



2026 Fall Girls' Event Rules

GENERAL INFORMATION

1. All games will start promptly at assigned times. Game lengths may vary per tournament based on the size of the event and the format of the event. Game time will be kept by a central clock.
2. The tournament director has the final say on rule interpretations.
3. The score will be recorded by the field coordinator. Scores will be certified immediately following the game, with a coach's signature from each team. If a coach has concerns about the final score of a game, the coach should immediately bring the concern to the attention of the field coordinator and game referees prior to that score being reported to the tournament directors. Tournament directors will only communicate with head coaches and/or club directors.

ROSTER AND WAIVER REGULATIONS

1. All players and parents/guardians must complete the online player waiver prior to participation.
2. Limited age exceptions can be made in advance at the discretion of the tournament director. All exceptions must be approved by the tournament director prior to the event.
3. No double rostering is allowed unless approved prior to the event by the tournament director.
4. No high school graduates are eligible to participate in the event unless the tournament director gives written permission.

GAME PLAY

1. USA Lacrosse rules will be observed across all divisions. All divisions follow USA Lacrosse and NFHS rules as they pertain to each age level with the modification listed below. USA Women's Lacrosse Rules will be used for high school divisions, USA Lacrosse U14 rules will be used for middle school divisions, and USA Lacrosse 10U rules will be used for 3rd & 4th grade divisions.

All high school and rising high school divisions will permit defenders in their defensive end to run through any portion of the goal circle while defending the ball.

8-meter shots will be played out if the horn sounds for the end of the game or half. There will be no opportunity for a change in possession or rebound by either team.

2031- Full checking

2032- Full checking

2033- Transitional checking

2034- Transitional checking

2035 Full Field- Modified checking

2036 Full Field- Modified checking

7V7- No checking

2. Delay of the game due to injury may result in shortened game times. All games must end prior to the next scheduled game on that field. Field coordinators should summon the trainer to the field in case of injury or emergency.
3. All protective equipment must meet NOCSAE standards and be verbally certified by the coach. It will be at the officials' discretion to determine the safety and suitability of player equipment, including the wearing of an orthopedic cast or hard brace.
4. There will be no stick checks prior to the start of the game. Coaches cannot request a stick check of an opposing player. All sticks must comply with NFHS and USA Lacrosse guidelines.
5. A mercy rule is applied in youth divisions only. Teams down by 7 or more goals will get a choice to have a free position at the center after each goal. If both coaches agree to waive the mercy rule, play will start with a draw as per USA Lacrosse rules.
6. If a yellow card is issued, it is a 2-minute non-releasable penalty that begins once the player exits the field. If a penalty has not expired at half time, the penalty will continue into the second half/until the full 2-minutes have been served. If two yellow cards are issued to the same player in a contest, that player is ineligible for the rest of that game. If a red card is issued, that player is removed from the game and the following game. If 4 yellow cards are issued to a single team in a single game, the offending team must play man-down for the remainder of the contest.

WEATHER AND SAFETY

1. In the event of any inclement weather, extreme temperature, poor visibility, dangerous field conditions, or any other unforeseen emergency, NXT has the authority to postpone, modify or cancel games.
 - a. **LIGHTNING SAFETY:** Three long blasts of an air horn indicate lightning, and all fields must be cleared IMMEDIATELY. Players and fans must go to the tournaments' designated safe shelter. Safe shelter is considered any fully enclosed building that involves plumbing and/or electrical wires that act to electrically ground the structure-places where people live or work. If such a shelter cannot be found, take shelter in any vehicle with a hard metal roof and closed windows. No outdoor activities are to be resumed until 30 minutes after the last strike or the all-clear email has been received. For every strike observed, the 30-minute timer is reset.
 - b. **HOT WEATHER SAFETY:** NXT will monitor the Wet Bulb Globe Temperature. When indicated by the Wet Bulb Globe Temperature, tournament game times will be modified to comply with current recommendations.
 - c. **COLD WEATHER SAFETY:** In circumstances involving precipitation, NXT will make decisions about participation restriction individually based on current best practices.

