

2022 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-second count to touch it in box
 - 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 2029 and up (Please see below for USA Lacrosse specifics on body contact at 2030 and 2031)
 - All penalties are time and a half and those will start as soon as play resumes and continue to run even on stoppages. (30 seconds → 45 Seconds, 60 second → 90 seconds, 120 seconds → 180 seconds etc.)
 - Mercy rule - When goal differential reaches 10+ goals, losing team may elect to receive the ball at midfield in place of a faceoff
 - No Timeouts

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**

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 JUDGMENT 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 2030 / 2031 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