



Saturday	Field #1 (Turf)	Score	Field #2 (Turf)	Score	Field #3 (Turf)	Score	Field #4 (Hard)	Score
11:50am	Set Up Fields		Set Up Fields		Set Up Fields		Set Up Fields	
12:15pm	26v27		25v28		3v4		1v2	
1pm								
1:45pm	27v28		25v26		1v4		2v3	
2:30pm	16v17		15v19		10v11		12v13	
3:15pm	26v28		25v27		2v4		1v3	
4pm	20v21		22v23		5v9		6v7	
4:45pm	17v18		15v16		10v14		11v12	
5:30pm	20v24		21v22		5v6		7v8	
6:15pm	16v19		15v18		10v13		11v14	
6:45pm	20v23		21v24		5v8		6v9	
7:45pm	Done and off all fields.				Done and off all fields.			

Sunday	Field #1 (Turf)	Score	Field #2 (Turf)	Score	Field #3 (Turf)	Score	Field #4 (Hard)	Score
8am	Set Up Fields		Set Up Fields		Set Up Fields		Set Up Fields	
8:30am	18v19		15v17		10v12		13v14	
9:15am	20v22		23v24		5v7		8v9	
10am	16v18		17v19		11v13		12v14	
10:45am	21v23		22v24		6v8		7v9	
11:30am	Semis: 2v3 Seeds		Semis: 1v4 Seeds		Semis: 1v4 Seeds		Semis: 2v3 Seeds	
12:15pm			Finals		Finals			
1pm			Finals		Finals			
1:45pm	Done and off all fields		Done and off all fields		Done and off all fields		Done and off all fields	
	Championship Ceremony for winning teams right after games for all divisions.							

**Format & Rules**

Defer to Game Rules found on website for full USA box lacrosse detailed rules.

Wear Basketball or training shoes on field #4 (Hard Sport Court). Cleats or Turf Shoes on Fields #1, #2, #3 (Field Turf)

3 Pool Games and then playofs. Conso, Semi-Finals, and Championship Game for everyone!

Games will be three, 11-Minute running time periods. 1 minute period breaks.

Stop Clock in final minute if game is within 2 goals.

1 30 second time-out per game anytime. Clock stops.

NO TIE GAMES. Tie Games go straight to 3-Man Shootout (NHL Hockey Style). Continue until team wins. 5-Man Shootout in Championship Games

Tie-Breakers: Head-to-Head, Goals Against Common Opponents, Goals Against, Goals For, Goal Differential.

All Players must submit waivers to be eligible. Failure may result in a Team DQ loss and player DQ.

You must provide own coaches, goalies and roster. We have limited extra goalie pads to loan.

Team #	9-11th Grade Pool	Won	Lost	Seed
1	VA Roughnecks			
2	Key City Krakens			
3	Top Caliber			
4	Capital NorthStars			

Team #	7th/8th Grade Div.	Won	Lost	Seed
	<b>South Pool</b>			
5	Capital NorthStars			
6	Pro Start			
7	Top Caliber			
8	Gunpowder			
9	Puffins 7th			
	<b>North Pool</b>			
10	VA Roughnecks			
11	Puffins 8th			
12	Frogmen			
13	Team 91 Carolina			
14	Threshers			

Team #	5th/6th Grade Pool	Won	Lost	Seed
	<b>South Pool</b>			
15	Capital NorthStars			
16	Puffins 6th			
17	Team 91 Carolina			
18	Threshers			
19	King Cobra			
	<b>North Pool</b>			
20	Repsnakes 2032			
21	Top Caliber			
22	Key City Krakens			
23	Chesapeake Waterdogs			
24	Puffins 5th			

Team #	3rd/4th Grade Pool	Won	Lost	Seed
25	Capital NorthStars			
26	King Cobra			
27	Atlantic Rage			
28	Threshers			