

CIF SOUTHERN SECTION



SPRING 2024



SEASON
PREVIEW

TO: CIF SOUTHERN SECTION LACROSSE COACHES

**FROM: THOM SIMMONS, ASSISTANT COMMISSIONER
& TAYLOR MARTINEZ, COMMUNICATIONS COORDINATOR**

DATE: JANUARY 2024

RE: CIF-SOUTHERN SECTION 2023-24 LACROSSE SEASON

The CIF Southern Section has put together this preview to assist schools with their lacrosse program. The purpose is to improve communications related to CIF Southern Section rules and regulations.

Be advised this is not a complete document; it does not discuss all rules and regulations. Coaches are reminded they need to refer to the Blue Book and to discuss issues with their athletic administration.

Once again, welcome to the 2023-24 Lacrosse season!

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EXPLORER



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BOYS & GIRLS LACROSSE COACHES ADVISORY COMMITTEE

The CIF Southern Section is continuing to utilize the concept of coaches' advisory committees for all sports. The role of the advisory committee may or may not include the following:

- Meetings
- Recommendations for playoffs sites
- Recommendations for procedural changes
- Recommendations for rule changes
- Evaluation of sport season
- Assistance to coaches and/or officials' organizations
- Communications between coaches and the CIF-SS office
- Management/Supervision at Championship Events

The Coaches Advisory Committee is made up of member coaches and an administrator from the CIFSS office staff. Coaches selected for the committee provide a cross-section of the organization and are selected based upon geographic, as well as competitive divisions. Should you have suggestions or questions regarding lacrosse competition, please make use of this excellent channel of communication; it is provided to serve your interests. The committee will meet on a regular basis during the season and your items will become part of our agenda.

TOP TEN INFORMATION **WEEKLY POLL**

The Southern Section will publish weekly rankings for each of the six lacrosse divisions throughout the season. Rankings will be determined from input provided by member school coaches and distributed to over 200 media outlets. Determination of the weekly divisional polls shall be the responsibility of the Boys' & Girl's Lacrosse Coaches Advisory Committee members. The CIF-SS office will utilize the rankings as criteria for formulating playoff brackets.

Listed on the next page are the members of the CIF-SS Lacrosse Coaches Advisory Committee responsible for notifying the CIF-SS office of the weekly poll. It is important for coaches to report their information at www.cifsshome.org on a daily basis. Please note, this is a coaches' poll and no students or parents are involved. The CIF-SS office will send the coaches' poll as part of our media mailing.

It is important that coaches enter results in CIFSSHome following each game and email poll changing results to the committee members named on the dates (Sundays) listed below:

February 5 (Preseason Watchlist)	April 1
March 4	April 8
March 11	April 15
March 18	Final Poll – Released: April 27
March 25	

The CIF-SS office will be doing eight polls during the season. Please start your emails on Sunday, March 3rd, 2024. The committee members listed on the following page will email the poll results to the CIF Southern Section office on Monday following each of the above dates.

2023-24 BOYS & GIRLS LACROSSE ADVISORY COMMITTEE MEMBERS

<u>DIV</u>	<u>CONTACT</u>	<u>SCHOOL</u>	<u>EMAIL</u>
Contact Representative for Polls:			
BOYS 1	Aaron Karsh	Mira Costa	coachkarsh@gmail.com
BOYS 2	Aaron Karsh	Mira Costa	coachkarsh@gmail.com
BOYS 3	Aaron Karsh	Mira Costa	coachkarsh@gmail.com
Contact Representative for Polls:			
GIRLS 1	Michael Welter	San Juan Hills	sjhglax@gmail.com
GIRLS 2	Michael Welter	San Juan Hills	sjhglax@gmail.com
GIRLS 3	Michael Welter	San Juan Hills	sjhglax@gmail.com

