
SPORT – BY – SPORT REGULATIONS & POLICIES

WOMEN'S LACROSSE REGULAR SEASON

Regular Season Format

Each women's lacrosse program participating in the Conference will compete in an eight-game single round-robin format, one (1) division of nine (9), playing each opponent once each year.

Regular Season Services

1. The Conference staff will produce the eight-game round robin schedule, utilizing an odd/even year home-&-away matrix.

Scheduling parameters:

- The last six (6) weekends prior to the Conference Championship will be reserved for League play.
 - Each team will have one (1) bye-weekend.
 - Each team will play two (2) Conference-scheduled Friday-Sunday two-game weekends (one weekend home; one weekend away). These games may not be moved to another play date.
 - Each team will play two (2) Conference-scheduled single-game weekends (either Friday, Saturday or Sunday by mutual agreement – one home; one away). These games may not be moved to another play date.
 - Each team will play two (2) single games (one home; one away) which will have 'suggested play dates' as offered by Conference staff. However, these game may either involve lengthy travel (i.e. Notre Dame-Rutgers) where games might be best served as weekend games or may be games involving teams that are in close proximity to one another (i.e. Cincinnati-Louisville; Rutgers-Villanova) where games might be best served as mid-week games. These above examples, upon mutual agreement (both institutions' administrators and coaches), may petition the Conference to move the game(s) in question to another play date.
 - The Monday prior to the start of the Conference Championship will be reserved as a rain/make-up date, as administered by Conference staff and involved institutions.
2. A publicity release, naming an Offensive and Defensive Player of the Week, a weekly Honor Roll (for those nominees worthy of mention but not selected for weekly honors) as well as listing notes and statistics, is compiled and distributed by the Conference staff.
 3. The Conference staff coordinates and publicizes a preseason coaches' poll that predicts the order of team finish, an All-Conference Team, an Offensive Player of the Year and a Defensive Player of the Year.
 4. Coaches will exchange a watch list of student-athletes that should receive consideration for preseason and postseason awards.

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WOMEN'S LACROSSE (continued) REGULAR SEASON

Regular Season Policies & Regulations (NCAA rules and regulations are followed unless specified below)

1. Digital record/capture: All games are required to be recorded/captured digitally. If an institution presently does not have a digital video camera and needs assistance identifying appropriate units, please contact the Conference office.

2. Video Exchange Policy

- a. Teams will utilize an 'open' exchange program where all regular season games must be uploaded to ezXchanges.

- b. All game records must be uploaded to ezXchanges utilizing the following timelines:

- Home Conference AND home non-conference games must be uploaded and available by 5:00 p.m. the next calendar day (i.e. 7:00 p.m. Saturday game must be uploaded by 5:00 p.m. Sunday).
- Away weekend non-conference games must be uploaded by 5:00 p.m. Monday.
- Away mid-week non-conference games must be uploaded by 5:00 p.m. the next business day (i.e. Wednesday match uploaded by 5:00 p.m. Thursday).

NOTE: The Conference office must be advised by phone if a game cannot be uploaded by the deadlines noted above.

- c. Each team is responsible for uploading non-conference away matches either by bringing their own videographer or by pre-arranging with the home team to receive a digital copy of the game record immediately upon completion of the match.

- d. The video format supplied (DVD or online media) will be determined by **the team providing the video**, so long as there are no additional costs associated to the receiving team in order to download the video for use and there is no decrease in quality.

- d. Each coach is personally responsible for providing the video requested regardless of where the game record originated and/or who produced it.

- e. *If agreed upon, the home team will supply the visiting team a copy of the game as soon as possible after the game for use in their agreed upon exchanges.

- f. **All videos must:**

1. Be on DVD or by digital media exchange
2. Include sound
3. Be produced from midfield, at an elevated position
4. Tape the scoreboard

- After Goals
- At the end of the half
- At the conclusion of the game

- g. Mailing

1. Email confirmation with tracking number to recipient on every delivery – when applicable
2. Must be received by the requesting coach within three business days of the game date.

