



2026 RULES

- NO DOUBLE ROSTERING IS ALLOWED.
- Players may only be rostered on one team, and they must play for the team that they are rostered with.
- USA Lacrosse Rules will be observed across all divisions with the following exceptions-
 - All divisions, except for youth (2034-2037) will play full checking.
 - 2034-2036 (full field) will play with modified checking.
 - 2036-2037 (8v8 with GK) will play with no checking.
- 2031 - 2036 will play 12v12 in a One - day showcase style tournament with a 3-game guarantee.
 - 2036's will have an additional division of 7v7
- All showcase and pool games will be 20-minute halves with a 2-minute half time. There will be 3 minutes between games.
- Officials clock will be kept centrally, running clock, no time outs.
- First AP will be rewarded to the team listed first on the schedule.
- No timeouts permitted.
- 8M Shots that are set up before the horn blows will be played out. If an 8M is set up AND started before the horn, it will still be played out. If the horn blows while the offensive player is in the middle of the 8M, it will be re-set and played out.
- 7v7 Rules:
 - 8v8 (7 field + GK)
 - Teams will hold back 2 players to play 5v5 on each the offensive and defensive ends.
 - Start of game and each half, draw start, 3 players below the 8m each side.
 - After goal, play starts with Goalie Clear
 - No Checking, 3s guarding
 - If a card is issued the team does not play down.