



TOURNAMENT RULES

Updated 11/11/2019

- **GAME LENGTH:** Two **22** minute halves; 3 minute half-time; teams change field direction in the 2nd half. Running time, officials start and end the game on their own clock, as there is no central horn for start and stop of play.
- **GAME NOTE:** A * on the schedule indicates that game does not count in the standings (W,L,T,GF,GA) for that team (although it does for the opponent). This occurs if there are an odd number of teams in the division and one team is required to play an extra game.
- **WEATHER:** A separate weather plan has been developed and will be distributed prior to the event.
- **PENALTIES:** Penalty time kept by officials on the field.
 - Technical Fouls – 45 seconds
 - Personal Fouls – 90+ seconds
- **TIMEOUTS:** One 30 second timeout per team per half (game clock will stop).
- **GAME RULES:** 2020 National Federation High School rules for the HS AA, A, and B divisions (see attached changes for 2020), and the 2019 US Lacrosse U14 Boys Youth rules for the U14 division and below are in effect, with the following exceptions/clarifications:
 - **U8, U10, U12:** A player may not deliver a body check to an opponent. Allowable body contact at these levels are legal holds, legal pushes, the use of equal pressure against an opponent to gain possession of a loose ball, defensive positioning to redirect an opponent in possession of the ball, and contact deemed incidental by the officials.
 - **U12:** 20 and 10 second counts **will be** used, however, Get It In/Keep It In **will not be** enforced.
 - **U8, U10:** See below for additional information.
- **OVERTIME – POOL PLAY:** 3v3 (plus goalie) sudden-victory Braveheart for a maximum of 2 minutes to determine the winner. If neither team scores, the game will end in a tie. All field players must line-up in the midfield positions for the faceoff, and at least one player (goalie or field player) must remain in the defensive half of the field at all times. No substitutions permitted after the faceoff and no timeouts permitted.
- **OVERTIME – CONSOLATION GAMES:** No overtime, the game will end in a tie.
- **OVERTIME – CHAMPIONSHIP BRACKET PLAY:** 10v10, sudden victory, 4 minute running time period(s) to determine the winner. Standard substitution rules apply. No timeouts permitted.
- **GAME SCORES:** Scores will be posted on TourneryMachine approximately 15 minutes after the game is completed. All requests for score corrections should be addressed to the on-site Field Manager by the coach no more than one hour after completion of the game. After that point, all scores are final and no changes will be made.

- **TIE BREAKER PROCEDURE:** Ties in the standings/seedings will be broken as listed below. In the event that two or more teams remain tied after step 3, step 4 (and 5, if necessary) will determine the highest ranked team. Steps 3 and 4 (and 5, if necessary) are then repeated to determine the next ranked team, and so on. See the example below.
 1. Most Wins. Ties will count as a ½ win.
 2. Least Losses. Ties will count as a ½ loss.
 3. Head-to-Head (only if all tied teams have played each other)
 4. Least Goals Allowed (revert to head-to-head once two teams remain)
 5. Coin Flip
- The on-site Tournament Director will have the final decision regarding any item/issue not listed.

U8/U10 DIVISIONS – ADDITIONAL RULES/INFORMATION

In addition to the items listed above, 2018 US Lacrosse U14 Boys Youth rules for the U14 division are in effect, with the following exceptions/clarifications.

- **General Information/Reminders for U8 and U10 Divisions**
 - 20 and 10 second counts will **not** be used; Get It In/Keep It In will **not** be enforced.
 - Goalkeeper 4 second count will be enforced.
- **7v7 Division (U8, U10)**
 - The field shall be approximately 60 yards by 40 yards.
 - All goals will be regulation size (6'x6').
 - No long crosses are permitted.
 - 7 players, including goalie, constitute a full team. One player is required in the wing position on face-offs, and two players in the attack and defensive zones (behind GLE).
 - A team will be considered offside if there are more than 4 players in its offensive half of the field or more than 5 players in its defensive half of the field.
 - Penalties: Player committing foul is replaced and cannot re-enter game until his penalty time has expired (there is no man-up).
- **10v10 Division (U10)**
 - The field and goals shall be regulation size.
 - Maximum length of long crosses is 54", and no more than 4 are permitted on the field.
 - Penalties **will be** time serving.

