

## GIRLS GAME RULES - APPLEFEST SHOOTOUT

This tournament showcases lacrosse skills and talents associated with using a lacrosse stick. We also recognize that this tournament is an out-of-season competition (in fact many players are or will be involved in fall/winter sports) and the safety of all players is a priority.

Each team must have an adult coach (21 years of age or older) who will be in charge of team discipline and act as the team's representative. Teams field 8 players – 2 attack, 3 midfield, 2 defense and a goalie. 2 players must stay back.

Players can only be rostered to one team. No player can play on more than one team during the tournament. Exception: GOALIE

Each player needs to have required equipment including mouthpiece, sticks, and goalie equipment.

Team members must wear matching jerseys or tank tops which are numbered (8" numerals or larger).

Each game consists of two 18 minute running time halves. There will be one minute between each half.

Championship game ending tied is decided by a sudden-death overtime, which begins immediately after regulation time with a faceoff. Championship games ending in a tie will have 5 minute sudden death overtime periods until a team scores.

Each game period begins with a draw. Defensemen and attackmen must remain behind the goal line extended until the referees signal possession. The goalie must remain in the crease area until possession is signaled.

After a goal is scored the ball is awarded to the scored upon goalie who puts the ball in play from his crease area. A referee must whistle to indicate play has recommenced. If a team is up by 5 or more goals, the other team gets a free clear at midfield until the scoring gap is less than 5 goals.

Penalties are called and served as they are in regular lacrosse. The scorekeeper releases penalized players when their serve time has expired. Penalty time does not start until the penalized player takes a knee next to the scorekeeper.

All player substitutions are on the fly. Players must touch sticks at the sideline before entering the field of play.

Each team is allotted one timeout per game and one in overtime. Timeouts are one minute long during the game and 30 seconds long in overtime. The game clock will continue to run during timeouts. **NO TIMEOUT ALLOWED IN THE LAST TWO MINUTES OF GAME.**

Game start times will be signaled by an air horn. Officials will be responsible for the start of play on individual fields.

**CHECKING:** Grades K-2 and 3/4, NO CHECKING. Grade 5/6 and Grade 7/8, MODIFIED CHECKING

Goalie: Optional for Grades K-2 and 3/4.

Grades K-2 and 3/4: 3 pass rule. 3 passes must be made before shot on goal.

**No scorekeeping for Grades K-2.**

**PENALTIES:** Penalties will be administered according to the NFHS and USL rules.

3 coaches maximum on sidelines

All parents and spectators must sit or stand on the opposite side of players during the game. NO EXCEPTIONS.

Championship Game Seeding Criteria: (1) Win/Loss Record (2) Head to Head (3) Goals against (4) Coin Flip

**Clean up of bench areas after games:** Each coach is requested to ensure that the bench area is picked-up after each game. Trashcans are available near bench areas and trash bags, if needed, are available in the Registration Tent. If you see a full trashcan, please notify a tournament worker.

**Code of Conduct Violations:** In addition to the Federation or the US Lacrosse rules, any player, coach or anyone associated with the team who violates the Code of Conduct will be subject to a Warning, Ejection from a Game or Ejection from the Tournament depending on the severity of the infraction. Anyone player ejected from a game will not be allowed to participate in the next scheduled game. Anyone ejected from the tournament will not be allowed to participate in any remaining games in the tournament.

**THE DIRECTORS OF APPLEFEST SHOOTOUT. RESERVE THE RIGHT TO CANCEL, SHORTEN OR RE-SCHEDULE TOURNAMENT GAMES DUE TO INCLEMENT WEATHER, POOR FIELD CONDITIONS, OR PLAYER AND FAN SAFETY CONCERNS. NO REFUNDS WILL BE GRANTED IF THESE ACTIONS ARE NECESSARY.**