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# LACROSSE SEASON PREVIEW

**CIF-SS LACROSSE  
COMMISSIONER**

THOM SIMMONS

**PROGRAM COORDINATOR**

ANITA FOPMA



**TO: CIF SOUTHERN SECTION LACROSSE COACHES**

**FROM: THOM SIMMONS, ASSISTANT COMMISSIONER**

**DATE: JANUARY 2023**

**RE: CIF-SOUTHERN SECTION 2022-23 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 2022-23 Lacrosse season!**

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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](http://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 6 ( <b>Preseason Watchlist</b> )	April 2
March 5	April 9
March 12	April 23
March 19	<b>Final Poll</b> – Released: April 29
March 26	

The CIF-SS office will be doing eight polls during the season. Please start your emails on Sunday, March 5<sup>th</sup>, 2023. 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.

## **2022-23 BOYS & GIRLS LACROSSE ADVISORY COMMITTEE MEMBERS**

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

## **2022-2023 CIF-SS BOYS/GIRLS LACROSSE ADVISORY COMMITTEE MEMBERS**

<b><u>NAME</u></b>	<b><u>SCHOOL/ORG.</u></b>	<b><u>GENDER</u></b>	<b><u>DIVISION</u></b>	<b><u>EMAIL</u></b>
Eric Bassett	Trabuco Hills	Boys	1/2	<a href="mailto:ericb@industrialent.com">ericb@industrialent.com</a>
Aaron Karsh	Mira Costa	Boys	1/2	<a href="mailto:coachkarsh@gmail.com">coachkarsh@gmail.com</a>
G.W. Mix	Corona del Mar	Boys	1/2	<a href="mailto:gwmix@me.com">gwmix@me.com</a>
Jon Fox	Foothill	Boys	1/2	<a href="mailto:coachfox@foothilllacrosse.org">coachfox@foothilllacrosse.org</a>
Mario Waibel	Sierra Canyon	Boys	1/2	<a href="mailto:mwaibel@sierracanyonschool.org">mwaibel@sierracanyonschool.org</a>
Chris Jewett	St. John Bosco	Boys	1/2	<a href="mailto:coach@leveragelacrosse.com">coach@leveragelacrosse.com</a>
Dieter Nemes	Edison	Boys	1/2	<a href="mailto:dnemes@hbuhd.edu">dnemes@hbuhd.edu</a>
Charles Assumma	Temecula Valley	Boys	1/2	<a href="mailto:cassumma@gmail.com">cassumma@gmail.com</a>
Tony Bendfelt	Hart	Boys	3	<a href="mailto:tbendfeldt40@hotmail.com">tbendfeldt40@hotmail.com</a>
Joe Campbell	Glendale	Boys	3	<a href="mailto:Jcampbell@gusd.net">Jcampbell@gusd.net</a>
Leesa Chelminiak	West Ranch	Girls	1/2	<a href="mailto:leesa.amt@hotmail.com">leesa.amt@hotmail.com</a>
Michelle Yarger	Newbury Park	Girls	1/2	<a href="mailto:MEY04@aol.com">MEY04@aol.com</a>
Michael Welter	San Juan Hills	Girls	1/2	<a href="mailto:sjhglax@gmail.com">sjhglax@gmail.com</a>
Tom Borgia	Redondo Union	Girls	1/2	<a href="mailto:borgia.tom@gmail.com">borgia.tom@gmail.com</a>
Jessica Murray	Corona del Mar	Girls	1/2	<a href="mailto:seaqueencoach@gmail.com">seaqueencoach@gmail.com</a>
Jeremy Jarrett	Vista Murrieta	Girls	1/2	<a href="mailto:jjarrett@murrieta.k12.ca.us">jjarrett@murrieta.k12.ca.us</a>
Tom Konjoyan	Village Christian	Girls	1/2	<a href="mailto:tomk@villagechristian.org">tomk@villagechristian.org</a>
Paul Ramsey	San Marcos	Girls	3	<a href="mailto:pramsey@sbunified.org">pramsey@sbunified.org</a>
Joe Campbell	Glendale	Girls	3	<a href="mailto:Jcampbell@gusd.net">Jcampbell@gusd.net</a>
Allie Kyte	Orange Lutheran	Girls	3	<a href="mailto:alexandra.kyte@lhsoc.org">alexandra.kyte@lhsoc.org</a>
Meghan Tommey	Marlborough	Girls	3	<a href="mailto:meghan.toomey@marlborough.org">meghan.toomey@marlborough.org</a>
Vic Escoto	LB Wilson	Girls	3	<a href="mailto:rvescoto@lbschools.net">rvescoto@lbschools.net</a>
Dirk Binkley	Officials	Boys		<a href="mailto:dbinkley@windwardschool.org">dbinkley@windwardschool.org</a>
Steve Perry	Officials	Girls		<a href="mailto:sp5903@aol.com">sp5903@aol.com</a>

