



Lacrosse (Girls)

Sport Information

Sport Director

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Regular Season Information-

In-Season Activities-

- In-season practice with a school coach present - in any sport - is prohibited outside the sport seasons designated in the following table. (Summers are exempt.)

	BEGIN	END
Spring Season	Monday, February 12, 2024	Saturday May 18, 2024

Game Limits-

Girls Lacrosse	21 contests plus Spring Break
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Out-of-Season Activities-

- Out-of-season activities are allowed, but are subject to the following:
 - Dead Periods:

- Only apply to sports not in season.
- Out-of-Season activities are not allowed during the following periods:

Season	Period
Fall	Starts the first week of fall season through August 31st.
Winter	Starts 1 week prior to the first day of the winter sport season and extends 3 weeks after Nov. 1.
Spring	Starts 1 week prior to the second Monday of February and extends 3 weeks after the second Monday of February.
May	Starts on the spring seeding meeting date and extends through the final spring state championship.

Sport Rules:

- National Federation of High Schools Rules (NFHS)-
 1. The NCISAA is an affiliate member of the NFHS.
 2. National High School Federation rules apply when NCISAA rules do not cover a particular application.
 3. Visit www.nfhs.org to find sport specific rules and annual updates.
- It is important for athletic directors and coaches to annually review rules changes each season. Rule Books are available for online purchase on the NFHS website.
- Rules-
 1. Heads of schools and athletic directors are responsible for seeing that these rules and concepts are understood and followed by their coaching staff without exception.
 2. Enforcement of all NCISAA rules is the responsibility of each school, each conference, the NCISAA Board of Advisors, the NCISAA Board of Trustees and the NCISAA State Office.

Postseason Information -

Seeding Information-

1. Opt-Out Date- April 21, 2024
2. Meeting Dates:
 - a. Sunday - May 5, 2024
3. For state playoff seeding purposes, all conference games/matches must be completed prior to the seeding meetings.
4. All schools are considered for state playoffs unless they have opted out.
5. A team must have at least two wins against a varsity opponent to qualify for the postseason.
6. Schools must play 4 contests against 4 separate schools within their classification/division.
7. Each member school must play a minimum of 4 contests on 4 separate dates to be eligible to participate in state play-off competition.
8. In all playoff games, the higher seed will be the home team.
9. Brackets will be posted on the NCISAA website after seeding for each classification/division has been established. The athletic administrators of participating teams should then be in communication with their opponent to arrange contest details. (See NCISAA Handbook/Postseason Rules & Regulations for Host Site rules and details.)

Seeding Committee

Name	School	Division

Div. I Schools:

1. Cannon School
2. Cary Academy
3. Charlotte Christian School
4. Charlotte Country Day School
5. Charlotte Latin School
6. Durham Academy
7. Providence Day School
8. Ravenscroft School
9. Rabun Gap School
10. Saint Mary's School

Div. II Schools:

1. Asheville School
2. Cape Fear Academy
3. Davidson Day School
4. Fayetteville Academy
5. Forsyth Country Day School
6. Greensboro Day School
7. St. David's School
8. SouthLake Christian

Postseason Definitions-

1. Championships - Each sport season will conclude with a final event - State Championships. Some sports have a 1 or 2 date Championship while others have a playoff period prior to a Championship.
2. Playoff Period - The two week period of time preceding the Championships will be considered "playoffs".
3. Playoff Dates - Within the playoff period, each classification/division will compete on 3-6 dates, depending on how teams are competing. After opt-outs have been established, the playoff dates and brackets will be posted on the NCISAA website. See BRACKETS tab for sport related bracket layout.

EXAMPLE:

- Week 1 - Playoffs may be played on Tuesday, Thursday and Saturday OR Tuesday and Friday.
 - Week 2 - Playoffs may be played on Tuesday, Friday and/or Saturday.
4. Playoff Times - Weekday contests will start at 5:30pm (1pm on Saturdays) unless an alternate time is agreed upon by competing schools.
 5. Each round will be determined after the opt out date and posted on the BRACKETS page on the NCISAA website.

a. Championship Date-

Girls Lacrosse (Div. I, Div. II)	Finals will be on the third Saturday of May

All-State Voting-

1. Meeting Date: Tuesday, May 21, 2024
2. Meeting Site: The format of the 2024 All-State selection meeting will be an in-person or virtual meeting.
3. Each conference must provide a representative. A conference representative that fails to show for an All-State meeting will incur a \$250 fine for their conference
4. Each conference must submit their All-Conference list or At-Large candidates to the state office by the Sunday prior to the state championship.
5. Independent nominations will be represented by the Sport Chair or an At-Large representative.
6. The NCISAA State Office will mail the All-State medals to the athletic director of the All-State recipient's school.

At-Large Schools:

Division I

- Rabun Gap School

Division II

- Asheville School
- Cape Fear Academy
- Davidson Day School
- Fayetteville Academy
- Forsyth Country Day School
- Grace Christian School - Raleigh
- Greensboro Day School
- Southlake Christian
- St. David's School

All-State Committee- TBA

Name	School	Conference	Email	Phone

Championship Site-

The higher seed in each Division will host.

Sport Rules-

1. Unless otherwise specified, National High School Federation rules will apply.
2. Rained out games must be played on the next available playing date and will be resumed at the point of interruption.
3. Games will consist of two 25-minute halves.

Officials-

1. The host team will provide officials certified by NCISAA approved booking agents.
2. All playoff games must be officiated by a 3-person crew.
3. For playoff rounds, the host site is responsible for securing officials.
4. For state championships at the higher seed, host schools will work with the NCISAA State Office in securing officials.
5. When the championship is being played at a neutral site, host schools will work with the NCISAA State Office in securing officials.

Medical Coverage-

A North Carolina State Licensed Athletic Trainer or First Responder is required for all NCISAA playoff contests.

Game Administration-

The NCISAA requires that an administrator from the host team be present at the site of the contest. It is highly recommended that both teams have an administrator in attendance to assist with game and spectator management.

Reporting Playoff Scores-

The host school administrator is responsible for reporting scores to the NCISAA State Office and posting results in MaxPreps immediately after the conclusion of the contest.

Game Balls-

When not provided by a sponsor, game balls should be furnished by the home team.

Admission-

	First Round & Quarterfinals	Semifinals & Finals
Adults	\$7.00	\$10.00
Students	Free	Free
Children (under 8)	Free	Free

Awards-

TEAM	Div. I	Div. II
Championship Trophy	1	1
Runner-Up Trophy	1	1
Individual Gold Medals to Championship Team	35	35
Individual Silver Medals to Runner-Up Team	35	35

INDIVIDUAL	Div. I	Div. II
All-State Awards	15	15