



### **Achieve Lacrosse 7v7 Tournament Rules:**

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

**GAME LENGTH:** 20-25 minute games. No half time. No time outs.

**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.

**DRAW:** Draws will be taken at the beginning of each half, one midfielder from each team will draw at the center of the field. After a goal the play will start again with the goalie clearing to her defense. The number of players around the circle during the draw shall be restricted to 3 players from each team at all levels.

**SUBSTITUTIONS:** All substitution will be on the fly 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.

**CLEAR:** 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. Goal keepers are not allowed to cross the midfield line.

**CHECKING RULES:** Full checking for High School and 7/8 grade divisions, modified checking for 4/5/6 grade division.

**ONE PASS RULE:** Teams must make one pass once over the Midfield line before going to goal. This will slow down fast breaks and encourage passing.

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

B. Any interception from the goalie or any other defensive player in the offensive zone, including a good check to cause a turnover, does not need an additional pass, however if the ball has cleared the offensive zone, marked by the restraining line, and a turnover occurs: one pass is required.

### **OUT OF BOUNDS:**

A. Boarded Field: The ball may be played off the boards. The ball is considered out of bounds if it is lost over the boards, falls into the bench area, or touches a player not on the field. In accordance with US Lacrosse rules if it is obvious who threw the ball out of bounds the ball will change possession, and be awarded to the closest player on the opposing team. If however it is unclear, a throw between one player from each team will be taken where the out of bounds occurred.

B. Non-Boarded Field with True Sidelines: US Lacrosse rules apply.

**OFF SIDES:** Only 4 players from the offense and 5 from the defense (this includes the goalie) will be allowed inside the restraining line. If the field is only lined with a mid-line and no restraining lines, the mid-line will be used as the off sides line. Indoor leagues require 2 players from each team behind the restraining line.

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 2 minute penalty and the team will play a man-down. A second yellow card to the same player, may result in game ejection.

Slash, excessive slashing will result in a YELLOW CARD - 2 minute, man down penalty.

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

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 triple 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 center for the team scoring the goal rather than a draw.

**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.

Move before a whistle to start play.

**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

Spectators must contribute to a safe-play environment by demonstrating positive and sportsman-like conduct and by understanding and appreciating the unique rules and culture of the women's game.