

RULES DOCUMENT

Arlington LaGrange Lacrosse Club
1st Annual Lax-O-Ween Youth Lacrosse Tournament
Saturday, November 2, 2024

BOYS – FIELD PLAYERS REQUIRED EQUIPMENT:

- Helmet: statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified
- Gloves: hand must be fully inserted in glove
- Shoes: athletic cleats or athletic shoes
- Protective Cup: fitted for comfort and protection. Garments to improve comfort may include supporters, all-in-one briefs and combinations of both
- Arm Pads: elbow should be properly and completely covered
- Shoulder Pads: covers top of shoulder, collarbone and sternum. Should fit comfortably and adjust by loosening/tightening straps. NOCSAE ND 200 compliant shoulder pads are mandatory.
- Mouthguard: must be visible color other than clear or white.
- Sticks: all sticks used in play must meet current high school standards

BOYS – GOALIES REQUIRED EQUIPMENT:

- Helmet: statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified
- Throat Guard: separate from helmet and required for goalies. Attach with snaps, screws, or other fasteners. Proper fit for helmet and throat guard must be done relying on manufacturers' guidelines and requirements on their website or included with helmet/guard
- Chest Protector: covers entirety of front torso, neckline to below navel. Body straps must be secured to the front of pad and adjustable for a snug, comfortable fit.
- Gloves: hand must be fully inserted in glove and include goalie specific additional thumb protection.
- Shoes: athletic cleats or athletic shoes
- Protective Cup: fitted for comfort and protection. Garments to improve comfort may include supporters, all-in-one briefs and combinations of both
- Mouthguard: must be visible color other than clear or white.
- Sticks: all sticks used in play must meet current high school standards

GIRLS – FIELD PLAYERS REQUIRED EQUIPMENT::

- Goggles: must meet the current ASTM standard for women's lacrosse eyewear; SEI certified and bear the SEI mark
- Mouthguard: professionally manufactured intra-oral mouthpiece that fully covers the teeth. No tabs attached to goggles. May be any color.
- Shoes: athletic cleats or athletic shoes
- Sticks: U8 and U10 sticks may be shortened (minimum length: 32"); U12 and U14 sticks: minimum length 35.5"; max length 43"

GIRLS – GOALIES REQUIRED EQUIPMENT::

- Helmet: statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified
- Throat Guard: separate from helmet and required for goalies. Attach with snaps, screws, or other fasteners. Proper fit for helmet and throat guard must be done relying on manufacturers' guidelines and requirements on their website or included with helmet/guard

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- Chest Protector: covers entirety of front torso, neckline to below navel. Body straps must be secured to the front of pad and adjustable for a snug, comfortable fit.
 - Gloves: hand must be fully inserted in glove and include goalie specific additional thumb protection.
 - Leg Pads must protect shins and thighs. May not use field hockey goalie pads. Pelvic and abdominal protection is generally incorporated as a part of thigh padding.
 - Mouthguard: professionally manufactured intra-oral mouthpiece that fully covers the teeth. No tabs attached to goggles. May be any color.
 - Shoes: athletic cleats or athletic shoes
 - Stick: minimum length 35"; maximum length 52"
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GAMEPLAY

- All games are 25 minutes running time with a common horn signifying game start/end.
 - **NO FIGHTING!** Any players, coaches, or bystanders involved in fighting of any form will be immediately expelled from the event for the remainder of the tournament.
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STANDINGS FOR ALL LEVELS WILL BE DETERMINED BY:

- Overall record
 - Goals against (if necessary)
 - Goals recorded for (if goals against are equal)
 - If all statistics are equal, decision will be determined by coin flip called by team residing closest to the Arlington School District
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All participants must complete a team waiver, including emergency contact information, to be submitted to Arlington LaGrange Lacrosse Club representative prior to or upon arrival at event.

BOYS U8 (1ST/2ND GRADE):

- 6 v 6 field players + goalie. If no goalie is available, goal may be "flipped" into an inverted "V" shape or an inanimate, inflatable goalie may be used on 6'x6' goal per preference of team needing goalie.
- Faceoff at start of game only. No faceoff upon the scoring of goal, goalie takes possession of ball upon score.
- Offsides shall be called when less than (2) field players remain on either half of the playing field, resulting in turnover.
- All players must be 5 yards from ball carrier upon restart.
- No long sticks permitted.
- "One pass rule" – 1 attempted pass after ball has been advanced past the midfield line before a shot may be allowed. If a goal results without a pass, the goal shall be disallowed and defending goalie shall take possession of the ball.
- Checking – no body checking shall be allowed aside from legal hold, push, boxing out or incidental contact. Lift/poke checks must be initiated below both players' shoulders. No one-handed checks permitted. Checking/contact penalties shall result in possession given as a restart to the team whom the check was committed upon.
- Players that commit a foul must be subbed out.

