



Apex Lacrosse Events - Boys Tournament Rules

GOVERNING RULESET:

High School Divisions:

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

Youth Divisions:

All youth games are played using NFHS Rules, with age-appropriate youth modifications and Apex-specific exceptions listed below.

Apex Lacrosse Events reserves the right to modify rules by division for safety, facility, weather, or schedule-related reasons. Any division-specific rule adjustments will be communicated to coaches before the start of the event.

1. GAME FORMAT

- Two (2) 20-minute **running time halves** -or- Four (4) 10-minute **running time quarters**
 - One (1) **30-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 result in a change of possession.

 - **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
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3. YOUTH DIVISION RULES

Youth divisions will follow NFHS Rules with age-appropriate youth modifications, unless otherwise noted by the Tournament Director.

Body Contact / Checking — Youth Divisions

Youth divisions will follow NFHS rules with USA Lacrosse age-appropriate youth modifications.

12U / U-13 Divisions:

- No body checking is permitted.
- Defensive players may use their arms and hands to apply equal pressure against an offensive player with the ball.
- Players may not use their shoulder, torso, or head to initiate contact.
- Take-out checks, blindside hits, and any contact to the head or neck area are strictly prohibited.

14U / U-14 Divisions:

- Legal body checking is permitted only when allowed by the specific division rules.
- Take-out checks are strictly prohibited.
- A take-out check is defined as an excessive hit where a player lowers their head or shoulder with the force or intent to put another player on the ground.

Legal U-14 Body Check Requirements:

- Both players must be in an upright position.
- The checking player must have both hands on their stick.
- Contact must be made to the front or side of the opponent.
- Contact must be between the waist and shoulders.
- A player may only body check an opponent who has possession of the ball or is within 3 to 5 yards of a loose ball.

Any body contact deemed excessive, dangerous, avoidable, or directed at the head or neck area may result in a penalty, ejection, or further discipline at the discretion of the officials and Tournament Director.

Stick Checking:

- Stick checking must be controlled and directed at the stick or gloves
- One-handed checks, uncontrolled slashes, and checks to the body, arms, head, or neck area may be penalized at the discretion of the officials

Long Poles:

- Long poles are permitted based on division rules and age-appropriate standards
- If a division has a long-pole restriction, that information will be communicated before the event

Advancement / Clearing Counts:

- Clearing and advancement counts will follow NFHS rules with age-appropriate youth modifications for each division
- If no advancement count is being used for a specific youth division, officials will communicate that to coaches before the game

Sportsmanship:

- Coaches, players, and spectators are expected to demonstrate positive sportsmanship at all times
- Officials' decisions are final
- Any concerns should be brought to the Tournament Director by the head coach only
- Unsportsmanlike behavior from coaches, players, or spectators may result in penalties, removal from the facility, or team disqualification

4. SHOT CLOCK (Event-Specific)

- Shot clocks will **only be used at events where they are explicitly communicated by the Tournament Director**
 - 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.

5. 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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6. 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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7. FACE-OFFS

- NCAA rules apply for high school divisions
 - NFHS rules with age-appropriate youth modifications apply for youth divisions
 - Faceoff violation does not result in the player needing to be taken out for the next faceoff
 - No knee-down or moto grip allowed
 - Stick heads must have contrasting tape to the shaft
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8. STICK & GEAR

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

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

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

- Sub on the fly
 - EMO/EMD may sub during penalty stoppages
 - Standard 10-yard substitution box
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12. CLEARING & COUNTS

- 20 seconds to clear the defensive half
 - No requirement to touch into the offensive box
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13. 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
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14. 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**.

15. 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

16. 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

17. 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

18. TOURNAMENT DIRECTOR AUTHORITY

The Tournament Director reserves the right to shorten, modify, or cancel games due to weather, facility restrictions, safety concerns, or schedule delays.

All decisions made by the Tournament Director are final.

17. CONTACT

Tournament Director: Colby Wehner

Email: colby@apexlacrosseevents.com