



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 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. Roster violations result in game disqualification and adjusted scores. Disputes must be raised immediately before scores are finalized.

SEEDING CRITERIA: 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.

SPORTSMANSHIP AND SAFETY: ZERO TOLERANCE for alcohol, drugs, discrimination, or inappropriate behavior by players, coaches, or fans. Referees and Tournament Director may stop play for any reason deemed necessary.

INCLEMENT WEATHER POLICY: Directors may modify game times or schedules due to dangerous field conditions, visibility issues, extreme temperatures, or inclement weather.

Lightning: Fields cleared for 30-Minutes after the last lightning strike. A 5-horn signal indicates resumption of play.

Heat/Cold: Game times modified based on safety metrics (*e.g., Wet Bulb Globe Temperature*).

OFFICIAL SCOREKEEPER: Scores will be certified by field coordinators with coaches and officials.

GAME TIME: Two, 20-Minute Running Halves with a 2-Minute Halftime.

- **Pool Play- NO OT** (*Each team awarded (1) point for a tie*).
 - **Playoffs: 4-minute** sudden victory overtime. If still tied, 3v3 Braveheart.
 - **Championship:** Unlimited **4-Minute** sudden victory periods, **(1)** TO per period.

TIMEOUTS: One, **30-Second Timeout per game**. Leading team cannot call timeout in the final 2-Minutes during pool play. Timeouts will stop the clock during playoff and championship games for 30-Seconds

COUNTS: **20-Seconds** to clear the midline. After the **20-Second** count expires, the team must be in offensive half where Over-and-Back rules will be enforced. **2034 AND LOWER:** No counts, except for the goalie's **4-Second**.

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.

MERCY RULE: POOL PLAY ONLY, the team trailing by **(7)** or more goals may elect to receive possession at midfield after a goal. If the lead narrows to **(6)** goals or less, standard faceoff rules resume. All periods will start with a faceoff, unless possession is denoted in a man-up or man-down scenario

7v7 RULES



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USA LACROSSE GUIDELINES RECOMMENDED FORMAT for 10U with some modifications

FORMAT OVERVIEW: (7) total players per team on the field at a time which includes (6) Field Players and (1) Goalkeeper. Smaller sticks are allowed with no restrictions on pocket depth with a MAX number of (3) Long Poles 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

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.

RESTARTS: All defenders must be at least (5) yards away from the ball carrier.