

OFFICIAL GIRLS SPRING RULES - 2026



2026 LACROSSE AMERICA SPRING – GIRLS RULES

US Lacrosse standards and rules will be followed in this tournament, if not modified within. The following rules have been designed to ensure fair play for all participants. Each coach and player is expected to understand these rules. Any questions concerning these rules should be directed to the Lacrosse America Staff.

TEAM ROSTERS

All participating players must be on the official team roster. Absolutely NO roster sharing or team hopping allowed unless approved by the event director before play begins. Any team with a player in violation of this rule will be subject to an official team roster check that may lead to a forfeit in all games in which the player is known to have competed and a forfeited opportunity to advance to the playoff round. Once you have submitted your team roster, absolutely no additions or changes to the roster will be allowed.

ROSTER SUBMISSION

Coaches must submit their final tournament roster via the Lacrosse America website or SMP Events app prior to Noon on the Wednesday before the event. All rosters and waivers must be submitted and teams complete check-in completely using your Roster Management page at LacrosseAmerica.com or on the SMP Events app. Any team who has not submitted their roster prior to the start of the event will not be able to start their game.

YOUTH DIVISIONS

- 8U Division: 2036/2037 Graduation Year (1st & 2nd Grade players) – No Checking
- 10U Division: 2034/2035 Graduation Year (3rd & 4th Grade players) - No Checking
- 12U Division: 2032/2033 Graduation Year (5th & 6th Grade players) - Modified Checking
- 14U Division: 2030/2031 Graduation Year (7th & 8th Grade players) - Full Checking

TOURNAMENT FORMAT

- All teams are guaranteed a minimum of 3 games (unless otherwise specified).
- Certified Referee(s) and Scorekeepers on every field.
- Games are 26 minutes long - with no halftime, and a running clock.

GAME FORMAT & RULES

8U GAME FORMAT:

- (2) 12-minute halves with a 2-minute halftime, running clock
- 1, 30-second timeout, can't be used in the last two minutes of the game in pool play
- Field will be modified (Approx 30 x 20 yards)
- 4 v 4 (no goalie or goalie blocker) Triangle side of the regulation goal.
- Each half will start with a draw. After that, it is a clear from the crease by any player.
- There is NO checking
- 1-pass rule before scoring is encouraged and should be enforced by coaches/refs
- No overtime

10U GAME FORMAT:

- Format is 7 v 7, Goalie Blockers on all 10U fields. NO LIVE GOALIES.
- (2) 12-minute halves with a 2-minute halftime, running clock
- 1, 30-second timeout, can't be used in the last two minutes of the game in pool play
- If a team is up 7, they need to allow a free clear and all players need to be behind the
- halfway line.
- There is offside at 10U. The halfway line is the restraining line, and 2 players should be held back at all times.
- 1 certified official
- No overtime
- No checking
- Stick: Modified pocket allowed

12U GAME FORMAT:

- Field will be 11 v 11 + goalie on a full field
- Game time will be (1) 26-minute period, running clock
- 2 certified officials
- **Modified checking** (below the shoulder, away from the body allowed)
- Stick: Regulation stick
- Score will be kept
- 1 timeout allowed per team/per game (30 second timeout)
- Draws start each game and will be done following each goal

14U GAME FORMAT:

- Field will be 11 v 11 + goalie on a full field
- Game time will be (1) 26-minute period, running clock
- 1 timeout allowed per team/per game (30 second timeout)
- 2 officials
- Full checking
- Stick: Regulation Stick

POOL PLAY & GENERAL GAME RULES

- Draws start each game and will be done following each goal (except 10U).
- Alternate Possession (AP) goes to the listed Home Team.
- Each team will have one 30 second timeout per game during pool play that cannot be taken in the last 2 minutes of the game
- The clock will not stop during a timeout.
- After 30 seconds, if a team does not return to the field in a timely fashion, they will be assessed with a delay of game penalty.
- Substitutions may occur at any time during play.

- Outside of the critical scoring area, players will be allowed to self-start after fouls - Applies to ALL divisions.
- Establishment of a penalty zone on free position shots.
- 8m shots will be played out if the horn sounds for the end of the game or half. One shot, no rebound play.
- Stick checks can only be requested by the opposing coach. Once the two-minute warning horn sounds, stick checks are no longer allowed to be requested. If a stick is found to be legal, a delay of game technical foul will be assessed. If the stick is illegal, the appropriate penalty will be applied.
- No overtime in pool play games. Ties are allowed.
- No noise makers will be allowed at any field (sirens, cowbells, whistle, vuvuzelas etc). Any person who violates this rule will be escorted off the field.
- Decisions on the field will be the final ruling.

PENALTIES

- Penalties are 2 minutes for 10U – 14U. 8U penalties result in a substitution of that player.
- Penalty time stops during a timeout.
- 2 yellow cards: the player must sit the remainder of the game and may return to the next game.
- Red card (player): the player must sit the remainder of the game and the next game.
- Red card (coach): the coach must leave the game.
- Once a team receives its fourth card of the game, that team will play shorthanded for the remainder of that game. They will lose an additional player each time another card is received. If it is that player's first yellow card, she may return after 2 minutes as long as another player leaves the field.

BRACKET PLAY

- Overtime: 4 minute, sudden death. If the game is still tied after the first overtime, teams will take a 1 minute break and start then start the second, 4 minute overtime. 4 minute overtimes (with 1 minute breaks) will continue until a winner is dedared.
- Timeouts: If a team did NOT use their (1) timeout during regulation time, it will carry over into overtime and can be used at any point during overtime. No additional timeouts will be given.

