

CIF SOUTHERN SECTION | LACROSSE



# SEASON PREVIEW



2025 - 2026



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TO: CIF-SS VARSITY LACROSSE COACHES

FROM: THOM SIMMONS, ASSISTANT COMMISSIONER

DATE: JANUARY 15, 2026

RE: 2026 LACROSSE SEASON

### 2026 LACROSSE SEASON PREVIEW

The Lacrosse Packet has been prepared to assist you in the organization of your school's lacrosse program. The enclosed is important information for preparation of the upcoming season. Please share this information with your coaching staff

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## 2026 LACROSSE CALENDAR AND PLAYOFF DATES

FIRST CONTEST	<p>MONDAY, FEBRUARY 14<sup>TH</sup></p> <p>The initial date on which a school may schedule and conduct an interscholastic contest. If a school chooses to have a scrimmage (maximum 2 scrimmages), it must be on or after February 14<sup>th</sup> and before their first official contest.</p>
SIT OUT PERIOD	<p>SATURDAY, MARCH 21<sup>ST</sup></p>
LAST CONTEST	<p>WEDNESDAY, APRIL 22<sup>ND</sup></p> <p>All competitions (league and non-league) See Bylaw 3008 for end of competition guidelines.</p>
LEAGUE ENTRIES	<p><b>DUE WEDNESDAY, APRIL 22<sup>ND</sup></b> <b>BY 9:00 PM</b></p>
PAIRINGS DAY	<p>FRIDAY, APRIL 24<sup>TH</sup> AT 9:00 AM</p> <p>Playoff Brackets can be found at <a href="http://www.cifss.org">www.cifss.org</a></p>
PLAYOFFS GIRLS	<p>APRIL 28<sup>TH</sup>, APRIL 30<sup>TH</sup>, MAY 7<sup>TH</sup>, MAY 9<sup>TH</sup></p> <p>BREAKDOWN ON NEXT PAGE</p>
PLAYOFFS BOYS	<p>APRIL 29<sup>TH</sup>, MAY 1<sup>ST</sup>, MAY 6<sup>TH</sup>, MAY 9<sup>TH</sup></p> <p>BREAKDOWN ON NEXT PAGE</p>
CIF-SS FINALS	<p>FRIDAY, MAY 15<sup>TH</sup> – SATURDAY, MAY 16<sup>TH</sup></p>

## 2026 LACROSSE PLAYOFF DATES BREAKDOWN

ROUND 1	TUESDAY, APRIL 28 <sup>TH</sup> – WEDNESDAY, APRIL 29 <sup>TH</sup>
ROUND 2	THURSDAY, APRIL 30 <sup>TH</sup> – FRIDAY, MAY 1 <sup>ST</sup>
QUARTERFINAL	WEDNESDAY, MAY 6 <sup>TH</sup> – THURSDAY, MAY 7 <sup>TH</sup>
SEMIFINAL	SATURDAY, MAY 9 <sup>TH</sup>
FINALS	FRIDAY, MAY 15 <sup>TH</sup> – SATURDAY, MAY 16 <sup>TH</sup>

