



National 5v5 Girls Lacrosse Tournament OFFICIAL RULES

US Lacrosse rules will be used to administer the game with the noted exceptions:

Duration of Game: 20 Minute Games. Two 10 minute halves with a 2 minute halftime. There will be no timeouts.

In locations with a visible score board / clock, ALL GAMES / FIELDS will be on the same clock.

This is how the clock will work:

The clock will be set to 25:00. When the clock hits 22:00, the game will begin. When the clock hits 12:00, the first half will be over and teams will get a quick drink and switch ends. When the clock hits 10:00, the second half will begin.

In locations with no score board / clock, the referees will keep the time on each field.

We take pride in keeping all games/ fields ON TIME – Teams need to be ready at the start of the game and at the start Thank you in advance for helping us keep the tournament running on time!!

Field: Approx. 50 yards in length by 30 yards in width.

Number of Players: A team may roster up to 8 players. All teams must have a minimum of 6 players on the roster. Teams will have 5 players on the field and one goalie at all times. Teams may play with a minimum of 4 players on the field and one goalie.

Competitiveness Rule: When a team has a 5 or more goal lead, they must play with 4 players on the field and one goalie. When the lead returns to 4, the team may play at even strength again.

Substitutions: Free substitutions are made "on the fly". Player can only enter or leave the game in the substitution areas marked by their respective benches, and a player may only enter a game after the player they are replacing has left the field. Failure to do so results in a caution and an indirect possession will be taken from where the ball was situated when the game was stopped to caution the player.

Starting Play/Draws: 1st Half, 2nd Half and Overtime will start with a draw control with only 2 players from each team able to fight for the ball (4 players total). All other players must start at either crease. Once possession is gained the other players may join.

Ball Out of Play on the Side Line: A ball thrown/dropped out of bounds (side line) by one team becomes the other team's ball. Defense must give 4 meters distance. Goals cannot be scored directly from out of bounds they are all indirect but self starting.

Ball Out of Play by Shot: A Shot that misses the goal and goes out of bounds – will be the goalie's ball. Any other ball that goes out of bounds will be the other team's ball (just like side line rule)

After a Goal is Scored / Goalie Rules: When a team scores, the referee will blow the whistle to indicate a goal has been scored. When the goalie has the ball, the goalie will have 10 seconds to pass or leave the crease. The goalie may clear to any players on the field but may not physically go past half field.

Fouls and Misconduct: Fouls will be called in line with US Lacrosse rules and at the discretion of the official. Some contact may occur, as long as it is done in a legal manner. It cannot be done by play that is careless, reckless, or with excessive force.

If the foul occurs in the offensive half of the field: The attacking player will receive a Direct Free Position (can score without passing). The person who committed the foul must be 4 meters behind and all other players must be 4 meters away but not in the direct path to the goal. The referee should remind everyone by announcing that it's DIRECT.

If the foul occurs in the defensive half of the field: The attacking player will receive an Indirect Self Starting Free Position (must pass to a teammate before scoring). The person who committed the foul must be 4 meters behind and all other players must be 4 meters away. The referee should remind everyone by announcing that it's INDIRECT.

NOTICE: Play that is careless, reckless, or with excessive force will not be tolerated and will result in a nonreleasable yellow card. It is a two minute man down penalty.

In Addition: For Middle School divisions. Checking will be allowed BELOW the shoulders.

Free Positions and Ball Out of Play: Opponents must stand at least 4 meters from the ball.

Sportsmanship: Players, coaches and spectators are expected to act in the nature of good sportsmanship at all times. Abuse of the referees will not be tolerated. Spectators are prohibited from entering the field of play at any time during the match. Any instance of such conduct will disqualify the responsible team from the event.

Overtime: Round Robin games that are tied at the end of regulation will result in a tie and each team will receive "1 Point." Championship Round games that result in a tie will go into a 2 minute sudden death over time.

Scoring:

At the end of each game, the referee and coaches MUST agree on the final score before it is entered as "Official".

Points for the match are as follows: Win: 3 points, Tie: 1 point, Loss: 0 points.

Advancement Tiebreaker will be decided by:

1. Head-to-head
2. Goal differential – Max 5 Goal Differential per game
3. Goals allowed
4. Goals scored – Max 5 More than Opponent per game
5. Coin Toss

Tournament Directors and officials' decisions are final and no protests are allowed.

Admission: Some locations may have an admission or parking fee. Coaches and Players will get in for free at locations that take admission.

IMPORTANT NOTES:

- All Teams are guaranteed 3 games, and the top two teams in each division will play a 4th game that will be a "Championship Game"
- Maximum Roster Size is 8 players.
- All Teams must have at least ONE ADULT (25 or older) on the bench at all times, maximum of 2 adults.
- Players should bring stick, mouth guard, and goggles. Goalies should bring their equipment.
- Inclement Weather– We will do everything we can to conduct the tournament and may even delay the first few games or have an abbreviated schedule.
- Proper equipment MUST be worn at all times.
- Extremely rough play (consistent fouling), disrespect of officials, and foul language will NOT be tolerated by any player, coach or spectator. The player will be subbed for the first offense and will be dismissed from the tournament for a 2nd offense – no exceptions.
- All games will be started PROMPTLY. Please make sure your team is ready to take the field when the previous game ends.
- All Teams must be uniform in their apparel. It is recommended that teams wear matching pinnies/reversible.

REMINDER: National 5v5 Lacrosse Events are designed to be fun for everyone involved. All teams should compete to the best of their ability, but please remember that the tournament is being run for the enjoyment and skill development of everyone playing.