



ASLC Rules and Regulations



Table of Contents

Section Title	Section Number
Individual Eligibility	1
Age of Athlete	2
Semester and Season	3
Eligibility	4
Team Schedules and Championships	5
League Dues	5.5
Home Facilities and Assistance	6

NOTE: Appalachian State Lacrosse Conference = ASLC

1 Individual Eligibility

1.1 It is strongly recommended that before any player is allowed to practice or play, he/she must have a medical examination performed by a licensed physician and must provide a written certification signed by the physician stating that the player's condition and health are satisfactory for participation in the sport of lacrosse.

1.1 A player is eligible to participate only for the member team that is sponsored, approved, recognized by, or otherwise affiliated with, the school district that the player attends. If a player attends a school or lives within a district that does

not sponsor, approve, or recognize a member team, that player may play for the nearest member team.

1.2 ASLC high school competition is limited to players who are enrolled in grades 9 through 12. Players enrolled in grade 8 and below are ineligible to play in any league contest with or against players enrolled in grades 9 through 12.

1.3 ASLC member teams will comply with academic eligibility requirements found in Section 4 of this document.

2 Age of Athlete

2.1 A student in high school who becomes 19 on or after August 31st shall remain eligible for the entire year.

3 Semester and Season

3.1 In order to be considered for post-season tournament play, team must be a team in good standing with the ASLC league.

3.2 Any team that fails to appear for a mutually scheduled contest will, in addition to forfeiting the game, compensate its opponent for game expenses including but not limited to referees, medical services, transportation, lights, field rental and the like.

3.3 Teams shall give 24-hour notice if they are unable to field a team for a game.

4 Eligibility

4.1 In order to participate in the extracurricular activities to which this policy applies, a student (private, home school, or public school) must maintain a 2.0 average.

4.2 ASLC athletes and coaches must be an active member of US lacrosse to participate in ASLC sanctioned games.

5 Team Schedules and Championships

5.1 The ASLC Boys Program is divided regionally into two separate Regions (East and West) (see Appendix A). This provides the basis for how all ASLC teams schedule mandatory Regional games. Teams are encouraged to play all ASLC opponents.

5.2 ASLC Teams are required to post a complete varsity roster prior to the first game of the season. Each ASLC member team must also maintain their rosters, schedules, verify proof of US Lacrosse Membership for all coaches and their athletes. To remain compliant each team must have their accurate roster and statistics (See Appendix E for Approved ASLC Statistical terms and Definitions) for each game updated 5 days after a regular season contest.

5.3 ASLC Championships: The Top two seeded teams in each District will compete for the third weekend of April for the ASLC championship (1st, 2nd, 3rd, and 4th place). The highest seeded team in each conference will compete in one game for the championship (1st and 2nd). The second highest seeded team in each

conference will be compete the same weekend for 3rd and 4th place.

5.4 Regular Season Start Date: The first regular season ASLC contest may be played no earlier than March 1st. All seasonal contests must be scheduled and uploaded on *MaxPreps* by March 1 of that season. A roster including name, year in school, position, and jersey number must also be updated.

5.5 ASLC team dues are \$100.

5.6 The ASLC membership agrees to accept any new teams up until the season starts as competitive or associate members.

6 Home Facilities and Assistance

6.1 The home team is expected to furnish a bench, table area, and personnel to assist with scorekeeping, timekeeping, etc., airhorn, and at least one chair for timekeeper/tally keeper for visiting team.

6.2 The home team is recommended to provide the following for all ASLC games:

6.2 a Emergency medical services including a certified trainer or paramedic is on site for the entire contest. Failure to have a certified trainer, paramedic, or medical personnel on site/campus for the entire game will result in home team forfeit, and the game will not be played.

6.2 b Telephone communications, including cell phone communications on site

and immediately available, along with emergency phone numbers.

6.2 c Pylons, or cones on field according to NFHS guidelines.

Appendix A

Appalachian States Lacrosse Conference Regional Plan

The ASLC is divided into two Division Conferences. *East* and *West* Regional play consists of 8-10 teams of both Divisions that play in pre-determined regions.

Seeding in the Regional brackets will be determined according to the League Approved rating system. at the end of the regular season. The rating must take into account only those games played between ASLC Regional opponents and doesn't take into account games played against teams from other state leagues.

In the event that teams finish the regular season with a tie in their League approved (Max Preps) rating system. Power ranking the following tiebreakers will go into effect. #1 Head to head, #2 Record against common in-state opponents, #3 Win percentage in Regional play, #4 Average goals allowed against in-Region opponents, #5 Coin toss.