## LACROSSE COMMITTEE MEMBERS

GIRLS	<p>Leesa Chelminiak - West Ranch - <a href="mailto:leesa.amt@hotmail.com">leesa.amt@hotmail.com</a>          Josh Cain -San Clemente - <a href="mailto:jpcain@capousd.org">jpcain@capousd.org</a>          Michael Welter - San Juan Hills - <a href="mailto:sjhglax@gmail.com">sjhglax@gmail.com</a>          Jessica Murray - Corona del Mar - <a href="mailto:seaqueencoach@gmail.com">seaqueencoach@gmail.com</a>          Mandi Willis - Beckman - <a href="mailto:mandiwillis4@gmail.com">mandiwillis4@gmail.com</a>          Paul Ramsey - San Marcos - <a href="mailto:pramsey@sbunified.org">pramsey@sbunified.org</a>          Allie Kyte - Orange Lutheran - <a href="mailto:alexandra.kyte@lhsoc.org">alexandra.kyte@lhsoc.org</a>          Vic Escoto - Wilson/Long Beach - <a href="mailto:RVEscoto@lbschools.net">RVEscoto@lbschools.net</a>          Molly Sovocool – Murrieta Mesa - <a href="mailto:msovacool@murrieta.k12.ca.us">msovacool@murrieta.k12.ca.us</a></p>
BOYS	<p>Jimmy Borell - Loyola - <a href="mailto:jborell@loyolahs.edu">jborell@loyolahs.edu</a>          Aaron Karsh - Mira Costa - <a href="mailto:coachkarsh@gmail.com">coachkarsh@gmail.com</a>          G.W. Mix - Corona del Mar - <a href="mailto:gwmix@me.com">gwmix@me.com</a>          Jon Fox - Foothill - <a href="mailto:coachfox@foothilllacrosse.org">coachfox@foothilllacrosse.org</a>          Charles Assumma - Temecula Valley - <a href="mailto:cassumma@gmail.com">cassumma@gmail.com</a>          Will McMinn - Crean Lutheran - <a href="mailto:will.mcminn@creanlutheran.org">will.mcminn@creanlutheran.org</a>          John Keogh - Santa Barbara - <a href="mailto:jkeogh@sbunified.org">jkeogh@sbunified.org</a>          Nik Soforenko - Village Christian - <a href="mailto:niks@villagechristian.org">niks@villagechristian.org</a></p>
OFFICIALS	<p>Boys - Doug Borstel - <a href="mailto:dcborstel@gmail.com">dcborstel@gmail.com</a>          Girls - Steve Perry - <a href="mailto:sp5903@aol.com">sp5903@aol.com</a></p>

\*\* Denotes Rep

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.

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**GREASELESS**  
**GAME BALL**



**LT**  
**TEXTURED**  
**GAME BALL**



**NX**  
**NO BOUNCE**  
**GREASELESS**



**DUAL**  
**50/50 COLOR**  
**GREASELESS**



## Laxnumbers' FAQ – CIF Southern Section Boys & Girls Lacrosse

### **Important Dates:**

**Season Start Date:** February 14<sup>th</sup>

**First Ranking:** March 9<sup>th</sup>

**Last Regular Season Game Date:** April 22<sup>nd</sup>

**Reconciliation Day:** April 23<sup>rd</sup>

**Playoff Seeding Rankings:** April 24<sup>th</sup> @ 9am (PST)

### **General Info & Questions:**

**Question 1:** How can I sign up for a 2026 team official account?

The CIF-SS is requiring all boys and girls lacrosse head coaches to sign up for a Laxnumbers team official account for the 2026 season. New head coaches or head coaches without an existing Laxnumbers' team official account will need to sign up and create a one [here](#). Head coaches with an existing team official account can simply [login](#) using their username and password from last season. Head coaches with existing team official accounts will be asked to select their (new) team for the 2026 season.

**Question 2:** What can I do with a team official account?

Once you have created an account, the team official portal will act as your home base in Laxnumbers. Team officials can add, edit and delete scheduled and played games. Laxnumbers' staff would greatly appreciate it if team officials added all games including out of state and tournament game results as well for national and regional ranking purposes. Team officials can also update team info and add team websites and social media accounts. There is "User Guide" at the top of the team official portal with more tips and hints!

**Question 3:** I noticed an error. How can I fix an incorrect game result or scheduled game?

Team officials can fix an incorrect game result or scheduled game through their team official portal. Non-team officials can click the red checkmark in the "Fix" column next to the game result or scheduled game to submit a game score correction request if a game result or scheduled game is listed incorrectly.

**Question 4:** Do you have any tips to help users navigate the public site?

Here are a couple hints to give you the full power of Laxnumbers. Any team name is clickable and will take you to that team's team info page and game results. On the team info page, all ranking categories, state rankings,

groups and divisions/conferences are also clickable. When viewing scores, each opponent's team info page is just a click away. For example, if you are viewing the game scores of Team X and they played Team Y, you can view Team Y's game scores by simply clicking on Team Y's name. Teams with websites or social media accounts linked in Laxnumbers will have a corresponding icon in the last column of the rankings. Simply click the corresponding icon to view their team website or social media pages.

### **Rankings & Algorithm Questions:**

#### **Question 1:** What teams are ranked?

Laxnumbers ranks all varsity Boy's and Girl's high school lacrosse teams in the United States. Teams recognized as JV, Freshmen or middle school teams are not included in the rankings. For CIF Southern Section purposes, only eligible boy's and girls' varsity teams will be included in the CIF Southern Section rankings.