- For example: If the game requested is played on a Saturday or Sunday, the video must be received NO LATER than the following Wednesday.
- If the game requested is played on Wednesday, the video must be received NO LATER than the following Monday.

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WOMEN'S LACROSSE (continued) REGULAR SEASON

Regular Season Policies & Regulations (continued)

- Overnight mailing is strongly recommended.
- If a requested video cannot be provided or delivered on time, a phone call to the opposing coach is required as soon as the problem becomes apparent.

h. Filming Recommendations

1. Include the taping of the starting line-ups.

- On clears/ride:
- Taping from the end line extended to the 30 yard line.
- Keep play in front of the ball.
- Ball carrier should not be in the middle of the picture

2. Transition:

- Minimum of 30 yards in transition play
- Full view of the field of play with the ball on one end of the view finder, allowing a view of the field in front of the play.

3. Settled 7 v. 7

- View playing area depending on defense
- Show the width of the play

4. 8 meters:

- 12 meters to goal on 8 meter free position shots

5. Draw Control

- Complete circle and all players on the circle visible.
- Entire center circle and restraining lines on each draw.

3. Home team bands are not permitted to be located behind the visiting team bench. Bands, artificial noisemakers, air horns, bells, whistles, electronic amplifiers, artificial clappers and/or similar items are not permitted to make noise during live action.
4. Bands, cheerleaders and mascots are prohibited from traveling to away contests.
5. Fans may not display signs or banners deemed as being offensive or inappropriate to particular institutions, players or coaches in the facility. These banners should be identified and removed by security personnel.
6. Host Institution must generate game contracts for all Conference regular season games.
7. Whatever field the home team practices on, the visiting team should have access to for equity purposes (i.e. if home team practices on game field, visiting team would have access to game field; if the home team practices on primary practice field, visiting team would have access to the primary practice field).

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WOMEN'S LACROSSE (continued) REGULAR SEASON

Regular Season Policies & Regulations (continued)

8. The home team should make “best efforts” to provide a 90-minute practice to the visiting team on the day before a game as well as a 45-minute shootaround on game day. Requests for practice/shootaround times should be made at least two months in advance of the respective game.
9. The home team should make “best efforts” to have an administrator/facility representative on site during practices/shootaround. If an on-site representative is not possible, the host team must provide a cell phone number in the event the visiting team needs to address an issue in a timely manner.
10. An administrator from the host institution must be on site during all Conference regular season games. The on-site administrator may NOT have other primary game functions (i.e., PA announcer, scorekeeper, field preparation, etc.).
11. The home team should make “best efforts” to provide a closed practice environment for the visiting team’s practice/shootaround.
12. The home teams must provide a minimum of 60 yellow balls for visiting team practice and pregame warm-ups; and two (2) practice cages and two (2) game cages to visiting teams to utilize for pregame warm-ups.
13. It is recommended that the visiting teams must have access to the game field 90-minutes prior to the start of the contest; however, no less than 60-minutes must be provided for pregame protocol
14. It is recommended that each institution provide an enclosed area (meeting room, locker room, etc.) with ample chairs for each team’s travel party and a dry erase board for pregame and halftime use. This area should minimally be a tent with sides.
15. Locker rooms and towels should be provided to the visiting team for practice and postgame on game day.
16. Each institution that charges admission for regular season games must offer 100 complimentary admissions to the visiting team. Admission procedures are to be handled by the host school.
17. Teams must utilize the “traditional” yellow, smooth ball for all Conference games.
18. Thunder and Lightning Safety Policy: The Conference has adopted as policy NCAA Guideline 1D for Lightning Safety. You may find the policy online at:
http://www.lightningsafety.com/nlsi_pls/Sports_Medicine_Handbook_lightning.pdf
19. The BIG EAST Conference Women’s Lacrosse Coaches Association holds its official annual meeting each September. These meetings are at the Conference office headquarters in even years and via conference call in odd years. Attendance is mandatory for all head coaches. In extreme situations where the head coach cannot attend, the institution’s sport administrator or Director will determine the substitution.

