



## Rules

All rules will be in accordance with U. S. Lacrosse Youth rules.

- Playing time will consist of **(2) 20-minute running halves with a 3-minute halftime**. Games will begin promptly. A common horn signal will signify the end of play for ALL games. For games that end in a tie, game will be decided with a Braveheart. One player and one goalie per team.
- Please leave the field as soon as possible once your game has ended in order to allow the next pair of teams time to take the field and start on time. *Please keep the sidelines and bench area clean and free of empty bottles, trash, or cups.*
- Each team will receive **one 30 second timeout per game**. No timeouts will be allowed in the final two minutes of a game. After 30 second timeout teams will be whistled back onto the field. If a team does not return in a prompt manner they will either lose possession of the ball or be assessed a delay of game penalty.
- Penalty times will be assessed by the referees. The penalty clock will begin once play is resumed as signaled by an official whistle. Running clock- all penalties will be time and half.
- All substitutions will occur “on the Fly”
- There will be no stick checks unless requested by the opposing coach. If the stick is found to be legal, the challenging team will be charged one-minute penalty.
- Advancement rules will be in place for 5<sup>th</sup>/6<sup>th</sup> & 7<sup>th</sup>/8<sup>th</sup> games.
  - There is no stalling rule “keep it in the box” in the last two minutes of a game.
- Please note that one-handed checks are not allowed in the State of Michigan for 3<sup>rd</sup>/4<sup>th</sup>, 5<sup>th</sup>/6<sup>th</sup>, and 7<sup>th</sup>/8<sup>th</sup> age groups.
- 3<sup>rd</sup>/4<sup>th</sup> will substitute players on a penalty (offending player gets substituted by another teammate) until a team reaches five (5) penalties in a game. After 5 penalties, a team will serve time for penalties and play man-down.
- If a game ends in tie, the game will be decided by a Braveheart. One goalie and player per team.
- No noise makers will be allowed at any field (horns, whistles, sirens, cowbells, etc.). Offenders will be asked to leave the field.
- Any player, fan or coach ejected from the game will be prohibited from appearing in his/her team's next game.
- Decisions on the field will be the final ruling. No disputes will be heard after the game.
- Tournament Administration reserves the right to make any changes necessary for the betterment of the event.

### Field Assignment:

- **Boys:** U14 (7<sup>th</sup>/8<sup>th</sup> Grade) & U12 (5<sup>th</sup>/6<sup>th</sup> Grade): 10V10 Full Field
- **Boys:** U10 (3<sup>rd</sup>/4<sup>th</sup> Grade)) 7V7 Modify Field (2 attack, 2 Mid, 2 Defense & 1 Goalie) using 4x4 Nets
- **Boys:** U8 (1<sup>st</sup>/2<sup>nd</sup> Grade) 6V6 Modify Field (2 attack, 2 Mid & 2 Defense) Goalie Board will be used
- **Girls:** U14 (7<sup>th</sup>/8<sup>th</sup> Grade) & U12 (5<sup>th</sup>/6<sup>th</sup> Grade): 12V12 Goalie included
- **Girls:** U10 (3<sup>rd</sup>/4<sup>th</sup> Grade): 7V7 (2 attack, 3 mid, 2 defense) the 2 defense have to stay back behind restraining line. Shooter tutor's will be used as goalies

## **ROSTER RULES**

- No player may compete, or be on the roster of more than one team during the tournament. Any team with a player in violation of this rule will forfeit all games in which the player is known to have competed. Unless cleared with tournament director

## **TOURNAMENT ADMINISTRATION**

- Only the team spokesman and the referee on the field will discuss any questions or disputes. Disputes will not be heard after the game. The spirit of the game is the key to resolving disputes.
- Unnecessary vulgarity or abrasive conduct: Good sportsmanship is expected. Spirit of the game is expected as well. FCT reserves the right to immediately terminate a game and/or escort a player, team, coach or spectator from the premises.
- Fresh Coast Tournament Administration reserves the right to disqualify any team for infractions:
  - ~ Use of illegal players
  - ~ False Information
  - ~ Abusive conduct

## **WEATHER POLICY**

In the event of adverse weather or unplayable field conditions, the Fresh Coast Tournament officials reserve the right to:

- Reduce game times in order to catch up with schedule.
- Finish game before inclement weather arrives, or to preserve field conditions.
- Reschedule games, if possible.

Every attempt will be made to update cancellations or postponements. However, weather conditions can change rapidly and all teams should be prepared to play as soon as weather clears and fields are playable.

## **Thunder/Lightning Policy**

If thunder or lightning is observed at any location play will be suspended immediately and players and fans will be asked to leave the field. Play will be allowed to resume 20 minutes after the last sound of thunder or sighting of lightning is observed. If a game is in progress, the period will end immediately.

- If it is the second half, the game will be considered final and the score at that point will be recorded. If it is the first half, when play resumes it will be the start of the second half. Every attempt will be made to begin subsequent games on time. If the start of the second half of the suspended game delays the onset of the subsequent game the following actions will occur:
  - The game suspended will play one 15-minute running time second half.
  - Subsequent games will begin immediately after preceding games (warm up on the sidelines prior to the game.) These games will consist of one 30 minute running time period until games are back on schedule.
  - Once games are back on schedule, they will consist of two 22-minute running time periods.

We will make every attempt to play every game but we will not jeopardize the safety of any player, parent, coach, or fan.