#### **Question 2:** How does Laxnumbers compute its ratings?

Like Laxpower's power rating algorithm, Laxnumbers' ratings are mathematically computed based on game results in the system with no subjective weighting or human input. All games count equally. Laxnumbers' algorithm computes an overall average performance rating for teams based upon how well they play against other teams and how good those teams are. A team's overall rating then determines a team's ranking position based on the national, regional, state, and/or sub-state ranking categories a team is placed in. A team's overall rating is typically not reflective of the team's best or worst games, but a mathematically computed average performance rating that translates game results into a numeric representation of a team's performance.

#### **Question 3:** What do the columns on the rankings page mean?

"Record" is represented by wins-losses-ties. "AGD", or average goal differential, and "SCHED", or strength of schedule plus sportsmanship differential, are the two main factors in the algorithm. AGD is currently calculated by accumulating the goal differential of each game, to a maximum of 10, and dividing it by the number of games played. SCHED is computed by adding the average rating of each game opponent (OPP) and sportsmanship differential (SD). AGD and SCHED are then added together to compute a team's overall performance rating. More information on an individual team's AGD and SCHED can be found by clicking the "Rating Math" tab on their team info page once the rankings are turned lived.

#### **Question 4:** What does a team's overall rating mean?

Everything is relative. A team's overall rating number specifically means nothing but might be used to understand the relative competitiveness of two different teams. In Laxnumbers' algorithm, a 1.0 point differential between two teams equates to a theoretical goal 1.0 goal advantage for the higher ranked team. If Team A is rated 85.00 and Team B is rated 80.00, then Team A would be expected to win by 5 goals in a matchup. The "Rating Math" tab on each team's team info page breaks down how each performance impacted a team on a game-bygame basis.

#### **Question 5:** Does Laxnumbers use a maximum goal differential?

Yes, Laxnumbers uses a maximum goal differential of 10. Based on our conversations with partners across the country, we strongly believe a 10 goal maximum strikes the right balance between promoting good sportsmanship and a fun playing environment on the field and producing accurate and credible rankings. There is one small caveat. Certain games may be subject to a "sportsmanship differential".

**Question 6:** What is the “sportsmanship differential” and what is the impact?

In scenarios where two teams are more than 10 rating points apart AND the higher ranked team wins by at least 10 goals, the “sportsmanship differential” will come into play. For math calculation purposes, the game will be considered "non-counting" in Laxnumbers to avoid negatively impacting the higher ranked team in that scenario. If the teams are more than 10 rating points apart AND the higher ranked team does not win by 10 or more goals, the game will count towards the rankings like normal. While it is important the higher ranked team is not negatively impacted in a scenario like that, it is also important the lower ranked team is rewarded if they outperform expectations. Games between teams less than 10 rating points apart will always be considered a counting game in Laxnumbers.

**Question 7:** We beat Team X. How can they still be ranked ahead of us?

At the end of the season, virtually every team has beaten at least one team ranked ahead of them in the rankings and lost to at least one team ranked behind them in the rankings. Yes, it may seem wrong, but a team that you have a winning record against can be ranked ahead of you. It is all in the mathematics. It depends on who else your team has played and how well you did as well as who the other team has played and how well they did. Over the course of the season there will be some anomalies. Sometimes a team simply matches up well against an opponent but has not necessarily performed better than them over a whole season's body of work.

**Question 8:** We won our last game, but our rating went down. How does this happen?

A team's overall performance rating can go down even though a team wins. This can happen for a couple different reasons. First, if your team is rated 3.0 points (1 point = 1 goal) better than your opponent and you win a game by 1 goal, your average goal differential (AGD) for the game is +1.0 against a team that it was expected to be +3.0. This would likely have a negative impact on your rating. Another scenario has you doing as expected against your opponent, but a large percentage of the teams you played earlier in the season doing unexpectedly bad. This lowers your strength of schedule and would lower your team's rating. It is almost impossible to guess how much and in what direction your rating will move each update because of the complexity of the math. Laxnumbers has a "Rating Math" tab on each team's info page that explains the math behind each game result and if it positively or negatively impacted a team.

