

I. General Information

- a. Check-In: Coaches or Club Directors do not have to check in day of the event unless there are waiver issues to attend to which will be communicated in advance.
- b. Scheduling & Organization: The tournament will stay on schedule. Please have your teams ready to play. Field coordinators will be checking to make sure teams up next are ready to go in order to keep all games on schedule.
- c. Rulings: The tournament directors have the final say on rules interpretations.
- d. Score Disputes: If a coach has concerns about the final score or a game, the coach should immediately bring the concern to the attention of the field coordinator and game referees prior to that score being reported to the tournament directors. Goal differential can be a tie-breaker for playoffs so this is very important. The field coordinator or coach may request that a tournament director come to the field to handle a score dispute. Once reported, scores may not be challenged later in the day or weekend. Please do not send parents to the registration tent if your team has concerns. Tournament Directors will only communicate with team head coaches and assistants.

II. Game Play

- a. General Rules
 - i. US Lacrosse Women's Rules will be used for the High School Divisions. US Lacrosse U13 rules will be used for the Middle School divisions (2024-2025); we will play with modified checking and no deputy. USL Youth Rules will apply for 2026 and under.
 - ii. Special note for the 2022, 2023 and 2024 Divisions:
2022/ U14 Divisions- Will play Full checking, HS rules
2023- This age group will be FULL CHECKING and abide by USL HS RULES
2024- This age groups may do full- checking if both teams agree prior to playing;
If both teams are playing with full-checking then all USL High School rules apply;
If one team wants to play with modified checking, and one does not wish to play with full checking, then the modified checking rule will stand, and all USL U13 rules will stand.

- iii. 8 meter shot: If the game horn sounds before an 8 meter can be taken, the shot will be taken but play will end upon a Goalie save or a missed 8 meter. There will be no opportunity for a change in possession or rebound by the same team.
 - iv. Games consist of two 22-minute running halves; teams will change direction after the half. Halftime will be two minutes.
 - v. There will be a continuous central clock, which will be managed by the tournament director and communicated to the field coordinators and referees.
 - vi. In the event that the combination of weather and humidity result in conditions that exceed standard heatstroke safety guidelines, the tournament will switch games from two 22-minute halves to four 10-minute quarters with water and rest breaks between each quarter. If further modifications need to be made, they will be at the discretion of the tournament director and NXTsports Director of Participant Health and Safety. The tournament director will notify all fields if such conditions occur.
- b. Timeouts: There will be no timeouts during any game.
- c. Injury: Delays of the game due to injury may result in shortened game times. All games must end 5 min prior to the next scheduled game on that field. Field marshals may summon the trainer to your field in case of injury or emergency.
- d. Substitutions: Substitutions will be according to US Lacrosse rules.
- e. Players equipment: It will be at the officials' discretion to determine the safety and suitability of player equipment including the wearing of an orthopedic cast or hard brace. A COLORED mouth guard and the appropriate eye protection are mandatory for all players.
- f. Stick Checks: No stick checks will be done prior to the start of any games. Additionally, no coach or player are permitted to request a stick check during the game, at halftime or after a game has been completed.
- g. Inclement weather
- i. Weather is monitored at NXTsports through Schneider Electric's WeatherSentry Online and the current venue's weather system. NXTsports' Director of Participant Health and Safety has the authority to postpone or cancel games.

- ii. The schedule may be modified if necessary due to inclement weather or poor field conditions. NXTsports' Director of Participant Health and Safety has the authority to postpone or cancel games.
- iii. **LIGHTNING SAFETY:** Three long blasts of an Air horn indicate LIGHTNING and all fields must be cleared IMMEDIATELY. Players and fans must go to the tournaments designated safe shelter. Safe shelter is considered any fully enclosed building that involves plumbing and/or electrical wires that act to electrically ground the structure-places that people live or work. If such a shelter cannot be found, take shelter in any vehicle with a hard metal roof and closed windows. No outdoor activities are to be resumed until 30 minutes after the last sign of lightning/thunder or the all-clear text alert has been received. For every sign observed, the 30-minute timer is reset.
- iv. **HOT WEATHER SAFETY:** The Director of Participant Health and Safety and the Tournament Director will monitor the Wet Bulb Globe Temperature. When indicated by the Wet Bulb Globe Temperature, tournament game times will be modified to comply with current recommendations. These game modification times will be either two 22-minute halves, four 10-minute quarters or four 7-minute quarters with water breaks in between each quarter. When heat rules are enforced, participants are encouraged to take off helmets and other easily removable equipment. If further modifications need to be made, they will be at the discretion of the tournament director and NXTsports Director of Participant Health and Safety. The tournament director will notify all fields if such conditions occur.
- v. **COLD WEATHER SAFETY:** In circumstances involving precipitation, decisions about participation restriction will be made by the Director of Participant Health and Safety on an individual basis based current best practices.

