

Valley Lacrosse Tournament 2025 GIRLS RULES

Zero Tolerance Policy: Absolute zero tolerance will be enforced for abuse of officials or opponents by players, coaches or fans. Violation of this policy will result in removal from the tournament.

Tournament Director – Referees: All referee and tournament director decisions are final.

Grades 3 & 4- USA 10 U Rules

PROTECTIVE EQUIPMENT - Mouthguards and approved goggles are mandatory at all levels. Goalie must wear helmet, throat protector, chest protector, gloves, shoulder pads and arm pads. Some type of leg padding for the goalie is strongly recommended. All protective devices used should be close fitting, padded where necessary, and not be of excessive weight.

START/STOP PLAY - All play is started and stopped with the whistle. All players must stop and stand when the whistle blows (to stop play). All may move again when the next whistle blows.

FOUR GOAL RULE - if one team has a four or more goal lead then there may not be a draw with the approval of both Coaches.

SUBSTITUTION - Substitution is every 3 minutes.

DURATION OF PLAY – A and B Round Robin Divisions- Two 18 Minute Running Time Halves. C Division and Championship 15 minutes running time per half. Semifinal is a 21-minute running time game. Last shift of each game is stop time unless the goal diff is 5 or greater. No shooting on free positions. No checking. No holding the ball for more than 5 seconds when closely guarded/marked

SPECIFICS - Seven field players, use of a goalkeeper is optional. Field size: 60 yds. x 25 yds. is recommended. 8m arc, no 12m fan, no restraining line, center line (no circle). Youth sticks (mesh allowed) or regular women's crosse, modified pocket. 5' x 5' goals Eye guards/goggles required. No checking. May not shoot from any free position. **Teams must attempt 1 pass before shooting on goal unless both coaches agree to waive the rule.**

Grades 5 & 6: USA 12U rules- 11 v 11 plus goalies, modified checking, No overtime, 4 goal rule, Round Robin and Championship are 16-minute Halves - running time, Semi is 25-minute running time game. 1 timeout per game, last two minutes of game stop time unless goal diff is 5 or greater. Goal distance crease to crease - 80 yards.

PROTECTIVE EQUIPMENT - mouthguard, goggles. Goalies required equipment - mouthguard, helmet, shoulder pads, leg guards, arm pads, gloves, throat guard and chest protector.

Grades 7 & 8: USA 14U rules- 11 v 11 plus goalies, transitional checking No overtime, 4 goal rule, (2) 20-minute running time halves, 1 timeout per game, last two minutes stop time unless goal diff is 5 or greater. Championship game- (2) 20 minute running time halves. Goal distance crease to crease - 80 yards.

PROTECTIVE EQUIPMENT – mouth guard, goggles. Goalies required equipment - mouthguard, helmet, shoulder pads, leg guards, arm pads, gloves, throat guard and chest protector.

4 Goal Rule - If a Team is losing by four, or more, goals then the Faceoff will be suspended and the ball awarded

Point System – 3 Points per win, 1 point per tie, 0 points per loss

No overtime except in playoffs and championship

Tie breaker to determine playoffs

- A. Head-to-Head
- B. Most wins
- C. Goal +/- (Max 5/game for)
- D. Goals for divided by goals against
- E. Fewest Goals allowed
- F. Most Goals scored (Max 5/game)
- G. Most shutouts
- H. Coin Flip

If three or more teams are tied the tiebreakers are applied first to games between the tied teams then to all games if no winner is determined.

Playoffs/Championship

Last two minutes of the game are stop time

Overtime: 5-minute running time – sudden victory. 1 timeout per OT period

ALL SPECTATORS ARE REQUIRED TO WATCH FROM THE SIDE OF THE FIELD OPPOSITE THE TEAM BENCHES.

ALL TOURNAMENT DIRECTOR DECISIONS ARE FINAL.