



Apex Lacrosse Events - Boys Tournament Rules

GOVERNING RULESET:

All games are played using **NCAA Rules**, with Apex-specific exceptions and modifications listed below.

1. GAME FORMAT

- Two (2) 20-minute **running time halves** -or- Four (4) 10-minute **running time quarters**
 - One (1) **45-second timeout** per team per game
 - Clock stops during timeouts
 - Timeout must be called in the offensive end
 - A team with no timeout remaining calling one will receive a 30-second delay of game penalty
 - **Halftime:** 3 minutes
 - **Officials** keep game time and are responsible for starting and ending games on time
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2. OVERTIME FORMAT

Pool Play:

- No overtime; game ends in a tie

Playoffs/Championships:

- First OT: 5-minute sudden victory
- If still tied: 1-minute break followed by another 5-minute sudden victory period
- Repeat until a winner is determined

3. SHOT CLOCK (Event-Specific)

- Shot clocks will **only be used at events where they are explicitly communicated by the Tournament Director.**
- When in use:
 - Shot clock set to **80 seconds, 60 seconds on the reset**
 - Officials will verbally manage and communicate countdown
 - Shot clock resets:
 - On a shot that hits the pipe or is saved and retained by offense
 - On a clear change of possession
 - Failure to shoot before expiration = turnover

Note: If shot clocks are not in effect, officials may warn teams for stalling and call delay of game.

4. MERCY RULE (Youth Only)

- When a team leads by 7+ goals in pool play:
 - Trailing team receives a free clear after every goal
 - Coaches may agree to waive this rule
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5. PENALTIES

- All penalties are **running time**
 - Duration: 30 seconds, 1 minute, or 2 minutes (non-releasable)
 - Starts on the official's whistle
 - Clock stops only for injuries, timeouts, halftime, or during assessment of another penalty
 - **Time-and-a-half penalties are not enforced**
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6. FACE-OFFS

- NCAA rules apply
- No knee-down or moto grip allowed
- Stick heads must have **contrasting tape** to the shaft

7. STICK & GEAR

- Stick checks at officials' discretion
- NCAA/NFHS legal sticks only
- Goalies must wear appropriate protective equipment

8. CREASE DIVING

- **Allowed in high school divisions only**
- Players must not land in the goal mouth or make contact with goalie

9. QUICK RESTARTS

- Defenders must yield 5 yards before re-engaging
- Failure to do so = 30-second delay of game penalty

10. SUBSTITUTIONS

- Sub on the fly
- EMO/EMD may sub during penalty stoppages
- Standard 10-yard substitution box

11. CLEARING & COUNTS

- 20 seconds to clear the defensive half
- No requirement to touch into the offensive box

12. PLAYER ELIGIBILITY

- No player may be rostered on more than one team
- Players may "play up" in age but not "down"
- Post-grad players may only participate in the oldest eligible division and must show proof of enrollment if challenged

13. TIEBREAKERS (Pool Play)

1. Head-to-head result (if applicable)
2. Goal differential (max 7 per game)
3. Goals against
4. Coin flip

In the event of a three-way tie, head-to-head results will only be considered if all three teams have played each other. If only two of the three teams have faced off, that head-to-head result will still apply. If head-to-head cannot determine the outcome, the next tiebreaker is **goal differential**. If still tied, the final tiebreaker is **goals against**.

14. DISCIPLINE & EJECTIONS - Contact Tournament Director

- **First ejection:** Player sits out the next game
 - **Second ejection:** Player is disqualified for the remainder of the event
 - **Fighting:** Immediate removal from the event and review by Tournament Director
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15. WEATHER POLICY

- Weather monitored via WeatherBug & Lightning Apps
- Tournament Director may delay or cancel games due to weather

Lightning Protocol:

- 3 horn blasts = immediate lightning delay
 - Clear fields immediately
 - Seek shelter off-site
 - A new 30-minute delay starts with each detected strike
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16. FIELD RULES - Contact Tournament Director

- No alcohol, drugs, smoking, pets, or artificial noisemakers (horns, whistles, sirens, cowbells, etc.)
 - Violators may be removed from the premises
 - Apex events are smoke- and pet-free
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17. CONTACT

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