



GIRLS TOURNAMENT RULES & GAME FORMAT

All participants, coaches, and spectators are expected to review and understand the official Tournament Rules prior to arriving onsite. Tournament rules are subject to change. In the event of a discrepancy, the most current version published at sandstormlacrosse.com will govern.

POOL PLAY & CHALLENGE MATCH FORMAT

- Two 21-minute running halves with a 3-minute running halftime.
- No timeouts.
- No overtime.
- A centralized tournament horn will control game time for all pool play and consolation games.
- 2026 NFHS Women's Lacrosse Rules will apply, except where modified herein.
- The game clock will continue to run during injury stoppages.

PLAYOFF FORMAT

- Two 21-minute running halves with a 3-minute halftime.
- Game time will be maintained by the officiating crew on the field.
- Each team is permitted one (1) 60-second timeout during regulation play.
- The game clock will stop during team timeouts.
- Unused timeouts do not carry over into overtime.
- No timeouts are permitted during overtime.
- Timeouts may be called by a team in possession of the ball anywhere on the field or during any dead-ball situation, in accordance with NFHS rules.

INJURY PROTOCOL (PLAYOFF GAMES ONLY)

- With two minutes or less remaining in a half, the clock will stop immediately for an injury.
- With more than two minutes remaining, up to one minute may be deducted from the game clock to assess the injury before the clock is stopped.

FINAL ONE (1) MINUTE (PLAYOFF GAMES ONLY)

- During the final minute of the game, the clock will stop on the official's whistle following a goal or for a foul occurring within the Critical Scoring Area (CSA). The clock does not stop for fouls outside the CSA unless the official signals a time-out.
 - If a team leads by ten (10) or more goals during the final minute, the game will remain under running-clock conditions.
 - If the score differential falls below ten (10) goals during the final minute, stop-clock procedures will immediately resume.



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OVERTIME (PLAYOFF GAMES ONLY)

If a playoff game is tied at the end of regulation:

- Teams will receive a one-minute rest period.
- Sudden Victory Overtime will be played. The first team to score wins.
- Teams will defend the same goal they defended during the first half.
- Overtime will be played with a running clock.

SCORING & SCORE POLICY

- A Field Marshal will be assigned to each field and is responsible for maintaining the official scorebook.
- Head coaches from both teams must verify the score at halftime and again at the conclusion of the game.
- Both coaches are required to sign the official scorecard following the game.
- Once the scorecard has been signed, the score becomes official and may not be disputed.
- Any scoring discrepancy must be addressed on the field before the scorecard is signed.
- Coaches may request assistance from a Tournament Director or Head Official through the Field Marshal if needed.
- Once scores are verified, the Field Marshal will report the official results to Tournament Headquarters.

CARD & EJECTION POLICY

- A player receiving two (2) yellow cards in the same game will be disqualified for the remainder of that game but will be eligible to participate in the team's next game.
- A player receiving a red card will be disqualified for the remainder of that game.
- Following a red card, tournament officials and the Tournament Director will determine the player's eligibility for subsequent games.
- Officials and Tournament Directors reserve the right to remove any player, coach or spectator whose conduct is deemed unsafe, unsportsmanlike, abusive or detrimental to the integrity of the event.
- All decisions made by the Tournament Directors are final.

RULES SPECIFICATIONS

HIGH SCHOOL DIVISIONS (GRADUATION YEARS 2027-2030)

- 2026 NFHS Women's Lacrosse Rules apply.
- Full checking is permitted in accordance with NFHS rules.



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YOUTH DIVISIONS (2031-2034)

- 2026 USA Lacrosse Rules apply.

ALL DIVISIONS

- Free movement will be utilized.
- If time expires while a free position is being awarded within the Critical Scoring Area, the free position will be administered.
- The free position will be treated as a single scoring opportunity:
 - No passes are permitted.
 - No rebound or follow-up shots are permitted.

2035 DIVISION (8v8 FORMAT)

FIELD & TEAM STRUCTURE

- Modified field dimensions.
- Eight (8) players per team, including one goalkeeper.
- 4' x 4' goals.

DRAWS & RESTARTS

- Traditional draw alignment with players positioned in both offensive and defensive ends.
- Midfield restraining line in effect.
- A draw will occur following every goal scored.

RULES OF PLAY

- No checking permitted.
- Three-second closely guarded rule applies.
- Teams must play one-on-one defense.
- The only exception is defensive crashing within the 8-meter area.

GOALIE PASS RULE

- One attempted pass rule applies.
- The attempted pass may originate from the goalkeeper when initiated outside the crease.

MERCY RULE

- When a team trails by five (5) goals, the trailing team may elect to begin possession at midfield following a goal rather than participate in a draw.