



Girls Lacrosse Event Rules (4.1.21) KH

1. General Information

- 1.1. **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.
- 1.2. **Scheduling & Organization:** The tournament will stay on schedule. There will be a continuous central clock, which will be managed by the tournament director and communicated to the field coordinators and referees.
- 1.3. **Rulings:** The tournament directors have the final say on rules interpretations.
- 1.4. **Score Disputes:** 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.

2. Game Play

2.1. Rules

- 2.1.1. 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. Youth rules will be employed for 4th and 3rd grade divisions.
 - 2.1.1.1. **Special note for the 8th 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 USL U13 rules will stand.**
- 2.1.2. Games consist of two 22-minute running halves; teams will change direction after the half. Halftime will be two minutes.
- 2.1.3. 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.
- 2.2. **Timeouts:** No pool-play or quarter/semi-final time outs are permitted unless otherwise noted.
- 2.3. **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.
- 2.4. **Substitutions:** Substitutions will be according to US Lacrosse rules.
- 2.5. **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.
 - 2.5.1. **EXCEPTION:** Eye Black and mouth guards with designs are permitted. (as long as they are not deemed racially, culturally, religiously, politically, sexually or gender identity offensive or insensitive by tournament director)
 - 2.5.2. **Stick Checks:** No stick checks will be done prior to the start of any games. Additionally, no coach or player is permitted to request a stick check during the game, at halftime or after a game has been completed.
- 2.6. **Inclement weather:** 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.

- 2.6.1. **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 email has been received. For every strike observed, the 30-minute timer is reset.
- 2.6.2. **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.
- 2.6.3. **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.

3. Roster Regulations & Guidelines

- 3.1. All players and parents/guardians must complete the online player waiver prior to participation.
- 3.2. Limited age exceptions can be made at the discretion of tournament directors for self-described developing youth programs.
- 3.3. No high school graduates are eligible to participate in the event.

4. Scoring & Standings

- 4.1. **Tie Games:** There is no overtime in pool play. Tie games will end in a tie and each team will receive 1 point.
- 4.2. **Forfeits:** Teams failing to report to assigned games at scheduled times will forfeit the game. The score will be recorded as a 5-2 win for the present team, which is the average points scored per team per game, as to not interfere with playoff seeding.
- 4.3. **Tournament Scoring**
 - 4.3.1. Teams will be ranked/seeded according to their overall record based on points; teams receive 3 points for win, 1 point for a tie, 0 points for a loss.
 - 4.3.2. If two or more teams are tied on points after pool play, the following tiebreakers will be used in stated order:
 - 4.3.2.1. Head to Head
 - 4.3.2.2. Goal differential (max 7 per game +/-)
 - 4.3.2.3. Goals against
 - 4.3.2.4. Coin flip
 - 4.3.3. 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 1 with the remaining 2 teams.
- 4.4. **Official Scores:** 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.

4.5. **Mercy Rule (Youth Only- Does not apply at HS or 8th grade levels)**

- 4.5.1. Applies when there is a **seven**-goal deficit.
- 4.5.2. Teams down by 7 or more goals will get 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 USL rules.

4.6. **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.

4.7. **Playoff Overtime**

- 4.7.1. 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.
- 4.7.2. In the event of a tie in a Championship game, overtime will consist of unlimited 3-minute periods of sudden-victory overtime until a goal is scored.
- 4.7.3. Each team receives one 30-second time out during the overtime period (Championship game only) during which the clock will stop. All USL time out rules apply.

4.8. **Weather-Related Game Stoppage:** If games are stopped due to weather or any other unforeseen emergency by the tournament director, the rescheduling of games and duration of those games will be left up to the discretion of the tournament director.

5. **Sportsmanship & Coaching**

- 5.1. 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:
 - 5.1.1. The tone of the voice is instructive and not derogatory.
 - 5.1.2. Each coach or substitute remains on their own half of the field between the substitution area and the end line and behind the sideline.
- 5.2. No coach, player, or spectator makes derogatory remarks or gestures to the umpires, other coaches, players, or spectators.
- 5.3. No coach, player, or spectator uses profanity or incites, in any manner, disruptive behavior.
- 5.4. 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.
- 5.5. There is a no tolerance policy for any discrimination based on race, gender, religion or sexual orientation/identity by player, coaches or fans. If a player, coach or fan is 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.
- 5.6. **Yellow and Red Cards:** A player, coach or spectator receiving two yellow cards in a single game will be held out of the remainder of that game. A player, coach or spectator who has been ejected or issued a red card will not be allowed to participate in the next scheduled game. A player, coach or spectator 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 Game Rules KH 6.14.21

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

DRAW SET UP

(Due to social distancing protocols, NXT is implementing the following draw policies)

- If both coaches and officials agree to conduct traditional draws prior to the game, then draws may occur.
- If not, there will be a coin toss to determine possession to start the game with a free possession at midfield for the team awarded possession. Second half possession will be awarded to the other team
- After each goal scored ball will return to center for the draw set up-this will allow teams time to reset and sub players. Jr. official will look to the sideline to alert lead official of imminent substitutions.
- If coaches and officials have decided that there would not be traditional draws then possession will be awarded to the team that had been scored on and play will be started with an Indirect possession from the midfield. (one pass must occur).

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
- Self-starts are permitted. Self-starts are permitted during the final two minutes due to the continuous central clock. Officials help to communicate to the offending player to make an attempt to get 4m away.
- Free movement is permitted
- Kicking the ball is permitted
- Incidental cover is permitted as long as no attempt is being made to gain possession by opposing team.
- If a yellow card is issued by an official, then the player does serve the 2 minute penalty and the team plays down a player.
- Shooting space- is called right away when safety is at the forefront. However, when there is no intent to shoot from the opponent, but the defender is still in shooting space, the Jr official will communicate to the player in shooting space “warning her” to get out of the lane.
- 3 Seconds- Jr. official will communicate to the player in 3 seconds “warning her” to get out of the 8. Once players make no intent to move and they aren't attempting to clear the 8M, 3 seconds is called.

SCORING RULES

- **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)*
 - intent is to teach the youth player to PLACE their shot. **NO GOAL**
 - Shots may not be rolled BENEATH the rejector with the intent to simply BYPASS the rejector.
 - intent is to teach the youth player to PLACE their shot **NO GOAL**
 - 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.