



BOYS TOURNAMENT RULES

GENERAL REQUIREMENTS: All participants must complete the online player waiver prior to playing and be legally equipped and uniformed according to USA Lacrosse/NFHS/NCAA Guidelines.

SPORTSMANSHIP AND SAFETY: ZERO TOLERANCE for alcohol, drugs, discrimination, or inappropriate behavior by players, coaches, or fans. Referees and Tournament Directors may end play at any point.

PLAYER EJECTIONS FOR ALTERCATIONS: Any player who leaves the sideline to engage in an on-field altercation, or who runs from the opposite end of the field across the midfield line to join an altercation, will be automatically ejected from the current game and suspended from the following game. The player may also be removed from the event at the discretion of the Tournament Directors. Offending teams may be forced to forfeit games based on the severity of the incident.

EJECTION AND EXPULSION PROTOCOL: Any player, coach, or fan ejected from a game will be prohibited from participating in or attending their team's next game. A second ejection will result in disqualification from the remainder of the event.

EJECTIONS are determined by game officials or Tournament Directors.

EXPULSIONS are enforced by Tournament Directors.

OFFICIAL SCORE: Is kept by Field Coordinators who certify both coaches and officials' post-game. Once scores are certified and reported they may not be challenged. If a dispute arises about the final score of a game, the coach should immediately bring the concern to the Field Coordinator and request the Tournament Directors for resolution prior to that score being reported. Tournament Directors will only communicate with Club Directors and Head Coaches.

PENALTIES: Penalty clock stops during injuries, Timeouts, end of period, and subsequent penalty assessments. Technical fouls are **(30)** Seconds and Personal Fouls range from **(1-3)** Minutes depending on severity.

GOAL DIFFERENTIAL: POOL PLAY ONLY A team trailing by **(7)** or more goals can elect to start with possession at midfield after a goal. All periods must start with a faceoff during even strength play.

EVENTS USING NFHS GUIDELINES

TIMEOUTS: One, **(30) Second Timeout per game**, Clock stops in the final period during timeouts. **Offense** may call timeouts anywhere on the field with possession or during dead ball. **Defense** may only call timeouts on dead balls or following a good goal.

FACEOFFS: Faceoff violators **ARE NOT** prohibited from taking the subsequent faceoff.

COUNTS: **(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. NO get-it-in, keep-it-in during the final **(2)** Minutes. **NO Clearing Counts for 2033 & 34 Divisions** except for the **(4)** Second goalie count.

STALL WARNING: May be applied at Official's discretion. Teams have **(30)** Seconds to hit the post or goalie once applied.

EVENTS USING NCAA GUIDELINES

TIMEOUTS: One, **(30) Second Timeout per game**. Clock stops in the final period during timeouts. **Offense** may call timeouts below the offensive restraining line or during dead ball **Defense** may only call timeouts on dead balls or following a good goal.

FACEOFFS: Faceoff violators **ARE NOT** prohibited from taking the subsequent faceoff.

SHOT CLOCK: If an NCAA Shot clock is utilized during game play. Every change of possession there will be an **(80)** Second shot clock reset. The team with possession must advance the ball beyond midfield into their offensive half by **(60)** Seconds. The Over and Back is on once they are in their offensive half at **(60)** Seconds and below.

- **RESET (80) SECONDS:** for every change of possession, Defensive injury or foul when play is killed **ABOVE (60)** Seconds, when shot hits goalie or post, ball goes back over the midline and Offense gains possession in their defensive half, or Defensive injury or foul when shot clock **ABOVE (60)** Seconds
- **RESET (60) SECONDS:** when a shot hits the goalie or post and is retained by the Offense in their offensive half, Defensive injury or foul when shot clock is at or **BELOW (60)** Seconds.
- **DOES NOT RESET:** On Timeouts OR when the Defense tips the ball back past mid field under **(60)** Seconds and the offense regains possession in their defensive half.

COUNTS IF THERE IS NO SHOT CLOCK: Same as NFHS Guidelines.

NO DIVES ALLOWED

7v7 RULES

USA LACROSSE GUIDELINES with some modifications

RECOMMENDED FORMAT for 10U & 2035: Small-sided play is grounded in the Athlete Development Model (**ADM**), endorsed by the U.S. Olympic and Paralympic Committee as a gold standard for youth sports. Small-sided formats increase ball touches, repetitions, and real-time decision-making, keeping players highly engaged and accelerating skill development.

FORMAT OVERVIEW: **(7)** total players per team on the field at a time which includes **(6)** Field Players and **(1)** Goalkeeper. If no goalies are used, both teams must field **(6)** Field Players with no designated goalkeeper (**HECTORS WILL BE ATTACHED TO GOALS**) Smaller sticks are allowed with no restrictions on pocket depth with a MAX number of **(3)** Long Poles (47–54”) allowed on the field at once.

FACEOFFS: Are used at the start of each period and after every goal.

- All non-faceoff players must line up behind goal line extended.

OFFSIDES: A team is offside if **MORE THAN:**

- **(4) players** are in their **Offensive half**.
- **(5) players** are in their **Defensive half** (including players in the penalty area).

BODY CHECKS: **Prohibited** entirely at 10U/2035

STICK CHECKS: All **LEGAL Stick Checks must be Two-Handed** and can only be made on the opponent’s crosse or gloved hand on the crosse. The opponent must be in possession of the ball or within **(3) yards** of a loose ball.

FOULS & PENALTIES: There are **NO** time-serving penalties.

- Players who commit fouls **must leave the field** temporarily.
- Substitutions are allowed to maintain full team play.

GOAL DIFFERENTIAL- If a team leads by **(7)** or more goals:

- The trailing team’s coach can elect to start with possession at midfield.
- If the lead narrows to **(6)** goals or less, standard faceoff rules resume.