



I. General Information

- a. **Check-In:** Coaches or Club Directors should check-in Saturday morning at the Registration tent, prior to their first game.
- b. **Scheduling & Organization:** The Tournament will stay on schedule. Please have your teams ready to play. Field coordinators will be checking to make sure teams up next are ready to go in order to keep all games on schedule.
- c. **Rulings:** The Tournament Directors have the final say on rules interpretations.
- d. **Score Disputes:** If a coach has concerns about the final score or a game, the coach should immediately bring the concern to the attention of the field coordinator and game referees prior to that score being reported to the tournament directors. Goal differential can be a tie-breaker for playoffs so this is very important. The field coordinator or coach may request that a tournament director come to the field to handle a score dispute. Once reported, scores may not be challenged later in the day or weekend. Please do not send parents to the registration tent if your team has concerns. Tournament Directors will only communicate with team head coaches and assistants.

II. Game Play

- a. **Game Clock**
 - i. There will be a continuous central clock, which will be managed by the Tournament Director and communicated to the field coordinators and referees.
 - ii. Games consist of two 22 minute running halves; teams will change direction after the half. Halftime will be two minutes.
 - iii. In the event that the combination of weather and humidity result in conditions

that exceed standard heatstroke safety guidelines, the tournament will switch games from two 22-minute halves to four 10-minute quarters with water and rest breaks between each quarter. If further modifications need to be made, they will be at the discretion of the Tournament Director and NXTsports Director of Participant Health and Safety. The Tournament Director will notify all fields if such conditions occur.

b. Timeouts

- i. Each team has one 30 second timeout per game. The game clock does not stop during timeout. Timeouts cannot be called in the last four minutes of the game by the leading team.

c. Tie Games

- i. There is no overtime in pool play. Tie games will end in a tie and each team will receive 1 point.

d. Playoff Overtime:

- i. In the event of a tie in playoff quarterfinals or semifinals, overtime will consist of a four minute sudden death overtime period followed by a 1v1 Brave Heart competition until a goal is scored. During a Braveheart, if a foul is committed/ flag down, the offending player will be placed 5 yards behind the player with the ball if a goal is not scored.
- ii. In the event of a tie in a Championship game, overtime will consist of unlimited 8-minute periods of sudden-death overtime until a goal is scored.
- iii. Each team receives one 30-second time out during the overtime period during which the clock will stop. Unused timeouts do not carry over from the game.

III. Standings

- a. **Seedings:** Teams will be seeded according to their overall record based on points; teams receive 3 points for win, 1 point for a tie.
- b. **Tie Breakers:** If two or more teams are tied on points after the group stage, the following tie-breakers will be used:
 - i. Head-to-Head Results (only if there is a two-way tie- not applicable for three-way ties)

- ii. Goal Differential (Total Goals scored minus goals allowed); maximum of seven (+/- 7) per game.
- iii. Least Number of Goals Allowed
- iv. If all of the above are a tie, the tiebreaker will be decided by a coin flip for a two-way tie, and a random draw for a three-way tie.

c. Mercy Rule

- i. Applies when there is a seven goal deficit in pool play.
- ii. Teams down by 7 or more goals will get a free clear after each goal. If both coaches agree to waive the mercy rule, play will start with a face-off.
- iii. The mercy rule does not apply at the High School Level.

IV. Game Rules

a. All teams will play using NFHS rules (US Lacrosse Boys Youth Rules) with the following modifications and/or points of emphasis:

- i. No horns - quick restarts with defensive players giving offensive players 5 yards on the restart
- ii. All substitutions are on the fly, except on a time serving penalty.
- iii. Appropriate equipment and mouth guards must be worn at all times.
- iv. U11, 4th, and 5th Grade - The length of the crosse for field players shall be 37-42 inches or 47-54 for long crosse purposes.
- v. U9 and 2/3rd Grade - The length of all crosses for all field players shall be 37-42 inches.

b. Checking

- i. Limited body checking at the U13, U15, or 6th-8th grade divisions. Excessively big hits and physical play (even within five yards of a loose ball) constitute unnecessary roughness and will result in a 1 minute penalty.

c. U9, U11, and 2nd-5th Grade Division Checking & Penalty Rulings

- i. NO one-handed stick checks or body checks.
- ii. The 4-3 fast-break rule will be utilized as opposed to Man-Up/Man- Down in U9

and 2/3rd Grade divisions.

- iii. Reduced squad/field game play - 7 v 7 (2 attack, 2 midfield, 2 defense, 1 goalie), shortened field for U9 ONLY.

d. **Counts & Advancement**

- i. For High School, U15, U13, and 6th-8th Grade divisions, there will be a 20 second count to clear and 10 second count to advance the ball into the offensive box. The leading must keep it in the box with under 2 minutes left in the game.
 - ii. U11, U9, and 2nd-5th Grade divisions there will be no counts, with the exception of goalie counts. If a game official detects an effort to stall the advancement of the ball in either the defensive clearing area or the offensive zone outside the goal area, the official will give a verbal command to “advance the ball” followed by a visual 5-second hand count.
- e. Referees can stop the game for any reason that he/she feels fit. Examples include serious injury, etc. Generally for such stoppages, the clock will continue running. If there is a significant delay during a playoff game the referee or Tournament Director may stop the game clock at his/her discretion.
- f. **Time serving penalties:** penalty time will be kept by the on-field officials and/or field coordinators.
- g. **Official Scores:** The official score will be kept by both the field coordinator and one of the referees. The coordinator and referee will confer throughout the game and at stoppages to ensure the correct score. At the end of game, the referee is responsible for certifying the official game score with both coaches and the field coordinator. All scores are reported to tournament director and may not be challenged later during the tournament

V. Roster Regulations & Guidelines

- a. All Players and Parents/Guardians must complete the online player waiver prior to participation.
- b. No player may compete or be rostered on more than one club/team during the tournament. (i.e. cannot play for Team Vermont and Team New Hampshire in the same tournament. You may however be rostered on a U9 team and move up to play U11 if need be. You may not, however, play down a division). Any team with a player

in violation of this rule will forfeit all games in which the player has participated in and will not be permitted to play in the playoff rounds.

- c. Players who have high school/varsity experience are strongly discouraged from playing in the U15 division. However, if a player meets the U15 US Lacrosse age requirements they may play in the U15 division.
- d. Limited age exceptions can be made at the discretion of tournament directors for self-described developing youth programs.
- e. No high school graduates are eligible to participate in the event.

VI. Sportsmanship Policy

- a. 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. The player can also be removed from the tournament and the team may be punished as well and have to forfeit the game at the discretion of tournament officials and referees. 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. Tournament Directors and Staff consider the safety of each player as our first priority and we expect coaches and players to understand and abide by this philosophy as well. The coaches and officials are expected to protect and promote the safety and well-being of all players.
- b. There is a no tolerance policy for any 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 immediate ejection from the tournament. Offending persons will need to leave the venue and no refunds will be offered.