

2026 DIVISION 3 GIRLS LACROSSE POWER RANKINGS



FINAL: Includes scores entered into Arbiter, verified by MIAA

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	18	2	5.4000	5.0789	10.4789
2	Norwell	14	4	3.5556	3.5906	7.1462
3	Nashoba Regional	15	3	4.8333	1.5545	6.3878
4	Newburyport	13	5	3.0000	3.0825	6.0825
5	Wayland	9	9	0.5000	5.5242	6.0242
6	St. Mary's	14	2	4.8750	1.0808	5.9558
7	Scituate	11	7	1.5000	4.4084	5.9084
8	Foxborough	13	5	2.5556	3.2261	5.7816
9	Dover-Sherborn	14	4	4.6111	0.9950	5.6061
10	Medfield	12	7	1.5789	3.5974	5.1763
11	Weston	8	10	-0.2778	5.1739	4.8961
12	Falmouth	12	6	1.7778	2.9058	4.6836
13	Ursuline Academy	11	6	2.2941	1.6994	3.9935
14	North Reading	11	7	2.2222	1.1518	3.3740
15	Wakefield Memorial	8	10	0.1111	3.1806	3.2918
16	Nauset Regional	13	5	2.8889	0.1038	2.9927
17	Hanover	6	12	-1.9444	4.1780	2.2335
18	Old Rochester Regional	9	8	2.2941	-0.3198	1.9743
19	Swampscott	13	4	3.7647	-1.8942	1.8705
20	Bishop Stang	6	9	0.5333	0.7841	1.3174
21	North Middlesex Reg.	11	5	2.6875	-1.7115	0.9760
22	Hudson	10	5	3.2667	-2.5965	0.6702
23	Apponequet Regional	13	6	1.6316	-1.0845	0.5471
24	Dighton-Rehoboth	10	6	2.3125	-1.7763	0.5362
25	Arlington Catholic	10	7	0.5294	-0.1607	0.3687
26	Pembroke	5	13	-2.1111	2.2805	0.1694
27	Bishop Fenwick	5	13	-2.0000	2.1335	0.1335
28	Essex North Shore	9	9	-0.9444	1.0061	0.0617
29	Saint John Paul II	7	12	-1.5789	1.6020	0.0231
30	Wilmington	7	11	-2.3333	1.6024	-0.7309
31	Watertown	4	15	-3.7895	2.6610	-1.1285
32	Medway	7	10	-1.1176	-0.0915	-1.2092

(continued)

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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	Holliston	7	11	-1.2778	-0.0747	-1.3525
34	Oakmont Regional	7	11	-1.2222	-0.4818	-1.7040
35	Dedham	8	11	-1.6316	-0.0785	-1.7101
36	Amherst-Pelham Reg.	10	7	1.0588	-2.8509	-1.7921
37	Tri-County RVT	17	1	5.5556	-7.8987	-2.3432
38	Cardinal Spellman	7	11	-2.6111	-0.0569	-2.6680
39	Martha's Vineyard Reg.	9	7	0.1250	-2.8561	-2.7311
40	Bristol-Plymouth RVT	15	3	3.8333	-6.6689	-2.8356
41	Saugus	10	8	0.7778	-3.6980	-2.9202
42	Shawsheen Valley Tech	12	6	3.1111	-6.1148	-3.0037
43	Notre Dame (Worcester)	7	10	-2.0588	-0.9632	-3.0221
44	Dracut	8	10	-0.2778	-2.9799	-3.2576
45	Saint Bernard's	5	11	-1.5000	-2.2954	-3.7954
46	Belchertown	13	6	2.3684	-6.2173	-3.8489
47	Groton-Dunstable	2	15	-4.3529	0.2739	-4.0791
48	Danvers	4	14	-3.6111	-0.5760	-4.1871
49	Middleborough	2	13	-4.8000	0.3713	-4.4287
50	Chicopee	10	5	0.3333	-5.4979	-5.1645
51	Pope Francis	3	12	-3.1333	-2.0383	-5.1716
52	Tewksbury Memorial	3	15	-4.3333	-0.9746	-5.3079
53	Fontbonne	0	16	-5.2500	-0.3433	-5.5933
54	Norton	2	16	-5.3889	-0.3430	-5.7319
55	Auburn	7	9	0.0625	-6.0930	-6.0305
56	Gloucester	3	15	-4.4444	-1.9146	-6.3591
57	Greater Lowell Tech	11	6	1.9412	-8.4979	-6.5567
58	Salem	4	14	-3.0556	-3.9660	-7.0215
59	Greater New Bedford	2	15	-5.1176	-2.1360	-7.2536
60	Upper Cape Cod RVT	6	12	-1.5000	-6.1494	-7.6494
61	Marlborough	1	17	-5.8889	-2.8609	-8.7498
62	Pittsfield	10	4	3.1429	-12.0909	-8.9480
63	Northeast Metro RVT	9	9	-0.5556	-8.6379	-9.1935
64	Blackstone Valley RVT	4	11	-3.3333	-6.1130	-9.4463

-3.2862

-4.8954

-7.3259

(continued)

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RANK	SCHOOL	W	L	AVG. MARGIN	OPP. RATING	RATING
65	Lowell Catholic	5	13	-3.4444	-6.0520	-9.4964
66	Bristol County Agricultural	4	14	-3.9444	-6.3208	-10.2653
67	South Shore Vo-Tech	2	14	-4.6250	-5.8000	-10.4250
68	Montachusett RVT	2	14	-4.8750	-6.0658	-10.9408
69	Whittier RVT	2	13	-4.0667	-7.8072	-11.8739
70	Assabet Valley RVT	0	15	-7.0000	-6.0514	-13.0514

Other power rated MIAA teams

RANK	SCHOOL	W	L	AVG. MARGIN	OPP. RATING	RATING
#	Falmouth Academy	6	6	-0.5833	-3.1742	-3.7575

- opted out of postseason