

## TOURNAMENT RULES

**Please make sure all coaches read these rules to help keep the confrontations with the officials to a minimum.**

## STANDINGS/SEEDING GUIDELINES

For seeding purposes teams will be ranked in this order:

1. Overall record (WIN PERCENTAGE)
2. Head-to-head record against the other teams in the same pool with the same win percentage, ONLY IF all teams with the same WIN PERCENTAGE have played against each other. If they have not played each other this rule does not apply
3. Goals allowed
4. Goal differential
5. Coin flip

## DIVISIONS

***Boys (A&B splits will be done if enough teams to support each)***

*(date of birth is the determining factor for 10U-14U. Grade determines HS)*

**10U** - Born after 8/31/2007 (3rd/4th graders a/ka/ HS grad years 2026/2027)

**12U** - Born after 8/31/2005 (5th/6th graders a/k/a HS grad years 2024/2025)

**14U** - Born after 8/31/2003 (7th/8th graders a/k/a HS grad years 2022/2023)

**HS Rising Stars** - HS no seniors

**HS Elite** - All high school grades including seniors

***Girls (A&B splits will be done if enough teams to support each)***

**MS** - Grades 4-8

**HS** - Grades 9-12

# **BOYS RULES**

**22 minute running time halves w/ 5 minute half.**

**A central horn will be sounded to start and end periods.**

**The horn sequence will be as follows:**

- One horn – start of the game
- One horn – halftime
- One horn – start of the 2<sup>nd</sup> half
- Two horns – Keep it in (2 minutes left)
- One horn – End of the game

**PLAYERS CAN ONLY PLAY FOR ONE TEAM IN THE TOURNAMENT** - Tournament may make exceptions to this rule but requires TOURNAMENT DIRECTOR approval IN ADVANCE.

**ONLY PLAYERS LISTED ON THE TEAM SUPPLIED ROSTER ARE ELIGIBLE TO PARTICIPATE IN THE EVENT**

**10U Division:** 10v10 full field, 54" max length, 4 poles on field max

**Keep it in.** Teams with the lead must keep the ball in the box during the last 2 minutes of the game except for 10U & 12U.

**Penalty time** is 150% the normal times due to running clock.

**Respect the Officials.** Any flagrant disrespect toward an official will result in expulsion for the remainder of the tournament. No Exceptions. This goes for players, coaches and parents.

**National Federation High School Rules will be in effect for HS games.**

**US Lacrosse Youth Rules will be in effect for 14U & under.**

**BOYS COUNTS: No counts at 12U and under. Counts at 14U and HS.**

**TIME OUTS: One timeout per half.** Timeouts are to last one Minute. No timeouts in last 2 minutes of either half. A team may only call a timeout during a penalty if it is called at the beginning of the penalty, in this case the penalty will start once the timeout is over. No timeouts may be called once the penalty clock begins. Timeouts will not stop the game clock.

**Game tied at the end of regulation.**

- Seeding games will be decided by a Braveheart (1v1 +GK)
- Playoff games will be decided by one 4-minute sudden victory overtime followed by a Braveheart (1v1 +GK).
- Finals games will be decided in overtime, teams will continue to play 4-minute periods until there is a winner.

**All substitutions will be on the fly.** There will no longer be horns used for any substitutions.

**Man-down faceoff.** During the faceoff in all penalty situations there must be four players in the defensive area and three players in the offensive area.

**Mercy Rule - BOYS 12U AND YOUNGER ONLY** – Anytime one team is up by 7 or more goals there will shall be no faceoff after a goal or to start a quarter and the ball will be given to the team that is losing.

**Disqualification** - Any player being thrown out of a game for unsportsmanlike conduct or fighting must sit out at least the next game and may be removed from the tournament, at the discretion of the tournament directors.

**Penalties by Goalies** – All time serving penalties by goalies shall be served by the in-home player. If Goalie substitution is required as a result of injury or expulsion a two minute officials timeout shall be allowed.

**Checks Involving the Head/Neck** – The penalty for any slash or cross-check to the head or neck is a minimum two- or three-minute non releasable penalty, depending on severity of the slash.

