

## **Tri-State Fall Lacrosse Tournament**

October 31 – November 1, 2009

Mercer County Park, NJ



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### **RULES OF PLAY**

The Tri-State Fall Lacrosse Tournament is a **LIMITED BODY CHECKING TOURNAMENT**. Limited body contact is most simply defined as always playing the ball if there is ever a choice between body and man. Limited body contact is allowed by defenders while defending the goal in applied pressure situations. Blatant big hits are not allowed.

National Federation High School Rules (counts included) will be in effect for the High School Divisions. This means there will be a 20 second count to clear the midline and a 10 second count to advance the ball into your offensive box upon crossing the midfield line.

There will be NO COUNTS or "IN & OUT" for the Youth Divisions except for the last 2 minutes when COUNTS (10 & 20 second) and "IN & OUT" (refers to the need for team that is up to keep it in the box) will be in effect for the winning team.

### **GAME INFORMATION**

- All games will consist of one (1) 35-minute period (running time).
- The last two (2) minutes will be stopped-time if there is a four (4) goal or less differential.
- There will be NO substitution horns for the High School Divisions. There WILL BE "Quick" substitution horns on sidelines only for the Youth Divisions, however no actual horn will be blown. Substitutions will be indicated by the referees to facilitate substitutions at the youth level. By "Quick", players will have to move quickly on and off the field and referees are instructed to give fast re-starts.
- NO time outs allowed.
- Penalties will be served under "Stop Time" (meaning the penalty time does stop on whistles)
- There will be a four-goal rule in effect for ALL games.
- In the event of a tie at the end of the 35-minute regulation game, there will be a three (3) minute overtime period played by sudden victory rules with full teams.

### **CAUTIONS, EJECTIONS & CONDUCT**

Verbal abuse of an official or tournament staff member will result in immediate exclusion of the ENTIRE TEAM or the OFFENDING INDIVIDUAL from the tournament.

Playing a player out of an age bracket will result in TEAM DISQUALIFICATION and a two (2) year suspension from the Tri-State Fall Lacrosse Tournament.