

# Lacrosse (M)

## Section I - Championship Eligibility

The following schools compete for the conference championship in lacrosse: Dickinson, Franklin & Marshall, Gettysburg, Haverford, McDaniel, Muhlenberg, Swarthmore, Ursinus and Washington.

## Section II - Men's Lacrosse Committee

*Chair:* Pat Gress, Swarthmore.

*Liaison:* Bryan Matthews, Washington.

## Section III - Playing Season Regulations

- A. Length of Playing Season.** The length of an institution's playing season in lacrosse shall be limited to a maximum of 19 weeks (traditional and nontraditional segments combined). *(Adopted 1/12/04)*
- B. Traditional Segment.**
- 1. Preseason Practice.** A member institution shall not commence practice sessions before February 1. *(Revised 6/4/03)*
  - 2. First Contest or Date of Competition.** An institution shall not play its first contest (including a scrimmage) against outside competition prior to February 22. If February 22 falls between Sunday through Friday, a contest may be scheduled for the previous weekend in lieu of competition during that week. Teams that utilize this option are prohibited from scheduling a game or scrimmage during the following weekdays (Sunday-Friday). In the event an institution's spring break begins prior to February 22, the first date of competition may be played on the first day of spring break. *(Revised 6/4/03; Revised 9/23/05; Revised 5/28/08)*
  - 3. Maximum Limitations.** An institution shall limit its playing schedule with outside competition in any one year to 17 dates of competition, except for those contests excluded in the *NCAA Manual*.
  - 4. Classes in Session.** No more than 15 dates of competition may be played while classes are in session during the traditional segment. There is no limitation on games played during listed vacation periods. *(Adopted 6/4/03)*
- C. Nontraditional Segment**
- 1. Preseason Practice.** Preseason practice may not begin before September 1 or the first date on which classes are scheduled for the institution's fall term, whichever date occurs first.
  - 2. First Date of Competition.** An institution shall not engage in its first date of competition (game or scrimmage) with outside competition before September 7 or the institution's first day of classes for the fall term, whichever is earlier.
  - 3. Nontraditional Season Length.** All practice and competition during the nontraditional segment shall be limited to a maximum of five weeks and must conclude by October 30.
  - 4. Practice Opportunities.** The Conference permits a maximum of 16 practices with no more than four practices in any one week. *(Revised 6/4/03)*
  - 5. Maximum Limitations.** The Conference permits one date of competition with outside competition that is counted toward the allowable 16 practices (*i.e.*  $15 \text{ practices} + 1 \text{ DOC} = 16$ ;  $16 \text{ practices} + 0 \text{ DOC} = 16$ ). *(Revised 6/4/03)*
    - a. Exemption - Alumni Game.** The Conference also permits one date of competition against an alumni team that is counted toward the allowable 16 practices. *(Revised 5/28/08)*
  - 6. Class/Laboratory Time.** No class or laboratory time may be missed for practice or competition.
  - 7. Date of Competition Limitations.** A maximum of eight hours of athletically related activity may occur on the one date of competition for all participants. Further, competition activity on the one date must be included in the eight-hour maximum and is also limited to two regulation baseball games or 18 regulation innings (e.g., three outs per inning, three strikes per out). *(Revised 4/17/07)*

## Section IV - Rules Governing Championship

- A. Determining the Conference Champion.** The Conference champion will be determined by a four-team playoff. The teams will be determined by best won-loss record in a round-robin format. *(Adopted 6/7/00; Revised 6/9/04)*

**Play-In Game** (*if necessary*): Tuesday at site determined by coin flip.

**Semifinals** (Friday at No. 1 seed): No. 4 seed at No. 1 seed; No. 2 seed vs. No. 3 seed. Top seed determines the order of semifinal games in consultation with Conference Office.

