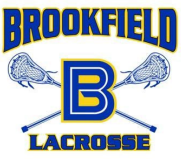


2026 Ice Breaker Lacrosse Tournament

Boys Official Rules

- Teams may not participate until all outstanding payments and certificates of insurance are submitted prior to their first game.
- The tournament includes three divisions: Lightning (3/4 grades), Junior (5/6 grades), and Senior (7/8 grades).
- Each team must have **at least one coach who is USA Lacrosse insured**. This coach is responsible for the team's discipline and will serve as the team's representative. Officials may issue **Yellow or Red Cards to head coaches** for spectator misconduct. Coaches are responsible for controlling their spectators. **Heckling, taunting, or unsportsmanlike conduct toward players or officials will not be tolerated.**
- Game Format:
 - Junior and Senior Divisions: 10 vs 10, full field
 - Lightning Division: 8 vs 8, short field
 - Each game consists of **one 25-minute running-time period**.
 - Time will be kept on the main scoreboard (or announcer's booth). Games will **start and end with a common horn**.
 - There will be a **5-minute break between games** to allow teams to transition on and off the field.
- All USA Lacrosse rules apply unless otherwise stated in these rules.
- There is **no minimum pass rule** in any division. However, competitive play and ball movement are encouraged, particularly in the Lightning division.
- Offsides penalties will be enforced in all divisions.
- There will be **no clearing or offensive possession counts** in any division.
- A face-off (standing neutral grip) will occur:
 - At the start of each game
 - After every **fourth goal scored**
 - This will maximize playing time throughout the game.
- After a Goal
 - **Senior Division**
 - Play restarts with a goalie clear.
 - All opposing players must move at least 5 yards away from the goalie.



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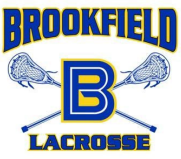
Junior & Lightning Divisions

- Play restarts with the ball given to any player on goal line extended.
- All opposing players must move at least 5 yards away.

Exception:

After every **fourth goal**, play restarts with a face-off.

- There will be no substitution horn and all player substitutions are to be done on the fly through the box. Players must fully exit the field before a substitute may enter.
- **All penalties for Senior and Junior teams** will be served as they are in a regular season game with playing man down. Penalty time starts when the penalized player takes a knee in the appropriate penalty box and the referee whistles for play to begin. Penalty time will be kept at the scorer's table.
- **All penalties for Lightning teams** will be served with the penalized player being substituted out. Lightning teams will **NOT** play man down.
- In the final **two minutes**, the "**Get It In, Keep It In**" stalling rule will apply to the team with the lead. This rule is in effect for Junior and Senior play only.
- Team members must wear matching jerseys or practice pinnies and be numbered.
- Senior and Junior teams may use **up to four long poles**. Long poles are **not permitted in the Lightning division**.
- **Timeouts are not permitted**. Referees may stop play only for injuries or other necessary circumstances.
- **Senior Division Only:** Legal Body checking is allowed, but no player may take more than three steps before checking an opponent, and there are to be NO "take-out" checks. **All unsportsmanlike conduct penalties and take-out checks will result in the penalized player's being ejected from the game. Any ejected players will also be forced to sit out the team's next game and based on the determination of the referee(s) and /or Tournament Director can be asked to leave the event. Any player ejected from two games will not be permitted to play in any remaining games.**
- Per USA Lacrosse Youth rules, one-handed stick checks are **allowed** at the Junior & Senior youth level of play. They are **prohibited** for Lightning.
- Because there is no time for coin tosses before games, **alternate possession will be determined alphabetically**. The team listed first alphabetically will receive the first possession.



2026 Ice Breaker Lacrosse Tournament

Boys Official Rules

- If a game ends in a tie during tournament play, a **Braveheart** will determine the winner. One field player from each team will face off and play **1-on-1 with goalies** until a goal is scored. Goalies may NOT cross the midline into their opponent's offensive end. All standard possession rules apply on shots and out-of-bounds.

- **Tournament Scoring**
 - Win: **2 points**
 - Tie: **1 point**
 - Loss: **0 points**

- Total points earned will determine tournament rankings.

- **Advancement to Championship Games**
 - The **top two seeded teams** in each Junior and Senior division will advance to the Championship Game.
 - Lightning divisions will **not have championship games** (jamboree format).

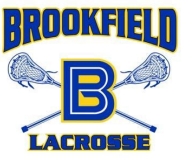
- **Tie-Breaker Procedures** (in order):
 1. Head-to-head result (if only two teams are tied)
 2. Total goals against
 3. Total goals scored
 4. Coin flip (team listed first alphabetically calls the flip)

- The **#1 seed will play the #2 seed** in the Championship Game. The winner will be declared the **Ice Breaker Champion** for that division.

- **Championship Game Overtime**
 - If tied at the end of regulation, teams will play **sudden-victory overtime (4 minutes)**.
 - Teams will have a **2-minute break**, then re-face off.
 - Play will be **10 vs. 10 full field**.
 - The **first goal wins**.

- Disputes of any nature are settled by the Tournament Directors and are final.

- Only **players, coaches, and officials** are allowed on the turf field. Spectators must remain outside the fence and off the turf on the opposite side of the field from the teams.



2026 Ice Breaker Lacrosse Tournament

Boys Official Rules

- **No food, gum, or chairs** are allowed on the turf.
- Non-playing teams should not congregate or warm up on the turf during games. These rules must be strictly enforced by coaches.
- **Due to school and Town regulations the use of barbecue grills and consumption of alcohol on School and Town property is prohibited.**