**One Handed Check.** 10U, 12U & 14U – Any one handed check will be considered a slash, whether or not it makes contact with the opposing player.

**Take-out Checks.** 10U, 12U & 14U - There will be no "take-out checks" allowed at any time for these age groups.

**Stick Length.** Standard stick length rules apply for all age groups. 10U max is 54"

**Illegal Body Checks** will receive a minimum of a two or three minute non releasable penalty. An Illegal Body Check includes the following:

- a) body-checking a player from his "blind side";
- b) body-checking a player who has his head down in an attempt to play a loose ball
- c) body-checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body-check.

# **GIRLS RULES**

**22 minute running time halves w/ 5 minute half.**

**A central horn will be sounded to start and end periods.**

**The horn sequence will be as follows:**

- One horn – start of the game
- One horn – halftime
- One horn – start of the 2<sup>nd</sup> half
- Two horns – Keep it in (2 minutes left)
- One horn – End of the game

**Respect the Officials.** Any flagrant disrespect toward an official will result in expulsion for the remainder of the tournament. No Exceptions. This goes for players, coaches and parents.

**Penalty cards** are 150% of the normal times due to running clock. Therefore, yellow cards are 3 minutes instead of 2 minutes and red cards will be 6 minutes instead of 4 minutes. On a team's 4<sup>th</sup> card, they will play down a player for the remainder of the game- on a 5<sup>th</sup> card they will play down 2 players and so on.

**Draw:** The number of players around the circle during a draw will be restricted to 3 from each team for all levels.

**A goal circle foul** by the attack shall be penalized with the goalie awarded the ball and the offending player placed 4m behind.

**Coaching area** is from the substitution area to their end line and even with the scorer's table (at least 4m from the sideline) and does not include the area directly behind the scorer's table for all levels.

**TIME OUTS: One timeout per half.** Timeouts are to be 1 minute long. No timeouts in last 2 minutes of either half. Timeouts can be called after a goal has been scored by Coach or any player on the field OR during a live or dead ball situation by the team in possession anywhere on the field. A team may only call a timeout during a penalty if it is called at the beginning of the penalty, in this case the penalty will start once the timeout is over. No timeouts may be called once the penalty clock begins. *Timeouts will not stop the game clock.*

**Major Foul inside arc right before halftime or end of game** If a player is fouled inside the arc prior to the end of the game a shot will still be awarded even if the horn ending the half/game has sounded.

**Game tied at the end of regulation.**

- Seeding games will be decided by a 3 player Braveheart (2 field players + GK). Coaches must immediately send players onto the field to compete in the Braveheart.
- Playoff games will be decided by one 3-minute sudden victory overtime period followed by a 3 player Braveheart (2 field players + GK).

- Finals games will be decided in sudden death overtime, teams will continue to play 3-minute periods until someone scores.

**Official scores** and penalty time will be kept by officials on the field.

**High School Division:** National US Lacrosse rules and regulations apply.

**Middle School Division:** 14U US Lacrosse rules and regulations apply. Modified checking only. No deputy allowed. 3 second checkable position rule applies.

**Mercy Rule.** Middle School Girls Only. When there is a 4 goal difference, a free position will be awarded to the trailing team at draw. One pass must be made from the free position before a shot is attempted. The coach of the team that is behind may waive this free position at any time.

**Ejections.** A player or coach receiving two yellow cards or one red card in a single game will be ejected from the game by the game officials. Ejections are determined by the game' officials.

**Mouth guards and protective eyewear** (ASTM certified) is mandatory for all field players

**Goalie Equipment.** Mouth guards, helmet (NOCSAE certified) with separate throat protector, padded gloves, chest protector, thigh protection, and shin protection is mandatory for goalies.

# WEATHER POLICY

**Tournament Cancellation - In the event of a cancellation of the tournament due to actual or threatening weather conditions, each team will receive a partial credit towards a future Broward Lacrosse Advantage tournament towards registration fees.**

- The tournament has fixed expenses relating to field rental & facilities, staging and set-up costs, insurance, personnel and other matters regardless of cancellation due to weather. Accordingly, teams will not receive a full refund of the entry fee if the tournament is canceled.
- Park advisors, not tournament organizers, have final say on whether the tournament will take place due to weather conditions.
- Every attempt will be made to update cancellations on the website
- Please be advised that there are no rain dates.

