



Lone Star Shoot-Out Plano Junior Jam



2009 Tournament Rules

General Tournament Overview

- Tournament Dates: November 20-22
- Age Groups: 1/2, 3/4, 5/6, 7/8 and High School
- Championship games will be played in the following divisions; 3/4, 5/6 'A' and 'B', 7/8 'A' and 'Elite', High School Elite.
- When a game is finished, we expect the teams to shake hands.
- Professional photography will be provided by the Shoot-Out for team and action shots through Jerry Glover Photography. www.jerrygloverphotography.com
- LacrosseRecruits.com will be on hand to video in HD games and discuss their college recruiting services. Appointments are available by e-mailing Matt Wheeler at matt@lacrosserecruits.com.

The tournament will follow NCAA rules except as modified below;

1. **2010 NCAA Stick head rules will not be enforced at this years tournament**
2. **Team Certifications:** All Coaches will be required to check-in at the Registration Tent at least 45 minutes prior to the start of their first game to certify their teams, pick up a final game schedules, pick-up head coaches credentials, receive any last minute changes and sign the Coaches Code of Conduct.
3. **Roster Size:** All teams must have a minimum of 16 players.
4. **Length of Game:** All games will consist of two, 20 minute running-time halves, with a 5-minute halftime. There will be a central horn at the start and end of each half for all games. Two-minutes prior to the end of each half, a warning will be provided by two short blasts of the horn. Sudden Death Overtime in semi-final and Championship games ONLY. There are no timeouts in overtime. Games are scheduled every 55 minutes allowing teams 5-10 minutes of warm ups on the game fields.
5. **Substitutions:** Substitutions will be done on the fly except for penalties. Substitution for penalties should be on the whistle and on the fly with delay of game strictly enforced for any substitution on the whistle that takes longer than ten seconds.

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6. **Mercy Rule:** Only applies to youth divisions – 7/8 grade division and under. A five-goal rule will be used for all games. As long as a team has a five-goal lead, the opposing team will have the option to receive the ball at the centerline following the goal or facing off. All coaches are requested to take appropriate steps to manage the total goals scored by their teams in a blowout situation.
7. **Advancing the ball counts:** Normal counts will apply to 7/8 grade and HS divisions only.
8. **Body checking:** Normal man-ball body checking is in effect for ALL divisions. No take out checks are permitted by any player at any level. DEFINITION - A takeout check occurs when a player lowers his head or shoulder with the force and intent to take out (put on the ground) the other player with no regard for the ball.
9. **Stick Checking:** Controlled one-handed checking is allowed for 7/8 grade and HS divisions only. As a Point of Emphasis, however, officials will be directed to call such checks closely, watching for stick control and off-hand activity. Any stick contact with the helmet including “the brush” shall be considered slashing. ANY check on a “FREE” hand is considered a slash.
10. **Offensive Stalling:** The team that is leading the game must keep the ball in its attack area during the last two-minutes of the game.
11. **Time Serving Penalties** – Due to running time, all penalties will be time and a half.
12. **Team time-outs:** Each team may take one 30-second time out per half. No time-outs will be permitted in the last two (2) minutes of the game. The game clock will continue to run during these Team time-outs and any Official time-outs.
13. **Code of Conduct Violations:** In addition to the NCAA rules, any player, coach or anyone associated with the team who violates the Code of Conduct will be subject to a Warning, Ejection from a Game or Ejection from the Tournament depending on the severity of the infraction. An ejection of a coach also results in the offending team being given a two minute, unreleasable penalty. Any player or coach ejected from a game will not be allowed to participate in the next scheduled game. Any coach or player ejected a second time will not be allowed to participate in any remaining games in the tournament.



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14. **Number of Coaches on a Sideline:** Each team will limit the number of coaches in the bench area to two, a Head Coach and an Assistant Coach. All others besides these two coaches should refrain from communicating with the officials or table volunteers during a game. The head coach must be 21 years old or older.
15. **Game scores: Each team will need to have one volunteer per game man the scoring table for scoring and penalty keeping.** Each game official and scoring table 'volunteer' will keep track of all game scores that will be reported to the Tournament HQ Tent. A win will be given three (3) points, a tie will be given one (1) point and a loss will be given zero points which will be posted near the Tournament HQ Tent. These points will determine the teams qualifying for the playoffs. See below for ties rules/clarification. PLEASE NOTE: It is the coach's responsibility to check with the Tournament HQ Tent at the completion of their game schedule to determine if they qualify for any playoff games.
16. **Awards for each Division:** Each Championship team will be presented with a team plaque. All Champions will be pictured for the website.
17. **Championship Seeding:** Playoff seeding is based on the following in order;
 1. Overall Pool Record - 3 points per win and 1 point per tie
 2. Head to Head competition
 3. Fewest goals allowed in all games
 4. Goal differential in all games
 5. Coin Toss
18. **Water:** Teams are encouraged to bring their own water. The tournament WILL NOT provide public water jugs in the bench areas. This is by the request of the City of Plano and the Health Department. Sports drinks and bottled water will be available to purchase at the concession stand. However, teams may bring their own refreshments if desired.
19. **Clean up of bench areas after games:** Each coach is requested to ensure that the bench area is picked-up after each game. Trashcans are available near bench areas and trash bags, if needed, are available in the Tournament HQ Tent. If you see a full trashcan, please notify a tournament worker who will all be dressed in a Staff T-Shirt.



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20. **Resolution of problems or disputes:** The Tournament Director (in consultation with the Head Official, if required) will make all final rulings/decisions on any and all problems or disputes.

Additional Information:

- No player may compete for multiple teams on the same day or will subject those teams to disqualification. The exception is JV/Varsity Swing players on the same team.
- Disqualified teams must play their scheduled games but will receive 0 points and tallied as a loss.
- NO DOGS ARE ALLOWED ON HIGH POINT PARK! Please communicate this to all of your parents. Exception to Seeing Eye dogs only.
- We reserve the right to shorten games or cancel games due to inclement weather.
- Spectators and team parents also need to respect the Officials and the Players. Bad behavior will not be tolerated.
- Play hard and Have Fun!