

Irondequoit Invitational Tournament Rules

Updated January 2020

The Irondequoit Invitational thanks the coaches, families, players, referees, and spectators for dedicating their actions and positive attitudes to provide the best quality tournament.

All US Lacrosse Rules apply except for the exceptions listed here:

1. Coach/Captain Responsibilities:

a) The following is due before the start of the tournament:

- i. A complete Roster/Waiver Form
- ii. A signed Code of Conduct
- iii. Full team payment (Teams not paid in full may be removed from the tournament)

2. Roster:

- a) All players (parent if player is under 18) must sign the Roster/Waiver form before they participate.
- b) Players are only permitted to play for one team in any given division.
- c) Teams who use ineligible players (see above roster guidelines) will forfeit games where an ineligible player was used.

3. Equipment:

a) All players must have the following equipment:

- i. Field lacrosse helmet (hockey helmets are not allowed)
- ii. Gloves
- iii. Shoulder pads
- iv. Arm guards
- v. Mouth guard

b) NFHS stick pocket depth rules apply to all play

4. Format:

- a) Grade 5/6: Play is 10v10
- b) Grade 1/2 and 3/4: Play is 8v8 (2-3-2 format), long poles are not permitted
- c) Grade 1/2: 1 attempt pass over midfield
- d) Grade 3/4: 1 competed pass over midfield

5. Contact:

a) **Body Contact:** Consistent with league/tournament philosophy, **NO** body contact is allowed in any of the divisions. No deliberate body contact may be initiated with the torso, either offensively or defensively. Players must play the ball. Incidental body contact is to be expected (i.e. ground balls). Contact that is viewed by the referee(s) to be deliberate and/or blatant will result in a penalty and possible ejection from the game and/or league.

b) **Stick Contact:**

c) 1/2, 3/4, and 5/6 grade divisions - Only two-handed poke checks, limited to the stick or glove area are allowed. Slap checks are not allowed.

6. Playing Time:

- a) Tournament games consist of two 22-minute halves of running time. There is 1 timeout allowed per game
- b) There is a two-minute rest period between halves.
- c) Teams change field direction for the 2nd half.
- d) The referees have been instructed to begin the games according to the posted schedules. Coaches are responsible to watch the clock and have their team ready to start on time. Referees will announce a 30-second warning with a buzzer or whistle.
- e) Time may be stopped at the referee's discretion for situations that are beyond the control of the referee and/or either team.
- f) There is no overtime in the event of a tie, teams will participate in a "braveheart" tiebreaker
 - i. Two players from each team take the field, a goalkeeper and a field player. The two players face off and go one-on-one, full field until one scores. Whoever scores first wins the game for their team.
- g) The clock will start at the scheduled game time. The referee keeps the official time.

7. Substitutions:

- a) During the game, substitutions for field players may be made at any time on an unlimited basis (goalkeepers must notify the referee), provided the player being substituted for is within three yards of their own bench area. Substitutions must be made at mid-field.
- b) Goalkeeper substitutions may occur on play stoppages only. Referees must be notified when a goalkeeper change is made.

8. Rules of the Match:

- a) Benches: The home team is listed first on the schedule.
- b) Penalties
 - i. Technical foul – 1 minute
 - ii. Personal foul – 2 minutes

9. Participant Misconduct and Discipline

- a) The Irondequoit Invitational has a Zero Tolerance Policy towards fighting, taunting, trash-talking and general unsportsmanlike behavior. The referee has the responsibility and the right to eject players, terminate games and use any other measures they deem necessary to maintain a safe environment.
- b) Any player who is ejected will incur a minimum one-game suspension from the tournament.
- c) Any player who uses a striking motion (punch, slap or swinging of the arm) will be banned from the facility.
- d) Any player who is ejected for fighting or other violent actions may also be banned from the facility.
- e) Any player who leaves the bench during an altercation, for any reason, may also be ejected.
- f) Any player, who is ejected from the game, may be asked to leave the facility/premises depending on the referee and management's discretion.

- g) The review of an incident and the resulting disciplinary actions are at the sole discretion of Irondequoit Invitational tournament committee.

10. Coaches and Bench Personnel

- a) Coaches and bench personnel are expected to demonstrate good sportsmanship in all their dealings with players, parents, officials, other coaches and management. Comments about officials should be addressed in writing to the Irondequoit Lacrosse Tournament Committee.
- b) No spectators are allowed in the bench area. Coaches and bench personnel may be penalized for actions inconsistent with those actions. Time penalties will not be enforced against bench personnel or coaches. Cautions and ejections given to bench personnel will be charged to the coach. In the case of two cautions, the coach will be ejected from the game.

11. Standings

- a) Point system for ranking teams
 - i. 3 points for a win
 - ii. 1 point for a tie
 - iii. 0 points for a loss
- b) Tie-breaker procedures (for playoff seeding and/or final standings)
 - i. Head-to-head record
 - ii. Least goals conceded in head-to-head games
 - iii. Least goals conceded
- c) Tie-breaker procedures (for playoff & tournament games only)
 - i. 5 minute Sudden Victory periods until a winner is determined

12. Management Authority:

- Unsportsmanlike and inappropriate language or conduct directed at the referees, coaches, players, fans or Irondequoit Invitational Tournament Committee is not acceptable. Repeated violations will result in removal of a participant or a team from the tournament.
- Irondequoit Invitational is promoting an attitude and atmosphere of fair play, respect for others and first class behavior. We hold ourselves as well as our guests to those standards.
- The Irondequoit Invitational Tournament Committee reserves the right to add, modify or change the rules of play at any time to ensure fair play and the safety of all teams and players.