



2021 POLICY AND PROCEDURES MANUAL
FOR
GIRLS LACROSSE



NHIAA GIRLS LACROSSE COMMITTEE
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2020-21 Girls Lacrosse Divisional Alignment

Division I (1150+)	Division II (700-1149)	Division III (1-699)
14 Teams	18 Teams	16 Teams
Pinkerton 3283	*Man. Memorial-West 2234	*Milford 833
Nashua South 1901	*Spaulding 1308	Plymouth 644
Keene-Monadnock 1861	Portsmouth 1119	Bow 638
Nashua North 1735	Oyster River-Newmarket 1119	Lebanon 606
Exeter 1649	Alvirne 1115	Pelham 605
Concord 1530	Timberlane 1100	Laconia 542
Bedford 1505	Winnacunnet 1087	Kearsarge 508
Dover 1474	Goffstown 1071	Gilford 489
Londonderry 1458	Windham 997	Inter-Lakes-Moultonborough 473
Man. Central 1331	Hollis/Brookline 857	Campbell 439
Merrimack 1226	Merrimack Valley 795	St. Thomas 402
Salem 1175	Kingswood 794	Belmont 358
*Bishop Guertin 793	Pembroke 763	Trinity 324
*Souhegan 751	Hanover 743	Hopkinton 320
	Kennett 739	Bishop Brady 304
	Con-Val 718	Derryfield 269
	*Coe-Brown 691	
	*John Stark 618	
*Petition		

POINTS OF SPECIAL EMPHASIS:

I. Goalie Chest Protectors

Effective January 1, 2021, all goalie chest protectors must be designed for lacrosse and meet the NOCSAE performance standard, ND200. This requirement is mandatory in the US Lacrosse boys' and girls' youth rules, the NFHS boys' and girls' high school rules, and the NCAA men's and women's rules. All products that meet the NOCSAE standard, ND200, must be [certified by the Safety Equipment Institute](#) and include the NOCSAE Lacrosse label shown below.

II. NFHS Girls Lacrosse Rule 4-1-3:

If a team is leading by 10 or more goals, the clock will continue to run after goals and within the last two minutes of play in each half (no stop clock). If time runs out prior to the complete administrations of a free position, then it shall not be administered. If the difference becomes less than 10 goals, the stop clock is reinstated.

III. NHIAA member schools may compete against non-member schools at the junior varsity and sub-varsity level in all sports and should make every effort to schedule member schools prior to scheduling non-member schools.

IV. Athletic Trainers: Schools requesting medical services are to provide the necessary supplies for the athletic trainer at all regular season and tournament events.

V. Tournament Pre-Game Warm-Ups:

For the first game of the day at a NEUTRAL tournament site the teams may get on the field once the facility opens. After game one, an alternate practice site will be provided prior to the game field warm-up of 20 minutes.

VI. ~~Tournament Format:~~ ~~Eight (8) teams will qualify for the tournaments in all divisions.~~

VII. Seeding Brackets: Once the official NHIAA Tournament Pairings have been released, there will be no switching of bracket placements. Game times (not date) may be adjusted at tournament contests held at the home of the higher seed, if both teams are agreeable. At neutral sites there shall be **NO** date or time changes with two (2) exceptions:

- A. Graduation Exercises
- B. Weather and/or facility issues

VIII. Eye Protection: (See Page 18 for list)

All girls' lacrosse players shall wear protective eyewear that meets the ASTM adult standards. Some players that wear glasses have been wearing protective eyewear over their glasses. There is currently nothing in the rules to prevent this. However, some of the protective eyewear products are not designed to be worn over glasses and players/coaches/parents should be aware of the potential dangers of using equipment in a manner that it was not intended.

IX. SCRIMMAGES, JAMBOREES, OUT OF SEASON COMPETITION:

All pre-season jamborees must be sanctioned by the NHIAA in accordance with By-Law Article I: Policy, Sect. 9. Each coach shall be familiar and compliant with NHIAA By-Law Article II; Eligibility, Sect. 9; Out-Of-Season Competition.

X. Game Make-Ups: If a regular season game is postponed, the schools involved are to reschedule the game on the next available date. Remember, a school cannot schedule earlier postponed games during the final week of the season.

- No make-up games may be scheduled during the final week of the season unless they are games that were regularly scheduled for that week. Games postponed prior to the final week must have been made up before that date. Exceptions to this will be made only with prior approval of the NHIAA Girls Lacrosse Committee through the Executive Director.
- A maximum of three (3) three games per week shall be scheduled, with make-up games playing no more than four (4) games per week. A week constitutes Sunday through Saturday.
- To take advantage of good weather days, it is recommended that schools schedule their extra games early in their schedule. It is also important that schools reschedule postponed games on the next available date to prevent a build up of games at the end of their schedule.

XI. Protest Procedure At State Tournaments:

During State Tournament play **AT NEUTRAL SITES**, there shall be no appeals of protests to the Executive Director. All protests shall be resolved at the game site at the time of the protest. During State Tournament Play at the home of the higher seed protests shall be resolved by consulting with the Committee Chair who will be available via phone during preliminary and quarterfinal contests.

XII. All shirts shall be of a single, solid color with the following trim specifications permitted:

- Trim around the collar and waistband and at the cuff of the sleeve, or around the arm opening if sleeveless, shall not exceed 1 inch in width.
- Side inserts (armpit to waistband) may be of contrasting color(s), but shall not exceed 3 inches in width. The inserts must be centered vertically below the armpit.
- Numbers shall be centered vertically and horizontally and must be a minimum of 8 inches tall on the back and a minimum of 6 inches tall on the front of the shirt.
- Numbers must be of a solid color contrasting with the color of the shirt. The numbers may be trimmed in a contrasting color that shall not exceed 1 inch in width.

XIII. US Women's Lacrosse Sect. 33 Rule 7 Change: see page 57

- The major changes in the women's game were made to the Rule 7, Ejection/Suspensions section; the changes are as follows:
- The head coach will be responsible for the behavior of personnel affiliated with her team, including all assistant coaches, and will receive any cards related to lack of bench decorum.
- Anyone receiving two yellow cards in a single game must sit out the remainder of that game. Any ejected player receiving a red card will be prohibited from participating in the team's next game. An ejected player must serve her next game suspension in her team's bench area for the entire game including on-field pre-game, game or post game activities. The ejected player may not be dressed in her game uniform.
- Once a team receives its fourth card (regardless of color) of the game the team will play shorthanded for the remainder of the game. They will lose an additional player each time another card is received. Delay of game cards do not count toward card count.