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- One 30-second time-out may be called per team, per game.
- Flagrant or egregious conduct shall result in the expulsion of the player from that game and the remainder of the tournament if the referee deems necessary.
- A game ending in a tie will remain a draw with final score recorded by referees.

BOYS U10 (3RD/4TH GRADE):

- 6 v 6 field players + goalie. If no goalie is available, goal may be “flipped” into an inverted “V” shape or an inanimate, inflatable goalie may be used on 6’x6’ goal per preference of team needing goalie.
- Faceoff at start of game only. No faceoff upon the scoring of goal, goalie takes possession of ball upon score.
- Offsides shall be called when less than (2) field players remain on either half of the playing field, resulting in turnover.
- All players must be 5 yards from ball carrier upon restart.
- A maximum of 2 long sticks shall be permitted on field per team at a time.
- “One pass rule” – 1 attempted pass after ball has been advanced past the midfield line before a shot may be allowed. If a goal results without a pass, the goal shall be disallowed and defending goalie shall take possession of the ball.
- Checking – no body checking shall be allowed aside from legal hold, push, boxing out or incidental contact. Lift/poke checks must be initiated below both players’ shoulders. No one-handed checks permitted.
- Checking/contact and flag down penalties shall result in 3 v 2 “fast break” given to the team whom the check was committed upon.
- Players that commit a foul must be subbed out.
- One 30-second time-out may be called per team, per game.
- Flagrant or egregious conduct shall result in the expulsion of the player from that game and the remainder of the tournament if the referee deems necessary.
- A game ending in a tie will remain a draw with final score recorded by referees.

BOYS U12 (5TH/6TH GRADE)

- 7 v 7 field players + goalie. If no goalie is available, goal may be “flipped” into an inverted “V” shape or inanimate, inflatable goalie may be used on 6’x6’ goal per preference of team needing goalie.
- Faceoff at start of game only. No faceoff upon the scoring of goal, goalie takes possession of ball upon score.
- Offsides shall be called when less than (2) field players remain on either half of the playing field, resulting in turnover.
- All players must be 5 yards from ball carrier upon restart
- A maximum of 2 long sticks shall be permitted on field per team at a time.
- Checking/contact and flag down penalties shall result in 3 v 2 “fast break” given to the team whom the check was committed upon.
- Players that commit a foul must be subbed out.
- One 30-second time-out may be called per team, per game.
- Flagrant or egregious conduct shall result in the expulsion of the player from that game and the remainder of the tournament if the referee deems necessary.
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BOYS U14 (7TH/8TH GRADE)

- 7 v 7 field players + goalie. If no goalie is available, goal may be “flipped” into an inverted “V” shape or inanimate, inflatable goalie may be used on 6’x6’ goal per preference of team needing goalie.
- Faceoff at start of game only. No faceoff upon the scoring of goal, goalie takes possession of ball upon score.
- Offsides shall be called when less than (2) field players remain on either half of the playing field, resulting in turnover.
- All players must be 5 yards from ball carrier upon restart.
- A maximum of 2 long sticks shall be permitted on field per team at a time.
- Checking/contact and flag down penalties shall result in a 3 v 2 “fast break” given to the team whom the check was committed upon.
- One 30-second time-out may be called per team, per game.
- Flagrant or egregious conduct shall result in the expulsion of the player from that game and the remainder of the tournament if the referee deems necessary.
- A game ending in a tie will remain a draw with final score recorded by referees.

GIRLS U8 (1ST/2ND GRADE):

- 6 v 6 field players + goalie. If no goalie is available, goal may be “flipped” into an inverted “V” shape or an inanimate, inflatable goalie may be used on 6’x6’ goal per preference of team needing goalie.
- Draw at the start of the game only. No draw upon the scoring of goal, goalie takes possession of ball upon score.
- Offsides shall be called when less than (2) field players remain on either half of the playing field, resulting in turnover. Players should be given the ability to get back on sides before a change of possession is given.
- All players must be 4 meters from ball carrier upon restart.
- “One pass rule” – 1 attempted pass after the ball has been advanced past the midfield line before a shot may be allowed. If a goal results without a pass, the goal shall be disallowed and the defending goalie shall take possession of the ball.
- No checking.
- No stick to body contact.
- Any fouls inside the 8m will restart with an indirect free position.
- One 30-second time-out may be called per team, per game.
- Substitutions may take place after every goal and between halves/injuries. May substitute on the fly during play, but players must exit the field before the sub can enter play.
- Flagrant or egregious conduct shall result in the expulsion of the player from that game and the remainder of the tournament if the referee deems necessary.
- A game ending in a tie will remain a draw with the final score recorded by referees.

