



2015 Long Island Lax Fest Tournament Rules

GENERAL RULES:

- ☐ Mouth guards, gloves, arm pads, and shoulder pads are required
- ☐ Tournament is in "running time" format; all penalties will be timeserving, 30 seconds or a minute. Penalties can be longer than 1 minute and/or "non-releasable" at referee's discretion, just as in standard game play. Penalties begin on the official's re-start.
- ☐ Any fighting or disrespect towards an official will result in expulsion. The director will determine the length.
- ☐ Teams are required to play ALL scheduled games. This tournament has an extensive waiting list. If a team leaves early, they will not be invited back in future years!
- ☐ Man ball is played at all levels
- ☐ Long Poles are permitted at all levels (4 poles)
- ☐ 2 pts Win, 1pt for Tie, 0 for a loss
- ☐ The ref keeps the official score; please confirm the final score prior to signing the card. Cards will be collected and reported by the tournament staff.
- ☐ **PLAYOFF Tie Breaker (Two Teams):** POINTS, HEAD TO HEAD (IF YOU PLAYED EACH OTHER), GOALS AGAINST, COIN FLIP
- ☐ **PLAYOFF Tie Breaker (Three or More Teams):** POINTS, GOALS AGAINST, COIN FLIP
- ☐ Injuries need to be reported to head trainer or to the tournament staff.

GAME PLAY:

- ☐ **Games consist of ONE 40 minute game.**
- ☐ NO Time outs
- ☐ Time will be kept at Tournament HQ:
- ☐ Sub on fly all levels
- ☐ Refs keep the time on penalties and **penalties are running time**
- ☐ One long air horn blast starts the game and One long air horn will end the game.
- ☐ No Mercy Rule for all Grade Levels.
- ☐ Teams do not need to keep the ball in the offensive box with in the final two minutes of the game.
- ☐ Braveheart will **ONLY** take place in playoff and championship games.
 - ☐ Each team fields 1 position player and 1 goalie. Starts with a face-off. Only 1 player per team allowed on offensive side of the field, or the play is offsides. NO SUBSTITUTIONS ALLOWED. Goalie cannot cross the midfield line. First goal wins.
 - ☐ Braveheart Penalty: Fast break at mid-field line 5-step head start.

YOUTH SPECIFIC RULES (Grades 2-8)

- ☐ No clearing times will be in effect, though the 4-second crease rule for goalies still applies.
- ☐ Body checking is limited to a "1 step rule"
- ☐ No one handed checks

HIGH SCHOOL SPECIFIC RULES

- ☐ All clearing times are in effect (20 seconds to mid-line, and 10-seconds to get it in the box).

RULES RELATED TO INCLEMENT WEATHER:

- ☐ There are no "rain dates" for the Long Island Laxfest. Assume that games will be played on their scheduled dates.
- ☐ If inclement weather causes a game stoppage (i.e. lightning sighting) during the event, the following rules apply:
 - ☐ Play will stop for until the Tournament Director deems the weather suitable for resuming
- ☐ If the delay is substantial, Tournament HQ may make a decision to shorten all remaining games until the tournament is back on time.