

Homer Lacrosse Tournament Rules – Cecconi Shoot Out

All teams will play 3 games. Each game will consist of two (2) twenty-two (22) minute running time halves and a 2 minute half-time. Games will start on the hour and game time will be kept at each field. Please have your team warm up off the field prior to the start of the game and exit the bench area as quickly as possible after the hand shake so that all games may proceed as scheduled.

Each team is allowed one (1) time-out per game. The time-out will be one (1) minute in length and the game clock will stop.

Each team must have a designated Head Coach (21 years of age or older).

The tournament will follow the National Federation of State High School Associations (NFHS) rules with the following exceptions for each division:

7th & 8th Grade Division and 5th & 6th Grade Division

- **NO OVER TIME** will be played, games will end in a tie.
- **ALL** personal fouls will be 2 minutes running time served penalties. **ALL** technical fouls will be 1 minute running time served penalties. Goalies do not have to serve their own fouls; a player on the field at the time of the foul must serve and will be chosen by the coach of the penalized team. Penalty time starts when play resumes.
- **NO** Ten (10) Second clock and **NO** twenty (20) second clearing clock (except for the last 2 minutes).
- **ALL Substitutions** must be made on the fly. Substitution horns **will not** be granted anywhere on the field.
- During the **last two minutes** of the game, the team with the lead must advance the ball into the offensive end within 20 second clearing clock, but **does not** have to keep in the box
- **NO Over the Head Checks**
- **NO One Handed Checks**
- **NO BODY CHECKING**, deliberate body checks will be penalized. Incidental body contact may occur during play and it will be up to the referees discretion whether a penalty is assessed
- **Long sticks** may be used in the 5th & 6th grade division and the 7th & 8th grade division. A maximum of Four (4) Long sticks on the field at the same time. Long sticks are sticks 52-72 inches in length.

- Players, Coaches, Parents, and Spectators need to respect the game, opponents and officials at all times. Appropriate behavior is expected and any inappropriate behavior such as fighting, verbal abuse of an official, etc. will not be tolerated. In appropriate behavior will result in dismissal from the game and tournament.

3rd & 4th Grade Division

- 8 on 8 = 2 Attack, 3 Midfielders, 2 Defense, 1 Goalie
- **NO OVER TIME** will be played, games will end in a tie.
- **ALL** personal fouls will be 2 minutes running time served penalties. **ALL** technical fouls will be 1 minute running time served penalties. Goalies do not have to serve their own fouls; a player on the field at the time of the foul must serve and will be chosen by the coach of the penalized team. Penalty time starts when play resumes.
- Teams may not go more than 2 men down
- **NO** Ten (10) Second clock and **NO** twenty (20) second clearing clock
- **ALL Player Substitutions** must be made on the fly. Substitution horns will not be granted anywhere on the field
- **NO Over the Head Checks**
- **NO One Handed Checks**
- **NO BODY CHECKING**, deliberate body checks will be penalized. Incidental body contact may occur during play and it will be up to the referees discretion whether a penalty is assessed
- **NO Long sticks**, All sticks must be between **38-42** inches in length for 3rd & 4th grade division

1st & 2nd Grade Division

- Game consists of 4 quarters , 10 minutes in length, stopping every two minutes for substitutions (Five 2 minute running time shifts per quarter)
- 8 on 8 = 2 Attack, 3 Midfielders, 2 Defense, 1 Goalie
- Smaller Goals
- Smaller Field
- **NO OVER TIME** will be played, games will end in a tie.
- **ALL** personal and technical fouls will result in a fast break for the team that was fouled. The player who was fouled will be awarded possession of the ball 7 yards from the face-off X on their offensive side of the field. All other midfielders (for both teams) must start behind the midfield line. On whistle the ball carrier may run in on a fast break with all other midfielders chasing the play.
- **NO** Ten (10) Second clock and **NO** twenty (20) second clearing clock

- **Player Substitutions** may also be made on the fly.
- **NO Over the Head Checks**
- **NO One Handed Checks**
- **NO BODY CHECKING**, deliberate body checks will be penalized. Incidental body contact may occur during play and it will be up to the referees discretion whether a penalty is assessed
- **NO Long sticks**