-

- a. All players, including the goalkeeper, shall wear all protective equipment.
- b. Properly fitted equipment of good quality is mandatory for safe participation in lacrosse.
- c. The essential protective equipment must include a lacrosse helmet with a face mask, lacrosse arm guards, lacrosse shoulder pads, lacrosse gloves, and a mouthpiece. Goalkeepers must wear a chest protector and throat protection.
- d. Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
- e. Face masks for lacrosse competition must have a center bar.
- f. With the exception of the goalie's stick, there shall be no rule restriction on the length of the stick in modified lacrosse if the stick falls between 40-72 inches.
- g. Modified lacrosse players are exempt from the uniform outer clothing and helmet color regulations.

Game Conditions.

See Modified Sports Standards Chart for Interschool Competition.

Scrimmage Conditions.

A Lacrosse scrimmage must have modified time periods and include *one or more* of the following:

1. Alternate possessions.
2. Start the scrimmage with either a Draw (girls) or a Face-Off (boys).
3. Include the following game situations.
 - a. Face-Off/Draws – Boys/Girls
 - b. Clears and Rides – Boys/Girls
 - c. Extra Man and Man-Down – Boys/Girls
 - d. Fast Breaks – Boys/Girls

Game Rules.

1. The length of quarters shall be 9/11 minutes.
2. Two overtime periods of 2 minutes are to be played in the event the game is a tie; and no sudden death period is to be allowed.
3. A team shall be permitted 3 time-out periods per half. The time outs cannot be accrued in the course of the game.
4. A one-arm swing with a crosse, whether contact is made or not, shall be considered a personal foul – slashing. This includes the over-the-head "Indian Check".
5. There is no such call as a "Brush" in the Modified Program. Contact between crosse and helmet is a personal foul.
6. Contact with the ball is disallowed by any offensive players when the ball is loose in the crease.
7. Body checking is allowed ONLY against a player who is in possession of the ball.
8. The ten second rule is eliminated.
9. In a 5 period lacrosse game the mercy rule shall be in effect at the end of the third period of play.

10. Substitutes are permitted whenever the ball goes out of bounds.
11. When a goalkeeper gets a penalty, the in home player will serve the penalty if a second goalkeeper is unavailable.

MCPSAA Inc. Game Formats and Game Rules

1. Playing Philosophy
 - a. Quarter 1 - Strongest Players
 - b. Quarter 2 - Developmental Players (Strongest players, regardless of position, should not play during this quarter)
 - Example- if there are 12 players on a basketball team, each player should be numbered from #1- #12, (#1 being the strongest and #12 being the weakest), # 1-5 should not play in Quarter 2.
 - c. Quarters 3 & 4 – Coaches decision based on competitiveness of the contest.
2. If the minimum number of players needed for a 4 Quarter Extended Play period is met, the number of minutes for each quarter will be increased (see above chart).
3. No player may play more than 3 quarters. Entry into each quarter rather than actual playing time shall constitute “participation” in the quarter.
4. If a player is injured during a contest, and the minimum number of participants is no longer met, the game must go back to the regulation 4 quarter time limits.
5. “Coaches are to use best judgment after 6:30 pm”

Sport	Regulation Game 4 Quarters		4 Quarter Extended Play	
	Time Limits	# of Players	Time Limits	# of Players
Basketball	7 min. quarters	5-6	9 min. quarters (quarter 1= 8 min.)	7+
Field Hockey	25 min. halves	11-14	15 min. quarters	15+
Football	10 min. quarters	16-18	12 min. quarters	19+
Boys Lacrosse	9 min. quarters	10-13	11 min. quarters	14+
Girls Lacrosse	25 min. halves	10-15	15 min. quarters	16+
Soccer	15 min. quarters	11-14	18 min. quarters	15+

2018 BOYS LACROSSE MODIFIED RULES

EQUIPMENT:

- a) ALL PLAYERS, INCLUDING THE GOALKEEPER, SHALL WEAR PROPERLY FITTED PROTECTIVE EQUIPMENT DESIGNED FOR LACROSSE.
- b) THE ESSENTIAL EQUIPMENT MUST INCLUDE **HELMET DESIGNED FOR LACROSSE**, **LACROSSE** ARM GUARDS, **LACROSSE** SHOULDER PADS, **LACROSSE** GLOVES, AND A MOUTHPIECE. GOALKEEPERS **MUST** WEAR A CHEST PROTECTOR, A THROAT PROTECTOR AND ARM PADS.
- c) **ONLY** SNEAKERS OR SHOES WITH MOLDED SOLES AND MOLDED CLEATS ARE PERMITTED IN THE PROGRAM. SHOE WITH METAL POSTS OR SPIKES ARE **NOT** PERMITTED IN ANY MODIFIED SPORT.
- d) **WITH THE EXCEPTION** OF THE GOALTENDER'S STICK, THERE SHALL BE NO RULE RESTRICTION ON THE LENGTH OF THE STICK IN MODIFIED LACROSSE IF THE STICK FALLS BETWEEN 40-72 INCHES.
- e) MODIFIED LACROSSE PLAYERS ARE **EXEMPT** FROM THE UNIFORM OUTER CLOTHING AND HELMET COLOR REGULATION (REFER TO NFHS RULE BOOK FOR BOYS LACROSSE)

GAME RULES:

FOLLOW ALL NFHS RULES FOR BOYS LACROSSE!! Including this year's 2018 NFHS Rule

Additions

Rule 4-3-3 For FACE OFFS: A CONTRASTING COLOR BETWEEN THE HEAD AND THE TOP OF THE GLOVE MUST BE VISIBLE ON THE SHAFT AT FACEOFFS. THE CIRCUMFERENCE OF THE SHAFT SHALL NOT EXCEED 3.5 INCHES. NOTE: This can be accomplished with the original shaft color, paint, a single wrap of tape or other material.

