

# 2025 TOURNAMENT RULES

*These rules apply to all thinkLAX events. All participants and coaches are expected to read the official rules prior to each event. thinkLAX will follow all 2025 US Lacrosse & NFHS Rules as it pertains to each age level with the following tournament modifications / clarifications:*

- All games will start promptly at the assigned times.
- A central horn will be used to start and stop all games; including halftime.
- All scores will be “COACH FLIP” or “TEAM REP” flip. Each team can have a rep at the table for scoring.
- No jewelry allowed on players, unless for medical purposes, which must be disclosed to the officials and opposing coach prior to the start of the game.
- All protective equipment must meet NOCSAE standards and be verbally certified by coach. Mouth guards must be worn at all times.
- Each half will be 20 minutes with 3-minute halftime and 2 minutes in between games!
- Coaches may not call timeouts in any game and/or playoff game.
- Officials may stop on field play for any reason he/she feels fit, examples include: serious injury, game equipment issues, sideline problems, etc. During an injury timeout, the clock will run.
- All substitutions are handled on the fly or on a goal scored.
- If a shot is taken at the end of a half prior to the horn and the ball scores the goal WILL stand.
- 8 –Meter Shots: **WILL NOT be played if the horn sounds for the end of the game or half.**
- Alternate possession – The team listed first on the schedule receives the first alternate possession. After the initial possession is awarded, the possession will then alternate.
- Yellow/Red Card Penalties: All cardable penalties are 2:00 NON-RELEASEABLE and team plays “player down.”
- 1 YELLOW Card (PLAYER) – the player must sit for 2 minutes, running clock, the field marshal at the table will keep time.
- 1 YELLOW Card (COACH) – a player from the field must be taken off and sit for 2 minutes, running clock, the field marshal at the table will keep time.
- 2 YELLOW Cards – the player must sit the remainder of the game. This player may return to the next game.
- RED Card-defined as a single red, not two yellow cards (PLAYER) – The player must sit the remainder of the game and the first half of the NEXT game.
- RED Card (COACH) – The coach must leave the game and the game field until the completion of the game. They may NOT coach from the stands or the perimeter of the field. Any coaches receiving a RED Card will be noted by the thinkLAX Tournament staff and will be placed on probation. Should that coach receive another RED Card in the same calendar year at an thinkLAX event, the coach will not be allowed to coach at an thinkLAX Tournament for 365 days.



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## DETERMINATION OF DIVISION WINNERS

- At the end of the tournament, the division winner shall be the team with the most points in their group.
- Teams will be awarded points on the following basis:
  - Two (2) points for each win
  - One (1) point for each tie
  - Zero (0) points for each loss
- Tie-Breaker System after division play, in the order listed below:
- When the tie-breaker system is used, the criteria are followed in order until one or more team is determined at any given step. The criteria then starts over again at the top of the tie breaker system with the remaining teams. Rules are repeated until a winner is determined.
  - Head-to-head competition (if there is a 3-team tie, proceed to the next tie-breaker)
  - Fewest goals against
  - Goal Differential (the difference between goals for and goals against) with a maximum difference of ten (10) goals per game.
  - Coin Flip
- During a playoff or championship game, if a tie score exists at the end of regulation, there will be a 5-minute overtime, sudden victory (first goal wins).
  - All teams will play with only 5 players and a goalie on the field (3 midfielders, 1 Defense and 1 Attack)
  - The team is then awarded with 1 additional point to be added to the final score (for example, at the end of regulation, if the score is tied 1-1 the winner of the sudden victory will be awarded 1 additional point to the final score. The final score will be 2-1.) OT will repeat until there is a winner.
    - *Note if overtime happens, the games will not follow the central air horn and will be up to the referee for accurate start and stop times.*

## CHECKING RULES

- **FULL CHECKING 2026 – 2030**
- **TRANSITIONAL CHECKING 2031 & 2032**
- **MODIFIED CHECKING 2033 & 2034**