## **CALENDAR PLAYOFF DATES**

Following is a capsule of the CIF Southern Section calendar for the 2022-2023 Boys & Girls Lacrosse Season.

### **DATE OF FIRST CONTEST**

No interscholastic matches (practice, tournament or league) may be scheduled prior to **FEBRUARY 11, 2023**.

### **SIT OUT PERIOD DATE**

TUESDAY, MARCH 21, 2023

### **DATE LAST LEAGUE CONTEST**

The last allowable date for competition (LEAGUE) is **THURSDAY, April 27, 2023**.

### **DATE LAST ALLOWABLE CONTEST**

The last allowable date for competition is **SATURDAY, April 29, 2023**.

**NUMBER OF SCRIMMAGES – 1** (May not occur prior to Feb. 11th and must occur prior to teams first interscholastic contest).

## **PLAYOFF DATES**

Pairings Day - **SATURDAY, APRIL 29, 2023 - 10:00am**

Playoff Brackets can be found @ [www.cifss.org](http://www.cifss.org)

### **2023 Playoff Dates – 32, 16 & 8 Team Brackets**

#### **32 Team Bracket**

Pairings Day – Saturday, April 29 – 10:00 a.m.

#### **Wildcard Round** (where necessary)

Girls – Monday, May 1

Boys - Tuesday, May 2

#### **First Round**

Girls – Wednesday, May 3

Boys - Thursday, May 4

#### **Second Round**

Girls – Friday, May 5

Boys - Saturday, May 6

#### **32 Team Bracket (Cont.**

##### **Quarterfinal Round**

Girls - Monday, May 8

Boys – Tuesday, May 9

##### **Semifinal Round**

Girls – Wednesday, May 10

Boys – Thursday, May 11

##### **Final Round**

Boys/Girls – Friday, May 12 & Saturday, May 13 (TBD)

### **16 & 8 Team Cont. on Next Page**

## **16 Team Bracket**

**Pairings Day – Saturday, April 29 – 10:00 a.m.**

### **Wildcard Round (where necessary)**

Girls – Monday, May 1

Boys - Tuesday, May 2

### **First Round**

Girls – Wednesday, May 3

Boys - Thursday, May 4

### **Quarterfinal Round**

Girls – Friday, May 5

Boys - Saturday, May 6

### **Semifinal Round**

Girls - Monday, May 8

Boys – Tuesday, May 9

### **Final Round**

Boys/Girls – Friday, May 12 & Saturday, May 13 (TBD)

## **8 Team Bracket**

**Pairings Day – Saturday, April 29 – 10:00 a.m.**

### **First Round**

Girls - Monday, May 1

Boys – Tuesday, May 2

### **Semifinal Round**

Girls - Friday, May 5

Boys – Saturday, May 6

### **Final Round**

Boys/Girls – Friday, May 12 & Saturday, May 13 (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](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, Boys" or "Lacrosse, Girls".

**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 **Football** 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](http://www.cifsshome.org)) no later than **WEDNESDAY, APRIL 26, 2023**.


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 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)


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 26, 2023**.

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  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 [\(xls\)](#) 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.cifsshome.org](http://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](http://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 2022-23 LACROSSE BLUEBOOK FEE STRUCTURE

Boys Varsity (2 officials assigned) = \$78.00

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) = \$75.00

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](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**



