

Lacrosse (Boys and Girls)

SEASON REGULATIONS

(Rules in this section are specific for sport involved. Refer to Constitution, Bylaws, and Rules of Eligibility for regulations related to age, residence, scholarship, amateur status, etc.)

ALERT: State Law (175.22) prohibits use of cell phones (and other image-recording devices) in locker rooms except in emergency situations.

1. PRESEASON AND OUT-OF-SEASON

- a. Organizational meetings may be conducted outside the season provided no instruction or practice is included and the meeting(s) has been approved by school administration.
- b. So long as participation is voluntary and available to all interested students, there shall be no restrictions upon schools, school teams and school coaches (grades 9-12) relative to assembling in the summertime, **between June 1 through June 30 and July 7 through July 31** for all WIAA sports sponsored by the school. Sanctioned school contact days must conclude no later than July 31.
- c. It is the philosophy of this Association that athletes should not be unreasonably restricted, except during the actual school season of a sport. Subsequently, students may voluntarily assemble at any time without school and/or school coach involvement. With school consent, in the summertime, members of a school's team may voluntarily assemble with their teammates and coaches for purposes of instruction and/or competition in all WIAA sports sponsored by the school, without restriction **between June 1 through June 30 and July 7 through July 31**. Note: Whether an opportunity is school sponsored or not, coach contact may not exceed Board of Control approved contact days.
- d. Other than during the actual school season and those days designated as sanctioned school coach contact days in the summertime, the following provisions shall apply to nonschool participation in accordance with the above:
 - (1) An acceptable nonschool program or activity is one which is not limited to students on the basis of a school affiliation, athletic experience, team status, etc. and no school monies or resources can be applied.
 - (2) The person who will be coaching a student in the following school season shall not be permitted to coach that student other than during the designated school season and Board of Control approved coach contact days in the summertime. Board of Control approved summertime contact is as follows:
 - (a) Sanctioned School Coaching Contact – Coaches in all WIAA recognized sports (baseball, cross country, football, golf, gymnastics, lacrosse, softball, swimming & diving, tennis, track & field, volleyball, soccer, basketball, hockey and wrestling) have been afforded sanctioned school coaching contact **between June 1 through June 30 and July 7 through July 31**, in accordance with the Bylaws and as described in item B of this section.
 - 1) There must be a minimum of one calendar week (Sun.-Sat.) of no sanctioned school coaching contact prior to (i.e. the week immediately preceding) the first allowed practice in a fall sport. This does not affect nonschool programming.
 - 2) Football must follow the WIAA Fall Acclimatization policy.
 - (b) Nonschool Programming – Coaches in all sports except football have been afforded nonschool program contact beyond the sanctioned school contact days that is permitted to continue throughout the summertime (when school is not in session from the last day of school to the start of school) in accordance with the Bylaws and as described in Section 2 – A and C-1) of Rules of Eligibility, Article VI – Nonschool Participation.

Note: Coaches or others may not mandate participation or provide any incentives to athletes for participating in summertime/out-of-season activities/programs. Participation may not be a requirement for making a school team or earning a letter award, etc.

2. LENGTH OF SEASON

The earliest day practice may begin is Monday of Week 37 (March 16). The season ends with the State Tournament concluding on Saturday of Week 49 (June 13).

3. MINIMUM DAYS OF PRACTICE

- a. There must be practices on a minimum of seven different days before the first competition may be conducted.
- b. The first three days of practice may not involve a team from outside the school.
- c. The minimum days of practice prior to the first competition is a team requirement. While it is desirable for each participant to satisfy this requirement, schools will determine when students may begin competition.
- d. Teams must rest from all physical activity for at least one calendar day after six consecutive days of practice or competition. In the event extreme weather forces a WIAA tournament contest to be cancelled, school administration may request relief.

