

# 2023 XTREME LAX TOURNAMENT RULES

**The Tournament will be played in accordance with the 2020 USA Lacrosse Rules;** Modified checking for 2031/2032 divisions (7v7 format) and full checking for 2030 – 2024 divisions. All games will be officiated by certified referees.

1. **UNIFORMS:** All players on a team must wear similar jerseys and each jersey must be numbered distinctively, with no number being repeated (including the goalkeeper). Teams are requested to bring alternate jerseys or pinnies. Where teams have the same color jerseys, the team listed first in the game schedule will be designated as the home team and will be asked to change their jersey.
  - a. **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
2. **GAME DURATION:** Each team is guaranteed 3 full games. Games will start and finish on a central horn. Minor adjustments may be made to these times prior to the start of the tournament. Coaches will be informed if this is necessary. Teams are expected to play at the scheduled starting time for each game. If neither team is ready to begin play, the game clock will run down from the common start time, reducing the length of game for those teams. Any team more than ten minutes late will forfeit the game and have their score recorded as a loss.
  - a. **TIME OUTS: NO TIME OUTS permitted.**
3. **SUBSTITUTIONS:** Substitutions will be on the fly and after goals.
4. **GAME SCORES:** Field hosts will keep track of all game scores that will be reported to the Registration Tent. A win will be given two points, a tie will be given 1 point and a loss will be given zero points which will be posted at the Registration Tent. Seeding is based on: 1) points 2) goals against 3) goals for 4) coin toss. (Head-to-head will not be used to determine seeding as all teams do not play all opponents.)
  - a. **PLEASE NOTE:** It is the coach's responsibility to check with the Tournament Director at the completion of their last scheduled game to determine who will play to compete in finals in their division.
  - b. **SLAUGHTER RULE: NO slaughter rule;** draws will be taken after every goal. Coaches are expected to be respectful of all opponents.
5. **MAJOR FOULS/CARD INSSUANCES:** Coaches, players and 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.
  - a. **If an 8M free position is awarded and time has expired (either at the half or conclusion of the game), the free position shot will be played out.**
  - b. Players who receive a yellow card must leave the field for two minutes and her team will play man-down. A second yellow card to the same player will result in a game ejection.
  - c. If a coach receives a yellow card, the coach must pull a player off of the field to serve the two-minute man-down penalty.
  - d. Players who receive a red card must leave the field for two minutes and her team will play man-down. She is not allowed to return to the game.
  - e. 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. Coaches, players or spectators who do not heed the warnings of the officials or tournament personnel may be asked to leave the field and/or venue. A player ejected for fighting, unsportsmanlike conduct or inappropriate behavior COULD BE deemed ineligible from further tournament participation by the Tournament Directors.

### **TOURNAMENT RULES FOR 2031/2032 DIVISION (7v7 FORMAT):**

1. **DRAWS:** Draws will be taken to start both halves and after each goal scored.
2. **FORMAT:** Teams will play with 7 field players (2D,3M,2A) and a goalie (teams with smaller rosters may play with 6 field players if agreed upon by both coaches)
3. Modified checking (coaches can agree to “no checking” if desired)
4. Teams must make one pass once the ball has crossed the midline before they can shoot
5. If an 8M free position is awarded and time has expired (either at the half or conclusion of the game), the free position shot will be played out.
  - a. There is NO slaughter rule; draws will be taken after every goal. Coaches are expected to be respectful of all opponents.

### **INCLEMENT WEATHER ADVISORY**

1. **GAME DELAYS:** Any game which must be stopped due to inclement weather or unplayable field conditions will be resumed as soon as possible at a time and field location designated by the Tournament Directors. If games cannot be played, the games will not be made up and standings will be determined by all other games played.
2. **TOURNAMENT CANCELLATION:** Inclement weather is out of the control of the tournament directors, officials and site managers. In the event of thunder and/or lightning, all games will be suspended for 30 minutes from the last occurrence. Games will resume at the regularly scheduled time. Missed games will not be made up. In the event of heavy rain or unplayable field conditions, it is up to the tournament directors and officials as to whether the fields are safe to play on. Partial refunds or credits for another Achieve Lacrosse tournament (after all fixed costs have been paid) may be issued at the discretion of the Tournament Directors.

### **ADDITIONAL DETAILS**

1. **WATER** will be provided at every field. Cups will NOT be provided so please encourage players to bring water bottles for refills. Hand sanitizer will be available for all coaches and players at each field. Please have players sanitize hands before filling up their water bottles.
2. All bench areas should be picked up after each game; trash cans will be available at every field
3. Please encourage coaches, players and parents to view the schedule and tournament standings via Tourney Machine
4. Xtreme Lax Event T-Shirts will be available for sale at the registration tent for \$20.00
5. **PLEASE PARK IN DESIGNATED AREAS ONLY.** Vehicles will be removed from unauthorized areas at the owner's expense. Parking is NOT allowed on Memorial Grove Avenue.