2023-2024 CIF-SS BOYS/GIRLS LACROSSE ADVISORY COMMITTEE MEMBERS

<u>NAME</u>	<u>SCHOOL/ORG.</u>	<u>GENDER</u>	<u>DIVISION</u>	<u>EMAIL</u>
Eric Bassett	Trabuco Hills	Boys	1/2	ericb@industrialent.com
Aaron Karsh	Mira Costa	Boys	1/2	coachkarsh@gmail.com
G.W. Mix	Corona del Mar	Boys	1/2	gwmix@me.com
Jon Fox	Foothill	Boys	1/2	coachfox@foothilllacrosse.org
Dave Janoski	Santiago/Corona	Boys	1/2	david.janoski@cnusd.k12.ca.us
Dieter Nemes	Edison	Boys	1/2	dnemes@hbuhd.edu
Charles Assumma	Temecula Valley	Boys	1/2	cassumma@gmail.com
John Keogh	Santa Barbara	Boys	3	jkeogh@sbunified.org
Nik Soforenko	Village Christian	Boys	3	niks@villagechristian.org
Will McMinn	Crean Lutheran	Boys	3	will.mcminn@creanlutheran.org
Josh Cain	San Clemente	Girls	1/2	jpcain@capousd.org
Michael Welter	San Juan Hills	Girls	1/2	sjhglax@gmail.com
Tom Borgia	Redondo Union	Girls	1/2	borgia.tom@gmail.com
Jessica Murray	Corona del Mar	Girls	1/2	seaqueencoach@gmail.com
Tom Konjoyan	Village Christian	Girls	1/2	tomk@villagechristian.org
Meghan Toomey	Marlborough	Girls	1/2	meghan.toomey@marlborough.org
Mandi Willis	Beckman	Girls	1/2	mandiwillis4@gmail.com
Lindsay Mingee	Poly/Riverside	Girls	3	LindsMingee@gmail.com
Paul Ramsey	San Marcos	Girls	3	pramsey@sbunified.org
Joe Campbell	Glendale	Girls	3	Jcampbell@gusd.net
Allie Kyte	Orange Lutheran	Girls	3	alexandra.kyte@lhsoc.org
Vic Escoto	Wilson/Long Beach	Boys	3	RVEscoto@lbschools.net
Leesa Chelminiak	West Ranch	Girls	1/2	leesa.amt@hotmail.com
Jeremy Jarrett	Vista Murrieta	Girls	1/2	jjarrett@murrieta.k12.ca.us
Doug Borstel	Officials	Boys		dcborstel@gmail.com
Steve Perry	Officials	Girls		sp5903@aol.com

CALENDAR PLAYOFF DATES

Following is a capsule of the CIF Southern Section calendar for the 2023-2024 Boys & Girls Lacrosse Season.

DATE OF FIRST CONTEST

No interscholastic matches (practice, tournament, or league) may be scheduled prior to **FEBRUARY 10, 2024**.

SIT OUT PERIOD DATE

WEDNESDAY, MARCH 20, 2024

DATE LAST LEAGUE CONTEST

The last allowable date for competition (LEAGUE) is **THURSDAY, APRIL 25, 2024**.

DATE LAST ALLOWABLE CONTEST

The last allowable date for competition is **SATURDAY, APRIL 27, 2024**.

NUMBER OF SCRIMMAGES – 1 (May not occur prior to Feb.10th and must occur prior to team's first interscholastic contest).

PLAYOFF DATES – 32, 16 & 8 Team Brackets

Pairings Day - SATURDAY, APRIL 27, 2024 - 10:00am

Playoff Brackets can be found at www.cifss.org

Playoff games to take place at 5:00pm, unless otherwise mutually agreed upon by competing teams

32 Team Bracket

Wildcard Round (where necessary)

Boys - Monday, April 29

Girls – Tuesday, April 30

First Round

Boys - Wednesday, May 1

Girls – Thursday, May 2

Second Round

Boys - Friday, May 3

Girls – Saturday, May 4

Quarterfinal Round
Boys – Monday, May 6
Girls - Tuesday, May 7

Semifinal Round
Boys – Wednesday, May 8
Girls – Thursday, May 9

Final Round
Boys/Girls – Friday, May 10 & Saturday, May 11 (TBD)

16 Team Bracket

Pairings Day – Saturday, April 27 – 10:00 a.m.

Wildcard Round (where necessary)
Boys - Monday, April 29
Girls – Tuesday, April 30

First Round
Boys - Wednesday, May 1
Girls – Thursday, May 2

Quarterfinal Round
Boys - Friday, May 3
Girls – Saturday, May 4

Semifinal Round
Boys – Monday, May 6
Girls - Tuesday, May 7

Final Round
Boys/Girls – Friday, May 10 & Saturday, May 11 (TBD)

8 Team Bracket

Pairings Day – Saturday, April 27 – 10:00 a.m.

First Round
Boys - Monday, April 29
Girls – Tuesday, April 30

Semifinal Round
Boys - Friday, May 3
Girls – Saturday, May 4

Final Round
Boys/Girls – Friday, May 10 & Saturday, May 11 (TBD)

CIFSS HOME REQUIREMENTS

SCHEDULES & SCORES Complete your schedule in CIFSSHome prior to your season as well as update scores following each contest

Attention Athletic Directors/Coaches: It is very important that you enter your entire season schedule into CIFSSHOME (www.cifsshome.org) as well as update the scores immediately following your contests.

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director). Once you are logged in:

- On the left panel, click on "Teams", select "Lacrosse"

To **Add a game:**

- On the left panel, click on "Events", select "Add Event", choose Game under "Event Type", choose date of game under "Event Date", choose **Lacrosse** under "Sport", choose Varsity under "Level", type the opposing school name in "Add Opponent", choose the type of game under "Select Game Type", click on Home, Away or Neutral under "Location", choose "Start Time" Click on "Save" to add one game or "Save & Duplicate" for multiple games.

- To **Submit your score:**


- On the left panel, click on "Teams", select "Teams Manager", scroll down to **Football** and click on VR to add Varsity scores Click on "Post Result" button, enter your team's score, enter the opponent's score, result should auto populate with either "W", "L" or "T" based on the correct match score entered. If the game was a forfeit, click on the Yes box, enter the set scores in "Notes".