4. SCRIMMAGES

- a. One scrimmage, over one day, with another school or schools may be conducted in addition to the maximum allowed games, meets, or contests, provided all athletes participating meet all WIAA and school eligibility requirements (exceptions: students ineligible due to academic deficiency, code of conduct violations, or those required to miss the next competitive event, due to being ejected from their last competitive event, may participate at the discretion of the school), and:
 - (1) Three different days of practice have elapsed.
 - (2) There is no loss of academic class time.
 - (3) Each high school team, i.e., varsity, JV, sophomore, freshman, is allowed one scrimmage.
 - (4) An individual student is allowed to participate in only one day of scrimmage activity. Note: An individual student may participate in multiple levels of scrimmages conducted on the same day.
 - (5) There is no score in a book or on a scoreboard.
 - (6) A win/loss does not count in a team's overall record.
- b. Any interschool scrimmage other than the one described in 4. a. counts toward the maximum allowed games.

Note: If either school counts a scrimmage as a game, it must be counted as a game for both programs, schools or teams.

5. DATE OF FIRST GAME

The first game may not be held before Tuesday, March 24.

6. MAXIMUM ALLOWED GAMES

- a. Conference tournaments must be included in count of regular season maximums.
- b. The maximum number of games will be 18. Each game in a multi-school tournament will count as one toward the maximum allowed games. Schedules of all teams should be clearly published and separated by level for each team sponsored by a school.
- c. No team may play in more than three games in one day.
- d. No game may be scheduled (but a game may be rescheduled if postponed) after any of the schools involved in the rescheduled event have begun WIAA tournament series competition.
- e. The WIAA tournament series is not part of the maximum allowed meets.
- f. Except for events held in bordering states (MN, IL, MI and IA), no approval shall be provided for more than one out-of-state competition, event and/or scrimmage per team each school season.

7. INDIVIDUAL PARTICIPATION LIMITATIONS

- a. A student who participates at both the varsity and nonvarsity levels on the same day may not participate in more than six quarters.
- b. Entry into any portion of a quarter/half counts as one of the allotted quarters/halves.
- c. It is not the responsibility of game officials to enforce the individual participation limits.
- d. For information about non-school participation, refer to Rules of Eligibility, Article VI, Section 1 of the Senior High Handbook and consult with Athletic Administration.

8. FLAGRANT OR UNSPORTSMANLIKE CONDUCT

- a. A student, disqualified from a contest for flagrant or unsportsmanlike conduct, is suspended from interscholastic competition for no less than the next competitive event (but not less than one complete game or meet) at the same level of competition as the disqualification.
- b. Athletes who are ineligible during the WIAA Tournament (for any reason) may not appear in uniform, participate in warm-ups, and may not participate in the awards ceremony at the WIAA Tournament. Exception: An injured athlete will be allowed to participate in the awards ceremony provided he/she is included in the roster allotment for that game. During the regular season, schools should establish their own policy as to whether athletes are allowed to be in uniform and participate in pregame and postgame activity, if they are ineligible to compete due to flagrant and/or unsportsmanlike conduct, athletic and/or academic code violations, or for any other reason.
- c. Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.

9. PROHIBITION OF PRACTICE AT TOURNAMENT SITE

Schools are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional and State Tournament preparation at sites and facilities hosting WIAA tournaments.

10. CONTEST CONTROL

- a. All schools are responsible before, during and after a contest for the proper conduct of their coaches, athletes, students and other spectators and, when requested, a school must complete a report regarding the contest in which a problem occurred (WIAA Bylaws, Article X).
- b. Schools are expected to prohibit and/or eliminate pranks, mischief or any other activity involving destruction, theft, etc., of athletic facilities, equipment, and material.
- c. Schools are required to conduct a pre-contest meeting (Pre-event Emergency Action Plan Meeting) that shall include event management, the head official and medical personnel present at the event, to discuss the Emergency Action Plan.

11. LICENSED OFFICIALS

Two licensed officials are required for all levels. Three licensed officials are recommended for varsity competitions.

