



I. Purpose

NXT events indoor lacrosse tournaments are played with outdoor lacrosse principals strictly limiting physicality and body contact. Events are played with smaller box-lacrosse size goals in order to best develop player skills of shooting, passing and movement in tight quarters.

Players are encouraged to wear more padding at this tournament (i.e. Arm pads, Bicep pads, Rib / Kidney padding)

II. General Rules

- a. **Disputes:** Tournament Officials have final say in all rule interpretations.
- b. **Strictly Limited Body Contact:** Players must play the ball at all times. Equal pressure and appropriate physical contact is allowed, however, there is no hitting or 'intent to hit.'
- c. **Number of Players:** All games are played six-on-six, generally with five short-stick field players and a goalie. All players must use short sticks; Federation Stick Rules apply.
- d. **Mouthpieces:** All players must wear mouthpieces while in the game. Penalties will be called for no mouthpieces.
- e. **Games will be played with orange or yellow balls to allow for better visibility.**

III. Game Play

- a. **26 Minute Games:** Each game consists of two thirteen-minute running halves, one minute at halftime, and a brief changeover period. Teams need to be at their rink ready to play.
- b. **Time-outs:** Each team has one 30-second time-out per game.
 - i. If a time-out is called at any point in the first half, or in the second half prior to the two-minute mark, the game clock will continue to run during the timeout.
 - ii. If a time-out is called in the second half with two minutes or less remaining on the game clock, the game clock will be stopped until play resumes.
 - iii. If a time-out is called in the second half with between 2:30 and 2:00 remaining on the game clock, the game clock will run until it reaches the 2:00 mark, and then will be stopped until play resumes.
 - iv. The shot clock does not reset after a time-out.
 - v. If the officials determine that a team is 'stalling' during a time-out, the officials can award possession of the ball to the other team or call a penalty on the offending team.
- c. **Overtime:** Playoff games tied after regulation shall be decided by a shootout. Each team will get 3 attempts to score. If the teams are still tied after 3 attempts, each team will get an additional attempt until a winner is determined. Each player may only take 1 attempt until all players on the team have taken an attempt.
- d. **Standings:** In group play teams shall be awarded three points for a win and one point for a tie. If two or more teams have the same number of points at the end of group play, tie-breakers will occur in the following order:
 - i. Head to Head (two teams only)

- ii. Best goal differential (capped at +/- 7 per game)
- iii. Fewest goals allowed
- iv. Coin flip (2 team tie) or random draw (3 team tie)

Game Rules

- a. **Face-offs:** The only face-offs occur at the beginning of each half. After all goals the team conceding the goal must retrieve the ball from the goal and begin play. Players taking face-offs may not trap or clamp the ball with the intent to withhold play or the opponent's stick or body. For a violation the ball will be awarded to the non-offending team.
- b. **Transition:** For ALL divisions, after a goal is scored the defensive team may not press the offensive team.
- c. **Back Court Rule:** New for 2017, there is no back court rule. Teams will be allowed to cross back over the center line even after they have established themselves in the offensive zone.
- d. **Out of Bounds:** If the ball hits the netting or leaves the rink it is out of play. The ball then is awarded to the team that did not touch it last. If the ball goes out of play when a shot deflects off the goalie or the goal frame, it will remain offensive possession.
- e. **Penalties:**
 - i. Penalties will result in a man up / man down situation. Players are asked to quickly enter the penalty box so not to delay the game.
 - ii. Offending players will remain in the penalty box for 1 minute for a minor penalty and 4 minutes for a major penalty (boarding or high hit to the head / neck areas)
 - iii. Multiple penalties: Teams cannot have less than 3 field players on the court at any time. For example, if a team is man down 5-3 and the man down team commits another

penalty, penalty time for the latter penalty will not begin until one of the other penalties expires. However, the offending player must be in the penalty box while waiting to serve their penalty time.