Make sure that your overall and team records are correct on your team page

VARSITY COACHES

Attention Athletic Directors/Coaches: It is very important that you enter your Boys or Girls coaches (Head & Assistants) into CIFSSHome (www.cifsshome.org) no later than **WEDNESDAY, APRIL 24, 2024.**


Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

- Click on the **"Users"** tab, click on **"User Manager"**, click on the  in the upper right hand corner to add Coaches and Assistant Coaches. Enter the information requested on the "Add School User" page. Choose **"Active"** to provide the coach with access to CIFSSHome or **"Inactive"** for directory purposes only. Choose Yes or No to give the coach access to all sport, click **Submit**.

Choose the applicable options on the Assign Coach to Team page, click Save or Add Another to add additional coach(s).

VARSITY TEAM INFORMATION (TEAM PHOTO) no later than **WEDNESDAY, APRIL 24, 2024.**


Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

- Click on the **"Teams"** tab, click on **"Teams Manager"**, click on **Lacrosse,Boys or Lacrosse,Girls** click on the **"Team Photo"** tab, Click on the  under **"TEAM PICTURE"**, choose the file, click **Submit**.

VARSITY TEAM INFORMATION (ROSTERS)

Attention Athletic Directors/Coaches: It is very important that you enter your entire Lacrosse,Boys or Lacrosse,Girls Varsity roster into CIFSSHome (www.cifsshome.org) no later than **WEDNESDAY, APRIL 24, 2024.**

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).


- Click on the **"Teams"** tab, click on **"Teams Manager"**, click on **"Lacrosse,Boys or Lacrosse,Girls"** select 

You can UPLOAD your roster using the instructions below (1) or you can enter each player one by one (2).

Required roster information for Lacrosse is:


First Name, Last Name, Birth date, Year, Number, Position, & Eligibility

(1) To ADD roster players one by one:

- Click on  Add Players One by One and complete fields required for Lacrosse.

(2) To Import a Roster using an Excel sample file:

- Download the [sample file](#) and delete the "contents only".

- Copy and paste or type  your roster information into the file as the contents and save the file to your computer.

- Only an excel file  can be uploaded that is the exact same format as the sample file.

- Columns for information not required for your sport may be left blank, but the HEADER INFORMATION MUST REMAIN EXACTLY AS THE SAMPLE.

- **Required Columns for Lacrosse are:**

First Name, Last Name, Birth date, Year, Number, Position, & Eligibility

- Click on to find your file, then click on



- To confirm the roster has been uploaded, your players' names will be uploaded in the **"Official Roster"** section.

- Click on the next to the player's name to view each player's information.



SCHOOL LOGO

Log in @ www.cifsshome.org

- Click on the “**Configuration**” tab
- Click on “**School Info**”
- Click on “**Choose File**” (.PNG file format is preferred)
- Choose the “**No**” option for Hide from Directory?
- Click Save

SOCIAL MEDIA ACCOUNTS

Log in @ www.cifsshome.org

- Click on the “**Configuration**” tab
- Enter all school account names available next to the social media options (ie. Facebook, Instagram, Twitter)
- These accounts are used during playoffs and for Games of the Week

BOYS & GIRLS 2023-24 LACROSSE BLUEBOOK FEE STRUCTURE

Boys Varsity (2 officials assigned) = \$96.00

Boys Varsity (1 official assigned) = \$115.00

Boys Non-Varsity (2 officials assigned) = \$73.00

Boys Non-Varsity (1 official assigned) = \$109.00

Girls Varsity (2 officials assigned) = \$78.00

Girls Varsity (1 official assigned) = \$111.00

Girls Non-Varsity (2 officials assigned) = \$71.00

Girls Non-Varsity (1 official assigned) = \$105.00

APPROVED SANCTIONED EVENTS

Please refer to the CIF Southern Section website (www.cifss.org) for the latest Sanctioned Events, as events are updated daily.

Sanctioned Events download directions:

click on **GOVERNANCE TAB**,
click on **SANCTIONED EVENTS**,
select **LACROSSE**,
click Search

**This page will display the most up to date information on
Lacrosse Approved
Sanctioned Events**



OFFICIAL BALL PROGRAM 2023-2024

Official Ball per sport:

Baseball:	Rawlings RCIF-SS	Must be CIFSS/ NOCSAE stamped ball
Boys Basketball:	Wilson NCAA EVO NXT GAME BALL Size 7 (Used in CIF-SS Championship) Wilson EVO NXT Game Basketball Size 7	
Girls Basketball:	Wilson NCAA EVO NXT GAME BALL Size 6 (Used in CIF-SS Championship) Wilson EVO NXT Game Basketball Size 6	
Football:	Wilson GST GAME BALL Wilson GST Prime GAME BALL	
Lacrosse:	Champion Sports NOCSAE Balls	(White LBWNOCSAE, Yellow LBYNOCSAE, Orange LBO, Lime Green LBG)
Soccer:	Wilson NCAA Vivido Match Ball (Used in CIF-SS Championship) Wilson NCAA Veza Match Ball Wilson Forte Fybrid II NCAA Match Soccer Ball (<i>discontinued</i>)	
Softball:	Rawlings FPCIF-SS (Used in CIF-SS Championship)	
Tennis:	Penn ATP World Tour (Used in CIF-SS Championship) Pro Penn Marathon	
Volleyball, Indoor:	Mikasa VFC1000 Series (Used in CIF-SS Championship) Mikasa VQ2000 Series	
Volleyball, Beach:	Wilson NCAA OPTX Game Ball (Used in CIF-SS Championship)	
Boys Water Polo:	KAP7 model 105 with NFHS stamp (Used in CIF-SS Championship)	
Girls Water Polo:	KAP7 model 104 with NFHS stamp (Used in CIF-SS Championship)	