**Question 9:** Are some teams, states or geographic areas given preferential treatment?

No. Laxnumbers does not give preferential treatment to any specific teams, states, or geographic areas. All teams are assumed to be equal and having a rating of zero at the start of the season before the system mathematically calculates your SCHED and AGD based entirely upon game performance. A team's SCHED is not only determined by the teams it plays, but by the teams its opponents play, and its opponents' opponents play, etc. All teams in a given age level and gender (i.e. Boys High School) are ranked in one statistical pool. The algorithm does not know what state or area a team is from or any of the team's past historical ratings. It simply uses current season game results to compute an average performance rating based upon who a team has played (SCHED) and how well they have done (AGD) for the games recorded in the system.

**Question 10:** How accurate are the rankings?

Early in the season when there are few played games, the limited data in the system can output funky results. When we first release the rankings as most teams hit the 4-6 game mark, the rankings are still working themselves out. As most teams start getting 8-10 games under their belts, the accuracy of the rankings improves exponentially. It only continues to get more accurate as more games are entered into the system. There are, however, some occasional exceptions.

If a group of teams (i.e. group or conference/division) doesn't play teams outside its initial subset, their overall rating and ranking placement relative to all other teams cannot be accurately determined. Their rating and ranking placement relative to one another within the subset is still accurate, however. Groups of teams with limited outside play can be inaccurately skewed by the few game results connecting them to all other teams, which might not be representative of the group's overall ability. Accuracy significantly increases with more games and more interplay. Therefore, it makes sense for there to be a minimum number of games before teams are ranked which is why we do not release the rankings until most teams in the ranking category have hit the 4-6 game mark.

Assuming teams have all played enough games against conference and non-conference teams, inaccuracies may still exist. This is common in ranking systems. Some teams play differently (a lot differently) depending upon which goalie is in net for a specific game. In this case, the ratings average out the play and may not completely reflect either scenario. Missing players, home vs. away, suspensions, and double rostered players are a few other scenarios that could influence the accuracy of the ratings. It is not always an exact science due to many moving parts.

Like any rankings algorithm, there are a couple weaknesses to the Laxnumbers' system. The first deficiency is with teams that emphasize development in some games. Teams that focus on development can be "hurt" because their performance tends to be lower than their true playing capability if they played to their full potential in some games. That same team may then focus on winning conference, league, district, and state tournaments, and succeed in their goal because they have fostered player development over the course of the season. However, they may never achieve the high rating and ranking placement that they truly "deserve". Secondly, teams that are hot in the second half of the season are still negatively impacted by poor performances early in the season. Vice versa is true for teams that start out hot and go "cold" in the second half of the season. Since all games throughout the season count equally, a team's overall rating may not always reflect a team's true playing ability near the end of the season.

That being said, the algorithm accurately computes an objective average performance rating for all teams based on the game results in the system.

**Laxnumbers' Contact Info:**

Ian Lodin President

[info@laxnumbers.com](mailto:info@laxnumbers.com)



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**GATORADE**



## APPROVED SANCTIONED EVENTS

Please refer to the CIF Southern Section website ([www.cifss.org](http://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

# BOYS LACROSSE 2026 LEAGUES/SCHOOLS/DIVISIONS

99 TEAMS TOTAL

Updated: 1/13/2026

ENT LEAGUE	DIV	ENT LEAGUE	DIV	ENT LEAGUE	DIV	ENT LEAGUE	DIV
<b>2 BAY</b>		<b>3 GOLD COAST</b>		<b>4 PACIFIC COAST</b>		<b>FREELANCE</b>	
Mira Costa Palos Verdes Peninsula Redondo Union		Brentwood Crescenta Valley La Canada Viewpoint Village Christian		Irvine Laguna Hills Northwood Portola St. Margarets Episcopal University Woodbridge			
<b>3 BIG VIII</b>		<b>3 IVY</b>		<b>2 SEA VIEW</b>			
Centennial/Corona Corona King, Martin Luther Norco Roosevelt, Eleanor Santiago/Corona		Damien Heritage/Menifee Liberty/Winchester Linfield Christian Paloma Valley Poly/Riverside		Beckman, Arnold Capistrano Valley Dana Hills San Juan Hills			
<b>3 CHANNEL</b>		<b>3 MARMONTE</b>		<b>3 SOUTH COAST</b>			
Cate Dos Pueblos San Marcos/SB Santa Barbara Thacher		Agoura Calabasas Newbury Park Oaks Christian Westlake		Aliso Niguel San Clemente San Juan Hills Tesoro Trabuco Hills		55 auto-bids	
<b>3 COASTAL CANYON</b>		<b>4 MISSION</b>		<b>3 SOUTHWESTERN</b>			
Glendale Grace Oak Park Royal Simi Valley		Chaminade Crespi Harvard-Westlake Loyola Notre Dame/SO Sierra Canyon St. Francis		Chaparral Great Oak Murrieta Mesa Murrieta Valley Temecula Valley Vista Murrieta			
<b>4 CRESTVIEW</b>		<b>4 MOORE</b>		<b>3 SUNSET</b>			
Canyon/Anaheim Crean Lutheran El Dorado El Modena Esperanza Foothill/Santa Ana Yorba Linda		Compton Downey Lakewood Lynwood Millikan Poly/Long Beach Wilson/Long Beach		Corona Del Mar Edison Huntington Beach Los Alamitos Newport Harbor			
<b>3 FOOTHILL</b>		<b>2 OCEAN</b>		<b>3 TRINITY</b>			
Castaic Hart High Saugus Valencia/Valencia West Ranch		Beverly Hills Culver City El Segundo Santa Monica		JSerra Catholic Lutheran/Orange Mater Dei Santa Margarita Servite St. John Bosco			

