



# Lacrosse Girls

## Sport Handbook - Spring 2026

### **Section 1: Rules**

- A. All contests under the jurisdiction of the RIIL shall be played according to the National Federation of State High School Association Rules, except for any special rulings adopted by the RIIL and listed in this handbook below.
- B. The RIIL strongly recommends head coaches/officials obtain a copy of the most recent NFHS Rulebook.

### **Section 2: Mandatory Coaches Certification & Continuing Education**

- A. ALL Coaches must be appointed by their School Administration and upload their valid certificates to the Coaches' Certification website below. A coach is any adult with access to student-athletes through an education-based athletic program.
  - a. Including, but not limited to: Volunteer Coaches, Assistant Coaches, and Head Coaches.
- B. Coaching Requirements: Article 13
- C. Coaching Out of Season Rules: Article 7, Section 8
- D. Rules on Recruitment: Article 3, Section 11
- E. Sportsmanship Expectations for Coaches: Article 12, Section 3

### **Section 3: Medical Coverage/Emergency Action Plans**

- A. Medical Coverage should be provided by the host school, be in attendance and on duty for the duration of all interscholastic scrimmages and games during the regular season and all tournament round games. The medical personnel must introduce themselves to both coaches and referee prior to the start of the game.
  - a. Pre-Game Safety Checklist
- B. Schools are responsible for providing Medical Coverage for their team throughout the playoffs, including the Semis and Finals/Championships.
- C. Home team medical coverage shall be responsible for both teams unless the visiting school provides its own medical coverage.

D. Levels of Medical Coverage:

<b><i>Medical Professional Legal Limitations</i></b>
<ul style="list-style-type: none"> <li>A. <i>Education/Schooling/Training &amp; Licensure</i></li> <li>B. <i>Scope of Practice</i></li> <li>C. <i>Able to Return to Play</i></li> </ul>
<b>Medical Doctors-MD/DO or Advanced Practice Provider-NP/PA</b>
<ul style="list-style-type: none"> <li>A. Advanced degree (Medical School/Successfully passed the licensing board, and RI Licensed)</li> <li>B. Preventative Care, On field Evaluation, Immediate Care, Diagnosis</li> <li>C. Can they Return to Play – Yes</li> </ul>
<b>Athletic Trainer (RI Licensed)</b>
<ul style="list-style-type: none"> <li>A. Minimum Bachelor's Degree (Successfully pass the BOC exam, and RI licensed)</li> <li>B. Preventative Care, On field Evaluation, Immediate Care, Assessment of injury, referral for further diagnosis</li> <li>C. Can they Return to Play during a game/contest? – YES</li> </ul>
<b>Physical Therapist (RI Licensed)</b>
<ul style="list-style-type: none"> <li>A. Degree varies from BS, MS to DPT (Successfully pass the board exam, and RI licensed.)</li> <li>B. Preventative Care, Rehabilitation, Orthopedic exam evaluation</li> <li>C. Can they Return to Play during a game/contest? – NO</li> </ul>
<b>Physical Therapist w/ Orthopedic Clinical Specialist (OCS) credential (RI Licensed)</b>
<ul style="list-style-type: none"> <li>A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the OCS exam, and RI licensed)</li> <li>B. Rehabilitation, Orthopedic exam evaluation. On the field coverage - not qualified, no emergency training incorporated into initial certification or required to be annually updated.</li> <li>C. Can they Return to Play – NO (During a Game/Contest), Yes (In Clinical Setting)</li> </ul>
<b>Physical Therapists w/ Sports Certified Specialist (SCS) credential (RI Licensed)</b>
<ul style="list-style-type: none"> <li>A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the SCS exam, and RI licensed)</li> <li>B. Rehabilitation, Orthopedic exam evaluation. On-the-field coverage – Qualified</li> <li>C. Can they Return to Play during a game/contest? – YES</li> </ul>
<b>EMT - Basic, Intermediate &amp; Paramedic</b>
<ul style="list-style-type: none"> <li>A. Successfully complete the EMT program, pass the board exam, and RI licensed)</li> <li>B. Emergency care</li> <li>C. Can they Return to Play during a game/contest? - NO, per RI EMS laws/regulations/protocols</li> </ul>
<b>School Nurse (RN)</b>
<ul style="list-style-type: none"> <li>A. Successful completion of a nursing program (Successfully pass the board exam, and RI licensed)</li> <li>B. Emergency care, referral for further treatment/diagnosis</li> <li>C. Can they Return to Play during a game/contest? – NO</li> </ul>