Mandatory Playoff Use Requirement:

The mandatory “official” ball rule for all playoff rounds, excluding golf. The rule applies throughout the conduct of **all** CIF-SS **playoff** contests.

***Items in red are used in the final game for the CIF-SS Championships. Any model listed is compliant in CIF-SS post season play.**

Playoff Ball Use Rule Enforcement:

Should a school fail to provide the correct game ball, the game will always be played. Teams/schools failing to utilize the correct official ball in CIF-SS playoffs will be reported by officials to CIF-SS and will not be allowed to host their next available home playoff game. Penalty will carry over to the next season if not enforceable this season due to elimination.

Note: NFHS stamp is required in all sports *except in golf, tennis and beach volleyball*.

Boys Lacrosse Rules Changes - 2024

By NFHS on November 17, 2023

[lacrosse-boys](#)

1-6-2 — Distinguishes the field player crosse from the goalkeeper crosse specifications into a separate article.

1-9-1 — Specifies that certain pieces of equipment shall be worn as the manufacturer intended and shall be specifically designed for lacrosse. Additionally, clarifies that the jersey numbers shall contrast from the body of the uniform and be of a single solid color.

1-9-3 — Deleted, as it is more clearly defined in

4-24-7. 2-2 — Allows for multiple captains to be designated before the start of the contest.

2-7-2 — Deletes language around the responsibilities of the CBO in counting crosses. This also clarifies that the CBO should be counting the number of long crosses on the field without the need for a coach request.

2-8-1 — Deletes language around the CBO responsibilities under Timekeeper.

3-3 — Adds “get it in,” which is used during play but not specified.

4-3-3 — Defines what is considered an illegal body check during the faceoff and eliminates “immediately.”

4-3-2, 4-6-3 — Reduces the number of instances that rely on alternate possession.

4-9-2, 4-9-3 — Appropriately moves language from 4-9-2 into 4-9-3.

4-22-1 — Illegal Procedure is the more appropriate designation.

4-24-11 — Specifies that a player must leave the field if their helmet comes off during play and cannot return until the next dead ball after play continues.

5-4-2 — Gives an additional option in penalizing contact to the head/neck area that is deemed to be indirect.

5-6 — Eliminates unnecessary language around gloves. The altering of gloves in relation to the palms/fingers is not as the manufacturer intended and thus does not need clarifying language.

6-1 — Clarifies language around a penalty against a team that does not have possession of the ball.

6-6-4 — Adds language on conduct fouls to a more appropriate spot in the book.



2024 GIRLS LACROSSE RULES CHANGES

- 2-4-5:** Requires that stick check requests be made before the official's hand is in contact with both centers' sticks for the draw.
- Rationale:** Clarifies when a stick check request may be made and eliminates potential interruption of administration of the draw.
- 2-6-1:** Requires goalkeeper's thigh padding to be shorts or pants manufactured with integrated protective padding.
- Rationale:** Clarifies the requirements of thigh padding for the protection of goalkeepers.
- 2-7-1:** Reorganizes tooth and mouth protector rules, aligns them with other NFHS sport rules, and eliminates restrictions related to color and graphics.
- Rationale:** Creates consistency and follows NFHS Sports Medicine Advisory Committee's recommendation for tooth and mouth protector guidelines.
- 2-7-4 NOTE, 2-9-5:** Allows field players to wear compression shirts that meet the NOCSAE ND200 lacrosse standard under the uniform and does not require these shirts to meet the color requirements of visible undergarments.
- Rationale:** Allows field players to wear padding intended to protect against commotio cordis.
- 2-9-4e (NEW):** Establishes that only school related or player identifying names (school's name, nickname, logo, mascot and/or team member's name) will be allowed on the team jersey above the uniform number beginning in 2027.
- Rationale:** Creates consistency in uniform rules among other NFHS sport rules.
- 4-1-1:** Changes the duration of play for a game from two 50-minute halves to four 12-minute quarters.
- Rationale:** Allows coaches to provide instruction more frequently and aligns with NFHS Boys Lacrosse.
- 4-2-2 EXCEPTION:** Establishes that an official's time-out shall not be called when there is a 10-goal differential when the following occur: offside foul, inadvertent whistle, or alternate possession.
- Rationale:** Allows the clock to run in these situations when the 10-goal rule is in effect.

