

2021 Tournament Rules and Procedures

Rosters and Sidelines

- All teams must submit a roster form prior to the event, and all players must complete an online waiver form
- Players are not allowed to play down an age group regardless of skill level (I.e. a 2025 grad year player is not allowed to play on a team playing in a 2026 division)
- Teams are limited to 3 coaches on the sideline

Scoring

- After each game, coaches must confirm the score with the scorekeeper

Game Time

- **All Divisions**
 - 45 Minute Game Block
 - 2-20 Minute halves (2 Minute halftime, 3 Minutes between games)
 - No timeouts
- Injuries
 - The clock will continue to run and no additional time will be added to the clock

Game Play Rules

- **All Divisions**
 - Modified NCAA Rules
 - No 80-Second Shot Clock
 - 20 Seconds to clear over midfield, 10 Seconds to touch it in offensive box
 - No count on clears 2029 and 2030 divisions
 - Under 2 Minutes, Winning team must keep the ball in the box
 - Long sticks are allowed at all ages
 - Body checking is allowed for divisions 2028 and up (Please see below for USA Lacrosse specifics on body contact at younger ages)
 - All penalties are time and half and running time (30 seconds → 45 Seconds, 60 second → 90 seconds, 120 seconds → 180 seconds etc.)
 - Winning team must keep the ball in the box during the last 2 minutes of the game
 - Mercy rule - When goal differential reaches 10+ goals, losing team may elect to receive the ball at midfield in place of a faceoff

Playoff Brackets (All teams receive a minimum of 4 games)

- **2026 Black** - Top 2 teams advance to the championship
- **2026 White** - Top 2 teams advance to the championship
- **2027 Black** - Top 2 teams advance to the championship
- **2027 White** - Top 2 teams advance to the championship
- **2028** - Top 2 teams advance to the championship
- **2029** - Top 2 teams advance to the championship
- **2030** - Top 2 teams advance to the championship

Tiebreakers

All tiebreakers are based on advancing the number of teams needed, and if more than the number of teams needed to advance are tied in a category, the weakest team(s) in that category will be removed and the remaining teams will move to the appropriate tiebreaker based on the number of teams remaining.

- Tiebreakers
 - **1. Head to Head** (If more than 2 teams are tied, the team that is 2-0, 3-0 etc. against tied teams advances. If all tied teams haven't played each other, move to next tiebreaker)
 - **2. Goal Differential** (Capped at + or - 10 goals each game. Highest Goal Differential advances or lowest goal differential eliminated if multiple teams are advancing)
 - **3. Goals Against** (Team with the fewest Goals Against across all of their pool play games advances or team with most goals against is eliminated if multiple teams are advancing)
 - **4. Coin Flip**
- Pool Play Games
 - Games in pool play that are tied at the end of regulation will end in a tie
- Playoff / Championship Games
 - Playoff games ending in a tie will proceed to a 4 v 4 braveheart
 - Each team will have 3 field players and a goalie (4 total)

- Teams line up for opening face off with goalies in the nets, and three field players lined up for faceoff at faceoff x and on wings)
- Once the overtime begins, players are allowed to substitute as needed
- One of the 4 players must remain on the defensive half of the field (Goalie counts as player staying back) (Goalie can go over if one other player stays back on defensive half of field)
- First team to score wins
- Penalties in overtime will result in penalized team losing 1 player
 - 1st Penalty (4 v 3)
 - 2nd Penalty (4 v 2)
 - 3rd Penalty (5 v 2) (Man up team gets additional player)

Ejections and Disputes

- Ejections
 - If a referee determines that any player's safety is in jeopardy, he reserves the right to eject anyone from a game, including players, coaches or any other person associated with the team. ALL EJECTIONS WILL BE REVIEWED BY TOURNAMENT DIRECTORS AND WILL DETERMINE IF FURTHER DISCIPLINARY ACTION NEEDS TO BE TAKEN. THE JUDGEMENT OF THE TOURNAMENT DIRECTORS IS FINAL.
- Disputes
 - The Tournament Director (in consultation with the Head Official, if required) will make all final rulings/decisions on any and all problems or disputes.

USA Lacrosse 2029 / 2030 Body Contact Specifics

LEGAL BODY CONTACT

1. Legal holds – Holding is permitted under the following conditions:
 - a. An opponent with possession of the ball or a player within 3 yards of a loose ball may be held from the front or side.
 - b. A player in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure.

Note: For (a) and (b), a hold check shall be done with a closed hand, shoulder, or forearm; and both hands shall be on the crosse.

- c. A player may hold the crosse of an opponent with his own crosse when that opponent has possession of the ball.
- d. A player within 3 yards of a loose ball may hold his opponent's crosse with his own crosse.
- e. A player uses the portion of the handle between his hands, which are no more than shoulder-width apart, to hold an opponent on the torso with no more than equal pressure and no thrusting motion.

2. Legal pushes – A legal push exerts pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 yards of a loose ball. In this case, pushing shall be done with either closed hands, shoulder, or forearm, and both hands shall be on the crosse.

3. Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent)

4. Defensive positioning to redirect an opponent in possession of the ball (riding a player)

5. Incidental contact