- E. The judgment of the medical person will be final with regard to the medical condition of a player. No player may continue to play against the medical person's advice under any circumstance.
- F. An Emergency Action Plan with clearly defined written and practice protocols as required by RI General Laws must be developed and in place at every high school.
  - a. When possible, an athletic trainer should be present at all practices and games. An athletic trainer is a key component in any strategy to minimize injury risk and optimize safety for all participants.
  - b. *Rationale:* An effective emergency action plan (EAP) must be in place as a prompt and appropriate response to any emergency situation that can save a life. The EAP should be designed and practiced to address all teams (freshman, junior varsity, and varsity) and all practice and game sites.

#### **Section 4: General Regulations for all Sports**

- A. Heat Acclimatization: RIIL R&R Article 7, Section 3
- B. Definition of a Game/Scrimmage: RIIL R&R Article 7, Section 2
- C. Coaching Out of Season Rules: RIIL R&R Article 7, Section 8
- D. Use of Equipment During the Summer: RIIL R&R Article 6, Section 13
- E. Sportsmanship Expectations for Coaches, Student-Athletes, & Spectators: RIIL R&R Art. 12, Sect. 3
- F. Loyalty to Home School: RIIL R&R Article 7, Section 7
- G. National Events: RIIL R&R Article 7, Section 11
- H. Penalties for Ejections: RIIL R&R Article 6, Section 7
- I. Protest Procedure: RIIL R&R Article 5

#### **Section 5: Sport Advisory Committee**

- A. Each Sport Advisory Committee is comprised of Member School Administrators, Athletic Directors, Coaches, Officials, and other relevant individuals who work with and report to the RIIL on all matters concerning their sport.

B. Girls Lacrosse Sport Advisory Committee Membership:

Committee Role	Member	School	Position
Co-Director (RIIAAA)	George Finn	Barrington	
Athletic Director	Nancy Giordano	Woonsocket	Athletic Director
Coach	Jim Areson	Toll Gate	Coach Representative
Coach	Kristin Orabone	South Kingstown	Coach Representative
Coach	Mark Lubic	Narragansett	Coach Representative
Coach	Martha Bennett	Lincoln	Coach Representative
Official	Sue Annon		Assignor
Official	Tara Pinsky		Association President
Official	Matt Hayes		Officials Representative

C. The 2024-25 and 2025-26 Alignment received the following endorsements & approvals:

- a. Sport Committee Approval: 07/25/24
- b. Survey of all Member Schools: 08/09/24
- c. RIIAAA Executive Board Endorsement: 09/20/24
- d. Principal’s Committee on Athletics Approval: 11/18/24

**Section 6: Regular Season:**

A. Important Dates:

<b>School Year</b>	2025-26
<b>Season</b>	Spring of 2026
<b>Sport</b>	<b>Lacrosse</b>
<b>Gender</b>	Boys & Girls
<b>Start Date</b>	Monday, March 16, 2026
<b>Games Can Begin</b>	Thursday, March 26, 2026
<b>Week #1 Begins On</b>	Monday, March 30, 2026
<b>Week #2 Begins On</b>	Monday, April 6, 2026
<b>Week #3 Begins On</b>	Monday, April 13, 2026
<b>Week #4 Begins On</b>	Monday, April 20, 2026
<b>Week #5 Begins On</b>	Monday, April 27, 2026
<b>Week #6 Begins On</b>	Monday, May 4, 2026
<b>Week #7 Begins On</b>	Monday, May 11, 2026
<b>Week #8 Begins On</b>	Monday, May 18, 2026
<b>Last Day of the Regular Season</b>	Friday, May 22, 2026
<b>RIL Championships Concluded By</b>	Sunday, June 7, 2026

a. Postseason:

- i. Quarterfinal Games: Thursday, May 28<sup>th</sup> or Friday, May 29<sup>th</sup>
- ii. Semifinals on Tuesday, June 2<sup>nd</sup> or Wednesday, June 3<sup>rd</sup>
- iii. Division Championship Games at Brown University:
  1. Saturday, June 6<sup>th</sup> & Sunday, June 7<sup>th</sup>

B. Divisions:

<b>State Championship Division (Div.1)</b>	<b>Division 2</b>	<b>Division 3</b>	<b>Division 4</b>
<b>8 Teams</b>	<b>9 Teams</b>	<b>8 Teams</b>	<b>7 Teams</b>
Barrington	Burrillville	Cranston East	Classical
Chariho	Cranston West	East Providence	Coventry/EWG Co-op
East Greenwich	Cumberland	North Smithfield	Lincoln
La Salle	Lincoln School	Pilgrim	North Providence
Moses Brown	Middletown	Ponaganset	<del>Providence Country Day</del>
North Kingstown	Mt. Hope	Smithfield	Rogers
Portsmouth	Narragansett	Bay View/PCD/SRA Co-op	Scituate
Prout	South Kingstown	Toll Gate	Tiverton
	Westerly		

**C. Game Cap: 18 Regular Season Games prior to the start of the playoffs**

- D. Schools can request 3 game officials for their home games by contacting the Officials' Assignor.
- E. Score Reporting for all Regular Season and Postseason League Games: In accordance with Article 6, Section 14, all contest scores are to be reported on-line on the RILL Website. Coaches obtain access to the system through their Athletic Director.
- F. It shall be the responsibility of school officials/administrators/supervisors to provide a safe and secure environment for the teams and officials by ensuring the playing field and sidelines are continuously cleared of **everyone** except certified & appointed coaches, team managers/scorers, student-athletes, medical personnel, and school designated personnel. Media are allowed with prior permission of the host school.
- G. Home teams shall set a date/time for all contests.
  - a. If there is a conflict in the date/time of the contest with the visiting team(s) and mutual agreement cannot be reached, the visiting school Principal/Athletic Director shall submit **a written request** to the RILL to review the circumstances of the disagreement and render a decision. **This must be done prior to the submission of the Home Confirmation Schedule.**
  - b. Once the Home Confirmation Schedule is submitted, *changes will not be allowed unless there are extenuating circumstances.*
- F. Postponement of Regular Season Varsity Games after the confirmation deadline:

- a. Where unusual circumstances prevail or where weather conditions are unfavorable, a game may be postponed by mutual consent of the Principals and/or Athletic Directors
- b. Postponed games shall be rescheduled to the next day when the teams, facility, and officials are available.
  - i. Includes weekends and/or school vacations.
  - ii. League games must take precedent over non-league games or lesser events
  - iii. Rescheduled games must be within all other guidelines contained in this handbook and the RIIIL Rules & Regulations.
- c. Additional Officials Fees for Games Changed within Two Weeks of original date/time:  
Article 6, Section 5

**G. Practice Limitations:**

- a. Preseason Practice Limitations are also located in Heat Acclimatization: Article 7, Section 3
- b. Scrimmages allowed after 5 days of practice
- c. Games allowed after 10 days of practice

**Section 7: Postseason Qualification & Format:**

**A. League Games Required to Qualify for the Postseason: 14 league games**

**B. Format:**

- a. Teams will be ranked according to their RPI in all league games
- b. Top-6 Teams in each division qualify for the playoffs
- c. Postseason will be a straight bracket with no reseeding
- d. Single Elimination throughout

**E. Postseason Tiebreaker**

- a. Playoff Seeding will be determined by a team's RPI as calculated on the RIIIL website.
- b. RPI Tiebreaker:
  - 1) Head-to-Head result(s) in League Games between the tied teams
  - 2) Winning Percentage in all League Games vs teams in your division
  - 3) Total Wins in all League Games vs teams in a higher division
  - 4) Highest-rated win in Division (according to the final RPI standings)
  - 5) Next-highest-rated win (exhaust all possibilities)
  - 6) Coin Toss