In the event of adverse weather or unplayable field conditions, the GCLS tournament director reserves the right to:

- Reduce game time in order to catch up with schedule.
- Finish games before inclement weather arrives, or to preserve field conditions.
- Reschedule games, if possible.

Every attempt will be made to update cancellations on the website. However, weather conditions can change rapidly and all teams should be prepared to play as soon as weather clears and fields are playable.

If the lighting alarm sounds, play will be suspended immediately and players and fans will be asked to leave the playing area. Play will be allowed to resume after the all clear (3 alarm blasts). If a game is in progress, the period will end immediately. If it is the second half, the game will be considered final and the score at that point will be recorded. If it is the first half, when play resumes it will be the start of the second half. If the start of the second half delays the onset of the subsequent game the following actions will occur:

The game suspended will play one 20 minute running time half. Subsequent games will begin immediately after preceding games ( warm up on sidelines prior to game). These games will consist of one 30 minute running time period until games are back on schedule. Teams will have one 30 second timeout per game (during which time the clock will not stop), not to be used in the last two minutes of the game. Once games are back on schedule they will revert to two 22 minute running time periods.

We will make every attempt to play every minute of every game but we will not jeopardize the safety of any player.

All games canceled due to weather will be considered a 4-2 win for both teams.

**No refunds will be issued due to any weather related adjustments during the Tournament.**



DEPARTMENT OF  
ORTHOPAEDIC SURGERY  
[U18] Sports Medicine

(954) 538-5500 ♦ JDCH.com/ortho

*[U18] Sports Medicine is a proud sponsor of the Gold Coast Lacrosse Shootout Tournament*

Joe DiMaggio Children's Hospital's Department of Orthopaedic Surgery [U18] Sports Medicine program will be providing **certified and licensed athletic trainers** onsite during **this weekend's lacrosse tournament**. The [U18] athletic training staff will assist any athlete who sustains a sports injury or is in need of medical attention. In addition, their team of pediatric orthopedic, concussion and pediatric sports medicine physicians are available to care for your child's needs should they need further follow up. Appointments can be made by calling 954-538-5500 or online at JDCH.com/ortho and mentioning **Gold Coast Lacrosse tournament**. Our [U18] staff will use reasonable efforts to schedule all requests as soon as possible, please remember any medical emergency should be seen through the closest emergency room.

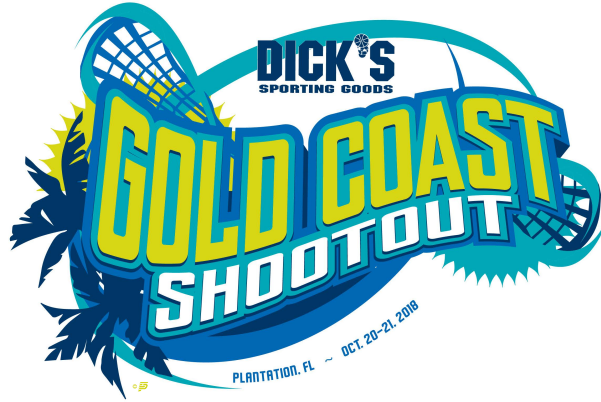
[U18] Sports Medicine is a facility of Memorial Healthcare System and Joe DiMaggio Children's Hospital.

Sincerely,

Tony Milian, MBA, ATC, LAT, CLSSGB  
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JDCH.com/ortho







## **GOLD COAST FALL SHOOTOUT**

### **Tournament Emergency Medical and Safety**

It is the mission of the Gold Coast Shootout is to provide a healthy, safe, and fair environment of competition for all teams participating in this tournament and their groups. It is our desire to allow everyone to participate in the activities, view the competitions, and experience the spirit of the tournament. Please read and be aware of the following guidelines for everyone's safety.

