

WESTERN MAINE CONFERENCE

2025-26 BOYS & GIRLS LACROSSE GUIDELINES

WMC CLASS A/B BOYS	WMC CLASS C BOYS	WMC CLASS A/B GIRLS	WMC CLASS C GIRLS
Cape Elizabeth (A)	Lake Region	Cape Elizabeth (A)	Lake Region
Yarmouth (A)	North Yarmouth Academy	Yarmouth (A)	North Yarmouth Academy
Greely (B)	Traip Academy	Greely (B)	Traip Academy
York (B)	Wells	York (B)	Waynflete School
Freeport (B)		Freeport (B)	Wells
GNG/Poland (B)		GNG/Poland (B)	
Fryeburg Academy (B)		Fryeburg Academy (B)	

1. ALL Maine Principals Association and NFHS Boys & Girls Lacrosse Rules apply to Western Maine Conference competitions.
2. Game Times:
 - a. **Varsity Boys** - (4) 12:00 Minute (Stop Time) Quarters and a 10:00 Minute Half time.
 - Overtime - Four-minute sudden victory overtimes will be played until resolved.
 - b. **JV Boys** - (4) 10:00 Minute (Stop time) Quarters and a 5:00 minute Half time.
 - Overtime - (1) 4-Minute overtime will be played.
 - c. **Varsity Girls** - (4) 12-Minutes Quarters (Stop Time in the last minute of all four quarters for officials' timeouts and fouls in the critical scoring area); coaches decide time for a half up to 10:00 minutes (varsity only).
 - Overtime - Six Minutes - [(2) - 3-Minute Halves] sudden victory periods will be played until resolved. (Stop time for officials' timeouts and fouls in the critical scoring area)
 - d. **JV Girls** - (4) 10-Minute Quarters (Stop Time in the last minute of all four quarters for officials' timeouts and fouls in the critical scoring area) and a 5:00 Minute Half time.
 - Overtime - (1) three-minute sudden victory overtime will be played (If conditions allow, and the officials do not have another game).
3. The Host school will provide officials, timer and bookkeeper and NFHS Approved game balls
 - a. **Boys** - White balls are recommended (yellow, orange and lime green balls are legal).
 - i. All game balls must include labeling, which states "Meets NOCSAE Standard. NFHS"
 - ii. At the start of each period a minimum of six balls should be spaced equidistant from each other five yards beyond the end line and four on both sidelines. On the bench side, two additional balls should also be placed at the scorer's table.
 - b. **Girls** - Yellow, orange or lime green balls must be used.
 - i. All game balls must include labeling, which states "Meets NOCSAE Standard. NFHS"

4. Western Maine Conference Championship
 - a. Boys Lacrosse - 2 League Champions (Class A/B & Class C).
 - b. Girls Lacrosse - 2 League Champions (Class A/B & Class C).
 - i. League Champions are determined by final season heal points
5. All-star Teams are determined by the Western Maine Conference Lacrosse Coaches.
 - a. **Boys Lacrosse Postseason Meeting - (TBD)**
 - b. **Girls Lacrosse Postseason Meeting - (TBD)**
6. Varsity games that are postponed are to be rescheduled the next available date unless agreed upon by both schools.
7. Schools may only schedule two (2) regular season games the last four days of the season (June 1st - June 4th).
8. No make-up games may be scheduled during the final week of the season unless they are the games that were regularly scheduled for that week. Games scheduled prior to the final week must have been made up before that date. Exceptions to this will be made only with prior approval of the MPA Lacrosse Committee Chairperson.

Contact Information:

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REMINDER – IF GAMES ARE POSTPONED AND THE PARTICIPATING SCHOOLS INTEND TO RESCHEDULE PLEASE CONTACT THE ASSIGNOR IN ADVANCE TO CONFIRM OFFICIAL AVAILABILITY.

Helpful Boys & Girls Lacrosse Websites:

- [MPA Boys Lacrosse Page](#) + [MPA Girls Lacrosse Page](#)
 - o [MPA Lacrosse Bulletin](#)
- [US Lacrosse Website](#)
- [National Federation of High Schools \(NFHS\)](#)
- [Maine Lacrosse Officials Association \(Boys Lacrosse\)](#)
- [Maine Women's Lacrosse Officials Association \(Girls Lacrosse\)](#)