

Lacrosse Tournament Rules – Boys

Revised October 2018

Rochester Regional Health Total Sports Experience thanks the coaches, families, players, referees, and spectators for dedicating their actions and positive attitudes to provide the best quality sports program for today's youth.

Our tournament philosophy is to provide teams an opportunity to develop and improve individual skills, fitness, and improve overall as a unit. It is in the best interest of everyone to minimize injury potential so teams can enter their outdoor seasons in top form.

The house rules pertain to all teams playing at Total Sports Experience.

All United States Lacrosse League Rules apply except for the exceptions listed here.

1. Coach/Captain Responsibilities:

- a. The Coach/Captain must submit a Team Roster Form, signed Code of Conduct and Individual Waiver Forms from each rostered player prior to the first game of the tournament. Individual waiver forms can be submitted electronically or by hard copy.
- b. Coach/Captain is responsible for full team payment prior to their first game. Teams not paid in full may be removed from the tournament and/or forfeit games in question.

2. Roster:

- a. A copy of the roster must be on file by the first game.
- b. All players (parent if player is under 18) must sign an Individual Waiver Form **before** they participate. Individual waiver forms can be submitted electronically or by hard copy.
- c. Individual players are only permitted to play for one different teams in any given division.
- d. Teams who use ineligible players (see above roster guidelines) will forfeit games where an ineligible player was used.

3. Equipment:

- a. All players must have the following equipment:
 - i. Field lacrosse helmet (hockey helmets are not allowed)
 - ii. Gloves
 - iii. Shoulder pads
 - iv. Arm guards
 - v. Mouth guard
- b. Goalies at the Junior Varsity and Varsity level are not required to wear arm guards or shoulder pads.
- c. NFHS stick pocket depth rules apply to all play.

4. Format

Full fields: Play is 10v10

Modified fields: Play on the boardless field is 8v8 (2-3-2 format), long poles are not permitted

5. Contact:

Body Contact: Consistent with tournament philosophy, NO body contact is allowed in any of the divisions. No deliberate body contact may be initiated with the torso, either offensively or defensively. Players must play the ball. Incidental body contact is to be expected (i.e. ground balls). Contact that is viewed by the referee(s) to be deliberate and/or blatant will result in a penalty and possible ejection from the game and/or league.

Stick Contact:

1st & 2nd, 3rd & 4th, and 5th & 6th grade divisions - Only two-handed poke checks limited to the stick or glove area are allowed. Slap checks are not allowed.

7th & 8th grade divisions - Only two-handed stick checks limited to the stick and glove area are allowed.

JV & Varsity divisions - One-handed stick checking is allowed. However, deliberate and/or blatant checking is not allowed.

6. Playing Time:

- a. League matches consist of two 22-minute halves of running time. There are no time-outs.
- b. There is a **two-minute** rest period between halves.
- c. The referees have been instructed to begin the games according to the posted schedules. Coaches are responsible to watch the clock and have their team ready to start on time. Referees will announce a 30-second warning with a buzzer or whistle.
- d. Time may be stopped at the referee's discretion for situations that are beyond the control of the referee and/or either team.
- e. There is no overtime in the event of a tie unless it is a play-off game.
- f. The clock will start at the scheduled game time, The referee keeps the official time.

7. Substitutions:

- a. During the game, substitutions for field players may be made at any time on an unlimited basis (goalkeepers must notify the referee), provided the player being substituted for is within three yards of his or her own bench area. Substitutions must be made at mid-field.
- b. Goalkeeper substitutions may occur on play stoppages only. Referees must be notified when a goalkeeper change is made.

8. Start of Play:

- a. Face-offs will take place at the start of the game, the start of the second half, and after a scored goal
- b. For grades 1-8, if a team is down by five goals or more, after the winning team scores a goal, the losing team will be given a free clear at mid-field. For grades 9-12, this option can be used, if both teams agree to it.
- c. Teams without goalkeepers will forfeit the game. The game can be played, but the team without the goalkeeper will forfeit the game in the standings.

9. Rules of the Match:

- a. Penalties
 - i. Technical foul – 1 minute
 - ii. Personal foul – 2 minutes

- iii. Varsity and JV games will use the 20 second clear and 10 count, no stalling in final 2 minutes
- b. After a player receives 3 personal fouls or 6-minutes of accumulated penalty time, the player will foul out of the game.
- c. No time penalties will be charged for the 1st & 2nd or 3rd & 4th grade levels. Possession will change and the coaches should sub the player out.
- d. Hot Rule
 - i. 1st & 2nd grade – One pass must originate and be completed in the offensive end with, each new possession the team has, before a shot can be taken.
 - ii. 3rd & 4th grade - One pass must originate and be completed in the offensive end with, each new possession the team has, before a shot can be taken. This rule may be dropped if both coaches agree to do so and notify the official.
 - iii. There is no Hot Rule for grades 5th-12th.

10. Participant Misconduct and Discipline

Total Sports Experience has a Zero Tolerance Policy towards fighting, taunting, trash-talking and general unsportsmanlike behavior. The referee has the responsibility and the right to eject players, terminate games and use any other measures they deem necessary to maintain a safe environment.

Any player who is ejected will incur a minimum one-week/one-game suspension from the tournament. A second ejection may result in the individuals' suspension from playing for the remainder of the season.

Any player who uses a striking motion (punch, slap or swinging of the arm) will be banned from the facility for a minimum of four months.

Any player who is ejected for fighting or other violent actions may also be banned from the facility.

Any player who leaves the bench during an altercation, for any reason, may also be ejected.

Any player, who is ejected from the game, may be asked to leave the facility depending on the referee and management's discretion.

The review of an incident and the resulting disciplinary actions are at the sole discretion of TSE management.

11. Coaches and Bench Personnel

Coaches and bench personnel are expected to demonstrate good sportsmanship in all of their dealings with players, parents, officials, other coaches and management. Comments about officials should be addressed in writing to the Total Sports Experience staff. No spectators are allowed in the bench area. **Coaches and bench personnel may be penalized for actions inconsistent with those actions.** Time penalties will not be enforced against bench personnel or coaches. Cautions and ejections given to bench personnel will be charged to the coach. In the case of two cautions, the coach will be ejected from the game. Coaches/teams are responsible for the behavior of their fans and spectators.

12. Standings

- a. Point system for ranking teams
 - i. 3 points for a win
 - ii. 1 point for a tie
 - iii. 0 points for a loss
 - iv. No scores will be kept at the 1st & 2nd grade level
- b. Tie-breaker procedures (for playoff seeding and/or final standings)
 - i. Head-to-head record
 - ii. Least goals conceded in head-to-head games
 - iii. Least goals conceded
- c. Tie-breaker procedures (for playoff & tournament games only)
 - i. 5 minute Sudden Victory periods until a winner is determined

13. Management Authority:

Unsportsmanlike and inappropriate language or conduct directed at the referees, coaches, players, fans or employees of Total Sports Experience is not acceptable. Repeated violations will result in removal of a participant or a team for an entire season. Total Sports Experience is promoting an attitude and atmosphere of fair play, respect for others, and first class behavior. We hold ourselves, as well as our guests to those standards.

Total Sports Experience reserves the right to add, modify or change the rules of play at any time to ensure fair play and the safety of all teams and players.

Rochester Regional Health Total Sports Experience

880 Elmgrove Rd.
Rochester, NY 14624
585-458-GAME (4263)

435 West Commercial St.
East Rochester, NY 14445
(585) 203-0367