



[High School \(2015, 2016, 2017\) – NCAA Rules \(VIEW here\)](#)

- Games will consist of four 11 minute quarters. The clock will run except for the last two minutes of the game, which will be start/stop if the score difference is less than 4 goals
- 1 timeout per HALF. Does not carry over. Game clock will stop.

GENERAL RULES:

1. Mouth guards, arm pads, gloves, helmets, and shoulder pads are required
2. Players may only play for one team during the tournament.
3. Any fighting or flagrant disrespect towards an official will result in expulsion for the remainder of the game and possibly the tournament. No exceptions, no refunds!
4. Please remember all teams came from far and near expecting to play a certain number of games and we rely on the professionalism and sportsmanship of all coaches involved to hold that commitment.
5. Referees will keep Game time. Penalty time will be kept in the box. Penalty time is start/stop.
6. In the event of a tie, teams will play one continuous sudden victory overtime period. No time-outs permitted in overtime. A one minute break will be given before overtime.
NO BRAVEHEARTS
7. There are no mandatory stick checks. However, the head coach may request a stick check. If the stick is found to be legal, the challenging team will be charged a time out. If no timeout remains, a delay of game technical foul will be assessed.
8. Decisions on the field are the final ruling. No disputes will be heard after the game.
9. Any coach or player ejected from a game will not be allowed to participate in the following scheduled game for their team.

Playoff Seeding

Top two (2) teams from each Pool will advance to the playoffs. Pools will be seeded by win/loss record. In the event of a tie the following will be used to determine seeding:

- 1. Head-to-Head**
- 2. Goals Against**
- 3. Goal Differential**
- 4. Goals For**
- 5. Coin Flip**



[Youth \(2018, 2019, 2020, 2021, 2022\) – Modified NFHS Rules with US Lacrosse](#) [Emphasize \(View here\)](#)

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- 1 timeout per HALF. Does not carry over. Game clock will stop.
- 20 sec / 10 sec clearing rule for **ALL** ages – 20 seconds to clear the ball from your defensive end. 10 seconds to get into the offensive box.
- Teams that appear to be stalling will be warned to keep the ball in the box. All teams with a lead must keep the ball in the box for the last two minutes of the game.

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2014 US Lacrosse Youth Rules - Points of Emphasis

- a. Checks to head/neck may result in multiple minutes and/or non-releasable
- b. Unnecessary roughness penalties are non-releasable
- c. Three-yard rule: All stick checks, body checks, legal holds, and legal pushes must be on a player in possession of the ball or within three yards of a loose ball.
- d. No take-out checks.