III. Roster Regulations & Guidelines

- a. All players and parents/guardians must complete the online player waiver prior to participation.
- b. Limited age exceptions can be made at the discretion of tournament directors for

self-described developing youth programs.

- c. No high school graduates are eligible to participate in the event.

IV. Scoring & Standings

- a. **Playoff Overtime**
 - i. In the event of a tie in playoff quarterfinals or semifinals, overtime will consist of a four-minute sudden death overtime period followed by a 1v1 Brave Heart competition until a goal is scored. During a Braveheart, if a foul is committed normal USL rules apply.
 - vi. In the event of a tie in a Championship game, overtime will consist of unlimited 3-minute periods of sudden-death overtime until a goal is scored.
 - iii. Each team receives one 30-second time out during the overtime period during which the clock will stop. Unused timeouts do not carry over from the game.
- b. **FORFEITS:** Teams failing to report to assigned games at scheduled times will forfeit the game.
- c. **Tie Games:** There is no overtime in pool play. Tie games will end in a tie and each team will receive 1 point.
- d. **DISPUTES:** All disputes will be settled by the tournament director or his/her designee. The decision will be final.
- e. **TOURNAMENT SCORING**
 - i. Winning team = 3pts
 - ii. Tie = 1pt for each team
 - iii. Loss= 0 pts
 - iv. Tie Breaker Procedure: Total Points, Overall Record, Goals Against, Goals Scored, Goal Differential, Coin Flip

f. OFFICIAL SCORES

- i. The official score will be kept by both the field coordinator and one of the referees. The coordinator and referee will confer throughout the game and at stoppages to ensure the correct score. At the end of game, the referee is responsible for certifying the official game score with both coaches and the field coordinator. All scores are reported to tournament director and may not be challenged later during the tournament

g. MERCY RULE (YOUTH ONLY)

- i. Applies when there is a seven goal deficit in pool play.
- ii. Teams down by 7 or more goals will get a free position at center after each goal. If both coaches agree to waive the mercy rule, play will start with a draw as per USL rules.
- iii. The mercy rule does not apply at the High School Level.

V. Sportsmanship & Coaching

All Coaches have total responsibility for the conduct of their players, substitutes, fans and spectators at all times. Coaching from the sideline (giving direction to one's own team on points of strategy and position) is permitted, provided:

- a. The tone of the voice is instructive and not derogatory
- b. Each coach or substitute remains on their own half of the field between the substitution area and the end line
- c. No coach, player, or spectator makes derogatory remarks or gestures to the umpires, other coaches, players, or spectators
- d. No coach, player, or spectator uses profanity or incites, in any manner, disruptive behavior.
- e. Tournament directors and staff consider the safety of each player as our first priority and we expect coaches and players to understand and abide by this philosophy as well. The coaches and officials are expected to protect and promote the safety and well-being of all players.

- f. There is a no tolerance policy for any 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 immediate ejection from the tournament. Offending persons will need to leave the venue and no refunds will be offered.
- g. YELLOW AND RED CARDS: A player or coach receiving two yellow cards in a single game will be held out of the remainder of that game. A player or coach who has been ejected or issued a red card will not be allowed to participate in the next scheduled game. A player or coach who is ejected for violent conduct or derogatory comments (Red Card) may be subject to not participating in the remainder of the tournament. Any player, coach, or spectator who assaults another will be expelled from the tournament. Ejections are determined by the referees; expulsions by the tournament directors.

V. 7 v 7 Rules

- Games will be 22 min in length
 - No halftime
 - Initial possession determined by coin flip
 - Central horn will manage game clock
- a. Max 11 players per team
 - b. Game play will be 7 v 7 plus a GK. Modified field size.
 - d. Both teams play attack and defense
 - e. Field boundaries are lacrosse sidelines, endline and 50 yard line for restraining line.
 - f. Normal USL, Age Appropriate Rules apply.
 - g. If the team defending the clear obtains possession on the clear by causing a turnover, the team may go to cage without clearing the ball.
 - h. Subs will be made at any time during the course of play
 - i. If a player runs out of bounds or throws the ball out of bounds, possession will be awarded to the opposing team 2 meters off of the line where the ball went out.

PLAYOFF PROCEDURES:

- a. Pool play will produce a top seed who will move into the championship bracket

- b. If game is tied at the end of regulation, play will continue until a winning goal is scored.
- c. If a foul is committed or an 8M awarded as clock expires, the foul and corresponding 8M will be played out. Only 1 8M is allowed and if there is a GK save and one team is winning, the game is over. If the game is tied, play will continue until sudden victory.

POINT SYSTEM:

Win=3

Tie = 1 pt to each team

Loss= 0

TIE BREAKING PROCEDURE:

- a. Head to head
- b. Record
- c. Goals Against
- d. Goals Scored
- e. Goal Differential
- f. Coin Toss