



2026 RULES

- USA Lacrosse Rules will be observed across all divisions.
- All divisions with the exception of Youth will play full checking.
- Double rostering is not permitted. Players may only be rostered and participate on one team for the duration of the event.
- All HS and MS Divisions will play 12 v 12. Youth (34-37) will play 7v7. See below for 7v7 rules.
- All Divisions will play in a two - day Championship style tournament with a 4-game guarantee
- All showcase and pool games will be 19-minute halves with a 2-minute half time. There will be 5 minutes between games.
- First AP will be rewarded to the team listed first on the schedule or highest seed in bracket play.
- Play-off and Championship games will be two 12-minute halves with a 60 second half time to switch sides.
- Pool games may end in a tie. Play Off games may not end in a tie. OT is immediate sudden victory.
- No timeouts permitted.
- A soft-red card will result in a player being ejected from that game only. A hard-red card will result in the player being ejected from the tournament.
- 8M Shots that are set up before the horn blows will be played out. If an 8M is set up AND started before the horn, it will still be played out. If the horn blows while the offensive player is in the middle of the 8M, it will be re-set and played out.
- 7v7 Rules:
 - 8v8 (7 field + GK)
 - Teams will hold back 2 players to play 5v5 on each the offensive and defensive ends.
 - Start of game and each half, draw start, 3 players below the 8m each side.
 - After goal, play starts with Goalie Clear
 - No Checking, 3s guarded
 - If a car is issued the team does not play down.

Tie Breakers to advance:

1. Head to Head
2. Goals Against
3. Goals Differential
4. Goals scored
5. Coin Toss

Play-off Game Over Time:

Immediate Sudden Victory Over time