



AMONTE SPORTS/NORTHWESTERN LACROSSE 2019

4 v 4 TEAM CAMP

January 13, 2019

11:00am-4:00pm

TOURNAMENT RULES

These rules are designed to simulate the new Olympic rules.

This will promote an extremely fast and exciting game!!

- Games are 14 minutes, with 2 minutes in between games. Games will begin and end with a central horn/whistle. No timeouts.
- 4v4 on a 30yard field. Goals will be pushed back to the curtain. Play will only be in front of the cages. A wide shot will be a turnover and goalie or defensive team's ball. There will be balls in the goal and on the end-line for quick starts. After a goal, the goalie will clear the ball to their team to continue play.
- There will be free movement on the field and all fouls will be quick starts with the exception of a foul in the critical scoring area. This will result in an 8-meter shot.
- There will be no restraining line. Regular boundary rules will be in place. Similar to college rules after an out of bounds players make quick start right away after picking up a new ball.
- Overtime: No overtime in pool play. In Playoff Games overtime will be: 4v4, beginning with draw, first to score wins.
- Pool standings will be determined by head to head play.
- Tie Breaks: After record and head to head, 'Goals against' will be the first tie break. If a second tie-break is necessary, 'Goal Differential'.