

I. General Information

- a. **Check-In:** There is no check in. Please arrive to your field on time to begin your games.
- 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 U14 rules will be used for the Middle School divisions (2026); we will play with modified and no deputy.
 - ii. **Special note for the 2025 Division: This age group 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 U14 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. Self-starts are permitted during the final two minutes due to the continuous central clock.
 - vii. In the event that the combination of weather and humidity result in conditions that exceed standard heat-stroke 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.
- c. **Injury:** Delays of the game due to injury may result in shortened game times. All games must end 4 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 on 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. Self Starts are permitted during the full length of over time.
 - vi. In the event of a tie Championship game, overtime will consist of unlimited 3-minute periods of sudden-death overtime until a goal is scored.
 - iv. Playoffs will be based on overall record, and then head to head, finally goals against for any tie breakers.

- 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, 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.
- 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.

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.

7v7 Guidelines

- a. Two 14-minute halves with a two-minute half time (running clock)
- b. Clock will be kept by Field Coordinator - separate from central horn
- c. Draw after each goal
- d. Roster size of up to 12 players Three-game guarantee
- e. One pass required before attempting to attack the cage
- f. If attacker intercepts or causes turnover from opposing goalie after save, the player must have one pass before attacking the cage again