



THE FIELD

- 35 x 60 Yards

EQUIPMENT

- Sticks: same as field. Short sticks only, no longer than 42 inches
- Mouthguard, Gloves, helmet with chinstrap, shoulder pads, arm pads are mandatory.
- GK: Mouthguard, helmet w/ facemask and chinstrap, throat guard, chest protector, cup Mandatory.

PERSONNEL

- Team: Up to 12 players; minimum 1 GK; Must have 6 (including GK) to start a game.
- GK always required on field and can play anywhere like a field player

TIMING, Time-Outs and OT

- Two 14-minute halves: Running Time (change ends each half)
- 2-minute break between ALL halves.
- 1 – 30 Second Time-out per game anytime and anywhere. Clock stops.
- If OT, play 1v1 Full Field Braveheart plus Goalies. Goalies cannot cross half field.

SHOT CLOCK

- 30 second shot clock shall start when a team gains possession. Referees will use 20 second Times and HAND COUNT the last 10 seconds with visible signals and movements.
- Shot clock resets just like in field when:
 1. A shot hits the GK (within the crease) or Pipe
 2. After Time - serving penalty
 3. Change of possession
 4. After a goal is scored
 5. Stopped play for a defensive injury

6. The end of a quarter unless possession is retained due to an extra player situation.

UNIQUE RULES

1. DIVES ARE ALLOWED (Boys Only). A goal is allowed is a diving player scores a goal BEFORE he touches or lands in the crease including the line. If a diving player touches the goalie on his own (not pushed) the goal DOES NOT count. Referee discretion here. Toughest call in lacrosse!
2. There are NO OFF-SIDES anywhere anytime by anyone as long as THERE IS a max of 6 players or less on the field at a Time.
3. During the two FACE-OFFS, all players must stay OUTSIDE of the face-off circle. At all times. They can only enter the circle once possession is achieved. If the ball goes outside of the circle, it is live for all players.
4. The rules will encompass USA Lacrosse with some minor variations. **Specific rules details to be shared with team directors two weeks prior to the event.**

STARTS, FACE-OFFS AND RESTARTS

- Alternate Possession used after each goal.
- Face Off Used to start each half ONLY.
- Following a goal: First the GK must retrieve the ball within 5 seconds. Then the official whistles the start of the fresh 30-second shot clock and the GK has another 5 seconds to pass the ball from within the crease. Goalies can step out of crease to avoid a delay of game foul as the shot clock continues.

OUT OF BOUNDS

- Boundaries are the same as field except for in the instance of a shot that goes directly out of bounds is a turnover. There is no back-up on missed shots like in field.

TYPES OF FOULS

- 30 second Time - serving penalties – All Same as Field Lacrosse
- 1–3-minute Time-serving penalties – All Same as Field Lacrosse
- Expulsion Game Ejection Fouls
 1. Fighting
 2. Using threatening, abusive language or misconduct towards the Officials/Opponents
 3. Excessive, dangerous, repeated or deliberately body checking in the head, knees, neck area or from behind

Note: *If a player is ejected, they will be forced to sit out the next game at a minimum. Directors will meet with officials and may decide to remove the player from the tournament completely if the fouls were egregious and/or repeated.*