XIV. The Committee recommends schools to adhere to a three half rule per day for the sport of girls lacrosse. Any time in a half constitutes having played in that half.

MISCELLANEOUS INFORMATION

- Girls Lacrosse games shall consist of two (2) twenty-five (25) minute halves for varsity and sub-varsity. When girls' varsity and sub-varsity lacrosse games are played back to back, the sub-varsity game will consist of two (2) twenty (20) minute halves. Upon mutual agreement the sub-varsity halves may be reduced to a minimum of ten minutes each with a five (5) minutes intermission. A full sub-varsity rate shall be paid regardless of length of game time.
- Regularly scheduled games cannot be forfeited by the individual schools (Principals, Athletic Directors, Coaches and others).
- Schools that issue equipment to athletes for out-of-season use assume the liability for its use. Such equipment should be inspected prior to the season for reconditioning and safety.
- The Girls Lacrosse Committee recommends all ball persons be properly trained. All ball persons shall be equipped with a protective helmet for all regular season games as well as tournament games.
- For information regarding specific rules for Girls Lacrosse refer to the US Lacrosse Women's Rules endorsed by the National Federation of High Schools.
- Schools should make every effort to lay out their game field with team bench areas on the opposite side of the field from spectators.
- **SUB-VARSITY GAMES:** No sub-varsity (freshmen, sophomore or junior varsity) games may be played on or after the last date to play.

⇒ **NFHS Guidelines for Management of Concussions:** The NHIAA mandates the following of the NFHS guidelines for management of Concussions. Concussions: Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, 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.

Please visit www.nhiala.org; "What's New" to view the
NFHS Suggested Guidelines for Management of Concussions
and the New Hampshire SB402 and its language as written.

Rosters are now to be submitted on-line utilizing the AD's Admin login.

2021 Girls Lacrosse Roster – Due Tuesday, May 25, 2021

Each school will be allowed a maximum of THIRTY (30) individuals, with no more than twenty-five (25) of them being players in uniform. The remainder of the roster will include five (5) non players. Please list all players may play in tournament rounds.

Photos: Must be in uniform no mascot or warm-ups.

NHIAA GIRLS LACROSSE COMMITTEE
REGULATIONS AND ADMINISTRATION

1. **Authorization:** The NHIAA Council authorizes the NHIAA Girls Lacrosse Committee to establish by-laws, approved by the Council, for the classification and playing of girl's lacrosse in New Hampshire, and to establish a three Division New Hampshire High School Girls Lacrosse tournament.
2. **Management:** The NHIAA and its Girls Lacrosse Committee will manage and control the New Hampshire State High School Girls Lacrosse Tournament, under By-Law Article XXVI, Lacrosse-Girls.
3. **Game Rules:** The US Lacrosse Rules shall govern play for Girls Lacrosse. Overtimes shall be played. No games shall end in a tie.
4. **Eligibility:** The eligibility rules of the NHIAA will apply to all student athletes.
5. **Due Process Procedure:** The Girls Lacrosse Committee will follow all due process procedures outlined by NHIAA By-Laws.
6. **School Responsibility:** Crowd control, safety and good sportsmanship are major concerns. It is the responsibility of the school officials to insure that these concerns are addressed. Guidelines for sportsmanship and a Code of Ethics for Spectators are provided by the Sportsmanship Committee.
7. **Pre-Season And Practice Requirements:** A player must participate in five (5) calendar practice days before participating in a lacrosse game, scrimmage or jamboree. There will be a three (3) week pre-season before the start of any regular season games. This regulation applies to all sub-varsity and varsity teams.
8. **Criteria Of Play:**
 - A. The Committee will annually approve schedules of teams participating in girls lacrosse.
 - ~~B. All teams must complete their entire schedule, which was submitted to the NHIAA. To be eligible for tournament play and seeding, the Girls Lacrosse Committee will consider completed schedules only. Any scheduled game not played will be forfeited by both teams unless the circumstances are made known to the Executive Director of the NHIAA prior to the seeding meeting.~~
 - C. If a regular season game is postponed; the schools involved are to reschedule the game on the next available date. No make-up games may be scheduled during the final week of the season unless they are games that were regularly scheduled for that week. Games postponed prior to the final week must have been made up before that date. Exceptions to this will be made only with prior approval of the NHIAA Lacrosse Committee through the Executive Director.
 - D. Girls Varsity and Sub Varsity will play 25 minute halves. During back to back games, the varsity game will consist of 25 minute halves and the sub varsity game will consist of 20 minute halves; Upon mutual agreement the sub-varsity halves may be reduced to a minimum of ten minutes each with a five (5) minutes intermission. A full sub-varsity rate shall be paid regardless of length of game time.
9. **Scrimmages, Jamborees, Out Of Season Competition:**

All pre-season jamborees must be sanctioned by the NHIAA in accordance with By-Law Article I: Policy, Sect. 9. The NHIAA Girls Lacrosse Committee recommends all interschool scrimmages (varsity and sub-varsity) be officiated by at least one (1) certified lacrosse official. Each coach shall be familiar and compliant with NHIAA By-Law Article II: Eligibility, Sect. 9; Out-Of-Season Competition.

10. **Uniforms:**

All schools are to have two (2) uniforms - home (light) and away (dark).

- A. Regular Season -The HOME teams shall wear light colored uniforms and the VISITORS will wear dark colored uniforms. Teams should have pinnies available in case both teams are wearing the same color.
- B. Tournament Games - the higher seeded school shall wear LIGHT uniforms and the lower seeded school shall wear DARK uniforms for each game of the Lacrosse Tournament.

11. **Admissions:**

A. Complimentary Tickets:

School Administrators from each participating school will be issued complimentary passes in accordance with NHIAA policy.