- iv. Minor penalties will be released when a goal is scored by the non-penalized team. Major penalties are locked in for the full 4 minutes.
- v. If there is a delayed penalty and a goal is scored, the penalty is nullified if it is a minor penalty. If it is a major penalty, the offending player will still serve the penalty time.
- vi. The clock will stop when a penalty is called with under 2 minutes. Again, players will be asked to quickly enter the box so not to delay the game.
- vii. Penalty time will stop during any injury time-out and while the officials are calling another penalty.

f. Crease Rules:

- i. Players can run through the crease on offense if they do not have the ball.
- ii. The player who is shooting can land in the crease as long as it is not a dive, and the ball crosses the goal line first.
- iii. Another offensive player cannot be in the crease when a goal is scored. If they are, the goal is disallowed and there will be a change of possession.
- iv. A shooter who steps into the crease and misses a shot cannot be the first one to touch the ball. If he is, a turnover will result.
- v. The ball cannot be passed back to the goalie while he is in the crease.

- g. **Shot Clock:** The team in possession is required to take a shot within 30 seconds of gaining possession. Failure to do so will result in a loss of possession. The referee has the authority to reset the shot clock in any unusual situation not covered by the rules. The shot clock shall be reset for:
- i. Any shot saved or deflected by the goalie when the goalie is in the crease; or
 - ii. Any shot off the goal post or crossbar.
 - iii. The shot clock shall not start until a team gains possession.
- h. **Shot Clock Location:** The shot clocks shall be located outside the boards behind each goal.
- i. **Ten Second Count:** Anytime a team gains possession in its defensive end, the team must advance the ball beyond mid-court within ten seconds or lose possession. This time will be kept by the officials.
- j. **Substitutions:** All substitutions are on the fly. The entering player may not enter the playing area until the exiting player has one foot inside the substitution area in front of the teams bench. The exiting and entering players may use the same door, different doors or go over the boards.
- i. Too many players in the rink will result in a 1 minute penalty.
- k. **Pulling the Goalie:** Teams may substitute or “pull” their goalie for a sixth field player at any time. The entering player must wait for the goalie to exit the playing area before entering as set forth in the substitution rule.
- l. **Goalie Sticks:** Players should be using ‘field’ lacrosse goalie sticks. The maximum width shall be no more than 13” measured to the outside edges. The maximum length measured to the top of the head to the bottom of the throat shall be more more than 16.5”. The entire length of the entire stick shall be between 40” – 72”. Any significant increase in radius on the shaft with tape or other

material that would give undue assistance in goal is not permitted as per the official's discretion. The diameter at its widest point shall be 2 inches. Wooden goalie sticks are prohibited.

- m. **Surplus Padding:** Surplus padding worn only for bulk purposes shall not be allowed.

Rules Regulating Body Contact

- a. **Unnecessary Force:** Generally, any player found guilty of a penalty or penalties may be ejected from the game by the referee if, in the referee's judgment, the player used unnecessary force.
- b. **Picks:** Picks are allowed, however, during a pick, no arm extension will be allowed. Picking players will not be allowed to 'drive' another player.
- c. **Cross-Checking:** The only legal cross-checks shall be push checks with moderate force on the arms, below the shoulders and above the waist, on the ball-carrier only. This rule shall be tightly enforced. Cross- or push-checks using excessive force will result in a penalty and may lead to ejection from the game.
- d. **Off Ball Contact:** Limited off-ball contact is permitted. The use of excessive force in off-ball contact shall result in a penalty, and may result in ejection depending on the discretion of the referee.
- e. **Boarding:** There is to be absolutely no contact with the dasher boards or glass. A boarding penalty shall be assessed on any player who checks an opponent in such manner that causes an opponent to hit the glass. This rule shall be tightly enforced. Any player who commits more than one boarding penalty, or who commits a boarding penalty recklessly or with excessive force, shall be ejected from the game and at the discretion of the referee, may be ejected from the tournament.
- f. **Checking From Behind:** Any check from behind on the back of another player's body shall result in a major penalty.

g. **Fighting:** Zero tolerance. Any fighting or violent conduct will result in an immediate ejection from the game. A second offense shall result in immediate ejection from the tournament.

Sportsmanship Policy

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 can also be removed from the tournament and the team may be punished as well and have to forfeit the game at the discretion of tournament officials and referees. 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. Offending team or teams also may render themselves ineligible for the playoffs. NXTEvents Directors and Staff consider the safety of each player our first priority and we expect coaches and players to understand and abide by this philosophy as well.