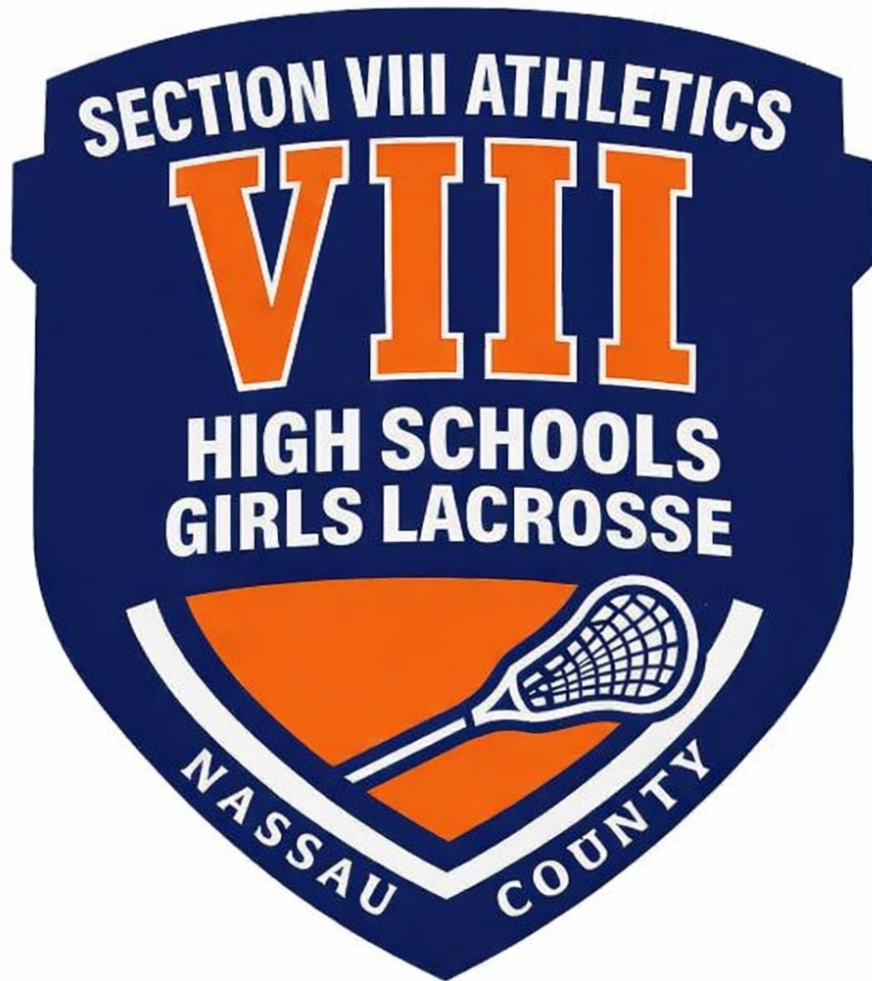


Nassau County/Section VIII Girls Lacrosse Handbook 2026



Section VIII
Girls' Lacrosse Sports Committee

Alyssa Kildare	President Girls' Lacrosse Coaches Association; Bethpage
Carolyn Sumcizk-Morales	Vice President Girls' Lacrosse Coaches Association; Locust Valley

Danielle Castellane	Cold Spring Harbor H.S
Sean Donnellan	Division H.S
Dave Ettinger	Garden City H.S.
Meaghan Healey	Southside H.S (Awards Ceremony Chair)
Lauren Lopez	Roslyn H.S

John Kostkowicz	Section VIII Girls Lacrosse Coordinator
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Dear Coaches,

The "Section VIII Girls' Lacrosse Handbook" is a valuable resource for coaches. The handbook contains vital information that will guide you through your season. You will find rules, regulations and important dates including playoff information. Please take the time to read the handbook thoroughly. Feel free to contact me if you have any questions or concerns.

Although things continue to change and things are uncertain, we are a positive and important part of our student athlete's day!

Once again, let each of us represent our school, communities, and county with the highest level of integrity and character. Compete with dignity and class while maintaining the utmost level of respect for our opponents. All of our student-athletes matter, let healthy competition bring out the best in all of us as we demonstrate day in and day out the synergy that is created through participation in athletics that is the platform for the development of life skills our student athletes will rely on forever. Let good sportsmanship always prevail.

The journey you and your team experience will be a result of countless hours of practice, scouting and gameplay that will provide your team with life lessons that exceed the playing field. The events you encounter, impacted by how one responds will impact the outcome. Be the leader your team will need to navigate the highs/lows of a season that will ultimately define your program's success.

On behalf of the Girls' Lacrosse Committee, I wish you the very best this upcoming season and look forward to being a part of the many successes both on and off the field regarding girls' lacrosse in Nassau County.

Sincerely,

Alyssa Kildare

516-581-3549

akildare@bethpage.ws

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LACROSSE 2026 SEASON TIMELINE

Maximum number of Lacrosse Games (Non-League & League Combined) for Varsity 16 & JV =15

Required number of team practices prior to first scrimmage/Game=6

February 9th - Preseason/Rules Interpretation Meeting

Monday, March 9th – First Day of Season

Monday, March 16th – First Scrimmage/Game Date

Monday, March 23rd - League Season Begins

Thursday, April 2nd - First day of Passover - NO SCRIMMAGES/GAMES MAY BE SCHEDULED

Friday, April 3rd - Good Friday - NO SCRIMMAGES/GAMES MAY BE SCHEDULED

Sunday, April 5th - Easter Sunday- NO SCRIMMAGES/GAMES MAY BE SCHEDULED

Tuesday, April 21st - Mid-Season Coaches Meeting

Saturday, April 25th - Gains for Brains Tournament

Friday, May 8th - Last Day of Regular Season

Saturday, May 9th - Make-up Day

Monday, May 11th - Coaches Meeting 7:30 pm - Bethpage High School

Playoff Dates for Girls Lacrosse 2026

Tuesday, May 12th - Play-in Games

Wednesday, May 13th - Class "B" First Round

Thursday, May 14th - Class "A" Quarterfinals at higher seed

Friday, May 15th - Class "B" Quarterfinals at higher seed

Saturday, May 16th - Class "C" Quarterfinals at higher seed

Monday, May 18th - Class "D" Semifinals at TBD

Tuesday, May 19th - Class "A" Semifinals at TBD

Wednesday, May 20th - Class "B" Semifinals at TBD

Thursday, May 21st - Class "C" Semifinals at TBD

Wednesday, May 27th - Class "A" & "B" County Finals at TBD

Thursday, May 28th - Class "C" & "D" County Finals at TBD

Thursday, June 4th - Long Island Championships @Suffolk host

Friday, June 12th & Saturday, June 13th – State Semi Finals & Finals @ SUNY Cortland

**NASSAU COUNTY
GIRLS' LACROSSE COACHES ASSOCIATION
2026 Girls' Lacrosse Overview**

2025-26 Enrollment Figures:

Based on the New York State Enrollment figures, Nassau County Lacrosse breaks out in the following manner:

A Schools	1036 and Up	12 Schools	8 Team Playoff Bracket
B Schools	728 –1035	19 Schools	10 Team Playoff Bracket
C Schools	450-727	13 Schools	8 Team Playoff Bracket
D Schools	449 & Below	6 Schools	4 Team Playoff Bracket

League Alignments: Based on Ability in Conferences I-IV.

The following will be the conference alignments:

Conference I – 12 “A, B, C, D” Schools	11 Conference Games	Ability
Conference II – 12 “A, B, C, D” Schools	11 Conference Games	Ability
Conference III –12 “A, B, C, D” Schools	11 Conference Games	Ability
Conference IV- 15 “A, B, C, D” Schools	14 Conference Games	Ability

The following criteria will be used to determine conference placement:

1. All 50 Section VIII girls’ varsity lacrosse teams will be seeded based solely on ability from 1(highest)-50 by current varsity coaches (50 & Sports Committee)
2. Conference I will consist of the top 12 ability based teams in Section VIII regardless of classification.
3. Conference II will consist of Section VIII teams (12) seeded 13-24 based upon ability only, regardless of classification.
4. Conference III will consist of Section VIII teams (12) seeded 25-36 based upon ability only, regardless of classification.
5. Conference IV will consist of Section VIII teams (14) seeded 37-51 based upon ability only, regardless of classification.