SCORING

Scoring guidelines for the tournament are:

1. Points will be awarded as: 3 points win, 1 point tie, 0 points loss, and -1 points forfeit.
2. Flights with ties in points will be determined by the following tie-break rules, applied in ascending order:
 1. Head to Head
 2. Most Wins (WIN)
 3. Fewest goals allowed (GA)
 4. Point difference during pool play games (max of +7, -7 points per game). **A win by forfeit receives +7 (AGD).
 5. Coin Toss
3. Multiple Team Tie:
 - a. In the event of a 3-way tie for seeding, the process starts with step 2-b and once a team is selected to advance from the tiebreaker process, then the tiebreak process starts over (with step 2-a) for the remaining two teams.

4. Tie Breakers in an Odd Numbered Pool:

a. In the event that there are an odd number of teams in a pool, one team will play an additional game. This team will be chosen by a blind draw. All above tiebreaker rules apply to this team, as well as all teams. This team's points awarded per game will be averaged.

TOURNAMENT CONDUCT

Tournament Officials: Tournament referees are responsible for all on field action and make the ultimate call on any instance pertaining to the game. Decisions of the referee regarding facts connected with play are final. The referee may only change a decision on realizing that it is incorrect or, at his/her discretion, on the advice of a fellow referee, provided play has not restarted. The Head Coach is the only person allowed to discuss any questions or disputes with the referee. Disputes will not be heard after the game. Please treat all officials and tournament staff with respect as the alternative may result in an individual disqualification from the tournament. Field Directors will be

available to address any issues.

Lacrosse America also reserves the right to disqualify any team for the following infractions:

1. Ineligible players that are not listed on the team roster with appropriate waiver on file.
2. Poor sportsmanship associated with Team Coaches, Representatives, Managers, Players, and Team Parents.

This includes the use of abusive and vulgar language, and abrasive conduct on or off the field.

3. Any false information on your documents provided to Lacrosse America is grounds for disqualification.

COACHES

Coaches have total responsibility for the conduct of their players, parents, and team spectators at all times. Coaching from the sidelines is permitted, provided:

- Coach is listed on official Team Credentials
- The tone of voice is instructive and not derogatory
- Coaches and all players remain within designated coaching area/substitution box
- No coach, player, or spectator makes derogatory remarks or gestures to the referees, other coaches, players and/or spectators.
- No coach, player or spectator uses profanity or incites, in any manner, disruptive behavior
- Absolutely no alcohol, tobacco, or illegal drug use is permitted on the tournament complex by players, parents and spectators. Failure to comply with this rule is grounds for removal.

TOURNAMENT PARKING

Parking is usually limited. There may be a parking fee upon entering the facility.

Parking locations will be available all weekend for all fields. All participants and spectators need to take caution when crossing the roads. There is no barbecuing or use of illegal substances or alcohol anywhere on tournament grounds or parking lots.

Lacrosse America's RULES/REGULATIONS

1. No participants are allowed on the fields prior to 7:00am.
2. No pets allowed, owners will be asked to remove the animal from the premises. Please leave your pets at home.
3. Absolutely NO grills allowed on grounds or parking lots.
4. Drive and park cars in designated areas only.

5. Absolutely no TAILGATING or use of ALCOHOLIC BEVERAGES.

6. No drones allowed on-site.

TEAM TENTS

Team tents are allowed. Please use caution with placement and do NOT put them near the endline. No tents allowed on the turf.

WEATHER & LIGHTNING POLICY

The tournament will not be stopped for inclement weather. However, in the event of lightning, all participants, fans, and coaches will be asked to leave the fields. Play will resume 30 minutes after the last lightning bolt/thunder has been observed. All tournament activities will resume play upon the Tournament Director's approval. Lacrosse America will do all it can to keep the tournament games as scheduled. If safety becomes a concern, for weather or any other reason, Lacrosse America will make the necessary changes to ensure the situation is handled properly. This includes, but is not limited to:

- All scheduled games will ultimately be moved back total time of delay
- Finish games before inclement weather arrives
- Shortened games due to time constraints
- Creating a winner via alternative methods
- Rescheduling games (if possible)
- Canceling the tournament
- If lightning strikes a game in progress, the period will end immediately. The suspended game will resume play immediately when the fields are deemed safe. The teams will play ONE shortened running time game. Scores from suspended game will be combined with scores of this shortened game, and team with the most goals wins.
- If lightning and thunder strike during the second half of a game in progress, the score of that game at the time of the occurrence will be considered the final score. The team leading in scoring at that point will be deemed winner and points will be recorded accordingly.
- Converting the Tournament into a "Festival Format." A Festival Format does not have playoffs or championships. Teams will be given the opportunity to play as many lacrosse games as possible in the amount of time left.

NO player should leave the premises during a stoppage. Any teams unable to field a team upon the specified restart will be awarded a forfeit.

*Note teams should only leave the facility if conditions become dangerous. There will be no refunds.

In case of inclement weather during the tournament, teams & spectators will be notified with a long, continuous horn. The horn signals that all participants & spectators need to leave the field immediately & go directly to their vehicles. Once dangerous weather has passed, and 30 minutes of clear weather is reached, three short horns will sound to resume game play.

Lacrosse America reserves the right to make any necessary changes for the betterment of the event.