B. Players, Coaches, and Bench Passes:

NO competitor passes will be issued. All players must be in uniform and only varsity and junior varsity players will be admitted to the bench. Each school will be allowed thirty (30) individuals with no more than twenty-five (25) of them being players in uniform. Only Tournament rostered lacrosse coaches of the participating schools will be permitted on the field and will be eligible to take part in the contest. Coaches of non-participating schools may not take part directly or indirectly in the Girls Lacrosse Tournament games unless assigned by the Committee in a game support role.

C. Paid Admissions:

The higher seeded team will host and is responsible to pay expenses for the preliminary and quarterfinal round games. Schools may choose to charge admission using the amounts set for NHIAA tournament games. Please see By-Law Article I: Policy; Sect. 18: Admission Fees for NHIAA Tournament Events.

12. **Game Make-Ups:** If a regular season game is postponed, the schools involved are to reschedule the game on the next available date. Remember, a school cannot schedule earlier postponed games during the final week of the season.

- No make-up games may be scheduled during the final week of the season unless they are games that were regularly scheduled for that week. Games postponed prior to the final week must have been made up before that date. Exceptions to this will be made only with prior approval of the NHIAA Girls Lacrosse Committee through the Executive Director.
- A maximum of three (3) three games per week shall be scheduled, with make-up games playing no more than four (4) games per week. A week constitutes Sunday through Saturday.

13. **Reconsideration of a Decision to Play:** Once a decision to play has been made or once the game has begun, if weather conditions or any other emergency occurs that could jeopardize starting or continuing the game, reconsideration of the decision to play or to interrupt the game will be made by the Game Manager.

- A. The Game Manager shall consult with the administrators from both schools, Athletic Directors and/or Principals, and the referee before making a decision.
- B. The game will be played or continued at the point of interruption on the following day unless otherwise approved by the Chairman of the Girls Lacrosse Committee.
- C. In the case of an interrupted game with one school ahead, and if both the administrators of both schools agree, the game will stand as final at the point of interruption.

14. **Postponement:** The Game Manager, having visited the site when appropriate, and in consultation with the Game Director, or when possible with representatives of both schools, will make any decisions regarding postponement of any game of the Girls Lacrosse Tournament. The Game Manager shall notify the participating schools and officials of the decision.

A decision to postpone will be made as early as possible. It is important for the Game Manager to have the telephone numbers of the administrators to be contacted from each school and the Supervisor of Girls Officials so that they can be contacted as soon as a decision to postpone is made.

15. **Reporting Game Scores:** It is the responsibility of **ALL TEAMS** to enter scores on the web site immediately following games to insure standings are accurate.
16. ~~**Tie Breaker Procedure:** The NHIAA Tie Breaking Procedure, By Law Article XII, will be used to resolve all ties for positions in the Girls Lacrosse Tournament.~~
17. **Game Manager:** A member of the NHIAA Girls Lacrosse Committee or a designate will serve as Game Manager for each game of the Girls Lacrosse Tournament held at a neutral site. For games played at the higher seed, the Game Director will assume the duties of the Game Manager. The Game Manager will serve as liaison between the Girls Lacrosse Committee and the participating schools and shall be responsible for ensuring that the policies and regulations are followed. The Game Manager will make any decisions regarding the postponement of a game and notify the participating schools and the officials. For the Final Game, the Game Manager shall inform the coaches of both teams of the procedures to be used in the post-game ceremony.
18. **Game Director:** The Athletic Director, Faculty Manager, or other administrator appointed by the Principal of the higher seeded school will serve as Game Director for the Girls Lacrosse Tournament Games. The Game Director will be directly in charge of the game and is responsible for hiring and supervising all personnel necessary for the administration of the game. The Game Director will clear all matters of policy or regulation interpretations with the Game Manager and will be paid by the NHIAA at the current rate for services rendered.
19. **Game Balls:** All game balls at all levels of play shall have the NFHS Authenticating Mark imprinted. The following procedure is to be followed:
 - A. Prior to the start of the game the head official is to inspect the game ball(s) to ensure the NFHS Authenticating Mark is imprinted. If the home team's ball does not have the mark, the visiting team's ball with the Authenticating Mark is to be used.
 - B. In the event neither ball has the mark, the game is to be played and the head game official is to report the matter to the Supervisor of Officials, who in turn will notify the NHIAA office.
 - C. Girls will use yellow game balls.
 - D. If the ball does NOT have "Meets NOCSAE Standard." The game shall be postponed.
20. **Overtime Procedures:**
 - A. When the score is tied at the end of regular playing time, both teams will have a 5-minute rest and toss a coin (visiting captain calls) for choice of ends.
 - B. The alternate possession shall continue from regulation. The game will be restarted by a center draw. The winner will be decided by "sudden victory." The team scoring the first goal wins the game.
 - C. Each overtime period will be no more than six minutes in length of stop-clock time (clock stops on every whistle). The clock will be stopped after 3 minutes of play in order for teams to change ends with no delay for coaching. No substitutions may occur at this time. The game will be restarted by a center draw.
 - D. If the teams are still tied after six minutes have elapsed, the teams will have a 3-minute rest and change ends. Substitutions may occur at this time.
 - E. Play will continue with "sudden victory" stop-clock overtime periods of six minutes in length (two 3-minute halves) with 3 minutes in between and change of ends until a winning goal is scored.

PROTESTS

1. **Protest Procedure for Regular Season:**

The following is the procedure, which must be followed in protesting a lacrosse game:

- A. Only protests involving violations of a specific rule will be considered. A team may not protest decisions of judgment.
- B. The protest must be made verbally by the coach of the protesting team at the time of the misinterpretation to the game officials and to the opposing coach.
- C. Upon completion of the contest, the protesting team must notify the game officials to file a written statement of the incident with the Executive Director of the NHIAA within twenty-four (24) hours of the incident.
- D. The Principal of the protesting school must notify the Executive Director of the NHIAA within twenty-four (24) hours of the incident.
- E. A request of written statements from schools involved in the protest must be signed by both the Principal and coach. Copies of this correspondence must be sent to the Principals of the school involved.
- F. All contests are to be completed under any conditions of protest. A school that withdraws from the contest shall be considered forfeiting to the opponent and the protest will be disallowed.
- G. If a protest is upheld and the contest is directed to be replayed, it shall be replayed at the expense of the schools involved.

