



SARATOGA LACROSSE SHOOTOUT RULES

Boys 2026-2028 divisions will use Federation High School Rules (NFHS) with the following exceptions; Boys 14U & younger (2029-2034) divisions will use US Lacrosse Rules with the following exceptions/clarifications;

1. **Eligibility:** It is the responsibility of each team to ensure that all players meet age eligibility requirements for the division in which they participate, as published on the tournament website and Terms & Conditions.
2. **Timing:** All games will consist of two (2) 23-minute running time halves with a five-minute half-time. Penalties will be stopped time. Personal fouls will be timed at 1-minute, and technical fouls timed at 30-seconds. All fouls are released if the man-down team is scored on, unless otherwise indicated by the officials. **Note – game duration and halftime may be shortened by the mutual agreement of participating teams. Also, at the discretion of the tournament organizers, game times may be shortened due to inclement weather, or to keep the tournament on schedule. Officials may stop time at their discretion.*
3. **Competition Format:** 2033-2034 will play 10v10, with a maximum of 3 long poles on the field at one time.
4. **Overtime:** Sudden victory overtime will follow the completion of a tied game after a 3-minute break; sudden victory periods will be 3 minutes of running time.
5. **Delay of Game:** Teams may be assessed a delay of game penalty if not ready to begin play at the scheduled time; games may be shortened at the discretion of the organizers to keep game times on schedule.
6. **Weather Delay:** If a weather-related evacuation occurs during the 1st half, teams will return to play the 2nd half of the game, weather permitting. If the evacuation occurs during the second half, the game MAY pick-up where it left off (weather permitting), OR the game MAY be terminated, and the score recorded as is. If the score differential is equal to or greater than 6, regardless of time remaining, the game may be terminated.
7. **Tie Breaks & Re-Seeds:** Refer to the SLV Tournament Tie-Break Formula for all divisions
8. **Substitutions & Restarts:** All substitutions will be on the fly. Restarts are per USL Rules:
9. **Timeouts:** Each team will be permitted one (1) 1-minute timeout per half, which may be called by the team in possession any place on the field. Timeouts may be called by either team during a dead ball situation. The game clock will be stopped during timeouts. There are NO timeouts allowed in overtime periods.
10. **Advancing the Ball, Counts & Stalling:**
 - a. **[2029-2034]** No counts will be used but stalling may be called and the ball must be kept in the box in the final two minutes of play. In the event of alternate possession, discretion is left to game official(s).
 - b. **[2026-2028]** In the event of alternate possession, discretion is left to game official(s). No counts will be used for advancing the ball or stalling, unless a stall warning is initiated by officials. If a stall warning is initiated, the ball must be moved into the attack goal area within 10 seconds and kept there. Per NFHS Rules:
 - c. During the last 2 minutes of the game, automatic Stall Warnings will be in effect for the team leading by 4 goals or less.



- d. When the goal differential is 5 goals or more, or if the game is tied, there will be no automatic stall warning in the final 2 minutes of play
11. **Over and Back Rule:** Over and back will be enforced at the 12U / 2031 level and above. Once the offensive team establishes offense inside the attack goal area, the ball is considered live. If offense causes the ball to cross the midline, a turnover will result.
 12. **Body Checking:** No body checking of any kind is permitted in Boys 12U / 2031 or younger.
 13. **Slow Whistle Rule: [2026-2028]** All flag down situations are handled in the same manner as USL rules.
 14. **Long Sticks:** The use of long sticks is permitted in 10U divisions and older.
 15. **Field Dimensions:** Wherever possible, 10U and below Divisions will use shortened fields
 16. **Expulsion, Ejection, or Fighting:** To the discretion of officials and/or tournament directors, any participant (player, coach, team official, or spectator) who is ejected during tournament play, on or off the playing field, may be subject to a one or more game suspension, up to automatic disqualification from the tournament. Any player or coach called for verbal abuse will serve a one-minute unsportsmanlike conduct penalty. Continued abuse will result in ejection from the contest, and potentially the tournament.
 17. **Summit Society:** All teams, coaches, players, parents and team officials must adhere to the Summit Lacrosse Society. No profanity or unsportsmanlike conduct will be tolerated. Offending team(s) may be disqualified.

TOURNAMENT TIE-BREAK FORMULA: ALL DIVISIONS

In reseeding teams or in any other tie-break situation, the following tournament tie-breaker will be utilized:

1. Head to head competition; all tied teams must have played each other for this to apply;
2. Fewest goals allowed;
3. Highest goal differential, total goals scored (12 goals per game max, in a full-length game), less total goals given up; In the event of a forfeit, the score will be recorded as 13-7 for any full-length game.
 - *For shortened games, ex. CCWC (20-minute games), max goal differential per game will be 6. A forfeit will be recorded as 7-4.*
4. Most goals scored;
5. Coin toss

NOTE: After each level of criteria is utilized, the tie-break resets. Example: If there is a 3-way tie, and one team secures a seed/slot based on goals against, the tie-break resets to head-to-head for the next seed/slot if relevant.

In reseeding teams for the playoff rounds, the tournament will try to avoid duplicate games between teams unless the game is still in the divisional championship stream. For consolation games, staff will look to schedule opponents based on whether or not they have already played.