



2011 BEST OF THE WEST RULES

Rules Overview

All Federation rules with respect to protective equipment, limitation and requirements of the size of the lacrosse ball and goals are in play. Each field will be laid out as close to regulation size as

possible, but in certain cases the existing field lines and dimensions at whatever size will be utilized so as to avoid confusion. The purpose of these written rules and distinctions are to ensure that all teams, coaches, participants, spectators, as well as officials, understand the format, scoring, and other nuances that might be unique to this tournament. Some of these rules are new this year, so please review and understand prior to the start of your games.

Time and Play of Game

- Games are 22-minute halves, with a five-minute half-time. The first half and all but the final two minutes of the second half of the game are *Running Time*. If the goal differential in the last two minutes of the game is 3 or less, the game clock will convert to Stop-Time. Otherwise, the clock will remain running. The clock will be kept by the head official.
- In regular tournament games there are no *time-outs* except for *time-outs* called by officials in the case of injury or equipment repair. In the final championship round, each team will receive one, two-minute time out per half in which the game clock will stop. In men's games during *Running Time*, penalties are assessed 45 seconds for technical fouls and 90 seconds for personal fouls. During *Stop Time*, technical fouls are assessed 30 seconds and personal fouls are assessed 60 seconds.
- In women's games, players receiving their first yellow card (warning) must leave the field for 3 minutes. No substitutes are allowed for a player receiving a yellow card. Players receiving a second yellow card (suspension) must leave the field for the remainder of the game. No substitute is allowed for 3 minutes.
- Five minutes before the hour, officials will call one representative from each team and do a coin flip to determine choice of goals and possession arrow. In the interest of time, we will not do team line-ups.
- By bringing your team to this tournament, coaches hereby acknowledge and warrant that all players are equipped to play by the rules, are members of US Lacrosse (does not apply to teams and players who reside in Canada), and eligible to play in their age bracket. Officials will do equipment checks upon request of the head coach. Officials will not conduct random equipment checks. Time will continue to run during equipment checks. No equipment check requests will be honored in the last five minutes of any game.
- Games will start promptly on the hour, based on a central horn, and the clock will start. If your team isn't ready, you're burning daylight, not to mention potentially losing the opening face-off.

Scoring

For tournament standings: wins will be allotted 2 points; ties will be allotted 1 point; and a loss will earn you a goose egg, 0 points. In adjudicating tournament standings in the event of a tie, the following will apply:

- 1st tie-breaker: Head to Head Record
- 2nd tie-breaker: Record against common opponents
- 3rd tie-breaker: Goals against
- 4th tie-breaker: Goals for

5th tie-breaker: Vegas Style...coin toss, team name closest to the letter A calls the toss

6th tie-breaker: Brave Heart (one on one)

Additional Rules

We're following Federation rules, so:

- Wood-chopping and high swings will earn a slash penalty.
- No one-handed stick checks in middle school play. One-handed stick checks in high school must be completely controlled. Wild swings will draw a Slashing penalty. Counsel your players to use controlled checks on glove and stick. Anything check to the kidney, shoulder, neck, upper arm, etc. will draw a Slashing penalty.
- There is an emphasis on body checks to the neck and head area. Any such check, even if it begins on the body and rides up to the head or neck, will be called as a 1-3 minute, non-releasable illegal body check. Any time a player leads with his head will draw a minimum of a 2-minute non-releasable penalty.
- Deliberate take-out checks are deemed to be illegal in Middle School. Council your players of such, as there will be little tolerance afforded here. The younger the players or greater the size difference between players, the closer this will be called.
- Twenty second clearing count will be in place to clear the ball over the midfield center line in High School games (not in Middle School).
- The 10 second offensive count to get it into the restraining box will not be enforced. However, in the last two minutes of the game, a team that is deemed to be stalling may be warned to "get it in!" With this warning, the team will have 10 seconds to get it into the offensive box.
- Stall warning will be in effect the last two minutes for the team who is ahead. Keep the ball in play or you are flirting with losing possession.
- Face-offs will be conducted with "Down", "Set", and then whistle. At the Middle School level, when the goal differential is equal to 6 or greater, the losing team will be awarded the ball in lieu of a face-off.
- No baiting, taunting or profanity...ever.
- Any player who is ejected from a game for unsportsmanlike behavior, or receives a red card in women's play, must serve a one game suspension and is not eligible to play in their team's game immediately following the ejection. Note: This penalty can be assessed after the game has concluded so behavior is in check at all times. Any player who has been ejected twice during the course of the tournament will not be eligible to play for the remainder of the tournament. Any coach or/and team found fielding a player who is suspended will forfeit all previous wins and future games.
- Assistant coaches are there to coach. Any questions or feedback for the officials must be directly through the Head Coach. There will be a zero-tolerance policy for assistant coaches criticizing the officials.
- Fans are to watch from the far sideline (away from the team) when possible. Only coaching personnel and players are allowed on the near side. The tournament will provide table personnel, scorekeepers and penalty time keepers.
- All participants are to be respectful of others at all times. Practice space may be limited between games and any conflicts should be negotiated amicably. Find a way to share. Please respect the grounds and facilities at the Kellogg-Zaher Park complex.
- Rosters shall be fixed once the tournament begins. All players must meet the age restrictions and no player may play for any team other than that which he or she is registered for. For insurance purposes, teams must submit a team roster to the office before their first game.
- Any Player ejected from a game for fighting will be banned from playing in any future games of the tournament.
- Any Coach, Parent, or general spectator who engages in fighting or behavior deemed "undesirable" in the sole opinion of the Tournament directors, may be asked to leave the premises and not return.