- **Injuries to Players or Others**

- Notify the field table staff, tournament trainers, or tournament directors immediately if you need assistance for an injured player or tournament attendee; e.g.: trainer, ambulance or other aid. One or more Trainer Stations are located at any given field complex.
- If a player needs to go to the trainer or get first aid, please inform the officials. If the player is able to walk or be transported safely, either the coach or an adult **MUST** accompany the player. Do not send an injured player alone to seek assistance.
- Before you begin playing, learn where the first aid stations and the venue headquarters are located. The trainers are stationed there when they are not attending to a player on the field.
- Trainers will have directions to the nearest hospitals should a trip to the hospital become necessary.
- If you have an emergency and need immediate assistance, do not hesitate to call 911 on your own. That is the appropriate protocol for serious injuries that warrant immediate attention or emergency care. Please notify Tournament Headquarters if you call 911 so they can help clear the way for vehicular access to the field.

- **Caution Warranted in Connection with Threatening Storm Conditions**
  - Weather conditions can change rapidly and all teams, players, coaches, parents and fans should be prepared to vacate the field in as orderly a fashion as possible and to find safety in their vehicles. There is no reliable shelter on the site.
  - Coaches and team administrators are asked to ensure that their teams vacate the field (and potentially the site) as quickly and orderly as possible.
  - IT IS NOT ADVISABLE TO SEEK SHELTER UNDER TEAM TENTS IN AN OPEN FIELD OR UNDER TREES DURING ADVERSE WEATHER CONDITIONS, INCLUDING A LIGHTNING STORM. FIND SHELTER IN A VEHICLE IMMEDIATELY AND MAKE SURE THE WINDOWS ARE UP.
  - All coaches, players and others are expected to use common sense and reasonably prudent judgment when dealing with adverse or threatening weather conditions. This includes anticipating the arrival of inclement weather, disseminating a safety plan for the team, and packing up and transporting items from the field complex in advance of arriving conditions (or leaving those items behind while seeking shelter when circumstances warrant).
  - Please remain in vehicles until dangerous conditions have passed.
  
- **Lightning/Thunder** – Officials are expected to follow established safety rules and suspend games for the appropriate interval(s) of time if there are lightning strikes in the vicinity of the event (typically not less than 30 minutes after last sound of thunder or last sighting of lightning). If you hear the siren, please notify the game official or nearest tournament representative immediately.
  
- **Avoid Heat Related Illness** – As a reminder, coaches should communicate with all players, parents and others associated with the team to take precautions to avoid the risk of heat-related illnesses, including heat exhaustion and heat stroke, particularly in hot and humid weather. We would defer to medical journals for a more complete discussion on heat-related illnesses, but there are a few things to remember and a few precautions to take:
  - Break up exposure to hot temperatures; cool off after physical exertion
    - Find shade areas under trees, tents and umbrellas
    - Limit physical exertion
    - Wear loose fitting clothing
    - Cool off in the comfort of an air conditioned car from time to time
    - Put cool, wet towels, bandannas or compresses on the shoulders or head
  - Avoid dehydration – plan ahead and drink extra water to replace fluid loss.
    - Players should hydrate themselves prior to the event
    - Players should replace fluids at a rate that equals the loss of water from sweating (teams should plan to have their own water. The Tournament will endeavor to provide water coolers and/or ice on the fields.

