



Rules:

HS Federation Rules Apply. NO stick checks unless requested. Any sticks can be used by all.

U9 will NOT play NCAA 30 second count rule.

All Games are four, 11 minute running quarters. 2 minute between quarters and half-time.

All penalties are running time starting on ref whistle.

No Ties allowed. One 2 minute Sudden Death Over-Time period.

After OT period go to 2-Man Braveheart (1 goalie, 1 field player, No Offsides).

One 30 second time-out ONLY in final 2 minutes of game if score is within 2 goals. 1 allowed in OT.

Unless noted, best Teams by record in pools advance to playoffs. All teams play at least 5 games!

Tie records broken by Head to Head, then lowest Goals Against, then highest Goals For.

All players must submit online waiver to be eligible. Failure may result in team forfeit.

Birth Dates in Youth Divisions must strictly follow 2016 US Lacrosse Guidelines.

Teams must wear reversible game jersey at all times. Failure results in loss of ball in opening possession.