

2026 DIVISION 3 GIRLS LACROSSE POWER RANKINGS



Includes scores entered into Arbiter as of May 15, 4 a.m.

AVG. MARGIN = Average margin of victory, capped at +/- 7 goals for any one game

OPP. RATING = Average of a team's opponents' Overall Ratings

RATING = Team's Overall Rating (Avg. Margin + Opp. Rating)

FORFEIT ADJ. = Team's RATING has been adjusted for forfeit(s) ... use this number to calculate OPP. RATING (strength of schedule) for opponents

Top 32 power rated teams qualify for tournament, regardless of record

**FORFEIT
ADJ. ***

RANK	SCHOOL	W	L	AVG. MARGIN	OPP. RATING	RATING
1	Cohasset	16	1	5.8824	4.3413	10.2236
2	Norwell	13	3	4.0000	3.3647	7.3647
3	Nashoba Regional	13	3	4.5625	2.0796	6.6421
4	St. Mary's	11	2	4.5385	1.4954	6.0339
5	Newburyport	11	4	2.8000	2.9878	5.7878
6	Scituate	10	7	1.2941	4.4188	5.7129
7	Dover-Sherborn	12	4	4.4375	1.1983	5.6358
8	Foxborough	12	4	2.8750	2.6905	5.5655
9	Wayland	6	9	-0.6667	5.7710	5.1043
10	Medfield	11	7	1.6111	3.4289	5.0400
11	Falmouth	12	5	1.9412	2.8761	4.8173
12	Weston	7	9	-0.0625	4.7254	4.6629
13	Wakefield Memorial	8	7	1.1333	2.5362	3.6695
14	Ursuline Academy	10	5	2.6000	1.0097	3.6097
15	Nauset Regional	13	5	2.8889	0.0324	2.9213
16	North Reading	8	7	1.2667	1.3955	2.6621
17	Swampscott	11	2	4.8462	-2.4179	2.4282
18	Hanover	6	10	-1.4375	3.6486	2.2111
19	Old Rochester Regional	8	6	2.5000	-0.8028	1.6972
20	Bishop Stang	5	6	1.3636	0.0081	1.3717
21	Apponequet Regional	10	5	1.8667	-0.8467	1.0200
22	Dighton-Rehoboth	9	4	2.9231	-2.0259	0.8972
23	Bishop Fenwick	5	10	-1.5333	2.3755	0.8422
24	Arlington Catholic	9	6	0.6667	-0.5225	0.1441
25	Saint John Paul II	6	10	-1.3750	1.4031	0.0281
26	North Middlesex Reg.	8	5	1.6923	-1.6728	0.0195
27	Pembroke	5	12	-1.8235	1.6710	-0.1526
28	Essex North Shore	6	8	-1.8571	1.7029	-0.1542
29	Hudson	8	4	3.5000	-3.7670	-0.2670
30	Watertown	3	13	-4.0625	3.1672	-0.8953
31	Wilmington	6	11	-2.6471	1.7057	-0.9414
32	Holliston	7	9	-0.5625	-0.8000	-1.3625

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Teams 33 and below qualify for a play-in game with a .500 or better record

**FORFEIT
ADJ. ***

RANK	SCHOOL	W	L	AVG. MARGIN	OPP. RATING	RATING
33	Medway	6	10	-1.6250	0.2382	-1.3868
34	Dedham	7	10	-1.5882	-0.1171	-1.7054
35	Amherst-Pelham Reg.	8	7	0.4667	-2.1839	-1.7172
36	Saugus	9	6	1.4000	-4.0474	-2.6474
37	Shawsheen Valley Tech	11	4	3.4000	-6.0537	-2.6537
38	Oakmont Regional	4	10	-2.0000	-1.0162	-3.0162
39	Martha's Vineyard Reg.	8	6	0.1429	-3.1720	-3.0292
40	Dracut	5	8	-0.9231	-2.2856	-3.2087
41	Cardinal Spellman	5	10	-3.6000	0.3677	-3.2323
42	Tri-County RVT	14	1	5.4667	-8.7964	-3.3298
43	Belchertown	12	5	2.4706	-6.0071	-3.5365
44	Bristol-Plymouth RVT	12	3	3.8667	-7.5185	-3.6518
45	Notre Dame (Worcester)	6	8	-2.0714	-1.6185	-3.6899
46	Saint Bernard's	4	8	-1.2500	-2.5368	-3.7868
47	Danvers	3	13	-4.0625	-0.2289	-4.2914
48	Middleborough	2	13	-4.8000	0.4881	-4.3119
49	Chicopee	10	4	0.8571	-5.2189	-4.3617
50	Pope Francis	3	11	-2.8571	-1.7168	-4.5739
51	Falmouth Academy	5	5	-0.6000	-4.0624	-4.6624
52	Groton-Dunstable	2	11	-3.6923	-1.2478	-4.9401
53	Fontbonne	0	14	-5.0000	-0.1567	-5.1567
54	Norton	2	15	-5.6471	-0.2614	-5.9085
55	Tewksbury Memorial	1	13	-5.0714	-0.8535	-5.9249
56	Auburn	6	8	0.0714	-6.0419	-5.9705
57	Greater Lowell Tech	7	6	1.0769	-7.4434	-6.3665
58	Gloucester	3	14	-4.2941	-2.1966	-6.4907
59	Salem	3	12	-3.6667	-3.0220	-6.6887
60	Pittsfield	10	3	3.6923	-11.0087	-7.3164
61	Greater New Bedford	2	13	-4.8667	-2.5075	-7.3741
62	Upper Cape Cod RVT	6	9	-0.9333	-6.7961	-7.7294
63	Northeast Metro RVT	8	7	-0.3333	-8.3363	-8.6697
64	Marlborough	1	15	-5.7500	-3.6026	-9.3526

-4.2552

-5.0624

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RANK	SCHOOL	W	L	AVG. MARGIN	OPP. RATING	RATING
65	Lowell Catholic	4	11	-3.7333	-5.7281	-9.4615
66	Blackstone Valley RVT	3	10	-3.8462	-6.0428	-9.8889
67	Montachusett RVT	2	10	-4.1667	-5.7784	-9.9451
68	Whittier RVT	1	11	-4.0833	-7.1207	-11.2041
69	Bristol County Agricultural	3	12	-4.4000	-6.8410	-11.2410
70	South Shore Vo-Tech	1	13	-5.0714	-6.3685	-11.4399
71	Assabet Valley RVT	0	13	-7.0000	-6.2732	-13.2732