2026 Love 2 Lax Tournament Guidelines

Teams Will Play 2- 18 minute halves
2 minute halftime
2 minutes in between games
Championship will be one 18 minute half

High School, Middle School, Youth (2033, 2034) DIVISIONS (12v12)

*All US Lacrosse Rules apply at this event

- Teams must be ready to take the field at the conclusion of the previous game. Please be ready to play as you enter the field.
- Time outs: There are no timeouts. The deputy is not allowed.
- All substitutions must be made at the 50-yard line through the substitution area.
- 8 Meters: will be played out at the end of a half/end of the game.
- Draws will be taken to begin each half and after every goal.
- Yellow and red cards will be used according to NFHS rules. Red card means the player sits a game in the tournament.
- Slaughter rule: if a team is up by 7 goals the losing team has the option to take the ball, rather than the draw (Middle School/Youth only)

3rd/4th Grade Division will play 8v8: (7 field players and a goalie)

*All US Lacrosse Rules apply at this event

- No Checking for 7v7 Division
- Teams must be ready to take the field at the conclusion of the previous game. Please be ready to play as you enter the field.
- 1 pass over the center line
- 50 yard line is used as restraining line. 2 players back at all times
- Time outs: There are no timeouts. The deputy is not allowed.
- All substitutions must be made at the 50-yard line through substitution area.
- 8 Meters: will be played out at the end of a half/end of the game.
- Draws will be taken to begin each half and after every goal.
- Yellow and red cards will be used according to NFHS rules. Red card means the player sits a game
- Slaughter rule: if a team is up by 7 goals the losing team has the option to take the ball, rather than the draw

Scoring:
Scores will be kept at the 50-yard line of all fields. Coaches should check scores frequently and will sign off at the end of the game. Scheduled games can end in a tie. If score is tied at the end of the Championship game, there will be a full field braveheart 1 field player, 1 goalie from each team.

Teams will receive:
2 points for a win
1 point for a tie
0 points for a loss

Tie Breakers:
1) Head to Head (first 3 games on schedule)
2) Goals Against
3) Goals For
4) Flip a coin

Checking:
- Full Checking HS, 2031, 2032
- Modified Checking 2033/2034
- No Checking 3rd/4th Grade Division 2035/36/37/38

Goalie Equipment:
- Goalies must wear shin guards (for Youth/MS), padded pants, chest protector, helmet, mouth and throat guard, and goalie gloves.
- Helmets & chest protectors must be NOCSAE Certified.
- Please make all attempts to have a goalie in the cage. If unable to find a goalie, we will have a shot blocker as a last resort.

Love 2 Lax and Laxachusetts follows the US Lacrosse Code of Conduct: Players, coaches, officials, parents and spectators are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other players, coaches, officials, parents, spectators and fans. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this "Code of Conduct" are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of lacrosse, themselves, their team and their organization.