## OFFICIAL BALL PROGRAM 2022-2023

### Official Ball per sport:

Baseball:	Rawlings RCIF-SS	Must be CIFSS/ <b>NOCSAE</b> stamped ball
Boys Basketball:	Wilson NCAA EVO NXT Game Basketball Size 7 ( <b>Used in CIF-SS Championship</b> ) Wilson EVO NXT Game Basketball Size 7	
Girls Basketball:	Wilson NCAA EVO NXT Game Basketball Size 6 ( <b>Used in CIF-SS Championship</b> ) Wilson EVO NXT Game Basketball Size 6	
Football:	Wilson NCAA 1003 GTS ( <b>Used in CIF-SS Championship</b> ) Wilson GST Prime	
Lacrosse:	Champion Sports NOCSAE Balls	(White LBWNOCSAE, Yellow LBYNOCSAE, Orange LBO, Lime Green LBG)
Soccer:	Wilson NCAA Vivido ( <b>Used in CIF-SS Championship</b> ) Wilson Forte Fybird II NCAA Match Soccer Ball ( <i>discontinued</i> )	
Softball:	Rawlings FPCIF-SS ( <b>Used in CIF-SS Championship</b> )	
Tennis:	Penn ATP World Tour ( <b>Used in CIF-SS Championship</b> ) Pro Penn Marathon	
Volleyball, Indoor:	Mikasa VFC1000 Series ( <b>Used in CIF-SS Championship</b> ) Mikasa VQ2000 Series	
*Volleyball, Beach:	Wilson NCAA OPTX ( <b>Used in CIF-SS Championship</b> )	
Boys Water Polo:	KAP7 model 105 with NFHS stamp ( <b>Used in CIF-SS Championship</b> )	
Girls Water Polo:	KAP7 model 104 with NFHS stamp ( <b>Used in CIF-SS Championship</b> )	

### 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.

**\*There is a 1-year transition period for the following sport. The mandatory playoff use requirement goes into effect for this sport in the 2023-2024 season.**

### 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*.**

## **2022-2023 NFHS BOYS Lacrosse Rule Changes**

The NFHS Boys Lacrosse Rules Committee has released rules changes for the 2023 season that address three major areas of the sport – field markings, equipment requirements and officiating.

A total of nine rules changes were recommended as the result of the committee's annual rules meeting held July 16-18 at the Conrad Hotel in Indianapolis. The NFHS Board of Directors subsequently approved the changes to take effect next season.

"The committee continues to do excellent work in placing risk minimization at the forefront," said James Weaver, NFHS director of sports and performing arts and liaison to the Boys Lacrosse Rules Committee. "One of the results from this year's rules committee meeting is focused on ease of officiating and ensuring that change continued to provide a safer game. The rules changes that were passed were all thought out and will make for a better game for all involved."

The first of two alterations affecting field markings is found in Rule 1-2-1 PENALTY, which now states that the home team will be assessed a delay-of-game penalty if the field does not have continuous sidelines and end lines, in addition to the center line. The change is intended to maintain the integrity of the playing field and discourage schools from allowing other logos on the field – particularly large football field end zone logos – to create breakages in the lacrosse lines.

Revised dimensions for the table area and coaches' area constitute the other update to the playing field for the upcoming year. In Rule 1-2-7, the two perpendicular lines that connect the sideline and the scorer's table to form the table area boundaries will now be drawn 5 yards from the center line on each side rather than 10 yards. The coaches' area, defined in Rule 1-2-8, will now extend 20 yards down the field parallel to the sideline instead of 15 yards. These new measurements standardize the high school boys lacrosse table area and coaches' area with other rules codes including NFHS girls lacrosse and NCAA men's lacrosse, and assist officials in managing substitutions.

Regarding equipment, a clause was added to Rule 1-7-1 that mandates the pocket/net of a player's crosse will have "no holes or gaps larger than 1.68 inches in diameter," or roughly the size of the American golf ball. The rationale for this new language is to prevent the increased use of a stringing technique in the crosse pocket/net that allows players to trap the ball in the loosened mesh. Additionally, Rule 1-8 now states that crosses "shall not have protrusions or sharp edges" to counteract recent stick design innovations that could hook or catch on a player's helmet and other equipment that may potentially cause injury.

Modern developments in lacrosse shoe manufacturing allowed the committee to make a significant simplification within Rule 1-9-1g. Previously, the rule laid out a detailed list of criteria for appropriate lacrosse shoes, ranging from acceptable sole materials to removable and non-

removable cleat measurements. The simplified version now reads: “shoes shall be worn which are designed for the sport of lacrosse,” while continuing to disallow metal spikes.

Headlining the officiating section of the rules changes are the revamped EXCEPTIONS to Rule 4-3-1, which provide better clarity on the situations where a faceoff does not take place at midfield to start a new period or following a goal. Those four exceptions include:

- 1.) a player-advantage or a flag down creating a player-advantage;
- 2.) a player or team commits a foul before any faceoff;
- 3.) a player at any faceoff delays resumption of play;
- 4.) a player moves the crosse or body after “set” is said gaining an advantage.