STANDINGS & CHAMPIONSHIP PLAY

1. No pool-play or quarter/semi-final timeouts are permitted unless otherwise noted.
2. There is no overtime in pool play. Tie games will end in a tie.
3. Teams failing to report to assigned games at scheduled times will forfeit the game. The score will be recorded as a 5-2 win for the present team, which is the average points scored per game, so as not to interfere with playoff seeding.
4. Teams will be ranked/seeded according to their overall record based on points-
 - a. Teams receive 3 points for a win, 1 point for a tie, and 0 points for a loss.
 - i. If 2 or more teams are tied on points after pool play, the following tiebreakers will be used in stated order below. In the event of a 3+ team tie, the process starts at step 2. Once a team is selected as winning the 3-team tiebreaker, the tie breaking processes restart at step 1 with two remaining teams.
 1. Head-to-head
 2. Goal differential margin (max 7 goals per game)
 3. Goals allowed
 4. Coin flip
5. All play-off games will be 20 min in length with no half time, unless it is a game that is a part of the team's game guarantee, in which case it will be regulation length.
6. In the event of a tie in a play-off or championship game, overtime will consist of unlimited 3-minute periods of sudden-victory over time until a goal is scored.
 - a. Each team receives one 30-second time-out during the overtime period (championship game ONLY) during which the clock will stop. All USA Lacrosse time-out rules apply.

SPORTSMANSHIP

1. All coaches, parents, spectators and officials are expected to protect and promote the safety and well-being of all players. Any player, fan or coach ejected from the game will be prohibited from competing in, coaching, or watching the team's next game. Ejections are determined by the officials. Expulsions are determined by the tournament director.
2. A player, coach or spectator receiving two yellow cards in a single game will be held out of the remainder of that game. A player, coach or spectator who has been ejected or issued a red card will not be allowed to participate in the next scheduled game. A player, coach or spectator ejected for violent conduct or derogatory comments (Red Card) may not participate in the rest of the tournament. Any player, coach, or spectator who assaults another will be expelled from the tournament. Ejections are determined by the referees; expulsions by the tournament directors.
3. NXT has a no tolerance policy for any discrimination based on race, gender, religion or sexual orientation/identity by player, coach or fan. If a player, coach, or fan is proven to be in violation of this, the result will be immediate expulsion from the tournament. Offending persons will leave the venue.

GENERAL INFORMATION

1. Games will be played on a shortened field, designated by USA Lacrosse.
 - a. 50-yard field with a 25-yard restraining line.
2.
 - a. Both ends of the fields will have normal sized creases and 8ms.
3. All youth USL rules apply, including no checking.
4. Rosters should not exceed 15 players per team. Roster exceptions can be made in advance at the discretion of the tournament director. All exceptions must be approved by the tournament director prior to the event.
5. Limited age exceptions can be made in advance at the discretion of the tournament director. All exceptions must be approved by the tournament director prior to the event.
6. No double rostering is allowed unless approved prior to the event by the tournament director.

GAME PLAY

1. Teams who do not have a goalie may opt to use a shooting net/blocker provided by the tournament director. No other shooting nets/blockers may be used. When a shooting net/blocker is used in place of a goalie, the following stipulates a goal-
 - a. Shots may NOT bounce off the rejection and into the goal. A ball that hits the rejector, bounces off and then rolls in the goal, will not be considered a goal.
 - b. Shots may NOT be rolled beneath the rejector with the intent to bypass the rejector. The player must take a shot at speed. Official discretion is advised.
 - c. Shots MAY bounce into the goal as long as the ball does not make contact with the rejector. As stated above, if the ball maintains continuous contact with the ground, the goal will NOT.
 - d. One designated player, from the defensive team, may enter the crease and serve as a deputy after the “save.”
2. One pass is required on the offensive end before attempting to attack the cage. A goalie clear does not count towards that count.
 - a. If a team intercepts or causes a turnover from the opposing goalie after a save, the player must have one pass before attacking the cage.
3. If a yellow card is issued by an official, the carded player serves the 2-minute non-releasable penalty, and the team plays down a player for the duration of the penalty.