

True Midwest Summer Cup

Rules + Guidelines

For Divisions: U19 and U17

1. Players shall NOT participate without registering an appropriately signed waiver for the tournament. These will be provided at registration upon entering the facility.
2. Game format is 10 v 10.
3. If you are over 3 minutes late to your field, the opposing team is awarded the ball.
4. All fields will rotate on the hour, please be ON TIME to your field.
5. Teams are expected to arrive to their field 15 minutes prior to the start of their game (except in the situation of a team playing back to back games).
6. Duration – 43 minute game (two 20 minutes halves) 3 minute halftime. (1) 45 second timeout per half.
7. Running clock for ALL games and games WILL START ON TIME.
8. All players must have the proper equipment
 - a. Mouth guards, shoulder pads, elbow pads, helmet, gloves, and stick.
9. On sides
 - a. Team must have 4 players total in the defensive zone at all times
10. Players must play the ball at all times. The Chicago Summer Classic Tournament should showcase lacrosse skills.
11. Each team must have an adult (21 or older) on the sideline.
12. Ties
 - a. 4 minute running clock overtime Sudden Victory
 - b. **Braveheart**, which begins immediately after regulation time with a face-off
 - c. In the event two teams have the same win/loss record, **the team with the fewest goals against shall move on** (except for the situation of a win Head- On- if a team has the same win/loss record and the teams have played each other before, the team who won head-on shall move on).
13. Each team must wear matching jerseys
14. All sticks must meet youth and high school specs
15. Flagrant Fouls – the referee is the only one that can determine this
 - a. 1st offense – expulsion from the game
 - b. 2nd offense – expulsion from the tournament
 - c. All penalty time will be time and a half due to a running game clock
16. In a flag-down situation for a personal foul, if the offended team scores, they receive the ball at midfield and have a man-up situation for the duration of the penalty.
17. U19 Eligibility- 19 on or before 9/1/1992
U17 Eligibility- 17 on or before 9/1/1994
18. Eligibility for playoffs:
 - a. Win/Losses
 - b. Head to Head
 - c. Goals Against
 - d. Coin Toss

All rules are based off of NFHS Lacrosse Rule Book