OVERTIME

LACROSSE

Summer 2026

Players are required to complete the online waiver.

Mouthguards and appropriate equipment is mandatory.

REFFING RULES / MODIFICATIONS / OVERVIEW

US Lacrosse/ NFHS rules with the following modifications

20 Second Clear Count; No 10 second get a touch, no touch needed; (2026-33's)

2034s and 2035s **NO CLEAR COUNTS** (At the Hunt 33/34 division no clear count)

Checking (controlled one- handed stick checks allowed at all ages)

Eye Black is allowed.

No Crease Dives.

Stick Length for the 2034-36's, see US Lacrosse Guidelines; we recommend you follow.

PLAYERS & ROSTERS

A player CANNOT compete for more than one club within the same division.

A player rostered in the “AA” division CANNOT play in the “A” division.

A player rostered in the “A” division CAN play in the “AA” division, within the same club. This has to be communicated to a director prior to the game.

Limited exceptions can be made in advance at the discretion of the tournament director.

No roster size limits.

SAFETY

In the event of inclement weather and/ or extreme temperature, the tournament director may make modifications to gametimes and/ or format for participant safety.

GAME FORMAT

Games will be in quarter format.

Tournament directors communicate to club directors the length of the quarters.

PENALTIES

Technical (30 seconds)

Personal (1-minute+)

*Penalties are NOT time and a half.

Penalties are running time that starts on the referee's whistle. Penalties only stop during time-outs, injuries, end of quarter/ halves, and while another penalty is being assessed.

CHECKING

Limited body checking.

Big hits & physical play (even within three yards of a loose ball) constitute unnecessary roughness. One-handed stick checks (if landed appropriately) are allowed at all age groups.

COUNTS

2026-2033:

Clearing Counts of 20 seconds to cross the midline.

There is no 10-second “Get a Touch” rule.

2034-2035:

NO COUNTS Exception is a goalie count**

There will NOT be a 10 second count to advance the ball into the box.

There is no Get-It-In-Keep-It-In under 2-minutes.

STALLING (no get-it-in-keep-it-in)

Stalling is up to the discretion of the referees. If a stalling call has been initiated by the referees, the team has 30 seconds to either

-Score

-Hit the goalie or

-Hit the goal post with a shot.

FACEOFFS

All ages are playing by the US Lacrosse and NFHS rulebooks.

"*Down, Set, Whistle.*" No Motogrip, no Knee Down. The ball must be moved, raked, or directed immediately. Immediately is defined as within one step. Faceoff sticks require tape of a different color than your shaft and gloves at the top six inches of your shaft, below the head.

TIMEOUTS

One (30 second) time-out per game including playoffs.

Quarter Format: GAME CLOCK DOES NOT STOP UNLESS IT IS CALLED IN THE 4TH QUARTER.

There are no timeouts in overtime except in the championship game.

Timeouts can be called ANYWHERE on the field for the team with possession. Defense can only call timeout on a dead ball or after a goal is scored.

See below for additional timeout and overtime info.

OVERTIME - SUDDEN VICTORY

POOL PLAY- There is a one 4-minute overtime period in the regular POOL PLAY. All teams must take the field IMMEDIATELY following the end of the fourth, similar to taking the field after a goal has been scored. NO TIMEOUTS IN OVERTIME. The game concludes once a goal is scored. If no goal is scored, the game will end in a tie.

PLAYOFFS - In the event of a tie in the playoffs, overtime will consist of an 8-minute overtime. If it is still tied after 8 minutes. 1v1 braveheart (goalie can cross midfield but teammate has to stay onside. NO TIMEOUTS IN PLAYOFFS (excluding championship)

CHAMPIONSHIP - Championship game will consist of unlimited 10-minute periods until a goal is scored. TIMEOUTS STOP CLOCK (30-second), one timeout per overtime period per team.

MERCY RULE

Applied when there is a (8) goal deficit in pool play. Teams down by (8) or more goals will get a free clear after each goal. Coaches can agree to waive this rule.

No Mercy Rule in the playoffs.

FORFEIT

In the event of a forfeit, the winning team will be awarded 7 goals in reference to the 7-goal max differential.

OFFICIAL SCORE

Will be kept by the field coordinator. Post-game the field coordinator will certify the official score with both coaches and officials. Once scores are certified & reported they may not be challenged. If a dispute arises, please have the club director contact the tournament director.

PLAYOFF SEEDS

Teams will be seeded according to their overall record. If two teams have a tied record after the regular season, the following tie- breakers will be used:

1. Head-to-Head

2. Goal Differential (max 7 per game +/-)

3. Goals Against

4. Goals Scored

5. Coin Flip

In the event of a 3+ team tie, the tiebreaker process starts at step 2. Once a team is selected as winning the 3+ team tiebreaker, the tie breaking process restarts until places have been set.

SPORTSMANSHIP/EJECTIONS

If a player leaves the sideline to get involved in an on the field altercation, or a player on the field runs from the opposite end crossing the midfield, that player is automatically ejected from the game. The player may also be removed from the league/tournament. The offending team may have to forfeit the game at the discretion of the tournament director. In the event that both teams have players exhibiting this behavior the game may be called and both teams will have the game recorded as a loss. The offending team or teams also may render themselves ineligible for the playoffs. The coaches and officials are expected to protect and promote the safety and well-being of all players. If a coach or player receives two unsportsmanlike conducts during a game, he or she will have to leave the game.

Referees can eject players/coaches from the game.

Tournament directors have the ability to eject players, coaches, and parents from the tournament.

NO TOLERANCE POLICY

Alcohol, drugs, discrimination based on race, gender, religion, or sexual orientation by players, coaches, or fans. If a player, coach, or fan are proven to be in violation of this, the result will be an immediate ejection from the tournament venue.

REFEREES

Refs can stop the game for any reason that they feel fit, excluding weather as that will be communicated by Overtime Lacrosse's tournament director.

ISSUES OR CONCERNS

Tournament Directors will only communicate with Club Directors.