2. **Protest Procedure at State Tournaments:**

During State Tournament play **AT NEUTRAL SITES**, there shall be no appeals of protests to the Executive Director. All protests shall be resolved at the game site at the time of the protest. During State Tournament Play at the home of the higher seed protests shall be resolved by consulting with the Committee Chair who will be available via phone during preliminary and quarterfinal contests.

SAFETY

1. **Duty to Warn:** There is an obligation to provide a safe playing environment and to warn student athletes of potential dangerous conditions. Integral to this aspect of warning is the establishment of procedures for safety rules and regulations.

2. **Medical Coverage:** (By-Law Article III; Sect. 1)

The importance of the long-range safety of high school athletes cannot be overstated. Consequently, the NHIAA and its member schools will favor medical safety over any other countervailing concerns including competitive advantage. Every high school in New Hampshire must make provisions for **licensed** medical personnel at all practices and contests. The types of provisions that are acceptable are (the provisions are in alphabetical order, not preferential order):

- A. Athletic Trainer
- B. Board Certified Sports Physical Therapist
- C. Nurse
- D. Nurse Practitioner
- E. Physical Therapist
- F. Physician
- G. Physician Assistant
- H. Systems developed to call medical personnel to the site of the athletic event.

At the athletic competitions where medical coverage is either provided or mandated by the NHIAA, injuries sustained by athletes will be evaluated by the designated medical personnel. The clearance to re-enter competition after an injury will be made by the designated medical personnel only. Absent unanimous agreement between the designated medical personnel to allow continued participation, an injured player will not be allowed to return to the game. Their decision is final and cannot be overturned by the coach, coaching staff, parents/guardians, or any non-designated personnel.

When the NHIAA provides qualified medical personnel and member schools also provide qualified medical personnel, it is expressly understood that the NHIAA provider shall defer to the school designated qualified medical personnel if requested. If the member school does not provide qualified medical personnel or if no deferral is requested, the NHIAA provider will act as the designated medical personnel. In choosing who should act as the designated medical personnel, all medical personnel are expected to act in the best interests of the student athletes and participate to the extent that his or her expertise will increase the quality of the care delivered. Prior to the start of the event the NHIAA assigned medical personnel, in conjunction with the designated site manager, should review this requirement and determine the procedures/chain of command to be identified during the event to ensure compliance with the provisions stated in this by-law.

Note: Student trainers, high school or college, cannot be used to meet the provisions of this by-law.

3. **Jewelry and Body Piercing Rule:**

No jewelry, which includes body-piercing objects, shall be worn. Religious or medical alert medals must be properly secured under the uniform.

Per the NFHS, Dermal Piercings are considered jewelry and are not allowed. These piercings are inserted into the skin and require a medical procedure to remove them. The decorative part screws onto the pin or screw that protrudes from the skin. Even with a bandage over it would seem to pose a potential hazard to the athlete. Coaches will be asked if their athletes are properly equipped, which includes no jewelry. If discovered, the athlete will be removed from the competition until rectified.

4. **Blood Spillage and Body Fluids:**

The NHIAA Sports Medicine Committee suggests that each school develop a local policy in cooperation with their local medical personnel, on how to handle blood spillage.

Housekeeping Procedures for Blood and Body Fluids

Disposable latex gloves should be worn to avoid contamination of the hands of the person cleaning spillages involving blood or other body fluids and secretions. Persons involved in cleaning contaminated surfaces should avoid exposure of open skin lesions or mucous membranes to blood or body fluids. A freshly prepared solution of dilute household bleach (one quarter cup of bleach diluted in one gallon of water) or other disinfectant labeled as *virucidal*, *Tuberculocidal*, *staphylocidal* is useful. Allow the disinfectant to stand wet for a minimum of one minute to start killing pathogens and disinfecting the area (10 minutes of disinfection time guarantees surface sterility). Whenever possible, disposable towels, tissues, and gloves should be used and properly discarded and mops should be rinsed in disinfectant.

5. **Interpretation of Excessive Bleeding:**

National Federation Rules call for a player, who is bleeding, has an open wound or excessive blood on the uniform, to leave the court/field.

The NHIAA interprets "excessive blood on the uniform" to mean that part of the uniform is saturated with blood. Saturated does not mean a wet spot. Saturated means a major portion of the garment is covered and soaked with blood. For this to occur, significant bleeding would have had to take place.

For any blood on uniform less than "saturated", the uniform does not have to be changed. School personnel have the responsibility of treating the blood area with the appropriate disinfecting solution before the athlete may participate. If the uniform is "saturated" with blood, the uniform must be changed before the athlete may participate. This interpretation is to be followed in the conduct of all NHIAA athletic events.

6. **Outdoor Environmental Safety Lightning And Thunder:**

Lightning is the most consistent and significant weather hazard that may affect outdoor athletics. Within the United States, the National Severe Storm Laboratory (NSSL) estimates that 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every year. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike. Additionally, thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer.

The following guidelines are recommended:

1. All athletic staff and game personnel are to monitor threatening weather. Establish a chain of command as to who makes the decision to remove a team or individual from athletic sites or events (athletic/site/event director, game officials/umpires, sports medicine staff?). An emergency plan should include planned instructions for participants as well as spectators.
2. Be aware of potential thunderstorms that may form during scheduled athletic events or practices. Included here should include National Weather Service – issued (NWS) thunderstorm “watches” and “warnings” as well as signs of thunderstorms developing nearby. A “watch” means conditions are favorable for severe weather to develop in an area; a “warning” means that severe weather has been reported in an area and for everyone to take proper precautions.
3. Know where the closest “safe structure or location” is to the field or playing area, and know how long it takes to get to that safe structure or location.

