

## **APEX 10v10 RULES**

1. USA Lacrosse rules will be used for all divisions. All divisions will be 10v10. 3 Attack, 3 Midfield, 3 Defense and 1 Goalie.
2. GAME TIME: 45 minute game blocks. 4x9 minute quarters, 2 minutes between each quarter. 3 Minutes between each game.
3. STICKS: There will be no stick checks prior to the start of a game. Coaches can not request a stick check of an opposing player. All sticks must comply with NFHS and USA Lacrosse guidelines.
4. CHECKING: All Divisions participate in checking corresponding to USA Lacrosse and NFHS rules. There will be full checking for all divisions.
5. PENALTIES: ALL PENALTIES WILL BE SERVED IN ACCORDANCE WITH USA LACROSSE. An 8-meter shot will be played out. If the game horn sounds before an 8 meter can be taken, the shot will be taken. However, there will be no opportunity for a change in possession or rebound by either team.
6. TIMEOUTS: No pool-play or quarter/semi-final time outs are permitted unless otherwise noted. The only instance where timeouts may occur is during overtime of a championship game. The clock will stop in this instance.
7. OFFICIAL SCORE: The score will be posted and kept by the Field Marshall. Once scores are certified by getting signatures from both coaches and an official. If a coach contests 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. Once reported, scores may not be challenged.
8. INJURY: Because games are running clock, and injury will not stop time unless EMS is called. In that case, the game will be made up at an available field at a designated time by the Tournament Officials.
9. SPORTSMANSHIP: All coaches, parents and officials are expected to protect and promote the safety and well-being of all players. Any player, fan or coach ejected from a game will be prohibited from competing in/coaching/watching his/her team's next game. Ejections are determined by the referees; expulsions by the tournament directors. If a red card is issued to a player or coach, that player is removed from that game and the following game.
10. SAFETY: In the event of any inclement weather, extreme temperature, visibility issue and/or dangerous field conditions our on site Head AT and Tournament Director may recommend modifications to game time for safety reasons.
11. NO TOLERANCE POLICY: Alcohol, drugs, discrimination based on race, gender, religion, or sexual orientation by players, coaches, or fans will not be tolerated. If a player, coach, or fan is proven to be in violation of this, the result will be an immediate ejection from the tournament venue at the discretion of the tournament director.

12. GAME/TOURNAMENT DELAYS: Weather is monitored through WeatherBug and the Lightning App. The Tournament Director withholds the right to postpone or cancel games. The schedule may be modified if necessary due to inclement weather or poor field conditions.

13. LIGHTNING SAFETY: Three (3) blasts of an air horn indicate LIGHTNING and all fields must be cleared IMMEDIATELY. ALL ATTENDEES must seek safe shelter OFF SITE. No one is allowed to remain on the fields. For every strike observed, the 30-minute timer is reset. Participants will receive an email and text as well as a Tourney Machine update when the fields are now open and play can resume.

14. HOT/COLD WEATHER SAFETY: The Head AT and Tournament Director will monitor the Field Temperature and tournament games may be modified to comply with current recommendations.

15. Apex Director's, VP's and President have the authority to postpone or cancel games. The schedule may be modified if necessary due to inclement weather or poor field conditions.