Playoff Information:

All Conference Champions will qualify for the playoffs/Play-in game.

Conference I:

- All 12 teams will automatically qualify for County Playoffs; each team will be placed in the appropriate classification bracket.
- A, B, C, & D classification teams will be seeded based upon Conference I finish as well as ahead of Conference II, III, & IV teams.

Conference II:

- Each team will be placed in the appropriate classification bracket. Teams will qualify for County Playoffs until the classification bracket is filled.
- A, B, C, & D classification teams will be seeded based upon Conference II finish, as well as ahead of Conference III & IV teams.

Conference III:

- Up to eight teams based upon conference record qualify for playoffs.
- A, B, C, & D classification teams will be seeded based upon Conference II finish as well as ahead of Conference IV & V teams.
- The top Class C and B team will qualify for play-in games.

Conference IV:

- The Conference Champion will qualify for playoffs/play in game.
- Remaining teams will qualify for playoffs as brackets' seeds need to be filled.
- A, B, C, & D classification teams will be seeded based upon Conference IV finish.

***The Conference Champions from Conferences III & IV shall not displace a team from a higher conference. If this occurs the Conference Champion and the team that was to be displaced will compete in a play-in game, the winner will fill the unoccupied classification bracket.**

****If all brackets are not filled by this point, the order follows teams 11 and 12 in Conference III and so on into Conference IV**

Playoff Tie Breaker Criteria for Identical Conference Records:

1. Head to Head
2. The best in-conference power win against the highest-ranked opponent
3. Play-in games will be used to determine who will advance in the event of a three-way tie

SECTION VIII GIRLS LACROSSE
 CONFERENCE I
 SCHEDULE 2026
MAX # OF GAMES TOTAL 16 - varsity only!

1	Garden City	7	Wantagh
2	South Side	8	Port Washington
3	Cold Spring Harbor	9	Syosset
4	Manhasset	10	North Shore
5	Long Beach	11	Farmingdale
6	Massapequa	12	Lynbrook

3/23	3/25	3/31	4/14	4/17	4/20	4/23	4/28	4/30	5/4	5/7
1-9	8-1	4-7	9-3	11-3	4-2	12-8	10-11	7-12	5-8	6-9
10-8	9-7	3-8	6-1	10-4	5-12	4-5	9-12	6-2	2-11	3-12
2-5	10-6	1-11	7-5	8-6	7-10	3-6	8-2	9-10	12-1	4-11
3-4	2-3	12-10	8-4	9-5	6-11	2-7	1-5	4-1	6-7	5-10
11-7	12-4	2-9	11-12	1-7	8-9	10-1	6-4	5-3	3-10	2-1
12-6	11-5	5-6	10-2	12-2	1-3	11-9	7-3	8-11	4-9	7-8

*2nd team is the home team (ex: 11-3 → 3=home team)

SECTION VIII GIRLS LACROSSE
CONFERENCE II
SCHEDULE 2026
MAX # OF GAME TOTAL 16 - varsity only!

	CONFERENCE II		
1	Seaford	7	Mepham
2	Plainedge	8	Carle Place
3	Calhoun	9	Macarthur
4	Locust Valley	10	Roslyn
5	Oceanside	11	Division
6	Bethpage	12	Friends Academy

3/24	3/26	3/31	4/14	4/16	4/20	4/23	4/28	4/30	5/5	5/7
1-9	7-12	4-7	9-3	8-1	4-2	12-8	10-11	5-8	11-3	6-9
10-8	6-2	3-8	6-1	9-7	5-12	4-5	9-12	2-11	10-4	3-12
2-5	9-10	1-11	7-5	10-6	7-10	3-6	8-2	12-1	8-6	4-11
3-4	4-1	12-10	8-4	2-3	6-11	2-7	1-5	6-7	9-5	5-10
11-7	5-3	2-9	11-12	12-4	8-9	10-1	6-4	3-10	1-7	2-1
12-6	8-11	5-6	10-2	11-5	1-3	11-9	7-3	4-9	12-2	7-8

*2nd team is the home team (ex: 11-3 → 3=home team)

SECTION VIII GIRLS LACROSSE
 CONFERENCE III
 SCHEDULE 2026
MAX # OF GAMES TOTAL 16 - varsity only!

CONFERENCE III			
1	Mineola	7	Floral Park
2	Baldwin	8	Hewlett
3	Hicksville	9	Bellmore JFK
4	Oyster Bay	10	New Hyde Park
5	East Meadow	11	Carey
6	Plainview Old-Bethpage	12	Wheatley

3/24	3/26	3/30	4/13	4/15	4/21	4/24	4/27	4/29	5/6	5/8
1-9	7-12	4-7	9-3	8-1	4-2	12-8	10-11	5-8	11-3	6-9
10-8	6-2	3-8	6-1	9-7	5-12	4-5	9-12	2-11	10-4	3-12
2-5	9-10	1-11	7-5	10-6	7-10	3-6	8-2	12-1	8-6	4-11
3-4	4-1	12-10	8-4	2-3	6-11	2-7	1-5	6-7	9-5	5-10
11-7	5-3	2-9	11-12	12-4	8-9	10-1	6-4	3-10	1-7	2-1
12-6	8-11	5-6	10-2	11-5	1-3	11-9	7-3	4-9	12-2	7-8

*2nd team is the home team (ex: 11-3 → 3=home team)

SECTION VIII GIRLS LACROSSE
CONFERENCE IV
SCHEDULE 2025
MAX # OF GAMES TOTAL 16 - Varsity only!

	<u>CONFERENCE IV</u>		
1	Glen Cove	8	Valley Stream Central
2	Island Trees	9	Great Neck North
3	Clarke	10	Herricks
4	Malverne/East Rockaway	11	Great Neck South
5	West Hempstead	12	Elmont
6	Freeport	13	Sewanhaka
7	Jericho	14	Hempstead
		15	Roosevelt

<u>3/23</u>	<u>3/25</u>	<u>3/27</u>	<u>3/30</u>	<u>4/13</u>	<u>4/15</u>	<u>4/18</u>	<u>4/21</u>	<u>4/24</u>	<u>4/27</u>	<u>4/29</u>	<u>5/1</u>	<u>5/4</u>	<u>5/6</u>	<u>5/9</u>
1-14	9-7	8-6	2-15	3-1	10-8	4-2	11-9	5-3	12-10	6-4	13-11	7-5	14-12	15-13
2-13	10-6	9-5	3-14	4-15	11-7	5-1	12-8	6-2	13-9	7-3	14-10	8-4	15-11	1-12
3-12	11-5	10-4	4-13	5-14	12-6	6-15	13-7	7-1	14-8	8-2	15-9	9-3	1-10	2-11
4-11	12-4	11-3	5-12	6-13	13-5	7-14	14-6	8-15	15-7	9-1	1-8	10-2	2-9	3-10
5-10	13-3	12-2	6-11	7-12	14-4	8-13	15-5	9-14	1-6	10-15	2-7	11-1	3-8	4-9
6-9	14-2	13-1	7-10	8-11	15-3	9-12	1-4	10-13	2-5	11-14	3-6	12-15	4-7	5-8
7-8	15-1	14-15	8-9	9-10	1-2	10-11	2-3	11-12	3-4	12-13	4-5	13-14	5-6	6-7

*2nd team is the home team (ex: 11-3 → 3=home team)

***Conference movement addition to the 2026 Section XIII Girls Lacrosse Overview:**

1. **Teams who finish first place in their conference will move up to the next highest conference the following season.**
2. **Teams who finish last place in their conference will move down to the next lowest conference the following season.**

