



## Lacrosse Tournament Universal Rules

### Girls Field

**\*\*All Players must complete the online player waiver prior to participation. Mouth guards (of any color/design) must be worn at all times along with appropriate equipment.\*\***

#### **RULES\***

USA Lacrosse Women's Rules will be used for the High School Divisions. USA Lacrosse U13 rules will be used for the Middle School divisions. Youth rules will be employed for 4<sup>th</sup> and 3<sup>rd</sup> grade divisions.

#### **SAFETY**

In the event of any inclement weather, extreme temperature, visibility issue and/or dangerous field conditions our Director of Health and Participant Safety may recommend modifications to game time for safety reasons.

#### **GAME TIME**

Game lengths may vary per tournament. This will be communicated by Tournament Director in pre tournament communication.

#### **PENALTIES**

Yellow cards: If a yellow card is issued, it is a 2-minute NON RELEASABLE penalty that begins once the player exits the field. If a penalty occurs immediately before the end of the 1st half, the penalty will continue into the second half until the full two minutes have been served. If two yellow cards are issued, a player is ineligible for the rest of the game. If a red card is issued, that player is removed from that game and the following game. If 4 yellow cards are issued to a single team in a single game, the offending team must play man-down for the remainder of the contest.

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 either team.

#### **STICKS**

There will be no stick checks prior to the start of a game. Coaches can not request a stick check of an opposing player. All sticks must comply with NFHS and USA Lacrosse guidelines.



## **CHECKING**

All Divisions participate in checking corresponding to USA Lacrosse and NFHS rules.\* \*Special note for 8th grade or rising 8th grade 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 USA Lacrosse U13 rules will stand.

## **TIMEOUTS**

No pool-play or quarter/semi-final time outs are permitted unless otherwise noted. The only instance where timeouts may occur is during overtime of a championship game. The clock will stop in this instance.

## **OVERTIME**

Pool Play Overtime - There is no overtime in pool play. Each team will receive 1 point.

In the event of a tie in playoff quarterfinals or semifinals, overtime will consist of a 4-minute sudden victory overtime period followed by a 1v1 Brave Heart competition until a goal is scored (2v2 including goalies). During a Braveheart, if a foul is committed normal USL rules apply.

Championship Overtime - Championship game will consist of unlimited 3-minute periods until a goal is scored. Each team will be awarded one 30 second timeout and the clock will stop.

## **MERCY RULE**

Applied when there is a (7) goal deficit in pool play in *Youth Divisions only*. Teams down by 7 or more goals will get a choice to have 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 USA Lacrosse rules.

## **FORFEIT**

In the event of a forfeit, the winning team will be awarded 7 goals in reference to the 7 goal max differential. If a team forfeits a game, they will be ineligible for championship bracket play.

## **OFFICIAL SCORE**

Will be kept by the field coordinator. 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. If a coach has concerns about the final score of 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. Once reported, scores may not be challenged. Tournament Directors will only communicate with head coaches and/or club directors.

## **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 teams are tied on points after the pool play the following tiebreakers 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 2 until 2 teams remain. The process starts at step 1 once 2 teams are remaining.

## **PLAYOFF FORMAT**

Fall season full-field playoff games will be 20 min in length with no half time, unless it is a quarterfinal that is a part of the team's game guarantee, in which case it will be regulation length. Summer season playoff games will be regulation length unless otherwise noted.

## **ROSTER REGULATIONS**

No player can compete on more than one team within the same age group or grad year for a different club. Limited age exceptions can be made in advance at the discretion of tournament directors. No roster number limit.

## **INJURY**

Delays of the game due to injury may result in shortened game times. All games must end prior to the next scheduled game on that field. Field coordinators should summon the trainer to the field in case of injury or emergency.

## **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 and the following game. The player may also be removed from the league/tournament. The offending team may have to forfeit the game at the discretion of the 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. Any player, fan or coach ejected from a game will be prohibited from competing in/coaching/watching his/her team's next game. If this happens a second time, said participant will be disqualified from the event. Ejections are determined by the referees; expulsions by the tournament directors.

## **NO TOLERANCE POLICY**

Alcohol, drugs, discrimination based on race, gender, religion, or sexual orientation by players, coaches, or fans will not be tolerated. If a player, coach, or fan is proven to be in violation of this, the result will be an immediate ejection from the tournament venue at the discretion of the tournament director.

## **GAME/TOURNAMENT DELAYS**

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. The schedule may be modified if necessary due to inclement weather or poor field conditions.

**LIGHTNING SAFETY:** Three (3) blasts of an air horn indicate LIGHTNING and all fields must be cleared IMMEDIATELY. Players and fans must go to the tournament's 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 email has been received. For every strike observed, the 30-minute timer is reset. *Five (5) blasts means the field is now open and play can resume.*

**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.

**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.

## **ISSUES OR CONCERNS**

Tournament Directors will only communicate with Club Directors and/or head coaches serving as deputy club directors on site.



## Lacrosse Tournament Universal Rules

### 7v7 SPECIFIC RULES

#### GENERAL SET UP RULES

- Games will be played on field A & B- which will be lined as a 50 yard field with a 25 yard “restraining line”.
- Both ends of the field will have normal sized creases, 8 meters and 12 meter arcs (when possible)
- Teams who do not have a goalie may opt to use a “hector rejector” shot blocking net. This net must be a standard square approx. 4ft by 4ft. (an elite level shooting net with only small holes may not be used)

#### PERSONEL

- 7 v 7 plus a GK (or 7 field players & a rejector)
- 5 v 5 in the settled attacking end. (2 behind the “restraining line”)
- Rosters should not exceed 15 players per team. ○ We will make reasonable exceptions to this rule. ie: your roster has 16 players and you don’t want to leave someone home.

#### GAME LEGNTH

- Two 22-minute halves with a half time (running clock) (following the central clock for the event)



## **RULES**

- All youth USL rules apply including NO CHECKING.
- One pass is required before attempting to attack the cage.
- The goalie clear does not count towards that count. Please understand we are simply trying to prevent programs from combining teams to play in one event, which can be perceived as a disadvantage to opponents.
- Players must compete in designated grad year. No player shall compete in a division whose oldest designated grad year is younger than their own.
- Players shall not double roster unless it has been approved by the tournament director and accepted by coaches of both home and away team.

## **IN GAME RULES**

- If attacker intercepts or causes turnover from opposing goalie after save, the player must have one pass before attacking the cage again
- When a rejector is used in place of the GK, the following must happen in order for the goal to count.
- Shots may not bounce off the rejector and into the goal. ie: a ball hits right at the rejector, drops and rolls in (essentially hitting a goalie and going in)
- Shots may not be rolled BENEATH the rejector with the intent to simply BYPASS the rejector.
- Shot may bounce into the goal as long as it does not make contact with the rejector. But if it ball maintains continuous contact with the ground (rolling with sight bounces) the goal will not count.