



JV CUP – TOURNAMENT RULES & FORMAT

Governing Rules

- All games will follow **NFHS (High School) Boys Lacrosse Rules**
 - All standard penalties, procedures, and gameplay rules apply unless otherwise noted below
 - Officials have full authority to enforce rules and maintain game control
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Game Format

- **Two (2) 20-minute halves**
- **Running clock** throughout the game
- **Halftime:** 3 minutes
- **No overtime in pool play**

Clock Stoppages (Last 2 Minutes of 2nd Half ONLY if the game is within 3 goals)

Clock will stop for:

- Timeouts
 - Injuries
 - Official's discretion
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Overtime

- One 4-minute sudden death period.
- If NO goal is scored in the 4-minute sudden-death period, a 1v1 braveheart will take place.
- Each team will get a Timeout during the sudden-death overtime period ONLY.

Timeouts

- Each team is allowed **one (1) timeout per game**
 - Timeout = **1 minute**
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Faceoffs

- Standard NFHS faceoff rules apply
 - Faceoff after every goal
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Substitutions

- Standard on-the-fly substitutions
 - Sideline horn substitutions allowed at officials' discretion
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Penalties

- All penalties enforced per NFHS rules
 - **Running time penalties** (clock does not stop except in final 2 minutes)
 - Unsportsmanlike conduct will be strictly enforced
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Equipment

- All equipment must meet **NFHS standards**
 - Mouthguards are **mandatory**
 - Proper uniforms required (pinnies acceptable if needed)
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Sidelines & Bench Areas

- Teams must remain on their **designated sidelines**
 - Coaches are responsible for bench control
 - Players must stay in the team box unless subbing
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Sportsmanship

- This event is focused on **JV player development and exposure**
 - Poor sportsmanship (players, coaches, or spectators) may result in:
 - Penalties
 - Ejection
 - Removal from the tournament (if necessary)
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Game Start & Forfeits

- Teams must be ready **at least 10 minutes before game time**
 - Games will start **on schedule**
 - A **5-minute grace period** may be given at tournament director's discretion
 - Failure to field a team = **forfeit**
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Tournament Format (Example Structure)

(Adjust based on your final setup)

Pool Play

- Teams play assigned pool games
- Standings determined by:
 1. Record (W/L)
 2. Head-to-head
 3. Goal differential (max +7 per game)
 4. Goals allowed
 5. Coin flip

Playoffs

- Top teams advance to bracket play
 - **Championship games may include overtime**
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Overtime (Playoffs Only)

- Sudden victory format
 - **4-minute periods**
 - Teams switch ends each period
 - Continue until a goal is scored
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Injuries

- Officials may stop play at any time
 - Injured player must leave field if attended to (per NFHS rules)
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Weather / Delays

- Tournament director reserves the right to:
 - Modify schedule
 - Shorten games
 - Adjust format if needed
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Tournament Emphasis

- Development of JV players
- Competitive but positive environment
- Respect for the game, officials, and opponents

event for egregious or repeated offenses.