Safe structure or location is defined as:

- Any building normally occupied or frequently used by people, i.e., a building with plumbing and /or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and **do not use** the showers or plumbing facilities during a thunderstorm.
- In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle safe shelter, but the hard metal roof, which dissipates the lightning strike around the vehicle. **DO NOT TOUCH THE SIDES OF THE VEHICLE!**

D. WHEN YOU FIRST HEAR THUNDER OR SEE LIGHTNING, SUSPEND ACTIVITIES AND GO TO A SAFE SHELTER OR LOCATION. “IF YOU CAN SEE IT (LIGHTNING), FLEE IT (TAKE SHELTER). IF YOU CAN HEAR IT (THUNDER) CLEAR IT (SUSPEND ACTIVITIES).” WAIT UNTIL 30 MINUTES AFTER THE LAST OBSERVED LIGHTNING OR THUNDER BEFORE RESUMING ACTIVITIES.

If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground, because lightning current often enters a victim through the ground rather than by a direct overhead strike. **MINIMIZE YOUR BODY’S SURFACE AREA, AND MINIMIZE CONTACT WITH THE GROUND! DO NOT LIE FLAT!** Stay away from the tallest trees or objects (such as light poles or flag poles), metal objects (such as bleachers or fences), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.

7. **NHIAA Guidelines on Ozone Pollution and Physical Activity:**

School Administrators and coaches as well as other appropriate staff are to use this document in making decisions regarding indoor and outdoor activities during periods of high ozone pollution.

Charting Air Quality

Local officials use a simple scale to forecast and report on smog levels and other air pollution.

Depending on where you live, it might be called Air Quality Index (AQI) or Pollutant Standards Index (PSI). Current air quality is reported as a percentage of the federal health standard for a pollutant. If the current index is above 100, air pollution exceeds the level considered safe.

At Ozone smog levels above 100, children, asthmatics and other sensitive groups should limit strenuous exercise. Even otherwise healthy people should consider limiting vigorous exercise when ozone levels are at or above the health standard. If the index is above 200, corresponding to an ozone pollution level of .20 parts per million (ppm), the pollution level is judged unhealthy for everyone. At this level, air pollution is a serious health concern. Everyone should avoid strenuous outdoor activity, as respiratory tract irritation can occur.

U.S. EPA Air Quality Index

Index Value	Descriptor	Color	1 hr. Ozone ppb
0 – 50	Good	Green	---
51 – 100	Moderate	Yellow	---
101 – 150	Unhealthy for Sensitive Groups	Orange	125 – 164
151 – 200	Unhealthy	Red	165 – 204
201 – 300	Very Unhealthy	Purple	205 – 404
301 – 500	Hazardous	Maroon	405 – 604

Observing Air Quality

1. Watch the Calendar

Ozone smog tends to be worst during the May – to – September “smog season.” Be especially conscious of smog levels during warm weather. In warm areas, smog can be a problem at any time of the year. Carbon monoxide pollution levels also are related to the weather, as well as to altitude. In the western U.S., the highest carbon monoxide levels are found in the winter months.

2. Watch the Clock

Since sunlight and time are necessary for ozone smog formation, the highest levels of ozone typically occur during the afternoon. Since carbon monoxide is produced primarily by motor vehicles, the highest carbon monoxide levels usually occur during rush hour or during other traffic congestion situations.

3. Watch the News

Guidelines For Participation

1. Observe appropriate physical activity restrictions represented above.
2. If an ozone exceedance is expected, but has not yet occurred at the time an interscholastic practice or contest is scheduled to begin, that event may begin as scheduled.
3. If an interscholastic practice or contest is scheduled to begin and an E.P.A. warning is in effect (PSI 201 or higher), the event shall be cancelled, delayed or rescheduled.

When ozone levels reach a national PSI level of 201 (.201 parts per million), exercising indoors or outdoors may cause significant respiratory tract irritation and a decline in lung function. Therefore, strenuous exercise indoors and outdoors is to cease.

Recommended Restriction Of Physical Activity

The following limits on activity for each type of episode are as follows:

1. Level Orange, PSI 101-150 (Unhealthy for Sensitive Groups)
 1. Active children and adults and people with heart or respiratory disease, such as asthma or allergies, should limit prolonged outdoor exertion.
 2. Healthy individuals with noticeable health effects associated with existing conditions should minimize outdoor activity.
2. Level Red, PSI 151-200 (Unhealthy)
 1. All athletes should discontinue prolonged, vigorous exercise indoors and outdoors.
 2. Sensitive individuals, primarily children who are active outdoors and people with heart or respiratory disease such as asthma or allergies, should avoid indoor and outdoor activity.
 3. Indoor and outdoor activities that should be avoided include, but are not limited to, calisthenics, basketball, baseball, running, field hockey, soccer, football, tennis, and swimming and diving.
3. Level Purple, PSI 201-300 (Very Unhealthy)
 1. All athletes shall discontinue vigorous indoor and outdoor activities, regardless of duration.
 2. All indoor and outdoor physical education classes, sports practices and athletic competitions shall be rescheduled.

Note: Indoor practices may be held if an air-conditioned facility is available.

The NHIAA Sports Medicine Committee Recommended Mouthguard Options

<u>Name</u>	<u>Contact Information</u>	<u>Price</u>
CustMbite	www.custmbite.com	\$19.99 plus shipping of \$5.00 Wholesale pricing is available to schools, sports teams, and other organizations. Contact: Monroe@custmbite.com
Pro-Tekt	www.protektmouthguards.com customerservice@protektinc.com	\$49.99 - \$89.99
Sport Guard International	www.customguards.com 1-877-8guards	\$45.00 - \$82.00
Opro	www.opro.com/opd CustomerCareUS@opro.com	\$61.95 - \$94.95
Custom Fit Mouth Guards/Ifit Mouth Guards	Heather Chase, RDH LeeAnn Grandmason, RDH Destinee Diprina, DA Atkinson, NH 1-603-362-5582	\$55 - They may be able to go to you for larger groups
Sports Guard Labs	www.sportsguard.com customerservice@sportsguard.com 1-800-401-1776	\$55
Mouth Guards and More	mouthguardsandmore@comcast.net	\$40-\$45
Defender Mouth Guards	www.defendermouthguards.com 1-888-65-defender	\$57-\$93

TOURNAMENT INFORMATION

1. **NHIAA Site Selection Criteria Policy:**

NHIAA Girls Lacrosse Committee will make every effort to provide sites with the following criteria in mind. The criteria are not listed in order of priority.

