

# **3STEP**

## **S P O R T S**

### **Lacrosse Tournament Universal Rules**

### **BOX**

**\*\*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**

Youth / High School Indoor Events - will play using USBOXLA/US Lacrosse Indoor Rules with the following modifications and/or points of emphasis.

### **BOX SPECIFIC RULES**

**Crease:** All players can run through the crease if they do not have the ball. If an offensive player is in the crease while a goal is scored, the goal will be disallowed. Shooting players can dive or land feet first in the crease as long as the ball has crossed the goal line first. **\*\*If ball is in the crease players can reach in goalie has a clamp on the ball\*\***

**Backcourt Rule:** Backcourt will be enforced

**Picks:** Picks and moving picks are allowed. Picking players may not 'drive' another player. A cross checking two minute penalty can be enforced for excessive force.

**Shot Clock:** A 30 second shot clock will be used. The shot clock will reset for any shot off the goalie, goal post or crossbar. The shot clock will not start again until a team gains possession. **\*If the ball hits a**

goalie in the head, automatic turnover. Always protect the Athlete. \*\*If for some reason shot clock malfunctions officials will give an audible countdown versus stopping play as with the best judgment to the timing as humanly possible.

Substitutions: All substitutions are on the fly. The exiting player must have one foot in the substitution area before the entering player may step into the rink.

## **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**

Illegal Body Checking and Boarding: Illegal body checking or body checking an opponent into the boards who is in a vulnerable position are the most dangerous checks in the game. Body checks that are reckless or attempted to deliberately injure an opponent will result in a major penalty or match penalty based on severity (Match Penalty, see below).

No Fighting: Players who engage in fights must be removed from the game and will be suspended for the next game. The Tournament

Director has the discretion to remove a player from the tournament.  
Always protect the athlete.

Goalie Interference: When the goalie has possession of the ball in the crease and is checked, the 1st time is a team warning, 2nd time it happens to a team it is a minor penalty.

Play the Ball: When players are pursuing a loose ball, stick checking an opponent's stick and some body contact is allowed. If the body contact is more than equal pressure and a direct attempt to drive the opponent off the ball while making no attempt to play the ball, possession shall be awarded to the non-offending team for interference. Always protect the athlete.

Penalties: Man up / Man down. Players must remain in the penalty box while serving a penalty. Minor penalties are 1 minute; Major penalties are 3 minutes – locked in. Match penalties are 3 minutes – locked in and ejection from the game. All penalties are running time except for below:

Penalty time will stop during a time-out, injury time-out or while another penalty is being called. The game clock will stop when a penalty is called with under 2 minutes in the game.

Penalty shots are used to restore a scoring opportunity which was lost as a result of a foul being committed by the opposing team. The offended player must have had a clear path to the goal.

Multiple penalties: teams cannot have less than 3 running players on the court. If a third player is penalized their penalty time will not begin until one of the former penalties is over.

Match Penalty: Game disqualification with an inhome serving 3 Minutes .

## **STICK**

Coaches may not ask for a stick check during a game. Please see the tournament director for questions before or after games. \*Sidewall sticks are not allowed-Goalie stick rule (The Wall)

## **CHECKING**

Body Checking- 6th grade and below, no body checking is allowed. Defensive players may place their stick on the ball carrier and push them away (Place and Push). Always protect the athlete.

## **COUNTS**

Counts- Goalie has a 5 second count and there is a 10 second count to get the ball over midfield.

## **FACEOFFS**

Face-offs- Face-offs will take place at the beginning of each period and after every goal scored. \*No clamping on face offs and no knees down. Must rake the ball free.

## **TIME OUTS**

One (30) second time-out per game. The game clock will not stop during a time-out until the game reaches the 1:00 mark in the third period. Shot clock does not reset during a time-out. Any team "stalling" during a time-out may be penalized or lose possession of the ball.

## **OVERTIME**

Tie will go to a shootout with the exception of a championship game will be one 4 minute overtime. Each team will have three tries to score 1v1 against a goalie in the net and the team with the most goals will win the game. If still tied after 3 shots a piece, the tie breaker will go to sudden

death. No repeat shooters.

## **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.

## **FORFEIT**

In the event of a forfeit, the winning team will be awarded 7 goals in reference to the 7 goal max dif- ferential.

## **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. 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.

## **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 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 2 until 2 teams remain. The process starts at step 1 once 2 teams are remaining.

## **PLAYOFF FORMAT**

Tie will go to a shootout with the exception of a championship game will be one 4 minute overtime

## **ROSTER REGULATIONS**

No player can compete on more than one team within the same division. Limited exceptions can be made in advance at the discretion of tournament directors. If a team is caught in violation of this, the player will be removed from the tournament for the remainder of the day

## **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. 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.

## **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.

## **ISSUES OR CONCERNS**

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