

NXT Outdoor Tournament Rules

****All Players must complete the online player waiver prior to participation. Mouth guards must be worn at all times along with appropriate equipment. ****

Youth / High School (non-Invitational) Events- will play US Lacrosse/NFHS rules with the following modifications and / or points of emphasis. 2 – 22 minute running halves.

Safety- In the event of inclement weather or extreme temperature our Director of Health and Participant Safety may recommend modifications to game time for safety reasons.

Penalties- are running time starting on the whistle (30 or 60Sec) *4-3 Fast break rule in 9U. Stops during injury, T/O and while another penalty is being assessed.

Stick Length- 4th Grade and/or 10U and Below - Max length of the stick shall be 37-42 inches or 47-54 for long poles.

Checking- Limited body checking in 7th and 8th Grade and/or 13U and 14U divisions only. Big hits & physical play (even within three yards of a loose ball) constitute unnecessary roughness. (1 min penalty)

Counts- High School, 5th-8th Grade and / or 12U and 14U divisions: Clearing Counts of 20 seconds to cross midline and 10 seconds to advance the ball into the box. The leading team must keep it in the box with under 2 minutes left in the game if the opponent is within 4 goals. NO Counts 2nd -4th Grade and / or 10U and below. Exception is a 5 sec goalie count

Timeouts- One (30) second T/O per game. The game clock does not stop during a T/O. Timeouts cannot be called in the last four minutes of the game by the leading team. No T/O in overtime unless the championship game. Each team receives one (1 minute) T/O plus the clock will stop in the championship.

Alternate possession- When the official cannot determine who should be awarded ball it will be given to away team, which is team on right side of schedule.

Tie Game- There is no overtime in pool play. Each team will receive 1 point.

Overtime- In the event of a tie in the playoffs, overtime will consist of a (4) minute sudden victory overtime period followed by a 1v1 Brave Heart. If a goalie crosses the midfield his teammate must stay onside. If a foul is committed/flag down, the offending player will be placed 5 yards behind the player with the ball. Championship game, overtime will consist of unlimited 8-minute periods until a goal is scored.

Mercy Rule- Applied when there is a (7) goal deficit in pool play. Teams down by (7) or more goals will get a free clear after each goal. Coaches can agree to waive this rule.

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Official Score- Will be kept by the field coordinator and a referee. Post game the field coordinator will certify the official score with both coaches and officials. Once scores are certified & reported they may not be challenged. If a dispute arises please call a tournament director to the field.

Playoff Seeds- Teams will be seeded according to their overall record based on points; teams receive 3 points for win, 1 point for a tie. If two or more teams are tied on points after pool play, the following tie-breakers will be used: 1) Head to Head, 2) Goal differential (max 7 per game +/-), 3) goals against, 4) coin flip. In the event of a 3 team tie, the tiebreaker process starts at step 2. Once a team is selected as winning the 3 team tiebreaker, the tie breaking process restarts at step 1 with the remaining 2 teams

Roster regulations- No player can compete on more than one team within the same age group or grad year (ex. A player could not play for a 2023 A and B team) Limited age exceptions can be made in advance at the discretion of tournament directors for self-described developing youth programs.

Sportsmanship- If a player leaves the sideline to get involved in an on the field altercation, or a player on the field runs from the opposite end crossing the midfield, that player is automatically ejected from the game. The player may also be removed from the tournament. The offending team may have to forfeit the game at the discretion of tournament director. In the event that both teams have players exhibiting this behavior the game may be called and both teams will have the game recorded as a loss. The offending team or teams also may render themselves ineligible for the playoffs. The coaches and officials are expected to protect and promote the safety and well-being of all players.

No tolerance policy- alcohol, drugs, discrimination based on race, gender, religion, or sexual orientation by players, coaches, or fans. If a player, coach, or fan are proven to be in violation of this, the result will be an immediate ejection from the tournament venue.

Referees- can stop the game for any reason that he/she feels fit.

Issues or concerns- Tournament Directors will only communicate with team head coaches and assistants on all matters.