Rule 4-24-1 and Rule 4-24-8 were edited to give a more concrete explanation of how a goalkeeper should be viewed when away from the crease and outside the scrimmage area. Rule 4-24-1 now specifies that when outside of the crease, a goalkeeper will be treated the same as a field player regarding game stoppages caused by injury or loss of mandatory personal equipment. According to the new language in Rule 4-24-8, play will only be stopped if a goalkeeper’s stick or any piece of mandatory goalkeeper equipment becomes broken while the goalkeeper is in the crease.

To assist officials in their challenge to monitor penalty time expirations and player re-entry while conducting a faceoff, a new article has been written into Rule 7-2. This addition, marked as Rule 7-2h, mandates that penalty time will start with the whistle resuming play after the penalty is administered and that, if any time remains on a non-releasable penalty after a goal is scored, the earliest the penalty will release is after the ensuing faceoff has been completed.

Finally, a slight alteration to Rule 6-10-2 notes that, following a stalling warning, the team that was given the warning will not receive a stalling infraction if the ball leaves the goal area as the result of a shot attempt, or if the ball is touched by the defending team. Previously, the rule was written to only include the offending team’s shots on goal.

A complete listing of the boys lacrosse rules changes will be available on the NFHS website at [www.nfhs.org](http://www.nfhs.org). Click on “Activities & Sports” at the top of the home page and select “Lacrosse-Boys.”

## 2022-2023 NFHS GIRLS Lacrosse Rule Changes

Aligning rules to match the flow of the game is a major theme for upcoming rules changes in high school girls lacrosse. Pace of play, coupled with additional amendments regarding play in the critical scoring area and near the goal, highlight changes for the 2023 season.

The seven rules changes were proposed by the National Federation of State High School Associations (NFHS) Girls Lacrosse Rules Committee at its June 20-22 meeting in Indianapolis. All seven proposals were later approved by the NFHS Board of Directors.

“The game of high school girls lacrosse has changed dramatically over the last few years,” said Lindsey Atkinson, NFHS director of sports/communications associate and liaison to the NFHS Girls Lacrosse Committee. “The additions of self-starts and free movement have created opportunities for the committee to align game administration rules with the increased pace of play.”

Two changes covering Rules 5-4-1, 5-4-5, 9-1 and 10-1 amend procedures to restarting play via self-start. When play is stopped for a foul outside the critical scoring area, the player fouled will now be allowed to take the free position and commence play within 4 meters – no longer within playing distance. For fouls by the attacking team in the critical scoring area, self-start is now an option for the defensive player awarded the free position unless the game clock is stopped.

Two other changes to Rule 5 modify how a draw is conducted and alternate possession is determined. The change to Rule 5-2-5d establishes that players may not step on or over the restraining lines after the official’s hand is in contact with the sticks at the draw until the restraining line is released regardless of number of players between the restraining lines. Rule 5-5-1f was amended to eliminate alternate possession for offsetting fouls when a card is issued for one of the fouls – applying a more appropriate penalty for a carded offense.

“The committee made it a priority to address rules that created an unfair advantage for either the offense or defense,” Atkinson said.

The goalkeeper may now carry the ball into the goal circle after it has been cleared (passed or carried out of the goal circle) and played (left the player’s crosse and touched by another player or crosse is checked crosse to crosse by an opposing player or play is stopped due to a foul by an opponent), according to an amended Rule 7-1-2c. This provides another option for the goalkeeper to return to the goal circle with the ball.

Continuing the focus on the area around the goal, the administration of a free position for a three-second violation has been amended in a change to Rule 10-1y PENALTIES. Now, if the ball is outside the critical scoring area and above the goal line extended when the defense is called for a three-second violation, the free position will be administered at the 12-meter fan instead of at the spot of the ball.

The final major rule change focused on the method of checking pocket depth of the crosse by game officials. To ensure consistency, officials will ensure the top of the ball remains above the top of the wooden or plastic sidewall after the ball has been dropped into the front and back of the pocket on a horizontally held crosse. Previously, the rule instructed officials to apply pressure to the ball, before releasing it on both the front and back face of the pocket.

The lone major editorial change replaces references of “slow whistle” with the terms “held whistle” or “flag” for clarity.

