



Apex Girls Lacrosse Tournament Rules

****All Players must complete the online player waiver prior to participation**

1. USA Lacrosse Women's Rules will be used for the High School Divisions. USA Lacrosse 14U rules will be used for the Middle School divisions. USA Lacrosse 10U rules will be employed for 3-4th grade divisions.
2. GAME TIME: Game lengths may vary per tournament based off of size of event and format. This will be communicated by Tournament Director prior to the event.
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.

CHECKING RULES FOR SUMMER 2026

FULL CHECKING 2026 – 2030

FULL CHECKING 2031 IF BOTH COACHES AGREE

TRANSITIONAL CHECKING IF BOTH COACHES AGREE 2032

MODIFIED CHECKING 2033-2035 (IF FULL FIELD. See 7v7 rules below).

5. PENALTIES: ALL PENALTIES WILL BE SERVED IN ACCORDANCE WITH USA LACROSSE.

****Yellow cards: 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 occurs immediately before the end of the 1st half, the penalty will continue into the second half until the full two minutes have been served.** If two yellow cards are issued, a player is ineligible for the rest of the game. If a red card is issued, that player is removed from that 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.

**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.

7. OVERTIME: Pool Play Overtime - There is no overtime in pool play. Each team will receive 1 point. In the event of a tie in playoff games, 3 minute periods will continue consecutively until a goal is scored. Each team will be awarded one 30 second timeout and the clock will stop during overtime only.

8. 7 GOAL RULE: **A mercy rule is applied in pool play in Youth Divisions only. Teams down by 7 or more goals will get a choice to have a free position at center after each goal.** If both coaches agree to waive the mercy rule, play will start with a draw as per USA Lacrosse rules.

9. FORFEIT: In the event of a forfeit, the winning team will be awarded 7 goals in reference to the 7 goal max differential. If a team forfeits a game, they will be ineligible for championship bracket play.

10. 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. Tournament Directors will only communicate with head coaches and/or club directors.

11. PLAYOFF SEEDS:

Team Scoring - Teams receive the following points:

3 pts = WIN

1 pts + TIE

TIEBREAKERS BELOW:

- 1) Points (Record)
- 2) Head to Head
- 3) Head to Head Goal Differential
- 4) Goal differential (max 7 per game +/-)
- 5) Goals against

12. **PLAYOFF FORMAT:** PLAYOFF GAMES WILL BE HALF OF THE TIME OF A POOL PLAY GAME unless communicated by director.

13. **ROSTER REGULATIONS:** Limited age exceptions can be made in advance at the discretion of Tournament Directors. There is no roster number limit unless noted by the Tournament Director.

14. **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.

15. **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.

16. **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.

17. **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.

18. **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.

19. **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.

20. **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.

21. 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.

22. 7v7 SPECIFIC DIMENSIONS AND RULES:

- Games will be played on a shortened field as designated by USA Lacrosse.
- Both ends of the field will have normal sized creases and 8 meters.
- All youth USL rules apply including NO CHECKING.

23. **7V7 PASS RULE:** There must be one pass in the offensive end before attempting to attack the cage. **The goalie clear does not count as a first pass.**

24. **7V7 GOALIES:** Teams who do not have a goalie may opt to use a SHOOTING NET **provided by the Tournament Director.** When a rejector is used in place of the GK, the following stipulates a goal:

- The ball IS ALLOWED to hit the rejector and go in. A ball that hits the rejector, bounces off and then rolls in will not be considered a goal
- Balls can not be intentionally rolled in place of a shot. The player must take a shot at speed. Referee discretion is advised.
- FOR THE DEFENSIVE TEAM, ONE designated player can enter the crease and serve as a deputy after the "save".

25. **7V7 PERSONNEL:** The format will be 7 field player AND A GOALIE with 5 players in the settled attacking end.

ISSUES OR CONCERNS: All concerns would be brought by coaches and club directors. Tournament Directors will not field on field disputes with parents. We look forward to serving you and providing all participants with the Apex Experience.