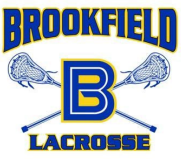


2026 Ice Breaker Lacrosse Tournament

Girls Official Rules

- Teams will not be permitted to play unless all outstanding payments and Certificates of Insurance (COI) 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: 12 vs 12, 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 specified below.
- 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.
- **Checking Rules**
 - Senior Division: Transitional checking allowed
 - Junior Division: Modified checking (below the shoulder) allowed
 - Lightning Division: No checking permitted
- A **draw will take place at the beginning of each game and after every FOURTH goal** to maximize playing time.
- **Penalties (Junior and Senior Divisions)**
Penalties will be served as in regular-season play, with the penalized team playing **man down**.

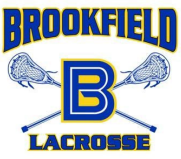


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Penalty time begins once the penalized player stands in the penalty box and play restarts. Penalty time will be tracked at the scorer's table.

- **Senior Division Restart Rules**
 - After a goal: play restarts with a goalie clear and all other players at least 4 meters away, unless the goal occurs after the fourth goal, in which case a draw will occur.
 - If there is an 8-goal differential, play will restart with the ball given to any player on goal line extended, with all other players at least 4 meters away to encourage competitive play.
- **Junior and Lightning Division Restart Rules**
 - After a goal: the ball will be given to any player on goal line extended, with all other players at least 4 meters away, unless the goal occurs after the fourth goal, in which case a draw will occur.
- There will be **no substitution horn**. Substitutions must occur **on the fly through the substitution box**. Players must be completely off the field before a substitute enters.
- All players must wear **matching jerseys or practice pinnies with visible numbers**.
- **Timeouts are not permitted**. Referees may stop play only for injuries or other necessary circumstances.
- 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.
- **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)



2026 Ice Breaker Lacrosse Tournament

Girls Official Rules

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-draw.
 - Play will be **12 vs. 12 full field**.
 - The **first goal wins**.
 - **All disputes or rule interpretations will be decided by the Tournament Directors, and their decision is final.**
 - Only **players, coaches, and officials** are allowed on the turf fields.
 - Spectators must remain **outside the fence and off the turf on the opposite side of the field from the teams**.
 - **No food, gum, or chairs** are allowed on the turf.
 - Non-playing teams may **not warm up or congregate on the turf during games**.
 - Coaches are responsible for enforcing these rules.
 - **Due to school and Town regulations the use of barbecue grills and consumption of alcohol on School and Town property is prohibited.**