Each team plays all of their Regional opponents as listed on the 'Appendix G' table.

NOTE: Teams in Specific Districts could be modified annually by the ASLC.

Appendix G

ASLC Eastern Region
Eukarya Academy
Martinsburg
Goretti HS
Spring Mills
Rockingham LC

ASLC Western Region
Hedgesville HS
Musselman HS
<i>Mercersburg Academy – Not affiliated in 2023</i>
Strasburg LC HS
Jefferson County
<i>Garrett County Greater Lax – Not affiliated in 2023</i>

Appendix B

ASLC New Regional Playoffs by Region

Week 1-5: Regular Season Play

Week 5: By April 9th, every opponent must have successfully played each regional opponent once.

Week 6: ASLC Championship and ASLC Consolation Matchup: Third Weekend in April, (ASLC Determined Championship Location)

Championship' Game (1 st and 2 nd Place) (1 st place teams play from each region)	Consolation (3 rd and 4 th Place) Game (2 nd place team play from each Region)
--	---

Appendix C:

ASLC Contact List:

Strasburg: Devon Harper:
DHarper98tj@gmail.com, 321-917-4867;
Will Hallman: whallman@buch.us.com,
410-443-7291

Hedgesville: Tyler Blackshear:
Tlblackshear@gmail.com, 480-326-6875

Goretti: David Blenckstone:
dblencstone@goretti.org, 301-667-1797

Mercersburg Academy: Tim Kerr (Head Coach):
kerrt@mercersburg.edu, 410-207-9133
Lauren Jacobs (AD):
jacobs1@mercersburg.edu, 315-723-3136

Eukarya Academy: Johnathon Leake:
Jleake1969@outlook.com, 540-686-2547

Rockingham LC: Jeffrey McKnight:
Jeffreymcknight510@gmail.com, 602-319-5934

Spring Mills: Jeremy Kortright
Jkortrightsmhslax@gmail.com, 304-620-2294

Musselman: Chet Inhar:
inhar.chet@gmail.com, 703-953-9584
Keith Windsor:
keith.windsor1775@gmail.com,
910-382-3403

Jefferson County: Larry and Sandy Knoerlein
Jeffersoncountylacrosse@gmail.com, 410-259-5072

Martinsburg: Neil Troppman
Troppman1@yahoo.com, 304-671-7118

Official Association Contacts:

- WMLOA: Mike Skena, Mobile: 724-309-0772

- Southern Lacrosse Officials Assoc.: John M. Sheehan, M 410-707-5653, W 410-796-8160, sportzebra@yahoo.com

Other local non ASLC team Contacts:

- Gettysburg HS: Casey Thurston is AD: 717-334-6254, cthurston@gsad-pa.org
- Chambersburg HS: Joseph Wilmot: joseph.wilmot@casdonline.org
- Fredericksburg Christian Academy: David DeArmas, ddearmas@gofcs.org
- John Handley LC: Steven Phillips, 1-540-686-0176, handleylacrosse@gmail.com
- Garrett County Greater Lacrosse: Michael Smith, Garrettlacrosse@outlook.com
- President of SVYL: Carisa Dueweke, Cydueweke@gmail.com, 1-540-533-8169

**Appendix E:
Approved Lacrosse Statistic Terms
and Definitions**

Name	Description		
Goal	A shot on goal that crosses the goal line.		of the other team in live-ball play can be a ground ball. This may occur on an intercepted pass (the ball does not have to hit the ground) or from a ball checked loose onto the ground. Further, the ball must be obtained under pressure (another opposing player must be within 5 yards of the loose ball). When such a ground ball is obtained, the player gaining the ground ball must be able to perform immediately the normal functions of possession (shoot, pass, and cradle). Should any of these conditions not be met, a ground ball may not be awarded. A player cannot drop the ball of his own volition, pick it up again, and be credited with a ground ball. Ground balls should be awarded as part of the face off play; however, a ground ball is not always awarded when an official signals possession on a face off play, since the official's definition of possession does not rise to the standard of that of a ground ball.
Goals Per Game	This is the average number of goals scored per game during the season. You take the total goals scored and divide it by the number of games played. Doing this will give you the goals per game.		
Assist	An assist is an intentional pass giving a teammate a positional advantage which contributes directly to a goal. Any one direct pass by a player to a teammate who then scores a goal without having to dodge or evade an opponent, other than the goal keeper who is in the crease, is recorded as an assist. There can be only one assist on any goal scored. (A pass to the shooter, pass that sets up a goal, a play that helps a teammate in gaining a goal)		
Assists Per Game	This is the average number of assists per game during the season. You take the total number of assists during the season to date and divide it by the number of games played. Doing this will give you the assists per game.	Ground Balls Per Game	This is the average number of ground balls per game during the season. You take the total ground balls and divide it by the number of games played. Doing this will give you the ground balls per game.
Points	A unit of scoring or counting. The total running tally of goals and assists throughout the season.	Face Offs Won	When your team gains possession from the face off, then the player that took part in the face off gets credited for a "Win."
Points Per Game	This is the average number of points scored per game during the season. You take the total points scored and divide it by the number of games played. Doing this will give you the points per game.	Face Off Attempts	The amount of times a player uses the technique of facing off to put the ball in play at the start of each quarter, or after a goal is scored. The players squat down and the ball is placed between their crosses. One attempt equals one face off.
Ground Ball	Any ball not in the possession of our team that comes into the possession	Face Off Percentage	Take the number of face offs won and divide that by the total number of face off attempts. Doing this will