SECTION VIII SCHOOL ENROLLMENT – 2025-2026

CLASS A: 14 TEAMS 8 POSTSEASON ALLOWED		CLASS B: 18 TEAMS 10 POSTSEASON ALLOWED	
FREEPORT	1866	JERICHO	941
SYOSSET	1830	LONG BEACH	918
HEMPSTEAD	1523	MACARTHUR	917
MASSAPEQUA	1356	CALHOUN	890
HICKSVILLE	1311	NEW HYDE PARK	848
PLAINVIEW JFK	1290	BELLMORE JFK	828
FARMINGDALE	1280	ROSLYN	827
PORT WASHINGTON	1206	GREAT NECK NORTH	825
OCEANSIDE	1203	MEPHAM	813
VALLEY STREAM CENTRAL	1143	GLEN COVE	795
HERRICKS	1136	ROOSEVELT	795
BALDWIN	1113	GARDEN CITY	782
EAST MEADOW	1097	HEWLETT	768
GREAT NECK SOUTH	<u>1063</u>	SEWANHAKA	764
		MANHASSET	761
		LEVITTOWN DIVISION	761
		CAREY	747
		BETHPAGE	<u>737</u>
CLASS C: 13 TEAMS 8 POSTSEASON ALLOWED		CLASS D: 6 TEAMS 4 POSTSEASON ALLOWED	
ELMONT	717	LOCUST VALLEY	435
CLARKE	707	WHEATLEY	416
SOUTHSIDE	704	WEST HEMPSTEAD	414
MINEOLA	624	COLD SPRING HARBOR	317
WANTAGH	621	OYSTER BAY	315
FLORAL PARK	606	CARLE PLACE	
LYNBROOK	605		
PLAINEDGE	605		
NORTH SHORE	531		
ISLAND TREES	506		
SEAFORD	496		
MALVERNE/ER	<u>449</u>		
FRIENDS ACADEMY	0254		

NYSPHSAA/US LACROSSE REGULATIONS

**MAXIMUM NUMBER OF LACROSSE GAMES FOR VARSITY=16&JV=15
REQUIRED NUMBER OF TEAM PRACTICES PRIOR TO FIRST SCRIMMAGE=6**

REQUIRED NUMBER OF TEAM PRACTICES PRIOR TO FIRST GAME=6

****REFER TO SECTION VIII DIRECTORY (Orange Book page 23 & 23)**

LACROSSE:

All games shall be played according to the rules of US Lacrosse Standards (girls) with all approved changes and interpretations as established by NYSPHSAA Lacrosse Committee. In girls' lacrosse field players are required to wear lacrosse goggles that meet NEW ASTM Standard F3077 on the SEI website. Lacrosse balls used for practices, scrimmages & games can be yellow, lime green or bright orange in color all must specify that the ball meets NOCSAE standards pg. 18. A lacrosse ball in the previously mentioned colors that is slightly textured may be used as well see NOCSAE standard attached.

****US Lacrosse Rule Manual should be purchased and reviewed closely.**

Waivers/Modifications:

Girls Lacrosse:

NYSPHSAA approved a waiver of the NFHS/US Lacrosse rule to allow schools that mutually agree in the event two officials are not available, to conduct a game with one official at both the JV and Modified level in Girls Lacrosse effective Spring 2017

SCRIMMAGES:

A lacrosse scrimmage must have modified time periods and include one or more of the following:

1. Alternate possessions
2. Start the scrimmage with a draw(girls)
3. Include the following game situations:
 - a) Draws
 - b) Clears/Rides
 - c) Extra Man and Man Down
 - d) Fast Breaks

SPORTSMANSHIP:

The Association recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and postseason play.

SCORE DIFFERENTIAL POLICY:

1. A 10-goal differential will result in a running clock.
2. Half time conversation with the 2 coaches if there is a 15 goal differential to discuss a plan for the second half.
3. Should the score differential become less than 10 goals, you can substitute freely.
4. If a team wins by 15 or more goals, the head coach must contact the Girls Lacrosse Coordinator by email (kostkowj@vschsd.org) and CC their athletic director. The coach should explain whether they felt the opposing coach managed the game appropriately and maintained dignity and respect for all participants.

SECTION VIII CODE OF CONDUCT GUIDELINE:

Please refer to pages 29-31 in the Section VIII Directory

SECTION VIII SPORTSMANSHIP POLICY:

Please refer to the following pages 25-27 in the Section VIII Directory

NYSPHSAA TRANSFER RULE:

Please refer to pages 50-52

Form-See Attached Document

2026 Spring Season Girls Lacrosse New Rules:

Scrimmages Contact:

Carol O'Sullivan

Email: sulli6@optonline.net

New Rule Changes Contact:

Jim McDermott:

Email: jimmcdermott92@gmail.com

Go to: NFHS.com- to order a rulebook (electronic copy as well)

Latest Rules Updates from the NFHS (updated July 2025):

2-4-5— Stick checks may be requested during quarter and halftime breaks, team timeouts, immediately following goals, or prior to the start of a draw. This eliminates the option for checks during general clock stoppages, helping to maintain game flow, discouraging potential gamesmanship and allowing officials to focus on administration of the game.

2-8-3 (NEW) & PENALTY— Clarifying and prohibiting the use of audio and video equipment by on-field players, reinforces fair play and ensures that electronic communication is not used during competition. This language aligns with other NFHS sport codes.

4-3-3d— Play will resume from the dot following all team time-outs granted while possession is within the critical scoring area, regardless of goalkeeper possession in the goal circle when time-out was called. This change creates consistency, simplifies administration, and improves the flow of the game for all participants.

5-2 PENALTY 1— After an illegal draw by one player, allowing the free position to be taken by any player on the non-offending team at the spot of the ball, instead of only the non-offending center, improves efficiency and preserves fairness during illegal draw situations. This ensures the non-offending team retains advantage and allows for a quicker restart.

7-3 PENALTIES 1a & 3a— Placing the offending player 4 meters away, rather than behind the player awarded the ball for goal circle fouls, aligns with procedures for other non-major fouls. This adjustment maintains an appropriate penalty while improving restart efficiency.

2026 Girls Lacrosse Points of Emphasis:

- Identifying and managing fouls during scoring plays
- Efficient draw administration
- Delay of game/use of the green card

2025 Updated Rules Interpretation:

4-1-2: Establishes that the clock will stop on the official's whistle after each goal and when there is a foul called in the critical scoring area during the last minute of each quarter.

Rationale: Provides consistency in clock management at the end of each quarter and eliminates the potential for time to expire before a free position can be administered when there is a foul in the CSA at the end of each quarter.

5-2 PENALTIES 1 & 2: Moves the free position from the center line to the spot of the ball when one player draws illegally and maintains that a re-draw will occur at the center line when both players draw illegally.

Rationale: Improves the flow of the game by eliminating the need to bring the ball back to the center for a re-draw when a player draws illegally.

9-1 PENALTIES for Violation of 9-1a, b and e-r: 4a, b; 13 Definition of Terms: Eliminates the indirect free position for a minor foul by a defense player occurring in the 12-meter fan and allows the player who is fouled to shoot from a free position on the 12-meter fan

Rationale: Simplifies the penalty application for minor fouls in the critical scoring area while maintaining a balance of offense and defense.

10-1p, 13 Definition of Terms: Establishes player body and crosse positioning for a legal pick.

Rationale: Clarifies the body and crosse positioning a player must have when setting a safe and legal pick.

10-1r(1): Expands the definition of a major foul for Illegal Stick Contact to include contact with the opponent's crosse when a player's crosse is held in a horizontal position.

Rationale: Clarifies that it is illegal for a player to make contact with an opponent's crosse or body when the player's crosse is in a horizontal position.

10-1v(2): Expands the definition of a Rough/Dangerous Check to include checking an opponent's hand.

Rationale: Clarifies a player's hand is part of their body and should be protected against rough and dangerous checking.

2025 Girls Lacrosse Points of Emphasis:

1. Use of the Green Card / Delay of Game
2. Managing Safe Play in the 8-Meter Arc
3. Offensive Fouls Inside the Critical Scoring Area

NOTEWORTHY US LACROSSE RULES

Suspended/Interrupted Game

- Once play begins the officials shall have the authority to interrupt or suspend the game due to dangerous weather or field conditions. The official's decision is final. A game is considered legal and complete if 80% of playing time has elapsed. An interrupted game continued on the same day shall be restarted from its point of interruption.
- If a suspended game (one in which less than 80 % of playing time has elapsed) is replayed on another day, it must be played from the point of interruption. A suspended game may be terminated and considered complete by mutual agreement of the opposing coaches. The score at the point of termination will be the official score of the game.
 - **NOTE:** If 80% of the playing time has elapsed and the game is tied, leagues should determine their own tie-breaking procedures.