12. MEDICAL COVERAGE

For all meets and practices, emergency procedures should be in place as per DPI and Wisconsin Statute 121.02 (1) (g) Emergency Nursing Service. These should include, but are not limited to, such things as:

- a. A physician available by phone or on location.
- b. Phone location and phone numbers available for contacting physician and/or ambulance service.
- c. A designated physician or licensed athletic trainer will determine whether an injured athlete may continue whether or not consciousness is involved. They may consult with another physician if they desire, but their decision will be final. Coaches cannot keep medical personnel from examining athletes that are or may be injured.

13. CONCUSSION AND/OR UNCONSCIOUS PARTICIPANT

No athlete shall return to play or practice on the same day of being diagnosed with a concussion. Any athlete suspected of having a concussion must be evaluated by an appropriate health-care professional that day. Any athlete with a concussion must be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition. Return to play must follow a step-wise protocol which includes provisions for delaying return to play based upon the return of any signs or symptoms. Any athlete deemed unconscious must have medical evaluation and clearance before being allowed to return to participation.

14. OXYGEN AND FLUIDS PROVIDED INTRAVENOUSLY

- a. Oxygen administered by mechanical means for recuperative purposes is not permitted.
- b. Fluids provided intravenously is an invasive procedure to be used only in emergency situations. An athlete may not return to competition the same day.

Note: See WIAA Medical Policies and Procedures for additional medical information.

15. RULES GOVERNING COMPETITION

The official rules for all interscholastic competition are contained in the (a) current edition of LACROSSE RULES and (b) related publications and interpretations of the National Federation with these additional provisions:

NATIONAL FEDERATION ALLOWED ADAPTATIONS

- a. Two licensed officials are required for all levels. Three licensed officials are recommended for varsity competitions (3-5-1).
- b. Overtime shall not be played at the JV or freshmen level.
- c. During the regular season, it is recommended to use NFHS girls and boys field markings, but the unified markings are allowed. For the WIAA Tournament series, the girls and boys field markings are preferred, but the unified markings are allowed.

STATE ASSOCIATION REGULATIONS

- a. Pre-Game Protocol

For consistency statewide, the following pre-game protocol will be used prior to scheduled kickoff:

 - (1) 15 minutes - officials begin their on-field responsibilities
 - (2) 10 minutes - coach and captain(s) meet with officials for pregame conference.
 - (3) 7 minutes - official blows whistle and
 - (a) Teams line up on the touch line and shake hands.
 - (b) National Anthem and/or player introductions.
 - (c) Play begins.
- b. Officials will be required to submit a game report to the WIAA following the completion of any level dual or multischool tournament if any yellow and/or red cards are issued. Officials are required to report to the WIAA any yellow cards issued in a varsity contest.
- c. Nonvarsity teams shall be allowed to wear old varsity uniforms, which are now unapproved, because of recent National Federation uniform rule changes provided participant safety is not jeopardized.
- d. Coaches must report to their school administration within 48 hours following a contest any player or coach ejection. School administrators must then report the ejection to the WIAA via written communication within three (3) school days following the contest. This written communication must also include a plan of action to prevent future ejections. Officials will continue to provide electronic reports to the WIAA.

16. NON-VARSITY TEAMS WITH ONLY GRADE 9 STUDENTS

The above rules apply with these additional provisions:

- a. The season ends on Saturday of Week 49 (June 13).

17. GRADE 9 STUDENTS PARTICIPATING ON GRADE 8 TEAMS

- a. Rules governing junior high/middle level competition are contained in the Junior High/Middle Level Handbook.
- b. A school may not allow its students in Grades 9, 10, 11 and/or 12 to compete against another member school's students in Grade 8 and/or below.

Note: In emergency situations a waiver may be requested allowing 9th grade student(s) at member middle schools to compete at the 8th grade level at member middle schools.

- c. Rules governing Grade 9 season length apply for teams with students Grade 9 and below.