



2024 LAXFest Rules 14U and 12U

1 – 10 v 10 Format

- We will adhere to WPYLA and US Lacrosse rules with any exceptions listed below.
- There will be two divisions - 14U teams and 12U teams.
- All teams will play three games. There will be no championship.

2 – Two 22-minute running clock halves – Starting and ending on horn

- Games start every 55 minutes (two minute warning horn then long blast to start)
- Penalties are also running clock (start on the whistle) time and half. A technical would be: 45 and personal 1:30. All penalties are releasable.
- Four (4) minute half-time

3 – One 30 second timeout per team to be used in the second half only and cannot be used during the last 2 minutes of the game. (Clock keeps running).

4 – One three minute overtime – Braveheart*

- No time-outs in overtime.
- Braveheart: One player from each team play 1 on 1 from faceoff to finish. Each team will have also a goalie.
 - The first team to score wins the game.
 - One player in the defensive half at all times.
 - If a player commits a foul during Braveheart, his opponent will be allowed to go 1 on 1 with the goalie (starting at "x" behind).
 - If a goalie fouls during Braveheart, the team will have to use a substitute goalie.
 - If no goal is scored within the allotted 3 minutes – game ends in tie.

5 – All substitutions are made on the fly.

6 – Each half begins with a face-off. Face-offs will take place after each goal. After a six goal lead is established the team that is losing will have the option of a free clear.

7 – Due to the running clock, a coach may request that a penalty assessed to their goalie be served by their in-home player. However, if a team's goalie commits multiple personal foul penalties, the referee has the discretion to eject that goalie from the game. Refusal to remove that goalie will result in forfeit by that goalie's team. Goalies must serve all non-releasable fouls called against them.

2024 LAXFest Rules 8U

- 4v4 Format
- 2 – 20 minute running halves with 5 minute half time.
- No overtime in the case of a tie at the end of regulation
- No faceoff – alternate start possessions each half.
- No offside penalties, players can roam the entire field
- Coaches can be on the field to assist and officiate
- There must be one attempt pass before a player can shoot on goal
- After goals, the defense is given the ball at goal line extended
- Some body contact allowed but body checking is illegal
- Limited stick checking, with only lift checks, poke checks and stick checks below an opponent's shoulders
- No man down penalties, but players who commit fouls will leave the field
- All players must be 5 yards away from the ball carrier before restarting play
- Defensive players may pass through their own crease only to retrieve the ball but may not stay to defend the goal.
- Whole team substitutions on stoppage of play

2024 LAXFest Rules 10U

- 2 – 20 minute running halves with 5 minute half time.
- No overtime in the case of a tie at the end of regulation
- 7 Players – 1 Goalkeeper and 6 Field Players
- Max 2 Long Poles on the field (47" - 54")
- Before the start of the game, the head coach shall nominate a starting attack player to be the In-Home and a starting defender to be the Nominated Defender, who may serve penalties for the goalkeeper
- Faceoffs to start halves and after goals
- There must be one attempted pass before a player can shoot on goal off of faceoffs
- Some body contact allowed, but body checking is illegal
- Limited stick checking, with only lift checks, poke checks and stick checks below an opponent's shoulders
- No man down penalties, but players who commit fouls will leave the field and serve time of penalty in the box
- All players must be 5 yards away from the ball carrier before restarting play
- Wings will be released on the whistle during the faceoffs