



**The tournament will follow the National Federation of State High School Associations Girls Lacrosse Rules and JGLA Specific Rules except as modified below:**

1. Visiting programs must certify that **ALL** players and coaches are current members of US Lacrosse. Teams will not be permitted to play unless all outstanding payments are handed in prior to the first game.
2. The lacrosse official(s) is the final word on all calls made on the field of play.
3. Team Certifications: All Coaches will be required to check-in to the Registration Tent at least 30 minutes prior to the start of their first game to certify their teams and pick up any final instructions.
4. Length of Games: All games will consist of two 16 minute running halves, with a 3 minute halftime timeout and 10 minutes between games. A central clock will control all game start and end times. There will be a horn with two minutes left in each half and another to signify the end of each half. Please be ready to play at the scheduled game time. In fairness to other teams, we need to clear the field quickly to start the next game on time.
5. All games officiated by a certified NJ youth official.
6. Scores will be kept on each field by the field supervisor.
7. Substitutions: Substitutions will be done on the fly. Substitution should be on the whistle and on the fly with delay of game strictly enforced for any substitution on the whistle that takes longer than ten seconds.
8. Mercy Rule: A five-goal rule will be used for all games. As long as a team has a five-goal lead, the opposing team will have the option to receive the ball at the centerline following the goal or facing off. All coaches are requested to take appropriate steps to manage the total goals scored by their teams in an unbalanced team situation. The second half will begin with a face off regardless of the score.
9. Time outs will not be permitted unless there is an injury. During an injury timeout, the clock will run.
10. 8 meter free positions will be played out if foul occurs before time expires (at half or end of game). Player must go directly to goal, no pass and play ends with shot.
11. If the 8-meter is already in play when the game horn sounds, the game is done when the shot is complete. The shot is deemed complete when the ball enters the goal, any player gains possession, the ball goes out of bounds, the ball comes to rest on the field of play or inside goal circle; or the ball touches the ground below the goal line extended.
12. Alternate possession – the team listed first on the schedule receives the first alternate possessions.
13. After initial possession is awarded, the possession will then alternate
14. Yellow and Red Cards will be in effect.
  - 1 yellow card – player must sit out for 2 minutes, running clock
  - 2 yellow cards – player must sit out remaining of game, but can play next game
  - Red Card (Player) – player must sit out the remainder of the game and the next game
  - Red Card (Coach) – coach is required to leave for remainder of the game
15. Unsportsmanlike conduct: In addition to the Federation or the US Lacrosse rules, any player, coach or anyone associated with the team who: uses derogatory language (starting with damn) whether addressing a player, coach or official; engages in fighting or trash talking; argues with an official unnecessarily, will be ejected from the game and/or from the tournament. Anyone ejected from a game will not be allowed to participate in the next scheduled game. Anyone ejected from the tournament will not be allowed to participate in any remaining games in the tournament.
16. Game Scores: There is a scoreboard at each field that the teams can use to keep score. Games can end in a tie – there will be no tie-breaker or braveheart.
17. Clean up of bench areas after games: Each coach is requested to ensure that the bench area is picked-up after each game. Trash cans are available near bench areas and trash bags, if needed, are available in the Registration Tent.

**3/4 Division-Specific Rules:**

18. 7v7 field players (does not count goalies – goalies make it 8v8).
19. Game will begin with a draw
20. 2 players must stay behind the restraining line (midfield line)
21. No checking, 3 second count for good defense enforced
22. 2 pass rule before a shot is allowed
23. After a goal the ball will go to the center to the team that was scored upon. The setup will be the same as the five-goal differential.
24. 1 v 1 defense outside of the CSA will be enforced
25. No self start

**5/6 Division Specific Rules**

1. Modified checking (below the shoulder)
2. 3 second rule for good defense enforced.

**7/8 Division Specific Rules**

Will play US Lacrosse Level FC (full checking) rules when both coaches agree. Otherwise modified checking rules will apply.