A complete listing of the girls lacrosse rules changes will be available on the NFHS website at [www.nfhs.org](http://www.nfhs.org). Click on “Activities & Sports” at the top of the home page and select “Lacrosse-Girls.”



# **BLUE BOOK RULES 2022-2023 – 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 2022-2023 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/54/>

## **210. PHYSICAL ASSAULT**

<https://cifss.org/resources/blue-book/84/>

## **212. AMATEUR STATUS**

<https://cifss.org/resources/blue-book/85/>

## **220. BASIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION**

<https://cifss.org/resources/blue-book/89/>

## **500. AUTHORIZED PARTICIPATION**

<https://cifss.org/resources/blue-book/95/>

## **503.G ADMINISTRATIVE OVERSIGHT / PHYSICAL EXAMINATION**

<https://cifss.org/resources/blue-book/100/>

## **503.H ADMINISTRATIVE OVERSIGHT / CONCUSSION PROTOCOL**

<https://cifss.org/resources/blue-book/100/>

## **506. PRACTICE ALLOWANCE**

<https://cifss.org/resources/blue-book/107/>

## **600. COMPETITION ON AN OUTSIDE TEAM**

<https://cifss.org/resources/blue-book/117/>

## **3400. PLAYOFFS**

<https://cifss.org/resources/blue-book/209/>

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.

## **3415. NOISEMAKERS PROHIBITED**

<https://cifss.org/resources/blue-book/212/>

# **BLUE BOOK RULES 2022-2023 – 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 2022-2023 Blue Book. This list is NOT all-inclusive and only highlights some of the key areas for lacrosse.

**2401. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK**

<https://cifss.org/resources/blue-book/177/>

**2403. SCRIMMAGES**

<https://cifss.org/resources/blue-book/177/>

**2404. TOURNAMENTS**

<https://cifss.org/resources/blue-book/177/>

**2405. STARTING DATES FOR INTERSCHOLASTIC CONTESTS**

<https://cifss.org/resources/blue-book/177/>

**2407. END OF COMPETITION**

<https://cifss.org/resources/blue-book/178/>

**2408. OUTSIDE COMPETITION BY AN INDIVIDUAL**

<https://cifss.org/resources/blue-book/178/>

**1227. SUNDAY RESTRICTION**

<https://cifss.org/resources/blue-book/145/>

**503. PLAYER CONDUCT**

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

**125.1. COACH EJECTION**

<https://cifss.org/resources/blue-book/147/>

**3400. PLAYOFFS**

<https://cifss.org/resources/blue-book/209/>

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## **2022-2023 BOYS LACROSSE PARTICIPATING SCHOOLS - ALPHABETICAL**

Agoura	Hemet	Portola
Aliso Niguel	Heritage	Redondo Union
Beckman	Heritage Christian	Roosevelt
Beverly Hills	Huntington Beach	Royal
Brentwood	Irvine	San Clemente
Cabrillo/Long Beach	JSerra Catholic	San Juan Hills
Calabasas	La Canada	San Marcos
Canyon/Anaheim	Laguna Hills	Santa Barbara
Capistrano Valley	Lakewood	Santa Margarita
Cate	Linfield Christian	Santa Monica
Centennial/Corona	Los Alamitos	Santiago/Corona
Chaminade	Loyola	Saugus
Chaparral	Lutheran/Orange	Seegerstrom
Compton	Lynwood	Servite
Corona	Marina	Sierra Canyon
Corona Del Mar	Martin Luther King	Simi Valley
Crean Lutheran	Mater Dei	St. Francis
Crescenta Valley	Millikan	St. John Bosco
Crespi	Mira Costa	St. Margaret's Episcopal
Culver City	Mission Viejo	Temecula Valley
Damien	Murrieta Mesa	Tesoro
Dana Hills	Murrieta Valley	Thacher
Dos Pueblos	Newbury Park	Trabuco Hills
Downey	Newport Harbor	University
Edison	Norco	Valencia/Valencia
El Dorado	Northwood	Viewpoint
El Modena	Notre Dame/Sherman Oaks	Village Christian
El Segundo	Oak Park	Vista Murrieta
Esperanza	Oaks Christian	West Ranch
Foothill/Santa Ana	Ochoa Prep Academy	Westlake
Glendale	Paloma Valley	Wilson/Long Beach
Grace Brethren	Palos Verdes	Woodbridge
Great Oak	Peninsula	Yorba Linda
Hart	Poly/Long Beach	
Harvard Westlake	Poly/Riverside	