- A. If the home team cannot fulfill all criteria necessary to host a tournament game, including charging an admission fee for the preliminary or quarterfinal games, the school shall locate another site or forfeit the home advantage.
- B. Health and safety of participants.
- C. Comfort and safety of spectators (including adequate seating and parking, and restrooms).
- D. Handicapped accessible for spectators.
- E. Relative travel requirements of participating schools.
- F. The ability to sell, collect and account for ticket sales.
- G. Playing surfaces must meet the requirements as established for that sport.
- H. Facility rental charge (if applicable).
- I. Sufficient parking.
- J. Other costs associated with running the event.
 - Public Safety – Approximate costs
 - Facility Charges – If applicable
- K. Custodial
- L. Receptivity and cooperativeness of personnel working at site.
- M. Provide concessions (Facility keeps all sales).
- N. Provide area for NHIAA memorabilia sales.

2. **Sponsorship:**

The NHIAA will sponsor, conduct and underwrite the New Hampshire State High School Girls Lacrosse Tournament and will receive all proceeds realized.

3. **Field Preparation Expenses:**

The Girls Lacrosse Committee will only approve field preparation expenses when a Girls Lacrosse Tournament Game is played at a neutral site.

4. **Bench Personnel:**

Ball Retrievers: If the home team chooses to provide ball retrievers on the end lines, the home school is required to train, protect, and provide for the safety of the ball retrievers.

5. **Restraining Barriers:**

At games of the Girls Lacrosse Tournament held at neutral sites, there shall be a restraining barrier which runs the entire length (120 yards) of the sidelines, and shall be at least six yards (preferably more) from the boundaries. No one is permitted within the sidelines except NHIAA Tournament rostered coaches, players, officials, and school officials connected with the teams. The Ball Person is the only person allowed on the endlines. The player bench area should be located across the field from spectators.

6. **Game Officials:**

- A. NHIAA registered officials will be used to officiate all games of the NHIAA Girls Lacrosse Tournament.
- B. Officials for all playoff games will be selected by a committee composed of the Chairman of the Lacrosse Committee, the Supervisor of Lacrosse Officials and the Executive Director of the NHIAA. Input shall be received by the Committee members.
- C. Two officials will be used to officiate each preliminary and quarterfinal game. These games will be at the site of the top seed. The responsibility of payment of officials will be the host team.
- D. Three officials and a certified bench official will officiate at the semifinal and championship games, which will be held at a selected site. Payment for these officials will be made by the NHIAA.

7. **Officials' Room:**

A waiting/dressing room will be provided for the officials. This area will be "off limits" to all others.

8. **Programs:** Programs for all games of the Girls Lacrosse Tournament shall be provided by the NHIAA and all program rights are reserved by the Lacrosse Committee and the NHIAA.

9. **Fifty/Fifty (50/50) Raffles:** Fifty/Fifty drawings are permitted by the New Hampshire Interscholastic Athletic Association (NHIAA); at the site of an NHIAA member school hosting any round of an NHIAA tournament event (s). Fifty-fifty raffles will not be permitted at "neutral sites" that are not NHIAA Member School sites.

Tournament Pre-Game Warm-Ups:

For the first game of the day at a NEUTRAL tournament site the teams may get on the field once the facility opens. After game one, an alternate practice site will be provided prior to the game field warm-up of 20 minutes.

A. Pre-Game Warm-Up Protocol:

Thirty minutes prior to game time, twenty minutes for warm-ups is placed on the clock, and begins to run. A captains meeting will take place when the clock hits five (5) minutes. Once the twenty minutes has elapsed, the field will be cleared, and a stick check will take place. Following the stick check, line-ups will be announced followed by the National Anthem. At the conclusion of the National Anthem, the opening draw will commence.

B. Official Playing Time:

During Semis and Finals the visual score clock will be the official clock. **The game clock will not be turned off for the last two minutes of the game.**

C. Awards:

Official NHIAA championship and runner-up plaques, in addition to thirty (30) individual medals, will be awarded to the respective champion and runner-up team in each division.

D. Tournament Event Postponements (Weather):

- **Home of Higher Seed:** The decision to postpone a tournament game held at the home of the higher seed will be left to the discretion of the home site Game Director to make the decision to postpone and reschedule games to the next day. The officials and the NHIAA must be notified of the postponement and the reschedule date and time.
- **Neutral Site – During the Week:** The decision to postpone a tournament event during the week will be made by the NHIAA. Schools, Supervisor of Officials, Game Directors, Police and Trainers will be notified by the NHIAA.
- **Neutral Site – Weekends & Holidays:** The decision to postpone a tournament event on weekends and holidays will be made by the NHIAA. **SCHOOLS WILL NOT BE NOTIFIED.** It will be the responsibility of the schools playing to check the NHIAA website (visit www.nhiala.org and click on the "tournament info" link The NHIAA will notify Game Directors, Supervisor of Officials, Police and Trainers. **TEAMS SHOULD NOT LEAVE FOR THE TOURNAMENT SITE UNTIL THE NHIAA WEBSITE.**

TOURNAMENT GAMES:

- A. Games that are interrupted or suspended by weather or other conditions beyond the control of the responsible administrative authority **EXCEPT FOR UNSPORTSMANLIKE CONDUCT**, shall be continued from the point of interruption or suspension on the same date or the scheduled postponement date as determined by the Game Manager after conferring with game officials and officials from both schools. The Chairman of the Girls Lacrosse Committee, Supervisor of Girls Lacrosse Officials and the Executive Director of the NHIAA shall be notified by the Game Manager, unless the principals of the schools agreed to terminate the game with the existing score. If the score is tied, the Chairman of the Girls Lacrosse Committee shall make a determination of further play as described below. Such games not rescheduled as described above shall be rescheduled by the Chairman of the Lacrosse Committee after conferring with the Supervisor of Girls Lacrosse Officials, Executive Director of the NHIAA and the Principals of both schools.
- B. Games that are called by the game referee for unsportsmanlike conduct shall be terminated or continued as determined by the Chairman of the Girls Lacrosse Committee after conferring with the Supervisor of Girls Lacrosse Officials, Executive Director of the NHIAA and the Principals of both schools.
- C. All matters relative to unsportsmanlike conduct shall be referred to the Sportsmanship Committee and Sports Officiating Committee for review and any further action as described under current By-Laws.
- D. **Suspended Play Rule:** An interrupted game continued on the same day shall be restarted from its point of interruption. Umpires are to record in the scorebook, time play was stopped, which had possession and the position of the ball on the field. The team having possession when the game was called restarts play, with all players in relative position to where they were when play was stopped. If there was no clear possession, a throw is taken where the ball was at stoppage of play. Tournament games shall be played to completion, the 80% rule does not apply in tournament round play.
- E. During all rounds of tournament play held at neutral sites, the higher seeded team will have the choice of bench.

