



CAPITAL CITY CARVER

7 on 7 LACROSSE TOURNAMENT



Tournament Rules

RULES AND REGULATIONS

1. **ROSTER SIZE:** Capital City Carver - minimum team size is 10 players; maximum is 15 players.
2. Players must play the ball at all times. Body checking an opponent to the ground will be assessed a one minute penalty for unnecessary roughness. The Capital City Carver Tournament showcases lacrosse skills and talents associated with using a lacrosse stick. We also recognize that this tournament is an out-of-season competition (in fact many players are, or will be, involved in an interscholastic fall/winter sport) and we wish to keep the safety of all players at the forefront.
3. Each team must have an adult coach (21 years of age or older) who will be in charge of team discipline and act as the team's representative.
4. Onside is in effect - 2 players on offense and 3 on defense at all times.
5. Each game consists of two 20 minute running time periods. Time is kept by the referee on the field.
6. Penalties are called and served as they are in a regular field lacrosse. The referee releases penalized players when their serve time has expired. Penalty time does not start until the penalized player takes a knee, out of bounds, at the midline, on the bench side of the field.
7. A game ending in a tie will be decided by a BRAVEHEART, which begins immediately after regulation time with a faceoff.
8. Each period begins with a faceoff. Wing middies must be positioned to the left of their faceoff man, at the intersection of the sideline and the midline. Defensemen and attackmen must remain behind the goal line extended until the referees signal possession. The goalie must remain in the crease area until possession is signaled.
9. All games will be continuous "live play". After a goal is scored the ball is awarded to the scored upon goalie who puts the ball in play from his crease area. A referee must whistle to indicate play has recommenced.
10. All player substitutions are on the fly. Players must be completely off of the field before substitutes may enter the field of play.
11. Each team is allotted one timeout per half and one in overtime. Timeouts are one minute long.
12. Team members must provide and wear matching jerseys or tank tops which are numbered (8" numerals or larger).
13. 13. Maximum of three longsticks on the field at a time.
14. 14. Flagrant penalties: 1st offense – player is ejected from the game; 2nd offense – player is ejected from the tournament. Any fighting, as determined by the field official, will result in immediate ejection from the tournament.

Assorted Details

All teams play four games. All games will be played on two of Trinity's fields: one grass and one field turf (both perfect for cleats). Please be sure to bring the appropriate footwear. Be sure to check out your field's boundary lines prior to EACH game. All efforts will be made to ensure that boundary lines remain clear and distinct. With so many fields in an area there may be doubt as to whether a whistle is for one game or another. Let your players know that they should play on if there is any doubt about the source of the whistle. Referees have been specifically instructed to carefully monitor the stick checking and body checking, especially as teams progress to their third, fourth, and fifth games. Coaches should notify their players (and take note of it themselves) that this will be the case and to expect it, and not to object if/when this occurs. Safety is our foremost concern at all times.

A trainer/First Aid station will be available between the two field locations. It will be clearly marked. If you have any difficulty identifying a trainer just let the main tourney area know and a trainer will be identified for you. The trainer and field directors are connected via walkie talkie so requests for emergency service can be routed by this means.

The final schedule of games for the tourney will be posted at the registration desk and at both fields the day of the tournament. Printed copies will also be presented to each team coach

All players must currently be enrolled in schools at or below their appropriate team grade level.

All players should come dressed ready to play or change clothes in their cars. There are no changing facilities on the fields.

Spectator Information

The quality of the experience for players, families and fans is very much affected by the behavior of the spectators. Root for your team, cheer good plays by either team. Discourage offensive and inappropriate comments and behavior. The tournament should be a good time for everyone involved (including the officials). Concessions will be available in the concession stand at Jesse Miller Field (Field Turf). There are extensive bathroom facilities near the fields and water is available at all locations. There is ample parking close to all 6 fields. Please drive carefully as players will be moving around as others are arriving or leaving.