## **2022-2023 BOYS LACROSSE PLAYOFF DIVISION**

### **As selected by Massey Ratings - Alphabetical**

<b>DIVISION 1/2</b>	<b>DIVISION 1/2 Cont.</b>	<b>Division 3 (Cont.)</b>
Agoura	Vista Murrieta	Lakewood
Aliso Niguel	West Ranch	Linfield Christian
Beckman	Westlake	Lutheran/Orange
Corona Del Mar	Yorba Linda	Lynwood
Crescenta Valley		Marina
Crespi	<b>Division 3</b>	Martin Luther King
Culver City	Beverly Hills	Millikan
Edison	Brentwood	Mission Viejo
Foothill/Santa Ana	Cabrillo/Long Beach	Murrieta Mesa
Great Oak	Calabasas	Murrieta Valley
Harvard Westlake	Canyon/Anaheim	Newbury Park
Huntington Beach	Capistrano Valley	Norco
JSerra Catholic	Cate	Northwood
Los Alamitos	Centennial/Corona	Notre Dame/Sherman Oaks
Loyola	Chaminade	Oaks Christian
Mater Dei	Chaparral	Ochoa Prep Academy
Mira Costa	Compton	Paloma Valley
Newport Harbor	Corona	Poly/Long Beach
Oak Park	Crean Lutheran	Poly/Riverside
Palos Verdes	Damien	Portola
Peninsula	Dana Hills	Roosevelt
Redondo Union	Dos Pueblos	Royal
San Clemente	Downey	San Marcos
San Juan Hills	El Dorado	Santa Barbara
Santa Margarita	El Modena	Santa Monica
Santiago/Corona	El Segundo	Seegerstrom
Saugus	Esperanza	Simi Valley
Servite	Glendale	Thacher
Sierra Canyon	Grace Brethren	University
St. Francis	Hart	Valencia/Valencia
St. John Bosco	Hemet	Viewpoint
St. Margaret's Episcopal	Heritage	Village Christian
Temecula Valley	Heritage Christian	Wilson/Long Beach
Tesoro	Irvine	Woodbridge
Trabuco Hills	La Canada	
	Laguna Hills	

## **2022-23 GIRLS LACROSSE PARTICIPATING SCHOOLS – ALPHABETICAL**

Agoura	King Martin Luther	Roosevelt Eleanor
Aliso Niguel	La Canada	Rosary Academy
Beckman Arnold	La Reina	Royal
Beverly Hills	Laguna Beach	Sage Hill
California	Laguna Hills	San Clemente
Canyon/Anaheim	Lakewood	San Juan Hills
Capistrano Valley	Los Alamitos	San Marcos
Cate	Louisville	Santa Barbara
Centennial/Corona	Lutheran/Orange	Santa Margarita
Chadwick	Lynwood	Santa Monica
Chaminade	Marlborough	Santiago/Corona
Chaparral	Mater Dei	Saugus
Compton	Millikan	Segerstrom
Corona	Mira Costa	Sierra Vista
Corona Del Mar	Mission Viejo	Simi Valley
Crescenta Valley	Murrieta Mesa	St Margarets Episcopal
Culver City	Murrieta Valley	St Monica Academy
Dana Hills	Newbury Park	Temecula Valley
Dos Pueblos	Newport Harbor	Tesoro
Downey	Norco	Thacher
Edison	Nordhoff	Thousand Oaks
El Dorado	Northwood	Trabuco Hills
El Modena	Notre Dame Academy	Tustin
El Segundo	Notre Dame/Sherman	University
El Toro	Oaks	Valencia/Placentia
Esperanza	Oak Park	Valencia/Valencia
Foothill/Santa Ana	Oaks Christian	Village Christian
Glendale	Paloma Valley	Vista Murrieta
Great Oak	Palos Verdes	West Ranch
Hart	Peninsula	Westlake
Hemet	Poly/Long Beach	Westridge
Huntington Beach	Poly/Riverside	Wilson/Long Beach
Irvine	Portola	Woodbridge
JSerra Catholic	Redondo Union	Yorba Linda

