

2024 LAX on the Lake Tournament & Conduct Rules (GIRLS)



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Tournament Format

1. Teams will have at least 4 games, including 3 pool games.
 - a. If a bracket does not have enough teams for all teams to have 3 pool games, one or more teams may have 2 pool games.
 - b. Subject to change in the event of weather-related issues.
2. Teams will be seeded for bracket play based on their results in pool play based on the following criteria:
 - a. Record
 - b. Head-To-Head
 - c. Total Goals Differential
 - d. Goals Scored
3. Max goal differential per game is capped at 6. If a team wins over 6 goals, then the goal differential will remain 6.
4. In the event of a 3-way tie or more, in which the tied teams did not play each other, Criteria 2. Head-to-Head, does not apply. Therefore, after 1. Record, the next criteria used will be 3. Total Goals Allowed and so forth, down the list.
5. If any games are forfeited, the Total Goals Allowed will be calculated by averaging the Goals Allowed in the actual games played and adding that to the Total Goals Allowed for each forfeited game, for the team that won by forfeit.
6. Games will be tracked using TeamSnap Tournaments.

Girls' General Rules

1. **All games are governed by USA Lacrosse rules for the current year, unless otherwise noted below.** *Coaches are responsible for understanding these rules, and any rule changes from the previous year.*
<https://www.usalacrosse.com/sites/default/files/documents/Rules/2024-Girls-RuleChanges.pdf>
2. **Game Length:** Two 20-minute running clock halves with 5-minutes between halves.
3. **Central Horn:** All games are started and ended together by the on-field game starters.
4. **Timeouts:** Teams get one timeout per game. Timeouts are 1 min as it is running time. There are NO timeouts given in the last 5 minutes of the 2nd half.
5. **Substitutions:** Substitutions may occur on the fly to keep play moving.
6. **Tie Breakers:** 3-minute sudden death will begin 1 minute after the final whistle. First score wins. If the 3-minute overtime period ends in a tie...
 - a. **Pool play:** the official score is a tie.
 - b. **Playoff/bracket play:** Another extra period will be used. Extra periods will continue until a winner is determined.
7. **Mercy Rule:** If one team is up by 6 or more goals, the other team has possession of the ball in lieu of faceoff.
8. **Play Out Free Position Shots:** If there is a foul in the 8M, where a free position shot is awarded and the final whistle of the half or game is blown, the free position shot will be awarded as one shot, no passes, no follow up shots.
9. **Coaches:** Maximum of 4 coaches allowed on the sideline.
10. **Jersey Color:** Home team wears white/light color. Away team wears dark.
11. **Scorekeepers:** Each team must have ONE score keeper representative per game.
12. **Reporting Scores:** Score table will text a photo of the official tournament scoresheet to the Head Scorekeeper at the end of the game. Coaches and referees will sign the scorecard at the end of each game.
13. **Late Starting Games:** Games delayed in starting will NOT make up time by continuing play after the scheduled end of a half or game. Game time will not be extended nor running time stopped for injuries or time outs.

14. **Weather:** The tournament will be played rain, snow or shine. In case of lightning, fields will be cleared until 10 minutes after the lightning/storm passes and then the game will resume via the central horn. The game must be complete by the start of the next scheduled game time. Score will be final at play stoppage by central horn regardless of game duration.
15. **Relief Players:** If a team has fewer than three substitute players available on the bench at the beginning of a game, the coach may request relief players from another team from the same league. The relief player must meet ONE of the following criteria: the player's original team is in the same age group and the SAME POOL as the team to which he/she is providing relief; OR, the player is "playing up" from a lower age bracket, regardless of pool. A relief player may only be used when a rostered player requires rest. Relief players must be identified when the coaches and referees meet prior to the start of the game and reported to the game table. To prevent stacking, the opposing team has the right to object to the selection of a relief player and request that a different player be used.

Specific Rules for Division and Coaches

For quick reference, a 2024 USAL Youth Girls Rules Comparison Chart can be found at <https://www.usalacrosse.com/sites/default/files/documents/Rules/2024-Girls-Youth-Rules-ComparisonChart.pdf> and at HQ. In the interest of safety, rules for checking are emphasized below.

1. **3/4 Girls Division:** NO checking is allowed. The three seconds in a position to check rule applies all the time.
2. **5/6 Girls Division:** Modified checking is allowed. Modified checking is defined as checking where the checking movement only occurs when the stick of the player with the ball is completely below their shoulder. Additionally, the checking motion must be down and away from the body of the player with the ball. The three seconds in a position to check rule applies anytime any part of the ball carrier's stick is above their shoulders.
3. **7/8 Girls Division:** Transitional checking is allowed. Legal transitional checking criteria are as follows:
 - Checking must be outside the 12-inch sphere.
 - The defender must be in front of or ahead of the player with the ball = a check from BEHIND is ILLEGAL.
 - The defender's stick must not reach across the body of the player with the ball.

USA Lacrosse Points of Emphasis

1. **Stick to Body Contact:** New USLA Youth Rule (10-1r.2): Stick to body contact initiated by the defense is **prohibited**. Rule Intent: To promote safe play and develop proper defensive skills.
2. **Dangerous Play in the 8M arc:** Players need to play safely in this area by maintaining control of their stick and their body, avoiding stick to-body contact, shooting safely, and not pushing opponents.

Player Conduct & Ejections

1. Players called for Unsportsmanlike fouls and Unnecessary Roughness fouls will sit out the remainder of the half. Officials will be told to make such an appropriate call in cases of:
 - a. Check to the Head
 - b. Dangerous Propel
 - c. Slash with intention to hurt a player
 - d. Body Check or stick to body contact (Dangerous Check) with the intention to hurt or injure the opponent in the discretion of the official
2. Officials can and will eject a player for more than one of these fouls and/or based on the severity of a single infraction.
3. In the case of a game ejection, the player will not be allowed to play the next game either.

Coach and Spectator Conduct

1. Coaches and Spectators will put the emotional and physical well-being of youth participants ahead of a personal desire to win.
2. Coaches will follow all safety protocols of the league.
3. Coaches and Spectators will respect the decisions of officials. Under no circumstances will Coaches or Spectators engage in an argument with a referee or official. Any discussions or conversations with officials or referees will be in a respectful tone.
4. Coaches and Spectators will treat opposing coaches, athletes, and spectators with respect at all times.

5. Coaches will report any violations of the code of conduct by parents, athletes, or other coaches to the league Board of Directors.
6. Coaches and Spectators will not engage in any violence or verbal threats or use any profanity.
7. Coaches and Spectators will model good sportsmanship for all youth participants.
- 8. Coaches are directly responsible for the behavior of their spectators. Teams can receive a card from the referee for coach or spectator behavior, and the team will serve the penalty in accordance with the USAL rules for the age group.**
- 9. Any team whose coach, players, or spectators engage in unsportsmanlike conduct may be asked to exit the tournament and forfeit any in-play games.**

***** For situations not addressed by USA Lacrosse or the above rules, the Ref-In-Charge or Tournament Director will have the final say. *****