**Championship** (Sunday at No. 1 seed): semifinal winners. *(Adopted 6/7/00; Revised 6/9/04; Revised 11/30/04)*

## B. Tie-Breaking Formulas

1. Head-to-Head Centennial Conference play among tied teams;
2. Record versus teams in descending order of standing;
3. Goal-differential in games among tied teams; if tie(s) still exist(s), then fewest goals allowed in games against teams in descending order of standing;

4. if criteria 1-2-3 does not break the tie:
  - a. for the final playoff position, a play-in game will be held. The Executive Director will conduct a coin flip to determine the site;
  - b. for other ties among playoff-bound teams, the Executive Director will conduct a coin flip to determine playoff position. In the event of multiple ties, a random drawing will be held for the playoff positions.

When any secondary criteria separates one or more tied teams, but does not completely break the tie among all teams involved, re-apply the criteria to all groups of teams still tied, starting with the Conference's primary tiebreaker for all sports (head-to-head Centennial competition). (*Adopted 6/7/00; Revised 6/4/03; Revised 6/9/04*)

**C. Tournament Dates.** The tournament will be held on the weekend of the NCAA tournament selection. (*Revised 6/5/02*)

**D. Starting Times.**

**Play-In** (Tuesday): TBA  
**Semifinals** (Friday at No. 1 seed): 1:30 and not before 4:00 or 30 minutes after conclusion of first semifinal.  
 The top seed determines the order of semifinals in consultation with the Conference Office.  
**Championship** (Sunday at No. 1 seed): 1:00. (*Adopted 6/7/00; Revised 6/6/01; Revised 6/5/02; Revised 6/9/04*)

**E. Incomplete Tournament.** If the championship tournament cannot be completed and each team has completed at least one tournament contest, the highest remaining seed will be the Conference's champion and automatic qualifier to the NCAA tournament. Otherwise, the top seed as determined by the regular season will receive the automatic qualifier. (*Adopted 6/5/02; Revised 6/9/04*)

**F. Practice at Championship Site**

1. No practice will be permitted at the championship site (host team excluded) prior to game day.
2. No practice on the game field prior to the semifinals.
3. Prior to a single outdoor championship event, the facility will be made available for official warm-ups 45 minutes prior to the start of play. (*Adopted 6/9/04*)

**Section V - Regulations Governing Competition**

All NCAA/USILA rules apply unless noted below.

- A. Starting Times.** The starting time for midweek games should not be before 3:30 p.m., while weekend games should start at 1:30 p.m. An institution with lighted facilities may schedule night games that may start no later than 8 p.m. (*Adopted 6/5/96; Revised 6/1/05*)
- B. Official Ball.** The official ball must be stamped: "Meets NCAA-Approved Specs."
- C. Postponements.** All postponed Conference games will be rescheduled upon mutual agreement by the coaches or administrators. In the final week of regularly scheduled Conference play, a postponed Conference game will be rescheduled for the next available date and shall have priority over non-Conference games. (*Adopted 6/5/96*)
- D. Cut-Off Date.** The cut-off date for the completion of Conference regular-season competition is 6 p.m. on the Sunday prior to the championship. (*Adopted 6/9/04*)
- E. Officials.** Three officials are required for Conference matches and the officials must be assigned by the USILA. (*Adopted 6/15/94*)
- F. Postponed Contests.** All Conference games must be rescheduled and played should the original date be postponed.
- G. Jewelry.** Due to the potential for bodily injury, dismemberment, or even death, this policy regarding the wearing of jewelry, body piercing articles, and symbolic bracelets is recommended for all practices and games of Centennial Conference athletes. Tongue studs, spacers, or other objects are discouraged due to the potential for an obstructed airway or soft tissue damage. Protective mouthpieces are excluded from this policy. A player should not wear any jewelry, including earrings, chains, charms, watches, hair clips, bobby pins, tongue studs or items associated with piercing (visible or not visible), or bracelets. Exception: Medical alert bracelets or necklaces may be worn but should be taped to the body. Religious medals should be removed from chains and may be taped to the body or sewn under the uniform. (*Adopted 6/1/05*)

