

FTLL GAME DAY RULES 2018

The tournament will use NFHS 2018 rules with the following exceptions;

GAME TIME: there will be four (4) ELEVEN (11) min. running quarters 44 minute games with 2 time outs one (1) each half these are running time timeouts unless the timeout is taken in the last two minutes of either half. Time will stop. Stoppage at the end of each quarter for ONE (1) MINUTE. Game will start on the hour by the referees. Referees will KEEP game time on the field. Halftime is a mandatory four (4) minutes break. That's approximately 50 Minutes of game time so each team needs to be ready to play on the hour.

10U - THIS DIVISION IS 7v7 1-Goalie and 6 Field players 2 attack, 2 midfield, 2 defense .

The FTLL follow the US Lacrosse guidelines for age.

Field size approximately 60x35

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Face off will start each quarter, wing middies will start on sideline and attack and defense will start at GLE.

Official will start play after five second count after each goal.

No long Poles at all.

Mercy Rule after a 6 goal lead. Team down by 6 or more goals will get the ball to start second, third and fourth quarter.

Major penalties will results in the opposing team gets a fast break. The player that commits the penalty has to be subbed out. No penalty time will be served.

Minor penalties are change of possession.

Four (4) eleven (11) minute quarters running time.

Two (2) Time outs these are 1 minute running time unless the timeout is taken in the last two minutes of either half then time stops.

NO BODY CHECKING AT ALL.

OVERTIME: A (2) minute running time sudden death over time period will follow the completion of a tied game. If game is still tied after (1) overtime period, a 4v4 Braveheart (1 goalie and 3 mid-fielders) will be used. In Braveheart 1) Goalies may not cross mid-field, 2) penalties are adjudicated the same as in 10v10 play, 3) no timeouts 4) all substitutions are on the fly. AP and goal being defended will remain the same during OT and Braveheart.

BODY CHECKING: Take out checks are **not** allowed at any level. All other Age Specific checking Rules apply.

SUBSTITUTION: There is no horn substitution. Special substitution rules ("on the fly") apply.

TIMEOUTS: One timeout per team per half. Time outs **CAN** be called in the last 2 minutes of either half. Game time WILL stop during a time out in the last two (2) minutes of the half or end of the game. Each timeout will be for 1 minute.

PENALTY TIME: Penalty time will be time and a half. Unsportsmanlike Conduct penalties are double time. The In Home will serve goalie's penalties except USC which goalie must serve himself.

EJECTION FOULS: Automatic expulsion from existing game and next game. Fighting will result in expulsion from the event.

EQUIPMENT: All players must conform to standard NFHS equipment rules including mouthpiece, shoulder pads, etc. Goalie arm pads are optional EXCEPT AT U10. There are no random stick or equipment checks by the Officials.

ALTERNATING POSSESSION: The first team listed on the schedule will have the first AP, if needed.

SPECTATORS: Alcohol is prohibited at all game sites. Teams with spectators found with alcohol on site will be disqualified from the tournament. Alcohol related incidents will result in game forfeiture. Spectators are not allowed on the bench side of the field. Unsportsmanlike Conduct Penalties can be called on parents and it will be a time and a half locked penalty.