

**LACROSSE**  
**BOYS AND GIRLS**  
Revised March 2025

I. RULES

A. CIAC

1. Opening date of practice is determined by CIAC
2. Maximum number of games per season is 16 exclusives of CIAC Tournament play, conference or conference-sponsored and administered playoff games and alumni games
3. Limit of games per week is 2, although teams are permitted to schedule and play three (3) games per week (4) four times during the regular season.
4. No jamboree may be played until a team has had at least 7 days of practice. A jamboree is a contest among three or more teams in which no team may play more than the equivalent of the regulation time established for the sport, and no team may participate against the same opponent for more than one half of the normal regulation time established for the sport. See CIAC sections 5.5j for more details.
5. No scrimmage or other contest for which admission is charged shall be held prior to the permissible opening date for a game
6. All Sports Teams and individual athletes must have a minimum of 10 physical exertional school practice days before the date of the first scheduled competition
7. No team/athlete shall practice/compete with their school more than 6 consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy.

B. FCIAC

1. All make-ups are to be played on the next mutually open date with facility availability taken into consideration. Saturdays are mandated make-up days during the last two weeks of the regular season. Sunday's can be used by mutual consent.
2. The official starting time for varsity games is 4:00 PM. Schools may, by mutual consent, move off these official times.
3. All conference games will be played according to Federation Rules.
4. Boys play 12-minute quarters (varsity), 10-minute quarters (sub-varsity)
5. Girls play 25-minute halves (all levels)
6. The home team must provide an adult timer
7. In season filming of opponents is not permitted during pre-season scrimmages or regular season games.
8. Benches shall be placed 10 yards from touchlines for competing teams. Wherever possible these should be on the same side of the field where game timing of the game is done. **Benches must be on the opposite side of the field from the spectator seating.**

II. DETERMINING SCHEDULING

- A. Makeup of the divisions will be as determined as written in the FCIAC League Operations; 3. Scheduling; e. Establishment of divisions.

- B. The chairpersons of boys' and girls' lacrosse and the FCIAC Commissioner will draw up the schedule and submit it to the FCIAC athletic directors for approval so that it may be submitted to the FCIAC Board of Directors for a vote.

### III. DETERMINATION OF A CHAMPION

- A. With the new schedule, for both boys and girls, tier I teams play 8 league games and tier II teams play 10 league games. All tier I teams qualify for the league playoffs seeded by their 8 league games played and top two tier two teams based on 10 league games played will be seeded in the 7<sup>th</sup> and 8<sup>th</sup> spots. All league games must be played or the team declaring the cancellation shall lose by default.
- B. Tournament: 8 team tournament, rank order #1 to 8 by record (see IV below), #8 plays @ #1, #7 plays @ #2, #6 plays @ #3, #5 plays @ #4. The semi-finals and finals follow at a predetermined site.
- C. The highest remaining seed after the quarterfinals will have the option to play in the first or second game of the semi-finals.
- D. The tournament will not be reseeded after the quarterfinals

### IV. TOURNAMENT – 8 TEAM TOURNAMENT

- A. Resolving a tie between 2 teams
  - a. Competition with each other
    - i. If game is won by one team, they are the higher seed.
- B. Resolving ties in points between 3 or more teams
  - a. If one team defeated all other teams, they will be seeded highest.
  - b. If two teams remain, they will be ranked by competition with each other (see a. above)
  - c. If not resolved by (a.) then
    - i. all teams in the league are placed in rank order.
    - ii. team which defeated the highest seeded team will be seeded highest of the teams in the tie.
    - iii. If number is now reduced to two teams, team winning the game between the two teams is seeded next highest.
    - iv. If a tie can still not be broken, a coin flip will be used to determine the rank order for the playoffs which could include eliminating a team from the top 8.
      - 1. Once a team is eliminated from a three-way tie you go back to (A.) to determine further order.
    - v. This procedure is also used to determine division champion.

### V. OVERTIME FORMAT

- A. Regular Season (league games): Sudden victory - three-minute periods until game has a winner
- B. FCIAC Playoffs: Three-minute periods – sudden victory until game has a winner

### VI. OFFICIALS

- A. Assigning Commissioner Duties
  - 1. Assign officials for all varsity, JV and freshman games
  - 2. Send final game notices to schools and officials
  - 3. When necessary, send periodic bulletins to schools and officials
  - 4. Evaluate officials

- B. Two officials must be used in all varsity contests. Where one official works a varsity contest alone because of the failure of a scheduled official to report to the game, he/she shall be paid in accordance with the fee agreements in force between the Commissioner and the FCIAC
- C. Tournament Officials: Each coach participating in the FCIAC Tournament will submit a list of officials he/she would like to officiate the FCIAC playoff games

#### VII. AWARDS

- A. An FCIAC Championship Plaque and an FCIAC Runner-up Trophy will be presented at the conclusion of the Championship Tournament Game.
- B. An MVP Tournament trophy will be awarded at the conclusion of the tournament. The selection committee will consist of FCIAC coaches on non-tournament teams who are present at the tournament.
- C. Medals will be awarded to each member of the Championship Team. A team will receive a total of 40 medals.

#### VIII. ALL-CONFERENCE TEAM

- A. The lacrosse committee will establish an All-Conference Team format and selection procedure prior to the start of the season.