TIEBREAKER EXAMPLE – ALL DIVISIONS

Team	W-L Record	Goals Allowed	Wins Over	Position
A	2-1	14	C, D	1 st
B	2-1	16	A, D	3 rd
C	2-1	18	B, D	2 nd
D	0-3	27	---	4 th

- As steps 1, 2, and 3 do not break the tie, step 4 results in Team A being placed 1st, as they have the least goals allowed among the three tied teams.
- Reverting to step 3 with the two remaining teams, Team C is placed 2nd, as they beat Team B. Team B is placed 3rd.

Restart Protocol Amended in High School Boys Lacrosse

By Luke Modrovsky on August 08, 2019

[lacrosse-boys](#)



Starting next year in high school boys lacrosse, play may be restarted with a defensive player within 5 yards of the player in possession of the ball. In such cases, defensive players must adhere to certain conditions or they may be subject to a delay-of-game technical foul.

The amended restart protocol was one of 10 rules changes recommended by the National Federation of State High School Associations (NFHS) Boys Lacrosse Rules Committee at its July 15-17 meeting in Indianapolis. All rules changes were subsequently approved by the NFHS Board of Directors.

“The committee worked diligently in reviewing all proposals,” said Dr. James Weaver, NFHS director of performing arts and sports and liaison to the NFHS Boys Lacrosse Rules Committee. “Year after year, the game of high school boys lacrosse continues to improve and make positive strides.”

In a change to Rule 4-22-1, officials will no longer wait for defensive players to position themselves more than 5 yards from the player in possession of the ball when restarting play. While both offensive and defensive players are still required to move more than 5 yards away, two exceptions apply to defensive players only. Defensive players within 5 yards of the player in

possession of the ball can avoid a delay-of-game technical foul by allowing the player a direct path to the goal and not defending that player until the player is 5 yards away from the defending player.

“This change allows for rapid restarts to increase pace of play while making the game more engaging,” Weaver said. “Additionally, the change balances technique between offense and defense.”

Under mandatory equipment listed in Rule 1-9-1, shoulder pads and chest protectors used by players must be designed for lacrosse. Additionally, goalkeepers must wear a chest protector designed for lacrosse that meets the National Operating Committee on Standards for Athletic Equipment (NOCSAE) ND200 standard at the time of manufacture beginning January 1, 2021, while shoulder pads for field players must incorporate the NOCSAE ND200 lacrosse standard for chest protection beginning January 1, 2022.

NOCSAE ND200 protection will be available on the market for field players and goalkeepers this fall.

“Health and safety of players is of the utmost importance,” Weaver said. “The NOCSAE ND200 standard for lacrosse will provide valuable protection for all players in the game.”

In a change to Rule 5-5, the penalty for an illegal crosse is no longer a tiered penalty and is now a two-minute, nonreleasable penalty – regardless of the infraction.

Throwing a crosse, referenced in Rules 5-10 and 6-5-2, is now an infraction in all cases. Throwing the crosse at a ball, player or other game personnel is considered unsportsmanlike conduct, which is met with a one- to three-minute non-releasable penalty and in all other cases falls under illegal procedure.

Under the Chief Bench Official's (CBO) responsibilities in Rule 2-7-2, the CBO is no longer responsible for penalizing a team with too few players on the field. However, delayed substitutions — when a player gains an advantage by delaying entry onto the field — still fall under the CBO's duties.

The committee eliminated three definitions under “Play of the Ball Definitions” in Rule 4-5 – ball in flight, team possession and completed pass, which were deemed to no longer be needed.

Changes to Rules 6-1-1 and 6-2-1 focus on streamlining changes made to the slow-whistle technique in Rule 7-8-2 over the past two seasons.

Finally, Rule 4-24 clarifies that a time-out for a player with symptoms consistent with a concussion is an official's time-out, not a team time-out.

A complete listing of the boys lacrosse rules changes will be available on the NFHS website at www.nfhs.org. Click on "Activities & Sports" at the top of the home page and select "Lacrosse-Boys."

According to the 2017-18 NFHS High School Athletics Participation Survey, there are 113,313 boys participating in lacrosse at 2,957 high schools across the country.