4-2-3:	Allows coaches to coach their players during an injury time-out.
Rationale:	Allows coaches to address their players during an injury time-out and eliminates the need for officials to monitor coach/player interactions for potential coaching during this time.
5-4-1:	Eliminates the requirement of players awarded a free position outside of the critical scoring area to come to a stop and settled stance when self-starting.
Rationale:	Improves the flow of play and reduces a potential advantage created when the defense has time to set up while the attack player must stop for the free position.
5-4-5, 10-1j:	Eliminates the false start penalty when a player self-starts when it is not an option outside the critical scoring area and allows officials to reset play without a penalty.
Rationale:	Eliminates assessment of a major foul for self-starting outside the critical scoring area when it is not an option.
10-1y – Three Seconds PENALTIES:	Clarifies free position locations for three-second violations and requires a free position to be awarded at the closest dot for a three-second violation when the spot of the ball is outside the critical scoring area and below the goal line extended.
Rationale:	Adds clarity and consistency to the rules for three-second violations.

2024 Girls Lacrosse Editorial Changes

1-1-4b, 2-8-1, 2-9-3, 2-9-4d, 5-4-2, 7-3-1 PENALTIES 3b (NEW)

2024 Girls Lacrosse Points of Emphasis

1. Stick to Body Contact
2. Dangerous Play in the 8 Meter Arc

BLUE BOOK RULES – GENERAL

Following are key points coaches should review with their assistants and participants in reference to CIF-SS rules and regulations as set down in the Blue Book. This list is NOT all-inclusive and only highlights some of the key areas.

201. STANDARDS OF ELIGIBILITY

<https://cifss.org/resources/blue-book/55/>

210. PHYSICAL ASSAULT

<https://cifss.org/resources/blue-book/86/>

212. AMATEUR STATUS

<https://cifss.org/resources/blue-book/88/>

220. BASIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION

<https://cifss.org/resources/blue-book/92/>

500. AUTHORIZED PARTICIPATION

<https://cifss.org/resources/blue-book/98/>

503.G ADMINISTRATIVE OVERSIGHT / PHYSICAL EXAMINATION

<https://cifss.org/resources/blue-book/103/>

503.H ADMINISTRATIVE OVERSIGHT / CONCUSSION PROTOCOL

<https://cifss.org/resources/blue-book/103/>

506. PRACTICE ALLOWANCE

<https://cifss.org/resources/blue-book/110/>

600. COMPETITION ON AN OUTSIDE TEAM

<https://cifss.org/resources/blue-book/120/>

3500. PLAYOFFS

<https://cifss.org/resources/blue-book/215/>

Additional playoff information will be available in late January / early February in the Lacrosse Playoff Bulletin. This bulletin will contain details on when the draws will be available, financial regulations, reporting of match results, game time and date change protocol, etc.

1228. NOISEMAKERS PROHIBITED

<https://cifss.org/resources/blue-book/148/>

BLUE BOOK RULES – LACROSSE

Following are key points coaches should review with their assistants and participants in reference to CIF-SS rules and regulations as set down in the Blue Book. This list is NOT all-inclusive and only highlights some of the key areas for lacrosse.

2501. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

<https://cifss.org/resources/blue-book/183/>

2503. SCRIMMAGES

<https://cifss.org/resources/blue-book/183/>

2504. TOURNAMENTS

<https://cifss.org/resources/blue-book/183/>

2505. STARTING DATES FOR INTERSCHOLASTIC CONTESTS

<https://cifss.org/resources/blue-book/183/>

2507. END OF COMPETITION

<https://cifss.org/resources/blue-book/184/>

2508. OUTSIDE COMPETITION BY AN INDIVIDUAL

<https://cifss.org/resources/blue-book/184/>

1227. SUNDAY RESTRICTION

<https://cifss.org/resources/blue-book/148/>

503. PLAYER CONDUCT

<https://cifss.org/resources/blue-book/105/>

125.1. COACH EJECTION

<https://cifss.org/resources/blue-book/48/>

3500. PLAYOFFS

<https://cifss.org/resources/blue-book/215/>

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Girls Lacrosse 2024

Team	Division	League
Agoura	Division 1/2	Marmonte
Aliso Niguel	Division 3	South Coast
Beckman, Arnold	Division 1/2	Pacific Coast
Beverly Hills	Division 3	Ocean
Cabrillo/Long Beach	Division 3	Moore
Calabasas	Division 3	Marmonte
California	Division 3	Freelance
Canyon/Anaheim	Division 1/2	Crestview
Capistrano Valley	Division 3	Sea View
Cate	Division 3	Channel
Centennial/Corona	Division 3	Big VIII
Chadwick	Division 3	Prep
Chaminade	Division 1/2	Mission
Chaparral	Division 1/2	Southwestern
Compton	Division 3	Moore
Corona	Division 3	Big VIII
Corona Del Mar	Division 1/2	Sunset
Crescenta Valley	Division 1/2	Mission
Culver City	Division 1/2	Ocean
Dana Hills	Division 3	Sea View
Dos Pueblos	Division 1/2	Channel
Downey	Division 3	Moore
Edison	Division 1/2	Sunset
El Dorado	Division 3	Crestview
El Modena	Division 3	Crestview
El Segundo	Division 1/2	Ocean
El Toro	Division 1/2	South Coast
Esperanza	Division 3	Crestview
Foothill/Santa Ana	Division 1/2	Crestview
Glendale	Division 3	Prep
Great Oak	Division 3	Southwestern
Hart High	Division 3	Foothill
Hemet	Division 3	Ivy
Heritage	Division 3	Ivy
Heritage Christian	Division 3	Prep
Huntington Beach	Division 1/2	Sunset
Irvine	Division 3	Pacific Coast
JSerra Catholic	Division 1/2	Trinity
King, Martin Luther	Division 3	Big VIII
La Canada	Division 3	Prep
Laguna Beach	Division 3	Sunset
Laguna Hills	Division 3	Pacific Coast
Lakewood	Division 3	Moore
Liberty/Winchester	Division 3	Ivy