# GIRLS LACROSSE 2026 LEAGUES/SCHOOLS/DIVISIONS

97 TEAMS TOTAL

Updated: 1/13/2026

<u>ENT LEAGUE</u>	<u>DIV</u>	<u>ENT LEAGUE</u>	<u>DIV</u>	<u>ENT LEAGUE</u>	<u>DIV</u>	<u>ENT LEAGUE</u>	<u>DIV</u>
<b>2 BAY</b>		<b>4 MARMONTE</b>		<b>3 SEA VIEW</b>			
Mira Costa		Agoura		Beckman, Arnold			
Palos Verdes		Calabasas		Capistrano Valley			
Peninsula		Newbury Park		Dana Hills			
Redondo Union		Oak Park		Mission Viejo			
		Oaks Christian		Tesoro			
		Royal					
<b>3 BIG VIII</b>		Simi Valley		<b>3 SOUTH COAST</b>			
Centennial/Corona				Aliso Niguel			
Corona				El Toro			
King, Martin Luther		<b>3 MISSION</b>		San Clemente			
Norco		Chaminade		San Juan Hills			
Roosevelt, Eleanor		Crescenta Valley		Trabuco Hills			
Santiago/Corona		Marlborough					
		Notre Dame/SO		<b>3 SOUTHWESTERN</b>			
		Village Christian		Chaparral			
<b>3 CHANNEL</b>				Great Oak			
Cate		<b>4 MOORE</b>		Murrieta Mesa			
Dos Pueblos		Compton		Murrieta Valley			
Nordhoff		Downey		Temecula Valley			
San Marcos/SB		Lakewood		Vista Murrieta			
Santa Barbara		Lynwood					
Thacher		Millikan		<b>3 SUNSET</b>			
		Poly/Long Beach		Corona Del Mar			
<b>3 CRESTVIEW</b>		Wilson/Long Beach		Edison			
Canyon/Anaheim				Huntington Beach			
El Dorado		<b>2 OCEAN</b>		Los Alamitos			
El Modena		Beverly Hills		Newport Harbor			
Esperanza		Culver City					
Foothill/Santa Ana		El Segundo		<b>2 TRINITY</b>			
Yorba Linda		Santa Monica		JSerra Catholic			
				Lutheran/Orange			
<b>2 EMPIRE</b>		<b>3 PACIFIC COAST</b>		Mater Dei			
California		Laguna Beach		Santa Margarita			
Segerstrom		Northwood					
Tustin		St. Margarets Episcopal					
Valencia/Placentia		University					
		Woodbridge					
<b>2 FOOTHILL</b>							
Hart High		<b>2 PACIFIC HILLS</b>					
Saugus		Irvine					
Valencia/Valencia		Portola					
West Ranch		Rosary Academy					
		Sage Hill					
<b>3 IVY</b>							
Hemet		<b>3 PREP</b>					
Heritage		Chadwick					
Liberty/Winchester		Glendale					
Paloma Valley		Heritage Christian					
Poly/Riverside		La Canada					
		Westridge					

53 auto-bids
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# 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](http://www.cifsshome.org)) as well as update the scores immediately following your contests.