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WOMEN'S LACROSSE (continued) REGULAR SEASON

Regular Season Awards

1. Regular Season Team Champion (trophy and individual awards)
2. Attack Player of the Year *
3. Defensive Player of the Year *
4. Midfielder of the Year *
5. Coach of the Year *
6. First Team All-Conference (16 spots; 1 goalkeeper, 3 defenders, 4 midfielders, 3 attackers, 5 at-large) *
7. Second Team All-Conference (16 spots; 1 goalkeeper, 3 defenders, 4 midfielders, 3 attackers, 5 at-large) *

* Selection Process

- Coaches nominate as many players as they feel deserve consideration for Regular Season Awards. Coaches rank their own players in order of strength.
- Coaches may share supporting information for each of their respective nominees with each other.
- Nominations due to the Conference office by Noon ET, Monday, April 23.
- The Conference Office will compile nominees and forward nominations to each coach on a ballot.
- Online voting begins at 3:00 p.m. ET, Saturday, April 27.
Online voting closes at 6:00 p.m. ET, Sunday, April 28.
- Voting coaches may not revise the rank order as submitted by the nominating coach.
 - Attack – may nominate up to four (4) in priority order
 - Midfield – may nominate up to six (6) in priority order
 - Defense – may nominate up to four (4) in priority order
 - Goalies – may nominate up to two (2) in priority order
- Coaches submit selections (via the Conference's web site) from the nominee list, but cannot select their own players.
- Conference staff approves final selections.

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WOMEN'S LACROSSE (continued) CHAMPIONSHIP

Championship Format

1. Four-team, single-elimination. The event is conducted in two days with the schedule as follows:

DAY 1	Friday	Semifinal 1	4 vs. 1	5:30 p.m. ^
	Friday	Semifinal 2	3 vs. 2	45 minutes after the conclusion of semifinal #1 ^

DAY 2	Sunday	Championship	Semifinal Winners	1:00 p.m. ^^
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^ If the host team is in the Championship, regardless of seed, that team will play in the second semifinal; if the host team is not in the Championship Conference staff will determine order of semifinals based on creating a positive Championship environment and facilitating attendance.

^^ Conference staff will determine start time based on availability of television coverage and other marketing/promotional opportunities.

Beginning in 2014, the Championship will increase from four (4) to six (6) teams and will be played Thursday-Friday-Sunday.

2. The tournament field is available for practice for all participating teams on the day preceding the start of the tournament. Practice times will be assigned based on the corresponding game order as follows:

Wednesday practices (90 minutes each; 10-minute turnaround)

Semifinal #1	Semifinal #2
10:30 a.m. – Visiting Team	1:50 p.m. – Home Team
12:30 p.m. – Home Team	3:30 p.m. – Visiting Team

Friday practices (75 minutes each; 15-minute turnaround)

1:30 p.m. – Game #1 Winner
3:00 p.m. – Game #2 Winner

In addition, shootarounds will be available on the days of the semifinals and Championship game as follows:

Thursday shootarounds (45 minutes each; 10-minute turnaround)

Semifinal #1	Semifinal #1
9:45 a.m. – Visiting Team	11:35 a.m. – Home Team
10:40 a.m. – Home Team	12:30 p.m. – Visiting Team

Sunday shootarounds (45 minutes each; 10-minute turnaround)

9:00 a.m. – Visiting Team
9:55 a.m. – Home Team

3. A tournament meeting is conducted for the four (4) participating head coaches the evening preceding the start of the Championship.
4. A dinner honoring the four (4) participating teams is scheduled the evening preceding the start of the Championship. Head Coaches and Administrators may each bring one guest, at their respective institution's expense.