Rule 1-6 Art 1 THE HEAD OF THE CROSSE AT ITS WIDEST POINT SHALL MEASURE BETWEEN 6 AND 10 INCHES INSIDE MEASUREMENT AT THE TOP AND BOTTOM OF THE WALL. Note: Only the top of the crosse at its widest point shall be measured.

EXCEPTIONS- HORNS MAY BE USED AND THERE IS NO TIME REQUIREMENT FOR ADVANCING THE BALL.

1. THE LENGTH OF QUARTERS SHALL BE 9 MINUTES.
2. **TWO** OVERTIMES PERIODS OF 2 MINUTES ARE TO BE PLAYED IN THE EVENT THE GAME IS A TIE; AND **NO** SUDDEN VICTORY PERIOD IS TO BE ALLOWED.
3. A TEAM SHALL BE PERMITTED **3** TIME-OUT PERIODS PER HALF. THE TIME-OUTS **CANNOT** BE ACCRUED IN THE COURSE OF THE GAME.
4. A **ONE**-ARM SWING WITH A CROSSE, WHETHER CONTACT IS MADE OR NOT, SHALL BE CONSIDERED A PERSONAL FOUL-SLASHING. THIS INCLUDES THE OVER-THE-HEAD CHECK.
5. THERE IS **NO** SUCH THING AS A "BRUSH" IN THE MODIFIED PROGRAM. CONTACT BEWTEEN THE CROSSE AND HELMET IS A PERSONAL FOUL.
6. CONTACT WITH THE BALL IS DISALLOWED BY ANY OFFENSIVE PLAYERS WHEN THE BALL IS LOOSE IN THE CREASE.
7. BODY CHECKING IS ALLOWED **ONLY** AGAINST A PLAYER WHO IS IN POSSESSION OF THE BALL.
8. IN A FIVE (5) PERIOD LACROSSE GAME **THE MERCY RULE** SHALL BE IN EFFECT AT THE END OF THE THIRD PERIOD OF PLAY.
9. SUBSTITUTES **ARE PERMITTED** WHENEVER THE BALL GOES OUT OF BOUNDS.
10. WHEN A GOALTENDER GETS A PENALTY, THE IN HOME PLAYER WILL SERVE THE PENALTY IF A SECOND GOALTENDER IS UNAVAILABLE.
11. A GOAL WILL BE DISALLOWED AFTER THE HORN SOUNDS TO INDICATE THE END OF THE PERIOD.

2018 NYSPHSAA BOYS LACROSSE TOURNAMENT

<u>OUTBRACKET</u>	<u>REGIONAL GAMES</u>	<u>WEST CHAMPIONSHIP</u>
Wednesday, <u>May 30th</u>	Saturday, June 2nd	Wednesday, <u>June 6th</u>
Section 4 @ Section 10 Class C & D only Site: SUNY Canton 4pm/6:30pm	Section <u>4/10</u> @ Section <u>3</u> 10 AM (D) – 12:30 (A) 3:00 PM (B)-5:30 (C) @ CNS	Section <u>6/5</u> vs. Section <u>10/4/3</u> 4:00 PM (D) – 6:30 PM (C) @ St. John Fisher 4:00 PM (B) – 6:30 PM (A) @ CNS
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<u>WEST</u> <u>CONFERENCE</u>	Saturday, June <u>2nd</u> Section <u>5</u> @ Section <u>6</u> 10:00 AM (D) - 12:30 PM (A) – 3:00 PM (B) – 5:30 PM (C) All High Stadium	
<u>OUTBRACKET</u>	<u>REGIONAL GAMES</u>	<u>EAST CHAMPIONSHIP</u>
Wednesday, <u>May 30th</u>	Saturday, <u>June 2nd</u>	Wednesday, <u>June 6th</u>
Section <u>9</u> @ Section <u>2</u> Site TBD	Section <u>9/2</u> @ Section <u>1</u> 10:00 AM (D) - 12:30 PM (A) 3:00 PM (B) – 5:30PM (C) Site Lakeland HS	Section 2/9/1 vs. Section 11/8 4:00 PM (D) - 6:30 PM (C) @ University at Albany 4:00 PM (B) – 6:30PM (A) @ Adelphi University
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<u>EAST</u> <u>CONFERENCE</u>	Saturday, <u>June 2nd</u> Section <u>11</u> @ Section <u>8</u> 10:00 AM (D) - 12:30PM (A) - 3:00 PM (B) - 5:30 PM (C) @ Hofstra U.	

