

# RULES

## ACHIEVELAX 7V7 INDOOR 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:** Checking rules follow the 2019 US Lacrosse rules; Full checking for High School, 7/8 grade, and 5/6 grade divisions.

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

1. If there is a caused turnover (interception, clean check, ball thrown out-of-bounds) on a re-defend effort where the ball does not cross the midfield/restraining line, the attacking team may go directly to goal. No additional pass required.

**SELF-STARTS:** A player may self-start after any foul occurring outside the critical scoring area and on any out-of-bounds (for fields that are non-boarded). For a whistle blown for a foul outside the critical scoring area or restarting the play on a boundary-ball, the player who is awarded the free position or possession, after coming to a stop/settled stance, may continue the course of play without waiting for an additional whistle. The player who committed the foul must make an attempt to go behind and all other defenders must be 4 meters away. The defender who fouled and all other defenders may engage as soon as the self-start happens.

**OUT OF BOUNDS:**

1. **Non-Boarded Field with True Sidelines:** 2019 US Lacrosse rules apply. Self-starts are permissible on all boundary balls including sidelines and end-line.

**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 offside line.

**FOULS: (All fouls will be called by officials in accordance with 2019 US Lacrosse rules for both youth & High School)**

**MAJOR FOULS:**

- **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: Full checking at the 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: the offending player will observe 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: the offending player will observe 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.
- 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 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 center for the team scoring the goal rather than a draw.**

**MINOR FOULS:**

- 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.

## **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:** 8-10 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.

**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.

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

**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 the opposing team has possession of the ball.

1. On a goal scored, there is a free clear to the opposing team at the top of the field/clear line
2. On a goal keeper save or caused turnover, the clear may be defended; in the event of an interception or turnover, the attacking team must still clear the ball to the top of the field/clear line and make one pass before going to goal

**ONE PASS RULE:** Teams must make one pass before going to goal. Any time there is a change of possession, one pass must be made prior to going to goal.

**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:** Checking rules follow the 2019 US Lacrosse rules; Full checking for High School, 7/8 grade, and 5/6 grade divisions.

**SELF-STARTS:** A player may self-start after any foul occurring outside the critical scoring area and on any out-of-bounds (for fields that are non-boarded). For a whistle blown for a foul outside the critical scoring area or restarting the play on a boundary-ball, the player who is awarded the free position or possession, after coming to a stop/settled stance, may continue the course of play without waiting for an additional whistle. The player who committed the foul must make an attempt to go behind and all other defenders must be 4 meters away. The defender who fouled and all other defenders may engage as soon as the self-start happens.

**OUT OF BOUNDS:**

1. **Non-Boarded Field with True Sidelines:** 2019 US Lacrosse rules apply. Self-starts are permissible on all boundary balls including sidelines and end-line.

**FOULS: (All fouls will be called by officials in accordance with 2019 US Lacrosse rules for both youth & High School)**

**FOULS – MAJOR**

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- Check roughly or recklessly. Checks will be controlled.
- A player who checks to the head will receive a **YELLOW CARD**; the player will observe a 2 minute penalty. A second yellow card to the same player, may result in game ejection. A substitution is allowed (no team will be required to play man-down during the assessment of the 2 minute penalty.)
- Slash, excessive slashing will result in a **YELLOW CARD**
- A player who checks to the head will receive a **YELLOW CARD**; the player will observe a 2 minute penalty. A second yellow card to the same player, may result in game ejection. A substitution is allowed (no team will be required to play man-down during the assessment of the 2 minute 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 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 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.
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