

# WEST COAST SHOWDOWN TOURNAMENT RULES

# U12 - HS

## Overview

- For U12 and U14, we will be using US Lacrosse Rules.
- For High School we will be using NFHS rules.
- Please note, all players must be properly equipped.
- Teams will take the goal closest to their bench.
- There will be no overtime on the first day.
- All West Lacrosse will provide lacrosse balls for every game on every field.

At the conclusion of each game:

- All goals scored will be recorded by the assigned score keeper provided by All West Lacrosse.
- Team Coaches and Referee must sign their initials to confirm the results on both scorecards
- Tournament staff will bring the scorecard to the tournament Command Center .
  - a. \*This is critical for the seeding of teams on Day 2 of the event.

## AGE/GRADE ELIGIBILITY

We follow the NCJLA regulations for birthdate cutoffs. Whatever age the player was on August 31st 2018, will be the division the player plays in for the rest of the year i.e. if the player is 13 years old on Aug 31st, 2018, then the player would play for the U14 division for the 2018/2019 year. This rule is applicable in all divisions.

Grade Eligibility is determined by the player's grade of the current (2018/2019) school year. Players are permitted to play UP one age division. Players are NOT permitted to play down an age division for any reason. 2019 High School graduates (post grad) are eligible to play in the HS Open Division only. Players who have played in college during the 2019 season are ineligible.

### **\*\* Violating eligibility rules is subject to disciplinary action.**

Boys U10 (or 3rd & 4th Grade)

Boys U12 (or 5th & 6th Grade)

Boys U14 (or 7th & 8th Grade)

Boys JV (or 9th to 11th Grade)

Boys Varsity (or 11th to Post grad)

## GAME SCORING

- All goals scored will be recorded by each Team Contact.
- Following each game Team Contacts will:
  - a. Fill out scorecard.
  - b. Team Contact, Coach and Referee will sign/initial both scorecards
  - c. Any discrepancies MUST be addressed before signing.
  - d. Scorekeeper will bring scorecard to All West Command Center

## GAME TIE BREAKERS:

No Braveheart. Regular season games end in a tie. Playoff games will have 4 minute running time OT period until a goal is scored. Teams will switch goals each OT period until a winner is determined.

## GAME RULES

- **U-12 & U-14:** US Lacrosse Rules
  - **High School:** National Federation High School Rules apply except where noted differently below.
    - Other rules that apply:
      - a. There are no one handed checks at U12 or U14. Even an attempt that misses is considered a slash.
      - b. No counts will be used but stalling may be called and the ball will have to be kept in the box in the final two minutes of play for the team ahead. In the last 2 minutes the team ahead will have 20 sec to clear and 10 to get it in and keep it in the box.
      - c. All levels will have a 4 second Goalie Count
      - d. NO TIMEOUTS
      - e. NO COIN TOSS:
      - f. Teams take goal closest to your bench for the 1st half.
- ALTERNATE POSSESSION:
- Officials will flip a coin at the beginning of the game and make the determination for AP. Players will NOT be needed for the coin toss.
- g. SUBSTITUTIONS:
- NO HORNS- All substitutions are made on the fly.
- h. NO STICK CHECKS- UNLESS STICK IS OBVIOUSLY ILLEGAL.

## GAME TIMES:

- 25 minute running halves with a 5 minute half time and a 5 minute changeover period. The game clock will be centrally controlled by air horn.
  - a. 1 long blast signifies beginning of the game, halftime, and the end of the game
  - b. 2 short blasts signify 2 minutes before start of game, halftime, or end of game
  - c. Because there is only 5 minutes allowed for changeovers, it is essential that teams exit the field immediately at their game's conclusion and the next teams to play be ready to occupy the field immediately.
  - d. We encourage player handshakes at game's end. Please do so off the playing field near the sideline.
  - e. All teams are expected to clean their bench area after every game. Please do not leave any garbage.

## PENALTY TIME FOR TECHNICAL AND PERSONAL INFRACTIONS

- All Penalty times are 50% longer because of running time
- Technical Infractions – 45 seconds
- Personal Infractions – 90 seconds

Game Officials are responsible for:

## COMMENCEMENT OF PENALTIES

- Penalties begin at the sound of the Game Official's whistle and the resumption of play
- All penalty time will be kept on the field by the Game Official.
- Team Contacts will release all penalties.

## EJECTIONS:

- Player Ejected From Game- at the discretion of the Game Officials.
- Player Ejected From Tournament- at the discretion of the Tournament Director.
- Parental /Crowd ejections – will be dealt with on a case-by-case basis by Tournament Director. Sportsmanship is expected from the players, coaches, and fans. Any display of poor sportsmanship will result in that person being asked to leave the Facility.