PRE-GAME CEREMONY

The NHIAA Girls Lacrosse Committee recommends the following procedures be used as part of the pre-game ceremonies for the semifinal and final games of the Girls Lacrosse Tournament.

1. Pre-Game Warm-Up Protocol:

Thirty minutes prior to game time, twenty minutes for warm-ups is placed on the clock, and begins to run.

2. A captains meeting and coin flip will take place when the clock hits five (5) minutes.

3. Once the twenty minutes has elapsed, the field will be cleared, and a stick check will take place.

4. Following the stick check the following Sportsmanship Message is to be given over the public address system:

"Good ____ (afternoon/evening) everyone and welcome to the NHIAA (semifinal or championship) girls lacrosse game.

The NHIAA Girls Lacrosse Committee and the staff here at _____ (site) realize what a special moment this is for the players, coaches and fans to have your school playing in a state championship event. We ask your cooperation in making this event as meaningful as possible for the students involved.

Let us be positive in every aspect of this game:

Sportsmanship from the players and the fans, positive cheering only, and respect by everyone for the officials working the game.

We also ask that you please stay off the field at the end of the game.

And now let us meet the players."

5. Each team will have their starting players introduced. (List: grade, name, number, and position.)

The visiting team or lower seed will be introduced first.

The player will go out to the field 25-30 feet in front of his/her bench when introduced.

The assistant coach(es) then the head coach will be introduced.

The National Anthem should be played or sang for each game.

CHAMPIONSHIP POST GAME AWARDS CEREMONY

An announcement should be made a few times during the second half:

"The post game NHIAA Awards Ceremony will be conducted on the field immediately following the end of this game. All spectators must remain off the field."

AWARDS CEREMONY

TEAMS ARE REQUESTED TO REMAIN AT THEIR RESPECTIVE TEAM BOXES. YOUR ATTENTION IS DRAWN TO THE CENTER OF THE FIELD WHERE A REPRESENTATIVE OF THE NHIAA GIRLS LACROSSE COMMITTEE WILL PRESENT THE CHAMPIONSHIP AWARDS.

REPRESENTING THE NHIAA LACROSSE COMMITTEE IS: _____.
(Committee Member Name(s))

1. WOULD THE HEAD COACH AND CAPTAINS OF _____
Runner-up team

COME FORWARD TO RECEIVE THE RUNNER-UP PLAQUE FROM

Presenter (Committee Member or Game Director)

2. Each player from the runner-up team should be introduced. The head coach of the runner-up team should present medals.

3. WOULD THE HEAD COACH AND CAPTAINS OF THE CHAMPIONSHIP TEAM,
_____ COME FORWARD TO RECEIVE THE
Winning team

CHAMPIONSHIP PLAQUE FROM: _____.
Presenter (Committee Member or Game Director)

4. Each player from the championship team should be introduced. The head coach of the championship team should present medals.

5. THIS CONCLUDES THE AWARDS PRESENTATION CEREMONY. WE THANK
YOU FOR SUPPORTING YOUR LOCAL TEAMS. HAVE A SAFE TRIP HOME.

Women's Lacrosse Eyewear Update

US Lacrosse women's rules mandate the use of protective eyewear. The purpose of the rule is to acknowledge that while women's lacrosse is a relatively safe sport, the use of protective eyewear prevents the rare but catastrophic eye injury. Initially introduced in 2005, eyewear equipment has been highly effective in safeguarding players at all levels of play.

Please note that **beginning January 1, 2017, only the new standard, ASTM 3077, is regarded as legal for play** and all eyewear equipment will have to meet this standard.

US Lacrosse has an established process for eyewear manufacturers to have their products listed on the US Lacrosse web site by submitting a letter and verification from an accredited, independent testing facility acknowledging compliance to the ASTM standards.

Manufacturers whose products are in compliance and who have submitted testing results to US Lacrosse have their products listed below.

Note: Some players that wear glasses have been wearing protective eyewear over their glasses. There is currently nothing in the rules to prevent this. However, some of the protective eyewear products are not designed to be worn over glasses and players should be aware of the potential dangers of using equipment in a manner that it was not intended.

List Updated: Oct. 24, 2017

Unless noted otherwise, all eyewear listed below meets both the Adult and Youth Standard

Adidas

EQT Ocular

Brine

Dynasty
Synasty II
Vantage II

Cascade

LX Headgear (With Integrated Eyewear)
Mini Pro
Poly Arc
Poly Arc Titanium
Poly Air
Poly Pro (Youth Standard)

Halo Sports and Safety, Inc. (Bangerz)

Elite (Lens Option)
HS 3700 LT
HS 6000 (Lens Option)
HS 7200 LT
HS 7900 (Lens Option)
Over the Glasses (Youth Standard)

Harrow Sports

XVision (adult and youth standard)

Liberty Sports

SLAM 49 EYE (Youth - Lens Option)
SLAM 52 EYE (Youth - Lens Option)
SLAM 55 EYE (Youth - Lens Option)

STX

2-See
2-See Pro
2-See Pro Ti
4-Sight Focus
4-Sight Focus Ti
4-Sight Form
4-Sight Plus
4-Sight Plus (Youth)
4-Sight Pro
Rookie (Youth)