Log in @ [www.cifsshome.org](http://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 **Lacrosse** 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](http://www.cifsshome.org)) no later than **WEDNESDAY, APRIL 22, 2026**.

Log in @ [www.cifsshome.org](http://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  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 22, 2026**.


Log in @ [www.cifsshome.org](http://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 “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](http://www.cifsshome.org)) no later than **WEDNESDAY, APRIL 22, 2026**.

Log in @ [www.cifsshome.org](http://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 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 ([xls](#)) 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.

## CIF HOME REQUIREMENTS (Cont.)

### **SCHOOL LOGO**

Log in @ [www.cifsshhome.org](http://www.cifsshhome.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.cifsshhome.org](http://www.cifsshhome.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

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**NX**  
**NO BOUNCE**  
**GREASELESS**



**DUAL**  
**50/50 COLOR**  
**GREASELESS**

## **BOYS & GIRLS 2025-26 LACROSSE BLUEBOOK FEE STRUCTURE**

Boys Varsity (2 officials assigned) = \$102

Boys Varsity (1 official assigned) = \$153

Boys Non-Varsity (2 officials assigned) = \$91

Boys Non-Varsity (1 official assigned) = \$118

Girls Varsity (2 officials assigned) = \$102

Girls Varsity (1 official assigned) = \$153

Girls Non-Varsity (2 officials assigned) = \$91

Girls Non-Varsity (1 official assigned) = \$118



# Official Lacrosse Ball

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*\*The official ball rule is mandatory for all CIF-SS playoff rounds.*

*Contracted through: June 30, 2027*

**Official Ball Rule:**

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.



## 2026 BOYS LACROSSE RULES CHANGES

**1-2-12d:** Requires a cone be placed at the corner of the coaches area and the team area to clearly mark the team area.

**Rationale:** Adding a cone to clearly mark the team area in situations where lines are not required, assists in keeping the players within the designated team area without requiring additional field markings.

**1-9-1b(4 & 5):** Eliminates the restrictions on color and prohibits items attached to the tooth and mouth protector that do not support the function of protecting the teeth and/or mouth.

**Rationale:** Aligns tooth and mouth protector rules with other NFHS sport rules requiring tooth and mouth protectors.

**1-9-1h(3):** Modifies uniform number size on the back of the jersey by decreasing the minimum height to eight inches – matching the minimum height requirement on the front of the jersey.

**Rationale:** Aligns with other NFHS sport rules for number sizing while maintaining appropriate visibility for officials.

**1-12:** Requires a working horn be accessible at the sideline table.

**Rationale:** Allows a coach to call for a double horn from the field without delayed communication to the press box.

**3-5-1 & 2 (NEW):** Establishes that an interrupted game that cannot be resumed on the same day is considered complete if 75% of playing time has elapsed.

**Rationale:** Provides a procedure for interrupted play to assist host management while allowing state associations to develop modifications to game-ending procedures.

**4-3-3e:** Allows an official to assess a delay of game penalty if player positioning on the face off must be adjusted repeatedly.

**Rationale:** Clarifies the current practice of penalizing faceoff players who need to be repeatedly adjusted.

**4-8:** Clarifies that a goal is scored if the ball is or becomes loose behind the plane regardless of who caused the ball to cross the line.

**Rationale:** Creates consistency in awarding a goal when the ball becomes loose behind the plane and when a ball is loose and crosses the plane of the plane of the goal line.

**4-18-4 PENALTY; 5-6-2 (NEW):** Reclassifies the foul for a player, other than the properly equipped goalkeeper, that enters the crease with the intent to block a shot as a personal foul for illegal equipment.

**Rationale:** Minimizes risk by discouraging players from acting as a goalkeeper by making the penalty more severe and removing the official's responsibility to remember if it was the first occurrence or subsequent attempts.

**4-22-1c:** Eliminates the five seconds awarded to a goalkeeper to re-enter the crease on any restart.

**Rationale:** Aligns treatment of the goalkeeper as a field player when it comes to injury or equipment issues while outside the crease while discouraging goalkeepers from leaving the crease and eliminating the need for an official to judge whether a goalkeeper has left the crease in an attempt to delay the game or for a legitimate purpose.

**6-3-2c:** Adds hooking, lifting, or pinning an opponent's body with the crosse in describing illegal actions related to holding.