## Section VI - Awards

- A. All-Conference Team.** At the conclusion of the regular season, the conference coaches will select an All-Conference team. The men's team will generally comprise of (3) attackers, (3) midfielders, (1) defensive midfielder, (1) face-off specialist, (3) defenseman and a goaltender. The coaches will also select a Player of the Year. Coaches cannot nominate their own players. Nominations should include (9) attackmen, (9) midfielders, (4) goalkeepers, (4) long-stick midfielders and (4) specialists. (*Adopted 6/6/01; Revised 5/30/07*)
- 1. Nominations.** Approximately seven days before the conclusion of the regular season, each coach of a participating Conference school should submit nominations of his/her athletes to be considered for All-Centennial status. No Conference-wide limit is made to the number of nominations that can be made for All-Conference consideration, although nominees should be starters or key reserves. Some sport committees may establish maximums for the number of nominees. Only one player may be nominated for Player of the Year status.
  - 2. Voting Procedure.** Shortly after the conclusion of the regular season and prior to the start of the championship tournament, voting for All-Centennial teams should be concluded. Coaches should vote for 1st and 2nd team selections, and a Player of the Year. **No coach can vote for his/her own player!** The completed ballot should be returned to the Director of Sports Information and sent via email or FAX to the Conference Office.
  - 3. Determination of All-Conference Team.** Two (2) points will be awarded for a 1st team vote and one (1) point for a 2nd team vote. Players with the most points shall be accorded 1st team All-Centennial status. Ties will be broken in favor of the candidate with the highest number of 1st team votes. If the tie is still not broken, additional players may be added to the All-Star team. Any athlete receiving four (4) points will be assured of at least honorable mention status.
  - 4. Determination of Player of the Year.** For Player of the Year honors, coaches should vote for 1st, 2nd and 3rd with five points for a 1st place vote, three for a 2nd place vote, and one for a 3rd place vote. **Once again, coaches cannot vote for his/her own player.** Ties will not be broken and co-winners will be named.
  - 5. Determination of Coach of the Year.** For Coach of the Year honors, coaches will be asked to nominate **one** opposing coach for Coach of the Year. Coaches should vote for 1st, 2nd and 3rd with five points for a 1st place vote, three for a 2nd place vote, and one for a 3rd place vote. **Once again, coaches may not vote for themselves.** Ties will not be broken and co-winners will be named.
- B. Weekly Honors.** The Conference Office, in cooperation with the Sports Information Directors committee, will recognize an Offensive and Defensive Player of the Week for individual performances during a selected period. (*Revised 5/31/06*)
- C. Academic Honor Roll.** To be nominated/selected for the Academic Honor Roll, a student-athlete must meet the following criteria:
1. The student-athlete must be a starter or key reserve on her/his team.
  2. Must be a sophomore or higher in class standing.
  3. Must have a cumulative grade point average of 3.40 or higher (or its equivalent as determined by the institution) based on a 4.0 scale. The GPA must be at least 3.40, not 3.39 and rounded to the nearest tenth of a point.
- D. All-Sportsmanship Team.** All institutions will elect one member from their team who displays good sportsmanship throughout the season to be a member of the All-Centennial sportsmanship team. These individuals will be selected by the team and head coach and submitted to the Conference Office as part of the All-Conference nomination process. Only one student from each team may be selected. All institutions will have one representative on the All-CC sportsmanship team with the final decision made by each institution's head coach. (*Adopted 5/30/07*)

## Section VII - Calendar

<b>Start of Spring Practice:</b>	Sunday, February 1, 2009
<b>First Contest:</b>	Saturday, February 21, 2009 ( <i>with stipulations</i> ) or Sunday, February 22, 2009
<b>All-CC Nominations Due:</b>	Tuesday, April 28, 2009
<b>Conference Tournament:</b>	Friday-Sunday, May 1-3, 2009
<b>All-CC Ballot Due:</b>	Tuesday, May 5, 2009
<b>Committee Meeting:</b>	Tuesday, May 5, 2009
<b>NCAA First Round:</b>	Wednesday, May 6, 2009 at campus sites
<b>NCAA Second Round:</b>	Saturday, May 9, 2009 at campus sites
<b>NCAA Quarterfinals:</b>	Wednesday, May 13, 2009 at campus sites
<b>NCAA Semifinals:</b>	Sunday, May 17, 2009 at campus sites
<b>NCAA Final:</b>	Sunday, May 24, 2009 at Boston, Mass. (Harvard, host)