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WOMEN'S LACROSSE (continued) CHAMPIONSHIP

Championship Format (continued)

5. The tournament champion earns the Conference's automatic bid to the NCAA Tournament. The highest-seeded team remaining will be the automatic bid representative should the tournament not be completed. In the event that the Championship is not completed, no champion will be declared.

Championship Seeding Requirements/Procedures

The top four teams are selected and seeded according to Conference game winning percentage at the conclusion of the regular season.

Tie-Breaking Policies

The following policies are set up to break ties at the end of the regular season for selection/seeding purposes. Follow the appropriate steps in order. Once one or more teams gain an advantage in the case of a multiple-team tie, revert to the beginning of the tie-breaking policies with the remaining teams. If the ties cannot be broken, the Commissioner or his designee will conduct a coin flip.

1. Regular season head-to-head results. If three or more teams are tied, they are viewed as a "mini-conference" when comparing head-to-head results. The team or teams with the best combined record versus the other teams in the mini-conference gain the advantage.
2. Each team's record versus the team occupying the highest position in the standings, continuing down through the standings until one team gains an advantage.

NOTE: When arriving at another pair of tied teams while comparing records, use each team's record against the tied teams as a group rather than the performance against the individual tied teams.

3. Each team's Conference seasonal goal differential (maximum of seven goals per game).
4. Each team's Conference seasonal goals for (maximum of seven goals per game).
5. Each team's Conference seasonal goals against (maximum of seven goals per game).

Championship Policies & Regulations (NCAA rules and guidelines are followed unless otherwise noted; regular season game management policies, where applicable, apply to the championship)

1. The Conference staff contracts officials based upon recommendations by the independent assignor.
2. A total of 42 team personnel may be in the bench area during the competition. This total must include an administrator from the participating institution. Teams are limited to a maximum of 32 players in uniform for any one contest. Each team must designate its 32 players to be used during the pregame meeting. After the game starts, no replacements will be permitted for any reason.
3. The higher-seeded team (home team) will wear light-colored uniforms and use the bench traditionally occupied by the host school. The lower seeded team (visiting team) will wear dark-colored uniforms and use the bench traditionally occupied by the visiting school. All teams should bring both sets of uniforms. The goalkeeper shall wear a numbered game shirt in a different color than either team.
4. *Championship Video Exchange Policy*
 - Teams that advance to the BIG EAST Championship must continue to utilize ezXchanges.
 - Conference staff will facilitate postseason uploads at the BIG EAST Championship site.

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WOMEN'S LACROSSE (continued) CHAMPIONSHIP

Championship Policies & Regulations (continued)

5. The BIG EAST Women's Lacrosse Committee, in conjunction with the on-site BIG EAST administrator as chair, will serve as the Games Committee to handle any act of dishonesty, unsportsmanlike conduct, unprofessional behavior, etc. This committee is not in place to dispute officials' calls.
6. Host institution must record both semifinal games and provide copies to all four participants.
7. The "traditional" yellow, smooth ball will be utilized for all Championship games.

Championship Awards, Gifts & Services

1. The Championship team receives a trophy and individual awards.
2. The runner-up team receives a trophy.
3. A Most Outstanding Player receives an award and is selected by a vote of qualified persons as determined by the Conference staff.
4. An all-tournament team will be selected from among the four (4) participating institutions at the site of the Championship. 12 players will be selected – 11 at-large field players and a goalkeeper. One of the twelve will be designated Most Outstanding Player. A selection committee shall be comprised of the Sport Committee, staff and select media, with input from the sports information representatives of the four participating institutions.
5. The Conference staff produces a championship program. A press release previewing the tournament field is distributed a week prior to the Championship.
6. Each Women's Lacrosse student-athlete competing in the Championship receives a gift from the Conference office, which is shipped to each head coach after the Women's Lacrosse Championship.