

RUSH LAX 2019

Tournament Rules (Updated 7/19)

- All Games will be played under US Lacrosse 7v7 rules with the following modifications and points of clarification: Any further adjustments will be communicated to coaches prior to the event.
- Game Play:
 - 1. Games start and end on one Central Horn.
 - 2. Games will run on thirty (30) minute blocks.
 - 3. Playing time will consist of one (1) twenty-three (24) minute running period.
 - 4. There will be no halftime and teams will not have timeouts in pool play.
 - During the playoffs, (1) 30 second timeout is available per game.
 - 5. Tie games at the end of the game will result in a tie. No Overtime.
 - During the playoffs, games will continue until a goal is scored.
 - 6. Schedule Changes: In the event of schedule delays caused by weather, which may include lightning, heavy rain, or extreme heat, the tournament will go to an alternate schedule and may shorten game lengths.

Game Rules:

1. Games are 7v7; teams play with 2 Attack, 2 Middies, 2 Defense and 1 Goalie.
2. Two (2) Long Sticks are permitted on the field at any one time.
3. Field Size will be approximately 60 yards long by 30 yards wide.
4. A face-off will start the game. For the remainder of the game there are No Face-offs after goals - the goalie shall pick up the ball from the goal and referees will blow the whistle to restart play.
 - The Face-off: 1 player from each team will take the face off. 1 player at the midfield line with their foot on the sideline. A goalie in each crease. Two players behind each GLE (per team).
5. Offsides: 3 players from each team must be behind midfield at all times.
6. If any team gains a 6+ Goal Lead, the trailing team MUST receive the ball at midfield (unless waived by trailing team). Clears from the crease resume when the margin returns to six goals or less.
7. Man-up/ Man-down: on time served penalties. All penalties will be running time. The penalty clock will begin when the official blows the whistle to restart play. Penalty time will be kept by on field staff.
8. Substitutions: will be on the fly only, except on a time serving penalty. For time serving penalties, teams will be allowed a quick substitution to get EMO/EMD on the field.

9. Stick Checks: none unless requested by the opposing coach. If a requested stick is found to be illegal, a sixty (60) second non-releasable penalty will be assessed. If the stick is found to be legal, the challenging team will be assessed a 30-second releasable penalty. Coaches may request one (1) stick check per game. No stick checks are permitted in the last ten minutes of regulation or overtime. Sticks must meet US Lacrosse standards.

10. Body-Checking: will be called tightly in the interest of player safety. A one to three-minute non-releasable penalty will be called for a body-check that is to the head and neck area, on a defenseless player, a blindside hit, or deemed excessive. *NO big body hits are allowed in any game.

11. Possession after a flag down goal. If the penalty is time serving then the scoring team that was fouled gets the ball back at midfield. The referee will blow the whistle to restart play once the offending player is in the box and the goalie has signaled he is ready for play.

12. There will be no Clearing Counts and no "Over and Back" Rule.

13. Helmets are required during ALL pre-game warm-up and practice time: All players must properly wear the mandatory protective helmet when they are on the field at any