Overtime Procedures

Play will continue with "sudden victory" stop-clock overtime periods of six minutes in length (two 3-minute halves) with 3 minutes in between and change of ends until the winning goal is scored.

NASSAU COUNTY
GIRLS' LACROSSE COACH'S RESPONSIBILITIES/INFORMATION

1. Schools must supply the following for Home Games:

- First Aid Kit/Ice
- Home team must identify where the closest AED can be found
- Safety Equipment for all players that meet NOCSAE/ASTM Standards including goggles, mouth guards, headgear and goalie equipment
- Lacrosse balls for warm up
- Two New Lacrosse Balls supplied by the home team of the same color. Colors are limited to yellow, lime green & bright orange NOCSAE branded
- **Scorer's table with game clock, air horn, possession arrow, score book (Home team is the official book), and visible scoreboard. GAME WILL NOT BEGIN WITHOUT CLOCK, AIR HORN, POSSESSION ARROW AND SCOREBOOK.**
- Horn must be sounded at the end of each quarter and at the conclusion of the game. Please check to make sure the horn is operable prior to the start of the game.
- If using a permanent scoreboard located near the game field that will be the official clock determine if the scoreboard horn works prior to the start of the game
- Possession Arrow must be present at score table
- **AIR HORN** must be present at score table to be used for time out
- **SHOT CLOCK for JV and Varsity**
 - Shot clocks must be visible at each goal line, or one kept at midfield
 - If no shot clocks are provided, time will be kept at the scorer's table

2. Field Conditions & Locations

- Fields must meet required specifications as detailed by US Lacrosse
- Start Up Marks –one visible dot 5 yards behind the goal line/8 meter intersection on each side of the goal cage
- When playing at a park, the coach of the home team must have the park permit on hand with start and finish times. The information on the permit must be shared with the coach of the opposing team and officials prior to the start of the game.

3. League Games

- All League Games must be played. Non-compliance will result in a forfeit for teams refusing to do so
- All League Games count in the standings
- If field conditions are not playable, the game should be scheduled for the next available day for both teams
- League Games take precedence over a Non-League Game
- No varsity league game can be rescheduled after the last regularly scheduled contest that would be May 8th. The only exception would be a rain out on June 8th which would cause a rescheduled game on May 9th, 2026.
- Any game changes must be reported to the Section VIII office from your athletic director's office

4. Postponed Games

- All league games must be played as scheduled
- Before a game is postponed the home school must contact the visiting team by 1pm to discuss
- Varsity games take priority over Junior Varsity games when rescheduling games
- Game should only be postponed due to weather conditions that compromise the safety of all involved and emergency extenuating circumstances beyond our control
- Any postponed league game must be made up on the **NEXT AVAILABLE DATE** after the regularly scheduled date. If the home team can't provide a field on the next available day teams must consider playing the game at the visiting home field if available.
- The home team athletic office is responsible for contacting BOCES and the Lacrosse Coordinator with any postponed games. BOCES Grace Chianese 516-396-2446 and Lacrosse Coordinator Alyssa Kildare, (516) 516-581-3549, akildare@bethpage.ws

5. Report Results

- **THE WINNING TEAM MUST** log on to Newsday (website) immediately following the conclusion of the game. Newsday will release weekly standings based upon the information they receive. Register at newsday.com/coach. If you cannot get on the website to record scores, please email your results to SportsDesk@newsday.com
- **FORFEITS** must be reported to the conference coordinator, lacrosse coordinator and Newsday

6. Game Starting Times

- No regular season game should be scheduled on a school day prior to 4pm
- Every effort should be made to start the game on time as scheduled
- If a team fails to show up for a regularly scheduled game, they will forfeit that contest

7. Visiting Team Warm Up

- The visiting team is given a minimum of 20 minutes to warm up regardless of their arrival time

8. Rosters

- Team rosters must be input electronically on the BOCES website. Failure to do so will result in forfeiture of the first game.

8A. Max Prep Roster/Photo-NYSPHSAA strongly suggests that each team submit their team roster and team photo to Max Preps at the start of the 2024. The roster and photo are required for any team advancing to the NYSPHSAA Girls Lacrosse Tournament this spring.

- Directions:
 - ✓ Go to: www.NYSPHSAA.org
 - ✓ From the top menu select: AD's & Coaches
 - ✓ Select: General Information
 - ✓ Go to: Forms
 - ✓ Select: Coaches & AD's forms
 - ✓ Scroll down to find: Max Prep Instructions for AD's & Coaches
 - ✓ Follow Instructions for Program Rosters/Team Photos

9. Official Rating Cards

- Coaches are required to rate officials after every contest. The head coach must submit the ratings through LeagueMinder. The rating window opens 24 hours after your game and remains available for 72 hours.
- These rating forms are essential for helping officials receive feedback and for determining their readiness to advance from JV to the varsity levels.
- Coaches who do not have access to LeagueMinder must contact their athletic director to have an account created.

10. Protests

- Please see protest procedures in the section VIII Handbook on page 46

11. All uniforms worn by student-athletes competing in girl's lacrosse in Section VIII must comply with the rule change that went into effect at the start of the 2016 season.

***Additional information in US Lacrosse attachments.**

Beginning in 2016 all shirts shall be of a single, solid color with the following trim specifications permitted:

- a. Trim around the collar and waistband and at the cuff of the sleeve, or around the arm opening if sleeveless, may be of contrasting color(s), but shall not exceed 1 inch in width.
- b. Side inserts (armpit to waistband) may be of contrasting color(s), but shall not exceed 3 inches in width. The inserts must be centered vertically below the armpit.
- c. Piping of contrasting color is allowed, but only in areas where trim or side inserts are permitted. The combined piping and trim must meet the 1 inch 3 inch allowable width.
- d. Numbers shall be centered vertically and horizontally and must be a minimum of 8 inches tall on the back and a minimum of 6 inches tall on the front of the shirt.
- e. Numbers must be of a solid contrasting with the color of the shirt. The numbers may be trimmed in a contrasting color that shall not exceed 1 inch in width.

Shirt Colors on Game Day

The home team will wear a white dominated shirt and the away team will wear a dark colored dominated shirt. If both teams have uniform shirts of the same or similar color, the home team shall be obligated to change or wear numbered pinnies or vests of a contrasting color. Please communicate with your opponent prior to game day if there is a uniform color issue.



SECTION VIII POSTSEASON INFORMATION

Playoff Dates for Girls Lacrosse 2026

Tuesday, May 12th - Play-in Games

Wednesday, May 13th - Class "B" First Round

Thursday, May 14th - Class "A" Quarterfinals at higher seed

Friday, May 15th - Class "C" Quarterfinals at higher seed

Saturday, May 16th - Class "B" Quarterfinals at higher seed

Monday, May 18th - Class "D" Semifinals at TBD

Tuesday, May 19th - Class "A" Semifinals at TBD

Wednesday, May 20th - Class "B" Semifinals at TBD

Thursday, May 21st - Class "C" Semifinals at TBD

Wednesday, May 27th - Class "A" & "B" County Finals at TBD

Thursday, May 28th - Class "C" & "D" County Finals at TBD

Thursday, June 4th - Long Island Championships @Suffolk host

Friday, June 12th & Saturday, June 13th – State Semi Finals & Finals @ SUNY Cortland