Los Alamitos	Division 1/2	Sunset
Lutheran/Orange	Division 3	Trinity
Lynwood	Division 3	Freelance
Marlborough	Division 1/2	Mission
Mater Dei	Division 1/2	Trinity
Millikan	Division 3	Moore
Mira Costa	Division 1/2	Bay
Mission Viejo	Division 3	Sea View
Murrieta Mesa	Division 1/2	Southwestern
Murrieta Valley	Division 3	Southwestern
Newbury Park	Division 1/2	Marmonte
Newport Harbor	Division 1/2	Sunset
Norco	Division 3	Big VIII
Nordhoff	Division 3	Channel
Northwood High School	Division 3	Pacific Coast
Notre Dame/Sherman Oaks	Division 1/2	Mission
Oak Park	Division 1/2	Marmonte
Oaks Christian	Division 1/2	Marmonte
Paloma Valley	Division 3	Ivy
Palos Verdes	Division 1/2	Bay
Peninsula	Division 1/2	Bay
Poly/Long Beach	Division 3	Moore
Poly/Riverside	Division 3	Ivy
Portola	Division 1/2	Pacific Coast
Redondo Union	Division 1/2	Bay
Roosevelt, Eleanor	Division 3	Big VIII
Rosary Academy	Division 3	Trinity
Royal	Division 1/2	Marmonte
Sage Hill	Division 3	Pacific Coast
San Clemente	Division 1/2	South Coast
San Juan Hills	Division 1/2	South Coast
San Marcos/Santa Barbara	Division 3	Channel
Santa Barbara	Division 3	Channel
Santa Margarita	Division 1/2	Trinity
Santa Monica	Division 1/2	Ocean
Santiago/Corona	Division 1/2	Big VIII
Saugus	Division 3	Foothill
Segerstrom	Division 3	Freelance
Simi Valley	Division 1/2	Marmonte
St. Margarets Episcopal	Division 1/2	Freelance
Temecula Valley	Division 3	Southwestern
Tesoro	Division 3	Sea View
Thacher	Division 3	Channel
Trabuco Hills	Division 1/2	South Coast
Tustin	Division 3	Freelance
University	Division 1/2	Pacific Coast
Valencia/Placentia	Division 3	Freelance

Valencia/Valencia	Division 3	Foothill
Village Christian	Division 1/2	Mission
Vista Murrieta	Division 1/2	Southwestern
West Ranch	Division 1/2	Foothill
Westridge	Division 3	Prep
Wilson/Long Beach	Division 3	Moore
Woodbridge	Division 1/2	Pacific Coast
Yorba Linda	Division 1/2	Crestview

Boys Lacrosse 2024

Team	Division	League
Agoura	Division 1/2	Marmonte
Aliso Niguel	Division 1/2	Sea View
Beckman, Arnold	Division 1/2	Pacific Coast
Beverly Hills	Division 3	Ocean
Brentwood	Division 3	Gold Coast
Cabrillo/Long Beach	Division 3	Moore
Calabasas	Division 3	Marmonte
Canyon/Anaheim	Division 1/2	Crestview
Capistrano Valley	Division 3	Sea View
Castaic	Division 3	Foothill
Cate	Division 1/2	Channel
Centennial/Corona	Division 3	Big VIII
Chaminade	Division 1/2	Mission
Chaparral	Division 3	Southwestern
Compton	Division 3	Moore
Corona	Division 3	Big VIII
Corona Del Mar	Division 1/2	Sunset
Crean Lutheran	Division 1/2	Crestview
Crescenta Valley	Division 3	Gold Coast
Crespi	Division 1/2	Mission
Culver City	Division 3	Ocean
Damien	Division 3	Ivy
Dana Hills	Division 3	Sea View
Dos Pueblos	Division 3	Channel
Downey	Division 3	Moore
Edison	Division 1/2	Sunset
El Dorado	Division 3	Crestview
El Modena	Division 3	Crestview
El Segundo	Division 3	Ocean
Esperanza	Division 3	Crestview
Foothill/Santa Ana	Division 1/2	Crestview
Glendale	Division 3	Coastal Canyon
Grace	Division 3	Coastal Canyon
Great Oak	Division 1/2	Southwestern
Hart High	Division 3	Foothill
Harvard-Westlake	Division 1/2	Mission
Hemet	Division 3	Ivy
Heritage	Division 3	Ivy
Heritage Christian	Division 3	Gold Coast
Huntington Beach	Division 1/2	Sunset
Irvine	Division 3	Pacific Coast
JSerra Catholic	Division 1/2	Trinity
King, Martin Luther	Division 1/2	Big VIII
La Canada	Division 3	Gold Coast