	give you a percentage that in turn stands for the face off percentage.		served if the opposing team was in possession of the ball.
Shots on Goal	Is the total number of shots, which by definition is where the ball makes contact with the goal keeper while he is in his crease area, the goalposts or crossbar or crosses the goal line. The shot must originate from the front or side of the goal. When a shot hits a part of the goal post, does not go in and the ball continues in play, a shot on goal is awarded and a save is credited.	Penalties	Losses of advantage imposed on a team or competitor for infraction of a rule.
		Penalty Minutes	The number of minutes a player must sit out as a result of a penalty.
		Penalty Seconds	The number of seconds a player must sit out as a result of a penalty.
		Name	Description
Shooting Percentage	The number of goals(G) divided by shots on goal(SOG).	Goalkeeper Minutes	Number of minutes the goal keeper plays. Generally, this number is rounded to the nearest whole minute. High school regulation time is 24 minutes per half
Interceptions	The total amount of passes that are caught by the opposing team when intended to for a teammate. One receives credit for an interception when they cut off a pass intended for an opposition player, and in turn gains possession for his team.	Goals Allowed	Number of goals scored against the team while the goal keeper is playing in the goal.
Takeaways	A defenseman takes the ball from a driving ball carrier.	Goals Saved	A save is awarded to a goal keeper only if a shot otherwise would have gone into the goal- regardless of whether the ball is caught or deflected. A save is NOT awarded for intercepting a crossed ball. Saves made by a defensive player other than the goal keeper are "Team Saves" and are not currently tracked.
Unforced Errors	A mistake made by the player, and not due to the opponent's skill or effort. When this mistake is made, the player that made such a mistake gets credited for an unforced error.		
Offsides	A team is considered offside when: a) It has fewer than three players in its attack half of the field (between the center line and the end line). b) has fewer than four players in its defensive half of the field (between the center line and end line).	Shots on Goal	The total number of shots taken on a goal keeper, which by definition is where the ball makes contact with the goal keeper while he is in his crease area, the goalposts or crossbar or crosses the goal line. The shot must originate from the front or side of the goal. When a shot hits a part of the goal post, does not go in and the ball continues in play, a shot on goal is awarded and a save is credited.
Fouls	Fouls are awarded by the referee for rule infractions. Players can be awarded penalties of two types by the referee for rule infractions. Personal fouls always result in the player serving time in the penalty box. Technical fouls are less severe and result in 30 seconds being		
		Shut Out	A goal keeper receives credit for a shut out only by playing the entire contest and not allowing any goals. If both opposing goal keepers play

	the entire game to a final score of 0-0, both goal keepers should be credited with a shutout.
Win	A victory that is credited to the goal keeper. If the final score is 3-1 then the team with 3 is the winning team and the victory goes in the win column of the goal keeper.
Loss	A defeat that is credited to the goal keeper. If the final score is 3-1 then the team with 1 is the losing team and the defeat goes in the loss column of the goal keeper.
Tie	This just so happens to be the occurrence of equality in opponents score during a contest. Example: Final score is 2-2, meaning the game ended as a tie and the goal keeper would get credited for such.
Goals Against Average	Goals allowed divided minutes played during a 48 minute game.
Save Percentage	Take the total number of saves divided by shots on goal and you have the save percentage.
Shootout	A means of resolving a tie after overtime, in which five players from each side alternately take individual shots on a goal defended by a goalie.