NASSAU COUNTY CLASS "A" PLAYOFF BRACKET

QUARTER FINALS

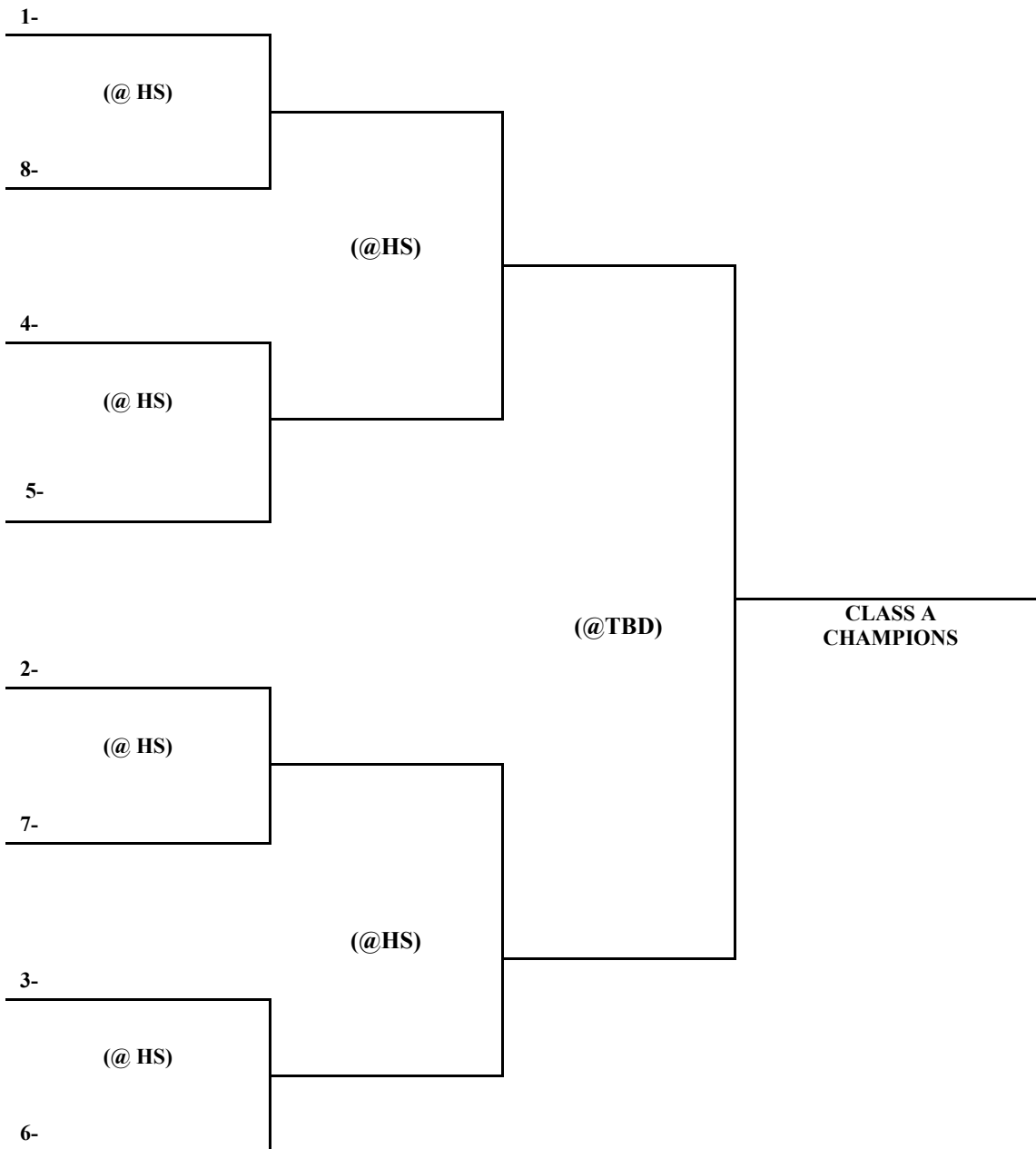
Thursday
May 14, 2026

SEMIFINALS

Tuesday
May 19, 2026

FINALS

Wednesday
May 27, 2026



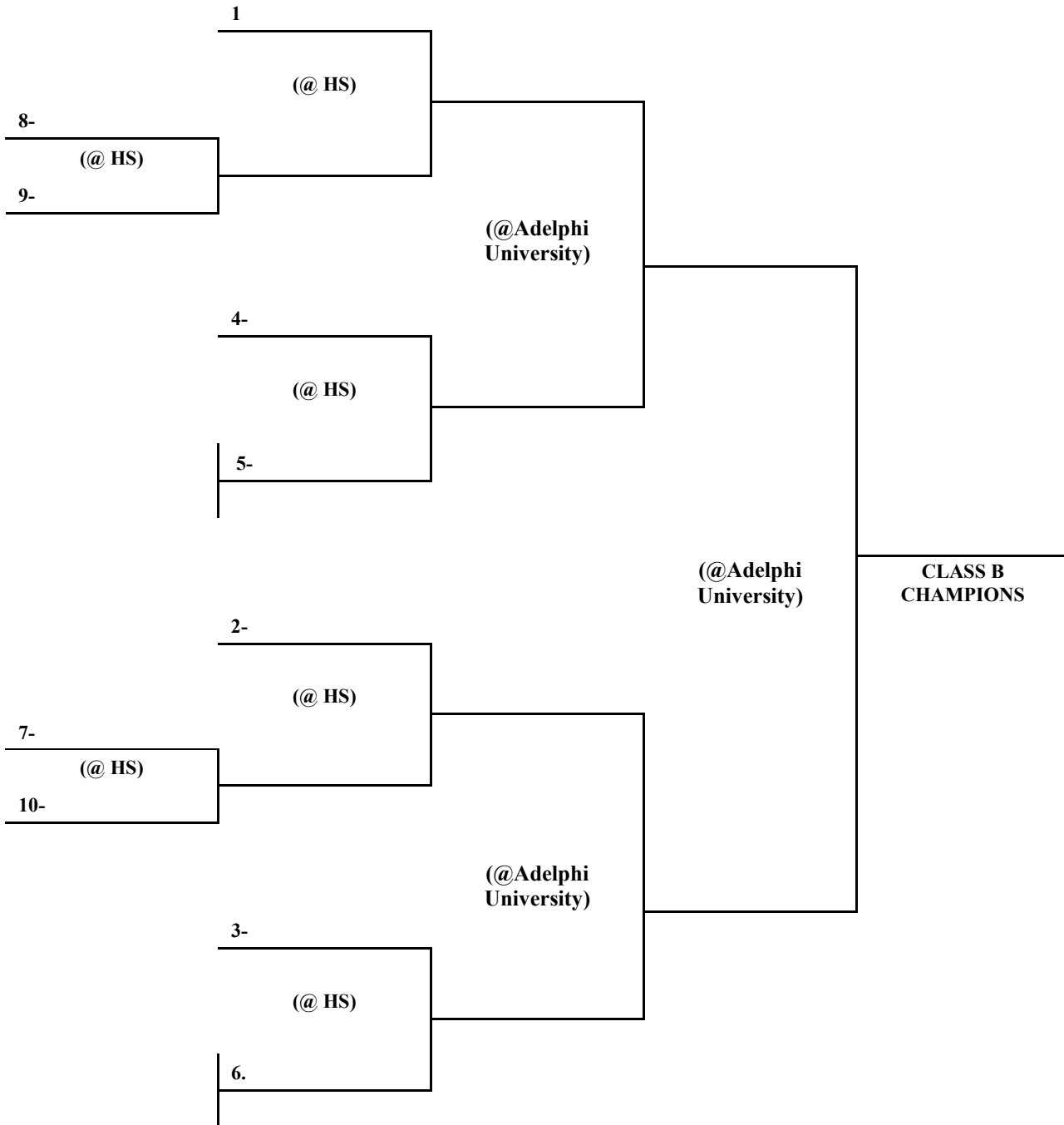
NASSAU COUNTY CLASS “B” PLAYOFF BRACKET

FIRST ROUND
Wednesday
May 13, 2026

QUARTER FINALS
Saturday
May 16, 2026

SEMIFINALS
Wednesday
May 21, 2026

FINALS
Wednesday
May 27, 2026



NASSAU COUNTY CLASS "C" PLAYOFF BRACKET

QUARTER FINALS

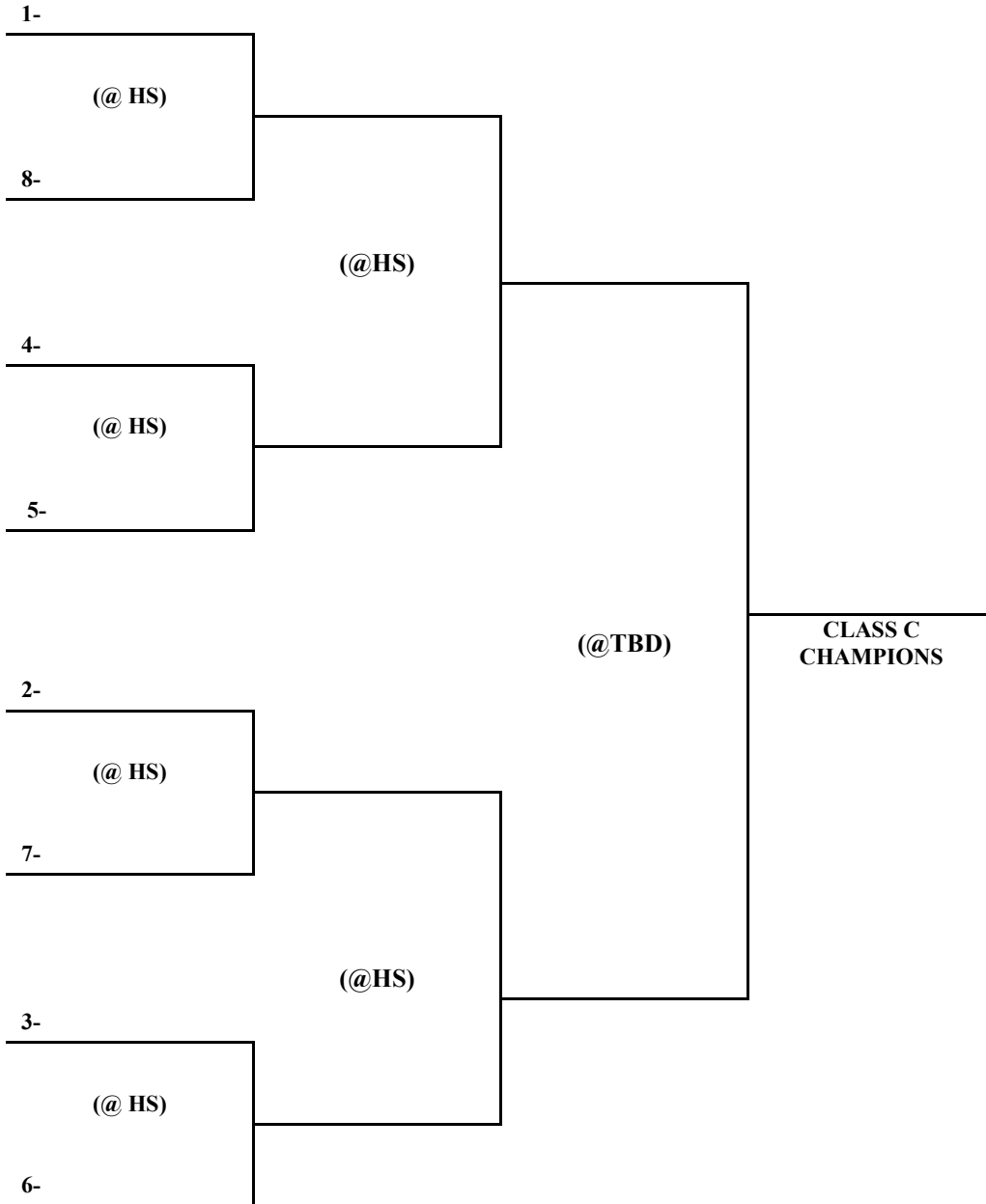
**Friday
May 15, 2026**

SEMIFINALS

**Thursday
May 22, 2026**

FINALS

**Thursday
May 28, 2026**



NASSAU COUNTY CLASS "D" PLAYOFF BRACKET

SEMIFINALS

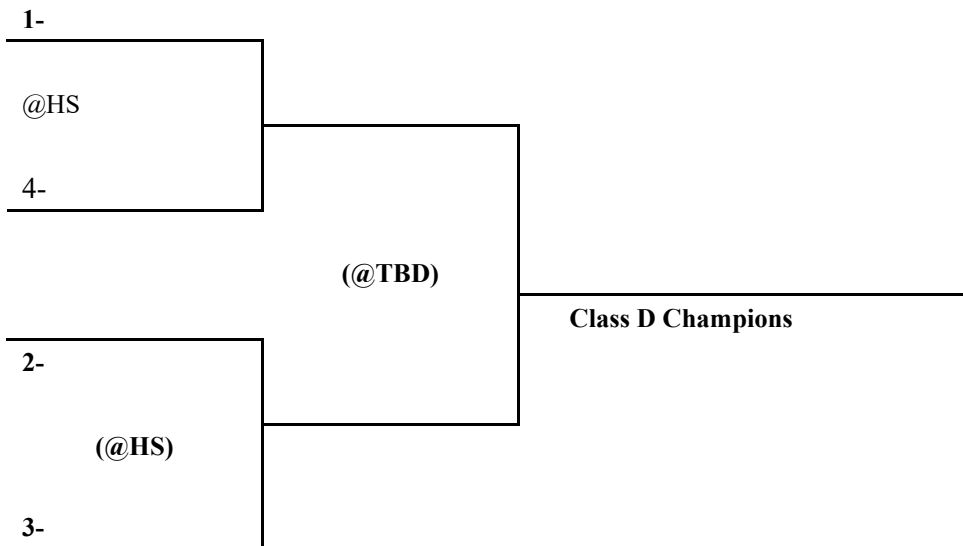
FINALS

Monday

Thursday

May 18, 2026

May 28, 2026



N.Y.S.P.H.S.A.A. GIRLS' LACROSSE CHAMPIONS

June 1995

Division 1	Cicero – North Syracuse	3
Division 11	Garden City	8

June 1996

Division 1	Cicero – North Syracuse	3
Division 11	York Town	1

June 1997

Division 1	York Town	1
Division 11	Garden City	8

June 1998

Division 1	York Town	1
Division 11	Penn Yan	5

June 1999

Division 1	New Hyde Park	8
Division 11	Garden City	8

June 2000

Division 1	Baldwinsville	3
Division 11	Garden City	8

June 2001

Division 1	West Genesee	3
Division 11	Garden City	8

June 2002

Division 1	West Genesee	3
Division 11	Garden City	8

June 2003