Laguna Hills	Division 3	Pacific Coast
Lakewood	Division 3	Moore
Liberty/Winchester	Division 3	Ivy
Linfield Christian	Division 3	Ivy
Los Alamitos	Division 1/2	Sunset
Loyola	Division 1/2	Mission
Lutheran/Orange	Division 3	Trinity
Lynwood	Division 3	Freelance
Mater Dei	Division 1/2	Trinity
Millikan	Division 3	Moore
Mira Costa	Division 1/2	Bay
Mission Viejo	Division 3	South Coast
Murrieta Mesa	Division 3	Southwestern
Murrieta Valley	Division 3	Southwestern
Newbury Park	Division 3	Marmonte
Newport Harbor	Division 3	Sunset
Norco	Division 3	Big VIII
Northwood High School	Division 3	Pacific Coast
Notre Dame/Sherman Oaks	Division 3	Mission
Oak Park	Division 3	Coastal Canyon
Oaks Christian	Division 3	Marmonte
Paloma Valley	Division 3	Ivy
Palos Verdes	Division 1/2	Bay
Peninsula	Division 1/2	Bay
Poly/Long Beach	Division 3	Moore
Poly/Riverside	Division 3	Ivy
Portola	Division 3	Pacific Coast
Redondo Union	Division 1/2	Bay
Roosevelt, Eleanor	Division 3	Big VIII
Royal	Division 3	Coastal Canyon
San Clemente	Division 1/2	South Coast
San Juan Hills	Division 1/2	Sea View
San Marcos/Santa Barbara	Division 3	Channel
Santa Barbara	Division 3	Channel
Santa Margarita	Division 1/2	Trinity
Santa Monica	Division 1/2	Ocean
Santiago/Corona	Division 1/2	Big VIII
Saugus	Division 1/2	Foothill
Segerstrom	Division 3	Freelance
Servite	Division 1/2	Trinity
Sierra Canyon	Division 1/2	Mission
Simi Valley	Division 3	Coastal Canyon
St. Francis	Division 1/2	Mission
St. John Bosco	Division 1/2	Trinity
St. Margarets Episcopal	Division 1/2	Freelance
Temecula Valley	Division 1/2	Southwestern
Tesoro	Division 1/2	South Coast

Thacher	Division 3	Channel
Trabuco Hills	Division 1/2	South Coast
University	Division 3	Pacific Coast
Valencia/Valencia	Division 3	Foothill
Viewpoint	Division 3	Gold Coast
Village Christian	Division 3	Gold Coast
Vista Murrieta	Division 1/2	Southwestern
West Ranch	Division 1/2	Foothill
Westlake	Division 1/2	Marmonte
Wilson/Long Beach	Division 3	Moore
Woodbridge	Division 3	Pacific Coast
Yorba Linda	Division 1/2	Crestview

HEALTH & SAFETY

@Preparing My First Aid Kit for Practice & for the Game@

By Jim Clover, A.T., C.

First and foremost, when putting an athletic training kit together for the field, practice, or competition, here are some examples of checklists for supplies and equipment for your kits. These check lists should be easily accessible and easy to understand. (It should be USED not stored in a file.) This list is your only way of knowing if your kit is stocked and ready to go EVERYTIME.

Other paperwork you will need in your kit and in your first aid or training room are:

- a way to report the injuries
- Coach's Student Injury Report
- the Physician's Report
- Instructions to Patients with a Head Injury Form

In addition to your paperwork, your kits should also include:

9. Adhesive tape 1½" (five or more rolls)
10. Pre-wrap (one or more rolls)
11. Ace wraps (one 3", 4" and 6")
12. Band-aids (various sizes, preferably in a metal container)
13. Tape adherent (Pre-tape)
14. Butterfly band-aids or sterile strips
15. Q-tips
16. Tongue Depressors
17. First-aid cream
18. Skin lube
19. Peroxide (surgical scrub or something to irrigate the wound)
20. Sterile gauze pads (six 4" and other sizes if you have room)
21. Toppers 4x4 (three each, used for soaking up blood)
22. Sterile Telfa Pad (4 each) Pen/chalk
23. Tape scissors Paper bag
- Triangular bandage Pocket knife (common, phillip head screw driver, blade, drill)
- Some kind of heat balm
24. Mirror change for a phone call
25. Air way Training bag check list
26. Powder Injury log
27. Pen light Insurance information
28. Tweezers Emergency phone numbers
29. Eye cup or eye wash Head injury information sheet
30. Nail clippers Pocket emergency book
31. Ammonia capsules Tuff Skin
- 32.

