

**Achieve Lacrosse 4v4 Tournament Rules:**

**TEAM SIZE:** Each team will play with five players; 1 goal keeper, 2 attack and 2 defense players, net protectors will be used if a team does not have a goal keeper.

**GAME LENGTH:** 10 minute games. No half time. No time outs.

**ONE CAGE:** both teams will play to one cage, the goal keepers not in the cage will be waiting in the goal circle behind the cage until their team is on defense.

**THROW to START:** a throw between two field players will establish possession; NO Draws will be taken.

**FREE CLEAR:** Will be awarded to the defending team after a GOAL is scored at the top of the field.

**ONE PASS RULE:** Teams must make one pass before going to goal.

A. If the attacking team intercepts a goalie clear after a saved shot they may go directly to goal. No additional pass is required.

B. Any other defensive play in the offensive zone, including a good check to cause a turnover, the ball will need to be cleared to the top of the field and the team will need to make one pass before attempting to score a goal.

**TOURNAMENT SCORING:** 2 points for a win, 1 point for a tie, 0 points for a loss. No brave heart until playoffs. Top two teams ( or four teams if time allows) from each division will play in the final. Finals: Final seedings are based on #1. Points #2. Goals against #3. Goals for #4. Coin toss

**EQUIPMENT:** All players are required to wear a mouth guard and protective women’s lacrosse goggles. Goal keepers must wear ALL protective equipment: helmet with chin guard, chest protector, protective pants, shin guards, gloves and mouth guard.

**SUBSTITUTIONS:** All substitution will be on the fly from the top of the field or at a stoppage of play that is acknowledged by the official. Players are not allowed to stand on the field waiting to be substituted.

**CLEARS:** A goal keeper has 10 seconds to clear the ball once she has gained possession. If a goalie leaves the crease area with the ball she cannot return to the crease with possession of the ball.

**CHECKING RULES:** Full checking for High School and 7/8 grade divisions, modified checking for 5/6 grade division.

**OUT OF BOUNDS:** True Sidelines: US Lacrosse rules apply. Cones will be used to mark the sidelines and endlines.

**NO OFF SIDES:** All 4 players from the offense and 5 from the defense (this includes the goalie) will be allowed inside the field area.

All fouls will be called by officials in accordance with US Lacrosse rules for both youth & High School.

**FOULS - MAJOR:**

**ILLEGAL USE of CROSSE:** If contact is made with a stick that is being held in a horizontal position, the fouls shall be on the player whose stick is in that horizontal position.

Check roughly or recklessly. Checks will be controlled. Checking as it pertains to each division:

**Modified Checking at the 4/5/6 grade level.**

**FULL Checking for 7/8 grade and High School**

A player who checks to the head will receive a YELLOW CARD: a 1 minute penalty and the team will play a man-down, penalty is released when the fouled team scores. A second yellow card to the same player, may result in game ejection.

Slash, excessive slashing will result in a YELLOW CARD - 1 minute, man down penalty, released after a goal.

A player’s crosse cannot come within the sphere, around the face or throat of an opponent.

A player may not, with any part of her body guard the goal outside the goal circle so as to obstruct the free space to goal, between the ball and the goal circle, which denies the attack the opportunity to shoot safely. This call should be made only if the player with the ball is looking to shoot. If she is being doubled or tripled teamed and she has no opportunity to shoot to goal, the call should not be made.

Set a moving or stationary pick out of visual field of an opposing player which does not allow enough time or space to stop or change direction and contact occurs.

Detain an opponent by holding, tagging, or pushing against her body, clothing, or crosse with an arm, leg, body, or crosse. A player may not hold her crosse in such a manner as to restrain or hold back a player.

Hold or cradle the head of her crosse in front of her face, within her sphere or close to her body, making a legal/safe check impossible.

Shoot dangerously and/or without control.

FOUL on the GOAL SCORER, any major foul committed against the goal scorer will be penalized. The goal will count and the game will be restarted with a free position at the top of the field.

**FOULS - MINOR:**

Guard or cover a ground ball with a player’s foot or crosse.

Check an opponent’s crosse when there is no established possession of the ball. “Empty stick check”.

Allow any part of her body to impede, accelerate or change the direction of the ball to her team’s distinct advantage.

Throw her crosse in any circumstance. Players must stop and start on the whistle.

**PENALTIES:** In addition to the above penalties for major fouls, an official may give any number of verbal cautions or a yellow card for unsportsmanlike conduct or inappropriate behavior. If a player receives more than 2 yellow cards she will be suspended for the remainder of that game

**No Spectators are allowed in the Bubble** as the facility has a maximum occupancy capacity; Players and Coaches only. All coaches must contribute to a safe-play environment by demonstrating positive and sportsman-like conduct and by understanding and appreciating the unique rules of the women’s game.