Division 1	West Genesee	3
Division 11	Manhasset	8

June 2004

Division 1	Fayetteville-Manlius	3
Division 11	Penn Yan	

NYSPPHSAA GIRLS LACROSSE CHAMPIONS: 2005-2025

<u>Year</u>	<u>Class A</u>	<u>Class B</u>	<u>Class C</u>	<u>Class D</u>
2005	Fayetteville-Manlius	Brighton	Skaneateles	
2006	Yorktown	Garden City	Skaneateles	
2007	West Genesee	Garden City	Shoreham Wading River	
2008	West Genesee	Garden City	Shoreham Wading River	
2009	Farmingdale	Garden City	Shoreham Wading River	
2010	Farmingdale	Garden City	Shoreham Wading River	
2011	Northport	Garden City	CBA Syracuse	
2012	West Genesee	Garden City	Shoreham Wading River	
2013	Farmingdale	Syracuse CBA	Mount Sinai	
2014	West Genesee	Manhasset	Skaneateles	
2015	West Islip	EastPort-South Manor	Mt. Sinai	
2016	CBA	Garden City	Mt. Sinai	
2017	Pittsford	Garden City	Mt. Sinai	Skaneateles
2018	Christian Brothers Academy	Manhasset	Cold Spring Harbor	Mattituck-Southold
2019	Northport	EastPort-South Manor	Cold Spring Harbor	Mattituck-Southold
2022	Baldwinsville	Victor	Manhasset	Bronxville
2023	Fairport	Victor	Bayport-Blue Point	Skaneateles
2024	Cicero-North Syracuse	Victor	Sayville	Cold Spring Harbor

2025 NASSAU COUNTY CHAMPIONS

CLASS "A"-MASSAPEQUA HIGH SCHOOL

CLASS "B"-GARDEN CITY HIGH SCHOOL

CLASS "C"-SOUTH SIDE HIGH SCHOOL

CLASS "D"-COLD SPRING HARBOR HIGH SCHOOL

2026...

