



## NORCAL ASCENT

# Tournament Game Play Rules, Policies and Procedures

All Games will be played under current NFHS AND USAL base rules for girls with the following modifications and points of clarification:

### Rule Modifications and Points of Clarification

#### 2023-2030 Divisions

**Format:** 12v12

**Game Time:** Two 20-minute running halves. 3-minute halftime. Kept on central horn. Horn will blow at start of each game, end of 1<sup>st</sup> half, start of 2<sup>nd</sup> half and end of game.

**Timeouts:** One 45-second timeout per game. Game clock does not stop, but penalty time does stop. Cannot be called in last 4-minutes of the game.

**Checking:**

- **All High School Divisions** = Full Checking
- **2027/28 (14U)** = Transitional Checking
- **2029/30 (12U)** = Modified checking

**Self-Start:** Improper self-starts will be re-set without penalty. False starts by offense on 8M free positions will be penalized. Self-start is permitted in the final two 2-minutes of game play due to running clock.

**8-Meter/ End of Period Play** – Direct Free Positions in the CSA will be played out if time expires in the half or game. It is the official's discretion to determine when the free position has been played out. In all other situations the goal will stand if it is released prior to the horn.

**Penalties:** All major fouls will be time serving penalties and the offending team will play short. The penalty clock will begin when the official blows the whistle to restart play. Penalty time will be kept by the field marshal and will stop if a team uses a time-out. All yellow cards will be 2 minutes and all red cards will be 4 minutes.

- 1 Yellow Card: Player sits 2-minutes
- 2 Yellow Cards: Player sits the remainder of game and can play in next game.
- Red Card (Player): Player must sit remainder of game AND must sit out for the next game
- Red Card (Coach): The coach must leave the game and remain away from the game until finished. They will not be able to coach the rest of the day at the event.
- The offending player that receives a card must serve the penalty time unless it is the goalie and no substitute is available. If the goalie receives a red card, then they will be ejected from that game and the next. Their team may put a field player in place of goalie and play will continue while a replacement goalie is dressed and enters the field through the sub area. No field player may enter the goal circle unless instructed by the officials.

**Offsides:** 4 players must remain behind the restraining line when their team is on defense. 5 players must remain behind the restraining line when their team is on offense (the goalie counts at 1 player).

**Stick Checks:** No Stick Checks unless requested by the opposing coach directly after a goal before the next draw.

**Alternate Possession:** First AP is awarded to the team listed first on the Field Marshal clipboard.

**Deputies:** Not permitted at 2027/28 (14U) and younger divisions.

### Overtime

**Pool Play Overtime:** Tie Games at the end of regulation will immediately go into a two (2) minute sudden death overtime beginning with a draw unless either team ends game with possession in an extra player situation, in which case they will receive the ball at the draw to start OT. If the game remains tied after the overtime period, a 1v1 (a field player and goalie for each team) Braveheart will immediately follow until a winner is determined

**Braveheart Rules:** For a Braveheart, each team will send two 2-players, one of whom HAS to be a goalie. The goalie from each team must always remain on the defensive half of the field. Play will begin with a draw and then continue until a goal is scored.

**Championship Game Overtime:** 5-minute periods until a goal is scored. No Bravehearts unless both teams agree to it.

### Tie-Breakers

1. Head to Head\*
2. Fewest Goals Against
3. Most Goals For
4. Coin Flip

\*In the event of a tie between more than two teams, head to head amongst the tied teams will serve as the first tie-breaker. If there was only 1 matchup between the tied teams, the team that won that matchup will win the first tie-breaker and the other teams tie-break will be determined by fewest goals allowed and then most goals for.

### Schedule Adjustments

**All schedule changes will be messaged through Tourney Machine**

In the event of field closures and/or unplayable field conditions or adverse or threatening weather conditions, including rain, wind, lightning, excess heat and/or humidity, tournament organizers reserve the absolute and unfettered right to:

1. Cancel and/or postpone play.
2. Reduce game times.
3. Revise the schedule.
4. Interrupt and suspend games.
5. Finish or end games early.
6. The field and facility owners, not tournament organizers, have final say whether the Tournament will take place in whole or in





part, or will proceed in a modified format, due to the weather conditions.

## Sportsmanship Policy

**We love a good game and sportsmanship!** Sportsmanship and the concepts of fair and honorable play are essential to the overall success of the Tournament.

- Players, coaches, officials, parents and spectators are to conduct themselves in a manner that **"Honors the Game,"** and demonstrates respect for others, for the benefit of everyone involved.

Trilogy Lacrosse has a zero-tolerance policy for the following actions and they may result in ejection from the tournament at the discretion of the tournament director:

- Verbal abuse or antagonization of officials or event staff by a player or spectator
- Fighting
- Any player who leaves the sideline, or runs from the opposite end of the field, to participate in an altercation on the field
- ANY actions deemed excessively unsportsmanlike by a player, coach or fan including but not limited to any discrimination based on gender, religion, race or sexual orientation.

## Age and Roster Policy

- Every participant must submit an online waiver prior to the tournament in order to participate.
- Players cannot play for more than one club program during the same tournament.
- Players may move up to play in an older age division team within their own club.
- Players cannot play in a division younger than their High School graduation year.
- Any exemption to this policy must be submitted for consideration in writing to the tournament director prior to the tournament. Violation of these regulations may result in forfeiture of games at the discretion of the tournament director. The tournament director makes the final decision on any roster issues.

## Weather Policy

In the event there is a lightning strike within 10 miles of the facility or extreme weather, five (5) air horn blasts will signal **families to take shelter in their cars** and await further instruction. Updates will be available through the Tourney Machine App. Standard lightning delays are 30 minutes from the last strike. In the event another strike occurs during the initial delay, that 30 minute clock resets.

## Attendee Policies / Facility Rules

Visit <https://mhosc.org/policies> for additional details

### FACILITY SPECIFIC POLICIES:

- Pets are not permitted except for service animals with proper identification.** This is strictly enforced at this facility.
- No alcohol or smoking** on the premises.
- No glass including bottles permitted on site**
- Attendees should adhere to parking signage and follow instructions of the parking staff.
- Parking on-site is managed by the facility staff, there is a \$10/day entrance fee to enter the lots.** Please adhere to no parking areas on the map. Cars parked in no-parking areas will be towed by the city at the owner's expense.
- Team tents should only be set up in designated areas and never on the end line of a playing field regardless of netting.

### Turf Field Policies

- Only water allowed on Turf Fields, no food or drinks
- No spectators on Turf, only Teams and Team Officials
- No chairs on Turf, use bleachers

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### COVID-19 POLICY:

**Players, Parents or Staff shall not attend the event if in the 5 days prior to the event, any of the following conditions are met:**

- Test positive for COVID-19
- The individual or any member of their household or any individual that may attend the event with them has come into close contact with a positive case, (excluded if they are vaccinated or have had COVID-19 in the 3 months prior to exposure)
- The individual exhibits symptoms of COVID-19, which include but are not limited to a cough, shortness of breath or difficulty breathing, loss of taste or smell, headache, chills, muscle or body aches and/or sore throat.