This is your basic kit. Now the extras you will need to upgrade your basic kit:

10. Sewing kit with a good supply of safety pins
11. Glasses repair kit
12. Bar soap
13. Phisodex
14. Cold spray (ethyl chloride metal tube)
15. Contact lens case
16. Shoe strings (assorted sizes)
17. Felt or foam horse shoe (for sprained ankles)
18. Razor blades
19. Glasses anti-fog and cleaner
20. Goggles (eye protectors)
21. Heal and Lace pads (foam pads to protect a sensitive area when taping)
22. Derma clear tape ½"

23. Tape 2" 1" and 2"Elasticon 1" 2" and 3"
25. Conform or J-Flex 12" and 2"
26. Ace wraps more 2", 3" and 6"
Extra long 6" ace wraps for groins, hamstrings, and quadriceps
27. Magnify glass with light Cepastat (sore throat medicine)
28. Extra large band aids Chap stick
29. Water key Water bottles
30. Light key. Cups
31. Tape measure Thermometer
32. Extra batteries Aspirin (ascription)
33. Contact lens remover Gum
34. Septic pencil Ammonia capsules
35. Tooth ache jell Antacid
36. Air way Tweezers
37. Mole skin Foot anti fungus spray
38. Finger tip band aids

Here are some specific basic kits, broken down for you by sport:

Baseball, Softball: Magic Nails, Stockinnette, Sun Lotion, Zinc Oxide, Burn Cork or Anti-Eye Glare, Sun Glasses Flip Ups, Extra Large Telfa Pads (for siding aberrations), Elbow, Shoulder, and Elbow Shoulder Thermal Sleeves (these carry ice and are easy for the player to use), and possibly a Nose Guard, Elbow Pads, Knee Pads.

Basketball, Tennis, Volleyball: Heal & Toe Glides (the best thing ever to come out on the market for blisters), Felt or Foam horse Shoes for ankle swelling, Glass Cleaner & Anti-Fog, Glasses Strap, Mole Skin (for blisters), Second Skin (for blisters), Air Cast (left & right for ankles), Swede-O Ankle Brace (for ankles), Elbow, Shoulder, Ankle, Thermal Sleeve, Cotton Roll (for making a soft cast), Finger Splints, Callous Remover, Elbow Pads, Knee Pads.

Football, Soccer, Lacrosse, Ice Hockey, Rugby: Foam Padding, Packing foam, Neck Collar, Should Harness, Orthoplast, Mouth Piece, Felt, Cervical Collar, Bolt Cutters, Rib Pads, shin guard, Knee Brace (single and bilateral hinge), Protective Cup, wire Bundle Tie (Ned Berger, California Angel thought this up to use as a quick fix instead of shoe strings), Nose Guard, Eye Goggles, Full Mask, Padded Chin Strap, Flexible Collodion (new skin), Callous Remover.

Swimming, Diving, Water Polo: Swim Ear (for ear infections), Water Proof Tape (various sizes), Sun Lotion, Zinc Oxide, Goggles, Razors, Clippers, Vaseline.

Gymnastics: Powder, Grips (various types), Wrist Supports.

Wrestling: Flexible Collodion, Tampons (nose bleeds), Razors, Finger Nail Clippers, Cervical Collar.

Playground Kit: Basic Kit with Snoopy Band-aids.



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Week 1	Morning 8 a.m. Local Time	Afternoon 12 p.m. Local Time
Monday, May 6, 2024	United States Government and Politics	Art History Chemistry
Tuesday, May 7, 2024	Human Geography Microeconomics	Seminar Statistics
Wednesday, May 8, 2024	English Literature and Composition	Comparative Government and Politics Computer Science A
Thursday, May 9, 2024	Chinese Language and Culture Environmental Science	Psychology
Friday, May 10, 2024	European History United States History	Macroeconomics Spanish Literature and Culture
Art and Design: Friday, May 10, 2024 (8 p.m. ET), is the deadline for AP Art and Design students to submit their three portfolio components as final in the AP Digital Portfolio.		

Week 2	Morning 8 a.m. Local Time	Afternoon 12 p.m. Local Time	Afternoon 2 p.m. Local Time
Monday, May 13, 2024	Calculus AB Calculus BC	Italian Language and Culture Precalculus	
Tuesday, May 14, 2024	English Language and Composition	African American Studies Physics C: Mechanics	Physics C: Electricity and Magnetism
Wednesday, May 15, 2024	French Language and Culture World History: Modern	Computer Science Principles Music Theory	
Thursday, May 16, 2024	Spanish Language and Culture	Biology Japanese Language And Culture	
Friday, May 17, 2024	German Language and Culture Physics 1: Algebra-Based	Latin Physics 2: Algebra-Based	

Late Testing

Occasionally, circumstances make it necessary for students to test late. To preserve the security of AP Exams, alternate versions of the exams are used for late testing. All students who participate in late testing at a given school must take these alternate exams on [the scheduled late-testing dates at the scheduled times](#).