GIRLS U10 (3RD/4TH GRADE):

- 7 v 7 field players + goalie. If no goalie is available, goal may be “flipped” into an inverted “V” shape or an inanimate, inflatable goalie may be used on 6’x6’ goal per preference of team needing goalie.
- Draws at the start of the game only. No draw upon the scoring of goal, goalie takes possession of ball upon score.

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- Offsides shall be called when less than (2) field players remain on either half of the playing field, resulting in turnover.
- All players must be 4 meters from ball carrier upon restart.
- “One pass rule” – 1 attempted pass after the ball has been advanced past the midfield line before a shot may be allowed. If a goal results without a pass, the goal shall be disallowed and the defending goalie shall take possession of the ball.
- No checking.
- No stick to body contact
- Major fouls inside the 8m, with the exception of shooting space, will restart with an indirect free position. Any shooting space free position will be set upon the approximate center hash.
- One 30-second time-out may be called per team, per game.
- Substitutions may take place after every goal and between halves/injuries. May substitute on the fly during play, but players must exit the field before the sub can enter play.
- Flagrant or egregious conduct shall result in the expulsion of the player from that game and the remainder of the tournament if the referee deems necessary.
- A game ending in a tie will remain a draw with the final score recorded by referees.

GIRLS U12 (5TH/6TH GRADE)

- 7 v 7 + goalie. If no goalie is available, goal may be “flipped” into an inverted “V” shape or an inanimate, inflatable goalie may be used on 6’x6’ goal per preference of team needing goalie.
- Draws at the start of the game only. No draw upon the scoring of goal, goalie takes possession of ball upon score.
- Offsides shall be called when less than (2) field players remain on either half of the playing field, resulting in turnover.
- All players must be 4 meters from ball carrier upon restart.
- MODIFIED CHECKING: is defined as checking the stick only if the entire stick is below the shoulder level of the ball carrier. The check must be in a downward direction and away from the body. The 3 second closely guarded/marked rule is still in effect if the stick is below shoulder level.
- No stick to body contact.
- Major fouls inside the 8m, with the exception of shooting space, will restart with an indirect free position. Any shooting space free position will be set upon the approximate center hash.
- One 30-second time-out may be called per team, per game.
- Substitutions may take place after every goal and between halves/injuries. May substitute on the fly during play, but players must exit the field before the sub can enter play.
- Flagrant or egregious conduct shall result in the expulsion of the player from that game and the remainder of the tournament if the referee deems necessary.
- A game ending in a tie will remain a draw with the final score recorded by referees.

GIRLS U14 (7TH/8TH GRADE)

- 7 v 7 field players + goalie. If no goalie is available, goal may be “flipped” into an inverted “V” shape or an inanimate, inflatable goalie may be used on 6’x6’ goal per preference of team needing goalie.
- Draws at the start of the game only. No draw upon the scoring of goal, goalie takes possession of ball upon score.
- Offsides shall be called when less than (2) field players remain on either half of the playing field, resulting in turnover.
- All players must be 4 meters from ball carrier upon restart.

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- **FULL CHECKING:** a player may attempt to dislodge the ball from an opponent's crosse by using controlled crosse to crosse contact. A player needs to be on the stick side either in front or behind in a downward motion or going away from the body. You cannot check towards or across the body if your crosse is going through the 12-inch sphere of the opponent. A player may never have their stick in an opponent's sphere, either during a check or during normal play. The sphere is a 12-inch area surrounding the head.
- No stick to body contact.
- Major fouls inside the 8m, with the exception of shooting space, will restart with an indirect free position. Any shooting space free position will be set upon the approximate center hash.
- One 30-second time-out may be called per team, per game.
- Substitutions may take place after every goal and between halves/injuries. May substitute on the fly during play, but players must exit the field before the sub can enter play.
- Flagrant or egregious conduct shall result in the expulsion of the player from that game and the remainder of the tournament if the referee deems necessary.
- A game ending in a tie will remain a draw with the final score recorded by referees.