## **2022-2023 GIRLS LACROSSE PLAYOFF DIVISION**

### **As selected by Massey Ratings - Alphabetical**

#### **Division 1/2**

Agoura  
Aliso Niguel  
Beckman Arnold  
Canyon/Anaheim  
Chaminade  
Corona Del Mar  
Crescenta Valley  
Culver City  
Dos Pueblos  
Edison  
El Segundo  
Foothill/Santa Ana  
JSerra Catholic  
Los Alamitos  
Marlborough  
Mater Dei  
Mira Costa  
Murrieta Mesa  
Newbury Park  
Newport Harbor  
Oak Park  
Oaks Christian  
Palos Verdes  
Peninsula  
Redondo Union  
Royal  
San Clemente  
San Juan Hills  
Santa Margarita  
Santiago/Corona  
St Margaret's Episcopal  
Trabuco Hills  
University  
Valencia/Valencia  
Village Christian  
Vista Murrieta  
West Ranch  
Westlake  
Woodbridge  
Yorba Linda

#### **DIVISION 3**

Beverly Hills  
California  
Capistrano Valley  
Cate  
Centennial/Corona  
Chadwick  
Chaparral  
Compton  
Corona  
Dana Hills  
Downey  
El Dorado  
El Modena  
El Toro  
Esperanza  
Glendale  
Great Oak  
Hart  
Hemet  
Huntington Beach  
Irvine  
King Martin Luther  
La Canada  
La Reina  
Laguna Beach  
Laguna Hills  
Lakewood  
Louisville  
Lutheran/Orange  
Lynwood  
Millikan  
Mission Viejo  
Murrieta Valley  
Norco  
Nordhoff  
Northwood  
Notre Dame/Sherman Oaks  
Paloma Valley  
Poly/Long Beach  
Poly/Riverside

#### **DIVISION 3 Cont**

Portola  
Roosevelt Eleanor  
Rosary Academy  
Sage Hill  
San Marcos  
Santa Barbara  
Santa Monica  
Saugus  
Segerstrom  
Sierra Vista  
Simi Valley  
St Monica Academy  
Temecula Valley  
Tesoro  
Thacher  
Thousand Oaks  
Tustin  
Valencia/Placentia  
Westridge  
Wilson/Long Beach

## 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)                        | 23. Tape 2" 1" and 2"Elasticon 1" 2" and 3"                    |
| 10. Pre-wrap (one or more rolls)                                 | 25. Conform or J-Flex 12" and 2"                               |
| 11. Ace wraps (one 3", 4" and 6")                                | 26. Ace wraps more 2", 3" and 6"                               |
| 12. Band-aids (various sizes, preferably in a metal container)   | Extra long 6" ace wraps for groins, hamstrings, and quadriceps |
| 13. Tape adherent (Pre-tape)                                     | 27. Magnify glass with light                                   |
| 14. Butterfly band-aids or sterile strips                        | 28. Extra large band aids                                      |
| 15. Q-tips                                                       | 29. Water key                                                  |
| 16. Tongue Depressors                                            | 30. Light key.                                                 |
| 17. First-aid cream                                              | 31. Tape measure                                               |
| 18. Skin lube                                                    | 32. Extra batteries                                            |
| 19. Peroxide (surgical scrub or something to irrigate the wound) | 33. Contact lens remover                                       |
| 20. Sterile gauze pads (six 4" and other sizes if you have room) | 34. Septic pencil                                              |
| 21. Toppers 4x4 (three each, used for soaking up blood)          | 35. Tooth ache jell                                            |
| 22. Sterile Telfa Pad (4 each)                                   | 36. Air way                                                    |
| 23. Tape scissors                                                | 37. Mole skin                                                  |
| Triangular bandage                                               | 38. Finger tip band aids                                       |
| Some kind of heat balm                                           |                                                                |
| 24. Mirror                                                       |                                                                |
| 25. Air way                                                      |                                                                |
| 26. Powder                                                       |                                                                |
| 27. Pen light                                                    |                                                                |
| 28. Tweezers                                                     |                                                                |
| 29. Eye cup or eye wash                                          |                                                                |
| 30. Nail clippers                                                |                                                                |
| 31. Ammonia capsules                                             |                                                                |
| 32.                                                              |                                                                |
- Pen/chalk  
Paper bag  
Pocket knife (common, phillip head screw driver, blade, drill)  
change for a phone call  
Training bag check list  
Injury log  
Insurance information  
Emergency phone numbers  
Head injury information sheet  
Pocket emergency book  
Tuff Skin
- 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"

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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