



## RELENTLESS GAMES RULES: YOUTH DIVISION

The RELENTLESS Games will use US Lacrosse/ NFHS rules at the high school and youth divisions with the following modifications and / or points of emphasis. All games will start promptly at the assigned times. Teams will be guaranteed 3 games, there will be no playoffs.

HEADstrong requires all registered sports officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing players, teams, spectators and officials are not in the highest ideals of HEADstrong and will not be tolerated. Coaches must certify all players are legally equipped and uniformed. Ensure the pre-game meeting is away from the sideline and all individuals maintain a social distance of 6 feet. All coaches must wear masks during games.

**\*Rules subject to change due to COVID-19 policies/orders.**

**Game Time-** Games will be played with 4 -10 minute quarters. One minutes between each quarter and a three minute half time, unless otherwise specified.

**Penalties-** are running time starting on the whistle. Penalty time stops during injuries, time-outs and while another penalty is being assessed. Penalty time will be kept at the table by a field coordinator.

**Checking-** Limited body checking in 2025 and Below. Big hits & physical play (even within three yards of a loose ball) constitute unnecessary roughness (1 min penalty). One handed stick checks are prohibited in divisions 2025 and Below.

**Clears and Counts-** 20 seconds to cross midline and 10 seconds to advance the ball into the box. The leading team must keep it in the box with under 2 minutes left in the game if the opponent is within 4 goals. 5 second goalie counts.

**Time-outs-** One, 30 second time-out per game. The game clock will not stop during a time out. Time-outs cannot be called in the last 4 minutes by the leading team.

**Alternate possession-** When the official cannot determine who should be awarded the ball it will be given to the away team.

**Ejections-** Any player ejected from a game will be disqualified from the remainder of the tournament.



**Overtime-** There will be no overtime play, as the event is hosted on a central clock, and there is no tournament style bracket.

**Mercy Rule-** Any team that is down 7 or more goals can elect to start with possession at the midfield after a scored goal.