

NXT
MID-ATLANTIC
SPRING
LEAGUE

2023 MID-ATLANTIC SPRING LEAGUE RULES

****All Players must complete the online player waiver prior to participation. mouthguards must be worn at all times along with appropriate equipment. ****

MODIFICATIONS / REFEREE NOTICE

US Lacrosse/ NFHS rules with the following modifications and/or points of emphasis. Games will be played with running quarters.

See 'Counts' (only a 20 second count; 2027-30's) and 'Checking' (one-handed stick checks allowed at middle school 2027-29's).

Eye Black is allowed. Visors are allowed.

SAFETY

In the event of inclement weather or extreme temperature, our Director of Health and Participant Safety may recommend modifications to game time for safety reasons. ****No crease dives****

GAME FORMAT

We will play four 12-minute quarters with 1 minute between each quarter, and a 3-minute halftime.

PENALTIES

Penalties are running time starting on the whistle (30 or 60 Sec). Penalty time stops during injuries, time-outs, between quarters and halves, and while another penalty is being assessed. Penalties will not be time and a half.

STICK LENGTH

2031's & 2032's, see US Lacrosse Guidelines; we recommend you follow.

CHECKING

Limited body checking. Big hits & physical play (even within three yards of a loose ball) constitute unnecessary roughness. (1 min penalty). One- handed stick checks are not allowed in 2030 and below.

COUNTS

2030-2027: Clearing Counts of 20 seconds to cross the midline, ball must be over the midfield line after the 20 second count. There will NOT be a 10 second count to advance the ball into the box.

****NO Counts: 2031's & 2032's - Exception is a 5-sec goalie count**** Over and back rules are in effect

FACEOFFS

All ages following US Lacrosse and NFHS rulebooks.

****“Down, Set, Whistle.”** No Motogrip, no Knee Down. The ball must be moved, raked, or directed immediately. Immediately is defined as within one step. Faceoff sticks require tape of a different color than your shaft and gloves at the top six inches of your shaft, below the head. ******

TIMEOUTS

One (1-minute) time-out per game including playoffs. The game clock will stop during a time out. There are no timeouts in overtime except in the playoffs and championship game. See below for additional timeout and overtime info.

OVERTIME

Pool Play Overtime - There is a one 4-minute sudden victory overtime period in pool play (regular season). Each team will receive 1 point if a deciding goal is not scored. NO TIMEOUTS.

Playoff Overtime - In the event of a tie in the playoffs, overtime will consist of unlimited 8-minute overtimes. TIMEOUTS STOP CLOCK (30 seconds), one timeout per overtime period per team.

Championship Overtime - Championship game will consist of unlimited 8-minute periods until a goal is scored. TIMEOUTS STOP CLOCK (1-minute), one timeout per overtime period per team.

MERCY RULE

Applied when there is a (7) goal deficit in pool play. Teams down by (7) or more goals will get a free clear after each goal. Coaches can agree to waive this rule.

FORFEIT

In the event of a forfeit, the winning team will be awarded 7 goals in reference to the 7-goal max differential.

OFFICIAL SCORE

Will be kept by the field coordinator and a referee. Post-game the field coordinator will certify the official score with both coaches and officials. Once scores are certified & reported they may not be challenged. If a dispute arises, please call a tournament director to the field.

PLAYOFF SEEDS

Teams will be seeded according to their overall record based on points; teams receive 3 points for a win, 1 point for a tie. If two teams are tied on points after the pool play the following tie- breakers will be used:

1. Head-to-Head,
2. Goal differential (max 7 per game +/-)
3. Goals against
4. Coin flip.

In the event of a 3+ team tie, the tiebreaker process starts at step 2. Once a team is selected as winning the 3+ team tiebreaker, the tie breaking process restarts at step 2 until 2 teams remain. The process starts at step 1 once 2 teams are remaining.

ROSTER REGULATIONS

No player can compete on more than one team within the same age group or grad year for a different club. A player rostered on a "AA" team cannot participate on a "A" team, but a "A" rostered player can compete in the "AA" division, within the same club. Limited age exceptions can be made in advance at the discretion of tournament directors. No limit to roster size.

SPORTSMANSHIP

If a player leaves the sideline to get involved in an on the field altercation, or a player on the field runs from the opposite end crossing the midfield, that player is automatically ejected from the game and the following game. The player may also be removed from the league/tournament. The offending team may have to forfeit the game at the discretion of the tournament director. In the event that both teams have players exhibiting this behavior the game may be called and both teams will have the game recorded as a loss. The offending team or teams also may render themselves ineligible for the playoffs. The coaches and officials are expected to protect and promote the safety and well-being of all players.

NO TOLERANCE POLICY

Alcohol, drugs, discrimination based on race, gender, religion, or sexual orientation by players, coaches, or fans. If a player, coach, or fan are proven to be in violation of this, the result will be an immediate ejection from the tournament venue.

REFEREES

Refs can stop the game for any reason that he/she feels fit.

ISSUES OR CONCERNS

Tournament Directors will only communicate with Club Directors.