Under Armor

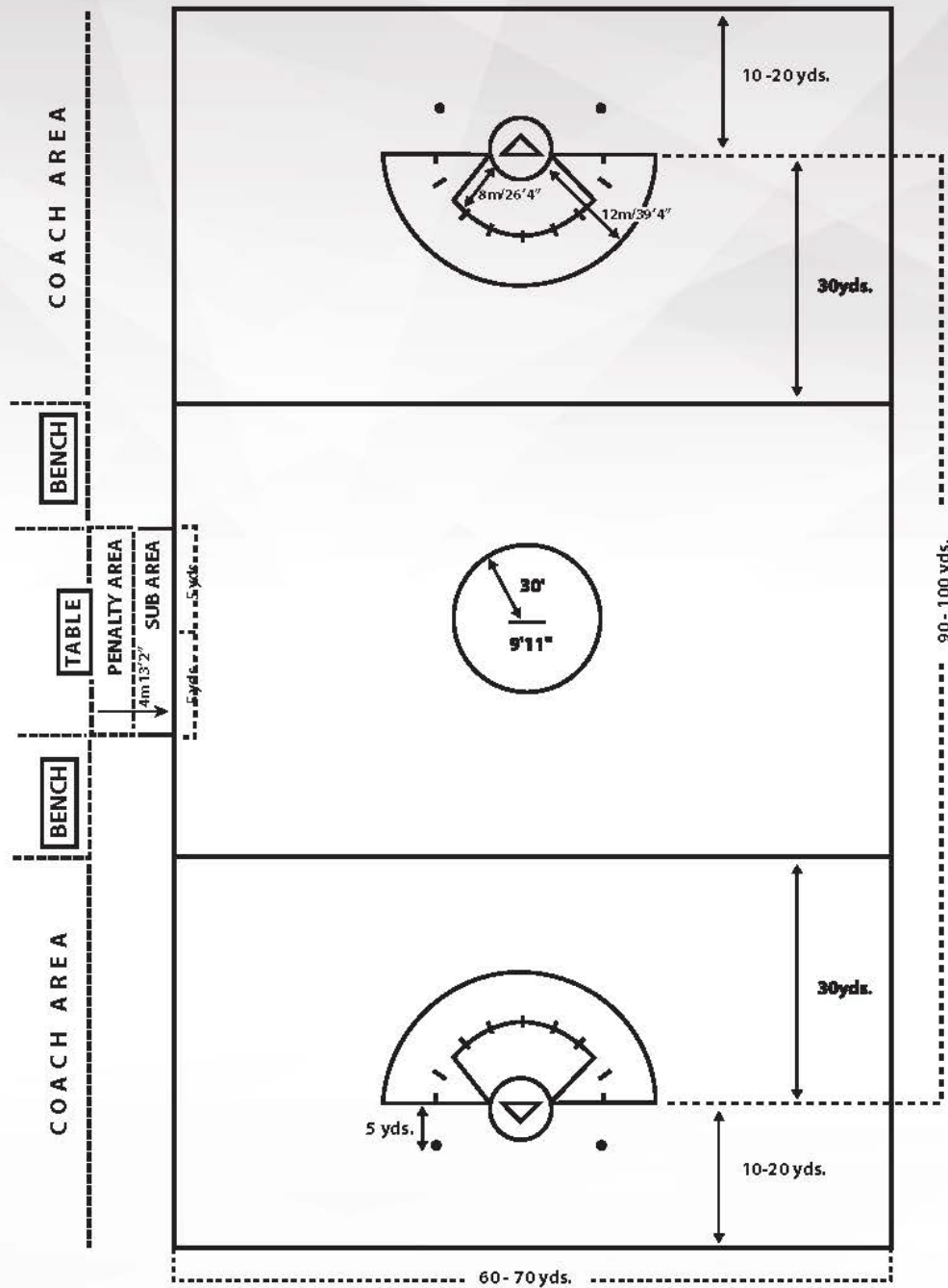
Charge 2
Charge 2 Ti
Illusion 2 Goggle

Other Resources:

- Protective Eyewear Certification Council (PECC)
www.protecteyes.org
- American Academy of Laboratory Accreditation (A2LA)
www.a2la.org

US Lacrosse, a 501(c) 3 nonprofit organization, is the national governing body of men's and women's lacrosse.

WOMEN'S FIELD DIAGRAM



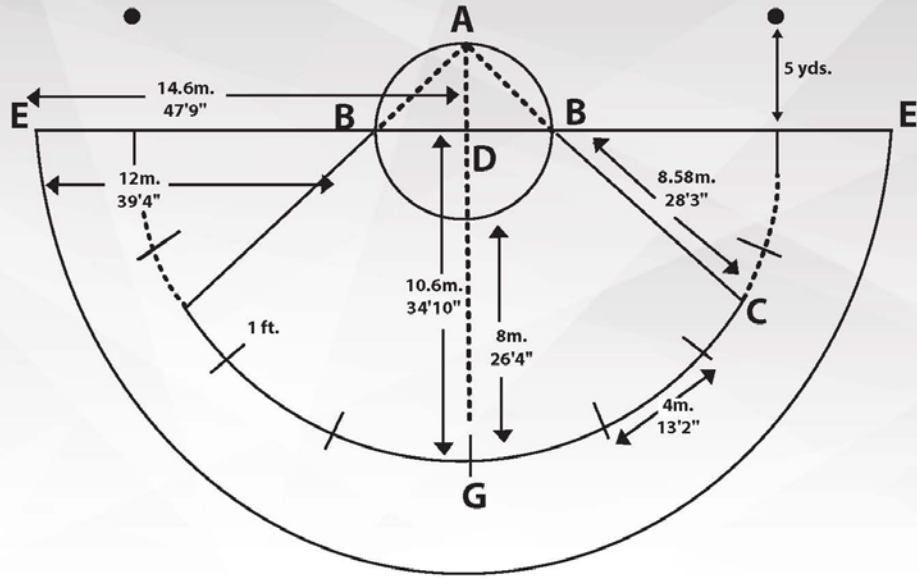
METRIC CONVERSIONS

- 2M = 6'6"
- 3M = 9'11"
- 4M = 13'2"
- 8M = 26'4"
- 9M = 10 yd.

OTHER INFORMATION

- Hash Marks = 1'
- Guidelines = 6.5'
- Goal Line Width = 2"
- Width of Other Lines = 2-4"
- (Goal is placed on front of line)

8 METER ARC / 12 METER FAN



GOAL / GOAL CIRCLE