**Rationale:** Additional descriptors help define holding and create a clearer understanding of illegal actions trending in the game.

**6-5-2y:** Establishes that the loss of a helmet is an illegal procedure.

**Rationale:** Minimizes risk by increasing the penalty for a player losing a helmet during play encouraging players to ensure chin straps are properly worn and helmets are secure during play.

**7-3:** Establishes consistency in penalty administration by moving the restart to laterally outside the goal area when the ball crosses the end line before or after the penalty occurs.

**Rationale:** Simplifies all restarts after penalties by administering them at the same restart point, regardless of any conditions.

### **2026 Boys Lacrosse Major Editorial Changes**

<b>1-2-9:</b>	Requires all equipment to be kept in the bench area at least 6 yards away from the sideline.
<b>1-3-2, 1-4:</b>	Recommends a flat-iron goal for all surfaces keeping up with trends in equipment and minimizing risk of injury.
<b>1-7-3 thru 6:</b>	Reorganizes crosse construction rules by clearly identifying what is illegal and what must be fixed without penalty.
<b>1-9-2a(1):</b>	Allows undergarments on the top or bottom to be white, gray, black or one of the team's official colors.
<b>2-5-2:</b>	Updates the recommended officials' uniform.
<b>4-3-1 EXCEPTION NOTE (NEW):</b>	Adds new note to rule exception for a faceoff clarifying where the ball is awarded when the offended team has three players serving penalty time.
<b>4-19-1:</b>	Clarifies that a goal will be disallowed if a player jumps without possession, catches a pass, shoots and lands in the crease.
<b>4-24:</b>	Restructures language for clarity.
<b>7-6:</b>	Restructures language for clarity.
<b>Official Lacrosse Signals:</b>	Adds new signal for Check Involving the Head/Neck or Defenseless Player.

### **2026 Boys Lacrosse Editorial Changes**

1-2-7; 1-5; 1-6-3; 1-7-1; 1-9-1e; 1-9-1g; 1-9-1h NOTE; 1-9-1h(9); 1-10-1c; 2-10-2; 4-3-3b; 4-3-3l, m, n; 4-6-2 thru 4; 4-13e; 5-4-1 & 2; 5-4-5; 5-4-6; 5-4-7 PENALTY; 5-5 NOTE; 5-6; 5-8; 5-10 PENALTY; 6-5-2t; 6-6-2; 6-12; 7-2e; 7-2f

### **2026 Boys Lacrosse Points of Emphasis**

1. Properly Wearing Equipment
2. Personal Foul – Contact with the Head/Neck
3. Sportsmanship and Role of Head Coach
4. Pregame Responsibilities



## 2026 GIRLS LACROSSE RULES CHANGES

**2-4-5:** Stick checks may be requested at any point during a quarter break, halftime, a team time-out, prior to the start of an overtime period, prior to the start of a draw, and immediately following goals in regulation and overtime periods.

**Rationale:** Specifies the appropriate times when stick check requests may be made to eliminate potential gamesmanship, maintain pace of play, and allow officials to focus on administration of the game.

**2-8-3 (NEW) & PENALTY:** No on-field player can wear an audio or video device during the game.

**Rationale:** Clarifies the prohibition of electronic communications with and by players during the game and aligns with other NFHS rules codes.

**4-3-3d:** If a possession time-out is called when the goalkeeper has possession of the ball in the goal circle, play will resume at the closest dot and any player may restart play.

**Rationale:** Aligns the restart procedure for a team time-out when the goalkeeper has possession of the ball in the goal circle with other team time-outs when the ball is in the critical scoring area.

**5-2 PENALTY 1:** When one player draws illegally, the free position may be taken by any player on the opponent's team at the spot of the ball.

**Rationale:** Improves the flow of the game without disadvantaging the non-offending team.

**7-3 PENALTIES 1a, 3a:** When a goal circle foul is committed, the offending player shall move 4 meters away from the player taking the free position instead of behind.