**NASSAU COUNTY PUBLIC HIGH SCHOOL
ATHLETIC ASSOCIATION
SECTION VIII of NYSPHSAA, INC.
SECTION VIII SPORTSMANSHIP POLICY**

Recognition

The High School Association of Section VIII established a Sportsmanship Committee to function under the auspices of the Athletic Council, in order to monitor, to report to school districts and to take action related to incidents of unsportsmanlike conduct and/or flagrant misconduct.

Purpose

The purpose of this action is to take a positive step in an effort to control disruptive behavior at all Section VIII events.

A. What is to be reported (from arrival to departure):

1. A Player - who is ejected from a contest for flagrant misconduct and/or a derogatory gesture
2. A Spectator - who acts in a disruptive and/or abusive manner.
3. A Coach - who conducts himself/herself in an unsportsmanlike manner.
4. An Official - who demonstrates unsportsmanlike conduct.
5. A School - that permits spectators to conduct themselves in an abusive, disruptive or harassing manner.

This also includes schools that do not provide adequate supervision at home or as a visitor to control their spectators.

B. Responsibility for reporting Unsportsmanlike Behavior Report:

1. ***Coaches - must report all incidents to their respective athletic directors, even if only one team/player was cited for misconduct.***

2. ***Athletic Directors - must file reports with the Executive Director within 24 hours of any incident of unsportsmanlike behavior.***

3. ***Officials - must file reports with the Executive Director within 24 hours of any incident of unsportsmanlike behavior.***

C. Reporting Procedure

1. All disruptive incidents are to be reported by the coaches to their respective athletic directors immediately following the contest.
2. The Athletic Directors of both teams involved (even if only one had received a penalty for the misconduct) are to file reports with the Office of the Executive Director as soon as possible, but no later than the morning following the contest/incident.
3. The Officials assigned to the contest are to file a report with the Office of the Executive Director as soon as possible, but no later than the morning following the contest/incident.
4. The Executive Director will forward copies of all reports to the Sportsmanship Committee Chairperson and Sports Coordinators.

D. Committee Actions:

1. All member schools, and all individuals representing these member schools who are involved in unsportsmanlike conduct are subject to actions deemed appropriate by the Sportsmanship Committee.
2. The Sportsmanship Committee may recommend action in instances of unsportsmanlike conduct and is authorized to recommend penalties which may include, but are not limited to: Censure, Reprimand, Suspension, Loss of Eligibility, or any other actions that are deemed appropriate by the Sportsmanship Committee.
3. All recommendations of the Sportsmanship Committee will be filed with the Office of the Executive Director and forwarded to the Athletic Director(s) of the school(s) involved.
4. All actions of the Sportsmanship Committee are subject to review by the respective Athletic Director(s) for the possible imposition of further disciplinary action.
5. Copies of all reports of the Sportsmanship Committee shall be kept on file with the Sportsmanship Chairperson, the Executive Director, and the Sports Coordinator.

E. Penalties:

1. Player Expulsion: Any player who commits a serious violation of game rules or takes part in flagrant misconduct during play shall be subject to ejection from the contest and disciplinary action. Ejection from a contest for violation of sportsmanship rules carries with it a mandatory additional one game suspension from the next regularly scheduled contest, including post-season play. Disqualifications from one season will carry over to the player's next season of participation where necessary. Any player suspended from participation may not be on site or involved in any capacity (spectator, time keeper, score keeper, etc.) on the day of the suspension. Failure to comply with this aspect of the suspension could result in additional sanctions being levied against the coach and/or team.
2. Second Occurrence of Misconduct: Any person (coach, player, spectator, school official, etc.) who is ejected from a second contest for an unsportsmanlike infraction shall prompt the Sportsmanship Committee to review the matter which may lead to severe disciplinary action including suspension of participation privileges for the remainder of the season. Such disciplinary action could carry over into subsequent sports seasons as part of the penalty. Additional terms and conditions may also be recommended by the Sportsmanship Committee before a review or a bid for reinstatement is reviewed by the committee.
3. Intentional Physical Contact by a Player: Any player who strikes, shoves, kicks, or makes other physical contact, with the intent to do so and/or results in intentionally inflicted physical harm to another person, (an official, another player, a spectator, coach, school district employee or supervisor, etc.) shall be ejected from the contest immediately. The incident must be reported to the Sportsmanship Committee which is empowered to review any such case of unsportsmanlike behavior and which can levy penalties which may include but are not limited to: Censure, Reprimand, Suspension, Loss of Eligibility, or another action that is deemed appropriate by the committee.
4. Team Member/Non-Participant - Pre- or Post-Game Misconduct: Any player, coach, or spectator who commits a serious violation of sportsmanship rules or takes part in flagrant misconduct as a non-participant prior to the start of the contest will be excluded from play in and/or subject to removal from the site of the contest. Any player, coach, or spectator who commits a serious violation of the sportsmanship rules or takes part in flagrant misconduct as a non-participant after the contest has been concluded (post-game) will be suspended from participation in or attendance at the next regularly scheduled contest including postseason.
5. Spectators: Any spectator who acts in a disruptive or abusive manner may cause the game to be suspended until the situation is resolved or the spectator removed. A letter from the Sportsmanship Committee may be sent to the appropriate Athletic Director(s), Building Principal(s), and Superintendent(s). Continued incidents of disruptive behavior may result in additional disciplinary action by the Sportsmanship Committee.
6. Coaches:

A coach who conducts herself/himself in an unsportsmanlike manner will be reported to the Sportsmanship Committee and subject to local disciplinary action. A coach who is ejected from a contest will be suspended from the next regularly scheduled contest. Any coach ejected from a contest for unsportsmanlike conduct will be excluded from the next regularly scheduled contest (including postseason contests). Such disqualification and subsequent suspension penalty will carry over from one season to the next season in which the involved coach is serving as a coach, regardless of the sport or level. During any such suspension, the suspended coach may not be present in any capacity (supervisor, spectator, faculty member, etc.) on the day of the suspension. Failure to comply with this aspect of the suspension could result in additional sanctions being levied against the coach and/or team
7. Intentional Physical Contact: Any coach who strikes, shoves, kicks, or makes other physical contact, with the intent to do so, to another person (e.g., an official, another coach, player, fan) shall be expelled from the game immediately and banned from further coaching in all sports for a period of time to be determined by the Athletic Council.
8. Officials: An official who demonstrates unsportsmanlike conduct will be reported to the Sportsmanship Committee. The Sportsmanship Committee may request disciplinary action to be taken against the official via communication with the official's governing body.

9. Taunting: Taunting includes, but is not limited to, any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule or demean other players, coaches, or game officials. Included in this is conduct that berates, needles, intimidates or threatens based on gender, ethnic origin or background and conduct that attacks religious beliefs, size, economic status, speech family, special needs, or personal matters. Examples of taunting that would lead to ejection include, but are not limited to, physical and verbal intimidation outside the spirit of the game ("trash talking"), reference to sexual orientation, "in-the-face confrontation" by the one player to another, standing over, straddling a tackled or fallen player, etc. See NYSPHSAA Handbook #27 (page 72) Section on Sportsmanship.

10. Bench Clearing: If an altercation occurs during a contest and members of either team leave their bench or sideline area or playing positions, and go onto the field/court/participation area, they will be immediately ejected from the contest for unsportsmanlike behavior.

F. Due Process

1. Students, coaches, and schools have the right to be heard by the Sportsmanship Committee. This right must be claimed within 24 hours of the incident occurring and must be made to the Office of the Executive Director of Section VIII. All actions of the Sportsmanship Committee are subject to review and appeal. Any such appeal may eventually be made to the Section VIII Athletic Council.

SECTION VIII OUT OF SPORTS SEASON ATHLETIC PARTICIPATION POLICY

In order to protect all eligible student-athletes from exploitation and coercion, the following principles should be adhered to:

- We, all member districts, do not limit individual students' opportunities to participate in other sports and athletic experiences.
- We do not exert pressure on student athletes to participate in an athletic activity outside of any sport season (as defined by the Section).
- We support and preserve the integrity of each interscholastic sports program by enforcing these principles.
- We insure that the spirit and intent of this policy be understood and adhered to by all members of the Section.

