

**nxt**  
**MID-ATLANTIC**  
**SPRING**  
**LEAGUE**

**GENERAL REQUIREMENTS:** All participants must complete the online player waiver prior to playing and be legally equipped and uniformed according to USA Lacrosse/NFHS guidelines. Mouthguards are mandatory.

**ROSTERS AND PLAYER ELIGIBILITY:** No player can compete on multiple teams within the same age group or for different clubs. No limit to roster size; limited exceptions require prior approval. **AA/A Division Rules:** "AA" players can't compete on "A" teams, but "A" players can compete in "AA."

**SPORTSMANSHIP AND SAFETY: ZERO TOLERANCE** for alcohol, drugs, discrimination, or inappropriate behavior by players, coaches, or fans. Actions meant to demean opposing contestants, teams, spectators, and officials are prohibited and lead to ejection. Referees and League Director may stop play for any reason deemed necessary. All concerns and disputes are handled only with the club directors.

**LEAGUE FORMAT: (4), 12-Minute** running quarters, **(1)** Minute between quarters and **(3)** Minute halftime. Field Coordinators maintain official scores, certified post-game by coaches and officials. In forfeits, winning team is awarded **(7)** goal differential. **Playoff Seeding:** Based on points: **(3)** for win, **(1)** for tie. **Tiebreakers:** Head-to-Head → Goal Differential: Max **(7)**/Game → Goals Against → Coin Flip. For 3+ team ties, it starts at Goal Differential.

**RULES:** USA Lacrosse/NFHS guidelines. **Faceoffs:** No Motogrip or knee down, shafts must have contrasting tape.

**COUNTS: 2029-32: 20-Seconds** to clear the midline, after **20-Second** count expires team must be in offensive half where Over-and-Back rules will be enforced. **2033-34:** No counts, except for the goalie's **(4)** Second clearing count.

**PENALTIES:** Penalty clock stops during injuries, timeouts, end of quarters, and subsequent penalty assessments.

- **Technical Fouls: 30-Second** penalties or possession awarded.
- **Personal Fouls: 1-3-Minutes** releasable or non-releasable.
- **Fighting:** Anyone who fights or leaves the sideline/crosses midfield to join an altercation is **EJECTED** and suspended for the next game. Teams with multiple offenders may forfeit and face disqualification.

**ILLEGAL BODY CHECKS:** Contact deemed excessive or occurring outside the legal checking zone (***Above the shoulders, below the waist, or defenseless player***). Limited body checks allowed for 2033-34. Excessive or avoidable contact (*even within three yards of a loose ball*) results in **1–3-minute penalties** at official's discretion.

**TIMEOUTS:** One, **30-Second Timeout per game**. Clock will stop on all Timeouts. **(1)** Timeout per OT period.

**MERCY RULE:** Pool Play only, the team trailing by **(7)** or more goals may elect to receive possession at midfield after scored goals. All periods will start with a faceoff, unless possession is denoted in a man-up or man-down scenario

**OVERTIME: Pool Play-** One, **4-Minute** sudden victory period (***Each team awarded (1) point for a tie***), **(1)** TO per period. **Playoffs & Championship-** Unlimited **8-Minute** sudden victory periods, **(1)** TO per period