## **Section 8: RIIL Rules & Regulations Specific to Lacrosse**

- A. **Rosters** shall be completed via the RIIL website and made available to the public no later than 10 days after the start of practice. Rosters must be updated when students are added/removed from the team. Rosters must include: full name, grade, and jersey number.
- B. **Uniforms:**
- c. Schools shall consult the NFHS Rulebook for specific regulations pertaining to uniforms
  - d. In lacrosse, the home team shall wear “white” uniforms, while the away team shall wear “dark” uniforms.
- C. **RI Interscholastic Injury Fund:**
- a. The Injury Fund is a non-profit organization separate from the RIIL.
    - i. Additional information can be found at: <http://www.injuryfund.org/>
  - b. The purpose of the nonprofit Injury Fund is to establish, raise, maintain and distribute funds to the athletic departments of high schools participating in the Rhode Island Interscholastic League. Distributions will be made to assist athletes, coaches or officials injured in sanctioned interscholastic competitions and practices with their medical expenses that exceed the amount paid by the injured party’s primary, required medical insurance. Any and all financial assistance rendered by the RI Injury Fund to RIIL Member Schools shall be given purely on a voluntary basis and in such amounts and in such manner as the Board of Directors in its sole discretion shall determine.
  - c. Non-League competitions scheduled to spread awareness of and benefit the Injury Fund are allowed by RIIL Rules in addition to any stated game caps contained herein.
  - d. Students, Coaches, and Officials whose teams participate in an Injury Fund event in a given sport are covered by the Injury Fund
  - e. **Injury Fund Format:** Teams will schedule one regulation Lacrosse game in the pre-season to provide schools the opportunity to participate. Double or triple headers at a single location are preferred.
- B. In the event a “playoff game” must be suspended because of conditions which make it impossible to continue to play, the game will be rescheduled and restarted from the exact point of the suspension of play.
- C. **Playoff Warmup:** Teams must be allowed no less than 20 minutes to warm up on the field prior to the start of any playoff game unless specific warmup procedures are contained elsewhere in this handbook.
- D. **Sub-Varsity**
- a. JV schedules will be scheduled at the discretion of each Athletic Director/Head Coach.
  - b. Sub-varsity games will not be allowed after the final day of the varsity regular season.
- E. It shall be the responsibility of the home team to:
- a. Supply the time clock, scorer, and a table at mid-line.

- b. Supply scorebook and score sheet.
  - c. Provide at least 6 game balls and ball retrievers behind each goal
  - d. Mark field according to NFHS rules and have restraining lines for each field.
- F. Mandatory Equipment for Athletes:
- a. Mouth pieces **must** be worn by all players at all games and practices
  - b. Boys must wear a helmet, shoulder pads, elbow pads, and gloves.
  - c. Girls must wear eye protection and gloves.
  - d. Goalies for both boys and girls lacrosse must wear all padding and equipment required by the NFHS rule book.

### **Section 9: Officials**

- A. RIIL assigned official's authority extends to pre- and post- game oversight. Fighting and unsportsmanlike penalties will be within the authority of the officials at all times at the contest site.
- B. Police protection, when necessary, must be provided by the home school. The home school is responsible for all crowd control measures. There is an urgent need for increasing vigilance in this matter. Schools must make every effort to ensure that players, officials, and spectators are protected. Duties of the police will be determined and outlined by the home school.
- C. With the assistance of the home team supervision, it shall be the responsibility of the officials to see that benches are cleared of everyone except certified & appointed coaches, team managers, scorers, players, medical personnel, and school designated personnel.
- D. The home team should provide an adult game supervisor at all home events. In particular, an adult game supervisor must be present at ice hockey, basketball, field hockey, lacrosse, baseball, softball, football, soccer, volleyball and wrestling contests. The supervisor shall not be a student nor a coach involved with the game. The supervisor shall identify himself or herself to the game officials thirty (30) minutes prior to the start of the game. The supervisor shall be responsible for game administration and crowd control. They should notify police, and rink representatives to seek appropriate assistance when applicable. In the event of a problem, the Principal/Athletic Director must notify the RIIL office the next day and submit a written report detailing the incident(s).