- Replace electrolytes by eating a small amount of food with your water or by drinking specially-formulated electrolyte replacement drinks
  - Increase salt intake
  - Thirst is the first sign of dehydration; players should drink sufficient amounts of fluids before they feel thirsty in order to prevent dehydration
- Signs of heat-related syndromes can appear suddenly. They include:
  - Heat cramps
  - Headache
  - Fatigue
  - Feeling faint or dizzy
  - Heavy sweating
  - Nausea
  - Rapid, weak heartbeat
  - Low blood pressure
  - Cool, moist, pale skin
  - Low-grade fever
  - Heat cramps
  - Dark-colored urine
- If you suspect heat exhaustion:
  - Seek out the nearest Tournament Athletic Trainer. There is a first aid station at the Tournament Information Tent
  - Get the person out of the sun and into a shady or air-conditioned location (such as a car)
  - Lay the person down and elevate the legs and feet slightly
  - Loosen or remove the person's clothing
  - Have the person drink cool water or other nonalcoholic beverage without caffeine
  - Cool the person by spraying or sponging him or her with cool water and fanning
  - Monitor the person carefully. Heat exhaustion can quickly become heatstroke
  - If fever greater than 102° F (38.9° C), fainting, confusion or seizures occur, call 911 for emergency medical help.
- **Concussion Awareness and Injury Prevention** – A concussion is a serious injury and should not be taken lightly. It is a type of traumatic brain injury, or TBI, that can be caused by a bump, blow or jolt to the head that can change the way your brain normally works. They can also occur from a blow to the body that causes the head to move rapidly. Even a mild bump or blow to the head can be serious. Unfortunately, concussions can be difficult to diagnose, in part because the symptoms can be subtle and may not show up for hours or even days. For these reasons, it is important that parents, coaches and athletes take time to understand what concussions are and their

potential consequences, recognize concussion signs and symptoms, know how to respond, and learn the steps for returning to activity after a concussion. If you suspect an athlete has a concussion, keep the athlete out of play (“when in doubt, keep them out”). The athlete must be evaluated by a health care professional experienced in evaluating concussions to assess the severity of the concussion, the path to recovery and the steps to return to play.

- All Coaches are required to sit a player out for the remainder of a game if the player sustains a blow to the head or a jarring collision that causes the coach or the trainer to suspect a possible mild or traumatic brain injury.
- The coach is required to notify the trainers regarding any such incident to permit assessment by a trained professional.
- If a coach or trainer suspects a concussion and requires a player to sit out, that player will not be allowed to return to play in the tournament without written clearance from a medical professional.

- **Roadways and Parking Areas**

- Use caution in all parking areas. Park only in designated areas. Please obey all parking signs.
- DO NOT park on private property. Violators may be ticketed or towed.
- Please follow parking attendant instructions.
- Be aware of pedestrians. Excited young children may dart between cars. Drive slowly in areas where pedestrians will be. Yield to ALL pedestrians. Please be extremely careful backing up.
- Do not walk on the road from parking areas to fields, but only in designated walkways. Use caution when crossing streets. Players should be accompanied by adults when crossing streets.
- Be aware of heavy traffic around tournament venues. Use caution and courtesy.
- Please do not park in a manner that blocks emergency access points, which may be identified by signage. If you see a vehicle blocking an emergency access point, please notify Tournament Headquarters

Chase  
Bank

NORTH

SW 3RD STREET

Office  
Building

Vendor  
Parking

Field 1  
Warmup

Fire  
house

Team Parking

Vendor Area

Rest Rooms

Concessions

Field 7

Field 2

Field 3

Referee  
Tent

Check  
In Tent

Trainer

Field 6

Field 5

Field 4

SW 87th AVE

Broward Mall

SW 6TH STREET

# GOLD COAST LACROSSE SHOOTOUT

PINE ISLAND PARK

320 S. Pine Island Road, Plantation, FL

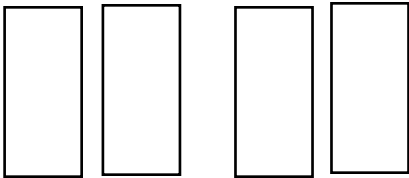
To Broward Blvd >>

PINE ISLAND ROAD

<<< To I-595

NORTH

HOCKEY RINKS



Team Parking

Team Parking

Field C

Field D

Pond

Field A

Field B

Team Parking

NW 2nd STREET

Play Ground

Pool Complex

# GOLD COAST LACROSSE SHOOTOUT

## CENTRAL PARK

9151 N.W. 2nd Street, Plantation, FL

To Cleary Blvd >>

CENTRAL PARK DRIVE

<<< To Broward Blvd  
<<< To Pine Island Park

To Cleary Blvd >>

NW 91st AVE

Players

Spectators

Spectators

Players

Players

Spectators

Spectators

Players

Rest Rooms

Concessions

Water

Referee Tent

Trainer

GCLS HQ  
Check In  
Scores

Rest Rooms



EVERY SEASON STARTS AT



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