**Rationale:** Improves the flow of the game and creates consistency in penalty administration of non-major fouls.

### 2026 Girls Lacrosse Editorial Changes

2-2-4; 2-7-1a, 4 & 5 (NEW); 2-7-6; 4-4; 5-4-1 & 2; 7-1-3; 8-1-1 NOTE; 10-1 PENALTIES; 10-1 PENALTIES 6; 10-1 PENALTIES 13b; 11-1-1; 11-2 PENALTIES 2 thru 6; 12-3-2; 12-8 MISCONDUCT PENALTIES 3e; 12-8 COACH MISCONDUCT PENALTIES 2; 13 FLAG; 13 RESTRAINING LINE

### 2026 Girls Lacrosse Points of Emphasis

1. Identifying and Managing Fouls During Scoring Plays
2. Efficient Draw Administration
3. Delay of Game/Use of the Green Card



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## 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/>

## CIF-SS HISTORY RECORD BOOK

The CIF-SS Record Book is updated on a yearly basis and can be found here.

<https://cifss.org/record-book/>

The CIF-SS Communications Office will automatically update information on championship teams, scores, and Players of the Year. Should your team, an athlete on your team, or a coach, meet a milestone record, then please complete this form.

<https://cifss.org/record-book-request/>

Please note we only record the top 10 in each category.

## ALL CIF-SS

The All CIF-SS teams are decided by the coaches' committees for each sport.

To be considered, your coach must submit their nominations to the committee by the given date.

## **LACROSSE NOMINATIONS ARE DUE BY MAY 8, 2026**

The CIF-SS will receive the first team list from the committee and release those on [www.cifss.org](http://www.cifss.org).

We will also mail the first team certificates to the athlete's school.

The CIF-SS office does not collect 2<sup>nd</sup> or 3<sup>rd</sup> team information. If the sport has a 2<sup>nd</sup> or 3<sup>rd</sup> team, that information will be available through the coaches committee.

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## HEALTH AND SAFETY

It is the expectation of the CIF Southern Section that your Athletic Coaches and Administration will take every measure to ensure the health and safety of your student athletes.

The following are key points of emphasis coaches should review with their staff and players about CIF Southern Section rules and regulations in the 2025-2026 CIF Southern Section Blue Book. This list is not all-inclusive but only highlights key areas. For necessary forms and additional information regarding Heat Safety, Hydration and other Sports Medicine resources, please go to [www.cifss.org](http://www.cifss.org) and click on the “Sports Medicine” tab on the blue toolbar.

Additional resources can be found at [www.cifstate.org](http://www.cifstate.org) under the “Sports Medicine” tab on the white toolbar

### PHYSICAL EXAMINATION

An annual physical examination, or a statement by a medical practitioner, is required for a student to take part in any authorized school practice session and/or pre-season conditioning period. This physical examination will be valid for a period of one year from the date of the examination. A student will be excused from this physical examination only if there is compliance with the Education Code (parent's refusal to consent). CIF Health and Safety Committee strongly recommends schools use the Pre-Participation Examination form that is endorsed by five major medical societies, American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American orthopedic Sports Medicine, and the American osteopathic Academy of Sports Medicine. All CIF schools must have school board approved forms.

### CONCUSSION PROTOCOL

A student athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at the time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider. If a licensed health care provider, trained in education and management of concussion determines that the athlete sustained a concussion or a head injury, the athlete is required to complete a graduated return to play protocol of no less than seven (7) full days from the time of diagnosis under the supervision of a licensed health care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent/guardian/caregiver before the athlete's initial practice or competition. (Approved May 2010 Federated Council/Revised January 2015 Federated Council)

Question: What is meant by “licensed health care provider?”

Answer: the “scope of practice” for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

## HEALTH AND SAFETY (continued)

### STEROID PROHIBITION

All schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parent(s)/guardian(s)/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition.

NOTE: Article 1-12.N. (Revised May 2005 Federated Council)

### SUDDEN CARDIAC ARREST PROTOCOL

A student-athlete who passes out or faints while participating in, or immediately following, an athletic activity or who is known to have passed out or fainted while participating in or immediately following an athletic activity, must be removed immediately from participating in a practice or game for the remainder of the day. A student-athlete who has been removed from play after displaying signs and symptoms associated with sudden cardiac arrest may not return to play until the athlete is evaluated by a licensed health care provider and receives written clearance to return to play from that health care provider. On a yearly basis, a Sudden Cardiac Arrest information sheet shall be signed and returned by all athletes and the athlete's parent/guardian/caregiver before the athlete's initial practice or competition.

Question: What is meant by “licensed health care provider?”

Answer: the “scope of practice” for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).