

2026 DIVISION 3 GIRLS LACROSSE POWER RANKINGS



Includes scores entered into Arbiter as of May 1, 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	9	1	5.3000	5.7191	11.0191
2	Norwell	10	0	5.8000	2.6159	8.4159
3	St. Mary's	7	0	6.4286	1.3133	7.7419
4	Newburyport	8	3	2.5455	4.9319	7.4774
5	Nashoba Regional	10	2	4.5000	2.7242	7.2242
6	Medfield	7	5	1.0000	5.6197	6.6197
7	Dover-Sherborn	8	2	5.2000	1.2937	6.4937
8	Foxborough	8	3	2.5455	3.8922	6.4376
9	Scituate	8	5	1.3077	4.8377	6.1454
10	Weston	6	7	0.3077	5.8161	6.1238
11	Wakefield Memorial	6	3	2.7778	2.9324	5.7102
12	Wayland	3	7	-1.4000	7.0572	5.6572
13	Falmouth	8	3	2.0000	3.0028	5.0028
14	Swampscott	7	2	4.4444	0.1998	4.6442
15	Ursuline Academy	6	3	1.7778	2.6516	4.4294
16	Nauset Regional	8	4	2.3333	1.7770	4.1103
17	North Reading	5	4	1.1111	2.7584	3.8695
18	Hanover	5	6	-0.3636	3.1536	2.7900
19	Bishop Stang	4	3	2.5714	0.0221	2.5935
20	Dighton-Rehoboth	6	1	4.0000	-1.8133	2.1867
21	Bishop Fenwick	3	7	-1.9000	4.0404	2.1404
22	Essex North Shore	6	4	0.2000	1.8142	2.0142
23	Apponequet Regional	7	3	2.7000	-1.0182	1.6818
24	Watertown	2	7	-3.6667	5.0667	1.4001
25	Old Rochester Regional	3	5	0.8750	0.4002	1.2752
26	Saint John Paul II	4	5	-0.1111	1.2886	1.1774
27	Arlington Catholic	6	3	0.6667	0.1027	0.7694
28	North Middlesex Reg.	5	3	1.8750	-1.3134	0.5616
29	Wilmington	5	6	-1.1818	1.5697	0.3878
30	Pembroke	3	7	-1.5000	1.7390	0.2390
31	Dedham	5	4	0.2222	-0.0861	0.1361
32	Cape Cod Academy	0	0	0.0000	0.0000	0.0000

0.0000

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

**FORFEIT
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RANK	SCHOOL	W	L	AVG. MARGIN	OPP. RATING	RATING
33	Hudson	5	1	4.0000	-4.0756	-0.0756
34	Holliston	5	7	-1.0833	0.6751	-0.4082
35	Medway	4	7	-1.5455	0.9869	-0.5585
36	Saugus	5	5	0.0000	-1.0988	-1.0988
37	Shawsheen Valley Tech	8	2	3.9000	-5.5645	-1.6645
38	Dracut	4	5	-0.2222	-1.4633	-1.6856
39	Amherst-Pelham Reg.	5	5	-0.1000	-1.9591	-2.0591
40	Danvers	2	9	-4.4545	2.1870	-2.2675
41	Cardinal Spellman	3	7	-3.5000	1.1126	-2.3874
42	Martha's Vineyard Reg.	7	4	0.6364	-3.0379	-2.4015
43	Oakmont Regional	3	6	-1.3333	-1.1303	-2.4636
44	Notre Dame (Worcester)	3	7	-2.7000	-0.6914	-3.3914
45	Tri-County RVT	8	1	4.5556	-7.9822	-3.4266
46	Gloucester	3	8	-3.0000	-0.5318	-3.5318
47	Pope Francis	2	7	-2.3333	-1.4749	-3.8082
48	Saint Bernard's	3	5	-1.3750	-2.5298	-3.9048
49	Tewksbury Memorial	1	10	-4.6364	0.6915	-3.9449
50	Fontbonne	0	10	-4.2000	0.1305	-4.0695
51	Middleborough	1	8	-5.2222	0.8329	-4.3893
52	Bristol-Plymouth RVT	7	2	4.0000	-8.3943	-4.3943
53	Falmouth Academy	4	3	-0.1429	-4.3786	-4.5215
54	Salem	3	7	-2.1000	-2.6493	-4.7493
55	Belchertown	8	4	1.8333	-6.7415	-4.9081
56	Groton-Dunstable	1	8	-4.2222	-0.8336	-5.0558
57	Norton	1	11	-6.2500	1.1505	-5.0995
58	Chicopee	6	3	1.6667	-7.4616	-5.7949
59	Auburn	4	5	0.1111	-6.0180	-5.9068
60	Greater Lowell Tech	4	4	0.8750	-7.1185	-6.2435
61	Greater New Bedford	2	7	-5.0000	-1.6767	-6.6767
62	Northeast Metro RVT	5	4	-0.8889	-7.1576	-8.0465
63	Upper Cape Cod RVT	1	5	-1.6667	-6.3975	-8.0641
64	Cape Cod RVT	4	6	-1.7000	-6.9485	-8.6485

-3.2249

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RANK	SCHOOL	W	L	AVG. MARGIN	OPP. RATING	RATING
65	Marlborough	0	11	-6.6364	-2.2891	-8.9255
66	Lowell Catholic	3	9	-3.7500	-5.2213	-8.9713
67	Montachusett RVT	1	7	-4.5000	-5.5366	-10.0366
68	Blackstone Valley RVT	2	7	-4.4444	-5.6913	-10.1357
69	Whittier RVT	0	9	-4.6667	-6.2662	-10.9329
70	Pittsfield	5	2	2.1429	-13.7326	-11.5898
71	Assabet Valley RVT	0	7	-7.0000	-4.9738	-11.9738
72	South Shore Vo-Tech	1	8	-4.7778	-7.4439	-12.2216
73	Bristol County Agricultural	1	8	-5.1111	-7.4875	-12.5986