



2026 Midwest Lacrosse Showcase Tournament Rules

Standings - Standings are determined by applying the following criteria in the order that they appear below:

1. Winning percentage, which is computed as follows: $(\text{Wins} + .5 * \text{Ties}) / (\text{Wins} + \text{Ties} + \text{Losses})$. For example, if one team is 1-1-1 and another is 0-3-0, they have the same record (winning percentage). If a team is required to play an extra game to facilitate an odd number of teams in a pool, the additional game will not count towards their record.
2. Head to Head - For two-way ties only. In the event of a multiway tie, head-to-head record will not be considered.
3. Goal differential - In order to promote good sportsmanship, the maximum victory is +7 and the maximum loss is -7.
4. Goals allowed.
5. Coin flip.

Eligibility Rules

- **One team, one roster** - A player may not play on multiple teams. The ONLY exception is if the team's goalie goes down and the team only has one rostered goalie, they can grab a goalie from the same grad year younger team.
- **Reclass rules** - You must play in your current grade as determined by your current school's registrar. If you *may* or *might* reclass in the future, you may NOT play down. Graduated seniors are eligible. All players who have played in one spring season of high school are not permitted to play in the U14 division regardless of reclass status.
- Any player/team found to be in violation of this provision may forfeit the applicable games and/or be disqualified from the tournament at the sole discretion of the tournament director.

Zero Tolerance

- Alcohol, tobacco, and drugs are not permitted in the vicinity of the playing fields.
- All players, parents, and coaches must treat officials and opposing players and coaches with respect at all times. Any player, parent, or coach found in violation of this provision may be disqualified from the tournament at the sole discretion of the tournament director.

Weather & Lightning Policy

- In the event of inclement weather or any other act beyond the control of the tournament directors, games may need to be rescheduled, shortened, and/or canceled.
- In the event of such adjustment or cancelation, no refunds will be given.
- Tournament directors will use a mobile weather tracking system to monitor lightning, which can be more accurate than sight and sound observations. Play will resume only after 30 minutes without lightning in the area.

High School and U14 (2026-2031)

NFHS rules apply with the following modifications:

- Two 20 minute running time halves, with a two minute halftime. Penalty time will be kept at the table.
- No overtime in pool play. In the playoffs, overtime starts immediately after regulation.
- One 30 second timeout per game, must be called in the offensive half with possession or during a dead ball situation. Clock stops during timeout. The timeout can be called at any point during regulation. No timeouts are allowed in overtime, even if a team did not use its timeout in regulation.
- Penalties are running time and a half. Penalty time stops during official and team timeouts.
- 20 seconds to clear across the midfield line (no touch). A team can go over and back within those 20 seconds. However, at the end of 20 seconds, the midfield line is hot, and over-and-back will be enforced.
- Teams DO NOT have to keep the ball in the box when leading at the end of a game.

U12

The U12 division will use NFHS rules as modified above for U14, with the following additional modifications:

- Sportsmanship rule - Teams down by 7 or more goals may elect to start with the ball at

the midfield line in lieu of a faceoff.

U10

USA Lacrosse rules with the following modifications:

- Modified field (~70 x 35 yards)
- 8v8 (2 attack, 2 midfield, 2 defense, 1 goalie) Max 2 long poles at a time.
 - No Pass Required, players release on the whistle
- **2034AA Division is 10v10 Full Field**
- Two 20 minute running time halves, with a two minute halftime. Penalty time will be kept at the table.
- No overtime in pool play. In the playoffs, overtime starts immediately after regulation.
- One 30 second timeout per game, must be called in the offensive half with possession or during a dead ball situation. Clock stops during timeout. The timeout can be called at any point during regulation. No timeouts are allowed in overtime, even if a team did not use its timeout in regulation.
- Penalties are running time and a half. Penalty time stops during official and team timeouts.
- No clearing count
- All one-handed checks are prohibited.
- Whistle initiating the faceoff will also release players from GLE - No waiting until possession is called
- Sportsmanship rule - Teams down by 7 or more goals may elect to start with the ball at the midfield line in lieu of a faceoff.
- Teams DO NOT have to keep the ball in the box when leading at the end of a game.

U8

- Goalies are required for all teams
- The standard field setup is 2 defenseman (no poles allowed, standard stick sizes only), 3 midfielders, and 2 attackman
- Face-offs after every goal. Standing neutral grip required for all face-offs.
- Whistle initiating the faceoff will also release players from GLE - No waiting until possession is called

- One 30 second timeout per game, must be called in the offensive half with possession or during a dead ball situation. Clock stops during timeout. The timeout can be called at any point during regulation. No timeouts are allowed in overtime, even if a team did not use its timeout in regulation.
- Sportsmanship rule - Teams down by 7 or more goals can be awarded possession at the midfield after a goal if they choose
- No body checking allowed
- Stick checks are limited to lifts and legal pokes. No one handed checks allowed
- For personal and technical fouls, the player must serve the penalty and the team will compete man down.
- 18 min running halves
- No stoppages except at refs discretion for injuries - Clock does not stop unless serious injury - All games to end at their scheduled time
- Overtime Rules: 3 minutes first to score wins. No Timeouts allowed, they don't carry over from regulation play
- There is no clear count for U8
- Teams DO NOT have to keep the ball in the box when leading at the end of a game.