To that end, the following guidelines will be in force replacing the former "Camp and Recreation Rule":

- Section VIII members will conduct programs which are recreational in nature as defined by this regulation. Intramurals, strength and conditioning programs, and recreation programs which are **open to all students** are permitted.
- During any approved activity **individual sport skills** may be taught to students.
- The same opportunity for instruction and personal improvement must be available to all students participating in the activity.
- **Team strategy and roster specific workouts limited to members of an athletic team are prohibited.**
- Recreational activities must be open and publicized to all eligible bona fide students.
- During the summer, Section VIII members may conduct leagues, camps, clinics, and similar activities at their facilities.
- Members shall observe the starting and ending dates of each sports season as set by the Section annually.

It is also the spirit of this rule that we encourage, enable, and permit athletes to participate in more than one sport during the course of the year. Students should not be coerced to participate in other activities organized during a specified sports season to maintain good standing in an out of season sport. It is the responsibility of the local athletic administrator to regulate, monitor, and require compliance with the tenets of this rule for it to be effectively observed.

All who are concerned with the proper conduct and with the intent and spirit of any interscholastic sport are obligated to report any violation or perceived violation to the Ethics Committee through the Executive Director's office. All violations will be adjudicated by the Ethics Committee which could result in forfeiture of eligibility and/or sanctions of the students, teams, coaches, or schools involved.

It is recommended that this policy and standard be made available to all students, parents, coaches and other school personnel concerned with the conduct of our interscholastic programs.

Approved June 9, 2004
Athletic Council

NASSAU COUNTY PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION

SECTION VIII UNSPORTSMANLIKE BEHAVIOR/INCIDENT/DISQUALIFICATION REPORT

This report is to be completed and submitted by game officials and athletic directors of both schools within 24 hours of the incident and/or violation.

Sport: _____ Level: _____ Date of the event: _____

Home School: _____ vs. Opponent: _____

Player(s) / Coach(es) / Official(s) / Spectator(s) Involved:

Name	_____	School	_____	Number	_____
Name	_____	School	_____	Number	_____

Brief description of the incident (attach additional documentation if necessary):

Action taken:

Supervisor(s):					
Name	_____	School	_____	Phone	_____
Name	_____	School	_____	Phone	_____

Official(s) assigned:					
Name	_____	Number	_____	Phone	_____
Name	_____	Number	_____	Phone	_____

Person filing this report:					
Name	_____	Position	_____	School	_____

Complete and **return via e-mail** to: _____ Athletic Director

Pat Pizzarelli: ppizzarellinasboces.org

Jim Amen: jamen@csh.k12.ny.us

and

Jay Gallagher: jgallagh@mail.nasboces.org (Boys) **OR**

Grace Chianese: gchianes@mail.nasboces.org (Girls)

or fax to: (516) 997-2916 or
2018

Request for Medical Waiver of NYSPHSAA – Regulation #25

To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school scheduled contests during the season. To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school-scheduled contests which occurred on six different dates during the season. An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests. Contestants in individual sports (archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming tennis, outdoor track, winter track and wrestling) must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six different dates and must be concluded prior to the conclusion of the team’s regular schedule.

School		Sport	
Athlete		Date Request Submitted	
Nature of Injury/Illness			
Date of Injury/Onset of Illness		Date of Medical Clearance	

Record of Participation in Competitions (Exclusive of Section Tournaments):

*For Wrestling Only

	DATE	OPPONENT		* Weigh-in validated by Athletic Director
1.			*	
2.			*	
3.			*	
4.			*	
5.			*	

Note:

All pertinent medical documentation must accompany this request before it will be considered. Such material MUST VERIFY the date of onset of the illness/injury and date physical activity may resume. NOTES FROM PHYSICAL THERAPISTS ARE NOT ACCEPTABLE.

Medical Documents Attached:

1.	
2.	
3.	
4.	

Request and documentation must be received by the sport coordinator and the Section VIII Office prior to the last league contest.

Approved by the Athletic

TRANSFER REGULATION

a. A student in grades 9-12 who transfers, with a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) shall become eligible after starting regular attendance in the second school. A residence change must involve a move from one school district to another. Furthermore, when a student moves from a public school district to another public school district for athletic eligibility the student must enroll in the public school district or in a private school within that district's boundaries of his/her parent's residency. For athletic eligibility, a residency is changed when one is abandoned by the immediate family and another residency is established through action and intent. Residency requires one's physical presence as an inhabitant and the intent to remain indefinitely. The Superintendent, or designee, will determine if the student has met district residency requirements.

b. A student who transfers without a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months prior) is ineligible to participate in any interscholastic athletic contest in a particular sport for a period of one (1) year if as a 9-12 student participated in that sport during the one (1) year period immediately preceding his/her transfer. Students who transfer from any school to the public school district of the residence of his/her parents (or other persons whom the student has resided for at least six months) or a private school within that district's boundaries shall receive a waiver from the Transfer Rule. Such a transfer without penalty will only be permitted once in a high school career. ***Schools must submit the required transfer form to the Section office. Athletes are not permitted to practice before the form has been submitted. Athletes are not permitted to compete without approval.*** **NOTE:** A student in a foreign exchange program listed by CSIET has a one-year waiver of the Transfer Rule. If such a student elects to stay a second year he/she becomes a foreign student at the start of the school year with item (b) in effect.

Exemptions to (b): For athletic eligibility a student must enroll in the public school district or in a nonpublic school within that district's boundaries of his/her parent's residency.

Note: Multiple High School Districts - The policies/boundaries of the school district will be followed. If the district has an open enrollment policy, the interpretation to be used will be the same as used for students of K-8 school districts. When a student enrolls in 9th grade, that is the district (building) of their residence. Any subsequent transfer would be subject to the Transfer Rule.

1. The student reaches the age of majority and established residency in a district and can substantiate that they are independent and self-supporting.
2. If a private or parochial school ceases to operate a student may transfer to another private or parochial school of his/her choice. Otherwise, a student must enroll in the public school district of his/her parents' residency.
3. A student who is a ward of the court or state and is placed in a district by court order. Guardianship does not fulfill this requirement.
4. A student from divorced or "legally" separated parents who moves into a new school district with one of the aforementioned parents. Such a transfer is allowed once every six months. The legal separation agreement must address custody, child support, spouses support and distribution of assets and be filed with the County Clerk or issued by a Judge.
5. A student who is declared homeless by the superintendent pursuant to Commissioner's Regulation 100.2.
6. A student of a military employee who is transferred to an active military base may enroll in the non-public school closest to their residence and maintain eligibility if the student enrolls in a non-public school immediately following the change in residence.

NOTE: It is provided, however, that each school shall have the opportunity to petition the section involved to approve transfer without penalty based on an undue hardship for the student. Educational Waivers will not be considered as an undue hardship effective for the 2015-2016 school year.

c. Transfer students trying out for sports before school opens in the fall shall register and be accepted by the principal of that school before the medical examination and the first practice. This shall constitute the start of the regular attendance for falls sports.

NOTE: After approval by the school medical officer a student may practice immediately and must satisfy the specific sports standard according to the number of practice sessions.

d. Practices at the previous school may be counted toward the minimum number of practices required provided the principal or athletic director of the previous school submits, in writing, the number and dates of such practices to the principal or athletic director of the new school.

Transfer Appeal Guidelines:

Financial – Appeals require documented proof of a significant loss of income or a significant increase in expenses.

- Written description outlining the circumstances that led to the financial hardship
- Appropriate documentation may include:
 - Evidence of loss income or change in financial obligation that are not self imposed.
 - Family W2 forms – pay stubs
 - Notarized statement from parent
 - Statement from employer or professional with knowledge of circumstances
 - Most recent tax returns – two years

Health and Safety – Appeals are considered for safety, mental health, personal relationships and other similar circumstances.

- Written documentation is required from the Superintendent of Schools or HS Principal of the sending school indicating the specific circumstances which necessitated the transfer.
- Supporting documentation from a third party outside of the school may be submitted (ex. police report)

Additional Information/Reminders:

Officials are going to be tough to secure. Please be supportive and patient with our new officials this year. It is important that we keep these officials in the game, so the official pool continues to grow!

If a game needs to be rescheduled, please note that it still goes to the next available day. For weekend games, make sure to get contact information from your school on contacts from opposing schools and officials in case it gets canceled. It is your responsibility to contact all parties.